



Keeping Contact

Newsletter of the Delaware County Road Runners Club

MARCH, 1986

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

A NIGHT AT THE GYM

By Mary Lou Boselli

As part of its on-going effort to sponsor fitness activities for its members, DELCO announces "A NIGHT AT THE GYM."

On Saturday, April 12th, from 7 to 11 P.M., DELCO will host a gathering at the Sussex Fitness Center in Broomall. The facilities include nautilus machines, exercycles, an indoor track, pool, jacuzzi, sauna, and locker rooms with showers. Come to work out or relax with friends - its up to you!

This special event is for club members and their spouses (or a friend) only. No children under 14 years old, please.

DELCO will have exclusive use of the facility for the evening. For added fun, we plan to hold lap races in the pool and an aerobics workout.

All this at no cost to our membership. We ask only that you bring a home-made dish to share and a beverage for the food table. No sign-up is necessary.

Directions follow:

Take Sproul Road to the K-Mart next to the Lawrence Park Shopping Center. Turn onto Reed Road which is right next to the K-Mart. Follow Reed Road to the first stop sign. At the stop sign, turn right, then make an immediate left onto Parkway. Go one or two blocks to Sussex Blvd. and turn right. Go 1/2 block to Sussex Fitness Center on right side of road.

THE TRIATHLON SCENE

By Bob Huggins

If you're thinking about attempting a triathlon this spring or summer now is the time to start your training, especially as far as swimming is concerned. This means getting over to your local YMCA or one of the larger health clubs that have a full size pool to work on your endurance and technique. If you really want to improve your swimming, the Community "Y" in Lansdowne has a masters swimming program designed for post-college age swimmers who wish to compete and get the benefits of coaching. You need not have competed in high school or college to join this program. Contact the "Y" at 259-1661 for more information on this program. (There is a \$10 fee for this program which begins April 1st).

Speaking of the "Y", that organization will be staging their very first biathlon on Sunday, April 27th. At press time, we don't have much information on the event, except that there will be a 5 mile run and a 1/2 mile swim. Anyway, this may be the perfect event for those who want to try a multi-sport competition. Again, contact the "Y" for more information.

In other triathlon news, Bob Scheerer, formerly of Springfield, now living in Willingboro, N.J. (no, Bob doesn't train with Carl Lewis) placed 7th overall in an indoor triathlon held at the YM/YWHA in Center City, in November. Distances were a half mile swim, 10 miles on a stationery bike and 4 miles on an indoor track (25 laps to a mile!).

Upcoming Multi-Sport Events:

- April 27 - Community "Y" Biathlon
(Run: 5 miles - Swim: 1/2 mile)
Entry Fee: \$15.00
Contact: Community "Y" of Eastern Delaware County
Lansdowne Ave. & Garrett Rds.
Lansdowne, PA 19050
259-1661
- April 27 - Cooper River Biathlon
(Run: 3.7 miles - Bike: 11.1 miles)
Contact: C. S. Running Center
138 Haddon Ave.
Westmont, N.J. 08108
(609) 858-9760
- May 3 - Goretex Triathlon
(Bike: 14 miles - Run: 5 miles - Canoe: 3.5 miles)
Contact: Susan Widenor Kreuer
Special Events Coordinator
American Heart Association of Delaware
4-C Trolley Square
Wilmington, DE 19806
(302) 654-5269

The Dawn-To-Dusk Ultras are scheduled for May 10th, at Academy Park High School's track. Distances will again be 50 kilometers, 50 miles, 100 kilometers and 12 hours. If a few people are interested in going for 24 hours, we may even attempt to stage that event. As always, lap counters are the critical element in the success of this race. If you'd like to help out with this event, see Bill Schultz or Bob Huggins at one of the fun-runs, or call Bob at 583-0610 evenings. Applications will be available shortly.

MARRC MARATHON WATER STOP

By Bob Huggins

On Saturday, April 19th, the Middle Atlantic Road Runners Club will sponsor a marathon in Philadelphia, using the old Philadelphia and Penn Relays Marathon course, i.e., three loops plus of the Kelly (East River) and West River Drives. DELCO will be one of seven area running clubs lending its support and expertise in the staging of this race and has been assigned the task of operating one of four water stations on the course.

As was the case with the Philadelphia Independence Marathon, I'd like to seek the services of our club's members in making DELCO's water stop the best along the course. The more people we have to help, the easier the job will be (there will be a maximum of 500 runners at this race as compared with approximately 2,500 runners at the Independence Marathon. If you've worked at one of our water stops in the past, you know our water stops are as much a social outing as they are an important job... so come on out and join us for a good time. If you're interested, please see me at either the Aldan, Collingdale or Springfield fun runs or call me at 583-0610 (evenings between 8:30 and 10:00 P.M.).

Incidentally, if you're interested in running the marathon, send a self-addressed, stamped envelope to the following address for an application:

MARRC Marathon
P.O. Box 35133
Philadelphia, PA 19128

You must be a member of MARRC or the DELCO ROAD RUNNERS to register so, either way, make sure your membership is current.

MARRC RACE CALENDAR

March 23 - Nike New Jersey 10 Miler
Cherry Hill Hyatt

Packard Press Grand Prix Race

11 A.M. start

Entry Fees: \$8 until Mar. 10th, \$10 from Mar. 18th.

Contact: George Hutchens, Box 1087, Bellmawr, NJ 08031

(Upcoming Multi-Sport Events Cont'd)

July 6 - Liberty-To-Liberty Events (New York to Phila.)
Triathlon (Swim: 1.5 miles - Bike: 100 miles - Run: 10K)
Biathlon (Run: 10K - Bike: 100 miles - Run: 10K)
Century Bike Ride (100 miles)
Note: All events finish at Independence Hall
Contact: American Youth Hostels
75 Spring St.
New York, NY 10012
(212) 431-7100

ULTRA NEWS

By Bob Huggins

Ultrarunning magazine's national rankings for 1985 have been published and several of our club's members are listed among the top ultramarathoners in the country.

<u>NAME</u>	<u>EVENT</u>	<u>RANKING</u>
Bill Schultz	6 Day Race	11
	48 Hour Race	11
	24 Hour Race	48
	50 Kilometers	110
Tim Bell	100 Kilometers	20
	50 Miles	360
Mike McBillian	100 Kilometers	148

NOTE: All three of the above gentlemen reside in Collingdale. Must be the air.

In other ultra news, Dave Covey, the "California Kid", placed 58th out of 133 finishers (145 starters) in the San Juan Trail 50 Miler. Dave's time was a very respectable 9:42:03 on a course that started approximately 1000 feet above sea level and climbed to well over 4000 feet. Dave's getting ready for the scenic, but very tough Catalina Island Marathon.

Bill Schultz and Bill Koppenheffer finished 1-2 in the "Fat Ass 50", a low-key 50 kilometer race in Collegeville, PA. "Koppy" led the race for much of the way before Bill Schultz mounted a late race push for the win. We think the name of the race is a misnomer; how many chubby posteriors have you ever seen in a 31 mile race?

The popular (at least from a spectator's viewpoint) Haverford 48 Hour Race was cancelled this year due to scheduling problems with Haverford College. Race Director, Tom Allison hopes for a return of this prestigious event in January '87.

(MARRC RACE CALENDAR CON'T)

- March 23 - Rites of Spring 5K
Cherry Hill Hyatt
Packard Press Grand Prix Race
10 A.M. start
Entry Fees: \$8 until Mar. 10th, \$10 from Mar. 18th.
Contact: George Hutchens, Box 1087, Bellmawr, NJ 08031
- March 23 - 23rd Annual Caesar Rodney Half Marathon
Wilmington, DE
1 P.M. start
Entry Fees: \$6 until Mar. 15th, \$8 after.
Contact: Caesar Rodney Half Marathon, Box 226,
Wilmington, DE 19899
(302) 658-7508
- March 23 - Nutrathon 10K
Kelly Drive Course
Contact: Kathy Cutler, Thomas Jefferson Hospital,
107 Pavilion, Phila., PA 19107
(215) 928-6319
- April 5 - St. Joseph's University Run for Hunger
Five Miles
Kelly Drive Course
Noon start
Contact: Pat Olley, (215) 879-7006
- April 5 - 4th Annual Lions Run For Sight 10K
8:30 A.M. start at Granite Run Mall
Entry Fee: \$5 pre, \$7 post.
Contact: F. A. Staus, 459-4419
- April 19 - MARRC Marathon
Art Museum - 3 Loops
9 A.M. start
Entry Fees: \$7 before Apr. 11th, \$10 post.
Limit 500 runners
Contact: Middle Atlantic Road Runners Club,
P.O. Box 35133, Phila., PA 19128
- April 20 - Willow Grove Park 5 Miler
Willow Grove, PA
Willow Grove Park - Easton Road
10 A.M. start
Contact: Willow Grove Park, (215) 657-6000
- April 20 - Temple University 10K
Kelly Drive Course
10 A.M. start
Contact: Temple University Sports Administration
(215) 787-7000

(MARRC RACE CALENDAR CONT'D)

- April 21 - Boston Marathon
Hopkinton to Boston, MA
Entry Fee: \$10
Contact: BAA Marathon, 17 Main St., Hopkinton, MA 01748
- April 26 - Moorestown Rotary Run
Five Miles
Moorestown, NJ - Main Street
9 A.M. start
Entry Fees: \$6 before Apr. 24th, \$7 post.
Contact: Moorestown Rotary Club, Box 105,
Moorestown, NJ 08057
(609) 235-6344
- April 26 - AMIRAK 5 Miler
Kelly Drive Course
9 A.M. start
Contact: Nancy Newman
(215) 895-7067
- April 27 - Cooper River Biathlon
3.7 Mile Run, 11.1 Mile Bike
Pennsauken, NJ
Cooper River Park
9 A.M. start
Limit 150, no post entries
Contact: Send SASE to - C. S. Running Center,
138 Haddon Ave., Westmont, NJ 08108
(609) 858-9760

COLLINGDALE FIVE-MILE RACE

By Byron Mundy

The 8th Annual Collingdale 5-Mile Race was completed by 108 runners under cloudy skies and 35 degree temperatures on Sunday, January 26th. Mike Patterson, 32, of Philadelphia, led the field from start to finish to win the race in 25 minutes 27 seconds. It was the 5th year Patterson has won the race, adding to his victories in 1981, 1983, 1984, and 1985. Rich DiSebastian, 34, of Upper Darby, came in only six seconds later for 2nd place in 25:33, while Kurt Schaum, 29, of Warminster, finished 3rd in 25:45. These top three men all run for the Etonic Running Club.

Liz Harte, 24, of Norristown, took 1st place for women in 30:57, while Kay Connelly, 26, of Wayne, and Joan Potterfield Myers, 32, of Wayne, finished 2nd and 3rd in 31:44 and 33:25 respectively.

(Collingdale Results Cont'd)

91.	44:01	Bill O'Keefe, 60, Glenolden
94.	45:06	Searle Noble, 52, Media
95.	45:44	Jim Masorli, 27, Upper Darby
98.	45:56	Peggy Bobeck, 45, Collingdale
100.	49:35	Joe Coulston, 37, Broomall
102.	50:36	Beverly Thornquist, 42, Drexel Hill
107.	61:40	Marylou Long, 48, Holmes
108.	63:00	Bette Finke, 62, Broomall

RUBBER BANDS

By Tom Watkins

For a long time, I've heard many runners complain of a common problem. It involves the counting of repetitions, whether it be intervals, fartleks, pick-ups, etc. The methods used to keep track of the number of repeats are as varied as there are runners. Some pick up small pebbles every repeat run. Others pile up pebbles at a certain spot. Still others start with a known number of pebbles and drop one at the completion of a repeat. Whatever your preference, you might want to try this method.

All you require is 2 small rubber bands and your own two hands equipped with the standard 4 fingers and a thumb. You will count units (1 to 5) on your left hand and count by 5's on your right hand. As you progress with your workout, you just move the rubber bands - no counting required. When you finish, just look at your hands and read the totals!

As you count up to 5 on your left hand (band on thumb), move the band on the right hand one digit to the right. Then start on the left hand again (band on little finger). Using this method you can count to 30. For those runners wanting higher numbers you can use all 10 digits as units and 10's to reach a total of 110!

I discovered this method one day when I started out for a run and spied a pile of rubber bands on the sidewalk. I picked them up. As I trotted along, I put several on both wrists and doubled several and slipped them on my fingers. They were driving me nuts! What do you do with a rubber band? Just as I was about to throw them away, I realized I could count with them on my fingers. Then the thought occurred, "Man has always counted on his fingers". First came the abacus and now - rubber bands. A logical progression. Just imagine how many repeats you could count using more rubber bands, hands, and feet. By the way, it works in cold weather with gloves, but mittens pose a problem.

At this point I must add a disclaimer. Any blame or derision must be directed to the man who delivers my newspaper. He puts a rubber band around the paper before he throws it from his station wagon. He is the person who dropped that pile of rubber bands on my sidewalk. Try it! You might like it! If you don't, tell it to the newspaper man.

Peter Finnegan, 40 of Drexel Hill, was the 40-49 age group champion for men in 29:36 (11th place overall), while Helen Senisch, 48, of Woodlyn was the 40-49 age champion for women in 42:07. The 50-59 age group champions were Jack Walsh, 50, of Drexel Hill, in 33:07 and Doris Brown, 52, of Berwyn, in 53:07. The age 60+ champions were Ed Panny, 60, of Collingdale, in 42:24, and Bette Finke, 62, of Broomall, in 63:00. George Piasecki, 74, of Folsom (50:35) was the oldest finisher, and William Kosluk, 11, of Glenolden (53:24) was the youngest. Frank Dewan 28, (30:11) and Peg Bobeck, 45, (45:56) were the first man & woman from Collingdale. The DELCO RRC took first place team honors for both men & women.

The race was directed by the DELCO Road Runners Club and sponsored by the Collingdale Recreation Board. The race is held every year on the last Sunday in January.

DELCO RRC RESULTS OF COLLINGDALE 5-MILER

6.	29:09	Larry Filtz, 31, Secane
14.	29:27	Mike Metague, 38, Upper Darby
17.	30:11	Frank Dewan, 28, Collingdale
18.	30:15	Byron Mundy, 38, Collingdale
19.	30:23	Ed Cope, 37, Lansdowne
25.	31:32	Mike Tuohy, 39, Aston
26.	31:41	Bob Scheerer, 25, Willingboro, NJ
27.	31:42	Giuseppe Forri, 47, Media
33.	32:38	Anthony Belfiglio, 45, Havertown
35.	32:51	Bob Rost, 41, Aston
38.	33:09	Bill Boselli, 34, Primos
39.	33:19	Gene Martenson, 57, Swarthmore
40.	33:25	Joan Potterfield, 32, Wayne....3rd female overall
42.	33:37	Tom Scott, 48, Aldan
46.	34:30	Bob Furman, 44, Lansdowne
47.	34:55	Jack Elliot, 44, Eddystone
48.	35:19	David Goebel, 36, Havertown
51.	35:36	Bill Smith, 30, Folsom
55.	36:16	Michael McGillian, 36, Collingdale
56.	36:25	Joann Murphy, 25, Lansdowne
57.	36:35	Mary Bergin, 28, Collingdale
58.	37:00	Bobby Hill, 12, Swarthmore.....1st boy 12 & under
60.	37:57	Tom Beese, 41, West Chester
65.	38:39	Hank Goldring, 38, Havertown
67.	39:47	John Lawrence, 30, Aldan
68.	39:47	Mary Lou Boselli, 29, Clifton Heights
69.	39:51	Betty Perrone, 39, Darby
70.	40:07	Pam Lawrence, 28, Aldan
75.	40:31	Sam Hill, 41, Swarthmore
76.	40:33	Thomas Salmon, 28, Collingdale
78.	40:49	Larry Ryan, 49, Lansdowne
81.	41:48	Patricia Hicks, 34, Holmes
84.	42:07	Helen Senisch, 48, Woodlyn.....1st female 40-49
85.	42:25	Ed Panny, 60, Collingdale.....1st man 60+
88.	42:50	Peter Senisch, 54, Woodlyn
89.	43:00	Ed O'Dell, 49, Sharon Hill

CALENDAR OF EVENTS

By Mary Lou Boselli

Spring is a busy time of year for runners, so to help you plan your training (and socializing), here's a helpful Calendar of Events:

- March 23 Caesar Rodney Half-Marathon
New Jersey 10-Miler
- April 12 DELCO'S "Night At The Gym"
19 MARRC Marathon
21 Boston Marathon
27 Community "Y" Biathlon
27 Cooper River Biathlon
29 DELCO Membership Meeting
- May 4 Broad Street 10-Miler
10 Dawn-To-Dusk Plus Ultra Events
17 Tom King Memorial 10K Run
29 DELCO Membership Meeting
- June 5-7 Junior Olympics
20 Springfield Tri-Centennial 5-Miler
24 DELCO Membership Meeting
- July 19 Women's Distance Festival
28 DELCO Membership Meeting

HOW TO TELL WHEN RUNNING IS RUNNING YOUR LIFE

From The Runner's Handbook, A Hilarious Guide To Self-Abuse by Craig Tennis and Martin A. Ragaway, a look at the light side of running.
(Copied from the South Jersey A.C. Newsletter)

Running is addictive. And if you're not careful, it can become the primary focus of your life. Everything will revolve around your daily workouts. Not only could this be destructive to your home life and your work at the office, but you're likely to become a bore at cocktail parties: when friends see you walk toward them, THEY run. You should know running has taken over if.....

You can recognize the people you train with just by the sound of their footsteps.

You personally resent any car that uses the same street that you do.

Your idea of formal wear is white shorts, a white mesh singlet and a black headband.

(How To Tell...Cont'd)

You miss a day of running, and it causes you more guilt than forgetting your mother's birthday.

You start buying Dr. Johnson's Foot Soap Powder in economy 500 pound barrels.

Despite what your wife/husband/friend thinks, you can carry on a conversation about something other than running, as long as the listener is moving at the same pace as you are.

The bottom of your feet are so callused that when you run barefoot it sounds like flamingo dancing.

Your lover leans over in bed, whispers, "How was it for you?" and you automatically respond, "It was okay, but it wasn't my Personal Best."

RUNNING SHORTS

1. Congratulations to the winners of DELCO'S Man & Woman Runners of the Year Awards for 1985. Checks for \$50.00 were presented to Tom Hirsch and Maureen Meyer on Sunday, March 3rd, at the Springfield Fun Run in recognition of their outstanding contributions to DELCO and the running community.
2. The annual Aldan Race has been moved to a new location. This year, a 4.3 mile loop in Ridley Creek State Park will be held on May 17 at 10 A.M. Sponsored by the Delaware County Board of Realtors, the race has been renamed the Tom King Memorial Run. Watch for race entry forms at up-coming fun runs.
3. Congratulations to Bill Schultz who won the "Last Train To Boston Marathon" in Edgewood, MD. Although Bill didn't qualify for Boston (he would have needed a 2:50), his time of 2:57 was good enough to earn him the first place trophy.
4. Paul Straube tells us that he thinks the Caesar Rodney Half Marathon application form might just as well be a death certificate from the state of Delaware. Paul ought to know...he's run the course many, many times.
5. Congratulations to Bill Koppenheffer and Betty Perrone who were married on February 22nd. The couple's reception at the staid, old Merion Tribute House in Wynnewood was an event that won't soon be forgotten as a number of the club's members showed their agility (or lack of it!) and endurances on the dance floor. Can't wait to see the video, Betty and Bill!

(Running Shorts Cont'd)

6. The Mundy's dog, Molly, has become something of a fixture at the Sunday morning runs at Springfield, running with Byron on the seven or nine mile course. Rumor has it that the ASPCA is secretly investigating Byron's alleged activities of running Molly up Faulk Lane.
7. Springfield's Jim Smith must be up to something. The avowed non-racer has been running faster and faster and with more consistency over the past year. Will this be the year Jim comes back to racing?

SPRINGFIELD FUN RUN REPORT

By Kathi Clatterbaugh

Newcomers:	Kathy Watson	Milestones:	100X	Joe Freiberg
	Tony Foar			Bob Rost
				Joe Santella
10X	Mike McGillian	150X	Bill Boselli	
20X	Bob Fuhrman	200X	John Greenstein	
		350X	Leo Foley	
		500X	Bill Kracht	

DELCO RRC MEMBERSHIP MEETING

Tuesday, January 28, 1986

Attendees:

Tom Hirsch, President	Fred Senderoff, Springfield FRL
Tom Weber	Joe Nolan, Aldan FRL
Mary Lou Boselli, Editor Newsletter	Peggy Bobeck

Meeting was called to order at 8:10 P.M. by Tom Hirsch, President. Minutes were accepted.

Treasurer/ Fred Senderoff

Checking account \$369.32 Savings account \$2,237.00

Bill Koppenheffer went over the books and they were found to be up to date and in good order. Dennis turned them over to Fred.

Motion was made by Fred Senderoff we close our account at Provident and open a Super Now account at PSFS. Second Peggy/passed

Fun Run Leader/ Marylou Long Not present

Membership Committee/ Marylou Long

In good shape. We have 3-4 new members each month.

Newsletter Editor/ Mary Lou Boselli Nothing to report.

Team Coordinator/ Bob Huggins
Collingdale Races: Thanks to everyone who helped and who ran.
DELCO, RRC Men's and Women's teams placed first.

Public Relations/ Joe Freiberg Welcome Joe!!

Old Business

Dinner Dance/ Mary Lou Boselli
Motion was made by Mary Lou that the club allot \$500.00 for expenses for Dinner-Dance. Second Fred/ Passed.

Motion made to give Ken Daws & his wife Joanne, a check for \$60.00 in appreciation for all his work on the Media race. Second Fred/ Passed.

New Business

Women's Distance Festival is to be held on July 19. Mary Bergin will direct again this year. Motion was made to allot \$500.00 for the Women's Distance Festival. Joe Second/ Passed.

Jr. Olympics is to be held on June 5, 6, 7. Race directors will be Joe Nolan/ Tom Hirsch. Motion was made that Tom Weber purchase a starter pistol at a reasonable price. Marylou second/ Passed.

MARRC - Our dues are paid. They have asked for our support in the upcoming marathon with a water stop and financial support. We will, at the present, man a water stop but the financial support is to be put on hold.

Springfield Tri-Race is to be held on June 20 at Springfield HS. Springfield Federal Savings is sponsoring the race. T-shirts will be given to the first 200 to pre-register. Towels will go to all finishers.

Thank you to last years officers: Vice President - Tom Watkins, Treasurer - Dennis Kennedy, and Public Relations - Betty Perrone, for all their hard work and effort during the year.

The next meeting will be on February 27, at Springfield HS.

Motion to adjourn at 9:10 P.M. by Tom Weber. Passed.

Respectfully submitted,
Peggy Bobeck

FITNESS RUN

5K (3 mi.) and 1 mi. fun run

BENEFIT:

Interboro School District's Outdoor Education Program. We invite you to participate in our fifth annual fitness run.

TIME:

Saturday, April 19, 1986.
Fun run begins at 10:00 a.m.
3-mile run begins at 10:30 a.m. Check-in & post-registration begins at 9:00 a.m.

ENTRY FEE:

\$3.00 pre-registration (by April 7th).
\$4.00 day of the run.

RUN RESULTS:

Will be posted immediately following the run. Splits will be given at one-mile points.

COURSE:

Start & Finish at Norwood School on Seneca Avenue in Norwood.

AWARDS:

Will be presented immediately following the run:
T-Shirts to the first 10 finishers in 6 age categories of the 3-mile run.
T-Shirts to the first 10 finishers of the one-mile run.

Lottery Prizes

_____*I cannot participate, but enclosed is my tax deductible donation.

*(Due recognition will be awarded to all contributors via newspapers and cable TV.)

Check whether you will participate in the 3-mile run _____ or the 1-mile run _____.

In consideration of the acceptance of this entry, I hereby waive & release any & all rights & claims for damages that I may have against the Interboro School District, its employees and the Board of School Directors for any & all injuries that may be suffered by the contestant named below while participating in this race.

NAME (print) _____ SEX _____ AGE _____

ADDRESS _____

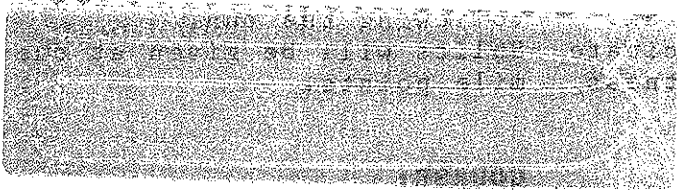
CITY, STATE & ZIP _____

PHONE _____ SIGNATURE _____

SIGNATURE OF PARENT IF RUNNER IS UNDER 18 YEARS OF AGE:

make check payable to "Interboro Activities Fund"
c/o Dr. Robert Petruzzi, Interboro School District,
9th & Washington Aves., Prospect Park, PA 19076

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