



# York Road Runners Club

www.yorkroadrunners.com

Issue 226

NOV - DEC 2013

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## President's Message



### Your Winter Series

As I am writing this message, we just finished our second race of our YRRC winter series. Once again we are seeing a huge increase in runners participating in our winter series. I would like to send out a big thank you to everyone who enjoys our series. The YRRC board is encouraged by this continued growth.

We pride ourselves in presenting the best possible series for all to enjoy. Each and every one of our race directors put in several hours of work to make sure that this series runs smooth. We have had record numbers of runners at the Dover ten miler and

almost hit three-hundred runners at our Spring Valley event. This is truly amazing.

Not only is it exciting to have so many runners attend, but is also fantastic to see all the families and young people that enjoy this series. The young runners are truly the future of this club and the winter series. I encourage everyone to support and cheer for these young runners.

When you are attending our winter series races, please remember to thank all of the volunteers out on the race course. We can

not put on these great events without our volunteers who help us out with these races. Our volunteers give of their time and bypass participating in the run to keep everyone safe and help the race day run smoothly.

We hope you enjoy the remaining races, enjoy the cold weather. Thank a volunteer and remember to support all of our winter series sponsors.

See you on the road and trails!

Doug Barnett  
Co-President  
YRRC



## New York City Marathon

*Contributed by Ryan Myers*

I brought my family up for the 2012 NYC Marathon on Friday. The hurricane made getting into town interesting. We got gas in Allentown, where gas stations were stacked full of cars, signal lights were out, and fast food restaurants were packed with people. As we were heading toward the City, we drove through Hoboken, NJ. There was no electric. People were wandering in the streets. Emergency tents were set-up in the community park. We then found people walking around with gas cans. At one point before the Lincoln Tunnel, there was a very long line of cars waiting in line for what I assume was a gas station. One car had run out of gas and as the line moved, the driver tried to push the car with one leg out the door to keep his position in line. We were permitted to go through the Lincoln Tunnel, because we were a high occupancy vehicle. Once we got into NYC it was business as usual, except for a dangling crane off one of the buildings near our hotel.

My family and I checked into our hotel, ate a quick lunch, and went to the convention center to pick up my race packet. It was late afternoon Friday and I went back to the hotel to lie down to get some rest. Within 20 minutes, my wife ran into the room telling me the race was cancelled. I didn't believe her, although she turned on the TV and I heard the Mayor cancelling the run. I still didn't believe they would allow all those runners to come into NY and then cancel on them. I was only accepting this

cancellation if the NYRR announced this. What does that Mayor know about running anyhow? So... they cancelled it. Our family stayed in town Sat and Sun doing the bus ride through town, shopping, and seeing the Empire State Building.

After this cancellation the NYRR took a few months to make a decision on how they would handle a refund policy. They gave runners three options (1) being refunded your race entry fee (2) providing you with an entry to the NYC half marathon in the spring or (3) being guaranteed an entry in 2013, 2014, 2015. If you chose option #3, when you paid your entry fee again, the runner would not pay any increase in the fee from 2012. I struggled with this decision, but I chose to go with 2013. NYC is very difficult to get in through their lottery system. I had gotten lucky and hit a qualifying time and 2012 was the last year before qualifying times need to be faster.

NYC Marathon 2013 - Leading up to the marathon, I felt I had some good training under my belt. I worked with Dave Berdan as my coach. He has helped me through two other marathons and has always provided creative workouts and knowledge on the more scientific approach of running, stretching, nutrition, etc. In addition, he's an inspiration to follow his focus on family, work, and his intense running schedule.

I had three training runs that really stood out in my mind: 25 miles at an easy pace, 20

miles (12 @ 7:30 and the last 7 @ 6:45 w/a cool down, and 18 miles (3 warm-up, 3 @7:00, 3@6:50, 3@6:45, 2@6:40, 1@6:00, 3 cool down). All provided me with different challenges and confidence in the race – and they were painful. Most of my workouts started at 5:00-5:30AM on the week mornings with friends, or weekends starting from 5:00-6:30AM. Throughout my training, I didn't race as much as I would have liked prior to the marathon. I did set PR's in a 5K (16:56) and 10 mile (1:00:33).

My focus on the marathon started to wane throughout October. The challenges of juggling work, family, long-distance workouts made it difficult. In addition, my mother decided to move to NC. She sold her house one week before the marathon. It shouldn't have bothered me, but emotionally I was pretty beat up. Leading up to the marathon, I was really looking forward to the three hour mental vacation the marathon would offer. In one sense, I really didn't have a care about where/when I finished. I was just looking forward to the experience and the relaxation of clearing my mind from so many distractions.

As the week developed I wasn't sure if I was going to NY solo, or if Jen was going with me. We typically count on our parents to watch the kids when we go away. With my mother out of the equation and the in-laws had company, my father was able to come through and watch the kids for the weekend. However, we forgot we owned a

*(Continued on page 5)*

## OFFICER PROFILE

Meet the men and women who volunteer their time and efforts to make YRRC the success it is!

**Gretchen Walter**  
**YRRC Board Secretary**

### Hometown :

Baltimore, MD

### Age: 58

### Occupation:

Administrative Assistant -  
Central York School District

Gretchen has been running since 1998 and joined the Club in 2007. She has also previously served as the winter series race coordinator for YRRC.

Gretchen started out as a casual treadmill runner and when her daughter ran cross-country in high school, she started running races for an activity to enjoy with her. Gretchen got the racing bug and have run races ranging from 1 miles races to marathons, although her favorite distance is still la 5K.

“What I enjoy most about running is that it’s a form of exercise that doesn’t involve a lot of cost or time. I do cross train but, running keeps me in optimum shape and it helps clear my mind. Additionally, I have met such an array of wonderful people of all ages and incomes from participating in races and as the Winter Series Coordinator. Getting involved in YRRC allows you to meet the most down to earth, fantastic people. It also allows the club to flourish and continue some of the best running programs and races in the area.”

Her best advice = cross-train. At some point, most runners sustain an injury that may set them back. Cross-training allows a runner to keep optimum cardio condition while injured. Cross training is what led Gretchen into competing in triathlons, and that’s quite the accomplishment, considering Gretchen didn’t learn to swim until she was 52 year old!

“For me, running is a passion. I have realized that as I get older, my race times are not as fast, but as long as I run the best I can I am at peace with my finish time.”

Thanks for inspiring us Gretchen!

## Survey Says.....

### Running on Roads vs. Sidewalks

In the September-October President’s Message, Doug Barnett offered his thoughts on road running and looked for club feedback. Based on a survey response of 5 individuals, we’ve found our runners do in fact prefer sidewalks over roads.

#### Q1. When you “run on the road”, do you run exclusively on the sidewalks?

Yes 100% No 0%

#### Q2. Is it okay to run on the roads if there is no traffic or light traffic?

Yes 100% No 0%

#### Q3. What do you do if you encounter an angry driver?

Over 50% of respondents try to ignore angry drivers, while maintaining their safety. A few reflect on alternate responses during the next few miles of the run.

#### Q4. Other thoughts or comments?

It has been reported that running on macadam is softer than concrete which translates into less jarring in the legs. We’ve investigated this and all sources seem to confirm that this is in fact TRUE. To add support to run on roads vs. sidewalks, several of our runners have cautiously reminded their fellow runners to be wary of uneven, broken or missing patches of sidewalks, as they present a high trip hazard.

**Thanks for your feedback!**



### 2014 Aim High Program!

This program is designed to recognize runners for their total miles for the year 2014. The miles are based on your training log from January 1, 2014 to December 31, 2014.

You can run or walk the miles. You keep your own training log and once you reach the goal miles you can request your promotion/medal.

You can collect all medals or just order the ones you want. Each promotion/medal is \$11.50. This includes the online fee.

You can also use your US Road Running points to request a promotion/medal.

Once your promotion is approved, we will mail the medal.

Medal available between 50 miles (Airman) and General (1000 miles).





# UPCOMING RACES

## *RUDOLPH'S ROMP*

Rudolph's Romp, a 5-kilometer race through the streets of historic Middletown, will return for its second running on December 21.

Already Middletown's longest running Holiday tradition, the race benefits the Middletown Public Library. Last year's event, which featured almost 250 runners, raised close to \$10,000 for the Library. Organizers hope to well exceed that amount this year.

Beginning and ending in beautiful Hoffer Park, along the Swatara Creek, Rudolph's Romp covers a fast, mostly flat course, with no significant hills (just 62 feet total elevation gain).

This year's race will offer some of the same amenities as the inaugural edition:

- Long-sleeve wicking T-shirts
- Warm beverages and refreshments at the finish
- Prizes for top 3 overall male and female finishers and for all age group winners

Added enhancements this year include chip timing and online registration (available any day now - a link will be posted at <http://www.middletownborough.com/holiday/rudolphsromp2013.php> as soon as it is activated).

Runners who prefer to print and mail their entry form can download one at <http://www.middletownborough.com/holiday/rudolphsromp.pdf>

For more information, e-mail the race director at [ccourogen@middletownborough.com](mailto:ccourogen@middletownborough.com).



### Jingle Bell 5K

December 21, 2013

Mount Wolf, PA (Between York and Harrisburg)

[Click Here!](#)

Every runner will receive one of our 3 inch Jingle Bell 5K medals. Awards will only be given to 1st, 2nd and 3rd place male and female overall. Chicken corn soup will be available after the race. Course is mixed asphalt and grass. Every runner will receive a US Road Running Get Out and Run point and this race will count towards the 5K club.

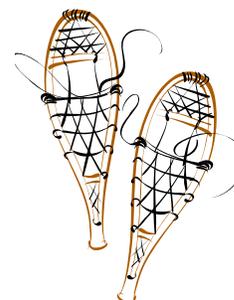
### *10th Annual State Snowshoe Championship*

*Saturday, February 15 @ 11am  
Nescopeck State Park, Drums, Pa.*

- \*5km snowshoe race ,no snow -trail run
- \*Qualifier for nationals
- \*Rentals available

- \*Benefits Red Cross,
- \*Beginners welcome

Contact Franik Gaval 570-788-4219  
[barb1234@ptd.net](mailto:barb1234@ptd.net) or [snowshoeracing.com](http://snowshoeracing.com)



dog until Friday morning. Luckily the in-laws could handle the dog for the weekend.

We left Saturday morning and took the train from Lancaster to NY. We checked our bags at the hotel and then walked a few blocks to catch a bus heading to the convention center. The convention center was very busy. There were 20+/- bag searchers before you could enter the marathon expo. I picked up my number and bib packet, my shirt, and then those 2012 runners got to pick up last year's medal and a special rubber band bracelet. We caught another bus back near the hotel to get our room. Jen and I both went for a run to Central Park toward the finish line. I learned from friends, in a marathon that large, you need an exact meeting location. We first ran the last mile of the course, did the touristy stuff of photos, and then found our meeting spot around 62<sup>nd</sup> street.

At this point, it was about 5PM. We got cleaned up and went to dinner at Restaurant row in Hells Kitchen. We ate at an Italian place, which was great. I wasn't really thinking well, but had two glasses of wine. After we ate dinner, we sat for 45-60 minutes waiting for the bill. I enjoyed the time with my wife, but I couldn't handle sitting anymore. Finally, I realized I was not well prepared for the next morning. I needed to pack some breakfast and figure out how to get to the Staten Island Ferry. We went to the local bakery, and they were sold out of bagels. I was getting frustrated with the evening, so I did my best to plan my transportation route for the next morning and wanted to get to bed.

Sunday morning started with me trying to figure out if I woke up at 3:30 or 4:30 or 5:30. Daylight savings time occurred while I was

sleeping and I had no clue what clocks automatically reset and which were an hour off. I determined that I woke up at 4:30 and that was my "go" time.

I had my race clothing, my gels, my heavy-throw-away clothing, and a piece of cardboard. I found the subway at 5:20AM. When I got in the Subway all the seats were taken. We had another dozen stops before we got to Staten Island. The subway was packed with runners and it got extremely hot inside. I was trying to keep my body temperature under control, so I didn't sweat and walk out into freezing cold weather. That couldn't be avoided. At the Ferry, we walked into the loading area after going through a baggage search. Before walking on the ferry, there were heavily armed officers and agents along with dogs. The ferry left at 6AM. Surprisingly, the ferry had seating to accommodate everyone. We took off in the dark and could look back on Manhattan and the Brooklyn Bridge to see all their lights. I could also make out police boats on either side of the ferry. I later read that these police boats were manned with large guns. I didn't see that in the dark. We arrived in Staten Island around 6:45AM. We were off the boats and then found seats on a bus, where they drove us 10 minutes to the starting village.

As soon as each bus opened its doors, it was greeted with about 10 officers. Each runner got the wand. Another security measure implemented by NYRR was anything a runner was planning to bring to the race should be in a clear plastic bag provided by NYRR. People had to get rid of their personal bags to replace them with the NYRR bag. Everything was running smooth when I was dropped off, but I was probably on the early side of the rush.

We had about ¾ mi to a mile walk to get to the village.

The start was coordinated by four waves (12,000 runners per wave) with runners from three villages. Among those three villages they had 6-10 corrals. I was running in the first wave, hanging out at the green village, running in the local-competitive corral. I arrived at my village around 7AM. I was to enter my corral between 8:20-8:50 (although I didn't pay any attention to this), with my race time at 9:40AM. The weather was overcast, mid 40's, with a cool wind. I laid out my cardboard on the ground and fell asleep for an hour. I later found some bagels. The village filled up with runners of all four waves. NYPD helicopters circled the area every 15 minutes. Where I was sitting I could faintly hear mumbling through some loudspeakers and the announcements kept rotating in different languages. Finally at 8:40, I walked over to the information booth and asked when I should head over to the corral. She said immediately. I quickly took off my sweat pants, winter coat, and gloves at the clothing drop off. I couldn't believe I would get this far to the marathon and then miss my start time. As I am hustling to get moving, Mary Jo Potts shows up. We had a very brief conversation. One that was probably rude on my part, but I am sure she could understand. I ran under the bridge to the other side where the green village corrals were. My bib number was a little different than others, because it didn't have a corral number like the masses. I couldn't figure it out and neither could the information desk people. Finally after stopping at several corrals, they said I needed to go to the front corral. At this point, I am

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breathing heavy, dodging camera crews and TV station reporters to get to the corral.

The local competitive corral didn't have additional numbers on the bib. In 2012, a guy from NY, saw my profile on athlinks website, which showed I was registered for the NYC marathon. He asked if I wanted to join his local NY running team, the Dashing Whippets. I followed up with him again this year and he set me up. I wish I would have understood this before because this corral area was pretty cool. It was a much smaller, fenced-in area, with a tent, food, and many Jiffy John's. So at 8:50, I was down to a long sleeve shirt, my race gear, and Horning style tube-socks for throw-away sleeves. The other locals were still well geared up. They didn't ditch their clothes until much later. The local corral got to march to the starting line first. We were led by a large number of security officers that inter-locked their arms.

The green village started on the lower deck of the Verazzano Bridge. I was happy to see as we exited the corrals and got onto the road, the start was just before the bridge. I was warned of the urination showers from the upper level bridge as you waited for the start. The road was lined with people and more speakers. The announcer sounded like we were going to see a professional wrestling match or boxing match. They introduced the elite women, which got a 20 minute start. The remaining 20 minutes was slow moving. We would move 50 feet every five minutes until we reached the start. I was about 10 runners deep from the start. I spoke to Berdan on Saturday and he explained that in Baltimore,

after running the marathon, he was in a barricaded area that was for race officials only. As he was

being escorted by the race officials he unintentionally distanced himself from them. The race officials called him back and told him to stay with the race officials in these secure areas. There were snipers in Baltimore for additional security. I remembered him saying this and looked around. You could see several people on top of the bridge spans. I assume this was part of the NY security as well.

Eventually, the Howitzer was fired and we were running. The bridge was extremely windy. Everyone was moving for position since they put the local-competitive first, and not necessarily the fastest runners. As we got half way across the bridge the NYPD helicopter hovered just to the side of the bridge. Police and unmarked cars raced across the median of the bridge with their lights flashing. The bridge is about a mile and a half, to a mile and three quarters long. My GPS watch had me running a 5:14-13:00 minute per mile pace during that time.

When we got over the bridge, we started entered Brooklyn. I saw some of the crowds on over passes, hanging out in driveways cooking on their grills. We ran what seemed a short distance (4-5 miles) and the three different routes converged. At this point, bands were playing every ½ mile to mile. The crowds continued to fill both sides of the course. The course passed a church and it looked like they moved the service to the front steps which overlooked the course. There were the typical crazy people: some guy welcoming us to his neighborhood and explaining how this was the best neighborhood we would run through. There was also some Jamaican guy dancing with his flag, not paying any attention to the race. I ditched my tube sock sleeves at mile 8. Mile

10 got very quiet. This was the Hasidic Jewish neighborhood. There were no bands and no spectators. There were a number of Jewish men dressed in all black walking on the sidewalks, but paying no attention to the runners. Around mile 11, the course ran through Williamsburg. For nearly a solid block it smelled like marijuana. Maybe the locals were hoping the runners would get their second wind.

I was keeping a fairly steady pace of 6:45-6:55. I downed my first gel around mile 7. I tried to take in water and save the Gatorade for later in the run. I hit another gel around mile 15. There wasn't much exciting but a few small bridges until the Queensboro Bridge at mile 16. As I am running up the bridge, the 3:00 hour pacer and his posse show up beside me. I didn't like this. On the downside of the bridge, I put it in gear. I dropped down into the lower 6:40-6:45 range. When we finished the bridge we were in Manhattan on 1st Avenue. It was packed with people screaming. They were lined up four people deep at spots. I didn't realize, but Jen navigated her way to this location to see me.

I continued north on First Avenue until Mile 21. This was a long straight stretch of very wide roads. It was well paved and enjoyable to run on. There was a small section of the course that ran into the Bronx and turned back toward Harlem. Now I saw the 3:00 hour pace group again. This time, I thought I would hang onto the group and pace with them. This lasted for a mile or so. I felt myself slowly fading. I downed my last gel and hit a water station around mile 22.

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This was where I had to work. I still had both sides of the street cheering on runners. At this point, I didn't want to hear them. I had to focus on the run. I moved toward the center of the road to keep my distance from the crowds. The race was now running along Central Park. There was a long, slow uphill around mile 24, which was my slowest mile at 7:50. I was able to bring that back into the 7:30's for the last two miles. Jen positioned herself again to another spot near the Plaza hotel. I still had no clue she was there. We hit mile 26 back in Central Park running to the finish at 67<sup>th</sup> Ave.

I have finished my first few marathons where I could not stand at the end. This marathon I knew I had some walking to do, but overall I felt good. We got our medal. Our picture was taken. We were given a heat blanket and a recovery bag of food and drink. I had opted for the early exit and I was ready to get off my feet. At this point, my stride was about 10". I moved very slowly. I had no clue that we had to walk to 77<sup>th</sup> Avenue

to get out of the "early exit" finishers chute. When we left the Park to Central Park West we were given lined ponchos. I was starting to shiver by this time. This poncho was great. Now I had to walk down to 62 Avenue to catch up with Jen.

I didn't believe the NYC suggestion that the early exit would take 30 minutes. I am thankful I didn't have my clothes shipped to the finish because that was taking 60 minutes. Jen was very nervous that she missed me. In a straight line she had to walk 4-5 blocks to meet me. Because of security, and blockaded roads she probably walked 20 blocks from the Plaza to 62<sup>nd</sup>. CPark West was closed down to traffic and they would only allow family through security gates. Bags were searched and family were wanded. I finally got some warm clothes and we walked our way out of security and back to our hotel on 49<sup>th</sup>.

Garmin tells me I ran 26.3 miles in 3:02. NYRR tells me I ran 26.2 in 3:04:18. I guess I have to go with their time. Below are my splits

from my Garmin:

Mile 1	7:46	Mile 2	5:47
Mile 3	6:47	Mile 4	6:45
Mile 5	6:46	Mile 6	6:49
Mile 7	6:44	Mile 8	6:49
Mile 9	6:42	Mile 10	6:42
Mile 11	6:49	Mile 12	6:45
Mile 13	6:59	Mile 14	6:41
Mile 15	7:05	Mile 16	6:54
Mile 17	6:46	Mile 18	6:43
Mile 19	6:48	Mile 20	6:52
Mile 21	6:53	Mile 22	6:58
Mile 23	7:18	Mile 24	7:50
Mile 25	7:34	Mile 26	7:35
Mile 27	7:37		

"That is both the gift and the curse of the marathon. When you finally get it right, it's the product of 30 variables that you have maybe 50 percent control of. When you get it wrong, you try to analyze all 30 of those variables. It's nearly impossible to figure out what went wrong and how to make it better next time. But that's the goal. To take a look at what happened and go back to the drawing board. And if it's in the cards, to give it another go." – Greg Cass 2013 sub-elite NYC Marathon

## Get Out and Run!

THE US ROAD RUNNING GET OUT AND RUN PROGRAM ENCOURAGES PEOPLE OF ALL RUNNING LEVELS TO GET OUT AND RUN...RUN ANY RACE, YOUR OWN COURSE, OR ON THE TREADMILL. THE PROGRAM LETS YOU POST YOUR TIMES AND COMPARE THEM TO OTHER RUNNERS ACROSS THE UNITED STATES AND TO ALSO COLLECT MEDALS WITH YOUR NAME, DISTANCE, AND TIME ON THE BACK. IN OCTOBER WE HAD 608 RUNNERS. WE HAVE A NEW EVENT EVERY MONTH. FOR MORE INFORMATION AND TO SEE ALL THE RESULTS GO TO [HTTP://USROADRUNNING.COM](http://USROADRUNNING.COM)

TOP RUNNERS FROM THE OCTOBER 5K PROGRAM ARE: FIRST, CHRISTOPHER SZESZULSKI, 18:32; SECOND, DEVIN MOYER, 20:22; AND THIRD, ERIC LIN, 20:44; FIRST FEMALE WAS SARAH JACKSON, 21:29. OVER 260 PEOPLE SIGNED UP FOR THIS EVENT.



TOP RUNNERS FROM THE OCTOBER 10K PROGRAM ARE: FIRST, CHRISTOPHER SZESZULSKI, 39:10; SECOND, SARAH TEMBY, 46:40; AND THIRD, STEVE PAUTLER, 49:19. OVER 120 PEOPLE SIGNED UP FOR THIS EVENT.

TOP RUNNERS FROM THE OCTOBER HALF MARATHON PROGRAM ARE: FIRST, LLOYD INGLING, 1:29; SECOND, MICHELLE PALM, 1:31; AND THIRD, DEVIN MOYER 1:38. OVER 140 SIGNED UP FOR THIS EVENT.

# YRRC Club Officers

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## Adopt-a-Highway

Since 1994, the York Road Runners Club has faithfully been cleaning both sides of a 2 mile stretch of Grantley Road (between Country Club Rd. and George St.). Under the careful guidance of project initiators Jack Goodwin and Scott Madison, our commitment to keep the road clean has been met.

The job can be completed by 4 people and takes only two hours of your Saturday morning. If we each take a turn, we will only have to pick up once every 20 years. Please participate if you can. Please email Bob or call at 717-244-6865 for more information.



ADOPT-A-HIGHWAY



Have ideas or suggestions for upcoming newsletters ?? Please send feedback and ideas for the upcoming newsletter to mldehass5@gmail.com

Deadline: 17 January

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