

SPRINGFIELD-COLLINGDALE

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

No. 8

January 10, 1975

HANDICAP RACES JANUARY 26 AND FEBRUARY 1

A handicap race is one in which all participants are stagger-started according to ability, in an attempt to give every runner an equal chance at "winning" the race. The slower runners get a headstart and the faster runners start later, depending on the personal record of each person for the regular long course. Those having personal records of 23 minutes or longer will start first. All others will start at 30-second intervals behind the first group. For instance, if your PR is between 20:30 and 20:59, you would start  $2\frac{1}{2}$  minutes after the first group (your handicap is  $2\frac{1}{2}$  minutes, which you subtract from the elapsed time at the finish to get your actual time). If your PR is between 15:00 and 15:29, your handicap would be 8 minutes.

This event should be fun because, theoretically, everyone will finish together! The slower runners should find it nice to be in the lead for a change, and the faster runners will have to run hard to catch up. Only those who have run the long course at least 3 times (and know their PR) are eligible for the handicap. Special ribbons will be awarded the first 5 finishers. The first handicap race will start at the Springfield Library on Sunday, January 26, at 4 p.m., and the second will be run on the Collingdale course on Saturday, February 1, at 9 a.m.

COLLINGDALE-SPRINGFIELD CHALLENGE RACE, MARCH 22

The first annual challenge race between Collingdale and Springfield will be run Saturday, March 22, at 11 a.m. over the Collingdale 2-mile course. The event will be a "mob" match, introduced years ago by running clubs in Europe. Here's the way it works. Each club tries to get as many men and women of all ages as possible to run for its team. To be eligible a runner must have run at least 10 times with the club he is representing prior to March 22. As of January 1, Collingdale had 89 eligible runners and Springfield 238.

Springfield runners should wear blue T-shirts, and Collingdale runners should wear orange. All runners will start together and run as fast as they can. At the finish line, each runner will score points according to his or her place in the race (3 points for 3rd place, 28 points for 28th place, etc.). The team with the lower total points is the winner. At least 30 runners must score for each team. If a team has, say, only 26 runners, then 4 more place scores are added to its total after the other team's last finisher. However, the number of participants to count in each team score will be 5 less than the number of runners on the smaller team. For instance, if Springfield has 65 runners and Collingdale 47, only the first 42 runners for each team will count in the scoring (although the 42nd finisher for the Collingdale team might be in 100th place overall and therefore would still score 100 points towards the team total).

An attractive trophy cup, with the final score engraved on it, will be presented to the winning club and will be passed among their 12 top finishers during the year (one month at each person's home) until it's up for grabs again next year.

### SUNDAY MORNING SOCIAL RUNS

A very jolly group of runners usually meets each Sunday morning at 9 o'clock at the Springfield Library for a run of 6 to 9 miles. The pace is a comfortable 8 minutes per mile, so that everyone can stay together and enjoy the conversation. If the regular 2-mile joggers' course is becoming easy for you, you should plan to join the group some Sunday morning. You'll be surprised at how far you can go. Bike riders are welcome, too. In fact they're needed to carry discarded sweat clothes.

The normal route taken starts at the library, goes up Springfield Road to Holy Cross Church, then loops up to O'Hara High School and back down Springfield Road to Saxer Avenue, finishing with the regular 2.4-mile course. The 9 miles usually takes about 75 minutes.

Sometimes the group will meet at the library at 9 a.m. and then car-pool-it to another location to run. Trips to Ridley Creek State Park, about 20 minutes away, are planned for February 9 and March 9. The more the merrier. Contact Mark Clatterbaugh, Sam Hill, or Byron Mundy to see if the group is running on any other particular Sunday morning.

### SPRINGFIELD PHOTOGRAPH - FEBRUARY 23

To celebrate the Springfield Joggers Club's third birthday, a professional photograph will be taken of the group at the regular 4 p.m. jog on Sunday, February 23, at the library. All 20-time members are asked to wear their blue T-shirts. Please try to be there about 15 minutes early. Last year we had 71 present. Copies of the photo will be available to anyone who wants one.

### CAESAR RODNEY HALF-MARATHON - APRIL 6

The Delaware Sports Club will host its 12th Annual Caesar Rodney Half-Marathon (13 miles) on Sunday, April 6, at 1 p.m. in Wilmington. Last year there were 173 starters from 6 states, including 22 from our Springfield and Collingdale clubs. We placed 4th out of 10 teams. This year we may do even better on the hilly 13-mile course. Finishers last year were Joe Frattari, Kelly Hardcastle, Byron Mundy, Kevin Barry, Steve Whitmore, John Greenstine, Mark Clatterbaugh, Frank Dugan, Joe Wilkes, Bob Koerner, Mike Koerner, Frank Dilenschneider, Sam Hill, Hal Heckman, Dave Dennis, Bob Berger, George Barnes, Maridel Walsh, George Koerner, Ed Germer, Liz Hendrixson, and Amy Wilkes.

### PARTICIPATION INCREASED AGAIN IN 1974

Total attendance at the Springfield Joggers in 1974 was 5268 people for the 142 group runs that were held. The average monthly attendance per session was:

|               |            |                |               |
|---------------|------------|----------------|---------------|
| 33 - January  | 39 - April | 62 - July      | 23 - October  |
| 36 - February | 29 - May   | 53 - August    | 23 - November |
| 56 - March    | 42 - June  | 30 - September | 21 - December |

Total attendance for the Springfield Joggers for 1973 was 4242, so 1974 saw an increase of approximately 25%. The monthly averages for the past four months were lowered by the Wednesday 4:30 p.m. runs, which attracted only about 10 runners per session.

For the Collingdale Joggers Club, total attendance was 2716 for the 105 group runs in 1974, the first full year in the club's history. Average attendance per session for each month was:

|               |            |                |               |
|---------------|------------|----------------|---------------|
| 16 - January  | 16 - April | 31 - July      | 27 - October  |
| 14 - February | 11 - May   | 44 - August    | 26 - November |
| 29 - March    | 23 - June  | 35 - September | 16 - December |

Men outnumbered women at both Collingdale and Springfield by nearly 3 to 1.

#### SPRINGFIELD AWARDS SINCE SEPTEMBER 1

Since the last newsletter of September 1, 1974, there have been 35 newcomers at Springfield, to bring total "membership" to 926 (the number of different individuals who have run at least one time with the club). There are now 238 persons who have run 10 times to earn the emblem award, including:

|                   |                     |                  |
|-------------------|---------------------|------------------|
| Pat McGonigle, 13 | Dawn Finley, 13     | John Shields, 17 |
| Steve Soulas, 11  | Debbie Finley, 15   | Ron Finley, 36   |
| Jim Burke, 15     | Sandy Hoath, 12     | Ken Teore, 17    |
| Joyce Adams, 10   | Kevin McCormack, 10 | Larry Sage, 17   |
| Ray Hedrick, 21   | Ronny Finley, 7     | Andy Hartline, 9 |
| Lew Riess, 46     | Tom Bonhage, 18     |                  |

There are now 140 T-shirt members in Springfield, the latest additions being:

|                  |                    |                   |
|------------------|--------------------|-------------------|
| Liz Fratoni, 16  | Charley Hoover, 58 | Dawn Finley, 13   |
| April Fallon, 21 | Jack Molyneaux, 39 | Joyce Adams, 10   |
| Billy Hill, 7    | Ray Hedrick, 21    | Tim Owens, 17     |
| Laura Ashton, 13 | Ron Finley, 36     | Debbie Finley, 15 |
| Pat Heckman, 23  | Ronny Finley, 8    | Fred Cox, 54      |
| Dave Adams, 22   | John Mander, 17    |                   |

76 persons have now run 40 times to earn the engraved plaque award, including:

|                    |                  |                  |
|--------------------|------------------|------------------|
| Tracey Soulas, 13  | Ed Germer, 43    | Ray Hedrick, 21  |
| Larry DiBello, 37  | Hal Heckman, 29  | Liz Fratoni, 16  |
| Danny Netting, 8   | Jim Smyth, 32    | Tom Stewart, 27  |
| Craig Hauslein, 12 | Paul Straube, 35 | Dave Adams, 22   |
| Skip Netting, 10   | Ralph Cooper, 46 | Bob Scheerer, 13 |

There are now 32 persons who have run 80 times, the most recent ones being:

|                  |                       |                     |
|------------------|-----------------------|---------------------|
| Dot Kracht, 38   | Sharon Johnson, 20    | Robbie Chambers, 14 |
| Art Dell, 29     | Frank Dugan, 51       | Dave Netting, 34    |
| Jenny Kracht, 8  | Bill Kracht, 39       | George Barnes, 44   |
| Kermit Ramey, 42 | Ann Marie Simmons, 20 |                     |

RECENT COLLINGDALE AWARDS

Since the last newsletter of September 1, 1974, there have been 64 newcomers at Collingdale, bringing total "membership" to 377 different individuals who have run at least once with the club. There are now 89 persons who have run 10 times, the latest being:

|                    |                     |                     |
|--------------------|---------------------|---------------------|
| Debbie Dussell, 15 | Bets Flowers, 49    | Joe Kennedy, 10     |
| Mike Nestor, 26    | Jim Dewan, 14       | Carolann Kennedy, 8 |
| June McCormack, 33 | Jim Albright, 14    | Jeff Blaies, 12     |
| Ronny Finley, 7    | Eileen Liszewski, 9 | Jackie O'Connell, 8 |
| Judy Sullivan, 9   | Ray Hedrick, 21     | Shirlee Hurst, 18   |
| Ron Finley, 36     | Diana Klein, 11     | Mary Ropski, 8      |
| Dawn Finley, 13    | Mary Matusik, 13    | Joanne Huckel, 10   |
| Bob Whiteman, 12   | Art Dell, 29        | Mary Magowan, 10    |
| Debbie Finley, 15  | Debbie Battista, 10 | Mark Loftus, 10     |
| April Fallon, 21   | Kathy Egan, 14      | John Huckel, 12     |
| Mike Kelly, 13     | Lincoln Moser, 10   | Kerry Graham, 45    |
| Mike Nuckols, 11   | Paul O'Connell, 8   | Geri Magee, 21      |
| Steve McHugh, 9    | Dennis McElroy, 25  | Chris Battista, 10  |

38 members have earned T-shirts for running 20 times, including the following:

|                  |                  |                   |
|------------------|------------------|-------------------|
| Joe Munro, 13    | Ronny Finley, 8  | Dawn Finley, 13   |
| John Shields, 17 | Mike Nuckols, 11 | Kathy Egan, 14    |
| John McHugh, 15  | Bets Flowers, 49 | Debbie Finley, 15 |
| Mike Nestor, 26  | Mary Matusik, 13 | Linda Reilly, 31  |
| Ron Finley, 36   | Ray Hedrick, 21  |                   |

10 more people at Collingdale have earned engraved plaques by running 40 times:

|                          |                      |                     |
|--------------------------|----------------------|---------------------|
| Ed Germer, 43            | John McCormack, 12   | John Greenstine, 23 |
| Kevin McCormack, 11      | Maureen Finnegan, 24 | Ronny Finley, 8     |
| Jim Finnegan, 24         | Linda Finnegan, 21   | Ron Finley, 36      |
| Frank Dilenschneider, 19 |                      |                     |

CAKE RACE RESULTS

The Third Annual Springfield Cake Race last September 15 attracted a record 144 runners, many from the Padukies Track Club of Philadelphia. Everyone ran one loop of 2.4 miles. Cakes were awarded to the top 5 finishers in each of four age-groups for women and six age-groups for men. First place winners were:

|          |       |                      |          |       |                    |
|----------|-------|----------------------|----------|-------|--------------------|
| Under 11 | 15:13 | Valerie Fisher, 11   | Under 10 | 16:23 | Paul Gallagher, 10 |
| 12-to-17 | 15:11 | Pam Dutton, 13       | 11-to-14 | 13:39 | John Ashton, 14    |
| 18-to-29 | 14:25 | Patricia Barrett, 19 | 15-to-25 | 12:22 | Jim Rhein, 20      |
| Over 30  | 14:16 | Susie Buchanan, 37   | 26-to-39 | 12:31 | Jim Smyth, 32      |
|          |       |                      | 40-to-49 | 13:52 | Stan Brason, 42    |
|          |       |                      | Over 50  | 15:11 | Frank Dugan, 51    |

All four winning times for the women were new age-group course records, as was Frank Dugan's time for men 50-and-over.

FINANCIAL REPORT

Both the Collingdale and Springfield clubs are funded by voluntary individual contributions, which come mostly from the participating adults. No dues are charged. Contributors who give \$5 or more are recognized in this quarterly newsletter.

Springfield Joggers

Springfield Club expenditures from August 30 to December 31 were \$241, bringing total expenditures for 1974 to \$956. Major items of expense for the year were:

\$264 - 114 T-shirts (now \$3 each)  
254 - 48 engraved plaques  
90 - "Runner's World" subscriptions (16)  
90 - Printing and postage for 3 newsletters  
120 - Ribbons and patches  
60 - Group photographs (35 copies)  
\$878

NOTE: The Springfield Jaycees paid about \$100 for 14 Fourth of July trophies and refreshments. These items were not included in club expenditures although they benefited the club.

Contributions from January 1 to August 20 totalled \$521. Since August 20 \$5 was donated by Ginnie Nicholson, Susie Buchanan, Hal Heckman, Joe Wilkes, Dave Netting, Jack Molyneaux, Ray Hedrick, Bernie Burke, and Frank Dugan. The following contributed \$10: Donald Anderson, Frank Carey, Ralph Cooper, Bill and Dot Kracht, Linda Goldman, Ed Germer, and one family wishing to remain anonymous. \$20 was given by the Berger family and by Kurt and Ursula Schmitt. Bob and Paula Koerner donated \$50, and Byron Mundy contributed \$245.

Altogether in 1974 Bob and Paula Koerner donated \$140 to the club.

Collingdale Joggers

Collingdale Club expenditures from August 30 to December 31 were \$101, bringing the year's total expenditures to \$269. Major items of expense were:

\$107 - T-shirts (44)  
80 - 15 plaques  
40 - 50 emblems  
\$227

Since August 30, \$5 was donated by Ray Hedrick, Mike Nestor, and Frank Dugan. Each of the following gave \$10: George Barnes, Paul Straube, Ed Germer, and Paul Hurst. Ron Finley gave \$30 and Byron Mundy contributed \$64.

RUNNING SHORTS

Many thanks go again to Bob and Paula Koerner and their Children, Mike, George, and Pauline, for hosting the second joggers party at their beautiful home in Springfield last October. Fifty-six people attended and established what has to be a world's record for a four-hour party of that size: not one cigarette was smoked! Thanks also to John Greenstine for showing an X-rated film entitled "Deep Mile". The living room was packed to see it.

\* \* \*

If you would like to have an additional jogger's T-shirt, you can purchase one for \$3. Contact Byron Mundy. Only those who have already earned a T-shirt may get another one.

\* \* \*

Do you like to sing? Men and women from all communities are cordially invited to sing with the Springfield Choral Society any Tuesday evening at 8 p.m. at the Woodland Avenue Junior High School in Springfield. Ralph Cooper, Ginnie Nicholson, Ed Germer, Ray Hedrick, Dave Adams, and Byron Mundy all presently sing there. The chorus performs two concerts annually.

\* \* \*

Frank Dugan, 51, placed another feather in his cap December 1 by completing the 26-mile Philadelphia Marathon in 3 hours 45 minutes. John Shields, a senior at Bonner, also finished the grueling event in an excellent 3:17. Byron Mundy, Sam Hill, and John McHugh all dropped out around the 20-mile point because they believe very strongly in the run-for-fun philosophy. An infected blister kept Larry DiBello from ever starting - what luck!

\* \* \*

Congratulations to the Springfield High School boys' cross-country team, which placed seventh in the state championship meet in November. Jack McKeever, the team's leader all season, was picked by the Philadelphia Inquirer as one of the top 15 runners from Southeastern Pennsylvania, Delaware, and Eastern New Jersey.

\* \* \*

Terry Walsh, 10, and Byron Mundy, 27, won the 2nd couples prediction relay on December 29 with an actual time of 17:42 on the Springfield course, just two seconds over their predicted time of 17:40. The next such relay will be held Sunday, February 16, at 4 p.m. - just two days after Valentine's Day! Couples should really be predicting things well then.

\* \* \*

Thanks to Kathy Hoath for keeping the Springfield Joggers' card file up to date for October and November.

RUNNING SHORTS

Both the Springfield Press (\$6 per year) and the Suburban Weekly (\$2 per year) publish a jogger's column every Thursday for the Springfield and Collingdale clubs respectively. The columns contain the weekly attendance at group runs, names of newcomers, runners receiving awards and setting personal records, and other announcements. Since last December, a runner's name has appeared each time he or she reached a multiple of 10 in number of times run, even though awards are only presented for 1, 10, 20, 40, and 80 times run.

\* \* \*

The Fourth Annual March of Dimes 20-Mile Walk-A-Thon will take place April 27. The event can be walked or run. The route is over the scenic roads of western Delaware County. Last year Frank Dugan, Neil Weygandt, Joe Wilkes, and Byron Mundy all finished together in first place in 2 hours 45 minutes. There were 4000 participants in all, who raised almost \$60,000. Nearly 30 of our joggers took part.

\* \* \*

Mark and Kathi Clatterbaugh still appear to be quite happy after two months of married life. Rumor has it, however, that Kathi is still the "boss" in all matters except meals. There's no way she can beat Mark's cooking.

\* \* \*

It is reported that Art Dell is still working on his first book entitled "The Rise and Fall of a Disjointed Jogger" and that he already has definite plans for writing its sequel "Running for Your Life Begins at Thirty".

\* \* \*

The Koerners are certain to be selected as the best dressed joggers of 1975. Those bright green sweat suits with black and white stripes that Paula made herself are just fantastic.

\* \* \*

Interested in helping someone? Ed Germer reports there is an urgent need for platelet donors at the Fitzgerald Mercy Hospital, 3rd Floor, Medical Science Building. Hours are 9 a.m. to 6 p.m. daily and Monday, Wednesday, and Thursday evenings until 11 p.m. (phone LU 6-5020 - Donor Center). The procedure is harmless and requires about 1½ hours monthly. You may be helping someone in our community.

\* \* \*

Bill Battey's Sporting Goods store in Media is still giving a 10% discount on running shoes if you run with the Springfield or Collingdale Joggers.

SPRINGFIELD 40--TIME MEMBERS

|                    |                  |                    |
|--------------------|------------------|--------------------|
| David Adams        | Ray Hedrick      | David Netting*     |
| Doris Anzalone     | Liz Hendrixson   | Skip Netting       |
| John Ashton*       | Sam Hill*        | Danny Netting      |
| Jeff Barasatian    | Kathy Hoath*     | Ginnie Nicholson   |
| Alan Barclay       | Mary Hoath*      | K. C. Ramey*       |
| Sharon Barclay     | Sharon Johnson*  | Bob Scheerer       |
| George Barnes*     | John Kalloz*     | Eileen Schmitt     |
| Kevin Barry        | Bob Kantner      | Ann Marie Simmons* |
| Patty Barry        | Greg Kantner     | Jim Smyth          |
| Bob Berger*        | Barb Kelly       | Tracey Soullas     |
| Kathi Clatterbaugh | Bob Koerner*     | Tom Stewart        |
| Mark Clatterbaugh* | George Koerner*  | Geoff Stiteler     |
| Robbie Chambers*   | Mike Koerner*    | Paul Straube       |
| Bob Collins        | Pauline Koerner* | Scott Thornton*    |
| Ralph Cooper       | Paula Koerner*   | Kathy Walsh        |
| Art Dell*          | Bill Kracht      | Maridel Walsh*     |
| Larry DiBello      | Dot Kracht*      | Terry Walsh        |
| Frank Dugan*       | Jenny Kracht*    | Steve Whitmore*    |
| David Forest       | Billy Kracht     | John Wileczek      |
| Liz Fratoni        | Chris Kracht     | Amy Wilkes         |
| Joe Frattari*      | David Lini       | Joe Wilkes*        |
| Ed Germer          | Larry Livingston | Kathy Wilson       |
| Linda Goldman      | John McCabe*     | Tom Wimer          |
| Kelly Hardcastle*  | Jack McKeever    | Carole Woodworth   |
| Craig Hauslein     | Byron Mundy*     | Chris Woodworth    |
| Hal Heckman        |                  |                    |

\*Indicates 80--time member

COLLINGDALE 20--TIME MEMBERS

|                       |                   |               |
|-----------------------|-------------------|---------------|
| George Barnes*        | Maureen Finnegan* | Byron Mundy*  |
| Bobby Beadle          | Jim Finnegan*     | Joe Munro     |
| Anne Beadle           | Linda Finnegan    | Mike Nuckols  |
| Mark Clatterbaugh     | Bets Flowers      | Mike Nestor   |
| Mary Ann Devers       | Ed Germer*        | Linda Reilly  |
| Frank Dilenschneider* | John Greenstine*  | John Shields  |
| Frank Dugan*          | Ray Hedrick       | Tom Stewart   |
| Kathy Egan            | Sam Hill*         | Paul Straube* |
| Ron Finley*           | John McCormack*   | Dan Straube   |
| Dawn Finley           | Kevin McCormack*  | Tom Tallon    |
| Debbie Finley         | John McHugh       | Jim Tuson     |
| Romy Finley*          | Mary Matusik      | Maridel Walsh |
| Charles Finnegan      | Ed Morris         |               |

\*Indicates 40--time member

REGULAR GROUP RUNS

Springfield Joggers

Sundays, 4 p.m. (at public library)  
Wednesdays, 4:30 p.m. (at public library)  
Thursdays, 6:30 p.m. (at high school track)

Collingdale Joggers

Tuesdays, 5 p.m. (at Harris School)  
Saturdays, 9 a.m. (at Harris School)

UPCOMING EVENTS

|                                |  |                     |
|--------------------------------|--|---------------------|
| Sunday, January 26, 4 p.m.     | 2.4-mile Handicap Race                                       | Springfield         |
| Saturday, February 1, 9 a.m.   | 2-mile Handicap Race   | Collingdale         |
| Sunday, February 2, 4 p.m.     | 4-mile Prediction Run  | Springfield         |
| Sunday, February 9, 9 a.m.     | Ridley Creek State Park Run                                  | Meet at Springfield |
| Sunday, February 16, 4 p.m.    | Couples Prediction Relay                                     | Springfield         |
| Sunday, February 23, 3:45 p.m. | Third Birthday Photo   | Springfield         |
| Saturday, March 1, 9 a.m.      | 2-mile Prediction Run  | Collingdale         |
| Sunday, March 2, 4 p.m.        | 2.4-mile Handicap Race                                       | Springfield         |
| Sunday, March 9, 9 a.m.        | Ridley Creek State Park Run                                  | Meet at Springfield |
| Sunday, March 16, 4 p.m.       | Couples Prediction Relay                                     | Springfield         |
| Saturday, March 22, 11 a.m.    | Springfield-Collingdale 2-mile<br>"Mob" Match Challenge Race | Collingdale         |
| Sunday, April 6, 1 p.m.        | Caesar Rodney Half-Marathon                                  | Wilmington          |
| Sunday, April 27, 9 a.m.       | March of Dimes March-A-Thon                                  | Lima                |

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CLUB MOTTO: Run for Fun and Fitness

\* \* \*

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

TYPIST: Frank Dugan