

# *Keeping Contact*



## *Newsletter of the Delaware County Road Runners Club*

AUGUST, 1985

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

### TRI-ATHALON

Organized by DELCO RRC

Date: 8/31/85

Time: 7:00 AM

INTENT: To offer to DELCO members the chance to test their endurance abilities in a MINI-TRIATHALON.

REGISTRATION REQUIREMENTS: Must be a registered member of DELCO RRC or the ALDAN SWIM CLUB and be 18 years old on 8/31/85. Applicants 14 years to 18 years will require parent or guardian permission and must be accompanied by a supervising adult.

COST: \$6.00 by August 24, 1985

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### EVENTS

8 Lengths of Aldan Pool-200 yards (must be completed in 15 minutes)

8.2 mile bicycle ride from Aldan Pool to Ridley Creek Park (exact course directions and prohibitions will be distributed to applicants)

4.7 mile run in Ridley Creek Park

7.3 mile return bicycle ride to Ollie's parking lot on Baltimore Pike in Springfield.

Breakfast at Ollie's for all registrants is included.

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Applications are available from Fun Run Leaders or contact Joe Nolan - 622-3350. We appreciate receiving entry forms as soon as possible, however, post-entry registration will be accepted.

## TOUR de MANAYUNK

by Joe Freiberg

On June 23, Philadelphia was the site of the U.S. Professional Cycling Championship. This was a 156 mile race through the streets of Manayunk, the Kelly drive area, and the Parkway. Since many members of DELCO also do a fair amount of biking, interest in the event was rather high. Many DELCO runners spent the day watching the "Tour de Manayunk", but the group that doubtless saw more of the race than any other, and had the best time in doing so, was the one headed by our fearless and peerless "Coach", Bill O'Keefe.

The day started "flawlessly" with the Coach, Mary Bergin, and Joe Nolan meeting at Harris School in Collingdale while I was waiting at the Aldan Police station. Eventually the miscommunication about the rendezvous point was rectified, and after picking up Tom Watkins along the way, we headed for Center City for the start.

The start was very interesting as the cyclists made 3 loops between Eakin's Oval and Logan Circle, thereby providing several blurred glimpses of the bikes before they embarked on the 14.4 mile course between Logan Circle and Manayunk. Everyone's favorite was a Mexican cyclist named Raoul. After heading to Boathouse Row to watch the bikers return from their first of 10 trips to Manayunk, we returned to the car and reached Manayunk just in time to see the cyclists return for the third time. We followed the course in reverse on foot up the hills, stopping along the way to get a ham hoagie (at 10:00 AM), to replenish our supply of beverages, to cheer Raoul and the other 75 riders as they went by, and to get film (Tom Watkins was our photographer designate, and later generously provided each of us with a complete set of the pictures he took). There were many mom and pop stores along the course that were open specifically for the bike race. We had the bikers timed so that we could wait in the bars and shops, watching the race on TV while the bikers were in Center City, and then return to the street just in time to see the bikes pass.

The most interesting part of the course was unquestionably the famed "Manayunk Wall", so named as such by some runners because if you were to walk up it, you would feel as though you had just run 20 miles. The Wall is extremely steep and is recommended for anyone training for the Independence Marathon. After Manayunk, running Chestnut Hill (or Faulk Lane for that matter) would feel like Kelly Drive. The Wall provided the opportunity to see the bikers close up, and at their best. Seeing the way they "climbed" the Wall, one can then appreciate the incredible power in their legs.

After walking down the Wall, we had lunch at a bar slightly off the course. At the bar was a very charming and charismatic barmaid. Were it not for the Coach's guidance, I might still be there. It was around this time that we suddenly realized with more than a little consternation that Raoul was no longer in the race. His fate has never been determined. We then went back to the Parkway to watch the finish. It soon became apparent at the finish that the race was organized with the

intent of making it interesting to the spectators.

Upon returning for the last time from Manayunk, the cyclists made 3 final loops of the Eakin's Oval-Logan Circle course. This provided the opportunity to see the last 6 miles of the race develop, rather than just the finishing sprint. The winner in roughly 6 hours 25 minutes was Olympian, Eric Heiden.

The most amusing episode occurred in Manayunk when a man was rather upset by the inconvenience of not being able to get his car across the race course. Mary suggested that the wimp (who bore a slight resemblance to Joe Nolan) must have been living in a vacuum not to know about it. He seemed not to care that the roads were paved for the race and that the local merchants were making out like bandits with all the spectators in the area. Everyone seemed to enjoy his futile attempt to have the police barricade removed.

The race was well organized, with the main sponsor, Core States Financial Corp., doing a fine job. Of course, what event in Philadelphia would be complete without a group of protestors? There was a small group of people protesting PNB's lending policies. Fortunately, they were not vocal and were ignored by everyone (surprisingly, the press also ignored them). Tom Watkins summarized the day with the well known but very appropriate phrase "A great time was had by all".

## AMERICAN CANCER SOCIETY BIKE-A-THON

By Bob Huggins & Mary Lou Boselli

Philadelphia to Smithville, N.J.  
July 21, 1985

55+ miles  
Temp.: 80's, sunny

The bike-a-thon began at the Betsy Ross Bridge in Philadelphia and followed a new route this year to end at historic Smithville, N.J. There were three official rest stops along the way and, except for a one hour delay at the start, the event was well directed.

Many of our members participated in the fund raiser. Times are approximate and we apologize to those bikers for whom times are not listed.

Gerry Oakland	2:28	Joe Nolan	3:40
Ken Daws	2:28	Mary Bergin	4:00
Bob Huggins	2:53	Tom Hirsch	4:00
Mickey Lobb	2:59	Peggy Bobeck	5:00
Joe Freiberg	3:18	Mary Lou Boselli	5:00
Jim Miccolis	3:31.30	Paul Straube	5:00
Bill McCormick	3:32	Tom Watkins	5:00
Tom Weber	3:32.02	Bill Koppenheffer	5:30
Larry Ryan	3:32.04	Betty Perrone	5:30
Bill Boselli	3:38		

(Bike-A-Thon cont'd)

Times were unavailable for:

Bob Kern  
Mary Knapp  
Linda Long

Gail Rosati  
Bob Rost  
Bob Street

Support Crew Members:

Kathy and Terry Adamson  
Bill and Natalie Boselli  
Anne Boselli  
Joanne Daws  
Jill Lobb

Mary McCormick  
Stephen Nolan  
Bill and Edna O'Keefe  
Bob Rosati, Sr.  
Bob Rosati, Jr.

Very special thanks go out for the terrific job done by the support crew. These people got up on a Sunday at an ungodly hour, drove an outrageous distance and sat in the unforgiving sun for varying lengths of time--all to help cheer their friends and relatives through the ride. Completing a long-distance event for the benefit of a worthy cause is rewarding in itself. But that is nothing compared with the feeling you get when you are applauded across the finish line by the ones you love. We want you to know how grateful we are, especially to the Adamsons and the O'Keefes who not only kept the beer cold, but packed their cars with smelly bikers and gave us all a ride home. Thank you all a million times!

## "WE WERE RUNNIN' WITH THE PACK"

(or Faces In The Crowd At The Twilight River Ramble)-By Bob Huggins

I had planned to enter the third edition of the Twilight River Ramble solely for the purpose of getting a hard workout in preparation for my very first triathlon which would be held only five days later. I figured a 35 minute five miler would give me exactly what I wanted...a good, solid workout which wouldn't negatively affect my triathlon performance. I had planned to run with Tony Marino, who was looking to run in the 34 to 35 minute range, but I lost him in the large pack. As I stood in the starting area, it seemed to look like all the DELCO regulars (with the possible exception of Byron Mundy) showed up. There's Bob Fuhrman, Terry Adamson, Marcy Harper, Bill Koppenheffer, Tim Bell, Frances Kirk, Bob Scheerer, Ron Finley, newcomer Charlie Motz, The Coach. Obviously, Tom Weber had done a good job of threatening, ...er recruiting DELCO runners for the race.

As the gun went off, I decided to stick to my plan of seven minute miles. About a half mile into the race I saw Mary Bergin, looking good but maybe going out a little fast. A little further up the road and there's Pete Senicsh. I give Pete a push on the back to help speed him along. Next came Sam Hill running with his patented style...wingspan fully extended. One look at Sam, and I knew I had learned my own running style from the master.

At about the three quarters of a mile mark, I finally see Tony and catch him. We hit the mile mark in 6:50, a little quicker than anticipated, but we are very comfortable at this point. At about a mile and a half we pass Marcy Harper. Marcy is looking strong, as usual. Tony and I hit 2 miles in 13:26 which means we ran our 2nd mile in 6:36. Still we're both feeling comfortable. We pass Bobby Hill, Sam's son. One look at Bobby's smooth style and we decide that Bobby must be coached by his mom. Tony thinks he sees Bill Boselli ahead, but it's not him.

The leaders are now coming back. I don't know who the leader is, but Mike Patterson is right behind him with Rick DiSebastian just a few yards back in third place. I'm looking for the first DELCO runner. It is Mike Metague from Upper Darby, followed closely by Joe Freiberg with Billy Godschall in tow (the order of finish would be different with Godschall finishing ahead of Freiberg and Metague). Next is ultra runner Tim Bell with Kenny Daws, Terry Adamson and Bill Koppenheffer in hot pursuit. Then we finally see Bill Boselli with that terrible grimace he has on his face whenever he is running a hard effort. Near Bill is the road racing maniac himself, Bob Scheerer, out for an easy run in preparation for an upcoming weekend race. Frances Kirk is close behind, running in 4th or 5th place for the women, by my count.

At last, it's our turn to reverse direction. We hit the halfway point in 17 minutes flat. If we don't slow down, we'll have a 34 minute effort. Just beyond the halfway we pass Bill McCormick. He's really working hard. We offer to pace him in, but he waves us on. Gene Martenson is just ahead. Like myself, Gene will be competing in the Triathlon. Unlike myself, Gene is racing all out. I feel guilty for a brief moment or two for not giving the effort that Gene is. But Gene has triathlon experience, I don't and I'm not sure what I am capable of doing. Tony and I are looking in the other direction now to see runners who haven't yet hit the turnaround. There's Jim Miccolis still running in Italian Goretex after all these years. Somebody yells at me, but I don't know who it is. Gene Ceppetelli or Tom Hirsch, maybe? There's Pete Senisch again, but I haven't seen Pete's wife Helen at all. The pack is beginning to thin out on both sides. Tony and I are passing runners right and left now. There's no 3 mile split, so we don't know how fast we're running. There go the two Kathys on the other side: Kathi Clatterbaugh (haven't seen husband Mark) and Kathy Adamson.

I tell Tony to run the tangents on the West River Drive. Surprisingly, most runners are not and we pass a few. (Didn't runners learn anything about running tangents from the classic Geoff Smith-Rod Dixon duel in the '83 New York City Marathon?). Up ahead, Joe Farrell comes into view and gives us the thumbs up sign which we return. Next there's Bill Meyer. He's on PR pace. All those miles he's run over the last year have made him a decidedly stronger runner. Endurance is no longer a problem for Bill. We hit the 4 mile split in approximately 26:30, a 6:38/mile pace. Tony says we should probably finish with a 33:30, but we're both still feeling halfway decent at this point. Ahead is Rick Jones. Rick will also be competing in the triathlon and, like Gene Martenson, is running as hard as he can.

We finally see Bob Fuhrman about a half mile from the finish. It looks like Bob is the only runner who is running the tangents properly. Everybody else seems to be running wide. We begin to close in on Bob, but with a quarter mile to go, he opens it up with his patented kick. The old guy still has it! At last, Tony and I hit the finish line. Tony has run 32:59 and I, 33 minutes flat. We have run the second half of the course a full minute faster. We have both surpassed our race goals and, at the same time, got a first hand look at our friends and acquaintances from the DELCO RRC. We hope you enjoyed your race as much as we did.

### RESULTS OF TWILIGHT RIVER RAMBLE

#### MEN

William Godschall	27:56	Mark Clatterbaugh	34:58
Joe Freiberg	28:00	Jim Miccolis	35:13
Mike Metague	28:10	Tom Beese	35:56
Tim Bell	29:19	Joe Santella	36:13
Ken Daws	30:38	Tom Hirsch	36:20
Terry Adamson	30:47	John Lawrence	36:41
Bill Koppenheffer	31:06	Michael Nestor	37:32
Bob Sheerer	31:16	Pete Senisch	37:34
Bill Boselli	31:37	Bill O'Keefe, Jr.	37:47
John Kane	32:20	Charles Motz	38:37
Bob Fuhrman	32:47	Tom Watkins	38:55
Tony Belfiglio	32:50	Sam Hill	39:01
Tony Marino	33:01	Joe Nolan	39:48
Bob Huggins	33:03	Sam Brattini	40:29
Joe Farrell	33:20	Gerard Connelly	41:49
Richard Jones	33:23	Ron Finley	42:13
Tom Padden	33:28	Paul Straube	42:38
Gene Ceppetelli	33:55	Brad Franz	42:57
Gene Martenson	33:58	Chris Franz	42:58
Bill McCormick	34:28	Bill O'Keefe	44:21
		Tom Miccolis	49:02

#### WOMEN

Frances Kirk	32:48	Gina Weber	40:35
Marcy Harper	35:50	Jennifer Lin	41:30
Maureen Meyer	37:17	Dot Kracht	42:37
Shannon Nestor	37:30	Mary Bergin	46:10
Kathleen Watson	38:10	Peggy Bobeck	46:13
Helen Senisch	38:38	Jeanne Hauck	46:20
Betty Perrone	39:02	Beth Emmert	47:38
Rosemary Hyland	39:43	Kathy Adamson	48:23
		Kathi Clatterbaugh	48:24

## "THE TOUGHEST 10K AROUND"

By C. D. Ferrainola, Executive Director

On June 22 of this year 340 runners were able to complete one of the most grueling road races around. The Glen Mills Schools Firecracker 10 Kilometer run has earned a reputation to be not only a test of running prowess but of intestinal fortitude. The beautiful and bucolic setting of Thornbury Township is a perfect place to hold this athletic competition. For the past seven years the Glen Mills Schools has done an excellent job organizing the race which has become a standard on the 10K circuit. Not only does this race provide a beautiful and challenging course, but rewards the runners with food and beverage, exhibits from the school's vocational areas, a race shirt, and entertainment during and after the race. During the race, the waiting families and friends were entertained by a magician that held everyone's attention with some incredible hand tricks. After the racers returned from the course, the musical group Scoundrel played some invigorating blues rock while the crowd waited for the results and awards ceremony.

With temperatures in the 70's, the racers awaited the starter's gun that would start them winding around the campus of the Glen Mills Schools and out onto the rural countryside of Thornbury Township. Many runners we talked to were repeat participants and stated that this was their "Boston" for 10K's. Some runners felt that the Firecracker Run was a race that gave the satisfaction of being able to finish the challenging course with it's rolling hills. Erik Steudel and Peter Schuster went out in front of the pack and passed the first mile in 4:38. The first mile has a long downhill section going into the village of Glen Mills. After this, a short uphill leads the runners to a long flat shaded section along Chester Creek and an old mill complete with a pond. This flat section has fooled some runners into expending too much energy many times haunting them on the much harder second half. It was here that early co-leader Erik Steudel gained a lead that he never relinquished. He passed the half way mark at 15:16.

The second half of this 10K is the section which tests endurance, strength, and pure guts. Shortly after the 5K mark the runners encounter demanding "Cheyney Hill". This stretch goes for 1 mile uphill. The race has been won and lost on this section nearly every year. This year Steudel's experience and conditioning paid off as he increased his lead over Peter Schuster up the long climb. Many runners commented on a feeling of self satisfaction over conquering this section of the run. One novice runner who had a 5K split of 21 minutes had to conserve energy by walking parts of the hill.

Once Cheyney hill is conquered, the runners are less than two miles from home. At the turn for the last leg, a third water stop was a welcome sight for all. The last leg tests further the athletes' ability to run down as well as up hills. A long downhill section allows runners to relax somewhat before another hill challenges the now tiring legs of many of the competitors. The mark designating the 5 mile point soon appears. Just as the runners conquer the remaining two

up and down hills, the entrance to the school reveals a steep 15 yard hill that can be a final test of endurance for some of the runners.

Erik Steudel crossed the finish tape at 32:14 to become the first male repeat winner of this event. He was 23 seconds off the course record set in 1983 by Steve Eachus. Only four runners broke the 35 minute barrier, which is considered a mark of an elite runner. Beth McPowell led all women in 41:48 nearly 3 and a half minutes ahead of the next woman. The women's record is held by Janice Osswald in a time of 38:48.

One of the most exciting finishes came as a student of the school, Steve Martin, nosed out staff member Jon Sovocool for a 37:21 finish. Local tri-athlete Pat Cullinan calls this the 10K for tri-athletes because it is such a good training run for it's challenge and test of personal ability. Two runners from Delaware run the race each year as their personal test. We talked with two friends that run it against each other every year as part of a long standing wager. Many serious racers find an increase in their times of nearly 3 minutes and see a race, not for their personal record, but for the hill work. All this and more makes the Firecracker 10K a badge of honor for all the participants because, not only can they say they ran 6.2 miles, but they completed the "Toughest 10K Around".

Editor's Note: Marcy Harper took first place in the 30 to 39 age category with a time of 47:25.

#### MIDDLE ATLANTIC ROAD RUNNERS CLUB TEAM CHAMPIONSHIPS

By Bob Huggins

June 19, 1985  
8.4 mile loop

Cool (low 70's) & breezy  
137 finishers

Although the field was the smallest ever, excellent weather conditions prevailed making for some very fast times. The Run Around Track Club led by Gary Fanelli (41:42) took the overall men's "A" division team title while Kay Connelly (55:49) led the All Athletic Racing Team in the women's "A" division. The Run Around Track Club also took first place in the men's masters "A" division. DELCO'S "B" team, led by the strong running of Mike Metague (49:49) and Joe Freiberg (49:59) took third place among nine "B" division teams.

Race director Chris Tatreau indicated that team races would probably not be held in the future, largely as a result of the preponderance of races throughout the Delaware Valley. The small field, Tatreau indicated, was proof of that fact. Although the field was small, it did not lack quality. Ninety-nine of the 137 finishers (72%) broke the one hour barrier for the loop (a seven minute mile for the entire course takes just under 59 minutes).

DELCO members, their finishing times and competition affiliations are listed below, followed by a listing of club scoring.

<u>NAME</u>	<u>TIME</u>	<u>AFFILIATION</u>
Mike Metague	49:49	DELCO RRC
Torpey White	49:58	All Athletic
Joe Freiberg	49:59	DELCO RRC
Bernie Sontagh	50:52	All Athletic
Bill Godschall	51:01	All Athletic
George Koerner	51:44	DELCO RRC
Don Larson	53:08	All Athletic
Bob Kern	53:32	All Athletic
Frank Dewan	53:39	All Athletic
Ken Daws	54:55	DELCO RRC
Bob Huggins	55:56	DELCO RRC
Bill Boselli	57:03	DELCO RRC
John Kane	57:17	All Athletic
Bob Koerner	58:15	All Athletic
Bob Fuhrman	59:33	All Athletic
Betty Ferrone	67:34	Penn Mutual

Men's Open "A"

1. Run Around Track Club
2. All Athletic R.C.
3. Mill Creek Runners

Open "B"

1. Center City R.R.C.
2. South A.C.
3. DELCO RRC

Masters "A"

1. Run Around Track Club
2. Brandywine R.R.C.
3. All Athletic

Masters "B"

1. Brandywine
2. New Freedom Striders "B"
3. Penn Mutual Insurance

Women's "A"

1. All Athletic T.C.
2. South Jersey A.C.
3. Wissahickon R.C.C.

Women's "B"

1. Amco Biscuit
2. Penn Mutual Insurance

MIDDLE ATLANTIC ROAD RUNNERS CLUB 5 MILE RACE

By Bob Huggins  
June 5, 1985

Overcast, Cool, Humid  
174 Finishers

A relatively small field and cool weather made for some fast times along the Kelly Drive (East River Drive) out-and-back five mile course. Winner Jeff Gross of the South Jersey A.C. clocked a quick 25:38, almost a minute faster than runner-up Bill Mullarney (26:34). Nancy Seiboth of the All Athletic Racing Team ran 30:59 to best Jane Diamond by 11 seconds.

Several DELCO members took advantage of the cooler weather to post some quick times:

Torpey White(13th overall)	28:28	Bob Huggins	31:01
Mike Metague	29:41	Ken Daws	31:44
Bernie Sontagh	29:48	Joe Stefanowicz	36:08

While no t-shirts were given out (THANK GOD!), the top 100 men and top 25 women received ceramic mugs. Torpey White was DELCO'S "Star of the Day" with his PR 28:28 effort. Just coming back from injuries, Torpey had only been averaging about 20 miles per week.

## 1985 BAY TO BREAKERS

By Leo Uzych

I had the good fortune to participate in the 74th running of the San Francisco Bay to Breakers race on May 19. The defending champion Ibrahim Hussein, a University of New Mexico student from Kenya, set a men's record with a time of 34:53.3 for the 7.46-mile race. Olympic gold medalist Joan Benoit set a women's record, finishing in 39:54.8.

Bay to Breakers continues to be the world's largest participant running event. There were 63,168 runners registered for the race. The actual number of participating runners is not clear. As I was crossing the finish line, a loudspeaker was blaring that there were over 100,000 runners, official and unofficial, in the race. In the following day's San Francisco Chronicle it was estimated that more than 75,000 participated in the race.

This is the second time in the last few years that I have been able to run in the race. Once again, it was a real treat. The weather was beautiful. An estimated almost 6,700 runners planned to run in "costume," including about 2,700 as part of "centipede" teams of runners linked together. One of the "centipedes" was led by Olympic skater Peggy Fleming. I really saw some ingenious and entertaining outfits.

The participants in the race are a diverse group. Although almost three-quarters were between 21 and 40 years old, 470 were 10 or younger, and 139 were 66 or older. The oldest registered runner was a World War I veteran, who recently turned 90. Almost 40 percent of the registered runners were female. Although some of the runners, such as myself, were from out-of-state, the large majority of the runners (about 95% were from California.

If you ever happen to be in San Francisco in the middle of May, be sure to include the Bay to Breakers race in your plans. In many ways, there is no other running race quite like it.

# FUN RUN REPORT-SPRINGFIELD

By Kathi Clatterbough

Newcomers: Ken Clay, Joe Lalli, Marybeth Jerman, John Bryson, and Tom Lupkie.

10X	Frank Dewan	Milestones:	100X	Mary Lou Boselli
	Hank Goldring		200X	Bob Huggins
	Gioseppe Porri		250X	Bill McCormick
20X	Mary Bergen			Bill O'Keefe
	Don Larsen		350X	Marcy Harper
40X	Terry Adamson		900X	Fred Senderoff
	Joe Freiberg			

Total Attendance: April - 187      May - 151

## RUNNING SHORTS

1. Congratulations to Dave Covey and Torpey White who completed the San Francisco Marathon in 3:03 and 3:43 respectively.
2. Our ultra-runners are clocking some great times as well. Bill Schultz finished the 50K event at Millersville in 3:57. Also, Bill Meyer crossed the line at 4:33.
3. Thanks to Mary Bergin for organizing the Women's Distance Festival on July 20th. We saw some new faces, ran a 5K, gave out some neat prizes and topped the morning off with a champagne breakfast. The women know how to do it right!
4. To those of you who have been training on your own, you might want to give a second look at your fun run schedule. Along with the camaraderie of running with "the gang," there are lots of special happenings, too. Springfield Fun Run Leader, Fred Senderoff, recently organized a prediction run; Collingdale hosted the Women's Distance Festival; after the Aldan run on 7/22, there was a lecture and demonstration by a masseuse; and Swarthmore offers a scenic course through the college campus. So check it out! You don't know what you're missing.

Aldan - Mondays - 6:30 PM - Aldan Police Station

Collingdale - Wednesdays - 6:30 PM - Harris Elementary School  
Saturdays - 9:00 AM

Springfield - Tuesdays - 7:00 PM - Springfield Library  
Thursdays - 7:00 PM  
Sundays - 9:00 AM

Swarthmore - Wednesdays - 6:30 PM - Presbyterian Church Parking  
Saturdays - 4:00 PM - Lot-Rte. 320 & Harvard Ave.

5. Unfortunately, we no longer have a Fun Run Leader at Swarthmore. If you would like to volunteer to take attendance on Wednesday nights, please contact Club President, Tom Hirsch (544-2280).
6. A lot more of our runners are getting interested in biking as an alternate form of exercise. A small group of cyclists has formed and they've been enjoying group rides for a while. If you would like to join the bikers, contact Mary Lou Boselli (623-2260) for information. There is usually a 25 to 30 mile ride on Saturday mornings beginning at the Aldan Police Station. There is also a Wednesday night 6:00 PM ride from Aldan to Swarthmore College where you can do the Fun Run course, then bike back to Aldan.
7. Best wishes to Betty Ferrone and Bill Koppenheffer who recently announced their engagement.
8. Remember March, 1985? It was not only cold and wet, but it held the most dreaded of all half-marathons, Caesar Rodney. Well, one of our runners did very well at this challenging 13.1 mile race-- Gene Martenson took third place in the over 55 age category with a time of 1:34.26.
9. This year we're combining the Cake Race with the Challenge Race. It will be held on September 8th at 9:00 AM in Springfield. An entry form is attached to this newsletter. Don't miss this annual run that promises to be extra fun this year!
10. Congratulations to Jack Myers and Joan Potterfield-Myers on the purchase of their home in Wayne. Jack's keeping busy these days. He just started with the General Accident Insurance Group as a technical writer, is studying for his master's degree at Drexel and is busy putting around the house in addition to the 50 to 60 miles he still runs each week.
11. Congratulations also to Byron Mundy who purchased a vacation cottage at Peach Bottom. Looks like Byron will be doing a lot more fishing now.
12. Bill Schultz is awaiting final word on his home in Collingdale and by the time you read this it may be settled.
13. The "weaker Sex" Dept....Maureen Dunne Shields of Philadelphia placed 4th overall in the recent Clifton Heights 5 mile race out of approximately 125 competitors! No surprises here, folks. Maureen was the sixth fastest American woman for the half-marathon in 1984 with a 1:15 effort at the Distance Run.
14. Ken Daws is doing more and more cycling these days. Ken can still clock a quick five mile time, but thinks nothing of going out and doing a 35 mile bike ride.
15. Congratulations to Frank Dewan on his new job. Frank's working in the King of Prussia area and is looking to move to the Main Line.

16. Newsletter editor-in-chief, Mary Lou Boselli has completed a photography course at Delco Community College. Now we'll have great pictures of our races!
17. Those triathletes really stick together. Rick Jones has promised Bob Huggins that he'll teach Bob how to swim if Bob will teach Rick how to bike. Now if we could only find somebody to teach them both how to run!
18. Best wishes to Frances Kirk on her upcoming marriage. Frances' wedding plans certainly haven't slowed her down as she took 7th place in the women's division at the popular Twilight River Ramble.
19. Neumann College has announced that their annual 5K race will not be held this year. No word on whether or not the race will be back in 1986.
20. The Distance Run is a whopping \$9.00 for pre-entries, so be sure to get your application in before August 28th. If you need applications, send a self-addressed, stamped envelope to: YMCA, 1421 Arch St., Phila., PA 19102.
21. Vince Touey's running has paid off for him, literally. Vince won \$100 and \$75 for first place victories in, respectively, the Summit Challenge 5 Miler and the Clifton Heights 5 Miler, both held in June. Bob "Bounty Hunter" Scheerer was second in both of those races.
22. Spaghetti Dinner - September 13, 1985 - 7:00 PM to 11:00 PM at Sharon Hill Fire Hall, Sharon Ave., Sharon Hill, PA. Tickets are \$8.00 and include stuffed shells, homemade bread, tossed salad, beer and wine. You will be contacted by a committee member to arrange purchase of your tickets.

## DELCO RRC MEMBERSHIP MEETING

Tuesday June 25, 1985

**Attendees:**

Tom Hirsch, President	Fred Senderoff, Springfield FRL
Tom Watkins, V. President	Charles Motz
Dennis Kennedy, Treasurer	Jeanne Hauke
Bob Huggins, Team Coordinator	Bill (Coach) O'Keefe
Mary Bergin, Team Coordinator	Joe Nolan
Betty Perrone, Public Relations	Tom Weber
	Joe Freiberg

Meeting was called to order at 7:57 PM by President, Tom Hirsch. Minutes from the last meeting were accepted as read by a motion from B Huggins/F Senderoff

Treasurer's Report/ Dennis Kennedy

Balance as of 6-24-85 in checking account \$292.81

Expenditures

Post office box rental	22.00
Postage(stamps)	110.00
Media Race	7.40
" "	74.00
Team race entry fee	25.00
Newsletter	
Bill Koppenheffer	23.71

Treasurers report was accepted by Bob Huggins/P Bobeck

Fun Run Report/ Tom Watkins

Tom sent out 19 membership drive letters recently/suggested to send them to Bike Clubs. Swarthmore Club/ How is it doing? Is it doing at all? Attendance taking is needed.

Newsletter Editor/ Mary Lou Boselli. Not present

Membership Report/ Marylou Long. Not present

Public Relations/ Betty Ferrone.

News release on Women's Distance Festival sent to several local papers. Cable ad regarding DELCO RRC made by Betty was seen on Cable recently. Updating list for news releases. If you have an upcoming race or event contact Betty with information and don't forget results.

Team Coordinator/ Bob Huggins

Team race results form MARRC June. Men's Open B Team placed third. A fine effort was turned in by DELCO Men's B team-Mike Metague 49:45, Joe Freiberg 49:59, George Koerner, Ken Daws, Bill Boselli, and Bob Huggins.

Upcoming races - Media - July 19 - Centipedes accepted.

Philadelphia Distance Run - September 15

Sea Isle City Half Marathon - August Centipede ?

DELCO singlets/ Bob still checking price.

Team Coordinator/ Mary Bergin

There is a problem among the women - not enough were interested to race in Team Race. This is the last of the MARRC team races.

Old Business

1. Jr. Olympics/ Tom Weber thanks everyone who helped especially Tom Hirsch, Bob Huggins and Torpey White. Next year a date should be set by January to insure a smooth and less trying time for all concerned.

2. Stationary/ Tom Hirsch is checking out stationary for club at the Minute Man Press in Springfield. There is a one time set up charge for logo which is \$60.00 give or take \$10 - \$15. He submitted prices on several kinds:

Paper/ white/bond	500	\$10.00
	1000	\$25.50
Rag/ bond	500	\$23.90
	1000	\$37.10
Envelopes		
white/bond	500	\$20.60
	1000	\$33.80
Rag/ bond	500	\$29.10
	1000	\$50.90

Motion was made by Joe Nolan to authorize Tom Hirsch to purchase the necessary stationary/ paper & envelopes with letter head + logo. Betty Perrone/ Passed

3. Spaghetti Dinner/ DELCO has been informed that Mrs. Boselli is not going to do the cooking this year. Prices on halls and catering are being checked.
4. Motion was made to make the cake race and the challenge race together in the fall. Bob Huggins/ Betty Perrone/ Passed
5. Dawn to Dusk Ultramarathon/ Bob Huggins  
Financial Statement enclosed. Sorry for the delay.

#### New Business

1. A letter was submitted by Fred Senderoff from Anthony McCurdie of the B.S.A. Troop 512 Springfield. He is working on his Life Rank project. He will be starting a Scout Library at the Springfield Library and would like donations from Springfield associations and businesses. He will need \$200.00 to start his Scout Library. Motion was made by Fred Senderoff based on letter/ DELCO RRC donate \$25.00 to Anthony McCurdie. Huggins/ not passed  
Mary Lou Boselli could publish letter from Anthony McCurdie in the next newsletter and if any individual would like to donate some money to Anthony McCurdie they could.
2. Tom Hirsch received a letter OOH!! from Lisa who is a recent graduate of Muscular Technological Institute. She is interested in giving a lecture on muscle relaxation and injury prevention through massage. Tom will be in touch to set a date.

Next meeting will be 7-27-85

Meeting was adjourned at 9:12 PM by a motion made by Bob Huggins/

Respectfully submitted,  
Peggy Bobeck

## FINANCIAL STATEMENT

Dawn to Dusk Ultramarathon

May 12, 1985

### RECEIPTS

DELCO RRC Contribution	\$110.00
Haverford 48 Hour Race Contribution	\$100.00
Entry Fees	\$ 25.00
	-----
Total Receipts	\$235.00

### EXPENSES

Awards (mugs)	\$158.00
Shirts	\$115.00
Gatorade water bottles	\$ 25.00
MATAC sanction	\$ 15.00
Refreshments for lap counters	\$ 27.43
Miscellaneous	\$ 15.79
	-----
Total Expenses	\$356.50

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Total Profit/(loss) (\$121.50)

## DELCO RRC RUNNING APPAREL

The DELCO RRC will be ordering new running apparel in the near future. Shown below are the items under consideration and the approximate price. If you are interested in ordering any of these items, please complete the coupon below and give it to your Fun Run Leader or send it to:

Bob Huggins  
408 Pershing Avenue  
Collingdale, PA 19023

Your filling out the coupon does not obligate you to buy anything; we are using it to determine items that club members want. If a sufficient number of people want a particular item, then we will purchase the item (assuming we can meet minimum order requirements which vary by product). The actual selling prices will be dependent on the number of people who order. If we have a sufficient number of people who want a particular item, we will contact you prior to placing the actual order to confirm your order.

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### ORDER FORM

NAME \_\_\_\_\_

DAYTIME PHONE # \_\_\_\_\_

EVENING PHONE # \_\_\_\_\_

Check those items that you want, along with the size desired (S, M, L, XL).

- ( ) Unisex T-Shirts (Blue w/white DELCO RRC imprint - Approximate Cost: \$4.25) Size\_\_\_\_\_
- ( ) Men's Sub-4 Mesh Singlet (White w/blue nylon panel, DELCO imprint - Approximate Cost: \$11.25) Size\_\_\_\_\_
- ( ) Men's Dolfin Singlet (100% nylon, white w/DELCO imprint - Approximate Cost: \$9.00) Size\_\_\_\_\_
- ( ) Women's Sub-4 Mesh Singlet (see men's description) Size\_\_\_\_\_
- ( ) Women's Dolfin Singlet (same as men's, except solid blue w/DELCO imprint - women's cut) Size\_\_\_\_\_
- ( ) Men's Sub-4 Running Shorts (blue, no imprint) Approximate Cost: (\$11.00) Size\_\_\_\_\_

(OVER)

( ) Unisex Nylon Running Suits (Standard quality made by Cheetah, blue w/DELCO imprint - Approximate Cost: \$30 - 35) Size\_\_\_\_\_

( ) Unisex Nylon Running Suits (Better quality made by Bill Rodgers, or Sub-4, blue w/DELCO imprint - Approximate Cost: \$50 - 60) Size\_\_\_\_\_

( ) Other Suggestions\_\_\_\_\_

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The club currently has some merchandise for sale, available for immediate purchase:

- Unisex T-Shirts - Sizes: Small, Medium only - Cost \$4.00
- Men's Dolfin Singlets - Sizes: Small (\$7.00), Extra-Large (\$9.00) Sizes only.
- Women's Dolfin Singlets - All sizes available (\$7.00)
- "Over-The-Hill-Gang" T-Shirts - A few medium and large sizes remain (\$4.00)

Contact Bob Huggins if you are interested in purchasing any of the above. They will be available at the Annual Spaghetti Dinner on September 13th.

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