

SPRINGFIELD-COLLINGDALE

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

No. 12

November 1, 1976

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, 1977.

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 April, 1975, have a group run every Saturday at 4 p.m. and every Wednesday at 6:30 p.m., starting at the parking lot of the Presbyterian church on Harvard Avenue (just south of the college field house).

200 Ribbons to be Awarded Sunday, November 14

Springfield's Bicentennial Block Party was cancelled on October 2 and October 9 due to rainouts and so was the Joggers' 2.4-mile walk/run. We have rescheduled our event with the regular Sunday 4 p.m. run at Springfield November 14. Every finisher that day will receive a beautiful red, white, and blue ribbon (we have 378 left). Newcomers will also receive a Springfield Joggers newcomer ribbon. In addition, the Liberty Cups from last year will go to the first man and first woman to finish. Dawn Finley, 15, and Kelly O'Brien, 18, won them last year.

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). Prizes will include socks, ski caps, Body Punch, and T-shirts.

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 19 minutes or slower on the Springfield course and 16 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.

A Human Metamorphosis

Three years ago Larry DiBello lived a sedentary life. He carried nearly 200 paunchy pounds around on his 5'9" frame and smoked two packs of cigarettes a day. On July 4, 1973, Larry gasped his way through the one-mile Run-for-Fun at Springfield Memorial Park -- then realized he felt pretty good afterwards. He decided to start running with the Springfield Joggers. A few weeks ago Larry easily completed the 26-mile Super Sunday Marathon in Fairmount Park in 3 hours 25 minutes! A fantastic change had taken place in Larry's life-style due to regular running. He stopped smoking almost immediately and gradually shed 35 pounds. He is now a trim 165 pounds and, at age 39, has the enthusiasm and energy of an 11-year-old. He really loves his "positive addiction" to running 30 to 50 miles per week, as evidenced by the wide smile he wears during most of his workouts. Larry is a drug salesman for the Eli Lilly Company and lives in Springfield with his wife, Anna, and their four children, ages 5 to 17.

Runner-Writer

We're fortunate to have in our midst a very talented writer who has been writing about cross-country and road racing events in Delaware County for the past year. Dan Brannen is the man, and his articles appear in the News of Delaware County. Dan, 23, of Lansdowne, graduated from Bucknell University in 1975 with a degree in philosophy. An excellent runner as well, he has PR's of 9:44 for 2 miles and 32:00 for 6 miles. At the Harrisburg Marathon last November he ran 2:40:11. Dan coaches the boys' cross-country team at St. Joseph's Prep. He wrote a story on Penn sensation Dave Merrick, which was published in September's Runner's World.

Collingdale Participation and Awards

Total attendance at Collingdale for 1976 (up through October 16) was 1690 for 83 sessions held, an average of 20 runners per session. This is slightly lower than 1975 attendance figures. Since the last newsletter there were 77 newcomers at Collingdale, bringing total "membership" to 527 people.

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

- | | | |
|-----------------------|------------------|--------------------|
| Terry Kwiatkowski, 28 | Phil Genther, 24 | Tom Shanahan, 12 |
| Doug Shumaker, 42 | Tom Wimer, 25 | Joe Shanahan, 14 |
| Ed McCullough, 14 | George Roy, 12 | Bob Mosley, 24 |
| Marie Garecht, 25 | Sue Roy, 9 | Chris O'Connell, 7 |

87 members have been awarded 20-time T-shirts, including the following runners:

- | | |
|-----------------------------------|----------------------------------|
| Leo O'Hara, 11, Collingdale | Doug Shumaker, 42, Prospect Park |
| Joe Anderson, 24, Collingdale | Marie Garecht, 25, Springfield |
| Brian Devers, 14, Collingdale | Phil Genther, 24, Secane |
| Jackie O'Connell, 12, Collingdale | Sharon Johnson, 22, Springfield |
| Bill Algeo, 13, Sharon Hill | Kathy O'Hara, 16, Collingdale |
| Jeff Blaies, 13, Collingdale | Bob Appel, 25, Springfield |

33 people have earned plaques for having run 40 times with the club, including Art Dell, 31, Springfield, and Kelly O'Brien, 18, Glenolden.

New 80-time members are Jerry O'Hara, 15, of Collingdale, and Dorie Holmes, of Havertown.

Springfield Participation and Awards

Total attendance this year, through October 17, was 4414, well above last year's attendance figure for that period. With ten weeks to go, we have a good chance of passing our record of 5268, set in 1974. The monthly breakdown this year so far has been: January-341, February-471, March-592, April-395, May-427, June-415, July-553, August-567, and September-444.

Since the last newsletter through this October 17 there were 109 newcomers at Springfield, bringing total "membership" to 1352.

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

Doug Shumaker, 42	Regina Welsh, 20	Drew Irving, 28
Jet Wimp, 41	Mark Mattera, 16	Peter Sudhop, 29
Tony Morris, 8	Jill Farrell, 24	Jeff Jackson, 8
Jim Taylor, 21	Scott Yarnell, 7	Ed Byrne, 21
Marie Garecht, 25	Chip Melli, 18	John Stranix, 20
Karen Thomas, 14	Tim Jones, 16	Marie Brayman, 14
Mark Beam, 15	Bob Mosley, 23	Mike Malach, 7
Billy Kenney, 11	Ed Danganan, 16	Joan Malach, 9
Jack Welsh, 52	Steve Appel, 18	Rich Malach, 10
Bonnie Barasatian, 8	Scott Sanford, 13	Jeff Ball, 37
Bill Jackson, 33	Jeff Sage, 15	Phil Genther, 24
Joe Stokes, 35	Nicholas Roman, 11	Joe Anderson, 24
Alison Hardcastle, 20	Charles McGinnis, 19	George Yarnell, 31
Paul Regan, 19	John Roberts, 25	Jodi Yarnell, 5
Linda Christanzio, 15	Tom McPadden, 21	Linda Yarnell, 31

There are now 199 20-time T-shirt members, including the following runners:

Gary Frankel, 39	Doug Shumaker, 42	Alison Hardcastle, 20
Jim Smith, 28	John McNulty, 23	Drew Murphy, 12
Chuck Wallace, 39	Marie Garecht, 25	Jim Taylor, 21
Tony Morris, 34	Kelly O'Brien, 18	Steve Appel, 19
Mickey Lobb, 24	Bill Jackson, 33	George Yarnell, 31
Joe Keenan, 11	Karen Thomas, 15	Jill Farrell, 24
Alex Roman, 14	Bitsy Nicholson, 11	Jet Wimp, 41
Kim Townsend, 14		

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

Jerry O'Hara, 14, Collingdale	Mickey Lobb, 24, Holmes
Andy Hartline, 11, Springfield	Jim Burke, 17, Springfield
Betty Anderson, 26, Springfield	Marie Garecht, 25, Springfield
Chuck Wallace, 40, Secane	Frances Kirk, 15, Brookhaven
Alex Roman, 15, Springfield	Doug Shumaker, 42, Prospect Park
John McCormack, 14, Collingdale	

65 people now have received gold T-shirts for having run 80 times, including:

Art Lord, 41, Springfield	Jim Kelly, 36, Springfield
Linda Keyes, 23, Morton	Ralph Cooper, 47, Springfield
John Greenstine, 25, Springfield	

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

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. Please give if you have not done so this year.

Springfield Joggers expenditures from January 1 to October 18, 1976, were:

\$286 - Expenses from January 1 to April 15, itemized in last newsletter
64 - 12 40-time plaques @ \$5.30
100 - 40 T-shirts @ \$2.50
40 - 50 10-time patches @ \$.80
16 - Advertisement in News of Delaware County
13 - 500 schedule cards
96 - 20 special plaques for Cake Race
18 - 200 Cake Race apples
18 - 3 rolls of movies of Cake Race
40 - 200 Bicentennial Run ribbons
18 - July 5th Freedom Run plaque
40 - 2/3 cost of printing, paper, and postage of Newsletter #12 (350 copies)
\$749 - TOTAL

Springfield Joggers income from January 1 to October 18, 1976, was as follows:

63 - Balance from 1975
160 - Donations from January 1 to May 1, acknowledged in last newsletter
393 - Donations from May 2 to October 18
105 - 2/3 profits from sale of Body Punch, glue guns, glue pellets, etc.
\$721 - TOTAL

Donations since May 2, 1976: The Bob Koerner family and Dave Adams each gave \$100 (that's one hundred dollars!). Bill Jackson and Linda Keyes each gave \$25, while \$20 was given by Susan and Donald Anderson and by Lew Gill. Ed Germer gave \$15. Paul Straube, Bill Stull (and team), Mickey Lobb, and Ed McDevitt each gave \$10. Doug Shumaker, Marie Garecht, Jack Molyneaux, Joe Wilkes, Jim Thacker, and Frank Dugan each gave \$5. The Springfield Jaycees paid \$18 for the July 5th plaque.

Collingdale Joggers expenditures from January 1 to October 18, 1976, were:

61 - Expenses from January 1 to April 15
60 - 24 T-shirts @ \$2.50
40 - 50 10-time patches @ \$.80
11 - 2 plaques
8 - 1/3 cost of advertisement in News of Delaware County
\$180 - TOTAL

Collingdale Joggers income from January 1 to October 18, 1976, was as follows:

65 - Donations from January 1 to May 1
53 - 1/3 profits from sale of Body Punch, glue guns, glue pellets, etc.
155 - Donations from May 2 to October 18
\$273 - TOTAL

Donations since May 2, 1976: \$25 was given by each of the following; Joe Stokes, George Yarnell, and Terry and Mickey Kwiatkowski. Ron Finley gave \$20. Paul Straube and Ed Germer each gave \$15. Jerry O'Hara gave \$10, while George Barnes, Dorie Holmes, Doug Shumaker, and Frank Dugan each gave \$5.

Springfield-Collingdale Challenge Race

The Third Annual Springfield-Collingdale Challenge Race will take place Saturday, March 19, in Collingdale, starting at 11 a.m. in front of Harris School. Only runners who have earned 10-time patches are eligible for this "mob match". No ringers are allowed. Collingdale won the 1974 race, and Springfield won in 1975.

Cake Race Results

Ideal conditions prevailed Sunday, September 18, as 97 men, women, and children ran in the Fifth Annual Springfield Cake Race. All runners ran 4.7 miles (two laps of the regular course), and 20 engraved plaques and 55 homemade cakes were awarded the top finishers in 10 different age-group classifications. Michael Malach, 7, Springfield, the youngest competitor, had an amazing time of 39:11.

Girls 11-and Under: Gloria Wood, 11, Philadelphia, 35:17
Kim Wiley, 11, Philadelphia, 35:19

Women 12-to-17: Valerie Fisher, 13, Philadelphia, 30:50
Dawn Finley, 15, Collingdale, 31:12

Women 18-to-29: Mary Devlin, 20, Swarthmore College, 31:02
Martha Kane, 19, Swarthmore College, 36:10

Women 30-and-Over: Susan Anderson, 31, Newtown Square, 38:30
Hattie Virgilio, 34, West Chester, 42:17

Boys 10-and-Under: Ronny Finley, 9, Collingdale, 36:32
Tom Lynch, 10, Springfield, 38:03

Boys 11-to-14: George Koerner, 14, Springfield, 31:29
Andy Bellwoar, 14, Drexel Hill, 32:20

Men 15-to-25: Steve Whitmore, 21, Aston, 27:30
Charlie Lachenbruch, 21, Baltimore, 28:15

Men 26-to-39: Karl Thornton, 26, Radnor, 25:43
Byron Mundy, 28, Collingdale, 26:42

Men 40-to-49: Stan Brason, 44, Media, 29:17
Bob Koerner, 42, Springfield, 30:37

Men 50-and-Over: Frank Dugan, 53, East Lansdowne, 32:03
Lou Calabrese, 50, Newtown Square, 33:10

Compute Your Collapse Point

Gene Martenson, of Swarthmore, thought our runners might like to experiment with Ken Young's collapse theory, which was published a couple years ago in Runner's World. The theory is that during a long race you will either stop or slow down dramatically at a point about 3 times your average daily training distance for the preceding 8 weeks. For example, if you averaged 5 miles a day (35 miles a week) during that 8-week period, your projected collapse point would be 15 miles. Therefore, your maximum race distance should be a little less than 15 miles.

	<u>Average Weekly Training Mileage</u>											
	<u>10</u>	<u>15</u>	<u>20</u>	<u>25</u>	<u>30</u>	<u>35</u>	<u>40</u>	<u>45</u>	<u>50</u>	<u>55</u>	<u>60</u>	<u>65</u>
Daily Average	1.5	2.1	3	3.5	4.3	5	5.8	6.5	7	7.8	8.5	9.3
Collapse Point	5	6	9	11	13	15	17	20	21	23	26	28
Race Distance	3	5	6	8	10	13	15	18	19	20	22	24

Our Fourth Annual 24-Hour Relay, held at the Springfield High School track last August, ended with a blast - a blast of lightning, thunder, and wind that sent all of us scurrying for cover! A severe thunderstorm between 9 and 10 p.m. deluged the track with three inches of rain...and the track doesn't drain...so most of us decided it would be a pain..."Let's continue? You're insane! Where's your brain?"

Maridel Walsh was prepared with flippers from her pool, and she wanted to keep the relay going until she realized she'd be too tired after swimming four quarter-mile laps around the track. And besides the doggie paddle is one of the slower strokes. Four teams (40 participants) had logged over 325 miles in the first eleven hours before the washout.

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Congratulations to our local runners who completed the well-organized 26-mile Super Sunday Marathon October 10, 1976, along the East and West River Drives in Philadelphia. It was the first marathon ever run by John McDougall, 43 (3:37), Ann Bonnette, 26 (4:25), Joe Wilkes, 46 (3:25), Ed Byrne, 21 (3:56), Jim Taylor, 21 (3:58), John Roberts, 25 (3:59), and Bill Jackson, 33 (3:04). Other finishers were Steve Whitmore, 21 (3:06 PR), Byron Mundy, 28 (2:50), Frank Dugan, 53 (3:43), Larry DiBello, 39 (3:25 PR), Bill Hannon, 36 (3:23), Gene Hill, 34 (3:10 PR), Bob Koerner, 42 (3:30), Jerry O'Hara (2:59 PR), Neil Weygandt, 29 (2:47), and Dave Dennis, 37 (3:18).

Thanks to the Koerners for hosting a very enjoyable party for the marathoners at their home that evening.

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There's a terrific new publication out called the "Runner's Gazette". The first issue was a 32-page tabloid containing schedules, photos, and feature articles about runs and runners (primarily from Pennsylvania, New York, and New Jersey). To receive the first two issues, just send \$1 to Ed Gildea, Editor, 102 W. Water Street, Lansford, Pa. 18232.

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The Springfield Choral Society invites men and women of all ages to sing every Tuesday evening from 8 to 10 p.m. at the Woodland Avenue School in Springfield. Under the new direction of Carol Weldy, 23, of Springfield, the 35-member chorus needs more singers (especially sopranos, tenors, and basses). You don't have to read music to join, and no auditions are required. Present members include Dave Adams, Ray Hedrick, Ed Germer, Ralph Cooper, Byron Mundy, Marie Garecht, and Jane Holinshead, accompanist.

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If you don't already read it, you might be pleasantly surprised with the News of Delaware County, a great newspaper that comes out every Thursday and provides terrific coverage of county business, schools, politics, entertainment, and sports. In addition, Byron Mundy writes a Delco Fun-Run Column once a month that contains joggers club news. Pick up a 20¢ copy sometime soon.

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Joe Stokes, 33, of Collingdale, informs us that the Big Brothers organization of Delaware County seeks men who can give a couple of hours of companionship each week to a fatherless boy in need of a male image. For more information, call Big Brothers at FL 2-4610.

Bill Battey's Sporting Goods Store, located at Front and Jackson Streets, Media, continues to offer a 10% discount on all brands of running shoes for customers who have run with the Springfield and Collingdale Joggers.

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Neil Weygandt, 29, who lives in Rosemont and has helped officiate at many of our races, is selling New Balance track shoes, sizes 7 to 12 (widths D and EE). The training shoe is \$25 and the racing shoe is \$18. For more information, call Neil at LA 5-2133 after 7 p.m.

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Phil Genter, 24, of Secane, a 20-time Collingdale jogger, is the new boys' track and cross-country coach at Cardinal O'Hara. Good luck and best wishes, Phil.

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Dawn Finley, 15, of Collingdale, successfully defended her Delaware County High School Cross-Country title October 10, by defeating 30 girls on the rain-soaked 1.9 mile Rose Tree course in Media. The Springfield boys' varsity team captured the championship for the second straight year. Mark Beam (1), Larry Livingston (3), Jeff Barasatian (4), Hunter VanValkenburgh (32), and Bob Swartz (43) produced an 83-89 victory over Upper Darby. Haverford was a close third with 96 points.

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Larry DiBello, Bob Collins, Byron Mundy, and six others are part owners of a $1\frac{1}{2}$ story Swiss Chalet, which is located in the Arrowhead Lakes area of the Poconos. The chalet sleeps eight and offers all the comforts of home. It is available for rent for the entire ski season (December 1 to March 15) for \$1600 plus utilities. If it's not rented for the season it will be available for separate weeks or for weekends. For information, call KI 4-8551.

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Byron Mundy, a 7th grade math teacher for 5 years has decided to make a career change. He is investigating many different employment opportunities, especially those requiring a math or science background. Byron graduated from Gettysburg College in 1969 with a degree in physics.

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Attention all runners aged 17 and under. The Mid-Atlantic Junior Olympic Cross-Country Championship Meet is Saturday, November 13, at 12 noon, at Wissahickon High School in Ambler, Pa. Age groups are every 2 years, and the race distances vary from 1 to 3 miles.

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Steve Whitmore, 21, has been keeping the Springfield attendance records for the past year (about two hours work per week). Steve is moving to an apartment in Aldan on November 1.

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The price of something has actually gone down! A package of Body Punch (enough to make $\frac{1}{2}$ gallon) that was 75¢ is now 70¢. Ten packages go for \$6.50 (down 50¢) and a case of 24 packages is \$14.40 (down \$1.20). As noted in the financial report, since the last newsletter the Springfield Joggers have received \$105 and the Collingdale Joggers \$53 as profits from the sale of Body Punch, glue guns, and glue pellets. So when you buy these items from Frank Dugan (or from Byron Mundy if he's not available), you're not only improving your running comfort and effectiveness but are helping the Springfield-Collingdale Joggers as well.

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 20, 9 a.m. (C)...PACE	Saturday, January 15, 9 a.m. (C)...CPR
Sunday, November 21, 4 p.m. (S).....PRED	Sunday, January 16, 4 p.m. (S).....PACE
Saturday, December 4, 9 a.m. (C)...PRED	Saturday, January 22, 9 a.m. (C)...PACE
Sunday, December 5, 4 p.m. (S).....CPR	Sunday, January 30, 4 p.m. (S).....PRED
Saturday, December 11, 9 a.m. (C)...HAND	Saturday, February 5, 9 a.m. (C)...PACE
Sunday, December 12, 4 p.m. (S).....PACE	Sunday, February 13, 4 p.m. (S).....CPR
Saturday, December 18, 9 a.m. (C)...CPR	Saturday, February 19, 9 a.m. (C)...HAND
Sunday, December 19, 4 p.m. (S).....PRED	Sunday, February 27, 4 p.m. (S).....PRED
*Sunday, December 26, 4 p.m. (S).....CPR	Saturday, March 5, 9 a.m. (C).....PRED
Saturday, January 1, 9 a.m. (C).....PRED	Sunday, March 6, 4 p.m. (S).....PACE
Saturday, January 8, 9 a.m. (C).....PACE	Saturday, March 12, 9 a.m. (C).....CPR
Sunday, January 9, 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 26 will receive a pair of running shoes donated by Bill Battey's Sporting Goods Store in Media

Other Dates to Remember

Sunday, November 14, 4 p.m.Springfield Bicentennial 2-Mile Run (Library)

Sunday, November 28, 12 noon ...Philadelphia Marathon (East River Drive)

Sunday, February 20, 4 p.m.Springfield Joggers 5th Birthday Photo (Library)

Saturday, March 19, 11 a.m.Springfield-Collingdale Challenge Race (Collingdale)

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)

Sunday, May ?,2nd Annual "Podie Roadie" (Ridley Creek State Park)

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CLUB MOTTO: Run for Fun and Fitness

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