

SPRINGFIELD-COLLINGDALE

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

No. 5

February 8, 1974

SPRINGFIELD-COLLINGDALE GROUP RUNS - 5 DAYS A WEEK

Group runs in Springfield continue to be held every Sunday at 4 p.m. and every Wednesday at 4:30 over the 1.6 and 2.4-mile courses that start and finish at the library on Powell Road. Also, the club runs at the senior high school track every Thursday at 6:30 p.m., with runners doing anywhere from 4 to 10 laps. From June through August group runs will be held on Tuesday and Thursday evenings at 8 p.m. from the library.

In Collingdale, 2.1-mile and 1.4-mile runs are held every Saturday at 9 a.m. and every Tuesday at 5 p.m., starting in front of Harris Elementary School on Sharon Avenue.

People of all ages and from all communities are invited to join in these runs. Frequent walking is encouraged for newcomers.

SECOND BIRTHDAY PHOTO - SUNDAY, FEBRUARY 24

Our Springfield Joggers Club will be 2 years old later this month. Like last year, a professional photographer will be taking a group photo of everyone who turns out on Sunday, February 24, at the library. Last year there were about 35 of us. This year we hope to have 70 or more. If you're a 20th-time member, please wear your blue jogger's T-shirt that day, and try to arrive about 15 minutes early (3:45 p.m.).

PREDICTION COUPLES RELAY - MARCH 10

Eighteen couples participated in the first couples relay last December 30, and everyone seemed to really enjoy it. This next one will be conducted in similar fashion, except that each man-woman team must predict, before the run, what their time will be. The winner will be the team whose actual finishing time comes closest to their predicted time (25 minutes maximum). No watches may be worn. Colorful ribbons will be awarded to all finishers. There will be no different age groupings, as before. All ages will compete together in this one.

Each woman will run around the 2.4-mile course while her partner is running simultaneously in the opposite direction. When the partners meet, probably somewhere on Baltimore Pike, they will hand off a wristband, do an about-face, and return again to the starting (and finishing) line, which they must cross together.

Get your partner now - be it husband, wife, brother, sister, cousin, father, mother, or friend - and start training for Sunday, March 10. Know your pace in life!

CAESAR RODNEY HALF-MARATHON - MARCH 31

Many of the regular runners are planning to tackle this hilly 13-mile race, held for the past 10 years in Wilmington, Delaware. T-shirts will be awarded to all finishers. We hope to win a 5-man-team prize. Probable participants to-date include Mark Clatterbaugh, Byron Mundy, Ed Brocchi, Joe Wilkes, Steve Whitmore, Maridel Walsh, John Ashton, John Greenstine, John McCabe, and Frank Dugan - plus several high school runners, if they can persuade their track coach to let them run. Why not get in shape and run with us?

PARTICIPATION TRIPLES IN 1973

It has been nearly 2 years since the Springfield Joggers held their first group run on February 27, 1972. More than 700 different men and women, ages 4 to 64, have participated. During 1973, the first full year in the history of the club, exactly 120 group runs were held, with a total attendance of 4,282 (average: 37 per session). This is three times the 10-month attendance for 1972. Men have outnumbered women 3-to-1. Total attendance in 1974 is expected to be near 10,000, twice that of 1973!

The majority of participants live in Springfield, but men and women from all Delaware Valley communities are invited to join the 1.6-mile and 2.4-mile "fun runs".

RECENT AWARDS

The following participation awards are made at Springfield and Collingdale:

- 1st time - Newcomer ribbon
- 10th time - Jogger emblem
- 20th time - Run-for-fun T-shirt
- 40th time - Engraved plaque
- 80th time - Run-for-your-life T-shirt and a year's subscription to "Runner's World", a monthly magazine

SPRINGFIELD CLUB: Since November 23 there have been 48 newcomers, bringing total "membership" to 704. New 10th-time members are Ann Marie Simmons, 19; Bruce Turnbull, 16; Glen Bennett, 10; Hal Heckman, 28; Farry Schneipp, 30; Jim Smyth, 31; Sharon Johnson, 19; Barb Kelly, 13; Rosemary Clatterbaugh, 14; and Maureen Finnegan, 23.

There are now 82 T-shirt members. The following runners are recent additions:

- | | | |
|------------------------|------------------|--------------------|
| Karen Ginn, 9 | Dave Forest, 11 | Ed Brocchi, 57 |
| Donald Ginn, 10 | Tom Wilkes, 12 | Liz Hendrixson, 16 |
| Virginia Nicholson, 41 | Kathy Wilson, 22 | George Barnes, 44 |
| Ann Marie Simmons, 19 | Greg Kantner, 15 | Ralph Cooper, 14 |
| Jane Bilbrough, 20 | | |

There are now 31 plaque members, with the following having joined the group: John King, 28; Linda Goldman, 13; Sam Hill, 29; and Dave Forest, 11.

COLLINGDALE CLUB: As of February 2, exactly 100 different individuals have run at Collingdale. The following runners have run at least 10 times since the first group run in September 1973:

Frank Dilenschneider, 19	George Barnes, 43	Bill Young, 29
Byron Mundy, 26	Jim Finnegan, 23	Ed Germer, 42
Maureen Finnegan, 23	Paul Straube, 34	John Greenstine, 22
Mike Harney, 9	Sam Hill, 29	Bob Sullivan, 11
Ed Morris, 12	Dan Straube, 10	Dan Sullivan, 8
Mark Clatterbaugh, 25	Linda Crozier, 20	Bobby Beadle, 7
Frank Dugan, 50	Paul Magee, 16	

Five runners have earned Collingdale 20th-time T-shirts: Ed Morris, Byron Mundy, Frank Dugan, George Barnes, and Paul Straube.

PERSONAL RECORDS ON 2.4-MILE COURSE OF 40-TIME MEMBERS.

	<u>Time of First Run</u>	<u>Personal Record</u>	
*Scott Thornton, 14.....	18:00 (3/5/72).....	15:00 (4/11/73)	3:00
Doris Anzalone, 14.....	23:17 (4/30/72).....	16:44 (8/23/73)	6:30
*Byron Mundy, 26.....	15:00 (2/27/72).....	12:22 (1/27/74)	3:38
*Joe Frattari, 15.....	16:50 (3/5/72).....	13:25 (11/25/73)	3:25
*John McCabe, 20.....	21:00 (3/12/72).....	15:48 (7/17/73)	5:12
*Bob Berger, 13.....	24:13 (3/26/72).....	15:35 (4/8/73)	8:42
Mary Hoath, 10.....	22:00 (4/23/72).....	19:20 (9/30/73)	2:20
Larry Livingston, 13....	18:00 (4/9/72).....	13:32 (4/4/73)	4:28
*Kelly Hardcastle, 14....	17:47 (8/17/72).....	13:30 (10/21/73)	4:17
*Mike Koerner, 13.....	21:45 (7/4/72).....	16:46 (7/24/73)	4:59
*George Koerner, 11.....	21:45 (7/4/72).....	17:01 (1/30/74)	4:44
*Bob Koerner, 40.....	19:40 (7/4/72).....	15:43 (12/2/73)	3:57
Kathy Hoath, 20.....	26:00 (3/5/72).....	20:28 (1/23/74)	5:32
Geoff Stiteler, 14.....	19:25 (10/18/72)....	14:50 (12/2/73)	4:35
Jeff Barasatian, 14.....	16:40 (11/15/72)....	14:00 (1/27/74)	2:40
Art Dell, 29.....	29:29 (8/24/72).....	16:09 (7/17/73)	13:20
Jack McKeever, 17.....	15:00 (2/27/72).....	12:47 (6/26/73)	2:13
Joe Wilkes, 43.....	17:30 (7/4/72).....	14:48 (1/27/73)	2:42
Pauline Koerner, 9.....	20:47 (8/17/72).....	19:20 (9/13/73)	1:27
*Mark Clatterbaugh, 25...	19:25 (4/18/73).....	13:45 (1/20/74)	5:40
John Kalloz, 23.....	17:30 (7/4/72).....	16:17 (8/31/72)	1:13
Dave Lini, 36.....	22:10 (2/4/73).....	15:14 (10/21/73)	6:54
K. C. Ramey, 41.....	25:20 (1/21/73).....	19:20 (9/30/73)	6:00
Steve Whitmore, 19.....	15:34 (6/10/73).....	12:44 (11/14/73)	2:50
John Ashton, 14.....	18:51 (6/26/73).....	16:29 (12/30/73)	2:22
Dave Netting, 33.....	26:00 (1/14/73).....	17:14 (10/21/73)	8:46
Maridel Walsh, 17.....	17:55 (7/17/73).....	16:11 (9/13/73)	1:44
John King, 28.....	16:45 (5/6/73).....	15:06 (9/11/73)	1:39
Sam Hill, 29.....	20:34 (8/16/73).....	16:17 (1/27/73)	4:17
Dave Forest, 11.....	18:02 (9/30/73).....	15:40 (11/28/73)	2:22
Linda Goldman, 13.....	23:55 (7/4/72).....	19:07 (12/2/73)	4:02
Bob Collins, 32.....	15:45 (8/17/72).....	13:34 (3/4/73)	2:11

*Have run over 80 times with the group

On the average, personal records are 4 minutes faster than first-run times.

FINANCIAL REPORT

Total expenditures for the Springfield Joggers in 1973 amounted to \$794. A complete breakdown was printed in the last newsletter of November, 1973. Total contributions in 1973 were \$637, with \$132 in December alone. With participation expected to double again this year, the following is a list of predicted expenditures for 1974:

1000 Advertising cards.....	\$20	25 80-time T-shirts.....	\$50
500 Newcomer ribbons.....	75	50 40-time plaques.....	250
200 Prediction ribbons....	40	20 "Runner's World" subscriptions	100
200 Couples relay ribbons	40	1 Birthday photo.....	35
200 18-minute pace ribbons	25	24-hour relay expenses.....	150
200 Cake race ribbons.....	30	Trophies for 4th of July races	125
200 Iron-on emblems.....	150	Postage (800 pieces).....	80
100 20-time T-shirts.....	200	Newsletters (4 issues).....	<u>100</u>
		TOTAL.....	\$1470

Contributions of \$145 have been received so far in 1974. Since the last newsletter of November 23, \$5 each was given by Kathy Heath, Dave Netting, Ed Brocchi, and Virginia Nicholson. \$10 each was given by Karl Goodman, Lee Goldman, Jeanne Forest, and Donald Anderson. Together, Steve Whitmore and Maridel Walsh gave \$15, and Frank Greenberg and Mark Clatterbaugh each gave \$15. Larry DiBello and Jack Wright each gave \$20. Stan Brason and Bob Koerner each gave \$25. One person wishing to remain anonymous gave \$30, and Norma Berger donated \$50.

Contributions of \$5 or more for the new Collingdale Joggers have been as follows: \$5 each from George Barnes, Charles Finnegan, and Frank Dugan; \$10 from Jim Finnegan; and \$25 from Ed Germer. Total \$54.

Collingdale expenditures to-date have been: 200 ribbons \$30; 50 emblems \$40; 25 T-shirts \$50; and 500 cards \$10. Total \$130. Only about a third of the awards have been presented so far. The predicted expenses for the Collingdale club in 1974 are about \$500.

All contributions of \$5 or more are acknowledged in this newsletter.

RUNNING SHORTS

Some of us have been running 9 miles together on Sunday mornings at 9 a.m. from the library. We go up around Holy Cross, work our way to O'Hara High School via Rolling Road, and back at a very comfortable 8-minutes-per-mile pace. Contact Byron Mundy or Mark Clatterbaugh to see if anyone is running on any particular Sunday morning.

* * *

Don't forget that Kirk Emmons, manager of Bill Battey's sporting goods store in Media, is giving a 10% discount on running shoes to any Springfield or Collingdale jogger. The store is located at Front and Jackson Streets and has a good selection of Nike and Adidas brand shoes.

The Springfield Press continues to print our weekly Jogger's Column, which reports special awards, personal records, and names of newcomers each week. The Springfield Press is a necessity for anyone living in Springfield. The subscription rate is \$5 per person.

* * *

Larry Lewis, the 106-year-old runner from San Francisco, died last week of cancer of the liver. He ran 6 miles every morning (up to the week of his death) before walking to his job as a hotel waiter. At age 97, he was seriously injured in a car accident, receiving a concussion and 27 broken bones, including some crushed ribs. Doctors gave him a few days, at most, to live. Three weeks later he was running 6 miles around the park again.

* * *

Ed Brocchi, 24, of Lansdowne, and Byron Mundy will be running in the 13th Annual Washington's Birthday Marathon (26 miles) on February 17. It is Ed's first marathon attempt and Byron's eleventh.

* * *

The following runners have all earned T-shirts for running 20 times with an after-school club at the Woodland Avenue School (grades 6, 7, and 8): Sharon Barclay, 13; Sandy Miller, 13; Bob Scheerer, 12; George Koerner, 11; Dave Forest, 11; Mark Clatterbaugh, 25; and Byron Mundy, 26.

All adults are invited to join the group, which runs at 3:10 p.m. every Monday and Friday, starting and finishing at the school. Runs range from 2 to 4 miles.

Dave Forest has won both student races so far, covering a hilly 2.6 miles in 18:05 on February 1.

* * *

Do you like to sing? Why not come over to the Woodland Avenue Junior High School some Tuesday evening and join the Springfield Choral Society, a group of men and women of all ages and from all communities. Practice begins at 8 p.m. and is over by 10. No tryouts. We sing popular music and need more singers, especially men, for our concert this May. Contact Byron Mundy for more information.

* * *

Meet Frank Dugan of 202 Lewis Avenue in East Lansdowne. Frank, age 50, started running with the group last September and has been out over 30 times each with both the Springfield and Collingdale clubs. His personal record is a snappy 15:30 in Springfield and 13:15 over the 2.1-mile course in Collingdale. Frank is single and has the looks and energy of a man of 35 years. Quite a competitor on the tennis court, he enjoys playing all year round. He's a commercial artist and does most of his work at home.

* * *

Included with this newsletter is a form containing full information about a special project, "Run for Deanna" month. This not only is a very worthy cause in its own right, but it should also create larger turnouts for our Springfield runs. You can participate either as a runner or as a sponsor or both. You might even get friends to try jogging by offering to sponsor them. Please read the form over carefully - and help, in any way you can.

MAILING LIST FOR NEWSLETTER #5

Donald Anderson
The Anzalone Family
Paula Allen
John Ashton
Elliott Baker
Jeff Barasatian
The Barclay Family
George Barnes
The Barry Family
Linda Baxter
The Beam Family
The Beadle Family
George Bennett Family
Alfred Berger Family
Fern Berue
Paul Bigelow
Jane Bilbrough
Morris Blodgett
Tom Bonhage
Kathi Boos
Stan Brason
Merv Bryan
Ed Brocchi Family
Susie Buchanan
Ed Burkhalter
Horace Capri
Frank Carey
Pam & Bud Carter
Robbie Chambers
The Clatterbaugh Family
Bob Collins Family
Wayne Congar
Brian Connery
Larry Connolly
Caryl Conroy
Ralph Cooper Family
Fred Cox
Kim Crossley
Linda Crozier
Frank Davis Family
Louis Deardon
Art Dell
Dave Dennis
Larry DiBello Family
Frank Dilenschneider
Bill Dower
Frank Dugan
Rich Durhano
Kirk Emmans
Bill Ewing

The Fallon Family
Susan Fawcett
Charles & Maureen Finnegan
Jim Finnegan
The Forest Family
Joe Frattari
Phil Frederick
Frank Frick Family
Margie Gallagher
Ed Germer
John Gillen
The Ginn Family
Eileen Glenn
Sharon Goebel
Linda Goldman
Karl Goodman
Louis Grant Family
Frank E. Greenberg
John Greenstine
The Hagan Family
Kelly Hardcastle
Hal Heckman
Liz Hendrixson
Sam Hill
Mike Harney
The Hoath Family
The Hoffman Family
Jeremy Hood
Charles Hoover
The Hunn Family
Ray Jacqueline, Jr.
Joe Jeffries
The Jaworski Family
Tom Jenkins Family
Sharon Johnson
Frank Johnston Family
John Kalloz
The Kantner Family
Barb Kelly
Bill King
Tom King
John King
Ted Kirkpatrick
John Knetz
The Kneff Family
David Knight
Bob Koerner Family
Bill Kracht Family
Dan LaMarchesino
Mike Lanyon Family

David Lini
The Livingston Family
Mary Lloyd
Lisa Lombardo
Art Lord Family
Tom Lynch Family
John McCabe
Francis McCarry
Roger McConnell
Mike McGonigle
Dennis McElroy
John McHugh
Jack McKeever
The McNicholas Family
John McLarnon
Paul Leo McSorley
The Magee Family
The Mammino Family
Ron Mark Family
The Marone Family
Mike Matsko
Sandy Miller
Jack Molyneaux
Terry Monahan Family
Kathy Moore
Joe Morrone
Ed Morris
Byron Mundy
Ted Nash
Betty Naye
Dave Netting Family
Virginia Nicholson
Kelly O'Brien
Tim Owens
Debbie Peiffer
Jim Phelan
The Pouloupoulos Family
Gerry Quedenfeld
K. C. Ramey Family
Tom Ratliffe
Linda Reilly
Lew Riess Family
Don Roberts
Browning Ross
Randy Rudolph
Susanne Ryan
Paul Sanborn
John Sanders
Bob Schaaf
Bob Scheerer

MARCH IS "RUN FOR DEANNA" MONTH

The October 25, 1973, edition of the Springfield Press contained an article about Deanna Constrisciano, daughter of Mr. and Mrs. Michael Maiorano of 449 Claremont Road, Springfield. Deanna, who graduated from Springfield High School in 1956, now lives with her husband Tony at 1418 Hunter Lane, West Whiteland.

Four years ago Deanna had a tumor removed from her back, and resulting scar tissue has affected her spinal cord to the extent that her both legs are now paralyzed and she is confined to a wheel chair. Other complications have also arisen.

High medical costs have left the Contriscianos in great financial debt. Some of us joggers felt that we could help by staging a "Run for Deanna" month. The idea is to have a jogger get other people to pledge a certain amount of money to the Contrisciano Medical Fund for each mile that the jogger runs with the Springfield Joggers Club during the month of March.

There will be 13 group runs held during the month, so the most miles any jogger could accumulate would be 13 x 2.5 miles or about 32 miles. An individual pledge of 10¢ per mile would be, at most, \$3.20. The reverse side of this sheet is a form on which to list sponsors' names, addresses, and other pertinent information.

SPONSOR SHEET - INSTRUCTIONS

Get people to sponsor the miles you will run in March with the Springfield Joggers Club. Turn in this sheet at any Sunday, Wednesday, or Thursday group run, not later than March 31. The sheet will be returned to you, with verification of miles run, by April 4. Collect pledged contributions and mail them, along with this sheet to the following address:

Contrisciano Medical Fund
Central Penn National Bank
Exton, Pa. 19341

SPONSOR SHEET FOR "RUN FOR DEANNA" MONTH

JOGGER'S NAME _____ AGE _____ PHONE _____
ADDRESS _____

SPONSOR'S NAME _____ PLEDGE PER MILE _____
ADDRESS _____

SPONSOR'S SIGNATURE _____

SPONSOR'S NAME _____ PLEDGE PER MILE _____
ADDRESS _____

SPONSOR'S SIGNATURE _____

SPONSOR'S NAME _____ PLEDGE PER MILE _____
ADDRESS _____

SPONSOR'S SIGNATURE _____

SPONSOR'S NAME _____ PLEDGE PER MILE _____
ADDRESS _____

SPONSOR'S SIGNATURE _____

SPONSOR'S NAME _____ PLEDGE PER MILE _____
ADDRESS _____

SPONSOR'S SIGNATURE _____

SPONSOR'S NAME _____ PLEDGE PER MILE _____
ADDRESS _____

SPONSOR'S SIGNATURE _____

SPONSOR'S NAME _____ PLEDGE PER MILE _____
ADDRESS _____

SPONSOR'S SIGNATURE _____

The above-named jogger has run _____ miles (maximum 32 miles) with the Springfield Joggers Club during the month of March, 1974.

Verified by _____, Club Director

Eileen Schmitt
 Barry Schniepp
 Frank Schray
 Peter Senisch Family
 Ann Marie Simmons
 Bob Simons Family
 The Smith Family
 Jim Smyth
 Steve Speer
 Tom Stewart
 The Stiteler Family
 Dick Stalberg
 Paul Straube Family

The Sullivan Family
 Skip Tetteimer
 John Thornton Family
 The Thorpe Family
 Jack & Kathy Toner
 Gini Toole
 The Tricome Family
 Ken Truitt
 John Turnbaugh
 Bruce Turnbull
 Lillian Valtri
 Maridel Walsh

Harry Watson
 Neil Weygandt
 Steve Whitmore
 Paul Wick
 John Wileczek
 Joe Wilkes Family
 Kathy Wilson
 Tom Wimer
 The Wise Family
 Ron Woodworth Family
 Jack Wright
 Bill Young

* * *

RUNNING CALENDAR

<u>Event</u>	<u>Date</u>	<u>Location</u>
Group Photo - Club's 2nd "Birthday"	February 24	Springfield Library
"Run for Deanna"	March	Springfield
Couples Relay Prediction Run	March 10	Springfield Library
Regular Prediction Run (4 miles)	March 24	Springfield Library
Caesar Rodney Half-Marathon (13 miles)	March 31	Wilmington, Delaware
March of Dimes Walk-Run (20 miles)	April 28	Media, Pa.
Trophy Races (4 and 8 miles)	July 4	Springfield Library
2nd 24-Hour Relay	August	Springfield High School
3rd Annual Cake Race	September 15	Springfield Library

* * *

CLUB MOTTO: Run for Fun and Fitness

* * *

EDITOR: Byron Mundy, 713 Beechwood Avenue, Collingdale, Pa. 19023 (LE 4-2833)

TYPIST: Frank Dugan