



**SPRING
2021**

yorkroadrunners.com

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President's Message Neal Barnaba



Hello YRRC Members! My name is Neal Barnaba, and I am the new YRRC President. I am very fortunate to have the opportunity to work with our club in this capacity. For the past two years, I served as our club's Insurance Coordinator and will continue to do so moving forward. The YRRC has been an influential part of my running journey, and I have made many amazing friends because of our club.

I am joined by a new Vice President, Eric Ferree, as well as returning Club Officers: Matt Neff (Treasurer) and Lauren Rooney (Secretary). We also have a fantastic team of dedicated committees that are super engaged, passionate, and eager to serve our club and community.

Group runs, races, and community engagement are the hallmarks of our club. Our group runs continue to grow in popularity and attendance. A few favorites are the Liquid Hero Run (last Thursday of the month) and Tuesday Night Trails. Check out our website and social feeds for more information. We also host several races throughout the year. The White Rose 5 miler, Winter Series, On the Rocks, Squirrely Tail Twail Wun, and the Hex Hollow Half. Most of the proceeds from these events are used to provide financial support to local charities and non-profit organizations that benefit the community. We would love to offer additional group runs and races, so if you have any suggestions for races or group runs please let us know!

We've had a very busy start to 2021, and as a result, you will notice a few changes within the club. First, we've updated the organizational structure to include a Road Running, Trail Running (York Ridge Runners), Communications, and Operations Team. The Road Running Team is being led by Heather Roe, while the Trail Running Team continues to be led by Scott Newcomer. The Communications Team is being led by Eric Wolfgang, and the Operations Team is being led by Bernice Carr. Second, we've made significant updates to the club website – check it out! Our social media channels are flowing with new content and updates about group runs, races and other current events. If you haven't already, please follow us on Facebook or Instagram. Finally, our logo has been given an updated look, and we have added a new logo for the York Ridge Runners.

I am so excited about the team that we have, our members, and about the opportunities that are ahead! The club will give you back what you put into it. If it's been awhile since you've run with us, please check out a group run or YRRC race – I promise it will be an amazing time!

Cheers!



YRRC MEMBERS SAVE 10%

RunPA.org

Use Code "YRRC" at Checkout
#runpa



HELLO & WELCOME to our NEW & RENEWING MEMBERS!

Geoffrey Arentz
Kiersten Baker
Kristin Bielski
Cliff Engle
Mary Gibbs
Dave Jacoby
Daryl Lehman
Mac Malkawi
Ellen Meissner
Adam Miller
David Mitchell
Greg Pituch
Jamison Roelke
Ian Sindlinger
Kimberly Turner
Jennifer Zeiders

LOCAL RACES TO CHECK OUT...



ON THE ROCKS TRAIL RUNS — 50K, 33.3K, & 16.7K

June 26, 2021 at Rocky Ridge County Park

This challenging course includes 4+ rocky vertical climbs of 250 feet each. Complete one, two, or three loops! Register or check out race details at www.runsignup.com.

YORK WHITE ROSE RUN — 5 MILER

September 25, 2021 in Downtown York

Returning for its 44th year on the streets of our beautiful city! Proceeds from the race benefit Not One More's York Chapter. Watch for race information and registration on the YRRC website and our Facebook page.



RUNPA KIDS LITTLE TRAILBLAZERS RUN—1 & 2 MILE

May 15, 2021 at Lancaster County Central Park

Ages 12 and under can experience trail running on a mixture of single track, double track, old road, and some grass. Parents/guardians may run with their child (free of charge). \$10/child. Register at runpa.org/events.

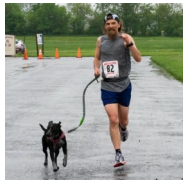




MEET THE RUNNER

A column aimed at getting to know a little more about some of our club members.

This month we will get to know Eric Ferree, our new YRRC Vice President, a little better!



ABOUT ERIC: I was born and raised in York. I've traveled and worked in enough other wonderful places over time to appreciate this precious place that much more. My amazing family and beautiful wife of 20+ years have been exceptionally

supportive of all my vast and crazy pursuits in life. Growing up, running generally only existed to me as punishment for goofing off on the soccer field or the last thing available to those without other sport talents. I most certainly regret that perspective now.

WHEN DID YOU START RUNNING? Shortly after my 32nd birthday, in the summer of 2010, my little sister calls me, out of the blue, and says she wants train for, and run a marathon as a way to get back in shape after just having had her second child. She asked me if I'd be interested in doing it with her for some extra accountability. I love a challenge and I'd do anything for my sister, so I agreed to give it a go.

WHY DO YOU RUN? I didn't love it initially. It took many weeks to develop a minimal level of fitness to where it didn't feel like torture the entire time. I kept pushing myself and was greatly gratified by the steady improvement I saw in my pace. I was lucky not to derail my early efforts with an injury, since I knew very little about what I was doing.

I've since learned so much more about running and myself through the experiences of it. And, it has benefited my life so much, day in and day out, physically, mentally and socially that I am continually grateful for the regular opportunity to practice it.

HOW MANY MILES DO YOU LOG IN A TYPICAL WEEK? 65 seems like a sweet spot right now for me. Build-ups to a key race for the year and recovery periods might see a 30% swing in that number, but otherwise I thrive on consistency there.

HAVE ANY ESSENTIAL RUNNING GEAR? Nothing I'd deem vitally essential, which is probably one of the big reasons I like running so much in contrast to other endeavors that require more to get out the door. Which, isn't to say I haven't enjoyed the benefits of tech in my training metrics, or the pleasurable unwrapping of a new set of trainers, or the unrivaled motivation of blasting club music through my wireless during a particularly tough workout.

TELL US ABOUT A MEMORABLE RUNNING STORY? I

want to brag about my dogs here. Running with dogs has always been a big part of it for me. I even ran a business for two years, early on, exercising other people's dogs for them as a way to combine two loves and add a few dollars to the sneaker fund. Before I lost my Cairn Terrier to cancer, he became an unlikely training partner and solid athlete. The young, adopted sibling mongrels we have now have become insane runners. This past December, Linus & Lucy not only completed a brutal, snowy trail 50k, but they pulled me through the finish line as the first place finisher!

YOUR FAVORITE RACE? Sooo many! Maybe the next race on my schedule? They're like craft beer any more. I can't even try them all or repeat most of my favorites due to the increasing availability of shiny, yummy new ones!

YOUR FAVORITE RACE DISTANCE? My yearly calendar will include everything from 5ks to 100 milers on roads and trails. I love them all!! I will say though that I've lately been gravitating towards the half marathon on the road and 100ks on the trails. For whatever reason, those distances haven't been beating me up as much.

MORNING OR EVENING? Honestly, whenever I can get out. It's all so good

MUSIC OR SILENCE? Both! Music is a great motivator, as I mentioned. Silence can also be great for me to work out tricky personal problems or stress. And I love to read, so listening to books is a great long-run companion when a fellow runner isn't a convenient option.

HOT OR COLD? The season I'm currently in is always my favorite! The extremes of either make me tougher and also provide the benefit of greater appreciation for more ideal conditions when chance provides.

Are you seeing a trend here that I generally avoid the premise of mutually exclusive position taking? I've discovered that this little trick makes me a happier fella to be around generally.

WHY DO YOU VOLUNTEER WITH YRRC? I have benefited so much over the years from the generosity of others in running and life in general: helping me avoid a few mistakes and fixing many more, sharing hidden local gems and encouraging more out of me than I ever knew I had. It's a no brainer to give some back this way. Especially since, it gifts me with more running related activities with my friends whom I love! Besides, I'm otherwise limited to how much time I can spend actually physically running each day anyway.

Thanks to Eric for letting us learn who our new VP is and especially for giving back to the club as one of our Board members! Let us know if you'd like to be featured in an upcoming issue by emailing angie.neff@verizon.net.

YRRC Board Meeting

January 9th, 2021

Via Zoom, meeting called to order at 6:05pm by Neal Barnaba.

Attending Members:

Neal Barnaba, President/Insurance Coordinator
 Eric Ferree, Vice President
 Matt Neff, Treasurer
 Heather Roe, Membership/Winter Series Coordinator
 Karen Mitchell, White Rose Run
 Clay Shaw, Club Photographer
 Margaret Moore, Timing Coordinator/Equipment Manager
 Eric Wolfgang, Web Administrator
 Bernice Quesenberry, Events Specialist
 Scott Newcomer, York Ridge Runners
 Mark Landis, Publicity and Social Media Coordinator
 Hal Darr, Club Member

Secretary's Report: Minutes for November 9, 2020 meeting submitted to board electronically ahead of meeting by Lauren Rooney. A motion to approve was made by Karen Mitchell and seconded by Matt Neff. The motion passed.

Treasurer's Report: Provided electronically in advance by Matt Neff. He also included a P&L statement for the club comparing 2020 to 2019 and an income statement for the 2020 White Rose Run. The cash balance as of 1/11/2021 is \$46,010.70. This is an increase of almost \$5000 since November due primarily to Winter Series registration coming in and less going out due to the delay of the WS live races and their costs due to Covid. Neal Barnaba motioned to approve the report and Scott Newcomer seconded it. The motion passed.

Old Business: None covered

New Business:

1. Hal Darr: Member-at-large requested to attend to share his experience with organizations and their funds. Referencing a chart graphing the steady increase in club cash funds over the past three years provided by Matt Neff, Hal expressed his concern of embezzlement temptations with that amount available and referenced a previous treasurers recommendation of keeping the balance below 20k dollars. He recommended donating 20k now split equally between York County Parks and the York County Rail Trail Authority. The majority agreed to the commitment of drawing down the funds, but preferring to do it more gradually throughout the year and to solicit additional

potential recipients and voting each meeting where to give the money (ie \$4k each of the 5 meetings left in 2021 equals \$20k) Karen Mitchell volunteered to inquire with YCP to any specific projects we could contribute to. Neal Barnaba suggested a student scholarship award and reinvestment back into the club (equipment, website, etc improvements). Additionally, suggestions for organizations or projects to give to will be solicited from club members through club newsletter (Angie Neff) and email blast (Mark Landis). Eric Wolfgang and Heather Roe have ideas on how to set up a club member suggestion submission email the board at large could have access to.

2. Neal Barnaba asked for the board to express their goals for the club for the next year. Eric Ferree said more races. Bernice Quesenberry said more group runs. This transitioned into Eric Ferree proposing a group run on February 20th for which he was seeking approval for funds. Specifically, funding for printing materials (for a map and passport provided to each participant) and the price of one burrito for each finisher \$6.28 each. Eric Ferree motioned to approve the funding request. Eric Wolfgang seconded the motion and it passed.

Committee Reports:

Membership Coordinator: After a discussion initiated by Neal Barnaba, a proposal was discussed and evolved to extending membership to all current members by one year for free and giving new members two years for the price of one throughout 2021 due to Covid hardships. Heather Roe motioned to approve the measure and Eric Ferree seconded the motion and it passed.

Winter Series Coordinator: Virtual sign-ups has closed. 3 Live races that were delayed are slated to be held in the next month with the same covid safety measures used during Spring Valley which was executed successfully. Heather Roe expressed her surprise that so many people signed up for both the virtual and live races (over 100). The participant approval of and overall success of the swag development and dispersal was discussed.

York White Rose Run: Race was highlighted in RaceResults.Net article for its history. There is still an outstanding bill to be received and paid to the ambulance club and a pledged Sponsorship from New Belgium to be received (this may just be rolled over to 2021). After slotting \$100 for the ambulance club, a positive balance

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of \$2784 remained on the books for the race. Karen motioned to donate that amount to Not One More. In discussion Matt Neff proposed rounding it up to an even \$3000 to unanimous approval. Bernice Quesenberry seconded the motion and it passed. Planning will begin soon for next year's race (9/25/21). Matt Neff suggested keeping the virtual option due to its easy profit margin.

Newsletter Editor: The next newsletter (Winter Edition) is in the works and planned to be sent to the printer this coming weekend. Angie Neff solicited for any last minute additions. It was suggested to add Squirrely Run, Roburritos Run, and a solicitation from membership for club donation recipients. It was suggested that next issue's spotlight be on the new Pres. and VP.

Race Timing Coordinator/Club Equipment Manager: There have been two inquiries for rental/timing services so far for this year (both being fall races - Rail Trail and Leg Up). This is already a promising improvement from last year.

Website: An average of 30 visits per month reported. Additions to the site were solicited to the board by Eric Wolfgang prior to the meeting via group email. Neal Barnaba proposed the possibility of investing money on professional resources if it could update the look and increase utilization and functionality of the site. The idea was shelved for further, future discussion after Eric Wolfgang would look into his options with the current platform. It was also noted that the club officers listed on the site would need updated.

Events Specialist: Hoping to restart training/coaching again soon as things settle with Covid in conjunction with discussions with the York County Parks. Bernice is also hoping to get help soon with that.

Trail Runners Division: Organized group runs have been shelved due to levels of Covid. Squirrely Tail Twail Run is coming up 2/14/21, signups are open and planning underway with Covid restrictions.

Insurance Coordinator: Insurance for the club was just renewed at the end of the year at a cost of \$1550.02. Neal Barnaba is waiting for requests for coverage on the three upcoming Winter Series Races from their respective Race Directors.

Publicity and Social Media Coordinator: The updates to the Winter Series schedule and other races in the area

have been published /advertised on FB and by email blast. Mark Landis asked for personal blurbs in the next week of a couple sentences from each board member to add to his next email, so he can inform membership of the recent changes and current configuration. Mark also asked about how to get trail work volunteer hours for a personal requirement. A discussion followed on the possibility of someone spearheading a regular, organized effort with trail work on behalf of the club. No one present volunteered at that time to do so.

Photographer: The Spring Valley Winter Series race was photographed & photos shared.

Meeting Adjournment 7:50pm

Next Meeting: Monday, March 8, 2021 (location Zoom)

2021 Meeting dates: (2nd Monday of odd-numbered months) March 8, May 10, July 12, Sept 13, Nov 8

TRAIL CORNER

A brand new feature from our Ridge Runners Director, Scott Newcomer, aimed at highlighting some area trails in PA and beyond.



FEATURED TRAIL: Batona Trail, NJ

SCOTT'S RATING: GREEN — not technical, flat with some small hills but harder than a rail trail

ABOUT THE TRAIL: The Batona Trail is 53.5 miles long. It's about a 3 hour drive from York. The southern terminus is flat versus the rolling 104% grade from the northern terminus. It meanders through the Pine Barrens of southern NJ State Forests. Trail conditions are great, and the trail is well-marked with pink blazes and added arrows at tricky intersections. Who wouldn't want to run on a carpet of sugar sand and pine needles and hitting a road pace in the woods?

A few races are held on this beautiful trail. I would suggest signing up for a race there before going it solo. I would also caution you to be aware of ticks, chiggers, and flies, which are known to be an issue there between April and October. They do get snow, and the conditions are similar to our area during much of the year. March would be a perfect time to visit, after the snow and before the bugs become active. But you should be advised that multiple days of rain could produce flooding on the lower trail section.



Invest In The Run Series:

Be Strong. Be Victorious.

Ahh. I can feel it. Can you? The return of the sunshine, cool morning breeze and the sweet, fresh air of spring. After a long winter, cooped inside and forcing myself into the cold morning weather, I can think of nothing more perfect than a brisk spring run to make me feel alive and whole again.

With the inviting weather of spring, I hope you are one of the people stepping out into its welcoming arena. As the winter months carry on, it's easy fall a few steps back in our fitness and life goals isn't it? I know I am not alone when I say that the winter certainly takes a toll on many aspects of our lives, but for the sake of this article, let's focus on our fitness and health.

We are all essentially in one of three boats currently:

1. You are a dedicated nut that we all look up to and have pushed and stayed consistent all winter with your training, recovery, cross training and diet. If this is you...YOU'RE AWESOME!
2. You have slid back a bit. You have been exercising but not as much and with much less intensity that you did just 6 months ago. You lost sight of proper rest, mobility work, strength training and planning. If this is you, I got good news...THIS IS MOST OF US!

3. You just completely shut it down. It's way to cold to run, the treadmill to you is like pulling your eyes out and you just haven't had the motivation. If this is you. You're not alone, trust me! Just as easy it was to stop; you can start right back up again.

No matter what boat you are in, I can guarantee you one thing. All three of these groups are about to pick up their activity level and mileage a pretty significant amount with the break of nice weather upon us. And with that in mind. I must stand on a mountain and SHOUT: "STRENGTHENING IS KEY!".

We as runners like to run and so that is what we end of doing the majority of the time. It's what we become comfortable with, focused on and in a way, it's the activity that becomes "easiest" for us. After all, if I want to be a better runner, I need to run more right?

Well, unfortunately that is a truth but only a part-truth. As we progress in the sport, yes, we MUST run more to be better. But we are not superhuman, and we don't just stay magically balanced and healthy while pushing the limits of activity and mileage. In reality we all break down over time. We get injured, start slowing down, reach a plateau or just get to the point that we can't run anymore.

I got great news for you though! The biggest thing you can do now to fight the above is to BE STRONG! To go a long with my previous article "A Moment for Mobility". Strength and Mobility go hand and hand for not only injury prevention, but performance. They are 1a and 1b in importance. I chose flexibility first because, it can be influenced pretty immediately and easily, but with the addition of strengthening, it will

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bring you over the top in performance and injury prevention!

The great thing about strengthening is that it not only will keep you healthy but it will bring you to perform better. The bad thing however, is that it does not happen immediately and takes, planned intentional effort to improve. In fact, we see it often in the clinic, as well as, time and time again in studies that true, lasting strength takes about 6 weeks to achieve.

So, for you folks who are looking to get faster, perform better, fight off a lingering injury, eliminate a pain you been dealing with or just want to be strong. Here are some steps to start the process.

- Keep it simple and sweet! (If we make it a big “to-do” we will never stay consistent)
 - Do it at home.
 - Take 20-30min
 - Focus on lower body and core with a sprinkle of upper.
- Insert it in an already planned workout.
 - Perform after one of your low intensity run days.
 - Use it during a cross train session day or even a rest day. Rest does not always mean do nothing. Some light strengthening, will not throw you off.
- Be consistent. (True strength takes about 6 weeks)
 - Plan it 1 – 2x weekly and don’t skip. Maybe you have time for 10 min and that’s fine!
- Don’t overthink it. (Remember simple!)
- Focus on movements such as Squats, Lunges, Deadlift, Bridges to develop glutes, quads and hamstrings.
- Incorporate core with exercises such as Planks, Side Planks, Leg Raises and variations of the lot. (Just google plank variations).
- Invest in some resistance bands and light dumbbells. You’ll be amazed at how much you can do with so little.
- **Start small and grow it!**
 - When you start developing a routine and you have found yourself not getting sore from your strengthening shoot for 2, 30 min sessions a week during training and 3 during offseason.
 - When basic movements begin to get easy, start making movement unilateral and or dynamic. The goal here is to challenge your body in the activity you do. That’s running! Running is a series of single leg-controlled balance and explosion. Replicate that in your strengthening.

Lastly, stay free! Don’t look at any of these things as an additional task to do and let it stress you. You started running for health and enjoyment. Whenever you put pressure on yourself and let the obligation stress you, you lost sight of what you are doing. Stay well, stay healthy and INVEST IN THE RUN.

I hope to see you guys soon. Stop by our booth at one of the upcoming races, reach out via email at PLister@DrayerPT.com or give me a call at Drayer PT, West York at 717-764-0144 with any questions .



BALANCED LIFE RUNNING

by Eric Wolfgang

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



Finding races over the past year has been very strange. Some have kept their dates. Some have shifted to different seasons. Some have capped numbers, while others have opted for altered courses and wave starts. Some have cancelled altogether and have offered deferrals for 2021. Some 2021 races are ALREADY shifting and deferring! Training for a moving target can be pretty tricky. However, there are some basic training elements that everyone can follow to stay fit and be ready to give a solid effort when the opportunity does arise. The winter/early spring seasons, when the race scene would be naturally low on options in any non-pandemic year, presents a great time to begin building (or REbuilding) a solid base for the late spring and summer seasons. Some things every runner should be doing during this time include...

- Mobility work: This includes focused stretching, as well as rolling and massage. Yoga routines work well here too.
- Strength work: Everyone has different preferences here. Whether it be iron or body weight, do some research and refine your routine.
- Increase your long run: Add a mile or two a week to your long run until it's the desired distance. This depends on the races you'll be doing. An accepted rule for weekly long runs is that they should be roughly 25% of your total weekly mileage. Marathon training is obviously an exception here.
- Hit the hills! Don't shy away from them on regular runs. They build strength, physical AND mental.

Most importantly, never be afraid to ask for help. The running community is full of awesome people that are willing to share their knowledge and experience. I am always blown away by the willingness of seasoned runners in our community to share their experiences in an effort to help a fellow runner in any way possible, especially if that

runner is new to the sport. There is truly a sense of camaraderie in our running community, and a shared desire for seeing others achieve their respective goals. Never be afraid to ask questions, no matter how simplistic they may seem. Running can be an incredibly complicated sport despite the "it's just one foot in front of the other" perception. If you're looking to connect with other runners, the best place to start would be the "Group Runs" page on the YRRC website. You'll notice that the majority of the runs there are TRAIL runs, but don't let that scare you away! The trail running community is especially welcoming, and spending time in the woods is a wonderful reprieve from the digital world we've been forced into over the last year.

Here's to warmer weather and longer days ahead!

CLUB NEWS & EVENTS



CLUB LOGO UPDATED

In case you didn't notice, jump back to page 1 and take a look at our updated club logo. We also have a similar logo for our Trail Runners Division—the York Ridge Runners!

COVID MEMBERSHIP RELIEF

At the January 2021 Board Meeting, a motion passed providing some financial relief for our members during COVID. Current club members (as of January 9) will have their memberships extended for one additional year at no extra charge, and new members joining during the remainder of 2021 will receive 2 years for the price of 1. If you have any questions about this, please contact our Membership Coordinator.

BEGINNERS RUNNING PROGRAM

We are still hoping the club will be able to offer its Beginners Running Program again this year. Stay tuned to the Facebook page, club emails, and our website for 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!*



Phone: 717-845-2833

YRRC IS DEDICATED TO PROMOTING RUNNING, RACING, AND HEALTHY LIVING IN YORK COUNTY.

As we navigate this “new normal” together as runners, remember:

BE SAFE:

Get out and stay active, but be smart and keep in mind your safety as well as the safety of those around you.

BE HEALTHY:

Take care of yourself physically and emotionally so that you are better equipped to weather the tough times.
And, of course, reach out to your running friends for support!



OSS offers urgent care 7 days a week at locations in the area and provides a full range of care - diagnosing and treating injuries, and providing therapy and surgery. They specialize in many areas of orthopedics - foot & ankle, knee & hip, spine & sports medicine. So the next time you have a running injury, choose OSS Health! Open Mon- Fri 8am-8 pm & Sat-Sun 9am - 6 pm. OSS will get you back on your feet and back to doing the things you enjoy.

YORK LOCATION

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York, PA 17402

MECHANICSBURG LOCATION

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Have ideas, pictures, etc. to share for an upcoming newsletter?
Send them to our Newsletter Editor at angie.neff@verizon.net

Summer 2021 issue submission deadline: May 15, 2021