

Our Newsletter

You may have noticed that this issue of the JOGGER'S JOURNAL was mailed as third class mail (at 2.1 cents per piece for our non-profit organization). This will mean a possible saving for us on mail, especially with our growing list of members (around 450 at present). Permit costs were \$60.

We hope to publish more often - at least four times a year - and articles or announcements from members are welcome. With bulk mailing rates, we can now exceed one ounce in weight for our newsletter without extra charge. We will also be able to send special race announcements or entry blanks at random. Our next newsletter will be published May 15. Deadline for articles is May 10. Frank Dugan continues to type the newsletter, but we need volunteers to help with the printing and distribution, especially with issues coming out more frequently (see related article). Our thanks to Kathy Clatterbaugh for getting the paper for this newsletter.

Challenge Races at Springfield and Swarthmore

On Sunday, March 19, at 4 p.m., the Fourth Annual Springfield-Collingdale Challenge Race will take place on the 2.3-mile Springfield course. Only 10-time members are eligible to compete in this event, which is scored like a giant cross-country meet. At least 25 runners must run for each team. A runner scores points for his team according to his overall place (one point for first place, 24 points for 24th place, etc.). The team with the lower total wins. Of course, if one team has 50 runners and the other 35, then only the first 30 finishers from each team are totalled. Collingdale won in 1975, 616 to 660, on their home course, while Springfield won in 1976, 518 to 857, and again in 1977, 538 to 758. However, most knowledgeable track buffs are predicting that the prestigious Challenge Race Trophy will return to Collingdale homes this year.

On Saturday, March 25, at 4 p.m., the First Annual Collingdale-Swarthmore Challenge Race will take place at Swarthmore's 3-mile home course. Again, only 10-time members are eligible, and the same scoring rules apply, except that each team needs a minimum of 15 scorers, instead of 25. Swarthmore has a good chance to win this event - about the same chance that Sam Hill has of beating Bill Rodgers at Caesar Rodney.

Replacement Found for Howard Cossell

First it was Marty Liquori who turned to sportscasting. Then it was Dwight Stones. And now...it's Ann Bonnette! Ann will be discussing marathoning on radio station WQIQ (1600 on your AM dial) Wednesday, March 8, at 7 p.m., when she'll be the guest of Jeff Asch on "Sports-A-Rama", a popular weekly program that covers the local sports scene. This is a "call in" show, with listeners being invited to ask questions or make comments by phone. So be sure to tune in and hear Ann - and, if you'd like to participate, just dial 459-1600 (but PLEASE don't ask Ann any questions about tobogganning).

National RRCA Convention and 20-Kilometer Championship...by LOU FERRARA

(EDITOR'S NOTE: Lou Ferrara started running with our club in July, 1977, and recently earned his 10-time award at Collingdale. Lou lives in Folsom and is 30-years-old. This is Lou's report of the recent National RRCA Convention in Baltimore, which he attended as the representative of the Delco Joggers.)

On February 11-12 the Road Runners Clubs of America held their 21st Annual Convention and Championship Race, hosted this year by the Baltimore chapter. The weekend started with registration at the Lord Baltimore Hotel at 8 a.m., Saturday, during which the runners who had pre-registered picked up their numbers. After registration delegates of local RRCA chapters assembled for the annual business meeting. The meeting lasted five hours, and some of the issues discussed and voted on were the inauguration of new officers, rules for RRCA course certification, race administration, scoring, awards, team composition, and rules and guidelines for future RRCA championship races.

After lunch there was a two-hour clinic, during which doctors specializing in sports medicine and outstanding male and female long distance runners fielded questions pertaining to training, diet, and runners' injuries.

The highlight of the weekend, of course, was the race. From 6 a.m. Sunday until just a few minutes before the start at 8 o'clock late-comers hurried to register, while other runners, spectators, and well-wishers crammed the compact lobby waiting for word to proceed to the starting line. The mood at this time was like Times Square on New Year's Eve. There was much chatter, laughter, and gratefulness that the weather was good for running.

Promptly at 8 o'clock the gun went off, and over 500 entrants started the 20-kilometer or 12.42-mile run. The course started and finished in front of the Baltimore Civic Center. It was out-and-back through metropolitan and residential neighborhoods. The course was remarkably free of ice and snow, except for a challenging quarter-mile stretch which we encountered one mile before and after the turnaround in Baltimore City Park.

Since this was my first race, I was thankful the two steep half-mile hills were in the first six miles of the race. Coming back they seemed shorter, as some of us offered encouragement to the others still on their way up.

Traffic was almost non-existent, but, just in case, the Baltimore Traffic Division set up a corridor of cones along the stretches of roads that they thought might become congested with traffic. The lead runner had a police motor cycle escort, and city police were stationed at every metropolitan intersection. They stopped traffic for even the final finishers.

The first male finisher's time was 63-plus minutes, and the first female's time was 68-plus minutes. Never having run over nine miles before, I was happy to finish in 101 minutes.

Awards were given to the winners in several age-groups at a breakfast held immediately after the race. All finishers received stenciled beer mugs and bottles of Perrier Club Soda.

All in all, it was a fun weekend and a memorable experience. I think my most striking impression was not so much the lead the winner had on the rest of the pack, but the enthusiasm and spirit of the less experienced runners. I extend a hearty "well done" to the Baltimore Road Runners Club and all the other runners who ventured to Baltimore for making the weekend possible.

Facts and Feelings from Asbury Park...by ANN T. BONNETTE

The purpose of this article is to inform folks about the facts and feelings which I experienced concerning the Jersey Shore Marathon. The people, weather, times, and a few anecdotes involved during the whole episode are prepared here for your reading pleasure.

On December 4, 1977, at 10 a.m., Byron Mundy, Ann Bonnette, Lorenzo Narducci, Larry DiBello, John Wileczek, and John Shultz were on the starting line with about 2,000 other people. They were about to run 26 miles in the Jersey Shore Marathon, while Mary Beth Spitler, Bill Shultz, and Jim Farina (Lorenzo's friend and colleague) shouted words of encouragement from the sidelines.

The weather could not have been any nicer - sunny, bright, and 50°. The sky was so blue that the horizon was lost in the ripples of a serene ocean.

For those of you who are mainly interested in times, I'll tell you now so that you won't be held in suspense any longer: John Wileczek 3:12, John Shultz 3:18 (first marathon), Byron Mundy 3:26, Ann Bonnette 3:27 (qualified for Boston), Lorenzo Narducci 3:35, and Larry DiBello stopped after 18 miles.

I was impressed by a few experiences, which I would like to share with you in hopes you might find some enjoyment. Try to picture the start as a kaleidoscope opening and expanding. The colors were a magnificent sight to behold, as people tried to find their spots. All of the shirts, shorts, socks, shoes, caps, etc. left their mark on my mind. I tried something new by turning around at one mile and again I was struck by looking at the race from a different point of view. Try it some time!

Throughout the course of the race I was inspired by the manner in which the race was organized. Mile markers were obvious and plentiful, water stations were well supplied (10,000 cups were ordered by the race director), and times were called at various intervals. All of this and more contributed to the effectiveness of the race. Larry DiBello may have conflicting opinions as to the efficiency of the officials. If you want a few good laughs, ask Larry how he finally made it back to the start, as I am uncertain of all the details.

For those of you who are unfamiliar with marathoning, I believe it is important for you to realize that Larry did something which is important for all runners to keep in mind. If your body starts giving you signals to stop, LISTEN! No one will think any less of you for stopping, because it happens all of the time. You will do yourself more harm than good if you don't listen.

The only real disappointment I felt was at the conclusion of the race when the committee was trying to give out the various awards. In the end Byron requested that our certificates be mailed to us, and I had to forget about receiving the attractive earthen mug. I might add here that the other members of our group were not impressed with the mug anyway!

All in all, I had a very delightful day, as did my cohorts. Until my next bout with marathon fever, this is your roving racing reporter, Ann Bonnette, saying "Keep training!"

(EDITOR'S NOTE: Ann's 3:27 finish earned her a listing among the nation's top female runners in the February issue of "Runner's World". Ann teaches fourth grade at Prospect Park School and lives in Norwood with her husband, Ray.)

Financial Report

No entry fees or dues are charged at any of our running events, so our program needs everyone's individual support. As of February 15, 1978, we had \$89.04 in our checking account and \$109.05 in cash, for a balance of \$198.09. But we have some substantial bills to be paid in the next month totalling over \$300 (see below). So please contribute if you have not done so recently. All donations are tax-deductible and are acknowledged in this newsletter. Total income for 1977 (January 1 through December 31) was \$1331, which came from 64 individuals who gave between \$5 and \$170 (most listed in previous newsletter). Some people have already contributed for 1978. Perhaps each person (family) could make one annual contribution. We have over 400 people on our mailing list! Our anticipated spending for this year is \$1500.

Summary of Expenditures for Last Year (1977):

\$338 - 114 T-shirts (Springfield, Collingdale, Swarthmore)
262 - 53 40-time plaques (25 Springfield, 18 Collingdale, 11 Swarthmore)
134 - Newcomer ribbons and Fourth of July ribbons
120 - Printing and first-class postage for two newsletters (400 copies)
120 - Race prizes (socks, hats, gloves, etc.)
105 - 1977 "Birthday" photo (80 prints)
48 - 50 emblems (10-time awards)
29 - Apples for Challenge Race and Cake Race
59 - Miscellaneous
\$1215 - TOTAL

Expenditures Since January 1, 1978:

\$87.50 - 1/3, National RRCA annual dues (we each get 4 newsletters)
37.10 - 1/2, 7 plaques from Kelly's Trophies
54.00 - 1/28, 50 Acme pies for Pie Race
25.00 - 1/29, Special gift for club member
60.00 - 2/11, Bulk mailing permit from Postmaster, Sharon Hill
25.21 - Race prizes from Acme and Bazaar
\$288.81 - TOTAL

Current Balance:

\$222.10 - Starting balance on January 1, 1978
190.00 - Donations from 12 people since January 1, 1978
74.80 - Profits from sale of Body Punch, glue guns and pellets, etc.
\$486.90 - SUB TOTAL
-288.81 - Expenditures as listed above
\$198.09 - Present balance, as of February 15, 1978

Upcoming Expenses:

\$120 - February 26, 1978, "Birthday" photo (80 to 100 prints)
100 - March 5, 1978, 36 Springfield Joggers T-shirts
50 - March 5, 1978, 50 emblems (10-time patches for Collingdale)
50 - March 5, 1978, newcomer ribbons for Collingdale and Swarthmore

NOTE: Records of all income and expenditures are kept on file at 713 Beechwood Avenue, Collingdale

Financial Report (Continued)

Contributions Since Last Newsletter:

Since the last newsletter of November 10, 1977, through December 31, 1977, \$5 donations were given by Paul Sanborn, Wayne Hopkins, April Fallon, Al and Carol Rossi, and Chuck McCall. Giving \$10 each were Fred Senderoff, Alan and Joanne Stiteler, and Chuck Wallace. The following people gave \$15 each: Don Larson, Peter Sudhop, Jack Myers, Mina Hale, and Bill and Dot Kracht. \$20 was given by Carolyn Shaw, Joe Stokes, Carson Rutherford, and Ed Webster, while \$25 each was given by Lorenzo Narducci, Jack Welsh, Fred and Kay Cox, Jeff Ball, Mary Beth Spitler, and Ed Germer. Art Dell gave \$30, Bill and Ann Jackson gave \$50, and Byron Mundy gave \$170 (for entire year). The following donations were made since January 1, 1978: \$5 each from Claire Anderson, Jack Molyneaux, and Joe Anderson. \$10 each from Jerry O'Hara, Frank Dugan, Joe DiArenzo, and George Barnes. Jim Castellan, Lynn Kelley, and Larry DiBello each gave \$25, Patrick Kane gave \$20, George Naylor gave \$30, and Charlie Hoover gave \$35. Our thanks to all contributors!

Springfield Participation and Awards

Total attendance for 1977 was 4904 people for 145 group runs. Since the last newsletter of November 10, through January 19 there have been 41 newcomers at Springfield, bring total "membership" to 1588.

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

Al Jellison, 30, Collingdale	Woody Bowe, 18, Springfield
Maria Senderoff, 11, Springfield	Mimi Hall, 28, Wallingford
Fred Senderoff, 37, Springfield	Ray Duffy, 28, Springfield
Lisa Senderoff, 8, Springfield	Russ Chute, 31, Springfield
Joanne Stiteler, 32, Springfield	Mary Beth Spitler, 22, Yeadon
Alan Stiteler, 32, Springfield	Joe DiArenzo, 24, Springfield
Bill Bobeck, 42, Collingdale	Bill Hannon, 32, Swarthmore

250 people have been awarded 20-time T-shirts, including the following runners:

Bob Schaaf, 42, Springfield	D. H. Feng, 31, Havertown
Bill Smeck, 32, Springfield	Joanne Stiteler, 32, Springfield
Lisa Wojcik, 15, Brookhaven	Lisa Senderoff, 11, Springfield
Maria Senderoff, 11, Springfield	Woody Bowe, 18, Springfield
Steve Guminski, 26, Clifton Heights	Ed Banganan, 20, Glenolden
Mark Shumaker, 8, Ridley Park	Alan Stiteler, 32, Springfield
Fred Senderoff, 37, Springfield	Mary Beth Spitler, 22, Yeadon

151 members have earned plaques for running 40 times with the club, including:

Al Rossi, 32, Springfield	Mina Hale, 25, Media
Carol Rossi, 28, Springfield	Marcy Harper, 24, Ridley Park
Leon Tori, 31, Morton	Jill Farrell, 25, Aldan
Frank Lobb, 48, Holmes	Ann Jackson, 34, Springfield

Chuck Wallace, 40, who recently moved to Marlton, New Jersey, became the 77th person to run 80 times with the club to earn a "Run for Your Life" T-shirt.

Collingdale Participation and Awards

Total attendance for 104 group runs in 1977 was 2047, slightly higher than two years ago. Despite the severe cold weather, turnouts during February, 1978, have been smashing records, due mainly to the efforts of Bill Schultz, 25, of Aldan. Bill, who first ran with the club on December 20, teaches at Harris Grade School and has spread his tremendous enthusiasm for running to hordes of students from 8 to 12 years of age. More than 60 of them have participated to date, and attendance the past three weeks has been over 50 runners per session, with a record turnout of 71 on Saturday, February 25 (about 40 of whom were Harris School youngsters). It's thrilling to see them "stampede" that first hill as if they were in a 200-yard dash!

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

Bill Smith, 50, Norwood	Mary Beth Spitler, 22, Yeadon
John Schultz, 21, Collingdale	Bill Schultz, 25, Aldan
Bill Bobeck, 42, Collingdale	Chris Kracht, 14, Springfield
Stephen Bobeck, 14, Collingdale	Peg Bobeck, 37, Collingdale
Patrick Kane, 42, Collingdale	Matt Bobeck, 13, Collingdale
Michael Kane, 11, Collingdale	Mina Hale, 25, Media

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

John Miller, 34, Secane	Bill Bobeck, 42, Collingdale
Mike Chmielowski, 19, Collingdale	Stephen Bobeck, 14, Collingdale
John Schultz, 21, Collingdale	

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

Bill McClaren, 48, Aldan	Ray Bonnette, 27, Norwood
Agnes McClaren, 48, Aldan	Pat Heckman, 26, Drexel Hill

Jim Smith, 30, of Yeadon, recently became the 18th person to receive a "Run for Your Life" T-shirt for having run 80 times with the club. Jim works at Western Savings Bank in center city.

Swarthmore Participation and Awards

Recorded attendance for 1977 was 974 people, with the following monthly totals: August-76, September-78, October-137, November-156, and December-113. Mickey Lobb continues to lead the Wednesday 6:30 p.m. runs, and Jerry O'Hara is the club's attendance secretary. Someone is needed to lead the Saturday 4 p.m. run (see related article).

52 people have run 10 times with the club to earn a T-shirt and may represent Swarthmore March 25 in the First Challenge Race. Included in this group are:

Mickey Lobb, 25, Swarthmore	Frank Lobb, 48, Holmes
Mimi Hall, 28, Wallingford	Jim Mansfield, 24, Swarthmore
Ray Bonnette, 27, Norwood	Larry DiBello, 40, Springfield
Ann Bonnette, 27, Norwood	Gerry Oakland, 35, Swarthmore
Ken Daws, 27, Swarthmore	Phil Genter, 26, Secane

11 people have earned plaques for running 40 times, including Jim Castellan, 32, of Ridley Park, and Lew Gill, 38, of Swarthmore.

The marathon bug bit our own Leon Tori, 31, of Morton, this fall. Within two months he entered five 26-milers and completed four of them with respectable times: October 12, Super Sunday Marathon in Philadelphia, 3:57; November 6, Marine Corps Marathon in Washington, D.C., 3:45; November 27, two laps of the Philadelphia Marathon, 2:27; December 5, Maryland Marathon, 3:41, and December 17, Joe Steele Rocket City Marathon, Huntsville, Alabama, 3:45. Leon, who is married and works the third shift at International Paper Company in Aldan, says he really enjoys traveling to the different races and that he recovers very quickly. Leon trains about 50 miles a week. He plans to run March 5 in the Minuteman Marathon in Delaware - after a two-month layoff! Look out, Neil Weygandt, here comes Leon!

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Jack Myers, 23, of Norwood, will enter his first marathon March 5 in Delaware. Jack, who was a star baseball pitcher at Interboro High School, started to run about a year ago and has dropped from 170 to 140 pounds. Good luck, Jack!

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Wedding bells will soon be ringing for three couples who participate regularly at our runs. Maridel Walsh and Steve Whitmore will be married in June, Mary Beth Spitler and Byron Mundy in July, and Jill Farrell and Mickey Lobb in September. Congratulations and best wishes to all six. It will be one of the few times that Steve will finish an event ahead of Byron.

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Congratulations to Michael Kwiatkowski, 30, formerly of Clifton Heights, who successfully completed his first season as the offensive coordinator of the Southeast Missouri State football team. Under his able assistance, the team compiled a 6-3-1 record for the 1977 season. Best wishes to one of our most dedicated runners and his family. We hope to see you soon!

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ATTENTION SUPERSTARS...beginning in the late spring we hope to hold the First Delco Joggers Superstars Competition. Events will include the mile run, the 100-yard dash, ping pong, tennis, bowling, golf, weight lifting, basketball free throw, swimming, and the obstacle course. If you are interested, please see either Hal Heckman or Steve Whitmore for more details.

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Best wishes for speedy recoveries go to Jim Smyth, 34, of Springfield and Ann Bonnette, 27, of Norwood. Jim slipped on ice while running six weeks ago and broke his ankle. Ann severely sprained the ligaments and tendons of her knee while sledding two weeks ago with friends.

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Larry DiBello, 40, of Springfield, is truly addicted to running every day, no matter what the weather brings, and he's developed a philosophy about running on snow and ice-covered sidewalks versus running on dry roadways. He feels, "It's better to run in the street (where there's no snow or ice) and get hit by a car and killed than to risk twisting an ankle on the sidewalk and not be able to run for a month!" However, Larry's insurance agent has threatened to cancel his life insurance policy.

* * *

Remember...our club profits when you buy Body Punch, a glue gun, pellets, or a new subscription to "Runner's World" from Frank Dugan (or Byron Mundy).

Running Shorts (Continued)

Daye Knight, Byron Mundy, Larry DiBello, and Neil Weygandt have all qualified and registered for this year's 82nd Annual Boston Marathon, which will be held on Monday, April 17. More than 5000 participants are expected. Bob Koerner was planning to go, too, until he watched the TV show "See How She Runs" last month and witnessed the pain and torture involved in completing this grueling event. However, Bob will still compete in the 2.3-mile Cake Race in September in Springfield.

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Best wishes to Carol and Al Rossi, who recently bought a home on Colonial Park Drive in Springfield. It's located just off the 9-mile course, and Carol said she would be happy to have breakfast ready for all the joggers every Sunday morning after their group run.

Help Wanted

Our club needs volunteers to help with the work in the following areas:

1. Newsletter Printing - It takes two people about three hours to print 500 copies of one of our eight-page newsletters. We presently use the Springfield Jaycee mimeograph machine, located in the home of the editor of the Jaycee newsletter.
2. Newsletter Distribution - It takes four people about four hours to take the printed pages and staple, fold, stamp, and bundle 500 newsletters for mailing. This is done at someone's home and can be a lot of fun.
3. Springfield Timer - We need someone to be responsible for getting a timer to time at all of our Sunday 4 p.m. runs at the Springfield Library. This responsible person doesn't necessarily have to be the timer himself, but he (or she) must get a friend or spectator who will stay at the library while the group runs and yell times as the joggers come in. This task is vital for recording personal records and timing special events, such as prediction runs. The responsibility is only for Sunday afternoon runs and the summer runs on Tuesdays and Thursdays.
4. Springfield Newcomer Chairman - We need someone who will make sure each newcomer receives a ribbon, card, and current newsletter (if an adult) at each group run (except Wednesdays) in Springfield. He must also see that the addresses of all newcomers are recorded on the sign-up sheet.
5. Swarthmore Leader for Saturdays - Someone is needed to lead the group runs every Saturday at 4 p.m. in Swarthmore (or to get a substitute in his or her absence). The leader should bring clipboard with attendance sheet, secure a timer, present special awards, and give out newcomer ribbons. All materials will be provided. No outside work is involved.
6. Typists - We need people who would be willing to type race results or reports from time to time.

Please contact Byron Mundy if you would be interested in helping out in any of these areas.

New Publications

Here are some new local running publications that might interest our joggers:

"Running Review" - A magazine containing articles of local interest in the Pennsylvania, New Jersey, and Maryland area. At present it carries listings of every finisher of races for which it gets results. The price is \$4.50 for 6 issues per year. Write: 645 S. Prince Street, Lancaster, Pa. 17603.

"Runner's Gazette" - A tabloid publication, running 32 to 48 pages, with many articles and photographs on local races. It's only \$3 for 6 issues per year. Write: 102 W. Water Street, Lansford, Pa. 18232.

"Running Times" - Another good magazine covering the Eastern United States. \$10 for 12 issues per year. Write: 1816 Lamont Street, N.W., Washington, D.C. 20010.

"Runner's World" - This magazine is, of course, the runner's bible and the leading publication in the field. Anyone with any interest at all in jogging should read every issue of "Runner's World" for its authoritative articles on training, equipment, diet, medical advice, race results, runners' profiles, and the psychology and philosophy of running. Subscription price is \$9.50 for 12 issues a year. You can help the Delco Joggers by getting your subscription through Frank Dugan (202 Lewis Avenue, East Lansdowne, Pa. 19050 - MA3-5920). You can contact Frank at our group runs or you can reach him through Byron Mundy.

Letters to the Editor

Dear Editor:

Recently I was made aware of the tremendous expense of our club's birthday photo. \$105 is too much money to be wasted on mementoes that will be hidden in the back of forgotten drawers. Last year the club experienced a deficit of \$100. Next year the price of these pictures can do nothing but go up, due to the pressures of inflation and rising club membership. How can we avoid future deficits like those we have suffered in the past? I would suggest doing away with the costly club pictures.

STEVE WHITMORE

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Dear Editor:

The Jogger's Racing Calendar for the past few summers has been very disappointing. Something has been missing: the Fourth of July Trophy Race. Has this been an oversight? No, according to highly placed sources, we need sponsors to finance such an event. SPONSORS!!! Hogwash. May I humbly suggest charging a small entry fee. Entry fees would not only defray the trophy expense but also provide the joggers with extra revenue. Editor, I hope you will carefully consider this suggestion when you decide on next summer's schedule.

MARIDEL WALSH

Schedule of Regular Group Runs (Until June 15)

- 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

Calendar of Upcoming Events

Entry blanks and information about the events below can be obtained from Byron Mundy

- Saturday, March 4, 6 p.m. ...Masters (30+) Track Championships at Widener College
- Sunday, March 5, 11 a.m.Prevention Marathon, Trexlertown, Pa. (near Allentown)
- Sunday, March 5, 11 a.m.Minuteman Marathon, Delaware City, Delaware
- Sunday, March 12, 1 p.m.Mid-Atlantic 20 KM Championship near Reading (Men Only)
- Saturday, March 18, 12 noon...St. Patrick's Day 20 KM Run, Atlantic City Boardwalk
- Sunday, March 19, 4 p.m.Springfield-Collingdale Challenge Race (Springfield)
- Sunday, March 19, 1 p.m.Avon Marathon, Atlanta, Georgia (Women Only)
- Saturday, March 25, 4 p.m. ..Collingdale-Swarthmore Challenge Race (Swarthmore)
- Saturday, March 25.....Heart Association 7.6-Miler, Ft. Lauderdale, Florida
- Sunday, April 2, 2 p.m.Caesar Rodney 13-Miler, Wilmington, Delaware
- Sunday, April 2, 8:30 a.m. ..Cherry Blossom 10-Miler, Washington, D.C.
- Sunday, April ?, 8 a.m.March of Dimes 20-Mile March-A-Thon, Media, Pa.
- Sunday, April 30.....Life and Health Marathon, Half-Marathon, and 6-Miler,
Frederick, Md. (Saturday: Seminar with Dr. Ken Cooper)
- *Sunday, May 14, 12 noon....."Podie Roadie" 10-Miler in Ridley Creek State Park
- Sunday, May 21.....Delaware National Guard 10-Miler, New Castle, Delaware
- *Sunday, Sept 17, 10 a.m.YMCA 13-Miler, Philadelphia
- *Entry blanks not yet available

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CLUB MOTTO: Run for Fun and Fitness NEWSLETTER DISTRIBUTION: 500 copies

TYPIST: Frank Dugan

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

SPRINGFIELD JOGGERS (as of Jan I, 1978)

Compiled by Steve Whitmore - Club Secretary

NAME	P.R. & DATE	#RUNS	NAME	P.R. & DATE	#RUNS
Adams, Dave	I6:II 9-75	25I	Collins, Cherie	2I:5I 9-74	27
Adams, Joyce	20:13 II-75	I88	Collins, Jeffery	I7:22 4-77	35
Anderson, Betty	22:13 9-75	42	Compton, Steve	I9:06 IO-73	I5
Anderson, Joe	I8:30 6-77	16	Congar, Wayne	I4:08 IO-73	9
Anzalone, Doris Jr.	I6:44 8-74	83	Connery, Brian	I9:19 9-74	I8
Appel, Bob	I8:03 3-76	I5I	Connery, Linda	25:3I 9-77	I7
Appel, Steve	I9:07 3-77	43	Contompasis, Jonath.	I4:20 II-75	55
Aronson, Kristen	22:02 5-76	42	Cooper, Ralph	I9:08 II-74	99
Aronson, Linda	20:55 4-74	I3	Cooper, Ralph Jr.	I6:34 II-74	32
Aronson, Marjorie	25:4I 6-74	II	Cox, Fred	I6:06 2-75	I30
Ashton, John	I3:35 9-74	I76	Crossley, Kim	22:2I 8-73	IO
Ashton, Laura	I8:27 4-75	30	Danganan, Ed	I4:43 7-76	I9
Ball, Jeff	I8:36 9-76	I8	Davis, Greg	23:09 7-73	I2
Ball, Teddy	20:34 7-76	IO	Davis, Steve	24:15 9-73	I4
Barasatian, Bonnie	I8:59 3-77	24	Deardon, Louis	I9:30 I2-72	I3
Barasatian, Jeff	I2:25 3-76	I73	Dell, Art	I6:09 7-74	I79
Barclay, Alan	I3:39 7-77	I52	Dennis, Dave	I4:50 7-73	36
Barclay, Sharon	I6:12 IO-75	I42	DiArenzo, Joe	I8:20 II-77	IO
Barlow, Rob	22:27 3-73	II	DiBello, John	22:13 7-77	25
Barnes, George	I5:05 6-74	297	DiBello, Larry Jr.	I6:30 3-75	23
Barry, Kevin	I2:26 6-73	97	DiBello, Larry Sr.	I6:08 3-76	I36
Barry, Maureen	20:07 I-74	I8	DiBello, Linda	I9:05 3-77	I3
Barry Patty	I7:2I 9-75	65	DiBello, Roseanne	I8:20 3-76	32
Beam, Eric	*II:IO II-76	22	Doughty, Jim	I4:06 7-74	IO
Beam, Mark	I2:56 I2-77	I#5	Duffy, Ray	I9:43 8-77	I4
Bennett, Brian	I9:53 9-75	I3	Dugan, Frank	I5:04 9-74	III
Bennett, Glenn	I7:IO 3-73	II	Durbano, Rich	I2:35 6-73	20
Berger, Bob	I4:44 9-75	365	Ea, Bun Kuong	I7:38 8-77	I5
BilBrough, Jane	2I:57 7-75	I6	Ea, Bun Mang	I8:29 8-77	28
Blodgett, Morris	I7:II 9-73	6I	Everett, Rick	I7:IO 9-77	I4
Bonhage, Tom	I4:00 I-74	II	Fallon, April	I7:II 9-74	26
Bonnette, Ann	I5:58 8-77	59	Fallon, Brett	I3:39 7-77	I7
Bonnette, Ray	I6:3I 9-77	56	Farrell, Jill	20:47 4-77	I43
Bowe, Woody	I8:37 IO-77	IC	Farrington, Jay	I7:20 7-77	I8
Brason, Ernie	I5:10 5-75	I3	Feng, D.H.	I6:36 5-77	I9
Brason, Stan	I3:33 II-76	47	Ferm, Hank	I3:53 8-74	28
Brayman, Marie	20:56 7-77	I4	Finley, Dawn	I4:15 3-76	I43
Brocchi, Ed	I9:04 I-74	30	Finley, Debbie	I6:26 3-76	I2I
Brocchi, Ed Jr.	I4:05 I-74	II	Finley, Ron Jr.	I7:15 3-76	I49
Burke, Jim	II:03 6-74	53	Finley, Ron Sr.	I6:34 9-76	I49
Byrne, Ed	I6:05 8-76	I4	Finnegan, Charles	I8:34 3-74	2I
Cardillo, Gwen	I8:30 9-75	I4	Finnegan, Jimmy	I4:52 9-75	I4
Cardwell, Jack	I6:00 3-74	I3	Finnegan, Maureen	2I:3I 6-74	30
Carey, Frank	I7:37 5-74	33	Forest, David	I5:06 2-74	69
Carter, Dawn	20:0I 8-73	I2	Forest, Jeanne	30:29 I-75	I5
Christ, John	I8:18 I-76	I6	Frankel, Gary	I9:38 I-76	2I
Christanzio, Linda	20:56 7-77	I3	Fratoni, Liz	20:39 7-74	58
Chute, Russ	I9:05 8-77	I2	Frattari, Joe	I2:25 II-75	225
Clatterbaugh, Guy	E7:3I I9-77	28	Gallagher, Maureen	23:55 6-74	I4
Clatterbaugh, Kathi	20:55 3-76	279	Gallagher, Paul	I6:23 9-74	49
Clatterbaugh, Mark	I3:39 5-74	358	Gardner, Debbie	24:2I 8-77	I9
Clambers, Robbie	I6:16 5-74	II5	Garecht, Marie	I9:46 II-76	66
Clatterbaugh, Rose	MI6:56 5-74	88	Gentler, Phil	I4:44 6-77	I5
Collins, Bob	I3:05 9-75	83	Germer, Edward	I9:5I 5-74	I56
			Gill, Lew	I3:4I 9-75	26
			Ginn, Donald	I8:40 IO-73	32

SPRINGFIELD JOGGERS

NAME	P.R.	& DATE	#RUNS	NAME	P.R.	& DATE	#RUNS
Ginn, Donald	18:40	10-73	32	Johnson, Sharon	18:11	11-75	210
Ginn, Karen	19:50	11-73	27	Jones, Tim	13:43	9-76	17
Ginn, Kobby	23:23	9-73	24	Kalloz, John	15:42	11-75	108
Glesk, Gary	15:59	1-77	17	Kane, Jerry	14:00	1-76	24
Golden, Charlene	19:05	3-77	48	Kantner, Bob	12:45	6-75	87
Golden, Dennis	19:03	3-77	47	Kantner, Greg	13:20	6-75	116
Golden, John Jr.	15:45	5-77	48	Kantner, Ken	16:06	7-74	20
Golden, John Sr.	15:30	5-77	48	Keenan, Joe	17:04	6-76	28
Golden, Kim	25:00	4-77	47	Kelly, Barbara	17:58	6-74	63
Golden, Mary	25:00	4-77	47	Kelly, Jim	16:01	9-75	122
Golden, Pat	19:30	1-77	48	Kenney, Billy	17:00	5-77	16
Goldman, Jeff	13:54	11-76	27	Kenney, Tim	18:40	4-76	12
Goldman, Linda	17:59	9-75	67	Keyes, Linda	18:20	9-75	214
Grant, James	19:20	9-73	15	King, John	14:49	7-77	85
Grant, Gary	13:14	3-73	37	King, Johnathon	21:55	10-77	10
Grant, Louis	22:28	10-72	23	Kirk, Frances	15:31	11-76	64
Greenstine, John	12:57	3-76	98	Kirkpatrick, Ted	17:40	3-73	16
Guminski, Steve	17:09	5-77	21	Kmetz, John	24:50	7-74	18
Hagan, Larry	15:36	5-77	10	Kmetz, Lisa	23:42	9-74	10
Hale, Mina	22:33	6-77	41	Knaff, Kim	20:52	3-73	15
Hall, Mimi	21:38	10-77	15	Knight, David	14:11	9-75	48
Hamilton, Bobby	25:37	9-77	19	Koerner, Bob	14:01	9-75	369
Hamlin, Dave	14:51	6-76	23	Koerner, George	13:40	7-77	203
Harper, Marcie	20:08	2-77	35	Koerner, Mike	13:05	5-77	206
Hardcastle, Allison	19:13	7-76	506	Koerner, Paula	20:36	4-75	270
Hardcastle, Kelly	13:30	10-73	95	Koerner, Pauline	17:38	6-76	303
Hartline, Andy	20:45	4-76	45	Kosta, Lisa	21:45	7-74	18
Haughey, Bernie	18:07	1-76	53	Kracht, Bill	15:30	9-75	268
Hauslein, Craig	18:20	6-74	50	Kracht, Billy	15:00	9-75	136
Heckman, Hal	14:13	3-76	277	Kracht, Chris	16:05	11-75	158
Heckman, Pat	19:00	1-77	287	Kracht, Dot	19:17	5-75	426
Hedrick, Ray	13:59	3-76	248	Kracht, Jennifer	18:18	9-75	261
Heise, Steve	13:40	8-77	18	Krachuk, Dan	19:43	3-76	19
Hendrikson, Liz	19:00	(-73)	45	LaMarchesino, Dan	19:15	10-73	21
Hill, Billy	22:34	7-74	24	Lanyon, Dave	18:20	8-74	13
Hill, Gene	14:48	3-76	34	Lanyon, James	17:50	9-73	15
Hill, Jessie	22:38	9-75	24	Lanyon, Mike	19:07	11-73	17
Hill, Pollie	20:24	11-75	13	LaSalle, Jim	16:35	3-77	13
Hill, Sam	13:59	9-75	279	Lawson, Bob	14:48	3-75	19
Hoath, Kathy	20:28	1-74	99	Leigh, Bob	14:50	8-77	10
Hoath, Mary	19:20	2-73	96	Lini, David	15:14	10-73	64
Hoath, Sandy	19:46	7-73	11	Livingston, Larry	12:15	3-76	92
Holmes, Dorie	18:20	3-76	185	Lobb, Frank	21:50	10-77	41
Hood, Jeremy	17:47	4-73	18	Lobb, Mickey	13:17	5-76	95
Hoover, Charles	18:01	10-74	141	Lombardo, Lisa	22:09	10-73	15
Irving, Drew	14:36	6-76	14	Lord, Art	15:35	9-75	143
Jackson, Ann	21:37	7-77	35	Louderback, Susan	20:30	3-73	22
Jackson, Bill	13:34	6-76	11	Louderback, Tom	15:35	2-73	11
Jackson, Jeff	15:37	10-77	46	Lynch, Carol	25:18	8-73	18
Jackson, Keith	18:24	8-77	18	Lynch, Tom Sr.	23:02	7-73	12
Jaworski, Lois	23:53	10-74	22	Lynch, Tom Jr.	17:18	9-75	66
Jaworski, Stephen	21:55	10-74	23	Magowan, Mary	16:34	7-74	13
Jaworski, Susan	25:40	2-75	25	Malach, Joan	19:35	10-76	25
Jellison, Albert	None Available		13	Malach, Michael	19:10	9-76	26
Jenkins, Tom	"	"	10	Malach, Rich	15:15	8-76	11
				Malach, Richie	19:59	10-76	25

SPRINGFIELD JOGGERS

NAME	P.R. & DATE	#RUNS	NAME	P.R. & DATE	#RUNS	
Mallon, Glenn	16:32	3-73	I7	Owens, Tim	13:15 8-74	21
Mammino, Jerie	16:30	8-74	11	Ozer, Nancy	17:36 7-77	11
Mander, John	13:52	3-75	32	Peifer, Debbie	20:38 3-73	11
Mattenson, Gene	15:18	3-76	28	Pellegrini, Jim	17:20 8-72	18
Mattera, Mark	14:26	7-76	16	Peters, Gene	13:02 9-75	19
Melli, Chip	14:27	7-76	14	Pollock, Jan	20:15 4-74	16
Molyneaux, Jack	16:00	10-74	36	Polos, Terri	28:12 9-77	11
Monaghan, Jack	17:45	7-75	42	Powers, Mary E.	20:00 11-75	13
Monahan, Cathy	23:45	4-73	30	Quimby, Anne	18:47 4-78	10
Monahan, Kelly	21:35	8-73	13	Ramey, Greg	18:35 4-74	11
Modney, Stephen	23:30	4-73	13	Ramey, Kermit	18:20 12-76	134
Moore, Kathy	27:00	1-74	37	Regan, Paul	13:38 6-76	11
Morris, Tony, Jr.	24:07	5-75	12	Reilly, Linda	15:21 8-76	22
Morris, Tony Sr.	17:11	3-75	20	Ricks, John	18:02 10-73	14
Mosely, Bob	15:57	7-76	26	Rider, Jack	17:45 9-73	13
Mundy, Byron	12:19	9-75	**695	Riess, Chris	19:52 10-75	13
Murphy, Drew	15:59	3-77	26	Riess, Lew Jr.	20:38 10-75	15
Myrers, Jack	13:26	5-77	11	Riess, Lwe. Sr.	21:16 9-74	17
Mc Cabe, John	15:25	2-75	115	Riegner, Kathy	21:37 4-73	13
Mc Garry, Francis	19:22	4-73	15	Robb, Bill	15:40 5-74	66
Mc Closhey, Phil	15:39	10-77	57	Roberts, Dana	14:05 10-73	19
Mc Cormack, John	13:24	3-76	44	Roberts, John	None available	12
Mc Cormack, Kevin	17:35	6-75	37	Rocap, Carol	22:00 5-77	12
Mc Devitt, Edward	15:05	9-75	95	Roman, Alexander	15:20 5-76	44
Mc Dougall, Chris	15:24	7-75	26	Rosenberge r, Sue	22:05 5-73	10
Mc Dougall, Johnathan	19:26	8-77	12	Rossi, Al	24:04 9-77	47
Mc Dougall, Sean	18:31	8-77	10	Rossi, Carol	21:34 9-77	43
Mc Dowell, David	27:31	8-77	13	Rudolph, Randy	18:48 1-73	11
Mc Dowell, Mary	27:30	8-77	11	Ryan, Susan	17:18 8-73	37
Mc Fadden, Tom	14:05	6-76	13	Sage, Jeff	15:23 9-76	13
Mc Ginnis, Charles	13:24	7-76	17	Sage, Larry	12:23 9-74	28
Mc Gonigle, Joe	18:10	7-75	13	Sanford, Scot	13:36 10-73	16
Mc Gonigle, Kathleen	16:35	7-74	25	Sanders, John	15:03 11-77	12
Mc Gonigle, Maureen	20:14	8-74	10	Schaaf, Robert	16:50 11-77	31
Mc Gonigle, Mike	14:32	3-74	19	Scheerer, Bob	15:59 2-76	56
Mc Gonigle, Patrick	21:20	7-74	12	Scheerer, Janet	25:04 9-73	14
Mc Graff, Jack	12:58	2-76	12	Schmitt, Eileen	17:22 5-74	58
Mc Hugh, John	13:25	3-76	16	Schniepp, Barry	16:24 4-74	33
Mc Keever, Hugh	15:03	4-73	14	Schray, Frank	19:48 8-72	18
Mc Keever, Jack	12:16	2-74	91	Senderoff, Fred	19:21 1-78	30
Mc Nicholas, James	16:50	8-73	16	Senderoff, Lisa	27:01 10-77	24
Mc Nicholas, Joe	18:15	7-73	11	Senderoff, Maria	21:39 11-77	29
Mc Nicholas, John	17:16	8-73	25	Senisch, Andrea	25:50 2-73	27
Mc Nicholas, Tom	18:42	8-73	21	Senisch, Donna	25:57 2-73	26
Mc Nulty, John	14:45	1-76	32	Senisch, Helen	22:30 10-72	27
Mc Tague, Kevin	14:21	6-75	22	Senisch, Peter	21:07 11-72	12
Narducci, Lorenzo	14:54	4-77	31	Shaw, Carol	21:47 6-77	68
Naylor, Geroge	17:10	4-75	194	Shay, Tim	14:36 9-75	11
Netting, Dave Jr.	17:49	8-73	59	Shields, Joe	16:34 5-77	25
Netting, Danny	17:50	4-76	69	Shields, John	12:57 9-74	27
Netting, David Sr.	16:54	10-73	156	Shumaker, Doug	16:03 1-77	140
Netting, Douglas	23:05	11-75	36	Shumaker, Mark	20:51 11-77	22
Nicholson, Betsy	20:44	8-73	24	Simmons, Ann Marie	21:51 4-73	132
Nicholson, Virginia	23:39	9-75	140	Simons, Bob Sr.	29:30 8-73	16
O'Brien, Kelly	11:36	9-75	31	Simons, Bob Jr.	29:30 8-73	23
O'Hara, Jerry	13:11	11-75	100	Smeck, William	16:14 10-77	20
O'Hara, Kathy	15:05	10-76	11	Smith, Jim	15:44 7-77	56

SPRINGFIELD JOGGERS

NAME	P.R. & DATE	#RUNS	NAME	P.R. & DATE	#RUNS
Simons, Heather	37:25 9-73	14	Tumelty, Ed	18:54 3-75	12
Smith, Joe	19:55 8-73	11	Tumelty, Joe	16:00 7-75	12
Smith, Tom	15:11 8-73	13	Turnbull, Bruce	14:36 4-74	39
Smyth, Jim	12:13 9-75	121	Van Roden, Michele	22:53 7-77	10
Stouls, Stephen	19:09 8-74	11	Wallace, Chuck	17:06 3-76	10
Stouls, Tracey	22:04 6-74	41	Wallace, Karen	23:39 8-77	25
Spitler, Marybeth	27:30 11-77	29	Wallace, Robert	19:10 6-77	20
Swalberg, Sandy	17:53 3-76	33	Walsh, Kathy	16:52 5-74	60
Swanley, Brian	19:23 1-75	22	Walsh, Maridel	15:30 9-75	391
Swanley, Jonathan	21:35 1-75	22	Walsh, Terry	18:26 5-74	56
Stewart, Tom	16:05 9-74	41	Walton, Mary	26:20 6-74	12
Switeler, Allan	20:00 1-78	24	Weber, Chris	19:22 9-74	29
Switeler, Geoff	14:50 12-74	&0	Webster, Ed	17:44 7-76	109
Switeler, Joanne	19:08 11-77	29	Webster, Wendy	None available	10
Stokes, Joe	None available	27	Welsh, Jack	18:42 4-76	46
Strain, John	14:21 7-76	11	Welsh, Regina	18:50 8-76	18
Straube, Paul	17:22 9-75	162	Weygant, Neil	15:03 7-77	57
Stull, Bill	13:12 3-76	61	Whitmore, Steven	12:09 9-75	40
Stuhop, Peter	18:13 8-76	29	Wileczek, John	14:02 8-73	73
Stulek, Carol	17:18 5-77	11	Wilkes, Amy	18:55 9-73	51
Stallon, Tom	16:05 5-74	17	Wilkes, Joe	14:40 6-74	147
Taylor, Jim	15:15 4-76	31	Wilkes, Tom	16:48 4-73	24
Terre, Ken	16:25 9-75	67	Wilson, Kathy	17:59 10-73	92
Thomas, Karen	15:11 11-76	75	Wimer, Tom	16:22 4-74	59
Thorton, Bill	19:39 9-72	21	Wimp, Jet	16:25 7-77	52
Thorton, Scott	15:00 1-73	83	Wojcik, Lisa	15:23 10-77	20
Toll, Alexander	14:01 9-75	47	Woodworth, Carole	17:09 8-73	55
Toney, Karen	19:47 11-75	12	Woodworth, Chris	15:23 6-73	42
Tori, Leon	19:45 10-77	52	Wright, Jack	16:49 7-73	43
Downsend, Kim	16:54 3-76	31	Yarnell, George	21:55 8-76	31
Brutt, Ken	18:57 1-73	22	Yarnell, Jodi	None available	14
			Yarnell, Linda	30:54 8-76	14
			Yarnell, Scott	32:25 6-76	23
Beck, Bill	13:34 1-77	16	Young, Mary	None available	12
Barenzo, Joe	18:20 11-77	17	Zavawski, Georgette	16:04 12-73	11
			Zitarelli, David	16:30 12-76	15

* - Denotes course record ** - Denotes highest Attendance in club

Typist: Peggy Bobeck

Note: List does not contain "R's" set this year- 1978.