

SPRINGFIELD

J O G G E R ' S J O U R N A L

NO. 2

MAY 30, 1973

SINCE JANUARY 3

Since January 3 of this year we have held a total of 42 group runs, one every Sunday and Wednesday from the public library. The average turnout for each session (turnouts were slightly higher on Sundays) was as follows: January - 20 people, February - 21 people, March - 36 people, April - 42 people, and May - 25 people. On the average, men have outnumbered the ladies by 2 to 1, and over 130 newcomers have joined the joggers.

More than 2,400 miles have been logged since Jan. 3 during the group runs. This is a great start on our 1973 goal of 10,000 total miles, especially when you consider that our best previous seasons, summer and fall are ahead of us.

SUMMER FUN - RUNS

The regular 2.4-mile group runs will be held every Tuesday, at 8 P.M. sharp from the library, and Thursday evening, throughout the summer months beginning this June 19. The Sunday-Wed. afternoon schedule will stop with the last jog on June 17.

We encourage everyone to come out regularly for these pleasant evening jaunts. Bring your friends, because the more the merrier. We expect average turnouts of 75 people or more!

Awards will continue to be made on the basis of participation. However, if large turnouts do become regular, times will not be recorded at every session, unless an individual wants it recorded, perhaps for a personal record.

ON JULY 4th, RUN - FOR - FUN

There will be a one mile RUN - FOR - FUN at Memorial Park on Wednesday, July 4th at 11:30 A.M., as part of the park activities sponsored by the Springfield Jaycees. Byron Mundy will direct the event. Men and Women of all ages will start together to jog two full laps around the park. Walking is permitted. Colorful ribbons will be handed to the first 300 finishers as they cross the finish line! The event is designed to be a lot of fun and hopefully will stimulate interest in jogging. Try to encourage your friends who have never jogged to come out and try it. They'll like it!

TROPHY RACES ON JULY 4th

On July 4, at 4 P.M., there will be long distance races from the Springfield Library partially sponsored by the Jaycees. There will be a 2.4 mile race for boys, 14 and under, and for all women. For men 15 and over, the race will be 4.0 miles. Trophies will be awarded as follows: 1st boy(10 & under); 1st and 2nd boys (11 to 14); 1st girl(12 & under); 1st and 2nd women(13 & over); 1st five men(any age); 1st man(30 to 39); 1st man (over 40).

YOUR NAME IN THE PAPER

The local town newspaper, the Springfield Press, is providing excellent coverage for our club with a JOGGER'S column every week. The column contains the names of weekly newcomers, personal record achievers, and special award winners, as well as timely announcements of races and results.

You can subscribe(\$5 per year) by calling the PRESS office any weekday at 114-6660.

4 MILE PREDICTION RUNS

Eric Beam won the first 4 mile prediction that was held on April 22 by having an actual time of 21:58, 2 seconds under his predicted 22:00. Nine-year-old Glenn Mallon was only 4 seconds over his prediction with a 34:04 clocking. Twenty-eight runners participated on the 85 degree day!

John King won the second prediction race on a rainy May 20 with an actual time of 28:39, 21 seconds under his prediction. John is 28 years old, married and lives at 558 Sheffield Drive. There were 9 participants.

Stan Brason, a 41-year-old doctor from Media, Won the May 27th prediction run with an actual time of 25:09, just six seconds under his prediction Stan recently moved from Springfield and now resides at 10 Wallfleet drive with his wife, Marcia, and 3 children.

Mark Clatterbaugh finished in 2nd place by being 15 seconds under his predicted time of 31:00. Bob Koerner(:26 under) was 3rd and Joe Wilkes(:32 under) was 4th. Fifteen runners participated despite the steady cool rain, which in reality is the best weather condition for running; because it is easiest for breathing.

The next prediction run will be held on Sunday June 17 at the library. Special ribbons are mailed to anyone finish in the 4.0 miles in less than 40 minutes.

PARTICIPATION AWARDS - PLAQUE WINNERS

The present award system has resulted in some 30 people having earned T-shirts, of whom the most recent were Joe Wilkes

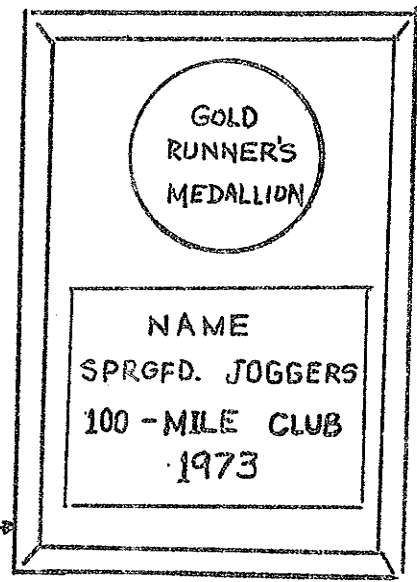
(on May 16) and Susan Louderback(one more time). and Cathy Monahan (on May 16). Plaque winners(40 times) become members of the 100 mile club because that is the approximate distance they have run during group runs. Present Members:

- Scott Thornton 11/15/72
- Doris Anzalone 10/29/72
- Byron Mundy 11/8/72
- Joe Frattari 11/14/72
- John McCabe 10/29/72
- Bob Berger 2/18/73
- Mary Hoath 3/25/73
- Larry Livingston 3/25/73
- Kelly Hardcastle 4/25/73
- Mike Koerner 4/11/73
- George Koerner 5/13/73

Soon to be members:

- Bob Koerner
- Kathy Hoath
- Geoff Stiteler
- Jeff Barasatian
- Art Dell

WALNUT  
PLAQUE →



CONTRIBUTIONS

Jogger's club awards - including ribbons, stickers, patches, T-shirts, and plaques - along with postage, and occasional refreshments will cost over \$600 this year. A detailed expense report was published in the first newsletter of March 28. No dues are charged All expenses are paid from private contributions which are acknowledged in this newsletter. Since April 1, 1973, the following people have donated \$5 to the club: Dave Netting, Joe Wilkes, Doris anzalone(mrs.), Kermit Ramey, Stan Brason, David Lini, and two other people who requested withholding their name from the newsletter.

Art Dell and Karl Goodman(of Chester) each gave \$10, and Bob Koerner donated another\$40. We appreciate all people who contribute their money, time, and especially their interest to make the club grow.

RUNNING SHORTS

Congratulations to Eric Beam. A springfield high school senior, Eric won the Pennsylvania State(PIAA) mile championship race May 26 at Penn State U. in a personal best time of 4:15.5.

The regular, 2.4 mile course is really 2.35 miles in length. Byron Mundy measured ~~the~~ last Sept. with a calibrated wheel that counts every foot. The entire loop was 12,402 feet. The one mile point is in front of the 7-11 store on Baltimore Pike. The 2 mile point is at the intersection of Bennet and Springfield Roads.

The Delaware Country Junior Olympic Track Meet will be held this weekend, June 1 & 2, at the Springfield H.S. track. Participant ages range from 6 to 17 for boys and girls in events from the 100 yd. dash to the 1 mile run. A turnout of about 800 is expected.

Young and old alike can run side by side at the joggers. This was proven on Sunday, May 13 when 54 year old Morris Blodgett, of Barry Drive, and 6 year old Jeff Collins, of Parham Road, finished just 9 seconds apart while each set a personal record. Morris did 19:48 while young Jeff clocked 19:57.

Meet Art Dell. Art began jogging with the group last August, and has made a tremendous improvement in his personal record as he has gone from 29:29 on 8/24/72 to 17:32 on 2/11/73. During March, April, & May, Art Dell has been consistently around 18 minutes, and it's a sure bet that he'll break 17, and possibly even 16 minutes, this summer. Art is soon to receive his 40th time plaque.

Art is 28, single, and lives at 514 Williamson Lane. Two months ago he was elected president of the Springfield Jaycees, a community service organization. He recently became employed with Latimer & Buck, Inc., a Phila. banking firm, as head of the personnel department.

Meet Byron Mundy. Byron began running long distance about 6 years ago while a junior at Gettysburg College. He leads the jogger's club in participation, having run 90 times with the group since Feb. 1972. His personal record is 12:50 for the 2.4 mile course and he plans to better that later this summer.

Byron is 25 years old, single, and lives in Collingdale with his parents. He is in his 2nd year teaching 7th grade math at Woodland Ave. Middle School and he hopes to continue teaching in the future.

Byron also enjoys music very much and he sings with the Springfield Choral Society and the Men of Rose Valley.

One of his life's goals is to jog 5 miles on his 100th birthday.

Thanks to Kathy Heath for typing the first two newsletters.

A complete list of all people receiving this second edition of the JOURNAL is printed on page 6. Each has participated in at least one group run.

HAPPY RUNNING!  
Byron Mundy  
1008 Macdade Blvd.  
Collingdale, Pa.  
19023

#### Calendar

- JUNE 17 Last Sunday run-including a 4 mile Prediction Run.
- JUNE 19 Tues. Thurs. Summer-Fun-Runs begin from library at 8 P.M.
- JULY 4 11 A.M. one mile Run-For-Fun at Memorial Park.  
4 P.M. 2.4 mile and 4.0 mile trophy races.

LU3-4472

"LET'S GO, TOM BURNS!"

Forty-two year old Tom Burns quietly sits at home in a soft chair reading the newspaper. He's rather tired after a hard day's work at the office. All is quiet until the silence is broken by the quick, rhythmic tap, tap of someone jogging up the sidewalk outside. Forty-five year old Joe King is out for his 20 minute evening trek about the neighborhood.

Tom has had a sedentary life and has gained 30 lbs. since high school. He glances out the window as Joe passes by and wonders to himself, "How can that guy do it? He tortures his body night after night enduring that pain! He must be crazy!" Joe, unaware that he is being observed, has these thoughts of his own: "What a load of work at the office today, but what a beautiful evening this is! The air seems fresher than normal and I feel great. It's so easy to run, I almost feel like a deer! I think I'll run that extra mile past Shafer's pond to see if the boys caught any fish."

Joe has discovered a secret--there is sheer joy in aerobic exercise when one is truly fit. Aerobic means "with air" and implies a steady, above-normal breathing rate due to a steady, physical exertion as experienced while running, swimming, biking, hiking, etc.

It was not always like this for Joe. Three years ago he was overweight and out of shape, too. Many of his younger friends had already suffered heart and respiratory ailments resulting from prolonged inactivity. Joe decided to try to improve his body. And it was not easy. At first he could hardly struggle for 50 steps before becoming so terribly winded that he thought his lungs would burst. He would walk until his breath returned and then would gradually jog again. He did this for 15-20 minutes, every other day.

During the first few weeks Joe did not get very far in those "long" 20 minutes--only about  $1\frac{1}{4}$  miles. His muscles became sore, & it was painful, although he felt somewhat refreshed after a session. As the weeks passed, his body began to adapt. It became easier to keep jogging every other day, he could cover almost  $2\frac{1}{2}$  miles in that same 20 minutes without stopping to walk at all! The gradual buildup (and this is the key to all aerobic exercise) gave Joe's vital organs (heart, lungs, arteries, and blood) a chance to tone up. The 30 excess pounds around his waist began to melt away, very slowly but surely. A year later he was 25 pounds lighter, on his normal diet.

After this initial break-through period, Joe began to really enjoy the runs, frequently going an extra mile or two. He professes to have a "new" alertness and much more energy during the day. He feels "so alive" after a run, and he also sleeps better, not from fatigue, but from ease of relaxation.

Tom Burns, why are you waiting? Let's get started today!

by Byron Mundy

Doris Anzalone  
 Elliott Baker  
 Jeff&Ted Barasatian  
 George Bennett Family  
 Robert Barlow  
 Kevin&Patty Barry  
 Eric Beam  
 Stan&Ernie Brason  
 Bob Berger  
 Morris Blodgett  
 Robbie Chambers  
 Mark Clatterbaugh  
 Bob Collins Family  
 Caryl Coaroy  
 Steve Compton  
 Wayne Congar  
 Jon Contompassis  
 Brian Coyle  
 Louis Deardon  
 Art Dell  
 Dave Dennis  
 Rick Edgar  
 Fallon Family  
 Jos. Frattari, Jr.  
 Linda Goldman  
 Karl Goodman  
 John Greenstine  
 Gary Grant  
 Bob Hemphill Family  
 Kelly Hardeastle  
 Kathy & Mary Hoath  
 The Hoffman Family  
 The Holgate Family  
 Jeremy Hood  
 John King  
 Ray Jacquette  
 The Jaworski Family  
 Frank Johnston  
 John Kalloy  
 Mike Keller  
 Ted Kirkpatrick  
 Pat Kerr  
 Dave Kistner  
 Joan & Lisa Kmetz  
 Jennay Knorr  
 The Knaff Family

Bob Koerner Family  
 Dorothy Krauss  
 Bill & Chris Kraecht  
 David Lini  
 Tom Lynch  
 Larry Livingston  
 Art Lord  
 Louderback Family  
 John McCabe  
 Jack & Hugh McKeever  
 Francis McCarry  
 Glen McNamee  
 Glen Mallon  
 Debbie Mariano  
 Bill Mayer  
 Cathy Monahan  
 Jere Manmino  
 John Mulhern, Jr.  
 David Netting Family  
 Lisa Nicholson  
 Bob Nussey Family  
 Pelligrini Family  
 Robert Pitman  
 Porter Family  
 Susan & Kathy Pappa  
 Kermit Ramey  
 Kathy Reigner  
 Randy Rudolph  
 Frank Sehray  
 Peter Senisch Family  
 Scheerer Family  
 Gene Soltner  
 Gerry Quedenfeld  
 Geoff Stiteler  
 Lisa Teore  
 John Thornton Family  
 Jack Toner, Jr.  
 Tricome Family  
 Ken Truitt  
 Ed Tunselty  
 John Willeczek  
 Joe Wilkes  
 Pete Van Ingen  
 Chris & Carole Woodworth  
 Georgette Zavawski

↑ YOU THE READERS ↑