



Keeping Contact

Newsletter of the Delaware County Road Runners Club

July, 1986

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

A HOPKINTON SKIP AND A JUMP

By Joe Freiberg

The 90th Boston Marathon returned to international prominence as, for the first time ever, I ran in it. By coincidence, it was also the first time that prize money was offered. In order to make the most of the trip, I flew to Boston the week before, "running" into Keith Richards at the airport. I had caught a terrible cold the day before I left, thereby causing me to modify my tapering plan. Instead of running every day, I ran 8 miles on Thursday, and felt weak enough to cancel all further training runs, in hopes of recovering from the cold by Monday. This didn't prevent me from doing the sightseeing I had planned. I stayed with a friend for 2 nights, and then went to the Park Plaza hotel for the remainder of the trip. In addition to the runners in the hotel, there was also a structural foam convention (whatever that is), resulting in the interesting situation of men in pinstripes and men in lycra tights in the same elevator. The two groups coexisted nicely.

On Saturday morning, the marathon weekend was already in full swing. I took a bus tour of the course in the morning, during which I met a young lady who ran the Philadelphia Independence Marathon. She was a very charismatic escort throughout the weekend. The driver of the tour bus left a little to be desired, in that he would occasionally tell us things that simply weren't true. According to him, no Boston winner has ever won an Olympic marathon. Of course, this was true until Joan Benoit took her stroll through LA a couple of years ago.

After the tour, we went to the expo at the Westin hotel (there was no trouble finding the Westin, it had a pair of 30 foot high running shoes hanging off the side). This expo dwarfs the Distance Run or even the Marine Corps runners' expos. The place was loaded with world class and other famous runners. For the first time in my life, I went autograph hunting, and very rapidly collected those of Alberto Salazar, Steve Jones, Julie Isphording, Orlando "Lotta-Pizza", Lorraine Moller, Greg Meyer, Roberta Gibb, Jaquiline Gareau, Sidney Maree, and the signature that had more impact on the Boston Marathon than any other, K. Switzer. Of all these runners, the one that I had the most desire to meet was Julie Isphording. This arises from a short anecdote appearing at the end of an article in the December 1985 issue of Reader's Digest. The contributor's name was R. C. Isphording from Cincinnati, and I have been wondering for no reason at all ever since if this person is any relation

to Julie. Mike Metague declined to research this for me when he was in the city last month. This was the first that Julie had heard of the story, and theorized that it was an uncle. In any case, I was very much impressed by her. In addition to being a near world class runner, Ms. Isphording is very much a class act.

On Sunday, after a special runners' mass and a visit to the New England Aquarium, the official pre-race carbo-loading party got under way at the Science Museum. Interspersed throughout the various exhibits were runners of all descriptions, along with jugglers, stiltwalkers, and others assigned to keeping the atmosphere appropriate. We met Bob Sheerer here. Bob wasn't specific, but appeared to be looking for a sub 2:50. My cold had gone by this time, and I was optimistic that I could still break 2:40, despite my lack of training for the last week, but it was not to be.

Monday, April 21, started cloudy and was too warm to be ideal. After the normal rituals associated with the start of a marathon, we went to the start, meeting Bob Kern and Linda Long on the way. Bob was also looking for a sub 2:50. The infamous crowded start is made even more difficult by the 4000 unofficial runners, who seem more welcome here than any other race I've run in. Despite attempts to keep the bandits behind the slowest qualified runner, anyone whose qualifying time was slower than 3:00 and who lined up according to instructions, undoubtedly lost a substantial amount of time at the start.

These considerations of course were not of importance to the aerobic animals at the front of the pack (phrase borrowed from the great Boston U. runner, DeeAnn Yabusaki), as Rob DeCastella and Ingrid Kristianson made a joke out of the world class field and ran all the way to the bank with strong, easy wins. My start was as good as could be expected, taking 18 seconds to reach the start and averaging 6:10 for the first 2 miles. Then I hit the wall. I found out that my cold was not gone, but was still very much in me, reducing my endurance to about 20% of what I had a week before. I decided to hold on until at least Wellesley College, at 13 miles. I heard several people ask me if my DELCO singlet had anything to do with the battery. I ran at about a 7:30 pace from 3 miles on in hopes of getting through the race with as little stress as possible, but even this wasn't to be. After Wellesley College, and encouragement from the ladies thereabout, I passed the half-way mark in the respectable time of 1:33, but the "Nasty Newtons", the series of hills starting at mile 17 and building up to Heartbreak Hill just before mile 21, brought me to a walk several times. The final 5 miles, during which it was raining steadily, had me walking seemingly most of the time. I did not DNF, but instead, went against all tenets of common sense in the most ridiculous exercise in self-flagellation that I can recall. I spent several minutes at the 25 mile mark trying to convince a marshal to let me finish, despite my hypo-thermic condition. I can now understand Gabriele Anderson's motivation in insisting that she was OK when she wasn't. I finished in 3:35:05, a PW in every sense of the word except in that I put out as strong an effort for this race as any other. To add to my misery, I left my DELCO singlet with coveted number attached at the finish area. I don't know how either of the Bobs fared, although Bob Sheerer passed me at about 5 miles, and appeared very comfortable at a pace around 2:48.

After warming up and coming to my senses, we returned to the finish line, where the official counters had left, and were replaced by a group providing loud support to the slow runners who were still on the course. There was the lady who finished in 5:45, wearing a number indicating a qualifying time of about 3:05. It is assumed she spent a considerable amount of time at an aid station. And then there was the 76 year old man who came across in 6:02 and many others, each of whom received enthusiastic support as they finished.

The final event of the 90th Boston was the night club with semi-open bar that was free to numbered runners. It was also free of smoke. Instead of the normal dancing on stage, the dancers sported current running styles, and provided a very interesting and enjoyable fashion show. If you think that Bill Schultz' tights are flamboyant...

Thus ended the Boston Marathon for another year, and the most enjoyable vacation I have ever had, despite the disappointing time. It is an annual excuse for the city of Boston to have a 26 mile long block party, and is one that I hope not to miss in the future.

BRANDYWINE TRIATHLON

By George Kennedy

Sunday, April 27, 1986

75 Degrees, 65% Humidity

This early season event offers 7 heats - each starting on the hour - with a 1 mile swim, 10 mile run and 25 mile cycle segments. This evolutionary order of events is much more forgiving to the legs in the second transition than the normal sequenced event - swim, bike, run - where the legs refuse to cooperate early in the run segment. The pool is modern with the run essentially flat with one downhill and the cycle takes you out and back through scenic Chester County back roads. With the individual heats, most triathletes strive for personal goals with little racing taking place between the contestants.

This event, now 4 years old, attracted 66 entrants (7 Ironmen, 1 Nice triathlete, several USTS age group placers along with the usual bums like myself and Dan Lang from DELCO and 15 first-timers). With the high early season heat most finishing times were over the last 2 years times. Steve Fitch, an improving triathlete and runner, won for the 2nd consecutive year with a time of 2:23:10 (19:56 swim, 58:47 run w/trans, 64:27 bike w/trans). That's cooking. Two years ago Steve ran the 10 mile segment in 73:47.

I strongly recommend DELCO runners consider the benefits of cross-training. Events like the triathlon offer the aerobic benefits we all seek while alternating stress on the different muscle groups. For you mega-mileage freaks like Bill Boselli, this might be the key to faster running and more PR's. Give it a try!

COMMUNITY Y BIATHLON

By Bob Huggins

April 27, 1986

Swim: 1/2 mile, Run: 5 miles

The DELCO ROAD RUNNERS CLUB made, literally, a big splash at the inaugural Community Y Biathlon, staged at the Y's pool and through the streets of Lansdowne. Ten club members represented DELCO in a small field of 40 competitors. Taking home top honors in the women's division was DELCO's Frances Dagle who, despite a few jittery moments in the pool, covered the course over a minute and a half faster than her nearest competitor. On the men's side, Jim Flannery won with a fine 47:49 time despite a sluggish (18:27) swim split. Steve Brusstar of Lansdowne was DELCO's first male finisher placing 4th overall with an excellent 49:19 clocking.

The surprises of the day had to be Jack Emmert and Rolf Dehmel who clocked very fast swim times (14:50 and 15:14, respectively) and look like competitors to be reckoned with in future multi-sport competitions. DELCO RRC members and the times are listed below.

NAME	SWIM TIME	RUN TIME	TOTAL TIME
Steve Brusstar (2nd: 30-39)	17:26	31:53	49:19
Frank Dewan (3rd: 20-29)	16:14	33:52	50:06
Bob Huggins	19:15	32:18	51:33
Jack Emmert	14:50	37:25	52:15
Rolf Dehmel (1st: 50 & over)	15:14	38:57	54:11
Rick Jones	16:37	39:23	56:00
Frances Dagle (1st Woman)	19:50	36:40	56:30
Joann Murphy (2nd: 20-29)	19:02	39:40	58:42
Bob Fuhrman (3rd: 40-49)	20:05	39:00	59:05
Gene Martenson (2nd: 50 & over)	21:14	40:07	61:21

*Run time includes transition time between swim and run.

LANSDOWNE MEMORIAL DAY 10K

By Bob Huggins

The spotlight was on DELCO's women runners as they took four of the first five places at the annual Memorial Day race held in Lansdowne at Penn Wood High School. Frances Dagle of Darby won her second race on the streets of Lansdowne in less than a month, having also won the Lansdowne YMCA's Biathlon (swim/run). Joann Murphy and Kathy Watson, both from Lansdowne, placed second and fourth respectively while Upper Darby's Kathy Jackman took fifth place.

The top DELCO man was Goldingdale's Frank Dewan with a strong fourth place finish, having moved up from 9th place at the halfway point. There were no surprises in the men's masters division with Don "Not him, again" Larson and Gene Martenson taking first and third respectively in the 50 and over age group. Other DELCO runners seen among the 111 finishers included Larry Filtz, Mike Metague, Frank DiDiovacchini, Bill OKeefe, Jr., Bob Fuhrman, Ed Cape, Torpey White and Dennis Kennedy.

RESULTS - RESULTS - RESULTS

BROAD STREET 10 MILE RUN

May 4, 1986

2,604 Finishers

<u>NAME</u>	<u>TIME</u>	<u>NAME</u>	<u>TIME</u>
Steve Danbra	56:00	Mark Clatterbaugh	1:15:26
Joe Freiberg	57:23	Jim DelGiorno	1:16:13
Frank Dewan	57:30	George Koerner	1:17:34
Mike Metague	58:00	Jim Miccolis	1:18:14
Larry Filtz	58:44	Maureen Meyer	1:18:16
Torpey White	1:00:01	Frank DeGiovachini	1:19:30
*Don Larson	1:00:01	Shannon Nestor	1:19:34
Bob Huggins	1:02:46	Dor Lewis	1:20:03
Ed Cape	1:03:16	Bill O'Keefe, Jr.	1:20:05
Bill Koppenheffer	1:04:01	Mary Lou Boselli	1:20:27
Bernie Santagh	1:04:27	Kathy Watson	1:20:28
Terry Adamson	1:04:29	Leo Foley	1:20:28
Giuseppe Forri	1:05:32	Bill McCormick	1:20:29
*Claude Carrier	1:05:40	Kathy Jackman	1:20:43
Bob Rost	1:06:08	Betty Perrone	1:20:48
Bill Boselli	1:06:09	*Helen Senisch	1:23:31
*Joan Potterfield	1:07:16	Larry Ryan	1:25:09
Bob Koerner	1:08:10	Sam Brattini	1:26:11
Matt Bobeck	1:08:30	Jeanne Danbra	1:27:00
Bob Fuhrman	1:08:59	Dot Kracht	1:28:45
Bob Kern	1:09:04	Margy Romano	1:29:44
Jack Elliott	1:09:37	Nancy Laddon	1:33:08
Joe Farrell, Jr.	1:10:20	Kathy Adamson	1:34:09
Tony Belfiglio	1:10:39	Ron Finley	1:34:10
Tom Beese	1:11:29	Larry DiBello	1:37:24
Gene Martenson	1:11:35	Kathi Clatterbaugh	1:38:03
Joe Santella	1:13:39	*Marie Barrie	1:41:00
Hank Goldring	1:13:40	George Ladd	1:41:00
Rick Jones	1:13:45	Jeanne Hauch	1:41:10
Bill Smith	1:14:26	Peggy Bobeck	1:41:24

*Age Group Winners. Times were not available for Frances Dagle and Jack Meyers.

SPRINGFIELD 5-MILER

Following are club members' times for the Springfield Tricentennial Race on June 20. Many thanks to Tom Hirsch and Sam Brattini who worked long and hard to make this event such a huge success. As a result of their efforts, we are honored by having the DELCO name, along with the Tricentennial hat, t-shirt, towel and race flyer, installed at the Springfield Historical Museum in the Jr. High School on Rte. 420. Also, thanks to the many volunteers who helped out at the race.

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
1.	BRIAN DE URIARTE	25:18	115.	MARK CLATTERBAUGH	37:38
2.	VINCENT TOUEY	26:13	122.	BILL SMECK	37:56
7.	RICH JACOVINI	28:06	125.	FRANK DI GIOVACHINI	38:04
10.	MARK DEHMEL	28:29	132.	BILL O'KEEFE JR.	38:33
14.	LARRY FILTZ	29:06	136.	CHARLES BRIDDLES	38:40
16.	FRANK DEWAN	29:36	141.	JOSEPH FARRELL JR.	38:51

19.	STEVE WHITMORE	30:04	145.	KATHLEEN WATSON	38:56
20.	BYRON MUNDY	30:16	153.	KATHY JACKMAN	39:42
33.	JEFF BARASATIAN	31:24	154.	BETTY PERRONE	39:43
34.	TOM FEEHERY	31:29	168.	ANNA MAE DONAHUE	40:21
36.	MICKÉY LOBB	31:32	174.	JOE COULSTON	41:02
40.	BOB ROST	31:49	180.	MARY LOU BOSELLI	41:27
47.	FRANCES DAGLE	32:25	189.	PAUL STRAUBE	42:18
48.	DENNIS KENNEDY	32:25	191.	HELEN SENISCH	42:25
52.	MIKE HEFFERAN	33:00	197.	TOM WATKINS	42:38
53.	TONY MARINO	33:12	198.	KATHLEEN EGAN	42:40
63.	ROBERT ROSATI, SR.	33:59	199.	BEN NURRY	42:41
71.	ANTHONY BELFIGLIO	34:20	203.	SARAH JANE LEE	43:00
76.	WILLIAM ERB	34:57	204.	FRED COX	43:12
79.	GENE MARTENSON	35:04	213.	RON FINLEY	43:52
87.	JOSEPH SANTELLA	35:50	215.	EDWARD PANNY	43:53
88.	BILL MC CORMICK	35:53	219.	DOROTHY KRACHT	44:22
90.	THOMAS BEESE	36:02	241.	PEGGY BOBECK	47:39
97.	BOB STREET	36:17	243.	BILL O'KEEFE	48:01
98.	HANK GOLDRING	36:27	247.	JEANNE HAUCK	48:57
99.	LED FOLEY	36:31	248.	KATHI CLATTERBAUGH	49:05
104.	JOHN LAWRENCE	36:51	256.	WAYNE J. COVEY	57:32
109.	JAMES DEL GIORNO	37:25			

AND STILL MORE RESULTS

Yeadon Five Miler

Friday, June 13th

Joe Freiberg	26:57	Marcy Harper	36:??
Jack Meyers	28:10	Frank DiGiovachini	37:30
Larry Filtz	28:44	Jim Miccolis	37:41
Mike Metague	29:12	Kathy Jackman	38:10
Frank Dewan	29:40	Margy Romano	43:29 (2nd-age group)
Joan Potterfield	33:30		
Joann Murphy	35:??	Time unavailable for:	Bob Fuhrman

THE CASE OF THE DISAPPEARING FUN RUNS

By Mary Lou Boselli

I've heard several members talking lately about the decreased attendance at DELCO's fun runs. These group activities are the backbone of the club, as well as an important social event. Therefore, it was with some concern that I decided to look into the situation.

I began by taking an informal survey of all current fun runs for the month of May, 1986. Next, I dug up some old records for 1983-1985. Here are the results of my research, along with a few personal observations.

First, the bad news. It appears that we have lost one fun run location entirely. Efforts to revive interest at Upper Darby have been unsuccessful and I must sadly say that that fun run is gone for good.

Also showing little interest are the Prospect Park joggers. Once a popular fun run with 51 attendees on July, 1983, comparable statistics for 1986 show a total attendance of 6.

At this point, I would like to explain that the figures used for total attendance indicate the number of appearances, not the number of individual runners, i.e., 6 people showing up 4 times in July = total attendance of 24 for the month.

Exact figures were not available for Collingdale, but personal observation indicates that the run is alive and well. A Saturday morning on a nice day will produce at least 30 runners and Wednesday evenings average around 15-20 participants. These numbers appear to be about the same as when I ran my first DELCO fun run with Byron back in 1981.

Aldan has also maintained a healthy attendance record. On a cool spring night you could find as many as 40 people at the Police Station (all of them ignoring Joe Nolan's announcements). Average attendance, however, is 25-29/month.

An encouraging increase has been noted at the Swarthmore fun runs, due largely to the volunteer efforts of Helen Senisch. Once floundering without a fun run leader, Helen has turned the situation around and now reports a total attendance of 42 in May, 1986. As information for those of you not familiar with it, Swarthmore is definitely the prettiest course DELCO has to offer. The shaded roads provide welcome relief from the sun, making this a favorite summer course for many of our members. Join us on Wednesdays at 6:30 P.M. and Saturdays at 4:00 P.M. in the First Presbyterian Church parking lot on Harvard Ave.

The most consistently promising attendance of all is, appropriately, the site of DELCO's first fun run - Springfield. Records are available for many years thanks to the dedicated fun run leaders and record keepers past and present: Byron Mundy, Fred Senderoff, Dave Covey, Tom Hirsch and Kathi Clatterbaugh. The numbers speak for themselves.

June, 1983	- Total attendance = 144	Newcomers = 6
May, 1984	- " " = 144	" = 3
May, 1985	- " " = 151	" = 5
May, 1986	- " " = 150	" = 1

One final note. Although attendance at most of DELCO's fun runs is as good, if not better than years past, the number of newcomers to our club has dropped off considerably. For example, during June and July, 1983, there were 13 newcomers at Aldan (not counting the fictitious, but infamous, John Tuttle). In May, 1986, there were only 2. Perhaps the decline is merely a result of the passing of "the running craze." Perhaps a renewed effort is called for to spread the word about DELCO. After all, it's given you so much enjoyment all these years, wouldn't you like to share that good feeling with a friend? See you at the fun runs!

DELCO RRC MEMBERSHIP MEETING

Monday June 30, 1986

Attendees: Tom Hirsch, President
Bob Huggins, Team Coordinator
Mary Bergin, Team Coordinator
Joe Freiberg, Public Relations
Joe Nolan, Aldan Fun Run Leader

Rick Jones
Mike Metague
Marcy Harper
Torpey White

Mary Beth Mundy
Tom Watkins
Dot Kracht
John Lawrence
Ida Mae

Byron Mundy, Collingdale FRL
Helen Senisch, Swarthmore FRL

Bob Fuhrman
Pete Senisch

Jim Miccolis
Joe Anderson

Meeting was called to order at 7:20 P.M. by President, Tom Hirsch. Minutes from the last meeting were read by the Secretary and accepted as read. Joe Nolan/ Bob Huggins

Treasurer's Report/ Fred Senderoff N/P

Tom stated we have 1357.40 in the Super Now Account.

Jr. Olympics had 183 entrants with 426.00 received and an expenditure of 411.29.

Springfield Tricentennial Race/ Pre-registered 163; Post-registered 119; Finishers-256. Monies made and turned over to the Tricentennial Committee \$1513.00. Monies due DELCO RRC 329.07.

Motion was made that the Treasurer's report be accepted. Joe N/Tom H.

Fun Run Report/ Marylou Long N/P

If you need anything, contact Marylou.

Team Coordinator/ Bob Huggins

Team race series has been picked up by Rapid Results. Nothing definite yet. Singlets and t-shirts will be available on Monday. Shorts are also available.

Newsletter Editor/ Mary Lou Boselli N/P

Next newsletter end of July.

Public Relations/ Joe Freiberg

News releases on the Norwood and Media races are in the newspapers.

Old Business

Jr. Olympics/ Good turnout but !! should we continue to sponsor?

What about more volunteers? New ideas? Motion was made by Joe Nolan we form a committee to make recommendations to the club regarding the Jr. Olympics. Bob H/Passed.

Committee: Torpey White, Bob Huggins, Tom Hirsch, & Joe Nolan.

Incorporation/ Beginning of every year, we must update papers with new officers names and an up-to-date financial statement.

Spaghetti Dinner Committee/ Torpey White, Mary Bergin, Betty Perrone.

Women's Distance Festival volunteers are needed. There will be a champagne breakfast at Ollies following the run.

Springfield Race again? Motion was made to form a committee of selected-appointed volunteers to investigate club policy regarding upcoming races. Bob H./passed.

Financial Situation/ Our yearly budget has a deficit. Should we inaugurate a membership fee? Should we add an extra .50 to 1.00 in the race fees to cover insurance? We have 286 registered members who donate over \$5.00 per year. Tabled. Race Committee also going to investigate feasibility of annual dues.

Dawn to Dusk Financial Report/ Income \$261.00 Expenditures \$229.31 (excludes \$200.00 allocated by club)

New Business

Triathlon/ Joe Nolan has written a letter to Aldan pool. There should be no problems. It will be held on August 30 (Saturday, Labor Day). Swim 200 yards, bike 15 M/8m-7.4m, run 4.7m. It will end at Ollies restaurant for breakfast. Motion was made by Torpey White

that the club allot \$60.00 to Joe Nolan for the Triathlon. Passed.

Next Meeting, Monday, July 28 after the Aldan Fun Run.
Motion was made to adjourn at 7:55 P.M. by Tom Hirsch.

Respectfully submitted,
Peggy Bobeck

RUNNING SHORTS

1. DELCO RRC members Tom Beese and Tony Belfiglio (a couple of the old Upper Darby group) ran the Pittsburgh Marathon on May 18, 1986 in 87 degree temperature and 90% humidity. Over 2,800 started the race and only 1,750 finished. The scene at the finish line looked like a MASH episode. Over 600 finishers needed medical treatment and both DELCO runners had PW's (Personal Worst's). They may have run their slowest marathons to date, but they did finish and then drove all the way back to Philly. You sure we do this for fun?
2. Congratulations to Maridel and Steve Whitmore on the birth of their second child, Matthew, on 7/7. The baby was a healthy 9 lbs., 3 oz., measuring 21 1/2 inches.
3. The Elkins Park Road Runners Club is sponsoring a 24 hour relay ultra event on 8/15 - 16. Walkers and runners welcome for as little or long as you like. For registration information, call Fleet Feet, 782-8811.
4. DELCO runner, Betty Perrone, was pictured recently in two local papers with Phila. Councilman Thatcher Longstreth. Betty, who is involved in many civic activities, took part in the Phila. Corporate Series in Center City. The event is designed to promote physical fitness among corporate employees. Betty is certainly a prime example of that!
5. Another DELCO baby was born in early June to Rick and Cheryl Jones. Christina Frances is their third child. Congratulations!
6. The Springfield Rotary Club will again hold a 10K run, starting at the Springfield High School. The date is set for November 9. Watch for race flyer in the September edition of KEEPING CONTACT.
7. Good luck to Giuseppe Porri who is the new proprietor of a lovely Italian restaraunt on Baltimore Pike in Clifton Heights. "Giuseppi's" is open every day except Monday from 4 P.M.-10 P.M. Remember their motto; "Breakfast at McDonald's - lunch at Denny's - dinner at Giuseppi's!"
8. Triathlon News: Sept 20 - Pine Barrens
Swim: 1 mile, Bike: 25 miles, Run: 10K. Contact George Hutchens, Box 1087, Bellmawr, NJ, 08031. Entry fee: \$30.00.
9. Best of luck to Bill Boselli with his new grocery business. Bill has moved to Salem, NJ where he is managing a fine delicatessen with the best meats you can buy anywhere! Although we miss Bill at the local fun runs, all of DELCO wishes him well in his new enterprise.

