

# Keeping Contact



## Newsletter of the Delaware County Road Runners Club

SEPTEMBER, 1985

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

### RUNNERS OF THE YEAR

Congratulations to this year's recipients of the Runners of the Year awards. MARYLOU LONG and JOE NOLAN each received \$50.00 as a tribute to their outstanding contributions to the DELCO ROAD RUNNERS CLUB.

Marylou also won the Moving Comfort Award. She will receive athletic apparel and an engraved plaque from Moving Comfort. Thanks to Kathy Adamson for chairing the election committee.

### DELCO ROAD RUNNERS CLUB

### DELAWARE COUNTY

### CROSS COUNTRY CHAMPIONSHIPS

By Martin Deeney

DATE: October 12, 1985  
TIME: 9:30 A.M.  
RACE ORDER: Girls Novice, Boys Novice, Girls JV, Boys JV, Girls Varsity, Boys Varsity  
PLACE: Rose Tree County Park (Rte. 252 - Providence Road, Media)  
ENTRY FEE: Boys Team \$20.00 per School or \$1.50 per individual (whichever is less)  
Girls Team \$20.00 per School or \$1.50 per individual (whichever is less)

NOTE: We will need a lot of volunteers to help with registration, timing, results, etc. If you would like to help, please contact Byron Mundy (534-2833).

# PHILADELPHIA TURNAROUND TRIATHLON

By Bob Huggins

June 30, 1985 Swim 800 yards, Bike 12 miles,  
Overcast, Cool (low 70's), Humid Run 5 miles

The second edition of this popular event saw a new location (south Philadelphia's FDR Pool and the Navy Base), a shorter swimming distance (800 yards versus 1,000 yards in '84) and longer cycling (12 miles, up from 15 kilometers) and running (5 miles, up from 5 kilometers) segments. Race director Gary McNulty did indicate that the running course was short by at least three tenths of a mile. Absent from the competition were local stars Ken Glah and Russ Jones. Glah would participate in and win the Liberty - to - Liberty Triathlon from the Statue of Liberty in New York to the Liberty Bell in Philadelphia five days later. Jones was entered and considered a favorite to repeat his '84 victory, but he did not compete due to injuries. It was left to Steve Shaklee from Moorestown, N.J. to take top honors with a total elapsed time of 1 hour, 15 minutes and 2 seconds. The top woman finisher was Cathie Wagner of Margate, N.J. in 1:23:51.

A total of 293 persons competed, with 271 completing the entire course. Bruce Kelly, a strong triathlete, led a small DELCO RRC contingent with a fine 1:24:48 despite riding a mile off course during the cycling segment. Members of DELCO who participated in the triathlon and their total elapsed times (including transition times) are listed below:

<u>NAME</u>	<u>AGE</u>	<u>ELAPSED TIME</u>
Bruce Kelly	30-39	1:24:48
Steven Brustor	20-29	1:29:04
Mickey Lobb	30-39	1:31:22
Bob Huggins	30-39	1:37:34
Tom Feehery	30-39	1:41:04
Gene Martenson*	50 and over	1:43:31
Rick Jones	30-39	1:49:17
Peggy Bobeck	40-49	2:12:55
Nedra Kelly	30-39	No Time

\* Age Group Winner: 2nd place - Men 50 and over. Gene also took 1st place in the 55 and over age group in the Staten Island Triathlon in July.

## THE ADVENTURES OF A TRIATHLON

- Bob Scheerer -

I recently had the opportunity to compete in a triathlon on the beautiful shore point of Cape May, New Jersey. My journey began by venturing down to Fortescue and visiting my cousin in the Coast Guard who I had not seen for six years. After a scenic tour of the area and catching up on old news, I was off to Cape May. I picked up two hitchhikers along the way and arrived with lots of time to spare.

While I was picking up my registration packet, I ran into friends from DELCO RRC and All Athletic. After eating a stromboli at a quaint little restaurant, I wheeled my rebuilt Schwinn bicycle over to the bike inspection station. I was one of the two individuals who did not pass inspection. I did not care, and after the race I discovered the inspection to be a farce anyway. For a while I actually panicked, thinking I might be disqualified.

The fun began when I made plans to spend the night in the sand dunes. The sky looked dark and rain seemed almost certain. I carefully parked my car illegally and trespassed onto private property to get to the dunes and swamps where I thought no one would bother me. After all, I just wanted to get some rest. I wandered a while before I stumbled into a couple engaging in what appeared to be some hot and heavy love making activity. My only words were, "Oh no, now where am I going to spend the night?" After walking another fifty yards, I settled down hoping a snake would not crawl into bed with me. Dead horseshoe crabs were lying around all over the place.

The mosquitos bit me all night and got me up at 5 A.M. I walked around, got breakfast, rested some more, toured the cape, and finally got numbered on my shoulders and thighs for the swim. It took me just under 40 minutes to swim a mile in the ocean. Most everyone beat me, especially the women, by as much as thirteen or fourteen minutes. I had hypothermia coming out of the water. It took 30 minutes of sitting in the car with the heater on full blast and my goose down feathered winter ski jacket wrapped around me to recover. Fortunately, the events were staged, so I had the time to rest.

The ten mile run was my event. After telling almost everyone I was going for the win, I stood like a champion on the starting line, and waited patiently for the fun. I talked with my only competitor for the first mile and a half before he lost me and humbled my ego to that of a junior high school track star. Afterwards, I discovered he ran a 2:17 marathon to compete in the 1980 Olympic trials. I had to settle for second place in under an hour.

The last stage consisted of a fifty mile bicycle trek. I pulled out of the blocks hard and started out in high gear. I soon found my niche and shifted to ninth gear trying to maintain a natural, consistent cadence. Drafting was permitted, and I sucked the wind out of every woman I could find. I drafted off some downright cute, firm little athletes. They were very tough, and some beat me by as much as an hour in the end. I maintained a seventeen mile per hour pace overall to finish in two hours and fifty-four minutes.

Overall, I placed 51st out of approximately 200 competitors. It was one of the best weekends of my life. I hope to do a full ironman in the future. The secret is to have fun and train regularly in all three sports. So if you ever get tired of just competing in another local road race, go for the real challenge and become a triathlete. You will gain a much greater appreciation for the environment and maybe discover some strengths you never knew you had.

## SCHULTZ WINS WESTON SIX DAY RACE

By Bob Huggins

Aidan's Bill Schultz joined the ranks of ultra greats Don Choi and Park Barner in laying claim to the Weston Cup, signifying the winner of the Edward Payson Weston Six Day Race. Schultz totaled a personal best of 404 miles, 2 miles greater than a previous 6 day effort in San Diego, California in April.

Victory was somewhat bittersweet for Bill, however, as the top two seeds, Stu Mittleman of New York and Trishul Cherns, a Canadian citizen living in New York, dropped out early. The race was supposed to be a matchup of the American record holder Mittleman versus the Canadian champ Cherns for the North American title. Instead, it turned out to be something of a showcase for Schultz who bested his closest competitor, Sid Holzer, by over 40 miles.

Bill had said that he felt physically and mentally prepared to run with the leaders and thought he could total as many as 470 miles. But with Mittleman's and Cherns' early departure on day two of the race, Bill had no one but himself to pace off. Still, the win was well deserved and showed that Bill is a force to be reckoned with in future multi-day events.

DOC SEZ . . .

From Dr. Sheehan On Running  
Submitted by Tom Watkins

William James saw effort as the thing we are. Strength, intelligence, wealth, and good luck are all things we carry. The real question posed to us is what effort can we make.

## HOW TO RUN BETTER - PART 4

By Jeff Galloway

From THE RUNNER: December, 1984

The final segment of our series on "How To Run Better" deals with Troubleshooting. A list of the most common form-related problems - their cause and solution - follows:

Shoulder Tension - If you feel this after you run, you're probably leaning your head too far forward or back. May also be caused by hunching shoulders up high or holding arms too far out from body. Whenever you feel tension, stop, shake your arms and shoulders and let them relax.

Tight Hamstrings - Probably not using ankles, feet and calves enough. Shift major effort to calves (push off with feet) and give hamstrings a break.

Side-stitch - Common problem with new runners - you're probably running too fast. If you still can't get deep breaths even when you slow down, you may be slumping your chest. Shift hips forward to get chest up; breath deeply and slowly.

Shoulder Roll - If when you pass a storefront you see your shoulders rolling either up and down or forward and back, you're probably throwing your arms across your body. Cut down arm swing; keep arms low; try not to move upper arms much.

Tight Neck - Head is not directly over shoulders. If you lean forward as you run, you may be tilting head back to compensate. Bring chest back. Or, if reverse is true, try pushing hips forward. Massage neck after running.

## WASHINGTON RUNNERS UNLIMITED

DEAR WOMEN RUNNERS AND FRIENDS OF WOMEN RUNNERS:

The Runners organized an Awareness Committee in October 1982 in response to the murder of a Washington, D.C., woman who was running alone in Rock Creek Park. Our first step was to survey our own members, who are women runners, to see what incidents they had experienced. The results were surprising.

One hundred Runners (78 percent) returned the survey out of 128 mailed. Fifty-seven incidents of threatening approaches by men were reported by 46 Runners. The incidents ranged from harassment to being wrestled to the ground. The number of threats by men was much higher than we expected; more than two of every five Runners had been threatened by a man at some time in their running careers.

\*Almost half of the incidents occurred in parks and on bike trails, even though most of the miles run were in residential areas.

\*Almost all of the most serious threats from men, and many of the less serious ones, occurred in isolated areas - deserted parts of parks or bike trails, streets or roads at times no one else was out, deserted running tracks.

\*Most of the threats from men occurred when it was light. (However, the chances of an incident occurring were greater in the dark, given the number of people who usually ran in the dark.)

About 30 percent of those who experienced a threat from a man, excluding those incidents in which the woman was grabbed, may have prevented a more serious event by their reactions. Most preventive reactions involved running out of isolated areas at the first hint of potential danger or running to other people for assistance. By contrast, some respondents indicated that they would have better dealt with a threatening incident by recognizing the danger earlier.

In addition to the threats from men, Runners reported 44 threats with motorized vehicles, 16 threats with bicycles, 20 incidents of objects thrown from vehicles, and 79 threats, including four bites from dogs.

Sixty-two percent of those who experienced a threat changed their running habits.

The following list of safety tips was developed from changes reported after threatening incidents, safety practices listed, and the results of the statistical analysis of the incidents.

The Runners want to share its experiences and knowledge with all running clubs, school groups, and community organizations. We are involved in community awareness through local media, rape crisis centers, and local and park police.

For further information, or to arrange for a speaker from the Runners, contact:

Laura B. MacKenzie  
Washington Runners Unlimited  
P.O. Box 5622  
Arlington, Virginia 22205  
Contact Tel. No.: 337-5020

Washington Runners Unlimited (an affiliate member of the Road Runners of America) is a nonprofit club organized to promote women running.

#### WASHINGTON RUNNERS UNLIMITED SAFETY TIPS

##### I. General Safety Tips

1. Avoid unpopulated areas such as parks, bike trails, and deserted tracks and streets.
2. Stay alert. Look, listen, and be aware of your surroundings.
3. Be suspicious of everyone. Notice who is in front of and behind you.
4. Follow your intuition. If an area seems secluded or suspicious, turn back while you can.
5. Respond to approaching footsteps when you first hear them. Look around with confidence and authority.
6. Tell someone where you are running. Identify your favorite routes to a friend or write down where you plan to run.
7. Vary the routes and time of day that you run.
8. Run in familiar areas.
9. Think about possible escape routes in case of an attack.
10. Reserve some energy for an emergency escape.
11. Find out from your local police where problems have occurred.
12. If attacked, yell something other than rape.

## II. Running Techniques

1. Run defensively. Look and be strong.
2. Run with a partner or large dog whenever possible.
3. Run widely around parked vans, trucks, bushes, and other places where people could hide.
4. Ignore verbal harassment.
5. Use discretion in acknowledging strangers.
6. Never challenge a vehicle; always yield the right-of-way.
7. Run against traffic.

## III. Running Attire

1. Wear reflective or light-colored clothing.
2. Carry a whistle.
3. Carry money for a telephone call.
4. Carry an I.D.
5. Wear a medic bracelet if necessary.
6. Leave expensive jewelry at home.
7. Leave entertainment devices such as a walkman or radio at home. You cannot hear people coming up behind you.

## BOY SCOUTS OF AMERICA SCOUT LIBRARY

The following letter was received by the Springfield Fun Run Leader. A motion to have the club contribute was not passed at the June membership meeting. However, this is a worthy cause and any personal donations may be sent to the address indicated.

Dear Mr. Senderoff:

I am a member of Boy Scout Troop 512 located in Springfield, and am presently working on my Life Rank project. I am planning on establishing a Scout library within our Township Library. The books and pamphlets will be available as reference material to be used by all those who are interested in getting information regarding Boy Scouts and Cub Scouts.

The initial cost to purchase the guides, pamphlets, etc, is approximately \$200. I am approaching your organization and other service organizations in the township to contribute toward the cost of this library. I would appreciate any contribution your organization would like to make toward this project.

I would be glad to present my project to your organization at one of your meetings at your convenience. If you have any questions regarding this project, I could answer them at that time.

Checks should be made payable to Boy Scout Troop 512, and forwarded to me at my home address, 89 Sproul Road, Springfield, PA 19064.

Sincerely,  
Anthony McCurdy

## RECIPE \* RECIPE \* RECIPE

Submitted by Mary Lou Boselli

Reprinted courtesy of ORGANIC GARDENING Magazine (3/84)

Marsha Biderman, an employee of Conrail Corporation, won laurels in a nationwide competition for the following recipe:

### CURRIED TEMPEH SALAD

1/2 cup dry lentils	1/2 lb. seedless grapes
1 package tempeh (8 oz.)	1 cup mayonnaise
1 teaspoon-1 tablespoon tamari	1 tablespoon Madrass curry powder
1 teaspoon grated ginger	1/2 cup small walnut pieces
1 clove finely chopped garlic	1/2 tablespoon cumin
1 bay leaf	1/2 teaspoon ground black pepper
2-3 large scallions	

Prepare lentils by boiling in 1-1/2 cups water, until tender but not mushy (approx. 20 min.). Cut tempeh into 1/4" - 1/2" cubes and cook for ten minutes in 1 cup of water with the tamari, ginger, garlic and bay leaf. When lentils are done cooking, drain any excess water and let them cool. Drain and cool the tempeh also.

Slice scallions, remove grapes from stems and place in a large bowl. Add the lentils, tempeh, and mix thoroughly with the mayonnaise, curry, walnuts, cumin and pepper. Then, chill before serving.

This salad can be served in a pita or on a bed of lettuce. It can be garnished with pickles (sweet or sour), sliced carrots, chutney or other Indian style condiments. Yield: 6 servings.

### Substitutions

- 8 oz. white meat chicken may be substituted for the tempeh; cook as directed, then dice when cool.
- Try 1/2 cup yogurt and 1/2 cup mayonnaise instead of 1 cup mayonnaise. Or use a whole cup of yogurt.
- When grapes are not in season, substitute 2/3 cup golden raisins.

Any way you fix it, this recipe is a sure winner!

## FUN RUN REPORT-ALDAN

By Joe Nolan

Newcomers:	Frank DiGiovachini	20X	Mark Clatterbaugh
	Joyce Hayes		Kathi Clatterbaugh
	Charles Motz		Joe Freiberg
	Joe Ryan		Jeanne Hauck
	Tom Salmon		Dot Kracht
10X	Mary Bergin & Tom Lupkie		Betty Perrone

# FUN RUN REPORT-SPRINGFIELD

By Kathi Clatterbaugh

Newcomers: Pam Conan  
Janet Bryson  
Carol McCarthy  
Rebecca Shadle  
Sam Biatlini  
Charles Motz

James Bryson  
Corrine Coady  
Al Macauley  
Ruth Richards  
Keith Richards  
Joe Begley

10X Mike Metague  
Bob Fuhrman  
Bob Street

20X Sheila Marcy  
Glenn Yacona  
Joan Doherty

Total Attendance: June - 187      July - 197

## UPCOMING RACES

### SEPTEMBER

- 21 MARRC Philadelphia Corporate Series - Four Miles  
Memorial Hall  
9 A.M. start  
Corporate teams only  
Entry Fees: \$50 for men's open, \$40 for women's open and masters  
Contact: Chris Tatreau, P.O. Box 5628, Phila., PA 19129
- 22 Women's Way 10K  
Art Museum  
Women Only Contact: Dave Brier, 215-545-4400
- 28 Wilmington Triathlon  
14 Mile Bike, 4.6 Mile Run, 3 Mile Canoe  
Brandywine Park, Wilmington, DE  
11 A.M. start  
Entries close Sept. 20  
Contact: Wilmington Waterways, 618 Market Street Mall,  
Wilmington, DE 19801 (302) 654-1166
- 29 Frankford Trust 10K  
Northeast YMCA  
Entry Fees: \$6 pre-entry, \$8 race day  
Contact: Northeast YMCA, 11108 Knights Rd., Phila., PA or call  
Claire Hiller (215) 632-0100
- Miles for Medicine 10K  
Washington Crossing State Park  
9:30 A.M. start  
Entry Fee: \$7  
Contact: Joan Stevenson or Rick Brodie, Mignoni-Mancuso, 1082  
Taylorsville Rd., Washington Crossing, PA 18977 (215) 493-1877

Upcoming Races (con't)

OCTOBER

- 5 Iri Cen Ten Plus Two  
6 Miles  
Woodbury, NJ  
6 P.M. start  
Contact: Browning Ross
- 12 Stroh's Run for Liberty  
8K  
Art Museum  
9 A.M. start  
Contact: Chris Tatreau, P.O. Box 5628, Phila., PA 19129
- 20 St. Joseph's Hospital Challenge Road Run  
10K  
Reading, PA  
1 P.M. start  
Entry Fees: \$6 pre-entry, \$4 post-entry (no t-shirt)  
Contact: Mary Ann Stetz, 215-378-2503

NOVEMBER

- 2 MARRC Philadelphia Corporate Series  
10K  
Memorial Hall  
9 A.M. start  
Corporate teams only  
Entry Fees: \$50 men's open teams, \$40 women's open and masters teams  
Contact: Chris Tatreau, P.O. Box 5628, Phila., PA 19129
- 24 Philadelphia Independence Marathon  
Ambler to Independence Hall  
Contact: Chris Tatreau, P.O. Box 5628, Phila., PA 19129

**DELCO RRC MEMBERSHIP MEETING**

Monday July 29, 1985

Attendees:

Tom Hirsch, President	Fred Senderoff, Springfield FRL
Mary Lou Boselli, N/L Editor	Torpey White, Swarthmore FRL
Bob Huggins, Team Coordinator	Byron Mundy, Collingdale FRL
Betty Perrone, Public Relations	Joe Nolan, Aldan FRL
Joe Farrell	Larry Ryan
Bill McCormick	Joe Freiberg
Tom Weber	Frank DiGiovachini
Martin Deeney	Rick Jones

(Attendees: con't)

Mike Metague  
Larry Filtz  
Bill Boselli  
Bob Fuhrman  
Charles Matze  
Kathy Watson

Kathy Adamson  
Dot Kracht  
Jeanne Hauck  
Maureen Meyer  
Bill Meyer  
Kathi Clatterbaugh

Meeting was called to order by President, Tom Hirsch.  
Minutes from the last meeting were accepted as read by a motion from  
Joe F/ Joe N

Treasurer's Report/ Dennis Kennedy. Not present

Fun Run Report/ Tom Watkins. Not present

Joe related everything A OK. Swarthmore Fun Run Leader is needed.

Newsletter Editor/ Mary Lou Boselli.

Next newsletter deadline is tonight. There will be a newsletter in  
August and September.

Membership Report/ Marylou Long. Not present

Public Relations/ Betty Perrone. Nothing to report

Team Coordinator/ Bob Huggins

Philadelphia Distance Run on September 15 will have a men's open,  
master, and women's open team. If you want to run for DELCO contact  
Bob with good credentials before August 21.

DELCO T-shirts are still available from the club.  
Mary Lou Boselli will publish sizes available. \$4.00 current price.  
DELCO Singlets are also still available.

Committee appointed to select and decide whether to purchase new  
shirts and if so which shirts. Will report next meeting.  
Committee: Bob Huggins, Jim Miccolis, Mary Lou Boselli, Joe Freiberg,  
Mike Metague.

Women's Distance Festival / Thanks to Mary Bergin, the Women's  
Distance Festival was an outstanding success. Congratulations on a  
job well done Mary!

WHAT HAPPENED TO THE MEDIA RACE CENTIPEDE?

Old Business

1. Cake & Challenge Race / Fred Senderoff  
September 8th - 9 A.M. - 2 loops of Springfield course 4.7 miles.  
Entry fee - a cake. Prizes - a cake. Helpers will be needed if  
you are not running. Contact Fred.

2. A stationary order has been placed by Tom Hirsch with a total of \$138.00 which included the set up fee.
3. Spaghetti Dinner / Betty Perrone  
Needs a \$75 deposit for the Sharon Hill Fire Hall. Tickets will be \$8 per person, 100 tickets need to be sold. Committee of telephone workers to contact people volunteered.  
Committee: Betty Perrone, Mary Lou Boselli, Kathi Clatterbaugh, Dot Kracht, Maureen Meyer, Peggy Bobeck, Joe Nolan, Kathy Adamson, Tom Hirsch.  
Tickets are to be printed.
4. Lecture given by Lisa Bardarson was enjoyed by many, but Joe Nolan seemed to enjoy it the most.

#### New Business

1. Motion was made by Martin Deeney to ban Bob Davis and any club associated with Bob from competition in the Jr. Olympics due to non-payment of fees. Joe N/ passed.
2. Delco Cross County Championship will be held Saturday October 12 at Rose Tree Park. There will be three races for the girls. Equal fees / equal awards. Park has OK'd exclusive use.
3. Triathlon / Joe Nolan  
Aldan Pool is OK; life guards will help.  
Motion was made by Joe Nolan that DELCO sponsor a mini-triathlon on August 31. 200 yard swim, 15.5 mile bike ride (split) 4.7 mi run, finish at Ollies Restaurant. Entry Fee of \$6, no awards. All finishers will eat breakfast free at Ollies. Tom W/ passed.
4. Announced winners of DELCO Woman of Year and Moving Comfort Woman Runner of Year - both to Marylou Long. Also - DELCO Man of Year - Joe Nolan. Congratulations! Thanks to election committee and Kathy Adamson.

Next meeting will be 8-26-85

Meeting was adjourned at 8:03 PM by a motion made by Peggy Bobeck/ Fred

Respectfully submitted,  
Peggy Bobeck

# Lite



## 3RD ANNUAL RIDLEY FESTIVAL "5 MILER" RUN

Sponsored by: Ridley Township Parks & Recreation Dept.

Tim Murtaugh, CHAIRMAN

& LITE BEER



**SATURDAY, OCTOBER 5, 1985**

**Directions:**

Take PA. Rt. 420 or PA. Rt. 320 or 252 to McDade Blvd. Take McDade Blvd. Fairview Ave. turn onto Fairview Ave. going West. Notre Dame De Lourdes School will be on the right. Check-in & registration will take place at the assigned areas.

**The Course:**

The start/finish will be at Notre Dame De Lourdes. The course will be run through the streets surrounding the school. Michigan Ave. Blackrock Rd., Grace Rd., Hood Rd., Seventh Ave., Girard Ave., back to Michigan Ave. to Fairview Rd. and repeat for the 5 mile course. Splits at 1 mile, water along the course.

**Awards:**

TEE shirts to all registered runners. (first 150 runners entered will receive a shirt on race day). Trophies to the top two finishers in categories listed below. Trophy to top finish by a Township employee and trophy to overall champ. All awards to be presented at the Ridley Twp. Bldg. in conjunction with Ridley Festival Day.

**Entry Fee:**

\$5.00 if recieved by Oct. 3rd.  
\$7.00 on race day--Registration  
and Check-in 8am to 9am

make checks payable to "Township of Ridley"

for more info.?

call: Michael English or  
Tim Murtaugh-522-0557

or - 534-4800



## DELCO RRC TRIATHLON

- Mary Lou Boselli -

The first annual DELCO RRC Triathlon was held on Saturday, August 31. The competition consisted of a 200 yard swim at Aldan pool, an 8.2 mile bike to Ridley Creek State Park, a 4.7 mile run on the joggers path, ending with a 7.3 mile bike back to Ollies Restaurant in Springfield.

For a first-time DELCO event, the triathlon went surprisingly well. The swimming competition began at 7:00 A.M. and consisted of two heats spaced 15 minutes apart. The more leisurely swimmers made up for lost time during the bike ride. However, one of our younger, less experienced bikers did manage to lose his way along the course. When the triathletes moved onto the running trail, places were swapped again as our faster members exhibited their talents. Re-mounting their bikes, spirits were sorely tested by some tough hills made even more challenging by previous efforts. As the first finishers wheeled into the Ollies parking lot, we saw experienced triathlete Bruce Kelly safely secure the best time. Most participants felt that valuable time was gained or lost during the bike ride. But everyone said they had a great time and especially enjoyed the hard-earned breakfast after a satisfying work-out. Next year we hope to see many more members attempt this exciting, challenging and really fun event.

Many thanks to Joe Nolan for all his efforts to organize the triathlon; to Coach O'Keefe, Tom Watkins, Mary Bergin, and Mike Metague for their help along the course.

### SWIM RESULTS

1. Frank Dewan	3:08	10. Bob Huggins	4:33
2. Bruce Kelly	3:24	11. Byron Mundy	4:56
3. Mike Tuohey	3:28	12. Joe Freiberg	5:01
4. Rick Jones	3:34	13. Claude Carrier	5:10
5. Jose Ariza	4:11	14. Bill Kracht	5:19
6. Jennifer Bupp	4:15	15. Bob Kern	5:33
7. Nedra Kelly	4:18	16. Dave Covey	6:10
8. Torpey White	4:22	17. Tom Hirsch	6:17
9. Tom Weber	4:31	18. Joe Nolan	6:23

### OVERALL RESULTS

1. Bruce Kelly	1:32:33	10. Mike Tuohey	1:48:48
2. Dave Covey	1:35:16	11. Rick Jones	1:48:50
3. Bob Huggins	1:35:27	12. Joe Nolan	1:58:21
4. Joe Freiberg	1:35:40	13. Jennifer Bupp	1:58:29
5. Claude Carrier	1:38:35	14. Nedra Kelly	1:59:59
6. Bob Kern	1:41:00	15. Tom Hirsch	2:02:19
7. Byron Mundy	1:48:10	16. Tom Weber	2:03:39
8. Jose Ariza	1:48:14	17. Bill Kracht	2:07:44
9. Frank Dewan	1:48:20		

