

SPRINGFIELD-COLLINGDALE

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

No. 10

November 15, 1975

Seven Fun Runs Every Week

Group runs in SPRINGFIELD take place every Wednesday at 4:30 p.m. and every Sunday at 4 p.m. (starting in front of the public library on Powell Road) and every Thursday at 6:30 p.m. (at the high school track, located at Leamy Avenue and Rolling Road). This schedule will continue until mid-June, 1976.

In COLLINGDALE, runs are held every Saturday at 9 a.m. and every Tuesday at 5 p.m., starting in front of the Harris School on Sharon Avenue. The course is a flat 2 miles on sidewalks.

The SWARTHMORE Joggers, founded last April, have a group run every Saturday at 4 p.m. and every Wednesday at 6:30 p.m., starting at the Presbyterian church parking lot on Harvard Avenue (just south of the college field house).

Winter Weekend Festival

To add some extra fun to our weekend runs this winter, a series of prediction runs (PRED), couples prediction relays (CPR), pace runs (PACE), and handicap races (HAND) have been scheduled. These low-key special events will be held in conjunction with the regular Saturday 9 a.m. runs in Collingdale and the regular Sunday 4 p.m. runs in Springfield (see schedule on last page).

The prediction runs vary in distance from two to four miles. Each runner guesses his or her time and writes it on the sign-up sheet before the run. The winner is the person whose actual time comes closest to his predicted time. No watches may be worn.

In a couples prediction relay each team consists of one male and one female runner. Everyone starts together, with the males running in the opposite direction around the course. When team partners meet, they tag hands, do an about-face, and return to the starting line, where they must finish together. The winning team is the one whose actual time comes closest to its predicted time.

Pace runs are designed to keep runners jogging together in a group. Everyone who runs 20 minutes or slower on the Springfield course and 17 minutes or slower on the Collingdale course is eligible for the prize drawing, which is held immediately after the run. Those who run faster are not eligible.

In a handicap race runners are stagger-started according to personal records, with slower runners starting first. Only 10-time members are eligible for this "speed run" that has a traffic-jam finish.

One prize will be picked by the first place winner(s) following the event. Prizes will include T-shirts, E.R.G., "Runner's World" booklets, socks, etc. If there are twenty or more contestants in any event, a second prize will be raffled off.

24-Hour Relay

Our Third Annual 24-Hour Relay at the Springfield High School track on August 16-17 was a lot of fun for 30 participants and about 50 spectators, who provided moral and logistical support. Weather conditions were very good - cool and cloudy.

Art Dell led the purple-shirted team through 195 miles, then swore he would never run this event again. Teammates were Bob (Ham) Berger, Ed McDevitt, Maridel Walsh, Mark Clatterbaugh, Dawn Finley, Tom Wimer, Kathy Wilson, Ron Finley, and Debbie Finley.

Steve Whitmore averaged 5:28 per mile for 23 miles as Team #2 totalled 224 miles, just 7 short of the club record set a year ago. Teammates were John McHugh, Byron Mundy, Tim Owens, Sam Wallace, John Wileczek, Jerry O'Hara, Ron Shaiko, Bob Koerner, and Mike Koerner.

Team #3 ran 166 miles, with George Koerner, Bernie Haughey, Pauline Koerner, Robbie Chambers, Ray Hedrick, Frank Dugan, and 6 boys from St. Francis School (Joe Keenan, Larry Hagan, Chip Schneider, Danny Kenney, Frank McCarry, and Owen Murray).

Cake Race

Our Fourth Annual Cake Race drew 126 contestants last September 14. The top 6 finishers in each of 10 age divisions received homemade cakes. Both men and women ran the regular 2.4 mile course. Weather conditions were ideal - sunny, calm, and cool. More than 50 personal records were set! First place finishers were:

<u>Women</u>	30-and-over...	Susan Anderson, Newtown Square.....	17:43
	18-to-29.....	Roberta Anthes, Villanova.....	14:07*
	12-to-17.....	Donna Garnder, Pennsbury High School...	13:46*
	11-and-under..	Lisa Williams, Philadelphia.....	15:06*
<u>Men</u>	50-and-over...	Frank Dugan, East Lansdowne.....	15:29
	40-to-49.....	Bob Koerner, Springfield.....	14:01
	26-to-39.....	Jim Smyth, Springfield.....	12:13*
	15-to-25.....	Kelly O'Brien.....	11:36*
	11-to-14.....	John McCormack, Collingdale.....	13:39*
	10-and-under..	Tom Lynch, Springfield.....	17:18

*New Cake Race record.

Springfield Participation and Awards

Total attendance at Springfield for the first 10 months this year was 3904 for 119 group runs, an average of 33 runners per session. Average attendance per session was: January-27, February-18, March-35, April-25, May-22, June-33, July-53, August-53, September-37, and October-31. Total attendance in 1974 was 5268 for 142 sessions.

In the period from the last newsletter of June 21 to November 9 there were 121 newcomers at Springfield, bringing total "membership" to 1127.

277 persons have now run 10 times to earn a jogger's patch, including:

Ed McDevitt, 33	Ernie Brason, 19	Lew Riess, 10
Ed Webster, 33	Brian Connery, 14	Phil McCloskey, 43
Kevin McTague, 15	Gwen Cardillo, 16	Linda Keyes, 23
Joe Tumelty, 14	John McHugh, 16	Karen Toney, 15
Maureen McGonigle, 10	Mary Young, 33	Guy Clatterbaugh, 24
Gene Martenson, 46	Dorie Holmes	Kelly O'Brien, 18
Chris McDougall, 13	Alex Toll, 21	Jeff Goldman, 17
Betty Anderson, 25	Alex Roman, 14	Sandy Stalberg, 24
Dan Krachuk, 11	Chris Reiss, 7	

There are now 165 T-shirt members, including the following:

John McDougall, 43	Ed Webster, 33	Dorie Holmes, 34
Jack Monaghan, 27	Linda Reilly, 32	Alex Toll, 21
Dale Hamlin, 21	Ed McDevitt, 33	Doug Netting, 5
Kathy McGonigle, 10	Betty Anderson, 25	Linda Keyes, 23
Ken Teore, 18	John McCormack, 13	Kevin McTague, 16
John Contompasis, 27	John Shields, 18	

98 persons have earned plaques for running 40 times, including:

Wayne Congar, 25	Bernie Haughey, 12	George Naylor, 48
Jack Wright, 25		

There are now 50 persons who have run 80 times, the latest being:

Hal Heckman, 30 (6/31/75)	Alan Barclay, 13 (8/12/75)
Ed Germer, 44 (7/8/75)	Billy Kracht, 13 (10/5/75)
Doris Anzalone, 16 (7/15/75)	Ronny Finley, 9 (10/12/75)
Greg Kantner, 16 (7/22/75)	Ron Finley, 37 (10/15/75)
Paul Straube, 36 (7/31/75)	Pat Heckman, 24 (10/30/75)
Chris Kracht, 12 (8/7/75)	Ginnie Nicholson, 44 (10/26/75)
Bob Kantner, 17 (8/12/75)	

All awards are presented at the Sunday 4 p.m. sessions.

Collingdale Participation and Awards

Total attendance at Collingdale for the first 10 months this year has been 2063 for 87 group runs. The average turnout per session for each month was: January-14, February-23, March-31, April-25, May-29, June-31, July-30, August-22, September-17, and October-12. Total attendance in 1974 was 2716 for 105 group runs.

For the period from June 21 through November 4 there were 70 newcomers at Collingdale, bringing total "membership" to 520 people. There are now 126 persons who have run 10 times, including:

Jan Pickett, 27	Amielyn McCormack, 6	Kathy O'Hara, 15
Ed McDevitt, 33	Charles Liszewski, 8	Dorie Holmes, 34
Bob MacGuire, 37	Margie McHugh, 12	Timmy O'Hara, 7
Mark Lloyd, 11	Sandy Stalberg, 23	Bill Robb, 24

There are now 65 T-shirt members. The following are the most recent:

Bob Berger, 14	Mike Koerner, 14	Kelly O'Brien, 18
June McCormack, 33	Art Dell, 30	Bob Koerner, 42
Steve McHugh, 10	George Koerner, 13	Sandy Stalberg, 24
Joanne Magowan, 9	Bill Kracht, 40	Dorie Holmes, 35
Mary Jane Nestor, 25	Jerry O'Hara, 14	

25 persons have earned 40-times plaques, the latest two being George Naylor, 48, of Glenolden, and Maridel Walsh, 18, of Springfield.

There are 4 new 80-times members:

Ray Hedrick, 22 (7/30/75)	Ed Germer, 44 (8/27/75)
Dawn Finley, 14 (8/20/75)	John McCormack, 13 (9/13/75)

Financial Report

No entry fees are charged at any of our events. Most funds come from personal individual contributions. Expenses at present exceed income, so please try to give if you have not done so already this year.

Springfield expenditures from January 1 to June 21 were \$381 (see previous newsletter). Contributions for that period totalled \$295. Since June 21 expenditures were:

\$40 - 3 cases of E.R.G. for relay	21 - 4 plaques
10 - 2 "Runner's World" subscriptions	76 - 32 T-shirts
40 - 200 "Preview '76" ribbons	48 - 2 Revere bowls
40 - 50 10-times patches	<u>13</u> - 500 schedule cards
20 - Postage for newsletter #10	\$308 - TOTAL

Contributions since June 21 for Springfield total \$295. \$5 contributors were Ginnie Nicholson, Linda Reilly, Sam Hill, Doris Anzalone, Ralph Cooper, Sharon Johnson, Dave Netting, and Frank Dugan. \$10 contributors were Joe Wilkes, Lew Gill, Dot and Bill Kracht, Ed Webster, Dorie Holmes, Ron Finley, and Betty Anderson. Pat and Hal Heckman, Art Lord, Jim Smyth, and John McDougall each gave \$15. Ed Germer gave \$25, and Bob and Paula Koerner gave another \$50. The Springfield Jaycees paid \$48 for the two Revere bowls awarded on September 27.

Expenditures for the Collingdale Joggers from January 1 to June 21 were \$195, with contributions totalling \$120 for the same period. Expenditures since June 21 were:

\$135 - 54 T-shirts*	30 - 200 newcomer ribbons
10 - Postage for newsletter #10	13 - 500 schedule cards
10 - 2 "Runner's World" subscriptions	<u>16</u> - 3 plaques
	\$214 - TOTAL

*About 40 T-shirts are in stock

Contributions since June 21 total \$90. Jim Finnegan, John McHugh, and Frank Dugan each gave \$5. \$10 contributors were John McCormack, Mike Nestor, and Ron Finley. Ed Germer gave \$25, and Paul Straube added \$20.

Running Shorts

The 2-mile Run-for-Fun held at Springfield's Bicentennial Block Party Saturday, September 27, attracted 40 runners. Two silver Revere bowls were awarded to the winners, Dawn Finley, 14, and Kelly O'Brien, 18. Dawn and Kelly will keep these "Liberty Cups" for one year only, and they will then be handed on annually to the winners of each succeeding year.

* * *

Dot Kracht recently became the first female to pass the 200-times participation mark in Springfield. Her daughter Jenny, age 9, also will soon pass the 200 mark, as will Pauline Koerner, 10.

* * *

Thanks go to Steve Whitmore for recording the Springfield attendance each week since September, pointing out participation marks and special awards. Steve, by the way, ran his 39th time at Collingdale on September 10 but hasn't been back since. His 40-times plaque looks great hanging in Byron Mundy's apartment.

* * *

And thanks go to Dawn and Debbie Finley, who have been keeping the attendance records for the Collingdale Joggers since June. Both girls ran well recently in their county, district, and state competition for high school girls. Dawn, a 70-pound ninth grader, won the Delaware County and District-1 races. Since September Dawn has been a member of the Keystone Track Club.

* * *

The 26-mile Philadelphia Marathon will take place on Saturday, November 29, at 12 noon, starting in front of Plaisted Hall (about $\frac{1}{4}$ mile behind the Art Museum on East River Drive). Would you believe that 15 of our joggers are training for it? They include Bob Koerner, Sam Hill, Ed McDevitt, Bill Hannon, Maridel Walsh, Ray Hedrick, Lew Gill, Byron Mundy, Jerry O'Hara, Bob Berger, Debbie Finley, and Gene Hill. Approximately 300 runners are expected to participate.

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Sam Hill, 30, completed his first 26-mile marathon on September 30 in New York in a time of 3:49. Bob Koerner, 42, ran 3:40 in his first marathon in Atlantic City on October 19. Both of these arch rivals will be battling it out at the Philadelphia Marathon. Question: Will Sam's elbows provide the needed edge to give him the 2-second margin of victory that he predicts?

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Would you like to have a schedule that contains practically all long distance races that take place in and around the local Philadelphia metropolitan area all year round? A fantastic list has been compiled by Joseph V. McIlhinney, 7508 4th Avenue, Melrose Park, Pa. 19126. Joe is chairman of the AAU Long Distance Running Committee and officiates at practically all weekend races. If you'd like a copy of the schedule, send Joe a self-addressed stamped envelope.

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Men aged 30-and-over interested in masters age-group competition (indoor and outdoor events) should write to the Philadelphia Masters Track Association, 717 Lewis Tower Building, Philadelphia, Pa. 19102, and ask for their schedule of events. Or you can call John Sanders, 45-2 Revere Road, Drexel Hill, Pa. 19126 at CL 9-3141. Age-groups are 30-34, 35-39, 40-44, etc. up to 70.

Thanks go to Hal Heckman for getting beautiful blue jogger's jackets for 35 of us at a low group rate of \$13 each. A Springfield-Collingdale Joggers logo, designed by Frank Dugan, is printed on the left chest and the first name of the owner of the jacket is sewn on the right. See Hal for details on future orders.

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The Challenge Race trophy is being enjoyed so much by Collingdale team members that they have decided to keep it another year. This year's race is March 22 on Springfield's 2.4-mile loop, but Collingdale should win again easily. The score of last year's "mot' match" was 616 to 660.

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Bill Battey's Sporting Goods Store in Media is still giving 10% off on running shoes to those who have jogged with our clubs. Contact Maridel Walsh (she works there) for complete shoe information. Maridel, as many of us know, has been a tremendous promoter of long distance running - a real inspiration for our clubs. Maridel is a sophomore at Villanova and runs on the girls' cross country team.

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The News of Delaware County now publishes a DELCO FUN-RUNS column, written by Byron Mundy, every other Thursday. The column contains names of newcomers and those who set participation marks and personal records in the Springfield and Collingdale group runs.

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A dealership has been obtained for the sale of E.R.G. and glue guns, with all profits going to the Springfield-Collingdale Joggers.

The regular use of a glue gun will not only greatly extend the life of your running shoes, but, more importantly, will help prevent chronic injuries of the feet, lower legs, knees, and back that could result from continued running on worn heels and soles. In addition, of course, the gun will come in handy for all kinds of gluing jobs around the house.

E.R.G. (Electrolyte Replacement with Glucose) is an athletic drink specially formulated for runners by chemist Bill Gookin, himself an outstanding runner. It replaces the vital minerals, salts, and vitamins the body loses through vigorous exercise and supplies glucose, a valuable source of energy. Unlike other sports drinks, it does not cause cramps or stomach distress. If you're running hard enough to work up a sweat, you need E.R.G.

The glue guns will sell for \$7. A single package of E.R.G. (enough to make a half gallon) will sell for \$.75, a box of 10 packages will be \$7, and a case of 24 packages will be \$15.60. All of these prices are below the prices for which these products are offered in "Runner's World".

To make your purchases see Frank Dugan, Bob Koerner, Mike Koerner, or Sam Hill (or call Frank Dugan at MA 3-5920). You'll not only be helping the Springfield-Collingdale Joggers but yourself as well.

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Speaking of E.R.G., did you know that we already have an E.R.G. person among us? It's our faithful jogger from Folcroft, Edward Robert Germer. Recently Ed enjoyed a two-weeks all-expenses-paid vacation at Sheppard Air Force Base, Texas, courtesy of the Pennsylvania National Guard.

Schedule of Regular Group Runs

SPRINGFIELD: Sundays 4 p.m. and Wednesdays 4:30 p.m. at the public library
 Thursdays 6:30 p.m. at the Springfield High School track

COLLINGDALE: Saturdays 9 a.m. and Tuesdays 5 p.m. at the Harris School

SWARTHMORE: Saturdays 4 p.m. and Wednesdays 6:30 p.m. at the Presbyterian church

Schedule of Special Events

Saturday, November 22, 9 a.m. (C)...PACE	Saturday, January 17, 9 a.m. (C)....CPR
Sunday, November 23, 4 p.m. (S).....PRED	Sunday, January 18, 4 p.m. (S).....PACE
Sunday, November 30, 4 p.m. (S).....CPR	Saturday, January 24, 9 a.m. (C)....PACE
Saturday, December 6, 9 a.m. (C)....PRED	Sunday, February 1, 4 p.m. (S).....PRED
Sunday, December 7, 4 p.m. (S).....PACE	Saturday, February 7, 9 a.m. (C)....PACE
Saturday, December 13, 9 a.m. (C)...HAND	Sunday, February 15, 4 p.m. (S).....CPR
Sunday, December 14, 4 p.m. (S).....PACE	Saturday, February 21, 9 a.m. (C)...HAND
Saturday, December 20, 9 a.m. (C)...CPR	Sunday, March 1, 4 p.m. (S).....PRED
Sunday, December 21, 4 p.m. (S).....PRED	Saturday, March 7, 9 a.m. (C).....PRED
*Sunday, December 28, 4 p.m. (S).....CPR	Sunday, March 8, 4 p.m. (S).....PACE
Saturday, January 3, 9 a.m. (C)....PRED	Saturday, March 14, 9 a.m. (C).....CPR
Saturday, January 10, 9 a.m. (C)....PACE	Saturday, March 21, 9 a.m. (C).....PRED
Sunday, January 11, 4 p.m. (S).....HAND	

PACE=Pace Run, PRED=Prediction Run, CPR=Couples Prediction Relay, HAND=Handicap Race

*Each partner of the winning couples relay team on December 28 will receive a pair of running shoes donated by Bill Battey's Sporting Goods Store in Media

Other Dates to Remember

Saturday, November 29, 12 noonPhiladelphia Marathon (East River Drive)

Sunday, December 21, 1 p.m.Penn A.C. 5-Mile Handicap (East River Drive)

Sunday, February 22, 4 p.m.Springfield Joggers 4th Birthday Photo (Library)

Sunday, March 22, 4 p.m.Collingdale-Springfield Challenge Race (Library)

Sunday, April ?, 1 p.m.Caesar Rodney 13-Miler (Wilmington, Delaware)

Sunday, April ?, 8 a.m.March of Dimes 20-Mile March-A-Thon (Media)

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CLUB MOTTO: Run for Fun and Fitness

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