

# Keeping Contact



## Newsletter of the Delaware County Road Runners Club

NOVEMBER, 1985

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

### NOMINEES FOR 1986 CLUB OFFICERS

PRESIDENT: Tom Hirsch VICE PRESIDENT: Joe Freibery  
Bill Boselli Marylou Long  
Torpey White

TREASURER: Betty Perrone  
Fred Senderoff

You will be receiving a ballot in the mail. Please be sure to vote in your club's election.

### REMINDERS

- \* Joe Nolan will be needing volunteers for the water stop at the Phila. Independence Marathon on November 24th. (Joe Nolan: 622-3350)
- \* If you haven't returned your choices for DELCO clothing, please do so soon. At last count, we didn't even have enough interest for a minimum order (a dozen) of men's singlets. (Bob Huggins: 583-0610)

### GIFT IDEA

1986 Calendar of Running Cartoons - for the runner in your life. Includes such gems as the cynical housewife and her overweight husband in tight-fitting sweat suit and fists-full of cookies. The housewife asks, "Carbo-ing up for the fun run, Harry?" Or the one depicting several runners in a race. One runner asks, "Does he know something we don't know?" indicating the guy up ahead outfitted in mountain climbing gear.

A different cartoon every month. Available from:  
Inkwell Productions  
103 Tarbell Lane  
Endinboro, PA 16412 (814-734-7582 after 5 P.M.)

## RESURRECTION OF PROSPECT PARK FUN RUN

By Joe Freiberg

We've been in sore need of a Fun Run Leader at Prospect Park to keep that branch of the club going. I'm happy to report that we now have one (Joe Freiberg, 534-9834) so come out and join the Prospect Park Joggers.

The course and location are the same. The run starts at the base of 14th Ave ("The Hollow"). We'll be starting at a new time - 7:30 A.M. every Saturday morning. So, all you early birds, see you at "The Hollow"!

## GOLD IS WHERE YOU FIND IT

By Ed Germer

October 26, 1985

Jogging with the club for many years paid a rich reward in satisfaction recently. The opportunity presented itself to jog with a 50 plus age group. My place was second out of ten joggers. The time, while not outstanding, was 13:42 for six laps, or one and one half miles around the cinder track.

The occasion was a physical fitness program implemented for members of our Pennsylvania Air National Guard unit at Willow Grove Naval Air Station. We represented the top age category of perhaps 500 airmen and women. This challenge was long overdue and of concern to many who felt it was designed to purge the group of old sergeants.

Our choices included either walking three miles, with time limitation by age group, or run the track, also by age categories. Personal observation noted the unbelievable abundance of many more walkers than joggers. Could this be a sign of our national trend? Time will tell. This competition may now be history, although, it did set the standards for our group, and offered each individual the desire to do better next time.

Why the feeling of euphoria? The joy of being able to do this with ease, coupled with the companionship experienced during all the Wednesday evenings and Saturday morning runs at Collingdale. Also, my membership in the Philadelphia YMCA, with their indoor track, offered the best training available.

# PHILADELPHIA DISTANCE RUN

By Joe Freiberg

The Philadelphia Distance Run on September 17 was once again fast, cool, and well organized. After a hot spell for the entire week prior to the race, the heat broke 2 days before the run and turned what could have been a hot, humid, and slow race into almost perfect racing conditions. The conditions were a temperature of between 45 and 48, no humidity, and only a slight headwind on West River Drive. The ideal conditions were manifested in the top 3 runners, each of whom broke the previous world's best time for the 1/2 Marathon (Mark Curp won in a time of 60:55!).

The Women's race turned out to be almost a disappointment. The very deep field, which promised the entire 1984 Women's Olympic Marathon team, plus Judi St Hilaire and several other top runners, didn't produce the fast, close race that was expected. Instead, Joan Benoit Samuelson once again easily won by about a minute over Julie Brown.

On the local front, the weather was largely responsible for the fine times turned in by the perennial large number of DELCO members who ran the race. There were numerous PR's and no known DNF's. Of note are the first-time 1/2 Marathon performances of Mary Lou Boselli, Nick Pulcinella, and Jeanne Hauck, et al, each of whom completed the distance with no apparent difficulty.

## RESULTS OF PHILADELPHIA DISTANCE RUN

Joe Freiberg	1:16:56	Rick Jones	1:39:20
Mike Metague	1:17:06	Hank Goldring	1:46:00
Larry Filtz	1:17:40	Frank Digiovokim	1:47:00
Bruce Kelly	1:19:00	Tom Hirsch	1:48:00
Bill Schultz	1:19:58	Jim Miccolis	1:49:00
Torpay White	1:22:10	Sam Brattini	2:00:00
John Greenstein	1:22:25	John Bryson	2:00:57
Dan Larson	1:23:00		
Bob Kern	1:25:00	Joan Potterfield	1:30:00
Dennis Kennedy	1:25:25	Helen Senisch	1:45:13
Bob Huggins	1:26:18	Maureen Meyer	1:45:23
Terry Adamson	1:27:24	Kathy Jackman	1:51:00
Bill Meyer	1:33:42	Mary Lou Boselli	1:54:00
Bob Fuhrman	1:34:52	Betty Perrone	2:00:00
Bill McCormick	1:35:54	Jeanne Hauck	2:21:00

Times were unavailable for Bernie Santaugh, Guiseppi Pouri, Bev Murry, Bob Koerner, Bill Koppenheffer.

Congratulations to all participants and apologies to anyone overlooked.

# PINE BARRENS TRIATHLON

By Bob Huggins

Saturday, September 21, 1985  
 Temperature: 80's

Events: One mile swim, 25 mile bike,  
 and 10K run.

The Atsion Lake Recreation Center, located approximately 8 miles north of Hammonton, New Jersey was the site of the second annual Pine Barren Triathlon. The events consisted of a one mile swim in a cedar lake, a 25 mile bicycle race which went through God Knows Where (but did include the back of Atco Raceway...of "Sunday, Sunday" fame), and the traditional 10K run on an out-and-back course. The race was won by two New Jersey athletes, Steve Fitch and Cathie Wagner. Wagner was most impressive as she set a new course record to finish 15th overall in a field of just over 300 competitors. The completion rate was very high for this event with approximately 285 triathletes finishing the entire distance of 32 plus miles.

Five members of the DELCO ROAD RUNNERS CLUB traveled to Atsion Lake and all completed the event in less than three hours. George Kennedy of Media was the top DELCO finisher in the swim and biking portions, East Lansdowne's Tom Feehery posted the top running time while Bob Huggins of Collingdale had the quickest overall transition time. Complete results, including the cumulative overall standing after each event and time for each event appear below.

	George Kennedy	Dan Lang	Bob Huggins	Tom Feehery	Rick Jones
<b>SWIM (1 mile)</b>					
Place -	134	190	235	216	167
Time -	35:02.59	37:03.26	39:27.95	38:22.00	36:04.86
<b>SWIM/BIKE TRANSITION</b>					
Place -	155	186	209	208	191
Time -	4:49.37	3:57.25	2:50.93	3:51.31	5:11.63
<b>BIKE (25 miles)</b>					
Place -	114	166	176	191	205
Time -	1:05:13.14	1:10:33.19	1:10:27.82	1:12:57.79	1:16:25.91
<b>BIKE/RUN TRANSITION</b>					
Place -	113	155	164	185	198
Time -	2:11.80	1:22.85	1:48.67	2:15.02	51.72
<b>RUN (10K)</b>					
Place -	71	113	118	130	228
Time -	41:33.73	42:32.81	41:53.61	40:57.19	1:00:20.50
<b>TOTAL ELAPSED TIME</b>					
	2:28:50.63	2:35:29.36	2:36:28.98	2:38:25.31	2:58:54.62

In other triathlon news, the DELCO RRC's top triathlete, Bruce Kelly, took 8th place overall at the Barracini/Hatboro YMCA Triathlon on Sept. 8th. Events consisted of a 1 Km swim, 25 Km bike and 8 Km run.

# OCEAN CITY FENTON CAREY RACES

By Mary Lou Boselli

October 19, 1985

The Women's 5000 Meter race started at 9:30 A.M. while temperatures were still cool and before the wind picked up.

The Half-Marathon, usually noted for being cold and damp began at 10:30 A.M. under clear, sunny skies. By mid-race, the temperature was in the low 80's. After fighting a headwind the first half of the race, the runners faced the difficult task of finishing the second half in the unpleasant heat.

Although most DELCO participants complained of being off their pace, all made a fine showing considering the conditions and we're proud to print the finishing times.

## WOMEN'S 5K

Mary Lou Boselli	22:07	18th overall
Mary Bergin	22:45	21st overall

## HALF-MARATHON

Joe Freiberg	1:19:59	Corrine Coady	1:43:13
Torpey White	1:31:50	Bob Kern	1:43:28
Dennis Kennedy	1:33:46	Jack Elliot	1:46:07
Joan Potterfield	1:33:51	Helen Senisch	1:51:15
Bill Koppenheffer	1:34:02	Jim Miccolis	1:56:40
Bob Koerner	1:36:30	Larry Ryan	1:58:22
George Koerner	1:36:45	Tom Watkins	2:03:00
Bill McCormick	1:42:29	Betty Perrone	2:04:42

## AMERICA'S MARATHON/CHICAGO - 1985

By Bob Huggins

The 1985 America's Marathon/Chicago was, for me, a truly great running experience. For me, it was a chance to take a long-overdue vacation and visit with my sister who had moved to the Chicago area last year.

The start of the marathon is, unlike the New York City and Philadelphia Independence Marathons, in the center of town. The elite runners and sub-three hour runners line up on one street while everybody else (which is most of the field) lines up on another street. The two courses merge at about the one mile mark. Because of the large number of participants -- as many as 12,000 by some estimates -- it's difficult to get a fast start. My first mile took approximately 9 minutes, but that included a 30 second pit stop due to overhydrated kidneys. Despite the crowd, a normal pace can be achieved by about a mile and a half into the race.

Chicago is a large, attractive and clean city and the marathon course shows the city's many sections and neighborhoods to good advantage. The flat course winds through a number of ethnic sections (Chinese, Black, Greek, Irish, etc.) and residents come out in force to cheer the runners on. There's even entertainment along the course including bagpipers, a belly dancer, a gospel song group, a Chinese dragon, aerobic dancers, high school bands and even two people dressed as gorillas who were passing out bananas about a mile and a half from the finish line. Water was available generally speaking, but many runners seemed to head for the first table at each stop causing a bit of a traffic jam at times. Digital clocks and/or audible splits were available at every mile so you could, barring any major problems, predict your finishing time with reasonable accuracy. Philadelphia's own Chris Tatreau and his crew handled the finish line in their usual low-key but highly efficient manner.

In addition to the standard T-shirt for all entrants, each finisher received an attractive medal and certificate of completion. Incredibly, the race is entirely underwritten by Beatrice, the large Chicago-based food products concern. The \$10.00 entry fee is donated to the Chicago Boys and Girls Clubs. Whether Beatrice will continue its tremendous financial support of the race is uncertain; at the time this article was written, they are a "hot" acquisition candidate and may be, by the time you read this, already acquired by some other corporate giant.

DELCO's small contingent included Bill Meyer and myself, plus Bill's wife Maureen lending support. Martin Deeney was somewhere among the thousands of spectators that lined the course. Bill ran a PR of 3:34, seventeen minutes better than his previous marathon best, while I ran a 3:22 which was, for me, an average marathon, and by the way, both the men's and women's winners, Steve Jones and Joan Benoit Samuelson, just missed setting world records on the certified course.

Editor's Note: Candidate for the "Not again" award, Bill Meyer also ran the Marine Corps Marathon, and plans to run the Jersey Shore Marathon and the Atlantic City Marathon - all before the end of 1985. Good luck, Bill (you'll need it)!

## 1985 NEW YORK CITY MARATHON

By Leo Uzych

For the second year in a row, I was able to get into the New York City Marathon. And again, running in the race was a real treat. Although the temperature was warm for a marathon race (in the 60's), the weather seemed to be an improvement over the extreme humidity and heat of last year's race. Orlando Fizzolato, of Italy, emerged as the winner for the second year in a row, finishing the 16th New York City Marathon in 2:11:34. The legendary Grete Waitz, of Norway, was the women's winner for the seventh time, finishing in 2:28:34. Some "ancient" running legends ran good times including Bill Rodgers (with a 2:15:33) and Olympian Frank Shorter (who finished 56th).

I guess it is impossible to even approximate the number of spectators who lined the marathon course. However, it seemed like Mayor Koch was joined by nearly all of New York City to cheer on the runners. I particularly enjoy running through the ethnic neighborhoods in Brooklyn, in the early stages of the race. At that point, I still have some energy left and can enjoy the cheering crowds of people.

For a minimal entry fee, the New York City Marathon certainly gives runners a lot in return. At registration, runners receive a bag of "goodies," including jogging shorts, a t-shirt, a cap, and even a chocolate bar. Before the race, at the staging area in Fort Wadsworth, runners are given a breakfast of rolls, doughnuts, hot chocolate, or coffee or tea. After the race, runners are given a lunch of assorted items, including bagels, fruit, and Perrier. A medallion is given to runners who finish the race.

The number of registered runners in this year's race was 19,230. The race has certainly grown a lot from 1970, when there were merely 126 starters. Over 8,000 of the runners were in the age group, 30-39; the oldest registrant was 86. For 5,234 of the runners, this was their first marathon. The race continues to be a truly international running event. Seventy-four countries were represented in this year's race.

Various aspects of the New York City Marathon, including the enormous cheering crowds of spectators and the large number of runners from other countries, make it a unique running experience. Of the marathons I have run in, I probably enjoy this one the most, and would recommend it highly to fellow runners.

## MARINE CORPS MARATHON RESULTS

By Mary Lou Boselli

Joe Freiberg	2:49	Bill Boselli	3:08 (PR)
Mike Metague	2:57	Bill Meyer	3:44
Terry Adamson	3:03 (PR)	Bill Smith	4:05
Bob Kern	3:04	Helen Senisch	4:10

Time was unavailable for Mike McGillian. Congratulations to all!

## SPRINGFIELD TRI-CENTENNIAL

By Mary Lou Boselli

DELCO has agreed to organize and direct a 5-mile race during Springfield Township's Tri-Centennial Celebration. Tentative date and time are Friday, June 20, 1986 at 7:00 P.M. Current plans are to start and end the race at the Springfield High School.

The Committee members for this event will need lots of help, so if you would like to volunteer, contact Tom Hirsch (544-2280). We will be publishing more information as it becomes available.

One idea the race committee has proposed is to give T-shirts to pre-entrants and a gift to all finishers. We'd like to know what you would prefer to receive as a small gift after a 5-mile run. Please take a moment to check one of the following, or make a suggestion of your own. Also, if you'd like to help out, this is a good time to give us your name and number. Just please, please respond. Everyone's sick of T-shirt awards, so now is the time to speak out for something different. Give the form to anyone who gets to the fun runs, meetings or races where they can pass it to a club officer.

PLEASE RETURN THIS FORM TO CLUB OFFICER OR FUN RUN LEADER.

At the Springfield Tri-Centennial 5-miler, I'd like to receive: (check one)

<input type="checkbox"/> belt	<input type="checkbox"/> mug	<input type="checkbox"/> sweat band
<input type="checkbox"/> hat (ski or biking)	<input type="checkbox"/> reflector vest	<input type="checkbox"/> towel
<input type="checkbox"/> key chain	<input type="checkbox"/> socks	<input type="checkbox"/> visor
<input type="checkbox"/> long sleeve T-shirt	<input type="checkbox"/> sport bag	<input type="checkbox"/> other _____

If you would like to help out:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## COLLINGDALE FUN RUN REPORT

By Byron Mundy

All time PARTICIPATION LEADERS at Collingdale Joggers since Sept. 1983:

# OF TIMES RUN	NAME	# OF TIMES RUN	NAME
1. 1,022	George Barnes	11. 346	Jim Smith
2. 1,013	Byron Mundy	12. 330	Bill O'Keefe
3. 630	George Naylor	13. 295	Joe Anderson
4. 557	Peg Bobeck	14. 291	Joe Nolan
5. 507	Paul Straube	15. 289	Bob Huggins
6. 401	Marybeth Mundy	16. 277	Tim Bell
7. 398	Bill McCormick	17. 272	Bill Boselli
8. 397	Frank Dugan	18. 261	Pat Kane
9. 348	Linda Bell	19. 259	Frank Dewan
10. 347	Ed Germer	20. 245	Tom Watkins

**MOST ACTIVE at Collingdale Joggers-Oct. 1,1984 thru Sept. 7, 1985**

# OF TIMES RUN	NAME	# OF TIMES RUN	NAME
1. 60	Peg Bobeck	11. 35	Betty Perrone
2. 55	Bob Huggins	12. 33	Joe Freiberg
3. 54	Bill McCormick	13. 30	Bill O'Keefe
4. 52	George Barnes	14. 29	Mike Metague
5. 51	Jim DelGiorno	15. 29	Bill Smith
6. 41	Frank Dewan	15. 26	Larry Ryan
7. 40	Rick Jones	15. 26	Tom Weber
8. 39	Jim Miccolis	16. 25	Terry Adamson
39	Bill Boselli	17. 24	Marcy Harper
39	Joe Nolan	17. 24	Jim Smith
39	Mary Lou Boselli	18. 22	Tom Hirsch
9. 37	Byron Mundy	18. 22	Joe Anderson
10. 36	Tom Watkins	19. 21	Bill Schultz
36	Paul Straube	19. 21	Jean Hauck
36	Mary Bergin	20. 20	Bea Sanner
36	George Naylor		Linda Bell
36	Ed Germer		Kathy Adamson
			John Lawrence

**FUN RUN REPORT-SPRINGFIELD**

By Kathi Clatterbaugh

**Newcomers:** Steve Wilsey Jim Gorman Kari Sprandel  
 Tony Belfiglio John Thorne Rick Hirsh  
 Rob Doherty Joey Ryan Beth Joy

10X Charles Motz  
 Sam Beatlini  
 John Brysm  
 Jennifer Bupp  
 Corrine Coady  
 Betty Perrone  
 Al Macauley

20X Hank Goldring  
 John Bryson  
 Sam Brattini

40X Torpey White  
 Larry Filtz

80X Joe Santella  
 Joe Freiberg  
 Jean Hauck

**Milestones:**

200X Helen Senisch  
 225X Bob Huggins  
 250X Paul Straube  
 300X Bill McCormick  
 575X Mark Clatterbaugh  
 600X Jim Smith  
 600X Kathi Clatterbaugh  
 700X Tom Hirsch  
 750X Byron Mundy  
 950X Fred Senderoff  
 1150X Dot Kracht

DELCO RRC MEMBERSHIP MEETING

The following article is not intended as an announcement of coming events. It is a reprint of the business conducted at DELCO's monthly meeting of the general membership. It is intended to keep those members who cannot attend the meeting informed of what transpired.

Tuesday September 24, 1985 Attendees:

Tom Hirsch, President	Fred Senderoff, Springfield FRL
Tom Watkins, Vice President	Dennis Kennedy, Treasurer
Bob Huggins, Team Coordinator	Dot Kracht
Joe Foley	Joe Freiberg
Steve Van Keuren	Jeanne Hauck
Paul Straube	Sam Brattini

Meeting was called to order at 8 P.M. by Tom Hirsch, President.

Minutes from the last meeting were read and accepted as read.

Fun Run Leader/ Tom Watkins

Fred Senderoff filling in for Tom Watkins / Second annual Halloween Fun Run at Springfield. Prizes for costumes. Late arriving Tom, everything A-OK.

Newsletter Editor/ Mary Lou Boselli Not Present.

Treasurer/ Dennis Kennedy

Checking account 4,833.57	Expenditures	Kelley Trophies	14.95
		Kelley Trophies	50.22
		Ris Paper	47.00

Motion was made by Tom Hirsch to accept report. Passed.

Membership Committee/ Marylou Long Not Present.

Public Relations/ Betty Perrone Not Present.

Team Coordinator/ Bob Huggins

Very little response to DELCO item sale. Any orders? Get them in right away.

There is a race on 10/13/85 at Chester Crozier-5 miles. Bob has entry forms.

Mary Lou Boselli has stated that there is a newsletter going out in November, get any articles in ASAP.

Membership Meeting (con't)

Old Business

Cake Race: 44 entries / Overall winner was Joe Freiberg, and for the women-Joan Potterfield Meyers.

Challenge Race winners:

- |                |                |
|----------------|----------------|
| 1. Swarthmore  | 3. Aldan       |
| 2. Springfield | 4. Collingdale |

Springfield Tri-Centennial is June 21, 1986. The Rotary Club bailed out of the road race. There were various suggestions on a money making project for this event.

On October 16, 1985, Tom Hirsch, Fred Senderoff and Sam Brattini will attend their next meeting at the Old Central School, to discuss a possible DELCO Race.

Mr. Olympics tentatively scheduled for first weekend of June. June 5, 6, & 7.

Triathlon: Many thanks to Joe Nolan and crew for the well organized triathlon.

Spaghetti Dinner: Many thanks to Betty Perrone for a fine job done.

New Business

Tom Watkins brought up the idea of a Swim Party for all the triathelets at the "Y" for \$40.00 an hour.

Get ready for the Philadelphia Independence Marathon water stop on Nov. 24th (the weekend before Thanksgiving).

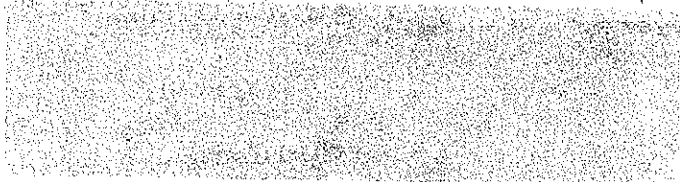
We need help at the Cross Country Championships on 10/12/85.

The next meeting will be October 29, at Springfield High School.

Motion to adjourn at 8:45 P.M. passed.

Submitted by Steve Van Kueren taking over during Peggy's vacation.

Thank you Steve,  
Peggy



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DELAWARE COUNTY ROAD RUNNERS CLUB

