

New Official Club Name

We are now an official, tax-exempt, non-profit organization named the Delco Joggers Road Runners Club and are an affiliate member of the National Road Runners Club of America (RRCA). Our Springfield, Collingdale, and Swarthmore clubs will keep their own individual identities by having separate attendance records and awards, but the overall administration and treasury will now come under our new name. When you run in races from now on, please give your club affiliation as "Delco Joggers". Our team will be stronger and more unified. Besides, many of us have run in all three communities anyway.

Special Winter Events

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, Saturday 4 p.m. runs in Swarthmore, and Sunday 4 p.m. runs in Springfield (see schedule on last page). Prizes will include T-shirts, socks, ski caps, Body Punch, and gloves.

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 team whose actual time comes closest to its predicted time is the winner.

Pace runs are designed to keep runners jogging together in a group. A prize drawing is held immediately after the run for all those who completed the run at the prescribed pace (19 minutes or slower on the Springfield course, 16 minutes or slower on the Collingdale course, and 24 minutes or slower on the Swarthmore course). Those who run faster are not eligible for the drawing.

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.

Collingdale-Swarthmore Challenge Race

It was bound to happen - a competitive mob match between the two youngest clubs of the Delco Joggers, Collingdale and Swarthmore. Actually, two things have led to the formation of this race - first, the recent growth of the Swarthmore club in participation, and secondly, the return of Sam Hill to serious training (he's been caught sharpening his elbows several times lately).

The race will take place on the Swarthmore 3-mile course on Saturday, March 25, at 4 p.m. There must be at least 15 runners on each team, and only those who have run 10 times with the club they represent are eligible. A challenge cup trophy will be kept for one year by the winning team.

Cake Race Results

Our Sixth Annual Cake Race (always held the second Sunday after Labor Day) attracted 115 runners on a warm (80°) and humid day. Sixty-two homemade cakes were awarded as prizes. The course for everyone was two laps of the regular Springfield course (4.7 miles). First place winners were:

WOMEN: 11-and under.....Jenny Kracht, 11, Springfield, 40:22
12-to-17.....Colleen Tomlinson, 16, Ivyland, 31:35
18-to-29.....Rosalie Nordquist, 18, Swarthmore, 29:59*
30-and-over.....Rosalind Dutton, 31, Philadelphia, 33:25*

MEN: 10-and-under.....Jeff Jackson, 8, Springfield, 37:16
11-to-14.....Dean Dennis, 12, Media, 31:52
15-to-25.....Steve Whitmore, 22, Aldan, 26:48
26-to-39.....Neil Weygandt, 30, Rosemont, 25:47
40-to-49.....Stan Brason, 45, Media, 28:46*
50-and-over.....Lou Calabrese, 51, Newtown Square, 34:00

*New age-group record

And Now...the Pie Race

Our First Annual Personal Record Pie Race will take place at the Springfield Public Library on Sunday, January 29, at 4 p.m. Everyone who sets a personal record on the regular 2.4-mile course that day will take home a pie, possibly homebaked if we get enough donations. At least fifty pies will be awarded. If there are extra pies, they will be presented to those who come closest to breaking their PR's. In order to be eligible, you must have run at least ten times in Springfield by January 29, and you must know your PR when you come to the race. If you start training now, this event is guaranteed to be a "piece of cake", as Ray Bonnette would say.

Springfield Participation and Awards

There is a good chance that the total attendance record of 5290 people set in 1976 may be broken this year. Total attendance so far in 1977 is 3820, with the following monthly totals: January-310, February-339, March-426, April-362, May-406, June-466, July-413, August-581, and September-517.

Since the newsletter of April 25 there have been 131 newcomers at Springfield (not counting the Cake Race), bringing total "membership" to 1547.

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

Ann Bonnette, 27	Brett Fallon, 15	Linda Connery, 30
Timmy Kenney, 10	Bob Wallace, 22	David McDowell, 49
Ray Bonnette, 27	Mina Hale, 24	Mary McDowell, 41
Marcy Harper, 25	Wendy Webster, 9	Richard Leigh, 17
Anne Jackson, 34	Karen Wallace, 22	Carol Sulek, 15
Jack Myers, 22	Steve Heise, 24	Keith Jackson, 11
Carol Rocap, 23	Bung Meng Ea, 25	Bob Schaaf, 42
Larry Hagan, 13	Michelle Van Raden, 17	Terri Poolos, 15
Lisa Wojcik, 14	Bob Hamilton, 12	John Sanders, 40
Frank Lobb, 48	Steve Guminski, 26	Mark Shumaker, 8
Al Rossi, 32	Jonathan McDougall, 7	Sean McDougall, 10
Carol Rossi, 28	Rick Everett, 23	Bun Kuong Ea, 15
Leon Tori, 30	Nancy Ozer, 20	Bill Smeck, 31
Jay Farrington, 26		

There are now 236 20-time T-shirt members, including the following runners:

Lorenzo Narducci, 34, Drexel Hill	Al Rossi, 32, Norwood
Peter Sudhop, 32, Springfield	Leon Tori, 30, Morton
Joe Stokes, 34, Collingdale	Frank Lobb, 48, Holmes
Ann Bonnette, 27, Norwood	Carol Rossi, 28, Norwood
Ray Bonnette, 27, Norwood	Chris McDougall, 15, Drexel Hill
Neil Weygandt, 30, Rosemont	Guy Clatterbaugh, 26, Springfield
Jerry Kane, 24, Ridley Park	Bob Wallace, 22, Glenolden
Ann Jackson, 35, Springfield	Bun Meng Ea, 25, Media
Marcy Harper, 25, Ridley Park	Mina Hale, 24, Wallingford

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

John Golden, 44, Upper Darby	Jim Smith, 30, Yeadon
Mary Golden, 35, Upper Darby	Ray Bonnette, 27, Norwood
John Golden, 12, Upper Darby	Joe Anderson, 25, Collingdale
Patrick Golden, 11, Upper Darby	Jeff Jackson, 9, Springfield
Charlene Golden, 9, Upper Darby	Jack Welsh, 54, Springfield
Dennis Golden, 10, Upper Darby	Neil Weygandt, 30, Rosemont
Kim Golden, 7, Upper Darby	Carol Shaw, 29, Havertown
Jet Wimp, 42, Havertown	Ann Bonnette, 27, Norwood
Alison Hardcastle, 21, Springfield	John McDougall, 45, Drexel Hill

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

Bill Jackson, 34, Springfield	Kathy Wilson, 25, Broomall
John King, 32, Springfield	Mickey Lobb, 25, Swarthmore
Bob Collins, 36, Springfield	Ed McDevitt, 35, Springfield

Collingdale Participation and Awards

Total attendance at Collingdale for the first nine months of 1977 is 1586, with the following monthly figures: January-110, February-126, March-211, April-144, May-161, June-225, July-284, August-182, and September-133. Since the previous newsletter there have been 64 newcomers, bring total "membership" to 721.

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

Phil McCloskey, 45	Ray Bonnette, 26	Carol Rossi, 28
Jim Burke, 18	Monica McShane, 11	Al Rossi, 32
Pat Heckman, 26	Nancy Anderson, 10	Matt Shanahan, 8
Kathi Clatterbaugh, 26	Karen Anderson, 17	Susan Gregg, 10
Ann Bonnette, 26	Joe McShane, 8	Hal Heckman, 32
Fran Ollis, 29	Marcy Harper, 25	

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

John Golden, 44, Upper Darby	Steve Heise, 24, Collingdale
John Golden, 12, Upper Darby	Pat Heckman, 26, Clifton Heights
Patrick Golden, 11, Upper Darby	Joe Stokes, 34, Collingdale
Dennis Golden, 10, Upper Darby	Tom Wimer, 27, Springfield
Charlene Golden, 8, Upper Darby	Ann Bonnette, 27, Norwood
Kim Golden, 6, Upper Darby	Fran Ollis, 29, Collingdale
Mary Golden, 39, Upper Darby	Ray Bonnette, 27, Norwood
Terry Kwiatkowski, 29, Missouri	Dot Kracht, 41, Springfield
Jack Myers, 22, Norwood	Monica McShane, 11, Collingdale
Kathi Clatterbaugh, 26, Drexel Hill	Phil McCloskey, 45, Drexel Hill
Susan Gregg, 10, Collingdale	Nancy Anderson, 11, Collingdale
Karen Anderson, 17, Collingdale	

51 people have earned plaques for having run 40 times with the club, including:

Joe Anderson, 25, Collingdale	The John Golden Family, Upper Darby
Jim Smith, 29, Yeadon	Anne Marie Algeo, 16, Sharon Hill
Bob Berger, 15, Springfield	Bob Koerner, 43, Springfield

Maridel Walsh, 21, of Springfield, and Steve Whitmore, 22, of Aldan, are the 16th and 17th people to earn 80-time "Run for Your Life" T-shirts at Collingdale.

Swarthmore Participation and Awards

Attendance at Swarthmore is more than 700 people so far in 1977. Mickey Lobb, who recently moved into an apartment near the college campus, is directing the Wednesday 6:30 p.m. sessions. Ribbons are presented to all newcomers, T-shirts are awarded to 10-time members, and engraved plaques go to 40-time members.

42 people have run 10 times with the club to earn a T-shirt, the latest being:

Don Larson, 43, Swarthmore	Ronny Finley, 10, Cochranville
Doug Shumaker, 43, Prospect Park	Lew Gill, 37, Swarthmore
Bill Jackson, 35, Springfield	Phil McCloskey, 43, Drexel Hill
Fred Cox, 58, Springfield	Mina Hale, 24, Wallingford
Rob Hollister, 43, Swarthmore	Dan Rosenthal, 37, Media

9 people have earned plaques for running 40 times, including Bill Kracht, 42, Springfield; Jerry O'Hara, 16, Collingdale; and Lynn Kelley, 29, Ridley Park.

Think Summer 1978 and Central Europe

Two weeks in Germany, Austria, and Switzerland in the beginning of August next summer is possible at group rates (about \$800 per person) through World Athletic Tours and runner Mark Winzenried. The tour consists of many local fun runs through mountain trails with local running clubs (can't you just hear Byron's counterpart yelling in a heavy German accent, "LOOP...LOOP...LOOP!!!").

The highlight run of the tour is the world famous Sierre-Zinal 17-mile run in Switzerland. It has a 6,000-foot vertical rise along the way but supposedly is very scenic. While in Sierre, we will stay at the homes of local runners, otherwise at hotels. For non-runners on the trip - as well as those who just don't feel like running - there will be sightseeing, shopping, theatre, cities, mountains, cool weather, fun and friends.

We need an indication of interest by December 1, 1977. No money is needed until we find out how many are going. Please call Paula or Bob Koerner (KI3-3213) for information. When we know who is interested, we'll get together and talk further.

"The Inside Track"

Neil Weygandt and a friend, Larry Horwitz, recently opened up a small store in Ardmore to sell running shoes and clothes. The store is located at 128 Coulter Avenue (near Lower Merion High School). It will be open Monday through Thursday from 9:30 to 6 p.m., from 9:30 to 8:30 p.m. on Fridays, and from 9:30 to 5 p.m. on Saturdays. The phone number is 649-2420. New Balance 320's, Tiger Montreals, and Brooks Villanovas are in stock. Neil runs often with the Delco Joggers and can deliver shoes. Good luck, Neil and Larry!

Financial Report

No entry fees or dues are charged at any of our events, but our program needs your support. Club expenditures since January 1, 1977, have totaled \$917, as compared to total income of \$726. So even though we started the year with a plus balance of \$106, we're still about \$100 short (see the complete financial breakdown below). The club continues to expand, and the anticipated spending for next year is about \$1500. As you can see, we need more contributors.

A separate checking account has been established for the club treasury, and all individual donations are now tax-deductible. Checks should be made out to "Delco Joggers RRC" and sent to Byron Mundy, 713 Beechwood Avenue, Collingdale, Pa. 19023. Perhaps each of us could make one annual contribution to the club. Many people have already contributed for 1977 (as reported below).

We have qualified with the Sharon Hill post office for bulk mailing privileges as a non-profit organization. It will now cost us only 2.1¢ per piece for mailing, but since there's a \$40 yearly charge, we're waiting until the first of the year to break into it. The bulk rate will save us money, especially if we publish four to six newsletters a year and we continue to expand our mailing list.

Our dues to the National Road Runners Club will be about \$120 in January (35¢ per mailing list member), but it is worth it just getting the RRCA newsletter mailed four times a year to each member.

Expenses since January 1, 1977 (rounded to the nearest dollar) have been:

- \$235 - 48 40-time plaques (23 Springfield, 16 Collingdale, and 9 Swarthmore)
- 35 - Race prizes from last winter
- 159 - 54 T-shirts (Springfield and Collingdale)
- 105 - Birthday photo (70 copies @ \$1.50)
- 29 - Apples for Challenge Race and Cake Race
- 34 - 200 newcomer ribbons for Swarthmore
- 60 - Printing and postage for Newsletter #13 (April, 1977)
- 40 - July 4th ribbons (money donated by Collingdale July 4th Association)
- 71 - 24 T-shirts for Swarthmore Joggers
- 48 - 50 emblems for Springfield Joggers
- 12 - 500 green cards for Springfield Joggers
- 15 - Ad in St. Francis Players program
- 60 - Printing and Postage for Newsletter #14 (400 copies)
- 14 - Miscellaneous

\$917 - TOTAL

Donations so far this year were received from the following people: \$5 from Doug Shumaker, Neil Weygandt, Sean Hopkins, Mike Campbell, Carol and Al Rossi, Jane Harper, Jim Smith, and Ginnie Nicholson. \$10 from Marcie Harper and Bill Hannon. \$15 from Jim Castellan, Steve Guminski, Ed Germer, and Phil McCloskey. \$20 from Ray Hedrick, Lew Gill, Frank Dugan, and Bill and Dot Kracht. \$25 from John and Lorraine McHugh, Larry DiBello, John Greenstine, Ray and Ann Bonnette, Mickey Lobb, and Jill Farrell. \$30 from John McDougall, George Naylor, Mark and Kathi Clatterbaugh, Gene Martenson, Jet Wimp, and Bill and Anne Jackson. Paul Straube has given \$40, and Bob and Paula Koerner gave \$50. These donations totaled \$585.

In addition, Hal and Pat Heckman contributed the profits from the canoe trip last August (\$30) and T-shirt sales (\$9), while Frank Dugan has contributed profits of \$52 from the sale of glue pellets and Body Punch, and the Collingdale July 4th Association gave \$40 for ribbons. Thus the total income so far this year is \$726.

Jaycees Selling Smoke Detectors

Thousands of people die every year from fire. Many of these victims suffocate in their sleep from smoke and deadly gases before any flames or heat reach them. A smoke detector alarm could have saved their lives. The Springfield Jaycees are selling the Guardian FBI Detector for \$31.75 (tax included). This detector was rated number one by Consumer's Report and costs more than \$50 in stores. To order a detector, call Jaycee Bob Roche at 328-0706 or Byron Mundy (LU3-1200 during the day). A detector would make an excellent Christmas gift, as well.

Running Shorts

Best wishes to Maridel Walsh and Steve Whitmore, who are engaged to be married sometime in June of 1978. Rumor has it that Maridel was in a hurry to set the date after she read in "Runner's World" magazine that most of the top women distance runners in the country are married.

* * *

Thanks to Jet Wimp of Drexel Hill for taking 36 beautiful color photographs of us jogging at one of our evening sessions this past August. He donated them to individuals who appeared in the photographs. Jet is a professor at Drexel University and is presently vacationing in Scotland.

* * *

Steve Whitmore continues to donate a couple hours each week to the Springfield club, keeping their attendance records up to date. Fran Ollis does a terrific job keeping the Collingdale records, as does Jerry O'Hara with the Swarthmore records. These individuals deserve a special thank you from all of us.

* * *

Congratulations to the Springfield High School boys' cross-country team for winning their third straight Delco Championship at Rose Tree Park October 8 and for taking first place in the District I meet in West Chester October 29. District I is made up of all public schools in Delaware, Bucks, Chester, and Montgomery counties. The team also competed in the state meet in Harrisburg November 5. Varsity members leading the team are Larry Livingston, Mark Beam, Mike Koerner, Brett Fallon, Dave Mewha, Lou Casadonte, and Pete O'Hare. Paul Sanborn is the coach.

* * *

Bob Berger, Art Dell, and Tom Wimer directed the club's Fifth Annual 24-Hour Relay last August 13-14 at the Springfield High School track. Forty runners, including thirty boys from St. Francis grade school, participated in the relay, which was delayed three hours by thunder storms. The joggers' team ran 190 miles. This was the first year relay members secured pledges and collected donations for a worthy cause, the American Cancer Society. Approximately \$700 was raised, with Bob Berger collecting \$305 of this total himself. Thank you, Bob, Art, Tom, and all other participants for a job well done.

* * *

The Second Annual Meet between the Springfield High School cross country team and the Delco Joggers will take place Saturday, November 12, at the Springfield Public Library on Powell Road. Starting time is 10:30 a.m. The high school team, led by their coach Paul Sanborn, won last year's meet at Memorial Park by a narrow margin.

Schedule of Regular Group Runs (Until Next Summer)

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 19, 9 a.m. (G)...PACE	Saturday, January 14, 9 a.m. (C).....CPR
Sunday, November 20, 4 p.m. (S).....PRED	Sunday, January 15, 4 p.m. (S).....PACE
Saturday, December 3, 4 p.m. (Sw)...PRED	Saturday, January 21, 4 p.m. (Sw)...PRED
Sunday, December 4, 4 p.m. (S).....CPR	Sunday, January 29, 4 p.m. (S)..PIE RACE
Sunday, December 11, 4 p.m. (S).....PACE	Saturday, February 4, 9 a.m. (C)...PACE
Saturday, December 17, 9 a.m. (C)...CPR	Sunday, February 12, 4 p.m. (S).....CPR
Sunday, December 18, 4 p.m. (S).....PRED	Saturday, February 18, 9 a.m. (C)...HAND
Sunday, December 25, 4 p.m. (S).....CPR	Sunday, February 26, 4 p.m. (S).....PRED
Saturday, December 31, 9 a.m. (C)...PRED	Saturday, March 4, 9 a.m. (C).....PRED
Saturday, January 7, 4 p.m. (Sw)...PACE	Sunday, March 5, 4 p.m. (S).....PACE
Sunday, January 8, 4 p.m. (S).....HAND	Saturday, March 11, 4 p.m. (Sw).....CPR

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

Other Dates to Remember

Sunday, February 19, 4 p.m.Springfield Joggers 6th Birthday Photo (Library)

Sunday, March 19, 4 p.m.Springfield-Collingdale Challenge Race (Springfield)

Saturday, March 25, 4 p.m.Swarthmore-Collingdale Challenge Race (Swarthmore)

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

* * *

CLUB MOTTO: Run for Fun and Fitness

NEWSLETTER DISTRIBUTION: 400 copies

TYPIST: Frank Dugan

EDITOR: Byron Mundy, 713 Beechwood Avenue, Collingdale, Pa. 19023...HOME: LE4-2833
WORK: LU3-1200