



MARTIN FOOT AND ANKLE
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 717-757-3537 / www.martinfootandankle.com

2005 York Road Runners Winter Series

Series Coordinator (s): Robert Weikert 717-755-1286 (H) WinterSeries@suscom.net
 Jan Workinger 717-840-1802 (H) runforfun.jan@verizon.net

York Road Runners Club's Web Page: [//www.yorkroadrunners.com](http://www.yorkroadrunners.com)

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 eight 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 awards 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 **Bring and Wear** this same number to all races they attend. A commemorative gift is provided after the last race to all runners who have run or helped in at least 5 of the 8 races.

One-mile fun runs will be held at each event. The one-mile fun runs will count toward the 5-race requirement for the commemorative gift. The top 3 finishers AGE 12 and under, running the Fun Run (s), will receive awards based on a point system similar to the Series Awards.

Schedule: 2005 York Road Runners Winter Series (new race dates and times this year)

Date	Time🕒	Race	Director (s)	☎Phone
1. Saturday 11/20/04	1 pm	Dover 10 Miler	Paul Makurath	717-652-8633 (h) 717- 783-4253 (w)
2. Sunday 12/05/04	2 pm	Spring Valley 5k	Peter Klotz	717-845-2856 (h)
 3. Saturday 12/11/04	12 noon	Dallastown WildCat 10k	Robert Breighner	717-244-6865 (h)
4. Saturday 01/08/05	12 noon	Accomac 8k	Dave Weitzel	717-252-4544 (h)
5. Saturday 01/22/05	12 noon	Saginaw 10k	Jack Goodwin	717-767-8910 (h)
6. Saturday 02/05/05	12 noon	Jacobus 5 Miler	Joe Myers	717-252-1183 (h)
7. Saturday 02/19/05	10 am	Springettsburg 15k	Marty Strine	717-840-0811(h)
8. Sunday 03/06/05	2 pm	Indian Rock 10k	Tom & Rosa Schaffstall	717-755-6806 (h)

A one-mile fun run will also be held on race day for all Winter Series Events.

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, the race could be postponed for a week or cancelled. If you are unsure please check for a posting on www.yorkroadrunners.com or contact the race director or series coordinator. All races which are postponed will be re-scheduled for the following week on the same day of the week and at the same time. We reserve the right to cancel races which are postponed more than once.

Cost:

Applications mailed on or before 11/10/04

(Cost for all 8 races) \$20.00 one time fee _____

After 11/10/04 \$28.00 one time fee _____

Note: No family of runners will be charged more than a combined fee of \$50.00

Same day Registration for any one of the races \$7.00 per race _____

Fun runs only for the eight races \$10.00 one time fee _____

Or \$2.00 per race _____

TOTAL CASH/CHECK-----> \$ _____

(Please make checks payable to York Road Runners Club)



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 2005 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 Runner's Signature _____ Age _____ (on Nov. 20)

Address: _____ City/State: _____ Zip: _____

Phone: (____) _____ Email: _____

Parent or guardian must sign if under 18. _____

Mail applications and payments to: **YRRC-Winter Series**
C/O Lynn Vanhouwe (run.fast@suscom.net)
1200 Midland Ave
York, PA 17403

More Details and a Printable race application will be posted on YRRC NEW Web Page
www.yorkroadrunners.com

✂-----CUT HERE-----

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 rear of the Dover Intermediate School.

Spring Valley: I-83 south to exit 8 (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.

Dallastown: Get off at the Queen Street (Route 74) South exit. Go approximately 4 or 5 miles to Dallastown. Go to the first traffic light (Turkey Hill on your right) and turn right onto Walnut Street. Stay straight on Walnut St. for about three quarters of a mile. This road brings you in behind the school and to the stadium. Bear to the left at the stadium (between stadium and school) to go to the parking lot

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 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 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 14 (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.