



## BACKGROUND

The York Road Runners Club was established in May, 1976 and is dedicated to serving the needs of runners. Club membership is open to runners and supporters of all ages and abilities. The York Road Runners Club objective is to promote health and physical fitness.

## MEMBERSHIP DUES

	<u>1 YEAR</u>	<u>2 YEAR</u>
Individual	\$10.00	\$16.00
Family	\$12.00	\$20.00
Student	\$6.00	\$10.00
High School Senior	Free!	

Members will receive a membership card and the club newsletter, issued six times per year.

The membership period runs from the first day of the month in which membership dues are received.

We encourage you to become involved in your club by attending club meetings, volunteering to help out at local races, and even directing a race of your own!

**[www.starinc.com/yrrc](http://www.starinc.com/yrrc)**

## MEMBERSHIP BENEFITS

A Bi-monthly Newsletter. Your source for local road races as well as regional races. Also contains articles written by local runners; Training tips; Race results; Race calendar; and much more! Weekly Training Runs! Come meet us behind the Colonial Coffee Shop (across from York Hospital on S. George St.) every Wednesday at 5:30 PM. All abilities welcome!

Track Workouts! During certain times of the year, club members will meet for track workouts at the York Suburban track on Tuesday and/or Thursday at 5:30 PM.

Beginning Runners Program! Every April the club puts on a free running program. It's geared to "first time" runners and can get you to a fitness level to finish a 5K race.

Social Events! We have annual "non-running" events such as a club picnic and other activities.

Community Service! Help out at quarterly Highway Litter clean up, or other community activity.

Discount! Club members receive a 10% discount at Flying Feet Sport Shoes.

Please pay by check or money order made payable to: The York Road Runners Club

## **York Road Runners Club P.O. Box 2841 York, Pa 17405**

**Check an area where you could help out:**

- \_\_\_\_ Clinic Speaker
- \_\_\_\_ Art Work
- \_\_\_\_ Photography
- \_\_\_\_ Writing for Newsletter
- \_\_\_\_ Committee Work
- \_\_\_\_ Sponsorship
- \_\_\_\_ Registration, Race Help
- \_\_\_\_ Course Marshal
- \_\_\_\_ Finish Line Helper
- \_\_\_\_ Trash Pick-Up