



FOOTPRINTS

Volume 2, Issue 3

Fall 2012

HARRC in the Park 2012 Update

The HARRC in the Park 2012 Trail 15K Race is on schedule to start on Sunday, 7 October 2012, at 10 A.M. at the Lake View Pavilion within the Quaker Race Day Use Area, Gifford Pinchot State Park. If this summer has been any indication we expect the conditions to be much drier than last year's somewhat soggy inaugural event. There will be \$50 gift certificates for the overall male and female winners and a pair of running socks for those who place in their age groups. We're going two deep male and female for age groups 1-19, 20-29, 30-39, 40-49, 50-59, 60-69, and one deep male and female for 70+. That's 28 prizes for a trail race that drew 54 runners last year!

This year we're giving the first 100 registrants gold Made in USA technical shirts that are sure to be collectors' items. New for 2012 are made fresh subs so you can get that protein that you'll need after the ups and downs of circling Pinchot Lake in a counter-clockwise direction. There will also be water stops every three miles along the course to keep you hydrated.

On Saturday, 30 June 2012, my Co-Director Tadd Morris led seven of us along the course and the conditions were fairly good considering it had rained the night before. I can say that we all had a rigorous workout that day navigating the roots, rocks, and the occasional tree limb!

So what are you waiting for? Go to HARRC.org to register online, print out an application and mail to Walt Greene, or just show up between 8:30 and 9:30 A.M. on race day to sign up. With the \$10 discount the cost to HARRC members is only \$20 through September 2012 and \$25 afterwards. That's just one of the many benefits of belonging to Central Pennsylvania's foremost running organization!

Frank Crupi, Race Director



RACE INFORMATION:

LOCATION: Lake View Pavilion (Quaker Race Day Use Area), Gifford Pinchot State Park

TIME: Race starts at 10:00 AM

ENTRY FEE: (HARRC members apply \$10 discount)
by 9/30/12 \$30
from 9/31/12 until Race Day \$35

PAYMENT: Checks payable to HARRC

REGISTRATION:

BY MAIL :

(See application insert in this newsletter!)

Walt Greene
431 Spring House Road
Camp Hill, PA 17011



ONLINE: www.HARRC.org

PACKET PICKUP AND REGISTRATION:

10/7/12 (race day) from 8:30 A.M. to 9:30 A.M.

AWARDS: Overall Male and Female will receive gift certificates. Age Group awards are two-deep for male and female ages 1-19, 20-29, 30-39, 40-49, 50-59, 60-69, and one each for first male and female 70+:

For more information please contact:

Frank Crupi, Event Director:
fvcrupe@verizon.net
717-728-8892

Tadd Morris, Event Director:
stotan31@aol.com
717-972-8412



Seven Thoughts on the Trails

In the movie *The Matrix Reloaded* the protagonist, Neo, goes to consult an oracle. Before he is allowed to meet the oracle Neo is forced to fight her bodyguard, Seraph. Seraph tells Neo afterwards that you don't really know a person until you have fought them. Anthony Bourdain, the host of the travel channel television show *No Reservation* has said that to truly know and appreciate a location you must first taste the local cuisine. The same could be said about knowing a destination through its architecture, art, music, language and literature. As a runner I would like to add that another way to come to know a land is to run the land. While the streets in Vermont are pretty much the same as the ones in Michigan or California, I can assure you that the trails, the geography, the plants and trees...all of it is different. Until you have had earth pass under your feet, and felt the terrain in your striving muscles, and seen its unique beauty, you have not really known the land.

As each area of land is different so is each trail. And this means that comparing times from one trail to another is futile. A flat 5k road race is rather comparable to any other flat 5k. But each trail is unique. Now some runners may be frustrated by this. You won't be able to compare last month's race to this month's. But others may find this feature to be rather enjoyable. If you forget about comparing times you are able to enjoy each run for itself alone.

The trails test you in ways that track and road races never will. And that brings us to hills.

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SUNDAY CLUB RUN SCHEDULE

All Sunday Club Runs start at 8:30 A.M. unless otherwise noted. Please visit www.HARRC.org for directions or contact the Race Director if you have any questions. If you are interested in directing a Sunday Run, contact Mark Ondo at (717) 564-2906 or via e-mail: clubruns@harrc.org.

September

9/2—Front Street Prediction Run 4 Mile

Race Director: Marge Lebo (717) 566-6828

9/9—(Paid Event) Harrisburg Half Marathon

Website: www.harrisburgymcaraces.com

9/16—Fredricksen "Bee Local" 3 Mile (AGCS)

Race Director: Nick Marshall

9/23—Peppermint Patty's Inaugural Spice 5K/10K

Race Director: Patty Parker (717) 215-8439

9/30—HARRC Picnic and 5K at Adam Ricci Park

Race Director: Frank Crupi (717) 728-8892

October

10/7—(Paid Event) HARRC in the Park

Race Director: Frank Crupi (717) 728-8892

10/14—Good Hope 4 Mile

Race Director: Jim Collins (717) 599-6090

10/21—Carlisle Army Heritage 2.5 or 5 Mile (AGCS)

Race Director: Hap Miller (717) 249-4521

10/28—Charisma 4 Mile

Race Director: Brad Colwell (717) 234-6383

November

11/4—Adopt-A-Highway 6K

Race Director: Wayne Smithers (717) 651-0698

11/11—Great Turkey Hunt 4 or 6 Mile

Race Director: Chuck Wells (717) 823-8624

11/18—TBD-Check HARRC.org for updates (AGCS)

Race Director: Check HARRC.org for updates

11/25—TBD-Check HARRC.org for updates

Race Director: Check HARRC.org for updates

CURRENT 2011-2012 AGE GROUP CHAMPIONSHIP SERIES RANKINGS

	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	TOTAL
F 60-64 HARRIS, MARY LOU	0	0	0	8	4	9	0	0	7	11	0	0	64
F 50-54 PERRY, SHELLY	1	1	0	1	1	1	2	0	1	1	0	0	55
F 45-49 SHADEL, KAREN	2	0	1	0	0	0	3	5	0	3	0	0	39
F 30-34 FUTATO, MAGGIE	0	0	0	0	19	12	10	16	19	23	0	0	129
M 65-69 CASSATA, MIKE	8	0	2	7	5	5	0	0	2	0	0	0	59
GIPE, CHRIS	3	0	0	0	2	4	0	0	4	2	0	0	40
M 60-64 CRUPI, FRANK	0	0	8	14	11	24	14	0	11	10	21	0	153
COLWELL, BRAD	0	0	3	0	7	10	9	1	8	14	20	0	112
WHITTLE, STEVE	5	2	5	4	1	0	5	0	0	2	6	0	70
M 55-59 GROBMAN, GARY	17	7	0	17	0	0	17	0	18	26	28	0	165
VORHAUER, JIM	11	0	13	12	0	0	13	7	13	16	0	0	120
M 50-54 SHADEL, FRED	7	0	11	10	6	13	8	5	9	21	15	0	155
M 45-49 MORGAN, SCOTT	10	0	12	11	9	15	1	8	10	13	24	0	163
M 35-39 ONDO, MARK	0	0	16	15	0	20	11	9	1	18	22	0	152
GIRTON, JEROD	0	5	15	0	0	21	18	12	0	0	0	0	96

HOW IT WORKS:

HARRC has one AGCS Sunday Run a month (see schedule). Runners get one point for each person behind them as well as 5 points for participation. Race Directors of AGCS Sunday Runs receive one point plus five, unless they also run the course in which they are scored like the other runners. To be eligible for the Age Group Award at the end of the AGCS-year (September to August), runners must have run in at least six AGCS Sunday Runs.

You can view all Sunday Runs and AGCS Results on our website at:

www.HARRC.org

HARRC Annual Picnic September 30, 2012 at Adams-Ricci Park

Hear Ye, Hear Ye! Come one, come all, to the annual HARRC picnic on Sunday September 30 at Adams Ricci park. The event starts at 1:00 pm with a 5k run. It will be followed by hamburgers and hot dogs. This is the event where the age group awards and the participation awards are presented.

I am also asking each family to bring a covered dish to go with the hamburgers and hot dogs. We have done this in the past and had some really great food. I would like all who are planning to attend to call me on my cell and let me know you will attend and how many guest will be with you. This way we can plan on what is needed in the way of food and drinks. Please contact Jim Collins (717) 599-6090.

River Rats Saturday Morning Runs

The River Rats usually run between 7:15 - 8:15 pace. We run every Saturday at 7:00 from City Island. Contact Matthew Sinopoli at sinopoli6@gmail.com.

Looking for more running groups? Check out the

Tuesday Morning Gang

Informal runs Tuesdays at 8:30 A.M. Call Brad Colwell for more information (717)234-6383.



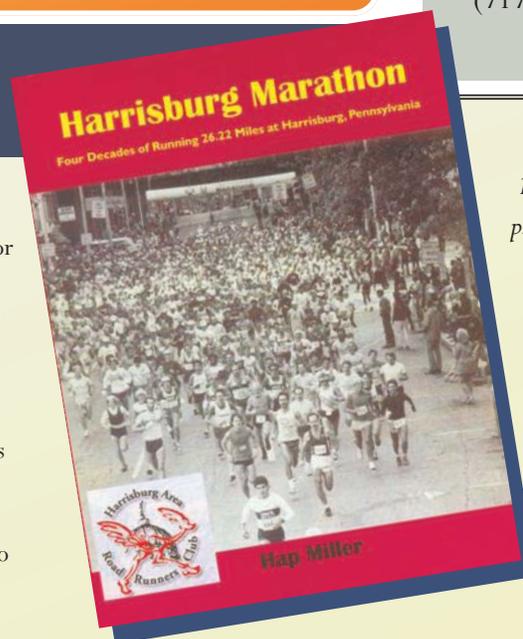
Second Printing Planned For Harrisburg Marathon, by Hap Miller

UPDATE: The second printing is planned for early this Fall.

Hap Miller's book, Harrisburg Marathon: Four Decades of Running 26.22 Miles at Harrisburg, Pennsylvania is a history of the marathon we've all known and loved for thirty-nine years. Through interviews and articles written by well-known area runners, Hap Miller chronicles the story of the Harrisburg Marathon from its humble beginnings through its glory days, waning years, and its resurgence in the new millennium.

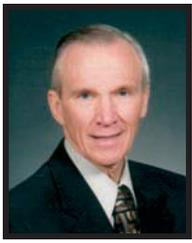
Primarily, this is a records book. There are breakdowns of field numbers both nationally and at Harrisburg for comparison. Each year includes all age group winners along with related data. There is also information on weather, size of field, and comments on each race.

If you missed ordering the book last fall, you're in luck. Hap is looking forward to a second printing, so get your orders in now! All proceeds will go to the Harrisburg Area Road Runner's Club. The book will be offered to HARRC members at a discount. You can order a copy by emailing: Hap Miller at hap813@aol.com.



Front Cover: Patriot-News photograph of the start of the 1983 Harrisburg Marathon





President's Letter

I was able to avoid the first three weeks of this summer's heat wave by taking a tour of Sweden,

Denmark and Norway. The temperature there exceeded 70 degrees only once while rain dampened many of our tour days. My wife and I had a great time but the tour schedule left limited time to run. Now that we are back in the sun I am resuming my quest to complete the Steamtown Marathon on October 7th. I have completed 18 marathons but only 1 in the past 9 years (Harrisburg 2010). If I can run Steamtown in less than 4 hours and 10 minutes I will qualify for the 2014 Boston Marathon.

I am also back to working on the details for the Aspire Urgent Care and Family Medicine HARRC after Dark 7K on August 17th. The support from the club has been tremendous for this race. We have about 70 volunteers, mostly HARRC members. Julie Kerker has taken over public relations for the race and has sent a press

release to over 30 media outlets. We have also sent the race information to every running club within 50 miles and have e-mailed the application to about 3000 runners on the HARRC and US Road Running mailing lists. The YMCA has allowed us to put a flyer in 1700 Harrisburg Mile race packets. Tom Early is getting the word out on Facebook.

Stacey Pietras is coordinating food for the race, Steve and Debbie Whittle and Fran Roman are handling the water tables and Mike Oblender is in charge of registration. Open Stage of Harrisburg will staff the food tables. Gary Grobman obtained the race permit from the City of Harrisburg. Brandon Parks has set up the data base and through his company US Road Running is processing the online registrations. Jeff Paladina is processing mail-in applications and Nikki Bell is in charge of entering finish times into the database and printing results.

Jim Collins and Walt Greene will time the race and Randy Murphy is in charge of the finish line. John Hargreaves will ride the lead bicycle, Bill Egan will set distance markers on the course and Al Redmond is in charge of course monitors. Chris Gipe has procured the awards and Deb Schneider will set them up on the awards table. Kelly Krutz will handle random awards and Julie Hess is in charge of distributing T-shirts. Many others have volunteered to assist on race day.

Ro Rayner produced all of the graphic art work for the application brochure and the race T-shirt. Steve Strickland and the New Cumberland Fire Department will provide Medical service. Robin Burd will photograph the race. The major sponsor of the race is Aspire Urgent Care and Family Medicine. Other sponsors are Metro Bank, Inside Track, Faulkner Buick-GMC, Karns Foods, Martini Racing Team and the Johnson-Duffie Law Firm.

Brad Colwell, HARRC President 

SPORTS PERFORMANCE

Extending Your Running Life

*Rich Harris, BS, CSCS, PTA
Director of Sports Performance,
Elite Athletic Performance at Cumberland Physical Therapy*

Running is a high impact activity. Ground reaction force is the force the ground exerts back on the body when the foot is placed on the ground. For running, it is 2.5 times your body weight. Ground reaction force over time causes trauma to joints and surrounding joint structures such as tendons, cartilage and ligaments. Running is also thought to be a cause of osteoarthritis or more commonly known as arthritis but there are conflicting studies regarding this premise.

What we do know is that running, as great as exercise as it is, can lead to injuries. This is especially true if there are muscle imbalances at a joint (tight or weak muscles) or if overuse or overtraining occurs. It is difficult to predict how much is too much as everyone is different, but overuse injuries can and do occur with running. So let's look at an old and new concept to extend our body's road life.

Cross training was very popular in the 80's and 90's but has lost its popularity in recent years. Cross training is an excellent way for any athlete to avoid overuse injuries, training plateaus, rehabilitate an injury, or to infuse variety into your workouts. It is simply using another mode of training other than running such as biking, swimming, rowing or using an elliptical machine.

The benefit to using one of these other forms of training is that it uses the body (particularly muscles, tendons and joints) in different ways placing a different type of stress to these structures. Cross training can be done 1-2 times a week but it must be performed at the same intensity level at which you would typically run. This is not easy!

If you have ever worn a heart rate monitor while running and then worn the monitor while doing one of these forms of training, you will generally find that it is more difficult to elevate your heart rate to the same level as you do when you run. Running takes more work and uses more muscles to perform that work thereby increasing your heart rate more easily. Other modes of training such as cycling use far less muscles (mainly your legs) so it is more difficult to train at the same intensity (heart rate) as running. However, this different stimulus of exercise is a great way to prevent or rehabilitate overuse injuries.

A more recent concept to prevent overuse injury is aqua running. The benefit to running in water is the buoyancy provided by the water. This significantly decreases ground reaction force as water typically eliminates about 70% of our body weight. Obviously it is not as convenient to run in water as it requires a swimming pool. However, the benefits far outweigh the inconvenience. Find a facility that has underwater treadmills, a pool with jets to run against or even a pool shallow enough to run laps in. Obviously the treadmill is the best choice but there are not many facilities that yet offer this type of equipment. But the ease of movement and gentleness to the body are far superior to other forms of cross training.

*If you have any questions or comments regarding this article,
please email Rich Harris at: rdharris4@verizon.net* 



Destination: Wine Country

Imagine running along scenic rolling hills filled with rows upon rows of grape vines destined for the local vineyard. How about rounding mile 6 and arriving at the aid station and being offered a sample of the winery's best white accompanied with a selection of cheese. What a surprise to arrive at the finish line to applause as the spectators have their hands full of wine glasses yet it is only 9am. Welcome to Napa Valley? No! Welcome to the Virginia Wine Country Half Marathon in Loudoun County, Virginia. Loudoun County is an hour drive from Washington, DC and is just over the Potomac River from Frederick, MD and the historic Civil War town of Leesburg, VA. Loudoun County could be called the Napa Valley of the East as it is home to over 30 wineries.

The Virginia Wine Country Half Marathon is part of the "Destination Races" series that includes races through vineyards throughout the United States. The event is intimate in size while being limited to 2500 runners. The 2012 version of the race included Olympian and Run/Walk specialist Jeff Galloway as its host. The race expo included presentations on running and equipment but it was the wine sampling seminars that drew the biggest crowds. Winery tours and receptions are held the days leading up to the race. The race start and finish festival is at the Doukenie Winery. The race course was a mix of rolling hills that ran between the Doukenie Winery and Hiddencroft Vineyards. The race finish was a big celebration that included tent after tent of wineries and vineyards offering samples of their best wines. Upon crossing the finish line, racers were adorned with one of the most functional medals as it included both a corkscrew and a wine stopper. After collecting the medal, all runners were given their souvenir etched wine glass so they could begin re-hydrating from the wine sampling tents. Tours were also available and hosted by the other area wineries.

If you are looking for a relaxing spring getaway or destination race without having to fly across the country, then the Virginia Wine Country Half Marathon is for you. The event offers the organization of a big time half marathon while keeping the intimate charm found at most wine and cheese festivals. Learn more about the Virginia Wine Country Half Marathon at www.run4virginiawine.com.

Contributed by Brad Garfinkel, HARRC Treasurer



Seven Thoughts on the Trails, continued from front cover

Bill Bowerman, the renowned former track coach at the University of Oregon, once quipped that he'd start having his athletes run hills when they start putting them into the track. But a trail runner who ignores hill running does so at his or her own peril. The famed Newton hills in the Boston marathon have an elevation gain of around 200 feet. The Connestoga Trail Run in Lancaster is ten miles long and averages over 200 feet of climbing per mile. And as bad as the up-hills are the down-hills can be just as bad, if not worse. You need to be sure footed as you run.

When I first started running trail races Ron Horn, the race director of many local trail runs, would give the following advice: If you look up, you will fall down. The trails can be quite beautiful but if your eyes get caught up in the sights you will find your feet caught up on the rocks and roots. Many trails are easy running. They might be designed for easy hiking or biking and are mostly smooth and flat. On courses like this it is easy enough to run along without paying attention to your feet. It's like running on the roads but with a better view. As you go deeper into the woods however, the trails become more rough and challenging. As you move from fire trails to double track to single track to technical trail the course becomes harder and more attention is demanded to ensure that you don't trip. And if you are running hard you will probably trip anyways. I tell myself that it's not a real trail race if you didn't trip at least once. And I more often than not I do trip several times. The trick is not to get so banged up that you can't have a good time. In practical terms as you run you shift your eyes between the trail at ground level (for safety) and eye level (for direction). As you gain experience it gets easier to shift your attention and you can do so at greater speeds. Still falls and bloody hands and knees are all part of the course, so to speak.

Another way that trails differ from the roads is that you get to encounter wildlife. Rarely do I manage to run a trail without encountering some animal life that would be quite surprising if

encountered in a road race. This is central Pennsylvania so no one is surprised by the presence of deer. But when have you last encountered a rattlesnake? How about an eagle? Which race have you done where you saw a turkey buzzard? How often do foxes watch your workout on the track? If you are a birder then you will find your runs constantly interrupted as you stop to identify this or that feathered mystery. My best animal encounter came during the Jay Challenge, a twenty eight mile trail run in northern Vermont. I was near the seventeen mile mark when I came over a small hill and found myself less than fifteen yards from a mother moose and her baby. I use the word "baby" somewhat loosely since the younger moose was the size of a deer and the Momma closing in on 700 pounds. I was quite relieved when they decided to run away from me rather than towards me.

That sense of fear comes much more often when you are out on the trail. And the reason is that you are often all on your own. The loneliness of the long distance runner is never more true than when you are deep in the woods. Out on the road you can see for a good distance but not so when on the trail. Visibility is limited by the twists and turns of the path, by the rising and falling of the terrain and by twenty seven billion trees. In races it is quite common to be unable to see the next runner in front of you even though they may only be fifteen or twenty seconds ahead. You have to pay attention to the trail markings as you can't depend on seeing and following others. Out of sight means out of mind.

All of the hardships of the trails and all of its benefits can be summed up as "love of nature." Those who enjoy the outdoors will need no more explanation; for those who dislike the outdoors no amount of persuasion will suffice. I grew up playing out in the woods, running through fields, climbing rocks and trees. When I am too old to be able to run I will still enjoy walking out in the wild. Love of nature says it best. All else is mere commentary.

By Tadd Morris,
HARRC In The Park Race Director



Member Spotlight



Quinn Wasko's first race was in October of 2006 when he was 9, the Carlisle YMCA Monster Mile. He wanted to run in a race because his older sister (Amanda) was running cross country for Cumberland Valley and he wanted to see how he would do in a race. He ran as hard as he could and ended up doing a lot better than he expected getting second place in the race. Dennis Lebo, his 3rd grade teacher at Middlesex Elementary School, noticed that Quinn liked to run and encouraged him to train and run more races which he started doing.

During the next few years he ran too many 5K's and 10K's to count. In the Spring of 2010 Quinn ran his first half marathon near Lancaster, finishing 9th out of 461. He was even interviewed by a local TV station after the race.

In 2011 Quinn started high school at Cumberland Valley and ran both varsity cross country and track (1600 and 3200). The photo at left is Quinn running the Harrisburg Mile in 2011. This summer Quinn won his age group (fifteen and under) at the Harrisburg Mile. The 2012 cross country season should be very exciting as Cumberland Valley has high hopes for a strong state finish.

HARRC Volunteers Needed:

Newsletter Editor:

J.R. Bishop is resigning from the Newsletter Editor position after the publication of the next newsletter (Winter 2012). A scaled down version of the current newsletter with references to our website would be acceptable. Please email Brad Colwell at bradc262@comcast.net to volunteer.

Finish Line Team Operators and Inventory and Equipment Use Manager

We are seeking several volunteers to be responsible for assigned local timing events. Timers are compensated for their efforts. Also, we need a volunteer to be responsible for home storage of HARRC finish line equipment. Please email **Walt Greene** at wcg254@comcast.net to volunteer.

- NEW
 RENEWAL

MEMBERSHIP APPLICATION Harrisburg Area Road Runners Club



NAME: _____ SEX: FEMALE MALE
ADDRESS: _____ BIRTHDATE: ___/___/___
CITY: _____ STATE: ___ ZIP CODE: _____
PHONE NUMBER: _____ E-MAIL ADDRESS: _____

FAMILY MEMBERSHIPS: (indicate names, birthdates, sex)
_____/___/___ SEX: F / M
_____/___/___ SEX: F / M

MEMBERSHIP TYPE (Check One):	1 year	2 year	3 year (new!)
REGULAR	___ \$13.00	___ \$22.00	___ \$30.00
FAMILY	___ \$22.00	___ \$34.00	N/A
STUDENT (18 and Under)	___ \$8.00	___ \$12.00	N/A

MEMBERSHIPS EXPIRE AT THE END OF THE MONTH IN WHICH YOU JOINED, PLUS 30 DAYS GRACE. RESTRICTED DATA SHOULD BE SO INDICATED

REMIT CHECKS PAYABLE TO:
HARRISBURG AREA ROAD RUNNERS CLUB
C/O Walt Greene
431 Spring House Road
Camp Hill, PA 17011

(signature) (date)

YES!

Check this box if you would like to be a volunteer. When the application is processed, we will call you about upcoming opportunities.

Here are just a few of the ways our members contribute to the Club:

- ⇒ Inventory and Equipment Use Managers
- ⇒ Finish Line Team Operators
- ⇒ Sunday Run Directors
- ⇒ Board Members

Find more at
www.HARRC.org



Harrisburg Area Road Runners Club
431 Springhouse Road
Camp Hill, PA 17011

- **Active & Expired Member Lists**
- **Online Application/Renewal**
- **Board Meeting Minutes**
- **Newsletters**
- **Sunday Run Schedules**
- **Local Run Schedules**
- **Regional Race Listings**
- **Race Results**
- **Runner Spotlights**

...and more!



The Harrisburg Area
Road Runners Club
is a proud member
of the Road Runners
Club of America

On Your Marks... local race calendar

September

9/29—Merrick Fund Foundation
5k Run/Walk
Rossmoyne Business Center
Mechanicsburg, PA
Contacts:
Amy Wimmersberger (717) 215-0674
amy.wimmersberger@gmail.com
Dorothy Minnick (717) 319-8717
dsminnick@yahoo.com

October

10/7—HARRC In The Park
Gifford Pinchot State Park
Lewisberry, PA
Apply online at: www.HARRC.org
Contact: Frank Crupi
fvcrupi@verizon.net
10/28—Bark In The Park
City Island, Harrisburg, PA
pavetfoundation.org

November

11/11 —40th Annual
Harrisburg Marathon
City Island, Harrisburg, PA
For more information visit:
www.harrisburgmarathon.com

Featured Out-Of-Town (But Not Too Far Away) Race:

Inaugural Mad Anthony 1/2 Marathon
September 15 in Waynesboro, PA

See newsletter insert or visit
HARRC.org for more information!

HARRC 2012 Board Officers

President..... Brad Colwell
234-6383
bradc262@comcast.net
Vice President Jim Collins
599-6090
Treasurer Brad Garfinkel
880-7775
garf243@comcast.net
Secretary..... Nikki Bell
773-0159
runner@usroadrunning.com

HARRC Board Members At Large

Jim Vorhauer Walt Greene
Marge Lebo Tadd Morris
Steve Whittle

Sunday Run

Coordinator Mark Ondo
clubruns@harrc.org
Web Developer.....Brandon Parks
parks@brandonparks.com
Web Content
Administrator.....April Walsh
aprilwalsh1@comcast.net
Footprints Editor J.R. Bishop
jbishop4@comcast.net

Please send correspondence to:
Walt Greene
431 Springhouse Road
Camp Hill, PA 17011



HARRC Finish Line Services

Complete Finish Line Support..... \$120.00

Complete Finish Line Support includes: Display clock, time machine (prints time and bib numbers), boards and spindles for collecting and posting tear off tags, finish line chute, and one experienced club operator to set up the finish line and to operate the equipment.

Rental Equipment Fee.....\$50.00

Special requests for renting one or more items without the services of a club operator will be considered on a case by case basis. Rental fees for the display clock and time machine are \$50 each.

For more information and requests, contact Walt Greene at wcg254@comcast.net.