

Come join us @ the York Winter Series!

Details and registration here:

<https://runsignup.com/Race/PA/York/YRRCWinterSeries>

For the last several years (and maybe even longer), a few of us families and individuals, including Coach Taylour, have enjoyed participating in the York Winter Series, which holds 8 overall races throughout the winter in various locations in York. It's a fun and inexpensive way to give yourself something to work towards as we continue winter training, especially for any who wish to participate in track.

Cost: Mile only races: \$15/individual; both races: \$40/individual, \$80/family (up to 6). Once you register for the series, you're good to go for all 8 races! (One cost covers all)

Registration includes chip timing bibs for the entire season (two bibs if you participate in both—mile bib and longer race bib—which are different and need to be worn for the respective race).

Each race day starts with a one mile race about 30 minutes before the longer race. Then the longer race varies in length from 5k, 4 miles, 5 miles, 10k and 10 miles, per the schedule. And you don't have to do them all (btw, only one race is 10 miles...the first one).

There are points that you can accumulate over the season through your participation and placement in the various races (per age group and race type) and an end of the season awards time after the final race which is the 5K. They tend to also give out free stuff there so those of you like me who are just running to keep in shape and are not competitive. We usually do get something!

Hope to see you there!!

The Hetricks (You may contact Jeremy Hetrick at [jeremyhetrick@gmail.com](mailto:jeremyhetrick@gmail.com) with any questions)