

# 2008/2009 YRRC WINTER SERIES

Orthopaedic & Spine Specialists  
1855 Powder Mill Rd, York, PA  
717-848-4800

Ricke Bros, Inc  
4449 Lincoln Hwy, York, PA  
717-755-6199

Series Coordinators: Margaret Moore 717-843-4202 [winterseries@verizon.net](mailto:winterseries@verizon.net)  
Gretchen Walter 717-542-5994 [runninggoddess1@yahoo.com](mailto:runninggoddess1@yahoo.com)

YRRC Web Site: [//www.yorkroadrunners.com](http://www.yorkroadrunners.com)

- 8 races and 8 1 mile runs
- Participants assigned a race # at their first race & are responsible to Bring & Wear the same # at all races attended.
- Awards based on a point system throughout the series. Awards presented at end of series for most accrued points in 5-year age brackets.
- Participation Awards for those who run and/or volunteer for 5 or more races.

<b>Date</b>	<b>Time</b>	<b>Race</b>	<b>Director</b>	<b>Phone</b>
Sunday 11/23/08	1pm	Dover 10 Mile	Paul Makurath	717-652-8633
Sunday 12/7/08	1pm	Spring Valley 5k	Tom Shepp	717-792-3214
Saturday 12/20/08	12noon	Dallastown Wildcat10k	Bob Breighner	717-244-6865
Saturday 1/3/09	9am	Accomac 8K	Dave Weitzel	717-252-4544
Saturday 1/17/09	9am	Saginaw 5K	Jack Goodwin	717-600-2282
Saturday 2/7/09	9am	Jacobus 5 mile	Joe Myers	717-252-1183
Saturday 2/21/09	9am	Springettsbury 15K	Jan Workinger	717-755-1856
Saturday 3/7/09	12 Noon	Indian Rock 10K	Tom & Rosa Schaffstall	717-755-6806

- \*NOTE: - **All one mile runs start 15 minutes prior to primary race time.**  
- Due to insurance liability, **NO HEADPHONES/DOGS ALLOWED ON RACE COURSE**

All Winter Series Races will be held in moderately bad weather, which includes rain, snow, ice, and cold temperatures. In case of severe blizzard or dangerous levels of ice, the race could be postponed for a week or canceled. If you are unsure in bad weather, check for a posting on [www.yorkroadrunners.com](http://www.yorkroadrunners.com), WGAL, or contact the race director. All postponed races will be re-scheduled for the following week on the same day & same time of the week. We reserve the right to cancel races, which are postponed more than once.

**COST:** Applications are a one-time fee of \$20.00 for any/all main races. One mile runs included in this fee.

\$8.00 for any/all 1-mile runs

\$50.00 maximum for families for any/all races

**BONUS:** Special Sponsor give-away, guaranteed to all pre-registered runners. Also given to all other runners while supply lasts.

Total Cash/Check \$ \_\_\_\_\_

In consideration of this entry being accepted to each & all of the above races, I hereby for myself, heirs, executors, & administrators waive and release any claims that I may have against the 08/09 York Winter Series, the York Road Runners Club, it's officers, directors & race sponsors & cities, boroughs, townships & 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: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: M/F Age as of 11/23/08: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Parent/Guardian must sign if under 18: \_\_\_\_\_

Mail applications & payments to: YRRC-Winter Series c/o Lynn Vanhouwe ([run.fast1@comcastnet](mailto:run.fast1@comcastnet))  
4754 E. Prospect RD York, PA 17406

\_\_\_\_\_ Cut Here \_\_\_\_\_

More Details & Printable race applications will be posted on YRRC web page [www.yorkroadrunners.com](http://www.yorkroadrunners.com)

**Dover:** PA Rt 74 north to Dover, left (west) on Canal RD, right on Intermediate Ave. Park at rear of Dover Intermediate School

**Spring Valley:** I-83 south to Exit 8 (Glen Rock); left (east) on 216. Travel less than ¼ mile, right on Potosi RD; follow Potosi RD about 2 miles to Spring Valley Park; left on Crest RD to Equestrian Center on right.

**Dallastown:** Queen ST (Rt 74) South exit Go approximately 4 or 5 miles to Dallastown. Go to first traffic light (Turkey Hill on right) and turn right on Walnut ST. Stay straight on Walnut ST about ¼ mile. This road brings you behind school & to the stadium. Bear left at stadium (between stadium & school) to parking lot.

**Accomac:** PA Rt 30 east to Wrightsville exit (follow signs to Accomac Inn) left (north) on Cool Springs RD; Left (north) on Dark Hollow RD. Right (north) on Accomac RD; park near Accomac Inn parking area. PLEASE CARPOOL

**Saginaw:** I 83 north to exit 24 (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 Cordorus Furnace RD; left on Saginaw RD; once in Saginaw, bear right on Market ST; turn left into Community United Methodist Church (only a block from river)

**Jacobus:** I-83 South to exit 14 (Leader Heights); right (west) on Leader Heights RD; left (south) on George ST; follow into Jacobus where George ST becomes Main St; right (west on Church ST). Park behind Christ United Methodist Church

**Springettsbury:** Rt 30 East to Mt Zion Rd exit; left at light; Right on Whiteford Rd, Springettsbury Park on left. (LOOK FOR SIGNS FOR RACE LOCATION)

**Indian Rock:** From George Street at York Hospital, right (west) on Country Club Rd; right on Richland Avenue, Right at light into Grumbacher parking lot.