



YORK ROAD RUNNERS



**MARTIN FOOT AND
ANKLE CENTER**
EAST YORK - WEST YORK
HANOVER - SHREWSBURY
717-757-3537 / www.heelpain.md

2004 York Road Runners Winter Series

Series Coordinator (s): Robert Weikert 717-505-3966 (W) or 717-755-1286 (H)
Jan Workinger 717-840-0796 (W) or 717-840-1802 (H)
E-mail (s): rweikert@jlsouser.com - runforfun.jan@verizon.net
York Road Runners Club's Internet Site: [//www.starinc.com/yrrc](http://www.starinc.com/yrrc)

Purpose:

The Winter Series is a running program managed by The York Road Runners Club and sponsored by Martin Foot and Ankle Center. It is a total of seven running races for one low fee with the purpose of encouraging runners and joggers to stay in shape through out the winter months. Trophies are awarded only after the last race and are based on the total points received for the series within each age bracket. Each participant is assigned a racing number at their first race and is responsible to wear this same number at all races they attend. Commemorative gift is provided after the last race to all runners that have run or helped out in at least 5 of the 7 races. One mile fun runs will be held at each race. The one mile fun runs will count toward the 5 race requirement for the commemorative gift. The top 3 finishers in AGE 12 and under will receive awards based on a point system similar to the Series Awards.

Schedule: 2004 York Road Runners Winter Series

<u>Date</u>	<u>Time</u> Ⓢ	<u>Race</u>	<u>Director (s)</u>	<u>Phone</u>
1 <i>Sunday</i>	11/16/03 1 pm	<u>Dover 10 Miler</u> (*)	Paul Makurath	717-652-8633 (h) 717-783-4253 (w)
2 <i>Sunday</i>	12/07/03 1 pm	<u>Spring Valley 5k</u> (*)	Peter Klotz	717-845-2856 (h)
3 <i>Saturday</i>	01/10/04 10 am	<u>Accotack 8k</u> (*)	Dave Weitzel	717-252-4544 (h)
4 <i>Saturday</i>	01/24/04 10 am	<u>Saginaw 10k</u> (*)	Jack Goodwin Kathy Miller	717-600-2282 (h) 717-845-3601 (w)
5 <i>Saturday</i>	02/07/04 10 am	<u>Jacobus 5 Miler</u> (*)	Joe Myers Tara Hengst	717-252-1183 (h)
6 <i>Saturday</i>	02/21/04 9 am	<u>Shrewsbury 1.5k</u> (*)	Marty Strine	717-840-0811(h)
7 <i>Sunday</i>	03/07/04 1 pm	<u>Indian Rock 10k</u> (*)	Tom Schaffstall Rosa Pahl	717-755-6806 (h)

(*) One mile fun run will also be held on race day

All Winter Series Races will be held in moderately bad weather, which includes rain, snow, ice and cold temperatures. In case of a severe blizzard or dangerous levels of ice, race could be postponed for a week or cancelled. If unsure listen to WBSB AM 910 Radio "Operation Snowflake" or contact the race director or series coordinator. All races, which are postponed, will be re-scheduled for the following week at the same day of the week and at the same time. Races that are postponed more than once, we reserve the right to cancel.

*****Turn the sheet over for more details*****

Cost:

Applications mailed on or before 11/07/03

(cost for all 7 races)

\$20.00 one time fee

After 11/07/03

\$28.00 one time fee

Or

Same day Registration for any one of the races

\$7.00 per race

Fun runs only for the seven races

\$6.00 one time fee

Or \$2.00 per race

** Series Awards: Points system based on age group placement (1st = 10 pts., 10th = 1 pt.). Number of trophies/plaques based on age group participation.

Three Race Minimum. NO FINISH LINE TIES! Placement at the discretion of the timer. Age Groups: Men & Women 7-18, 19-29, 30-39, 40-49, 50+

Other optional cost:

YRRC Membership 1 Year 2 Years (6 newsletters/year of running events, picnic, discounts)

Individual \$10 \$16

Student \$6 \$10

Family \$12 \$20

1 year *Free* to H.S. Sr. XC & Track members

Family Names: _____

Total (cash /check) \$_____

In consideration of this entry being accepted to each and all of the above races, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the 2004 York Winter Series, the York Road Runners Club, its officers, directors and race sponsors and cities, boroughs, townships, and parks involved with the races. I certify that I am physically fit for the events. The race organizers reserve the right to reject any entry.

PLEASE PRINT

Last Name: _____ First: _____ Birth Date: ____/____/____ Sex: M / F

Address: _____ City/State: _____ Zip: _____

Runner's Signature: _____ Phone: (____) _____ (____) Age (on Nov. 16)

Parent or guardian must sign if under 18.

Mail applications and payments to:

Make check payable to YRRC

YRRC-Winter Series

C/O Lynn VanHorn
1200 Midland Ave
York, PA 17403

CUT LINE

Directions to Races from York, PA:

Dover: PA Rt. 74 north to Dover; left (west) on Canal Rd.; right on Intermediate Ave. then park at **Dover Intermediate School**.

Spring Valley: I-83 south to exit 2 (Glen Rock); left (east) on Rt. 216 travel less than 1/4 mile; right on Potosi Rd.; follow Potosi Rd. about 2 miles to **Spring Valley Park**; left on Crest Rd. to **Equestrian Center** on right.

Accomac: PA Rt. 30 east to Wrightsville exit; Follow signs to Accomac Inn; left (north) on Cool Springs Rd; right (north) on Dark Hollow Rd.; right (north) on Accomac Rd; park near **Accomac Inn** parking area.

Saginaw: I-83 north to exit 11 (Emigsville); right (east) on Rt. 238; straight across Rt. 181 (George St. Extended) onto Starview Rd.; at stop sign, left onto N. Sherman St. (Rt. 24); at T intersection go right on Codorus Furnace Rd.; left on Saginaw Rd.; once in Saginaw, bear right onto Market St.; turn left into **Community United Methodist Church**. (Only a block from the river).

Jacobus: I-83 south to exit 4 (Leader Heights); right (west) on Leaders Heights Rd. left (south) on George St.; into Jacobus where George St. becomes Main St.; right (west) on Church St. and park behind **Christ United Methodist Church**.

Springettsbury: RT 30 east to Mt Zion Road Exit; left at the light, go under RT 30; make a right on Whiteford Road, Springettsbury Park is on your left. (LOOK FOR SIGNS FOR THE RACE LOCATION)

Indian Rock: From George St. at York Hospital; right (west) on Country Club Rd; right onto Richland Ave.; left on Indian Rock Dam Rd.; go 1 mile to **Indian Rock Elementary School** on left.