



Keeping Contact

Newsletter of the Delaware County Road Runners Club

JUNE, 1985

Editor: Mary Lou Boselli President: Tom Hirsch Publisher: Rita Senderoff

DELCO WOMAN AND MAN OF THE YEAR

The results of your nominations have been tallied and four candidates each for Woman and Man are listed on the ballots which are attached to this newsletter. There is also a Run-Off Election for the Moving Comfort Award. We are asking that you use your Membership Registration Number (it is on your membership card) for we have had a difficult time deciphering signatures. Call Kathy Adamson (461-4596) if you have any questions.

The Election Committee

DOC SEZ

Submitted by Tom Watkins

Dr. Sheehan: "The race is one place where two contradictory ideas about life can exist: The first is that everything done well is inherently a criticism of anything done poorly; the second - if a thing is worth doing, it is worth doing badly. In a marathon, the winner's perfect race is a criticism of anything less will done. Yet a middle-aged runner who finishes two hours later can sit and cry with happiness."

RESULTS - RESULTS - RESULTS

BROAD STREET 10-MILER

3300 Entrants

60-70 degrees - Low humidity

Lots of water stations

Slight head wind (Near ideal race conditions)

Jack Kruse	(winner) (n/t)	Joe Santella	77:06
Vince Tuoev	(3rd) (n/t)	Andrea Senisch	78:05
Larry Filtz	60:38	Helen Senisch	78:30 (4th women 45-49)
Mike Metague	61:00	Pete Senisch	80:17
Don Larson	61:00	Joe Holton	81:16
Bob Huggins	65:38	Jim Miccolis	82:27

Paul Cajka 67:44
 Bill McCormick 70:36
 Bill Boselli 71:09
 Rick Jones 71:30
 Larry Ryan 76:02
 Jim DelGiorno 76:40

Bill Koppenheffer 82:41
 Betty Perrone 86:26
 Tom Watkins 87:00
 Peg Bobeck 104:00
 Jeanne Hauke 104:59
 Marie Barrie 100:13

*If Joe Holton's & Bill Koppenheffer's times seem slow, it is because they ran a total of 20 miles-(JFK Stadium to Central High School and back). Time is for the last 10 miles. SEPTA can't be that bad!

SMALL IS BEAUTIFUL

- By Jim Miccolis -

Races like the Broad St. Run have become highly visible signs of the running boom. Usually held in large cities and attracting thousands of entries, they usually offer skilled race management and services, scenic courses past famous landmarks, cheering spectators and media coverage. However, we should remember that mega-races are a very recent addition to the running scene—the local "Podunk Five Miler" is much closer to the roots of road racing (even the Boston Marathon did not exceed a few hundred entries until the mid-70's).

"Small races, held almost everywhere, have much to offer: local, uncrowded courses, excellent services without waiting in line, a minimum of registration red tape, and the chance for the average runner to set a PR—no two-minute wait to cross the starting line or being "boxed in" for three miles. And there's that small town feeling of fraternity that is often missing in a mob scene.

All this does not happen automatically, of course. It's the result of lots of hard work by the race director and his staff—almost always unpaid volunteers and runners themselves. Their main goal is the success of the race for all runners—not only large numbers or famous names.

An excellent example of such a race is the Aldan Five Miler, which offered all the above good things, plus a lot more.

RESULTS — RESULTS — RESULTS

ALDAN FIVE-MILER

1. Jack Myers 28:17 All Athletic
2. Frank Dewan 28:28 All Athletic
5. Larry Filtz 29:46 Delco
6. Mike Metague 30:18
7. Steve Brusstar 30:58
9. Bruce Kelly 31:06

ALDAN FIVE-MILER (CON'T)

11.	Dennis Kennedy	31:42	1st-Age Group
13.	Bill Boselli	32:49	3rd-Age Group
14.	Joe Holton	33:08	
16.	Rick Jones	33:16	
19.	Joe Farrell	33:59	
20.	Tom Scott	34:07	2nd-Age Group
21.	Bob Fuhrman	34:29	3rd-Age Group
29.	Bill McCormick	35:07	2nd-Age Group
31.	Jim Miccolis	36:51	
33.	Marcy Harper	37:33	1st Woman
35.	Joe Santella	38:15	
37.	Linda Bell	38:29	2nd Woman
39.	Mary Bergen	38:59	3rd Woman
42.	Jim DelGiorno	39:42	
46.	Mary Lou Boselli	40:43	7th Woman
51.	Lloyd Armor	42:01	
64.	Lois Traband	45:07	1st-Age Group
65.	Tom Seales	45:08	
67.	Dot Kracht	46:03	1st-Age Group
69.	Beth Emmert	46:42	2nd-Age Group
76.	Kathi Clatterbaugh	51:08	3rd-Age Group
77.	Harry Sheldrake	51:50	
80.	Beatrice Sanner	54:51	1st-Age Group
81.	Lucien Sanner	56:31	3rd-Age Group

TEAMS

Male - Delco

Female - Delco

Male Masters - Brandywine

DAWN-TO-DUSK ULTRAS

(50 Km., 50 M., 100 Km., 12 Hour)
Sharon Hill, PA
440 Yard Cinder Track

Submitted by Bob Huggins
May 11, 1985
Mid 70's to high 80's

The second running of this event was a virtual repeat of the 1984 edition, at least as far as the weather was concerned. Temperatures reached a blazing 88 degrees, forcing the participants to take extra precautions to combat the heat and to readjust their race goals. Bill Schultz, co-director of the race and a nationally ranked multi-day runner, lost 14 pounds during the course of the day and, wisely, called it a day after completing 50 miles, as did several other participants.

Despite the high temperatures, somebody had to cover the most distance during the allotted 12 hours. That somebody was Tim "Taco" Bell, who won his first ultra with a 70 mile plus effort. A nationally ranked 100 kilometer runner (19th in 1984), this was Tim's first attempt at 12 hours. Only Mike Brasko, the second place finisher, managed to pose a serious threat to Bell in the later stages of the race.

Helen Senisch, the lone female competitor in the 12 hour event, managed to achieve her goal of reaching 50 miles, despite some extended periods of walking. This year, the race directors added 50 kilometer, 50 mile and 100 kilometer distances so that more people could "try" an ultra. As a result, 23 runners, including 5 ultra novices, toed the starting line this year as compared with an even dozen in 1984. The 50 kilometer event saw Audrey Wendolowski break 4 1/2 hours in her first ultra attempt.

Of note was the participation of Stu Mittleman and Harry Berkowitz. Mittleman, back on the East Coast after a 534 mile effort at the New Astley Belt Six Day race in San Diego, was looking for a training run in the 55-60 mile range and was able to accomplish his goal in relatively comfortable fashion. Berkowitz celebrated the 50th ultramarathon of his career with a 51 mile effort. Harry, who has been a fixture on the Middle Atlantic road racing scene for years, continued his celebration the very next day with a 42 minute plus clocking at a local five mile race.

DAWN-TO-DUSK RESULTS

By Bob Huggins

Note: (1) - Entered in 12 Hour
 (2) - Entered in 50 Mile
 (3) - Entered in 50 Kilometer
 No entrants in 100 Km

NAME	AGE	50 Km	50 Mi	100 Km	12 HOUR
(1) Tim Bell Collingdale, PA	32	4:30:57	7:29:58	10:02:48	70 1/4 Miles
(1) Mike Brasko Philadelphia, PA	37	5:19:01	8:48:37	11:23:34	65 1/2
(1) Tom Fitzmorris Bayville, NJ	40	5:10:08	8:35:30	11:37:10	63 3/4
(1) Stu Mittleman New York, NY	33	5:59:15	10:54:15	-----	56 3/4
(1) Mike McGillian Collingdale, PA	36	6:00:00	10:54:28	-----	55 1/4
(1) Dave Covey Costa Mesa, CA	23	6:30:02	11:36:14	-----	52 1/4
(1) Helen Senisch Woodlyn, PA	47	6:13:53	11:32:09	-----	51 1/2
(1) Harry Berkowitz Piscataway, NJ	44	5:47:49	11:10:29	-----	51
(1) Bill Schultz Aldan, PA	33	5:03:57	9:48:50	-----	50 1/4
(1) Sidney Holzer Glassboro, NJ	29	4:31:25	8:18:38	-----	50
(1) John Clark Sunbury, PA	26	4:50:12	8:59:07	-----	50
(1) Jim Brabec Secane, PA	55	7:03:46	-----	-----	45 1/4

DAWN-TO-DUSK RESULTS (CON'T)

(1) Bob Scheerer Springfield, PA	24	4:33:18	----	----	43 3/4
(1) Wesley Emmons Philadelphia, PA	57	7:35:55	----	----	42 1/2
(1) Tom Allison Havertown, PA	41	7:39:53	----	----	36
(1) Fred Senderoff Springfield, PA	44	-----	-----	-----	20
(2) Roger Allison PA	40+	4:40:14	9:12:36		50 Miles
(2) Bill Meyer Clifton Heights, PA	38	5:22:03	9:20:34		50 Miles
(2) John Lash Philadelphia, PA	53	5:00:09	9:36:10		50 Miles
(3) Joe Frieberg Prospect Park, PA	22	4:21:44			50 Miles
(3) Audrey Wendolowski Bayville, NJ	30	4:28:31			50 Km
(3) Bill Koppenheffer Darby, PA	31	4:43:27			50 Km
(3) Paul Cajka Drexel Hill, PA	28	5:05:41			50 Km

WELLNESS PROGRAMS:

HOW DO THEY SHAPE UP?

Written by: Dale Feuer for Training Magazine
Summarized by: Mary Lou Boselli

Let me begin by explaining that Training Magazine is not a publication for runners. The title does not apply to workout methodology but rather to education. It is a magazine for progressive companies interested in educating their employees in a wide range of areas, including health maintenance. In the April issue of Training, the Assistant Editor, Dale Feuer, looked at some corporate programs aimed at promoting physical fitness among employees.

Supporters of "wellness programs" have long professed that productivity and quality of work can be increased as a direct result of improved employee health. At the same time, corporations may enjoy reduced premium for health-care coverage.

Health, as an executive concern, is relatively new to corporate America. In the 1950's, organization-sponsored wellness programs consisted of softball and bowling teams. The goal was more along the lines of boosting morale than improving health.

With the onset of the jogging and health food craze in the 70's, more companies began to offer formalized physical fitness programs,

installing running tracks and locker room facilities. Today, we have arrived at a broader definition of fitness encompassing the corporate wellness culture as well as holistic (mental, spiritual and physical) health.

Several large and prestigious firms are leading the way in the area of corporate fitness. At Chase Manhattan Bank headquarters in New York City, employees who have had heart attack/surgery will receive a complete medical exam and stress test. Their health history is examined and all of the data is analyzed to determine if they are a high, medium or low risk for cardiovascular disease. Then, medical experts map out a comprehensive exercise program.

With an eye on costs and estimated rate of return, Chase Manhattan currently offers these services only to the executive ranks where the greatest percentage of high-risk individuals and financial losses due to absenteeism and turnover would occur.

Many other companies have at least some kind of physical education program. PepsiCo Inc. in White Plains, NY offers lectures on health care. They also hold classes on stress management, hair and skin care, prenatal exercise and childbirth options. New England Mutual Life Insurance Company in Boston conducts month-long education classes on "big ticket items" linked most directly to increased medical cost. These include accident prevention, smoking cessation, and weight control, to name just a few. In Sunnyvale, California the Lockheed Missiles and Space Company actually held a weight-loss contest called "Take It Off '83." A \$10 cash prize was awarded in categories such as percent of body weight lost, weight lost in relation to goals set, etc.

Wellness advocates say that health assessment and education are only effective if employees have easy, economical and ongoing access to fitness facilities of some kind. Companies who spend money on education but provide no facilities are partaking in an exercise in futility. Understanding this need, Johnson & Johnson built a complete fitness center in the middle of a 146-acre private company park in Racine, Wisconsin. The facility boasts tennis courts, football field, driving range, cross-country ski trails, archery range, not to mention a 20,000 square foot recreation building complete with gymnasium, jogging track, racquetball and squash courts, and much more.

Smaller, family businesses are also aware of the potential benefits of better employee health. Scherer Brothers Lumber Company in Minneapolis removed all candy, caffeinated coffee and cigarette machines and replaced them with fresh fruit dispensers. They offer free nutritious lunches that are low in salt and fatty foods. The lumber company has also written a "well-pay" clause into their workers' contract. The amendment states that any employee who has not missed a single day of work during one month will be paid an additional two hours straight time. By year-end, this adds up to three days of extra pay. Scherer also provides bonuses for employees who lose no time because of injury and those who quit smoking for up to two months.

Unfortunately, it is difficult to measure the effectiveness of wellness programs. Some studies look at the impact on the participants by measuring their cholesterol level, blood pressure, body fat percentage, etc. Organizations, on the other hand, look for reduced health-care costs and worker compensation claims, improved productivity and decreased turnover and absenteeism.

Problems exist, however, in program evaluation. The participants are largely volunteers who tend to be healthier anyway. One way to derive the most benefit is for the company to set clear-cut goals. For example, Johnson & Johnson stated as part of its five-year plan to: reduce the number of smokers and employees within 10% of their ideal weight; increase the number of employees who follow prudent nutritional practices from 25% to 50%; and increase the number of employees who exercise at least 30 minutes two or more times a week to 70% of the employee population.

Generally speaking, wellness programs that focus on identifying risk factors in employees and offering targeted interventions stand the best chance of successfully reducing costs to the company due to certain lifestyle-related illnesses and deaths. With at least a limited return on investment guaranteed, it is surprising that more corporations don't actively sponsor health and fitness programs for their employees.

YOU OUGHTA BE IN PICTURES!

-Tom Watkins-

Are there any Delco members who are interested in producing a TV program? If so, the time is right to try your hand in this field. This opportunity came to light at the 4/2/85 club meeting. I was asked to substitute for Betty Perrone and attend a meeting being held in the Springfield High School. Did you know there is a TV studio in the High School? It is located on the opposite side of the building from where our meetings are held.

The meeting was arranged by Mr. Emmett Moore. He directs the programming for the community TV Network and he invited many community groups to attend. The point he wanted to get across was, "More community interest is needed to provide programming." The facilities available are not being utilized!

His organization has studios in Wallingford, Ridley and Springfield. They have cable terminations in many community buildings and churches which allows them to transmit or receive from these locations. In addition, arrangements can be made to transmit movie film into a converter and send it over the TV Network. There are two channels available, so it is possible to send two different programs to two communities at the same time. However, they do not develop programs.

Mr. Moore's organization is available to teach and direct groups to develop programs, preferably in 1/2 hour increments - 30, 60, 90 minutes. The tape produced becomes their property and a copy can be

provided for use on a VCR. Any non-political community organization is urged to contact him if they are interested in producing a TV program. I'm sure there is plenty of material associated with Delco RRC that could be developed into a TV Program. Starting with a brief history of the club, I can picture shots from fun runs, races, Junior Olympics, club dinner, picnics, bike rides, etc, etc.

That's the story. Are there any members interested in producing a TV program? The group should contact Mr. Moore and he will take care of it from there.

HOW TO RUN BETTER--PART THREE

Written by Jeff Galloway
The Runner: 12/84

Condensed by Mary Lou Boselli

Benefits of Hill-Training:

- strengthen lower leg muscles.
- teach you rhythm (a crucial, but often overlooked asset that can pull you through periods of tiredness).
- give you a good, hard workout with relatively little pounding.

Form For Hills:

Going Up

1. Erect posture--don't lean either forward or back.
2. Maintain the successful rhythm you've established on the flat.
3. Maintain the same effort level. Don't try to keep up the same pace as on the flat. A good check-- monitor your breathing.
4. Shorten your stride. Let yourself slow down as you ascend. Conserve energy for rest of run.
5. Pick up rhythm slightly near top. Try slightly increasing arm rhythm to help pull you over top.

Going Down

1. Let gravity do the work.
2. Increase stride length slightly. Too long a stride may cause you to lose control and pounds knees unmercifully.
3. Experiment till you find best downhill stride length for you. It should take maximum advantage of gravity, yet keep you under control.

If you live in a very flat area, try these alternatives:

- run on the beach (wear your running shoes) where sand is neither hard-packed nor too loose.
- try parking garage inclines (if the fumes aren't too bad).
- stadium steps or five to ten flights of stairs are a good substitute.

Next issue: the final chapter of How to Run Better--Troubleshooting.

DELCO RRC MEMBERSHIP MEETING

Tuesday April 30, 1985

MEMBERSHIP MEETING

Attendees:

Tom Hirsch, President	Jean Hauke
Tom Watkins, V. President	Peggy Bobeck
Dennis Kennedy, Treasurer	Terry Adamson
Bob Huggins, Team Coordinator	Kathy Adamson
Ken Daws	Marcy Harper
Martin Deeney	Joe Freiberg

Meeting was called to order at 8:17 PM by President, Tom Hirsch.
Minutes from the last meeting were accepted as read.

Treasurer's Report/ Dennis Kennedy

As of 4-29-85 checking account \$340.85 / Savings account \$2115.90

Expenses: newsletter (Rita Senderoff)	70.00
Jr. Olympics badges	188.86
Jr. Olympics postage	14.04
Kelly Trophies	14.95
	<hr/>
	287.85

Treasurers report was accepted by Bob Huggins/Ken Daws

Fun Run Report/ Tom Watkins

Delco RRC has been invited to make a video tape to be shown on the local cable station. Anyone interested in this idea contact Tom.

Newsletter Editor/ Mary Lou Boselli. Not present.

Membership Report/ Marylou Long. Not present.

Public Relations/ Betty Perrone. Not present.

Team Coordinator/ Bob Huggins

Middle Atlantic team race in June on the Drive. Contact Bob Huggins or Mary Bergen if you are interested.
Delco singlets/ Bob will have pricing soon.

Old Business

Jr. Olympics/ Awards have been ordered. Dan Kerin of Springfield does not want to open refreshment stand for a small number of people. He will allow Delco if there are not many pre-registered.
Spikes up to 1/4" allowed (no hex heads).
Open Mile has post registration.
Caps previously discussed for volunteers of Jr. Olympics are not available.

New Business

Budget/Dennis Kennedy and Tom Hirsch met on collaborating on the new budget (attached). Budget was accepted by a motion made by Martin Deeney/Bob Huggins.

Media Race/Motion was made by Bob Huggins that Delco RRC sponsor the Media Race again this year, with Ken Daws as director. Race will be held on July 19, 1985. Passed/Peggy

Delco Track Championship for Girls will be held May 4, 1985 at Springfield H.S. Martin Deeney is the director of the meet (due to the illness of Dave Fry). He needs help from DELCO for Timers and Officials.

Springfield Lions Club is having a parade on the 4th of July and has invited Delco RRC to participate. We can have a float/open car/or band. Anyone interested contact Bob Huggins. Our centipede may be walking in the parade.

Delco Man & Woman of the Year Nominees:

Men

- Tom Hirsch
- Bill McCormick
- Joe Nolan
- Tom Watkins

Women

- Kathy Adamson
- Marylou Long
- Maureen Myer
- Betty Perrone

Moving Comfort Award:

- Marylou Long
- Betty Perrone

Vote for the person you think deserves this award. One from the men/ one from the women/ and either Marylou Long or Betty Perrone.

People who are helping at the Jr. Olympics on May 30, 31, & June 1, should attend the monthly meeting on Tuesday, May 28, 1985. Discussion of jobs and preparations on the Olympics.

Next Meeting Tuesday, May 28, 1985

Motion was made to adjourn at 9:13 by Bob Huggins/Ken Daws

Respectfully submitted,

Peggy Bobeck

DELCO WOMAN OF THE YEAR

KATHY ADAMSON

Kathy has been running with the club for five years participating in the Aldan, Collingdale, and Springfield Fun Runs. She helps out at the Junior Olympics and other Club sponsored events.

MARYLOU LONG

Marylou has run with the club for about eight years and has been the Membership Chairwoman for many of those years. She is a member of the Philadelphia Marathon support crew and helps out at the Junior Olympics and Club sponsored races.

MAUREEN MYER

Maureen has been running with the Club for about four years participating in the Aldan, Collingdale, and Springfield Fun Runs. She is a member of the Philadelphia Marathon support crew and helps out at the Junior Olympics.

BETTY PERRONE

Betty is the DELCO RRC Public Relations Director. She has been running with the club for three years participating in the Aldan, Collingdale, and Springfield Fun Runs. Betty is part of the Philadelphia Marathon support crew and on the Dinner Dance Committee.

BALLOT FOR DELCO WOMAN OF THE YEAR AND MOVING COMFORT AWARD

Nominees For Woman Of The Year (vote for one)

* KATHY ADAMSON * MARYLOU LONG * MAUREEN MYER * BETTY PERRONE *

Signature _____ Reg. # _____
(Your Choice) (see membership card)

Additional Family Club Members:

Signature _____ Reg. # _____
(Your Choice)

Signature _____ Reg. # _____
(Your Choice)

Nominees For Moving Comfort Award (vote for one)

* MARYLOU LONG **** BETTY PERRONE *

Signature _____ Reg. # _____
(Your Choice) (see membership card)

Additional Family Club Members:

Signature _____ Reg. # _____
(Your Choice)

Signature _____ Reg. # _____
(Your Choice)

Send To: DELCO RRC, P.O. BOX 145, HOLMES, PA 19043 or give to Fun Run Leader.

DELCO MAN OF THE YEAR

TOM HIRSCH

Tom is President of DELCO RRC. He has been running with the Club for four years participating in the Aldan, Collingdale, Swarthmore and Springfield Fun Runs. Tom officiates at the Delco X-Country Meet and Junior Olympics, is a member of the support crew at races, and keeps attendance at Springfield.

BILL MCCORMICK

Bill has been running with the Club for about five years participating in the Aldan, Collingdale, Springfield, and Swarthmore Fun Runs. He is a member of the Philadelphia Marathon support crew, helps out at the Junior Olympics and other Club sponsored events.

JOE NOLAN

Joe was President of DELCO RRC last year and is the Aldan Fun Run Leader. He has been running with the Club for eight years participating in the Aldan, Collingdale, and Springfield Fun Runs. Joe co-organized the annual Spaghetti Dinner and the Philadelphia Marathon-water stations.

Tom Watkins

Tom is Vice President of DELCO RRC. He has been with the Club for eight years participating in the Aldan, Collingdale, Springfield and Swarthmore Fun Runs.

BALLOT FOR DELCO MAN OF THE YEAR

Nominees For Man Of The Year (vote for one)

* TOM HIRSCH * BILL MCCORMICK * JOE NOLAN * TOM WATKINS *

Signature _____

Reg. # _____

(Your Choice)

(see membership card)

Additional Family Club Members:

Signature _____

Reg. # _____

(Your Choice)

Signature _____

Reg. # _____

(Your Choice)

Send To: DELCO RRC, P.O. BOX 145, HOLMES, PA 19043 or give to Fun Run Leader.

CLIFTON HEIGHTS CENTENNIAL

ASSISTED BY
DELCO ROAD RUNNERS

(215) 623-7288
259-5774

FIVE MILE ROAD RACE *



Date: SATURDAY, JUNE 29, 1985
TIME: BEGINS AT 9:00 A.M. SHARP
PLACE: CLIFTON HEIGHTS
ATHLETIC FIELD
SPRINGFIELD RD.
and OAK AVENUE



* A ONE MILE FUN RUN WILL BE HELD
FOR THOSE WHO DON'T WISH TO TAKE
PART IN THE FIVE MILE RUN.

ENTRY FEE: \$5.00 Pre Registration — \$6.00 Post Registration each participant, make checks payable to: CLIFTON HEIGHTS CENTENNIAL INC.
CLIFTON HEIGHTS BOROUGH HALL
30 S. SPRINGFIELD RD.
CLIFTON HEIGHTS, PA. 19018

SPECIAL TEE SHIRTS: A CLIFTON HEIGHTS CENTENNIAL "5 MILE RUN" TEE SHIRT WILL BE PRESENTED TO EACH PARTICIPANT WHO PRE-REGISTERS.

AWARDS:

CASH AWARDS OF \$75-\$50 & \$25 WILL BE GIVEN TO THE FIRST THREE FINISHERS IN BOTH THE MALE AND FEMALE DIVISIONS.

TROPHIES, GIFT CERTIFICATES AND OTHER PRIZES WILL BE GIVEN TO THE TOP THREE FINISHERS IN EACH OF THE AGE GROUP DIVISIONS, MALE AND FEMALE.

AGE DIVISIONS: UNDER 18; 18-29, 30-39, 40-49, 50+

FUN RUN AWARDS WILL BE GIVEN TO WINNERS AND FINISHERS.

SPECIAL AWARDS: WILL BE PRESENTED TO THE OLDEST AND YOUNGEST PEOPLE COMPLETING THE RACE.

THE FIRST FINISHERS IN EACH DIVISION FROM CLIFTON HEIGHTS WILL ALSO BE AWARDED SPECIAL PRIZES.

CLIFTON HEIGHTS CENTENNIAL FIVE MILE RUN AND FUN RUN ENTRY FORM

Please print

Name _____

Age on Race Day _____

Address _____

City _____ Zip _____

Tee Shirt Size

(Circle) SM. MED. LG. XLG.

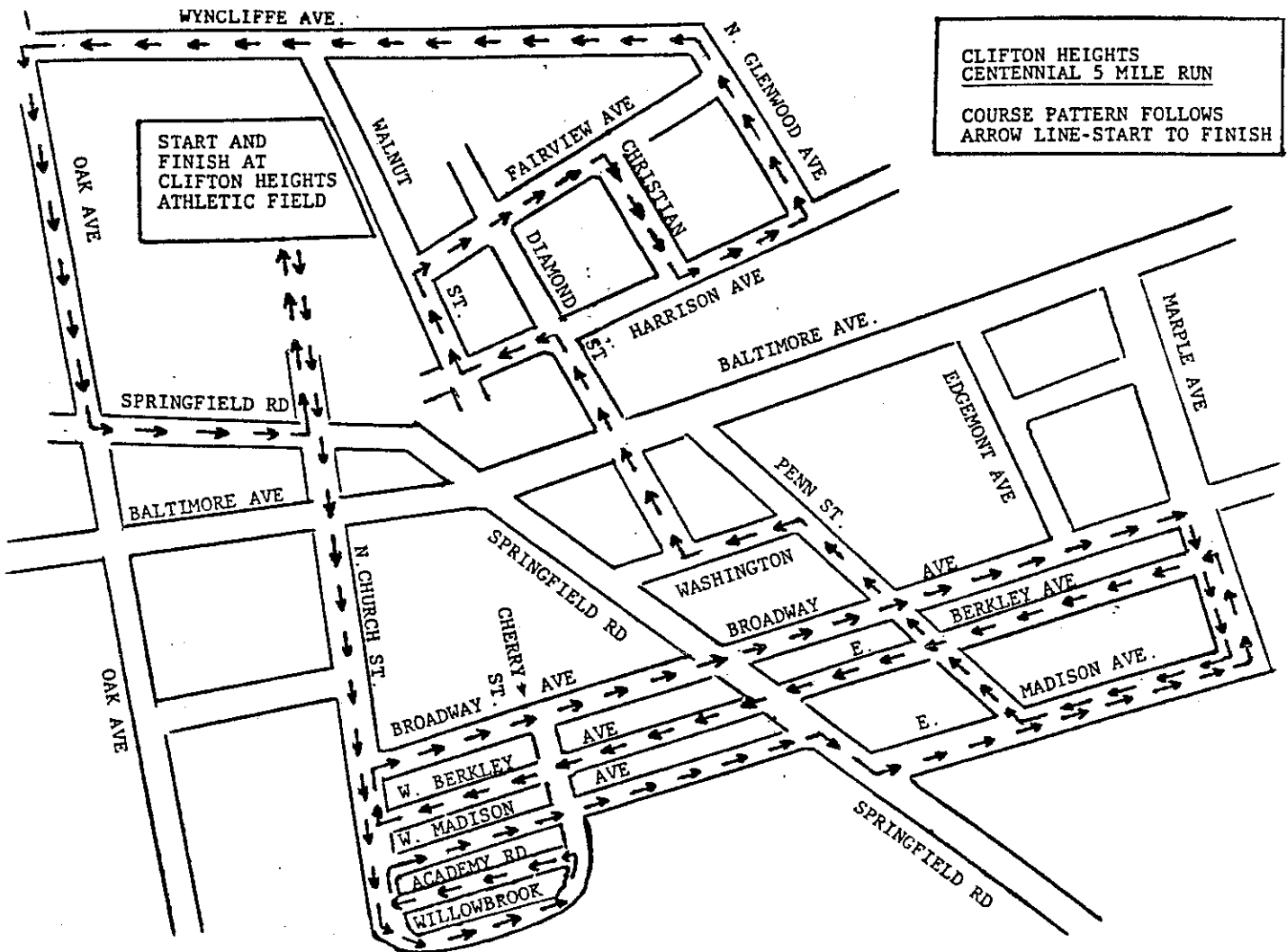
MAIL ENTRY WITH \$5.00 CHECK, PAYABLE TO: CLIFTON HEIGHTS CENTENNIAL INC.
(FUN RUN ENTRY \$1.00) CLIFTON HEIGHTS BOROUGH HALL
30 S. SPRINGFIELD RD.

ATTENTION: ED TAYOUN, RACE DIRECTOR

CLIFTON HEIGHTS, PA. 19018

CLIFTON HEIGHTS CENTENNIAL

FIVE MILE ROAD RACE



WAIVER

IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTENDING TO BE LEGALLY BOUND HEREBY, DO FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE THE BOROUGH OF CLIFTON HEIGHTS, THE CLIFTON HEIGHTS CENTENNIAL COMMITTEE AND ANY OTHER SPONSORS FROM LIABILITY FOR ANY AND ALL INJURIES SUFFERED BY ME WHILE TRAVELING TO AND FROM AND WHILE PARTICIPATING IN THE CLIFTON HEIGHTS CENTENNIAL FIVE MILE RUN, OR FUN RUN ON SATURDAY, JUNE 29, 1985 .

SIGNATURE IN FULL _____

PARENTS SIGNATURE _____

(IF UNDER 18)

1985 DELCO RRC BUDGET

<u>EXPENSES</u>	BUDGET
Administrative	1200.00
Newsletter	800.00
Fun Run Awards	700.00
Special Fun Run Activities	550.00
Runner of the year	100.00
Challenge Race	230.00
12 Hour Run	100.00
Women's Celebration	120.00
Team	150.00
Public Relations	100.00
Social	100.00
Program	100.00
Delco X-Country	600.00
Delco Jr. Olympics	600.00
Total Expenses	4900.00

INCOME

Donations	1600.00
Delco Races	1400.00
Collingdale	170.00
Media	1230.00
Delco X-Country	600.00
Jr. Olympics	400.00
Miscellaneous	
Newsletter Inserts	180.00
Mailing List	100.00
Club Sales	300.00
Total Income	4580.00
Less Total Expenses	- 4900.00
	- 320.00

..... RUN FOR FUN AND FITNESS

TO:

NON-PROFIT ORGANIZATION
U. S. Postage Paid
PERMIT NO. 3
SHARON HILL, PA 19079

DELCO ROAD RUNNERS CLUB
POST OFFICE BOX 145
HOMES, PA 19043

DELAWARE COUNTY ROAD RUNNERS CLUB

