



York Road Runners Club

www.yorkroadrunners.com

Y o r k R o a d R u n n e r s

F a l l 2 0 1 8

President's Message – *The 41st Running of the White Rose Run*

Karen Mitchell



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Hi everyone. It seems it's been alternately too rainy or too hot much of the summer. I hope you're letting your toughness show by getting out on the roads or trails anyway. I'm also hoping this message finds you injury-free and running well.

You might be interested in what it takes to put on a race, and I'm in the thick of organizing our YRRC White Rose Run, which will be run on September 15, so it's been on my mind. Read on if you're interested...

Last fall, after the White Rose Run had been cancelled for 2017, the YRRC Board voted to take the necessary steps to become the owners and organizers of the event. The board thought that a race with a 40-year history in York City needed to continue, put on by runners for runners. So in January, Margaret Moore and I signed the legal paperwork.

Also in January, the totally volunteer race committee had its first meeting and has been meeting monthly ever since. In between meetings committee members have done a lot of work. Would you like to know who is doing what? You may know some of these people. So, in no particular order, here goes.

Margaret Moore and Clay Shaw have been working on the course. They developed two options: one is the course that was used for several years and the other is an alternate to be used only if needed. The process of getting the course(s) approved involves the city – agreeing to the date, approving the course, approving a permit, etc. It also involves wheel measuring numerous times to be sure the measurements are accurate and interviewing the professional traffic control companies.

Erin Dubs lined up sponsors: OSS Health, Elite Property Management, as well as numerous product sponsors. Alan Ching is one of the managers at White Rose Bar & Grill (as well as a runner). He is working on everything related to the venue, both Friday night and Saturday morning, where after the race, our runners and

volunteers will enjoy food and drink. Paul Makurath lined up our race insurance. Grayce Langheine is our volunteer coordinator. April Ferree, Karen Knuepfer, and Kim Konscol are each in charge of a large portion of the course, detailing the volunteers to specific points on the course and ensuring volunteers exactly what to do. Ned Einsig set up runsignup and I've been maintaining it. Grayce and Kim K. developed a social media strategy. Tanya Navarro takes meeting notes and lined up our ambulance. Christian Wagman of NextMoveMarketing designed our t-shirts and age group awards. Matt Neff, club treasurer, pays all race bills/invoices. The York Water Company will provide all supplies for the water station. We're hopeful that Big Brothers/Big Sisters of York (the race beneficiary) will staff it. Jan Workinger is lining up a fleet of cyclists to help protect the runners and keep them on course. Committee members do other tasks, too numerous to mention. It takes a dedicated committee to put on a high-quality race.

Extras for the event include two individuals well known to York Revs fans: Cannonball Charlie is our official race starter; Downtown (mascot) will greet runners at the finish line. Bagpiper Rodney Yeaple will be back at Farquhar Park to help you up the hill. Temple Guard Drill Team (drummers) will motivate you to keep running. Shane Speal will perform live at the post-race party at the White Rose.

Before the White Rose Run even happens, Winter Series Coordinator Heather Roe has already met with the 2018-2019 Winter Series race directors and others to plan the various races, which begin in November. Look inside this newsletter for more information about the Winter Series.

Enjoy your running today!

Karen Mitchell

Email me at runnerkmitchell@yahoo.com or text me at 717-309-1623. I would love to hear from you!

Flying Feet Named One of Top 40 Great American Running Stores by Saucony



Most runners in our area have certainly heard of Flying Feet Sport Shoes. For many local runners, this is their go-to stop for their running shoe and equipment needs. But did you know that earlier this year Saucony named Flying Feet as one of the top "Great American Running Stores"?

Saucony's #RUNBIGSHOPSMALL events at stores across the US shone a spotlight on some of the fantastic running stores where you can get both the attention you deserve from dedicated, knowledgeable staff, most of whom are just as passionate about their running as the customers they serve. Flying Feet fits into this category and is deserving of recognition for what they do in supplying and supporting the local running community.

Greg Baum, owner of Flying Feet, and one of the founders of York Road Runners Club, got his start selling running shoes in 1975 back when he was a high school cross country coach and learned that the one local sporting goods store did not offer the running shoes his team needed. When the store seemed to have no interest in meeting the team's needs, Greg took matters into his own hands and created a fictitious store name to place an order with a major running shoe company. Word spread, and soon Greg was purchasing shoes for other teams and began selling running shoes at local races and even out of his own home.

In 1982, Greg and his wife opened their first small store in York. Their current store is larger but still maintains their focus on quality customer service. This summer, Saucony held an event at the store for local runners to celebrate this truly "Great American" store that York area runners are lucky to have so close.

The July event included an opportunity for York area runners and their families to participate in the Great American Cleanup Run, make shoe planters, try some new shoes, enjoy free smoothies, and connect with fellow local runners.



CONGRATULATIONS
TO FLYING FEET
AND THANK YOU, GREG,
FOR YOUR CONTINUED
SUPPORT OF OUR
RUNNING COMMUNITY!



Welcome & Thanks to Our New/Renewing YRRC Members!

Lawrence Baker
Kathryn Dill
Hollaway Family
Jeff Kearns
Gloria McCleary
Ian Moore
Elaina Ripepi
Mark Stanley
Randy Tyson
Steve Wurfel



Before you head out to the York Heritage Rail Trail, be aware of a few things:

- Construction began in July on the section of the HRT which will connect from Rt. 30 to North George Street in York City.
- Public access to the construction site is prohibited.
- The Rt. 30 parking lot is expected to be temporarily closed beginning on September 4, so plan to park in the lot at John Rudy Park, if you are headed out to the Northern Extension section of the trail.

Visit www.yorkcountyrails.org/trails for up-to-date information.

The Bump and Beyond... Keeping it Real

By Christine Krebs



ROCK HUNTERS

If you have a toddler, you are well aware that they can be hard to entertain. We are very fortunate that Naomi LOVES to run with us in the stroller - just the other week at the beach she WANTED to run in the rain with us, so we did 7 miles together. Don't get me wrong, we have our days of struggles, but for the most part she really is great. One of our favorite places to run is the rail trail. Not only are there plenty of starting locations, but it is flat, well-shaded, and there are ROCKS. Not just any rocks - hidden painted rocks! It has become a favorite time of ours to run on the rail trail and hunt for rocks. The promise of looking for these rocks gets Naomi excited for our runs, and it helps keep me distracted, and

makes our runs seem at least a little easier. I honestly can say that I get excited whenever I find a rock, and Naomi always asks "another rock, mommy?" after we find one. It has helped her develop a keen eye as well, as she has found several on her own - which always amazes me. It is another way that we bond on our runs. It is a great activity for older kids as well - Naomi and her two older cousins went on a hike on the rail trail in search of rocks. I think the rock movement is a great thing - it encourages creativity, exercise, and gets people outdoors. So to those of you who paint these rocks and hide them - thank you! Thank you for helping us make memories with our daughter and keeping us entertained during our runs together. Keep them coming!



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Have questions or topic ideas? Shoot me an email at [christine.geiselman@gmail.com](mailto:christine.geiselman@gmail.com) and I will do my best!

## New for 2018! RUN 717 Series



This three-race series takes you to three well-organized and fun events within our 717 area code and finishes with the York White Rose Run. Participants who finish all three events will receive a special medal and shirt sponsored by US Road Running and Sports 35 Photography. All you need to do is register for and complete all three events. There is no extra expense and nothing else you need to do. We will do everything else!!



### 717 is SOUTH CENTRAL PENNSYLVANIA

July 21, 2018: **The 22nd Annual EBACC SUMMERFEST 5K**, East Berlin, PA  
<https://runsignup.com/Race/PA/EastBerlin/22ndEastBerlinAreaCommunityCenter5K>

September 3, 2018: **The 10th Annual QUARTERBACK CLUB OF YORK 10K/5K**, York, PA  
<http://www.quarterbackclubofyork.com>

September 15, 2018: **The 41st Running of the YORK WHITE ROSE RUN 5 Miler**, York, PA  
<https://runsignup.com/yorkwhiteroserun2018>

## BALANCED LIFE RUNNING

by Eric Wolfgang

**Balancing Life as Coach, Runner,  
Teacher, Husband, and DAD!**



**Every day you either get better or you  
get worse. You never stay the same.**

**- Bo Schembechler**

Between the time I wrote my last article for the newsletter in early March and this one, we've had a Nor'easter and a stretch of days with temperatures near 100 degrees. When the weather makes such crazy swings, it is impossible to do the running outside that you're used to. Unless you have access to a treadmill, the weather can force some unplanned time off from running. (There's probably many of you out there that would rather *not* run than step on a treadmill, present company included!) Along with extreme weather comes unexpected injuries. They happen to the best of us, regardless of our age or ability level. Injuries are never part of the plan, and can also force some unplanned time away from running.

Here's the good news: Some unplanned time away from running is OK, and you can even better yourself when it happens! Unplanned time off here and there doesn't have to be a bad thing, as long as you use your time wisely. It's great for some extra recovery and keeps you hungry to get back out there when things break your way. When it comes to your training, I always say that you should take what the universe gives you rather than force the issue. Just because you can't actually run for a given stretch of time doesn't mean that you can't improve as a runner. Take the time that you would've spent running and use it to better yourself by doing any of the following...

**PLAN.** Look at your schedule for the upcoming weeks, and map out when you can workout. Reach out to a fellow runner (maybe someone you used to run with but haven't for a while) and plan a run together. If you're dealing with an injury, map out your recovery plan to safely return to running.

**READ AND RESEARCH.** Maybe you're wondering about a certain type of training, such as tempo running. Read up and get learned! Find a training theory book like *The Daniels Running Formula* (Daniels) or *The Science of Running* (Magness). Learn about some running history with a book like *The Perfect Mile* (Bascomb). There's even some cool running fiction out there, such as the cult classic *Once a Runner*

(Parker Jr.). If you have a particular injury, seek to learn about what exercises and supplemental work you can do to prevent it from happening again. Has a certain muscle group been sore? Read up about some new stretches to hit that area. Speaking of stretches...

**STRETCH!** Over the last year or so, I've starting doing regular yoga and it's been amazing for active recovery, injury prevention, and just feeling better during the day. If you're looking for a place to start, just search "yoga" on YouTube. I've been following along with the "Yoga With Adriene" channel. Lots of options there. If you don't mind spending a little money, I also use DDP Yoga. It's a little hokey, but effective, and that's right up my alley.

**MEAL PREP.** I'm a huge advocate of getting more protein into breakfast. It'll keep your weight down and help with workout recovery. For many people, breakfast is often rushed. If you'd like an omelet pre-made and ready to go, try this: Mix together some eggs, egg whites, cheese, bacon, spinach (anything else that you'd like to throw in an omelet!) in a bowl. Pour the mixture into a muffin pan. Throw it in the oven for about 25 minutes at 350. Now you have 12 pre-made omelets ready to rock. Keep them in the fridge, and just warm them up in the microwave when you're ready. I also prep salads for lunches during the week as well to stay balanced with my greens.

**SHOP!** Do some shoe research, and you might find that there are better options for your particular feet and stride. Hit up a local specialty store like Flying Feet and get fitted. Take the time to upgrade your wearables if needed. If you're looking to make the move to a GPS watch, there are cheaper options out there like the Garmin Forerunner 25 (\$100). Audit the running clothes that you have to determine what's missing, and go looking for deals on socks, shorts, and shirts. It's always a good idea to reach out to other runners and ask for recommendations on clothing options.

**VOLUNTEER!** This option might not directly lead to you being a better runner, but boy oh boy will it make you appreciate race directors and the hard work that goes into putting on the races we love to run. If you're not sure how to volunteer, just look for the contact information on any race application. If you reach out saying that you'd like to volunteer, I guarantee you'll get a pretty prompt reply!

Those are just a few ideas about how to become better as a runner when actual running is out of the question. If you've got your own ideas, share them with others on the YRRC Facebook page!

**Happy Trails! ~Eric**

## LOOKING AHEAD TO COOLER DAYS....



Anyone looking forward to some cooler runs? You might think that's a little hard to imagine, while we are getting hit with some hot days as the summer winds down, but we are already looking ahead to those chillier days and have begun planning the 2018-2019 YRRC Winter Series!

### MARK YOUR CALENDARS!

|         |                               |
|---------|-------------------------------|
| Nov. 11 | Dover 10 Miler                |
| Nov. 25 | Spring Valley 4 Miler         |
| Dec. 15 | Dallastown 10K                |
| Dec. 29 | John Rudy 5 Miler             |
| Jan. 12 | Indian Rock 10K               |
| Jan. 26 | Jacobus 5 Miler               |
| Feb. 9  | Springettsbury (distance TBD) |
| Mar. 2  | Northeastern 5K               |

Same price as last year!

\$35 YRRC member individual (\$40 non-member)

\$70 YRRC member family (\$80 non-member family)

Timed by US Road Running

ONLINE REGISTRATION WILL  
OPEN SOON

Stay tuned to the YRRC  
Facebook page for updates!



## OTHER UPCOMING AREA RACES!!!

Visit [www.yorkroadrunners.com](http://www.yorkroadrunners.com) for additional details

| Date  | Event                    | Location       | Distance              |
|-------|--------------------------|----------------|-----------------------|
| 9/3   | Quarterback Club 10K/5K* | York           | 10K/5K                |
| 9/8   | FNLT Running Festival    | Seven Valleys  | 10K/5K                |
| 9/15  | York White Rose Run* **  | York           | 5 Mile                |
| 9/22  | YRDC Running Festival    | New Freedom    | 1/2 Mar;5K            |
| 9/25  | Blizzard Run             | York           | 5K                    |
| 10/6  | Troegs Hop Dash 5K       | Hershey        | 5K                    |
| 10/7  | HARRC In The Park**      | Lewisberry     | 10 Mi Trail           |
| 10/7  | Nissley Vineyards 5K     | Bainbridge     | 5K                    |
| 10/7  | Hanover Runfest          | Hanover        | 1/2 Mar;<br>1/2 Relay |
| 10/14 | Hershey Half             | Hershey        | 1/2 Mar               |
| 10/21 | Hershey Half             | Hershey        | 1/2 Mar<br>1/2 Relay  |
| 10/28 | Running for Rescues      | Grantville     | 5K/7 Mile             |
| 11/4  | Gulliver's Run           | Lewisberry     | 5K Trail              |
| 11/11 | Harrisburg Marathon      | Harrisburg     | Marathon              |
| 11/22 | Pie Gobbler 5K/10K       | Harrisburg     | 5K/10K                |
| 11/22 | SMT Turkey Trot          | New Cumberland | 5K                    |
| 12/1  | Jingle Bell Run          | Philadelphia   | 5K                    |

\* 717 Series race (Complete all 3 for finisher's medal!)

\*\* Race offers discount for YRRC Members



## HELP YRRC DO WHAT WE DO...

**Race Timing Coordinator** - Duties include communicating with Race Directors regarding their race timing needs and scheduling race timers for YRRC timed events. This is a volunteer position.

**White Rose Race Volunteers** - Help on the day of the 2018 York White Rose Run. If you're not running this great race, please consider coming out to be a part of the event as a volunteer on race day.

If you are interested in the above volunteer opportunities, please contact our YRRC President Karen Mitchell at [runnerkmitchell@yahoo.com](mailto:runnerkmitchell@yahoo.com).

**Winter Series Volunteers/Race Directors** to coordinate and staff our upcoming 2018-2019 race series. We need directors as well as volunteers for day of registration, course monitoring, water stations, etc. Contact Heather Roe at [yrrcwinterseries@gmail.com](mailto:yrrcwinterseries@gmail.com) for more info.

## YRRC Members Save Big!!

Gear up for your miles with help from the pros at Flying Feet

10% OFF

Monday, Tuesday, Thursday, Friday 10-9 / Wednesday 10-6  
Saturday 9-5 – Closed Sunday (We run, too!!)

1511 Mount Rose Avenue York (I-83 Exit 18 to PA-124W)

YRRC members receive a 10% discount from Flying Feet.  
Show your YRRC Membership ID (via runsignup.com) at checkout!



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#### WEST YORK

2159 White Street, Suite 11  
York, PA 17404  
P: 717.650.1882  
E: [westyork@powertrainsi.com](mailto:westyork@powertrainsi.com)

#### SHREWSBURY

96 Sofia Drive, Suite 203  
Shrewsbury, PA 17361  
P: 717.942.5919  
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\$50 for 60 min (\$10 off reg price) / \$80 for 90 min (\$15 off) - \$90 for 120 min (\$20 off—best value!)

By appointment only. Please call 717-357-7535 for availability.



## YRRC Meeting of Members and Board of Directors

### May 14, 2018

The meeting was called to order 6:10pm by Karen Mitchell.

#### **Attending Members:**

Karen Mitchell, President  
 Margaret Moore, Vice President  
 Matt Neff, Treasurer  
 Ned Einsig, Web Administrator  
 Clay Shaw, member at large  
 Angie Neff, Newsletter Editor  
 Mark Landis, Publicity and Social Media Coordinator

**Secretary's Report:** Minutes for prior the meeting were not available.

**Treasurer's Report:** Matt presented the treasurer's report. The checking account balance as of 5/14/2018 is \$25,236.74 with \$655.00 in accounts receivable and \$0.00 in accounts payable. The treasurer's report was accepted. Matt also presented a Revenue and Expense Summary of the finances from the 2017-18 Winter Series. Additionally, the following two items were presented: a.) a resolution to add Karen as a signatory of the club's checking account and b.) draft a policy for control of the club's cash.

#### **Old Business:**

Margaret reported that the chip timing trailer had been sold for the amount of \$500.00 which was deposited into the club's checking account. Two options for chip timing equipment sale/giveaway were discussed: 1.) possible use for a local high school cross country meet and 2.) possible sale to another company.

Regarding 501 Exemption, the YRRC needs to obtain copies of these documents from the IRS and then ensure that the President, Vice President and Treasurer each maintain a notebook with copies of all important documents. Matt will follow up with this.

A motion by Angie was proposed to sell the club's generator for the sum of \$150. Ned seconded the motion. The motion passed.

#### **New Business**

Ned presented YRRC/YWWR website proposal, stating benefits of the transition (ease of use) and timeframe for completion (2-8 weeks). Discussion took place on the other members of the club to be granted access to administrative rights, which included the positions of: President, Winter Series Coordinator, Publicity and Social Media Coordinator, Newsletter Editor. Karen motioned to proceed with the site transition to the Wordpress platform. Margaret seconded the motion. The motion passed.

Karen motioned that due to the generosity to the local running community by Jeff Hines and the York Water

Company, that the Gold Star Run not be charged for race timing and equipment. Angie seconded the motion. The motion passed.

#### **Committee Reports**

**York White Rose Run:** The board discussed continuation of Big Brothers/Big Sisters of York and Adams Counties as the primary charity for this event. Matt motioned to solicit donations to BBBS during the race registration process in runsignup and donate a percentage of the profits from the race. Margaret seconded the motion. The motion passed.

**Newsletter:** Angie presented a proposal to change the release dates for the club newsletters to better correspond to the seasons presented in each issue. The new dates would be February (Spring issue), May (Summer issue), August (Fall issue) and November (Winter issue). Angie motioned to change to release dates of the newsletters. Karen seconded the motion. The motion passed.

**Events Specialist:** Hal submitted a report to Karen who presented the report which inquired about rewards to participants completing the beginner's running program. Karen motioned to reward those who complete the program receive a free entry to the 2018 York White Rose Run and a \$25 gift certificate to Flying Feet. Matt seconded the motion. The motion passed.

**Club Equipment Manager:** Margaret stated that there are two new timers currently in training. She also requested that race equipment fee be waived for the Y-Tri event as it has for several years.

**Publicity/Social Media Coordinator:** Mark has learned to use the MailChimp email software and distributed the first events/races email notification in March and would like for the club to present as much relevant material as possible, feeling that an email distribution on a monthly basis would be an appropriate re-occurrence moving forward.

Mark is also working on creating a logo for the upcoming Winter Series.

No reports were given for the following: Membership Coordinator, Winter Series Coordinator, Trail Runners Division, USATF Insurance Coordinator.

The next meeting will be Monday, 7/9/2018 at the York YWCA.

The meeting adjourned at 8:30 PM.

#### **JOIN US FOR A YRRC MEETING!**

All members are invited to attend YRRC meetings. Meetings are held at 6:00pm on the second Monday of odd-numbered months at the York YWCA (Market St).

Y o r k R o a d R u n n e r s C l u b  
P O B o x 2 8 4 1  
Y o r k , P A 1 7 4 0 5



Have an article, pictures,  
or other ideas for an  
upcoming newsletter?

Send them to our  
Newsletter Editor at:  
[angie.neff@verizon.net](mailto:angie.neff@verizon.net)

***Winter 2018 issue  
submission deadline:***

***October 15, 2018***

## YRRC Club Officers:

|                                         |                        |                                 |
|-----------------------------------------|------------------------|---------------------------------|
| President.....                          | Karen Mitchell.....    | runnerkmitchell@yahoo.com       |
| Vice President.....                     | Margaret Moore .....   | mgmrun@verizon.net              |
| Secretary .....                         | Sully Pinos .....      | sullypinos@gmail.com            |
| Treasurer .....                         | Matt Neff.....         | msneff@frontiernet.net          |
| Membership Coordinator .....            | Heather Roe.....       | yrrcmembershipheather@gmail.com |
| Newsletter Editor.....                  | Angie Neff.....        | angie.neff@verizon.net          |
| Web Administrator .....                 | Ned Einsig.....        | einsig93@live.com               |
| Events Specialist.....                  | Hal Darr .....         | darrsrun@aol.com                |
| Winter Series Coordinator.....          | Heather Roe.....       | yrrcwinterseries@gmail.com      |
| Race Equipment Manager (Interim) .....  | Margaret Moore .....   | mgmrun@verizon.net              |
| Race Timing Coordinator (Interim) ..... | Matt Neff.....         | msneff@frontiernet.net          |
| Trail Runners Division .....            | Scott Newcomer .....   | trailmonster1@comcast.net       |
| USATF Insurance Co-Coordinator .....    | Paul Makurath.....     | p.makurath@yahoo.com            |
| USATF Insurance Co-Coordinator .....    | Denise Tushingham..... | ddtushingham@gmail.com          |
| Social Media Coordinator .....          | Mark Landis.....       | m1landis@yahoo.com              |

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