

SPRINGFIELD-COLLINGDALE

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

No. 13

April 25, 1977

Summer Schedule Begins June 14

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 Sunday, June 12. The summer schedule begins June 14, with group runs being held every Tuesday and Thursday evening at 7:15 p.m. and 8 p.m. at the library. Many of us run both times. Awards are presented just before the 8 p.m. run.

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 summer schedule begins June 15, with group runs being held every Wednesday at 7:15 p.m. and 8 p.m. (the same as Springfield). The Saturday 9 a.m. run continues through the summer. The Tuesday run stops until September.

The SWARTHMORE Joggers have the same schedule year round: Saturdays at 4 p.m. and Wednesdays at 6:30 p.m., starting at the parking lot of the Presbyterian Church on Harvard Avenue (just south of the college fieldhouse).

Podiatrist Half-Marathon

George Yarnell has announced that the Delaware County Podiatry Society will sponsor a 13-mile race (formerly the Podie Roadie) at 11 a.m., Sunday, May 22, starting from the headquarters parking lot in Ridley Creek State Park. There will also be a 2-mile fitness run for newcomers. T-shirts will be awarded as follows to the top finishers in the 13-miler:

- First 10 women (open)
- First 10 men (open)
- First 3 men 35-to-39
- First 3 men 40-to-44
- First 3 men 45-to-49
- First 3 men 50-and-over
- First finisher 13-and-under

Although T-shirt prizes are limited, everyone who registers early (by May 10) will be guaranteed getting a T-shirt regardless of place of finish.

Registration forms will soon be available at our group runs, or you can send a note with your name, age, address, and phone number to the Podiatry Society, c/o Dr. George Yarnell, 20 E. Baltimore Pike, Lansdowne, Pa. 19050. There is no entry fee.

May Day Run for Fun

Also in Ridley Creek State Park, the Central YMCA of Chester is sponsoring a 4.27-mile run on Sunday, May 1, at 1 p.m. Prizes will be awarded to the first male finisher, the first female finisher, and the first masters finisher. See Byron Mundy for entry blanks.

Challenge Race III

Springfield nipped Collingdale in the Third Annual Challenge Race on March 19 by a score of 758 to 538. Despite cool (45°) temperatures and gusty winds, 37 personal records were set on the flat 2-mile Collingdale course. A new course record of 10:05 was set by Larry Livingston, 16, of Springfield.

COLLINGDALE TEAM

Byron Mundy, 29, 10:55
Jerry O'Hara, 15, 11:26*
George Barnes, 47, 13:10*
John Golden, 44, 15:05*
John Golden, 12, 15:03*
Doug Shumaker, 43, 12:58*
Ken Gaul, 17, 12:47*
Bob Mosley, 24, 13:02*
John McCormack, 14, 12:20
Terry Kwiatkowski, 29, 17:50
Dorie Holmes, 16:56
John McHugh, 17, 11:55
Jack Myers, 22, 12:46*
Dan Straube, 13, 16:21

Ron Shaiko, 17, 11:01*
Chuck Wallace, 40, 13:53*
Agnes McClaren, 49, 16:02*
Bill McClaren, 48, 15:03*
Mickey Kwiatkowski, 29, 12:43*
Jim Smith, 29, 15:59
Ron Finley, 38, 15:05
Dawn Finley, 16, 12:26*
Ronny Finley, 10, 15:53
Mike Chmielowski, 18, 15:01
Ray Hedrick, 24, 12:11*
Frank Dugan, 53, 14:22
Fred Berger, 28, 14:09*

SPRINGFIELD TEAM

Steve Whitmore, 22, 10:18*
David Zitarelli, 35, 13:47 (N)
Jim LaSalle, 29, 13:06 (N)
Billy Kracht, 15, 12:42*
Chris Kracht, 13, 15:16*
Jenny Kracht, 10, 16:32*
Dot Kracht, 16:59
Larry Livingston, 16, 10:05*
Lorenzo Narducci, 34, 12:50 (N)
Mark Clatterbaugh, 28, 12:52
Joe Wilkes, 47, 13:23
Hal Heckman, 32, 12:02*
Pat Heckman, 26, 16:23*
Larry DiBello, 39, 13:15*
Paula Koerner, 19:17*
Mike Koerner, 16, 11:59*
George Koerner, 15, 12:02*
Pauline Koerner, 12, 19:17
George Monastra, 14, 12:55 (UR)

Bob Berger, 16, 12:58*
Jill Farrell, 24, 17:03*
Mickey Lobb, 25, 12:05*
Drew Murphy, 12, 13:27*
Maridel Walsh, 20, 14:12
Bill Kenney, 12, 14:42 (N)
Tom Lynch, 11, 14:53 (N)
Kathi Clatterbaugh, 26, 16:49*
Jet Wimp, 42, 15:16*
Karen Thomas, 15, 13:31*
Frances Kirk, 15, 12:45*
Bill Stull, 29, 11:20 (N)
Bob Appel, 25, 15:26*
John Ashton, 16, 11:12*
Jim Burke, 17, 12:40
Linda Keyes, 24, 14:47*
John McDougall, 15, 13:05
Chris McDougall, 15, 12:18 (N)

*Personal record

(N) First time on Collingdale course

(UR) Unofficial Runner

TIMERS AND HELPERS

Bill Kracht

Neil Weygandt

Carol Rocap

Beverly Mundy

Caesar Rodney Half-Marathon

Over 50 of us ran in the 14th Annual Caesar Rodney Half-Marathon in Wilmington on April 3. Gusty winds and 75° temperatures slowed times somewhat from last year when it was cool and rainy. This year 514 runners finished. Jack Fultz, 30, of Franklin, Pa., won in 1:08:20, and Elaine Lee, of Lancaster, set a new course record for women of 1:24:21. The following results show the time and place of finish of local runners:

1:18:46	24	Byron Mundy, 29	1:45:59	309	Dave Zitarelli, 35
1:21:33	44	Neil Weygandt, 30	1:46:25	314	Mark Clatterbaugh, 29
1:23:39	57	Dan Brennan, 23	1:46:47	320	John McDougall, 41
1:26:06	75	Steve Whitmore, 22	1:46:54	327	Frank Dugan, 53
1:26:38	85	Stan Brason, 44	1:48:05	334	Ed Byrne
1:27:20	92	Jim Castellano, 31	1:48:23	337	Gene Martenson, 49
1:27:30	94	Jerry O'Hara, 15	1:48:27	338	Carol Rocap, 23
1:29:51	111	Dave Knight	1:49:51	353	George Koerner
1:30:40	119	Bill Jackson, 33	1:50:44	362	Suzanne Sinnott, 22
1:30:48	122	Fred Kline, 32	1:50:51	364	George Barnes, 45
1:32:13	136	Bob Koerner, 43	1:51:42	370	Linda Keyes, 24
1:32:13	137	Mike Koerner, 17	1:51:57	372	Ed Webster, 34
1:33:59	145	Gene Hill, 34	1:52:40	377	Jim Taylor
1:35:26	174	Carolyn Clark, 28	1:53:00	378	Lorenzo Narducci, 34
1:36:19	180	Doug Shumaker, 43	1:53:13	381	Bob Appel, 25
1:36:36	188	Larry DiBello, 39	1:53:35	385	Paul Straube, 38
1:36:40		Bill Stull, 29	1:56:19	415	John Miller, 34
1:37:45	202	John Greenstine, 25	1:58		Frances Kirk, 15
1:37:45	203	Mickey Lobb, 25	1:58		Karen Thomas, 15
1:38:40	214	Joe Wilkes, 44	2:00:46	438	Chuck Wallace, 40
1:38:56	217	Mickey Kwiatkowski, 29	2:04:30	452	Jon Contompasis
1:41:19	251	Jack Myers, 22	2:05:00	456	Pat Heckman, 26
1:41:37	255	Bob Collins, 34	2:09:24	473	Ronny Finley, 10
1:41:43	260	Hal Heckman, 32	2:09:24	474	Ron Finley, 38
1:42:55	272	Dave Dennis	2:15:46	487	George Yarnell, 31
1:43:35	278	Chris Kracht, 14	2:16:13	488	Dorie Holmes
1:43:58	281	Andy Kane, 15	2:22:22	499	Ed Germer, 47
1:44:24	289	Ann Bonnette, 26	2:30:49	507	Jan Menefee, 21
1:45:19	299	Don Larson, 43	6 miles		Maridel Walsh
1:45:28	300	Dawn Finley, 16			

Collingdale Participation and Awards

Total attendance at Collingdale during 1976 was 1961 people (for 104 sessions). Attendance figures for the past five months were: November-116, December-106, January-110, February-126, and March-221. Since the previous newsletter there have been 30 newcomers, bringing total "membership" to 657.

172 members have now run 10 times to earn the jogger's patch, including:

John Golden, 44	Mary Golden, 39	Ken Gaul, 17
John Golden, 12	Fred Berger, 27	Gary Glesk, 30
Patrick Golden, 11	Joe Stokes, 34	Jack Myers, 22
Dennis Golden, 10	Agnes McClaren, 48	Ron Shaiko, 17
Charlene Golden, 8	Bill McClaren, 47	John Miller, 34
Kim Golden, 6		

92 runners have been awarded 20-time T-shirts, the latest being:

Chuck Wallace, 40, Secane	Bob Mosley, 24, Lansdowne
Larry DiBello, 39 Springfield	Bill McClaren, 47, Aldan
Agnes McClaren, 48, Aldan	

39 people have run 40 times to earn engraved plaques, including the following:

George Yarnell, 31, Philadelphia	Linda Keyes, 24, Morton
Doug Shumaker, 43, Prospect Park	Kathy O'Hara, 16, Collingdale
Mickey Kwiatkowski, 29, West Chester	Bill Kracht, 41, Springfield

Springfield Participation and Awards

Total attendance at Springfield during 1976 was 5290 people (for 142 sessions), breaking the previous record of 5268 set in 1974. Attendance figures for the previous 6 months were: October-372, November-351, December-363, January-310, February-339, and March-430. Since the last newsletter of November 1, there have been 64 newcomers, bringing total "membership" to 1416.

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

Carol Shaw, 29	D. H. Feng, 30	Dennis Golden, 10
Rich Malach, 35	John Golden, 44	Neil Weygandt, 30
Jan Pollock, 20	John Golden, 12	David Zitarella, 35
Joe Shields, 12	Mary Golden, 39	Susan Rosenberger, 12
Ann Quimby, 8	Charlene Golden, 8	Linda DiBello, 7
Lorenzo Narducci, 34	Kim Golden, 6	Kathy O'Hara, 16
Gary Glesk, 30	Patrick Golden, 11	Jim LaSalle, 29

There are now 218 20-time T-shirt members, including the following runners:

Joan Malach, 10, Springfield	John Golden, 44, Upper Darby
Rich Malach, 11, Springfield	John Golden, 12, Upper Darby
Michael Malach, 7, Springfield	Charlene Golden, 8, Upper Darby
Jack Welsh, 53, Springfield	Patrick Golden, 11, Upper Darby
Jeff Goldman, 18, Springfield	Dennis Golden, 10, Upper Darby
Bob Mosley, 24, Lansdowne	Kim Golden, 6, Upper Darby
Bonnie Barasatian, 8, Springfield	Mary Golden, 39, Upper Darby
Carol Shaw, 29, Springfield	Joe Anderson, 25, Collingdale
Jeff Jackson, 8, Springfield	Joe Shields, 12, Springfield

125 people have received plaques for running 40 times with the club, including:

Phil McCloskey, 44, Drexel Hill	Bill Stull, 29, Brookhaven
Karen Thomas, 15, Brookhaven	Steve Appel, 21, Springfield

70 persons have now received gold T-shirts for having run 80 times, including:

Ed Webster, 34, Springfield	Jerry O'Hara, 16, Collingdale
Bob Appel, 25, Springfield	Doug Shumaker, 43, Prospect Park
Kevin Barry, 26, Springfield	

Please notify Byron Mundy if you have not received your Springfield award.

The Swarthmore Joggers Club, founded in March, 1975, by Gene Martenson and Sam Hill, has dropped its dues requirement and will now operate essentially the same as the Springfield and Collingdale clubs. Group runs are held the year round Saturdays at 4 p.m. and Wednesdays at 6:30 p.m. The group meets in the parking lot behind the First Presbyterian Church on Harvard Avenue, adjacent to the Swarthmore College baseball field.

The following 32 joggers have earned Swarthmore T-shirts for running 10 times:

Gene Martenson*	Ray Hedrick	Billy Kracht	Phil Graitcer
Steve Whitmore	Dorie Holmes	Frances Kirk	Charlie Hoover
Bill Kracht	Bill Hamon	Byron Mundy*	Lynn Kelley
Ron Finley	Hal Heckman	Bill Stull	Karen Thomas
Dawn Finley	Linda Keyes*	John Wileczak	Jim Castellan
Debbie Finley	Dot Kracht*	Chuck Wallace*	Marie Garecht
Ed Germer	Chris Kracht	Jerry O'Hara	Maridel Walsh
Sam Hill*	Jenny Kracht	Kim Townsend	Bob Koerner

*Have also earned engraved plaques for running 40 times

Anyone who has not received a T-shirt should notify Jerry O'Hara. Jerry has updated Swarthmore's participation records and will continue as club secretary.

The Wednesday 6:30 p.m. run needs someone who will be responsible for taking attendance, either by being there himself or by getting a substitute when he can't be there. Perhaps an additional group run could be set up on a third day each week. All that is needed is a person who will almost always be there to accept the responsibility of attendance. Contact Byron Mundy if interested.

Financial Report

1976 ended very favorably for both clubs financially. Total expenditures for Springfield were \$886 (most of which was itemized in the previous newsletter) and total income was \$915, resulting in a balance of \$29 to start off 1977. Collingdale expenses were \$221 and total income was \$298, resulting in a \$77 surplus to carry over into 1977.

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

Since the Swarthmore Club has dropped its dues requirement, it now operates the same financially as Springfield and Collingdale. Instead of maintaining a separate financial account for each club, all three will be combined under one treasury to simplify bookkeeping. So our contributions will now support jogging in three communities at once!

The following is the combined income for all three clubs in 1977 (to March 31):

\$106	- Balance from 1976
52	- Profits from sale of Body Punch, glue guns, pellets, etc.
<u>195</u>	- Donations
\$353	- TOTAL

Combined 1977 expenditures for all three clubs (to March 31) is as follows:

\$159 - 54 T-shirts @ \$2.95
35 - Race prizes (including socks, hats, gloves, plants, etc.)
42 - 3 40-time plaques @ \$5.30
105 - 70 copies of annual club photo @ \$1.50
10 - Apples for Challenge Race
5 - Engraving of liberty cups
60 - Newsletter #13 (paper, printing, and postage)
\$416 - TOTAL

We are operating at a slight deficit so far this year, but we have about a six month's supply of T-shirts in stock for Springfield and Collingdale. However, we will be spending about \$60 soon for Swarthmore awards.

Since the last newsletter of November 1, 1976, \$5 was given by Doug Shumaker, Ann and Ray Bonnette, Frances Kirk, Sam Hill, and Neil Weygandt, while \$10 was donated by Ray Hedrick, Bill Hannon, Carol Shaw, Judy Pusey, John McDougall, Frank Dugan, and Gene Martenson. Lorenzo Narducci gave \$15, and Bill and Dot Kracht, John Greenstone, and Steve Whitmore each gave \$20. Chuck Wallace, Bob Appel, and Larry DiBello each contributed \$25, and \$30 donations were made by Mark and Kathi Clatterbaugh, Paul Straube, Bill Jackson, George Naylor, and Ed Germer. Thanks also to Hal Heckman for donating \$19 profits from the sale of sleeveless running shirts.

Running Shorts

Our warmest thanks again go to the Koermers (Bob, Paula, Pauline, George, and Mike) for hosting gatherings at their home after both the Philadelphia Marathon last November 30 and the Caesar Rodney Race April 3. Their hospitality is so terrific that even Jerry O'Hara admitted, "The only reason I run these races is to get invited to the Koermers afterwards". And the "no smoking" record for these parties is still intact!

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Ed Germer informs us that we could literally save someone's life by learning the proper techniques of cardiopulmonary resuscitation (CPR). The American Heart Association in Chester (695-5400) has information about a free course involving four evenings of training for certification in CPR. Ed Germer, Ann Bonnette, and Frank Dugan have all successfully completed the course.

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Neil Weygandt and Byron Mundy are now partners in selling New Balance shoes. They are selling training model 320 for \$22 a pair to members of the joggers and their friends. This is less than Batty's price, even with 10% off. They have 28 pairs of the training model in stock and have ordered another 65 pairs from the manufacturer in Boston. Unfortunately, New Balance has been so flooded with orders (since being ranked #1 by Runner's World) that delivery may take up to eight weeks.

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Anyone interested in getting a Mid-Atlantic Road Runners Club race schedule can do so by sending a self-addressed stamped envelope to Joe V. McIlhinney, 908 Cottman Street, Philadelphia, Pa. 19111.

Thanks to Ken Doherty of Swarthmore for donating 20 copies of his prestigious Track and Field Omnibook (copyright 1971) to our joggers club in January. Some of these copies are still available to club members. Ken was the United States decathlon champion in 1928 and 1929 and took the 3rd place bronze medal at the Amsterdam Olympic Games in 1928. He coached for 30 years and was head coach from 1948 to 1961 at the University of Pennsylvania, where he also directed the Penn Relays. Ken, who is in excellent health himself, had words of praise for our jogging program.

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Ray Hedrick, 24, has been working part-time as an engraver at Ed Kelly's trophy business in Drexel Hill. After four weeks on the job, Ray says he enjoys it, and so far he hasn't broken any of the engraving machines.

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Mark Clatterbaugh is head track coach this year for the St. Francis boys' team in Springfield. He has two capable assistants in Steve Whitmore and Maridel Walsh. Mark, who coached two different basketball teams this past winter, also coaches a boys' baseball team at Girard College, where he teaches math. Mark has already lined up a summer government job (GS-4) as a youth coordinator at the Tinicum Wildlife Preserve.

* * *

Byron Mundy is now working with his father and older brother in his father's machine shop business in Collingdale, which specializes in making precision parts such as special screws, pins, and wedges used by Westinghouse in power generation equipment. Byron really enjoys his 4-day, 30-hour work week.

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Last March 20 our own Neil Weygandt, 30, gained national ranking by completing a 100 kilometer road race (that's 62+ miles) held in Mechanicsburg, Pa., in 8 hours 37 minutes. Congratulations, Neil! Neil's next goal is to run 100 miles in 16 hours.

* * *

Ann Marie Simmons and John Kalloz were married on March 26, three and a half years after they met at a square dance at Our Lady of Angels College. They're now living in Hershey, where John is completing medical school and Ann Marie is a nurse. Their marriage vows contained a promise that they each would jog at least 20 minutes every day.

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Larry DiBello, 39, Bill Jackson, 33, Doug Shumaker, 43, and Byron Mundy, 29, are planning to run in the Ottawa Marathon May 15 in Ottawa, Canada. It is a superbly organized event, featuring a 4-hour post-race awards banquet at which video taped highlights of the race are shown.

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The YMHA is sponsoring an 8.4-mile run, starting at Plaisted Hall in Fairmount Park, on Sunday, May 8, at 11 a.m. Prizes in various age categories will be awarded. Refreshments and a raffle will follow the run. The entry fee is \$2.

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The Delaware Valley Transplant program is seeking people who would, if killed, donate their vital organs, especially kidneys and eyes. If you wish to become a donor, write to the program at 206 S. 11th Street, Philadelphia, Pa. 19107.

If you are planning a summer vacation in the Poconos (for a week or even just a weekend) and would like to rent a beautiful Swiss chalet on Arrowhead Lake, contact Larry DiBello, Bob Collins, or Byron Mundy, who are part owners of the cottage. Rates up to June 17 are \$125 for a full week and \$75 for a weekend. From June 18 to September 5 it's \$200 a week and \$125 a weekend. The cottage has two floors and sleeps eight comfortably.

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We joggers are more concerned with our environment than most people. We know what polluted air and water can do to our life cycle. Environmental Action is a citizen sponsored agency trying to protect our land, air, and water. It publishes a good bi-monthly magazine. The subscription rate is \$15 per year. To subscribe, write Environmental Action, Suite 731, 1346 Connecticut Avenue NW, Washington, D. C. 20036.

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The Delaware County High School Girls' Track and Field Championship Meet will take place Saturday, April 30, at Springfield High School, starting at 10 a.m. Dawn Finley, Frances Kirk, and Karen Thomas are among the favorites in the distance events.

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The Delco Junior Olympics will take place at Springfield High School on June 9, 10, and 11. Entry blanks will be available by May 1. Byron Mundy is meet director. Last year over 600 boys and girls, ages 5 to 18, took part.

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Best wishes to the Finleys, who are moving later this summer to Londonderry, about 10 miles west of Kennett Square. Dawn will attend Octorara School in September, and Debbie is seeking admission to West Chester State College.

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Do you receive Runner's World? If not, you're missing a wealth of information on running techniques, training, diet, equipment, and medical advice. It is truly the runner's bible, a powerful force in creating a common bond among all of those who enjoy running. You can help our joggers clubs by getting your subscription from Frank Dugan or Byron Mundy. You'll pay the regular price of \$9.50 for a year's subscription, but the club will receive \$2.50 from the publisher for entering your subscription. Subscriptions are also available for Bike World, Soccer World, Down River, and Nordic World.

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Letters to the Editor

How about that miserable field on the Collingdale course? It's a real obstacle course with all those weeds, stones, cans, and old lumber. And the only time it's not full of ruts is after it rains or snows, when it's a sea of mud. Ugh!

LINDA K., Morton, Pa.
(Name withheld upon request)

* * *

CLUB MOTTO: Run for Fun and Fitness

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