

Keeping Contact



Newsletter of the Delaware County Road Runners Club

JANUARY, 1986

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

ELECTION RESULTS

The ballot returns this year numbered higher than any previous election. This is a good sign that more members are getting involved with the management of our club. Thanks for your participation!

Re-elected as President - Tom Hirsch.

Newly elected as Vice-President, and continuing to serve as Membership Chairperson - Marylou Long.

Familiar face at Springfield as Fun Run Leader, our new Treasurer - Fred Senderoff

Congratulations to all! Thanks to Bill McCormick for heading the Election Committee.

RUNNERS OF THE YEAR

The following men and women were nominated by the general membership for DELCO'S MAN & WOMAN RUNNERS OF THE YEAR AWARDS. Each winner will receive \$50.00 toward the purchase of sports merchandise. Winners will be announced at the Valentine's Day Dinner Dance on February 15, 1986.

Please select one man and one woman whom you feel possess the following qualities:

- helps and encourages fellow runners
- supports DELCO RRC at club functions
- promotes an image of fitness and fair play as a DELCO representative at races and other sports events.

PHILADELPHIA INDEPENDENCE MARATHON WATER STOP VOLUNTEERS

By Bob Huggins

Sunday, November 24th produced the third year in a row that there has been good weather for the Philadelphia Independence Marathon, especially so for all the workers at the DELCO RRC water stop on the West River Drive. While several of our club's members were running in the race, a number of our members spent the better part of a Sunday afternoon helping approximately 2,500 runners with their 26.2 mile run. I, along with water stop co-chairman Joe Nolan, would like to thank everyone for making the DELCO water stop a complete success. My apologies to anyone who I missed:

Bob Kern	Margy Romano	Jack Barry
Betty Perrone	Scott Dagle	Frances Kirk Dagle
Bill Meyer	Sam Brattini	Mary Lou Boselli
Marcy Harper	Fred Senderoff	Ed Penny
Steven Nolan	Lisa Senderoff	Bob Street
Martin Deeney	Marylou Long	Fran Deeney
Peggy Bobeck	Hank Goldring	Frank Dewan
Torpey "Torpedo" White		Byron J. "Bad Jokes" Mundy
Bill "You look Mahvelous" McCormick		"What in the" Sam Hill
Tom "Chuckwagon" Hirsch		Mary Bergin
Jim "Too cold for Italian Gortex" Miccolis		
Corrine Coady		
Maureen "I'm running Chicago next year" Meyer		

Ken Daws also played a major role in the finish line administration of the race.

1985 JERSEY SHORE MARATHON

By Leo Uzych

I ran in the 15th Jersey Shore Marathon on November 10. It was a nice day for a race, and after missing last year's race, I was particularly anxious to compete in this year's marathon.

I've run in this race on two prior occasions, and, as I recall, the weather in the past has been windy and cool. However, for this year's race, the weather was sunny and unusually warm (probably around 70 degrees). The course route has changed since I competed in the race

race was the smaller number of runners. In the past when I've run in this race, I would estimate that there were at least 1000 runners. In this year's race, I believe there may have been around 600 to 700 runners. I believe the eventual race winner was a runner from Poland, with a time around 2:27.

When I looked at the computerized race results after the race, I noticed that there were very few runners from Pennsylvania. Even though I may personally like the old, double-loop route a little more, I still feel this race is a lot of fun and administered in a first-class manner. All participants received a commemorative long sleeve shirt. Finishers received a medal and a certificate of completion. During the race, there was water and vitalade for runners. Afterwards, fruits, hot cider, coffee, and cold drinks were available. Getting to the race from Wallingford is about a two-hour ride (on the New Jersey Turnpike and Route 195). For marathoners who haven't gotten into the New York City Marathon, or for those who prefer a smaller scale race, I would particularly recommend the Jersey Shore Marathon as a race to consider.

WHAT I REMEMBER ABOUT THE MARATHON

By Joe Freiberg

The Philadelphia Independence Marathon is an event which generates substantial enthusiasm within the club due to the DELCO water stop on West River Drive. Although I was looking forward to helping at the stop again this year, there was speculation from "informed sources" that the Organizers were having a difficult time in getting sponsorships and support from the towns along the course, thereby casting doubt on the continued existence of the race in future years. With this in mind, I entered the race in order not to be denied at least one chance to experience what many describe as "not an easy course."

Even after paying the entry fee, I was uncertain as to whether I should even run the race, considering that I had already run 2 marathons earlier in the fall, and was not willing to go through the pain of running a PR as I did at Marine Corps. Four days before the race, I decided that I would run at or near PR pace until I hit the wall and then either drop out or slow down. In this way, I felt that I would get a very good, but not exhausting, long training run.

The start was crowded, but orderly, with the only apparent problem being a Porta-Potty with a door that would blow open in the wind. The weather was windy and very chilly (low 40's). I considered running in a long-sleeve T-shirt, but decided at the last moment to go with a singlet instead. It turned out to be the correct decision, because with the wind either absent or at one's back, the weather was warmer than ideal for most of the race.

(What I Remember...Cont'd)

I started as I had hoped, passing the starting line in 14 seconds and the mile mark in 6:34. In spite of a brief head wind and hilly terrain, I ran a faster pace than I was willing to hold, and so, after a 3 mile split of 18:45, I eased off and was promptly passed by at least 50 runners.

It was here that Bernie Santaugh, in imitation of Geoff Smith, caught up to me. He said that he was running "a little faster" than he wanted to (on the order of 55 seconds per mile faster) and

After running through 9 miles together, we were caught by Bill Schultz. As if it were a relay race, as Bill caught us, Bernie immediately dropped off the pace. A mile later we were caught by a female runner who was currently in 5th place. As we approached Germantown Avenue and the infamous hill between 12 and 13 miles, we caught sight of the 4th female runner about 40 seconds ahead. This runner bore a remarkable resemblance to Kathy O'Hara of Collingdale.

I personally found the hill to be very underwhelming as, though we slowed down to approximately 7:30/mile for the length of the hill, it felt no worse than the numerous smaller hills that preceded it. Once at the top, we were greeted by a large and rather noisy group of spectators. It was here that we passed the halfway mark in 1:24:31, over 2 minutes off my PR split. From here we entered the easiest part of the course, the 6 mile descent to the Falls Bridge.

During the descent, the two women within proximity to me were gradually coming closer together. In the hopes of seeing a bitter, near-national-class duel first hand, I would occasionally jump in front of the trailing woman to break the wind and make it easier to catch the runner ahead. It turned out that they were both from Princeton, and probably train together. They met at the 18 mile mark, and, instead of the hoped-for confrontation, they started complementing each other and commented on how poorly they each felt. It shortly thereafter became apparent that they were on the verge of hitting the wall as, from 19 miles on, with each breath there was a slight, accompanying whisper. Unfortunately, when the hill bottomed out, the pace of both of the ladies went from 6:25/mile to 7:00 or slower. It turns out that they were both passed somewhere in the last 3 miles to finish 5th and 6th respectively.

As I crossed the Falls Bridge and the 20 mile mark (in 2:09, still 90 seconds off my PR split), I realized that I was feeling much better than I had hoped. Instead of considering whether to drop out at the DELCO station in 2 miles, I started thinking about whether I wanted to push for another PR. I was getting rather excited about the close proximity of the water stop and started picking up the pace in the hopes of at least looking strong as I passed under the banner. When the moment came, I, like every DELCO runner, was given a cheer unlike any I've ever experienced before. There was an incredible urge to put on a sprint for the home crowd. I think I resisted the urge, but can't swear to it. In any case, after passing through the station, I decided

that I would go for a PR, since I felt that I had already, without intending to, gone far beyond the limits of a hard training run, and would gain very little by slowing down with less than 4 miles to go.

The remainder of the race was very uneventful, except that I did in fact PR by 20 seconds (almost as good as Bill Meyer's 19 second PR in 1984). The end result was a 2:48:54 and several questions that will remain unanswered: What did I do right? What if I didn't slow down at 3 miles? What if I didn't run Marine Corps...? It has been said that if you run the marathon enough, sooner or later, you are humbled by it. I only wonder why it didn't happen to me on November 24.

Other runners shortly followed. Mike Metague also finished his third marathon in 42 days, the only 3 times he has ever run beyond 17 miles! (Bill Meyer and Bob Kern also did 3 marathons this past fall, but were at the water stop on this occasion). Mike McGillian, only 14 days off the Phila. to Atlantic City 100K, ran a very strong 3:34.

The question remains as to the future of this very scenic and well organized race. It is certainly a people's race with no big names (I personally don't see any difference between "losing" to Carlos Lopes and "losing" to Ringo Adamson), but lots of class in the directorship of Chris Tatreau. It is my hope that the Independence Marathon will continue for many years to come.

The following is a list of runners known to have participated in the Philadelphia Independence Marathon. Finishing times are given when available.

Joe Freiberg 2:49
Mike Metague 3:03
Larry Filtz 3:16
Guiseppe Pourri 3:22
Mike McGillian 3:34

Joe Jeffries
Dennis Kennedy
Bill Koppenheffer
Bernie Santaugh
Bill Schultz
Mike Tuohy

V-B THANKSGIVING TURKEY TROT 10K

By Bob Huggins

Overcast, light drizzle
high 30's - low 40's

475 finishers
November 28, 1985

Rain or shine, this race brings out the crowds year after year. On what was, generally, a wet, miserable Thanksgiving day, the rain lifted enough to provide some fairly good 10K running weather. Nearly 500 runners showed up, despite the weather and the fact that the exact location of the race (Memorial Hall) has not been listed on the entry blank for a couple of years now. All the regulars were there, including the infamous "wheelbarrow beer crew" who trudge along merrily at the back of the pack. "Rhino Man" was also there with his rhinoceros head gear, which he had also worn in the Independence Marathon only four days earlier.

(Turkey Trot 10K cont'd)

In the men's division, the race was won by 1984 champ Jim Parsons in 30:59. The women's winning time was a seemingly slow 41:08, but not so slow when you consider that the winner was Sylvia Hallman, age 42. In fact, three of the first four women finishers were over 40, all with times under 43:30!

DELCO had its usual large contingent of runners at this race, led by Springfield resident John Krajek (26th overall). Don Larson picked up an age group award in the men's age 50 and over category. Club members and their times, where known, are listed below:

John Krajek	35:37	Bill Smith	45:33
Don Larson	37:33	Joe Santella	46:58
Mike Metague	37:58	Hank Goldring	47:01
Ed Cope	38:47	Jim DelGiorno	48:04
Joe Freiberg	39:03	Larry DiBello	48:40
Bob Huggins	39:45	Helen Senisch	50:09
Bob Koerner	41:58	Mary Lou Boselli	50:17
Bill McCormick	44:04	Tom Watkins	50:36
Bob Fuhrman	44:19	Larry Ryan	51:30
Bill Schultz	44:21	Betty Perrone	51:37
Leo Foley	45:24	Paul Straube	51:54

Times were unavailable for Torpey White and Bill Koppenheffer.

RESULTS OF HANGOVER 5K

By Joe Freiberg

Date: January 1, 1986

Time: 11 A.M.

285 finishers

Place: Kelly Drive - out and back from Plaisted Hall

Conditions: 40 degrees, sunny, windy

Larry Filtz	17:54	Mary Bergin	22:16
Mike Tuohy	18:28	Tom Hirsch	23:01
Mike Metague	19:15	Maureen Meyer	23:08
Bob Fuhrman	20:13	Mary Lou Boselli	23:22
Bill Meyer	20:40	Kathy Jackman	25:04
		Frank Digiovaghini	25:05

Although not running officially, thanks to Bob Huggins and Byron Mundy for the encouragement given to DELCO members along the way.

MARRC'S CLUB PLANS FOR 1986

The following letter was written by John Shiffert, Executive Director of the Middle Atlantic Road Runners Club and sent to all running clubs in the Middle Atlantic area. This information is important, so please read it carefully.

MARRC
P.O. BOX 35133
PHILA. PA 19128

To: All running clubs in the Middle Atlantic area
From: John Shiffert, Executive Director,
Middle Atlantic Road Runners Club
Re: MARRC's club plans for 1986

MARRC President Bob Fortunato, MARRC Race Director Chris Tatreau, and myself all feel very strongly that MARRC can only be as strong as its member clubs. As a result, we would like to get the local running clubs more involved in MARRC's activities in 1986.

This involvement can take place in three areas: Running News - MARRC's quarterly newsletter, the already-established MARRC Race Series, and the club's newest project, the MARRC Marathon.

It is most important to the Middle Atlantic Road Runners that the area's running clubs take an active part in Running News. It is our goal that Running News strongly reflect the activities and interests of the individual clubs. As a result, all running clubs in the Middle Atlantic region are complimentary members of MARRC - listed on the MARRC mailing list as MARRC Members (at no charge to the clubs). All the clubs should be receiving Running News as well as any other mailings that are generated off the MARRC mailing list. In addition, the mailing list itself is available to the clubs at a special discount price.

In return, MARRC would like to request that Running News be placed on your mailing lists, to receive all club mailings throughout the region. More importantly, we will be more actively soliciting club information for Running News with the goal of carrying information from every single club in every issue. We hope to expand our "Club News" section significantly, to the point where each club is submitting articles to Running News for every issue. (If you've ever seen the New York Road Runners Club's Running News, you know what I'm talking about.) This information does not have to be limited to race results (we're hoping to include more non-racing information) and it doesn't have to be worthy of a Pulitzer Prize. Should you have any questions or suggestions on this matter, please by all means give me a call in the evening at 215-482-8960.

In addition, as far as membership goes, we will be sending new MARRC membership applications to all the clubs in the near future. We hope that you will urge your individual members to join in supporting MARRC.

The MARRC races are also important, and we particularly hope that the clubs will make a stronger showing in the team races. This is Chris' area, so any inquiries should be directed to him at: P.O. Box 5628, Phila., PA 19129.

The MARRC Marathon is our biggest project. It will be formally announced in the next Running News, but it will not take place without the clubs help in guaranteeing volunteers. This will be an old-fashioned three "Loop" Marathon, scheduled for April 20, 1986 and will be open only to MARRC members and members of our running clubs. Please discuss the possibility of your club manning a water stop or supplying course marshalls at your next meeting. We feel very strongly that Philadelphia should have a spring marathon, and that the Middle Atlantic Road Runners Club and its member clubs should be the ones to administer it. Should you have any suggestions or questions on the MARRC Marathon, please give me a call.

Let's work together in 1986 with the goal of making it a good running year. Thank you.

From the Editor: DELCO is strongly backing these plans for 1986. We urge all members to join the MARRC. Also, we'll be soliciting volunteers to help support a spring marathon in Phila. These activities are vital to keep running alive in the Delaware County area. We're counting on you for your help.

THE CHEATING FACTOR

By Bob Huggins

The time has come to bring to your attention a very disturbing subject that has plagued road racing for some time now and, yes, unfortunately even the racing scene in the Delaware Valley. The subject is cheating in races. Cheating can take a variety of shapes and forms, but the most common form is entering a race at some point other than the official starting line and then crossing the finish line with an official race number. The second type of cheating is typical where courses are of an out-and-back nature. That is, the person starts the race, runs a mile or two, conveniently pulls out of the race and then re-enters the race course. Several years ago, while on a training run on the Wissahickon Trail, I found myself in the midst of the old Dannon 10 mile race. In this case, the cheater (let's call a spade a spade) conveniently turned around before the official turnaround point. Fortunately, several runners around him took note of his number. Recently, I was made aware of a new type of cheating. In this case, the person actually runs the entire distance of the race course, but in order to get an age group award or simply "look good" with a fast time, the cheater starts the race before the official gun goes off. This is simply unacceptable behavior.

The issue at hand is what can we, as runners and race officials, do about this very small minority? Runners, try to make every effort to get the offender's race number. Report that number to the race director. Do this if you are absolutely certain that the person has actually cheated and that your account of the incident can be corroborated by other witnesses. It is important to have at least one other witness so as to avoid being sued for libel. At a minimum, the

cheater won't get any awards; hopefully, he or she will be banned from races. Race Directors, keep a list of known cheaters and suspected cheaters. For known cheaters, reject their race entries ("the race director has the right to reject any entry..."). Share your lists with other race directors and send your list to the Middle Atlantic Road Runners Club. For those persons you suspect of cheating, but can't prove, try to have your race course monitored as closely as possible. In smaller races, this can be done by having monitors at selected points around the course who record competitor's numbers. You may also wish to take still pictures of suspected cheaters to help identify who they are. In larger races, use of videocameras is probably more appropriate.

This is one article that I wish I didn't have to write, but if runners and race officials can band together to unmask these losers, we can be assured that awards will go to those who truly deserve them and that every legitimate runner's place and time in the race will be correct.

Author's note: I'm interested in hearing your thoughts and comments on the subject. If you have ideas on how we can combat cheating in road races, drop me a line. We'll publish your comments in a future edition of KEEPING CONTACT. The address is: 408 Pershing Ave., Collingdale, Pa 19023.

The membership of DELCO RRC extends condolences to the Nolan family on the recent loss of their oldest son, Joseph. Our prayers are with Joe and Mary in their time of sorrow.

(Donations are being accepted by the Big Brothers/Big Sisters organization, in lieu of flowers.)

RUNNING SHORTS

1. The Collingdale race will be held on Sunday, January 26. We'll need volunteers to help with time splits, course directions, registration, etc. To register for the race, or to offer your services, contact either Byron Mundy (534-2833) or Bob Huggins (583-0610).
2. The (Delco Junior) Olympics will be held during the first week in June. We'd like to coordinate the event the same way we did last year; that is, with the responsibilities being shared by several people. If you'd like to handle part of the duties of directing this event, let Tom Hirsch know (544-2280).

3. Congratulations to Gene Martenson who took 1st place in the 55+ age category this past summer at the Big Apple Triathlon in Staten Island, NJ (1:40:15). Now that the cold weather has set in, Gene is gearing up for a 55K cross-country ski race - a great way for runners to stay in shape through the winter months. Gene hopes to beat his 1985 time - 7 hours, 58 minutes - with his daughter Sharon helping him along this year. Other times for Gene: Philadelphia Distance Run-1:33:01 and New York Marathon-3:25:39.

4. The fashion '85 scene introduced "the lycra look" for runners. Among those sporting the (usually) tight-fitting leggings:
Bill Schultz - winner of the technicolor award.
Mary Bergin - the only runner who manages to have baggy tights.
Billy "E.T." Godschall - who appears to have moved on to yet another cosmic plane.
Joe Coulston - winner of the bare bones award.
Maureen Meyer - you wouldn't have thought it possible, but she has succeeded in looking even cuter than ever.

And last, but not least, all of the female members of the club would like to thank Kathi Clatterbaugh for her Christmas present - a well-fitting pair of lycra tights - for Mark. The only thing that might be better is if we can convince Maureen Meyer to buy a pair for Bill.

5. Congratulations to Rick and Cheryl Jones who are expecting their third child on the fourth of July.

6. It was great to see Ann Bonnett back for a visit at a recent Collingdale Fun Run.

7. We may not see Larry DiBello around Collingdale for a while after his return appearance prompted Mike McGillian to welcome him with a bird's eye view of the full moon.

8. All of DELCO was relieved to hear that, despite an attractive career opportunity, Tom Weber decided to turn down the job requiring relocation to Dayton, Ohio. We would have really missed Gina.

9. It's been too long since we've seen some of our old friends, so DELCO is IN SEARCH OF:

Paul Macelrone	Marlene Fetolicchio
Marie Barry	Bob Rost
Joe Dean	Denise DePangrazio

Where have you been? We miss you!

10. Some of Murphy's Laws that apply to running (provided by Joe Freiberg):

- When registering late for a race, there is always only one safety pin left. It is always broken.
- When registering late for a race, you always receive a number one higher than the cut-off for tee-shirts.

(Murphy's Law cont'd)

- When registering early for a race, there is never change for the only denomination bill you have with you.
- In hot weather racing, the person with the hose always aims for your glasses. If you don't wear glasses, then they aim for your shoes.
- The runner with the most talked about injury is always the one that finishes in front of you.
- If you are chased and/or bitten while running, the owner demands to know what you were doing running by there anyway.
- Their dog has never bitten anyone, according to the owner.
- You know when you have achieved a runner's physique when people begin to ask how long you have been sick.

11. Plans are in the works for a jogging trail through Fairmount Park, including a 6.2 mile stretch along the East and West River Drives close to the river. Allen Black, Chairman of the Fairmount Park Jogging Trails Foundation, says the next step is to secure approval from the Fairmount Park Commission. You can help by writing a short note urging approval of this project and sending it to:

Fairmount Park Commission
Memorial Hall
42nd and Parkside
Philadelphia, PA 19131

From the editor: The minutes of DELCO'S monthly membership meeting are printed in this newsletter in order to keep our members informed about what our club is doing -- it's proposals and decisions. The minutes are not intended as an announcement of up-coming events. In fact, by the time the proceedings of our meetings are printed, many of the matters discussed are past. If you would like to be involved in the planning process, or simply want to express your opinion, please attend the meetings held on the last Tuesday of every month in the Community Room at Springfield High School. Also a note of thanks to Peggy Bobeck who faithfully supplies copies of the minutes to the club officers.

DELCO RRC MEMBERSHIP MEETING

Tuesday October 29, 1985

Attendees:

Tom Hirsch, President	Fred Senderoff, Springfield FRL
Tom Watkins, Vice President	Joe Freiberg, Prospect Park FRL
Bob Huggins, Team Coordinator	Joe Nolan, Aidan FRL
Mary Lou Boselli, Newsletter Editor	Sam Brattini
Marylou Long, Membership Chairperson	Fran Deeney
Leo Foley	Peggy Bobeck

Meeting was called to order at 8:04 P.M. by Tom Hirsch, President.

Secretary absent, no minutes from the last meeting.

Treasurer/ Dennis Kennedy Not present.

Fun Run Leader/ Tom Watkins A-OK

President Tom Hirsch asked Joe Freiberg to contact Doug Schumaker about Prospect Park records. Joe Freiberg volunteered to become Prospect Park FRL contingent on being able to change time. Permission granted by Tom Watkins and Tom Hirsch.

Springfield/ A-OK

Aldan/ A-OK

Collingdale/ no report due to absence of leadership.

Late arriving Secretary thanks Joe Nolan for taking minutes.

Newsletter Editor/ Mary Lou Boselli

Asked that anyone with articles for the newsletter please observe the deadline 11-1-85.

Membership Committee/ Marylou Long Good shape.

Team Coordinator/ Bob Huggins

Little response to team item sale, only 9 sub-4 tops wanted at present time. We need 12 to order. Contact Bob for any shirts(tee- tank- etc.).

No team activity. No team race/winter.

Old Business

Philadelphia Independence Marathon water stop. Motion was made for Joe Nolan to run the Phila. Independence Marathon water stop and to receive \$50 for the chuck wagon goodies. Passed.

Election Committee/ Peggy Bobeck

Motion was made by Mary Lou Boselli that nominations for the 1985 election of officers be open. Passed.

Election Nominees:

President	Tom Hirsch
	Torpey White
	Bill McCormick
	Bill Boselli
Vice-President	Joe Freiberg
	Marylou Long
	Bill O'Keefe
Treasurer	Dennis Kennedy
	Betty Ferrone
	Fred Senderoff

Joe Nolan made motion to close nominations of officers. Passed.

Moving Comfort has notified club that they will no longer be sponsoring the annual Moving Comfort Award for women runners due to budget cuts.

Springfield Tricentennial

Tom Hirsch and Sam Brattini went to the last meeting of the Springfield Tri-Centennial committee. They would like DELCO to sponsor a race for the Tri-Centennial contingent on getting sponsors. Passed.

The 20th of June has been suggested as a date for a 5 mile race. Some people have volunteered their services thus far:

Joe Nolan/ Committee
Tom Hirsch/ Committee Chairperson
Fred Senderoff/ Computer/ mail, list etc.
Bob Huggins & Marylou Long/ Finish Line
Bob Huggins & Byron Mundy/ Certify course

New Business

Dinner Dance

Mary Lou Boselli volunteered to chair the committee for our 2nd Annual Valentine's Day Dinner Dance.

Cross Country Championships at Rose Tree went well. Thanks to everyone who helped.

The next meeting will be November 29.

Motion to adjourn at 9:04 P.M. by Mary Lou Boselli. Passed.

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Tuesday November 26, 1985

Attendees:

Dennis Kennedy, Treasurer	Fred Senderoff, Springfield FRL
Bob Huggins, Team Coordinator	Joe Nolan, Aldan FRL
Marylou Long, Membership Chairperson	Joe Freiberg, Prospect Park FRL
Leo Foley	Peggy Bobeck
Bill Smith	Bill McCormick

Meeting was called to order by Fred Senderoff in the absence of Tom Hirsch, President and Tom Watkins, Vice President.

Minutes from the last meeting were accepted.

(Nov. Membership Meeting cont'd)

Treasurer/ Dennis Kennedy

Checking Account \$969.94

Accepted/ Bob Huggins.

Fun Run Leader/ Not Present

Newsletter Editor/ Mary Lou Boselli Not Present.

Membership Committee/ Marylou Long Good shape.

Team Coordinator/ Bob Huggins Nothing to report.

Public Relations/ Not present.

Old Business

Philadelphia Independence Marathon water stop. Thank you to everyone who came out and helped. I am sure that the runners appreciated it and we do have a good time.

Election Committee/ Bill McCormick

The ballots have been mailed, please get your ballots in as soon as possible.

New Business/ Collingdale Race

Motion was made to give Byron Mundy \$100.00 for the Collingdale race, which is DELCO sponsored. Passed.

The next meeting will be on Monday, December 30, 1985.

Motion to adjourn at 8:07 P.M.

Respectfully submitted,
Peggy Bobeck

SPRINGFIELD FUN RUN REPORT

November, 1985

By Kathi Clatterbaugh

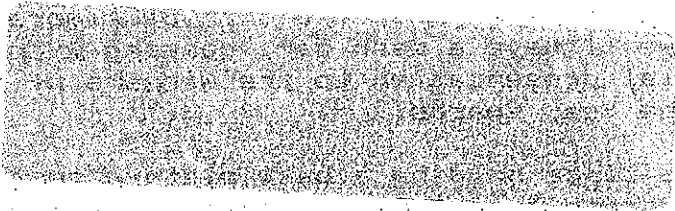
Newcomers: - Ed Penny

Awards:

- 10x - Bill Erb
- Bobby Hill
- 20X - Corrine Coady
- 80X - Maureen Meyer

Milestones:

250X - Bob Huggins



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