

SPRINGFIELD-COLLINGDALE

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

No. 11

May 1, 1976

Summer Schedule Begins Tuesday, June 14

The regular schedule of group runs in Springfield (at the library Sundays at 4 o'clock and Wednesdays at 4:30 and at the high school track Thursdays at 6:30) will continue through Sunday, June 12. Starting June 14, group runs will be held only on Tuesday and Thursday evenings from the library at 7:15 and 8:00 p.m. Many of us run both sessions, using the time in between to socialize. Participation awards are presented just before the 8 o'clock run.

In Collingdale, the Tuesday 5 p.m. runs will continue through June 14, after which date they will be replaced by Wednesday evening jogs at 7:15 and 8 p.m. starting June 15. The Saturday 9 a.m. run continues all year round. All runs in Collingdale start in front of the Harris School on Sharon Avenue.

The Swarthmore Joggers, now one-year old, continue to meet every Saturday at 4 p.m. and every Wednesday at 6:30 p.m. all year round at the parking lot of the Presbyterian Church on Harvard Avenue in Swarthmore.

The "Podie Roadie" - May 16

On Sunday, May 16, the Delaware County Podiatry Association is sponsoring a 7.6-mile road race, known to many of us as the "Podie Roadie", which will start at 12:30 p.m. at the central parking lot in Ridley Creek State Park. Podiatrist George Yarnell, a Collingdale 20-time member, has organized this race to coincide with the observance of National Foot Health Week.

Colorful T-shirts will be awarded to the top five finishers in each of the following age divisions for men: 10-and-under, 11-to-14, 15-to-25, 26-to-39, 40-to-49, and 50-and-over...and for women: 11-and-under, 12-to-17, 18-to-29, and 30-and-over. These are the "Cake Race" age divisions.

There is no entry fee. Plan to arrive about an hour early so that you have time to register and become familiar with the course. Enter the park off of West Chester Pike about two miles west of Route 252 and follow signs to the park headquarters.

1776-Mile Jog

Could you run a total of 1776 miles by July 4, 1977? If you were to start May 1, 1976, you would have about 60 weeks in which to do it, an average of about 28 miles per week. This would be a good healthy amount of running for most of us.

The National Jogging Association will award beautiful patches and certificates to everyone who registers with them and submits personal logbooks of miles run before July 4, 1977. To register, send your name and \$5 to National Jogging Association, 1910 K Street, Washington, D. C. 20006.

Junior Olympics - June 10, 11, and 12

The Delaware County Junior Olympics track and field meet will take place on June 10, 11, and 12 at Springfield High School. The Springfield Jaycees are again sponsoring this annual meet for boys and girls ages 9-and-under, 10-11, 12-13, 14-15, and 16-17 (age is determined as of January 1, 1976). Adult volunteers are needed to officiate, especially on Friday night and Saturday morning. Entry blanks and information are available from meet director Byron Mundy. Last year over 650 boys and girls participated.

Springfield Wins Challenge Race

This past March 21st, Springfield edged Collingdale 518 to 857 in the Second Annual Challenge Race. Collingdale won last year 616 to 660. The race this year was on Springfield's regular 2.4-mile course. Collingdale had 25 runners and Springfield 64. There were 25 personal records set! The Challenge Trophy will be displayed in the home of each of these members of the winning team for one month each: Bob Berger, Mark and Kathi Clatterbaugh, Jeff Barasatian, Joe Prattari, Steve Whitmore, the Koerners, the Krachts, Joe Wilkes, Maridel Walsh, Dave Adams, Hal and Pat Heckman, and Sharon Johnson...the trophy will return, of course, to Collingdale homes in 1977.

Caesar Rodney Results

About 45 people from our two clubs completed this 13th annual 13-mile race in Wilmington on April 4. Another 30 friends and relatives went along to provide moral and logistical support on the cool (55°), cloudy, rainy day. The race was won by Tom Fleming, 24, in a time of 1:06. There were 359 finishers, 53 of whom broke 1:19! Following are the official times, with any improvement over last year's time shown in parentheses:

1:11:29 Frank Goldcamp (8th place)	1:38:34 Betty Williams*
1:15:14 Jim Smyth (27th place)	1:39:27 Dawn Finley (-18:30)
1:15:31 Neil Weygandt (29th place)	1:40:55 Bill Kracht (-1:30)
1:17:44 Steve Whitmore (-4:40)	1:41:50 Sam Hill
1:18:53 Byron Mundy	1:41:57 Lew Gill*
1:19:00 John Shields (-9:00)	1:41:59 Maridel Walsh (-12:30)
1:26:37 John McHugh (-2:00)	1:41:59 Larry DiBello*
1:27:18 John Greenstine (-2:44)	1:42:17 George Koerner (-6:40)
1:28:49 Jerry O'Hara*	1:43:33 Gene Martensen*
1:30:42 Mickey Lobb*	1:44:54 Fred Cox*
1:30:54 John McCormack (-9:51)	1:48:24 George Barnes (-15:00)
1:31:58 Gene Hill*	1:52:19 Debbie Finley (-1:40)
1:32:17 Hal Heckman (-5:00)	1:53:52 Ed McDevitt*
1:32:36 Bob Koerner (-4:31)	1:58:35 Ron Finley (-18:30)
1:33:35 Joe Wilkes (-:30)	1:58:35 Ronny Finley (-18:30)
1:33:10 Bill Hannon*	1:58:35 Kris Kracht*
1:33:50 Ray Hedrick (-33:10)	2:00:36 Chuck Wallace*
1:34:06 Mark Clatterbaugh	2:00:42 Bob Appel*
1:35:22 Mike Nestor (-24:00)	2:01:27 Dorie Holmes*
1:35:51 Mickey Kwiatkowski*	2:04:16 Ed Webster*
1:36:05 Frank Dugan	2:05:32 Paul Straube*
1:37:04 Doug Shumaker*	2:08:41 Linda Keyes*
1:37:21 Mike Koerner (-23:30)	2:11:38 Ed Germer
	2:15:58 Bernie Haughey*

*First Caesar Rodney run

Springfield Participation and Awards

Total attendance at Springfield for the entire year of 1975 was 4760 for 145 sessions. This was a slight decrease from the 5268 attendance figure of 1976 (142 sessions). Attendance for this year has been: January-341, February-471, and March-592. This is 300 more than for the same period last year. The four Sundays this March had turnouts of 85, 86, 97, and 93 - all new records!

For the period from the previous newsletter of November 15, 1975, through April 11, 1976, there were 116 newcomers at Springfield, bringing total "membership" to 1243.

300 persons have now run 10 times to earn the jogger's patch, the latest being:

Gene Peters, 18, Upper Darby	Jerry O'Hara, 14, Collingdale
Gene Hill, 33, Havertown	Chuck Wallace, 39, Secane
Jessie Hill, 33, Havertown	Jim Smith, 28, Yeadon
Tim Shay, 15, Upper Darby	Drew Murphy, 11, Springfield
Gary Frankel, 39, Havertown	Kim Townsend, 14, Brookhaven
Pollie Hill, 9, Havertown	Tony Morris, 33, Springfield
Bob Appel, 24, Springfield	Mickey Lobb, 24, Holmes
Bill Stull, 28, Brookhaven	John McNulty, 23, Broomall
Frances Kirk, 14, Brookhaven	Jerry Kane, 23, Broomall
Joe Keenan, 11, Springfield	Jack McGrath, 16, Collingdale
John Christ, 12, Springfield	Greg Davis, 10, Springfield
Lew Gill, 38, Swarthmore	

There are now 177 20-time T-shirt members, including the following runners:

Phil McCloskey, 43, Drexel Hill	Jerry O'Hara, 14, Collingdale
Sandy Stalberg, 24, Collingdale	Jessie Hill, 33, Havertown
Gene Hill, 34, Havertown	Eric Beam, 20, Springfield
Roseanne DiBello, 13, Springfield	John DiBello, 11, Springfield
Bob Appel, 24, Springfield	Frances Kirk, 14, Brookhaven
Bill Stull, 28, Brookhaven	Gene Martensen, 47, Swarthmore

109 persons have earned plaques for running 40 times with the club, including:

Dorie Holmes, Havertown	Jon Contompasis, 28, Philadelphia
Paul Gallagher, 11, Springfield	Stan Brason, 43, Media
Linda Keyes, 23, Morton	Jack Monaghan, 27, Springfield
Ed Webster, 33, Springfield	Ed McDevitt, 33, Springfield
Alex Toll, 21, Philadelphia	Bob Appel, 25, Springfield
Ken Teore, 18, Springfield	

60 people now have gold T-shirts for having run 80 times, among whom are:

Dawn Finley, 14, Collingdale	Debbie Finley, 16, Collingdale
Jim Smyth, 33, Springfield	Fred Cox, 57, Springfield
Joyce Adams, 11, Springfield	Larry Livingston, 15, Springfield
Charley Hoover, 59, Swarthmore	Dorie Holmes, Havertown
George Naylor, 49, Glenolden	Larry DiBello, 38, Springfield

All awards are presented at the Sunday 4 p.m. sessions. Please notify Byron Mundy if you have not received your award.

Collingdale Participation and Awards

Total attendance at Collingdale for 1975 was 2424 for 105 runs, an average of 23 runners per session. Average attendance per session this year so far is: January-16, February-20, and March-27. For the period from the last newsletter up until March 30, 1976, there were 30 newcomers at Collingdale, bringing total "membership" to 550 people.

144 members have now run 10 times to earn the jogger's patch, the latest being:

Nancy O'Hara, 10, Collingdale	Anne Marie Algeo, 14, Sharon Hill
Steve Heise, 23, Collingdale	Sharon Johnson, 21, Springfield
Joe Anderson, 24, Collingdale	Dave Heise, 28, Collingdale
George Yarnell, 30, Philadelphia	Linda Keyes, 23, Morton
Bill Algeo, 13, Sharon Hill	Bill McCullough, 12, Collingdale
Chuck Wallace, 39, Secane	Mickey Kwiatkowski, 28, Clifton Heights
Larry DiBello, 38, Springfield	Bob Appel, 24, Springfield
Dot Kracht, Springfield	Bruce O'Donnell, 12, Collingdale
Jim Smith, 28, Yeadon	

There are now 75 20-time T-shirt members, among whom are the following runners:

Bob MacGuire, 38, Collingdale	Linda Keyes, 23, Morton
Betty MacGuire, 35, Collingdale	George Yarnell, 31, Philadelphia
Ed McDevitt, 33, Springfield	Mickey Kwiatkowski, 28, Clifton Heights
Frank Dewan, 18, Collingdale	Anne Marie Algeo, 14, Sharon Hill
Jim Smith, 28, Yeadon	Jack McGrath, 16, Collingdale

31 persons have earned plaques for running 40 times with the club, including:

Steve Whitmore, 21, Aston	Jerry O'Hara, 14, Collingdale
Dorie Holmes, 35, Havertown	Sandy Stalberg, 24, Collingdale
Frank Tallon, 27, Sharon Hill	Mark Clatterbaugh, 27, Drexel Hill

New 80-time members are Debbie Finley, 16, of Collingdale, and John Greenstine, 24, of Springfield.

July 5th Freedom Run

The July 4th celebration in Springfield will be held on Monday, July 5th, with the usual morning parade, park activities, the 1-mile Run-for-Fun at Memorial Park at 12 noon, and fireworks at night.

Instead of our customary late afternoon competitive race, this year there will be a Springfield-Collingdale-Swarthmore group run. We will start at 5:30 p.m. at the Springfield Library and jog together, at a pace of about $8\frac{1}{2}$ minutes per mile, to the Harris School in Collingdale ($3\frac{1}{2}$ miles), pause briefly and proceed to Swarthmore College (5 miles), and then complete the triangular course by returning to Springfield ($1\frac{1}{2}$ miles). The total distance will be approximately 10 miles and the total time about $1\frac{1}{2}$ hours.

Men and women of all ages are welcome to jog all or any part of this group run. Each participant will receive a colorful ribbon. Alternate pairs of joggers will carry a banner proclaiming our motto, "Run for Fun and Fitness", en route. Posters with slogans such as "Freedom from Nervous Tension" or "Freedom from Heart Disease" could also be carried during the run.

Financial Report

No entry fees are charged at any of our events. Most funds come from personal individual contributions, which are acknowledged in this newsletter.

Springfield Joggers' expenditures for 1975 totalled \$745, with \$381 being spent from January 1 to June 21 and \$308 being spent from June 21 to November 1 (see previous newsletters). Total donations for 1975, including the \$205 gift which was presented at the Koerners' party, were \$808, so we had a \$63 balance at the start of 1976.

Expenditures since January 1, 1976, have been \$286, as shown below:

25 - 200 Ribbons
40 - 2/3 postage and printing costs of newsletter #11 (300 pieces)
31 - 6 plaques
72 - 30 T-shirts
15 - 1 Advertisement
83 - 55 Birthday photos
20 - Race prizes

\$286 - TOTAL

Contributions since January 1 have totalled \$160, so please give if you have not done so recently. Since the last newsletter of November 15, 1975, \$5 was donated by Sandy Stalberg, Jack Molyneaux, Chuck Wallace, John Greenstine, and Frank Dugan. \$10 was given by Jon Contompasis, Bill and Dot Kracht, Joe Wilkes, Dorie Holmes, and Art Dell. \$15 was given by Bernie Haughey, Bob Appel, Fred Cox, George Naylor, and Norma and Fred Berger. Jim Kelly and Larry DiBello each gave \$20. Charley Hoover gave \$25, and Steve Whitmore gave \$30.

Collingdale expenditures for 1975 totalled \$435, with \$195 being spent between January 1 and June 21 and \$214 spent from June 21 to November 1. Donations of \$435 balanced the expenses.

Since January 1, 1976, \$61 have been spent and \$65 have been received. Since the last newsletter of November 15, 1975, \$5 was given by Mike Nestor, Sandy Stalberg, Mickey Kwiatkowski, Chuck Wallace, Joe Anderson, and Frank Dugan. \$10 was given by Tom Tallon, Bob MacGuire, Paul Straube, and Art Dell. George Naylor and Dorie Holmes each gave \$15, and Byron Mundy gave \$135 to balance the 1975 budget (1/3 of the \$205 from the Koerners' party was included in the 1975 budget).

Running Shorts

Thanks again to the Koerner family (Bob, Paula, Mike, George, and Pauline) for hosting a delightful party last November 30 at their home on the evening of the Philadelphia Marathon. A great time was had by all 94 persons who attended. For the third year in a row not one cigarette was smoked! The Koerners also had a nice gathering at their home after the Caesar Rodney run on April 6.

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The Sunday 9 a.m. runs of about 9 miles (starting at the Springfield Library) were very popular in February and March. The average turnout was about 25. The group's motto can be summed up in one word... "LOOP"! This is actually a command issued by various members to keep the group together by having faster runners loop down side streets so that slower runners can catch up.

Bill Battey's Sporting Goods store at Front and Jackson Streets in Media is continuing to give us a 10% discount on all brands of running shoes, including Adidas, Nike, and Puma. Just tell them you're a Springfield or Collingdale Jogger. They have an excellent stock, and Maridel Walsh works there part-time.

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Because of the increased cost, a year's subscription to Runner's World Magazine will no longer be awarded 80-time members. The magazine is excellent, and most of us subscribe to it before having run 80 times anyway. The rate is now \$9.50 per year. Write: Runner's World, Box 366, Mountain View, California 94040.

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We are blessed with three doctors who jog with us who specialize in treating foot and leg injuries. Stan Brason's office is in Media, George Yarnell's is in Lansdowne, and Jon Contompasis practices in Wilmington. Professionally speaking, Stan, George, and Jon are what you might call arch rivals.

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Larry DiBello, Bob Collins, Byron Mundy, and seven others recently purchased a two-level, lake front chalet at Arrowhead Lakes in the Poconos, which they hope to rent all year round. The summer weekly rate is \$195 (Saturday to Saturday). To make a reservation or for more information, call Kathy Toner at KI 4-8551 or Maureen McCallum at KI 4-9550.

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If you want to know what the future holds in store for you, you might ask one of the Krachts. They're great at predicting things - especially their times in prediction runs. Bill, Dot, Billy, Chris, or Jenny seemed to place in the top three finishers in just about every prediction race that we had between November and March. They must really know their pace in life!

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Sam Hill and Linda Keyes won first place in the couples prediction race last December 30, and each was awarded a pair of shoes donated by Bill Battey's. They ran 17:26, just one second off their predicted time.

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Eighteen of us recently jogged 20 miles together in the March of Dimes Annual March-A-Thon. Even Bob Berger, who had been somewhat weak and sick all winter, completed the 20 miles still smiling. Welcome back, Bob! Now if only Art Dell could recover in time for our 24-hour relay in August we could really rejoice.

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Dan Brammen, 24, of Lansdowne, writes a superb column every Thursday for the News of Delaware County, covering high school and college running and training techniques - all in brilliant style. It's very worthwhile reading.

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Mark Clatterbaugh is head coach for St. Francis CYO track team this year. He and Steve Whitmore have come up with an idea of having some "ability-group" track meets for men and women of all ages this summer. Runners would compete only against those who have similar times in a particular event. For example, there might be five 1-mile races - the first for those running 8 minutes or slower, the second for those running between 7 and 8 minutes, the third for those who have run between 6 and 7 minutes, and so on. Talk with Mark or Steve for more information.

Dorie Holmes and Maridel Walsh hosted a delicious spaghetti dinner April 19 for club members running in the Penn Relays Marathon the next day. Scorching 90° heat forced all but 48 of the 133 starters to drop out (197 had registered). Frank Goldcamp (2:35, 2nd place), Jim Smyth (2:51), Byron Mundy (3:06), Larry DiBello (3:53 PR), and Frank Dugan (4:08) all finished the 26 miles 285 yards.

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Nekl Weygandt, 28, who often helps officiate our special events, ran a 2:48 marathon at Boston in 95° heat. Neil placed about 180th out of 1900 starters.

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Betty Williams, 7th grade English teacher from Cherry Hill, N. J., who has been running with our clubs for 6 weeks, recently founded the "Jersey Joggers". The club meets Tuesdays and Thursdays at 5 p.m. and Saturdays at 4 p.m. at Brainerd Junior High School for a 2.5-mile group run. Men and women of all ages are welcome. Perhaps their 20-time award will be a brand new jersey.

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Steve Whitmore has been working an hour or two every week since last summer maintaining the Springfield club attendance and participation records. Dawn and Debbie Finley do the same for Collingdale. Special thanks go to all three for accepting this essential responsibility.

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To help celebrate the Bicentennial, the Road Runners Club of America (RRCA) is organizing an historic trails relay. It will be held in late June over some six roads in the United States that our pioneers used some 200 years ago. Our clubs have been asked to supply the runners for the Lancaster Pike (Route 30) relay, which will go from Lancaster to Philadelphia - about 70 miles. Relay legs will be about 5 to 10 miles each. The idea is to get as many people as possible to run each leg. The first group will receive the baton in Lancaster from a relay group coming from Pittsburgh via the old Pennsylvania State Road. This handoff is tentatively set for Sunday, June 27. All runners are welcome.

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With the coming of warm weather, it is especially important to drink Body Punch (formerly E.R.G.) to replace the minerals, salts, and vitamins your body loses during running workouts and to supply glucose, a valuable source of energy. And don't forget that the regular use of a glue gun not only extends the life of running shoes, but, more importantly, will help prevent chronic injuries of the feet, legs, knees, and back resulting from running on worn neels and soles.

These items are now available through Frank Dugan, Byron Mundy, or Sam Hill at prices below those offered in "Runner's World". Glue guns sell for \$7 and 11 glue pellets for \$1. One package of Body Punch (enough to make 1/2 gallon) is 75¢, a box of 10 packages \$7, and a case of 24 packages \$15.60. Remember, all profits go to the Collingdale-Springfield Joggers. We have made approximately \$90 profits so far, which has been used to buy additional stock.

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Help! Mark Clatterbaugh and Byron Mundy are both looking for summer jobs.

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CLUB MOTTO: Run for Fun and Fitness

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