

# Keeping Contact



Newsletter of the Delaware County Road Runners Club

MAY, 1986

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

## EDITORIAL—"BURNOUT"

By Mary Lou Boselli

The title of this editorial does not refer to over-training. Rather, it applies to those members of volunteer organizations who donate so much of their time to others that eventually they get tired and "burnt out."

In the spring issue of FOOTNOTES, Harold Tinsley, the president of the Road Runners Club of America, addressed this problem. Tinsley makes the point that overwork is not the reason club helpers finally give up their efforts. It is the lack of appreciation from non-active members that finally leads to burnout. "As long as the return in perceived pleasure and reward balances the workload," argues Tinsley, "burnout doesn't occur."

As a member of the club who deals closely with other active volunteers, I know how much it means when a word of thanks is offered. I am also aware of how damaging it is when those who never help out find time to criticize and complain. If you enjoy the benefits of our club, but have little time to give to its activities, just remember how far a bit of praise goes. In the words of Harold Tinsley, "If you don't want to volunteer to keep your club from dying, then say thanks for what you received, and you will receive even more."

Harold Tinsley is retiring after working for 3 years as president of RRCA. From all of the members of DELCO RRC, for all you've done for the entire running community, thanks, Harold, for a job well done.

## CAESAR RODNEY HALF MARATHON

By Bob Huggins

March 23, 1986  
Wilmington, DE

Temperatures: low to mid 50  
Breezy; clear, sunny skies

Miracle of miracles! Wonder of wonders! For once, it didn't rain at the Caesar Rodney Half Marathon. In fact, temperatures were in the low to mid 50's, under clear and sunny skies. Perfect running weather, right? Well, almost. It was a bit windy in spots as Craig Holm, a nationally ranked runner ran a 1 hour, 6 minute plus race, about 2 minutes slower than his own course record. Holm's wife, Karen Cossaboon-Holm is also the course record holder for women and won again this year to make it a clean sweep for the Holm family.

Top runners for the DELCO RRC were Joe Freiberg with an outstanding PR of 1:15 (good for 16th place overall and 2nd in his age group) and Joan Potterfield-Myers, 14th woman overall, with a 1:32. Results for the race won't be published for a few months, but those club members participating in the annual exercise of "March Masochism" are listed below. As usual, our apologies to anyone whom we missed.

Gene Martenson	Bill Smith	Fred Cox
Mike Touhey	Larry Filtz	Mike Metague
George Kennedy	Bill Boselli	Joe Freiberg
Terry Adamson	Rolf Dehmel	Frank Dewan
Frances Kirk-Dagle	Dan Lang	Bob Huggins
Joan Potterfield-Myers	Claude Carrier	Byron Mundy

Molly Mundy - First Canine

## CATALINA CHALLENGE

By Mary Lou Boselli

It was 15 degrees with predictions of snow when we took off from Phila. International Airport on March 20. When we arrived in Los Angeles, the temperature was in the mid 70's and the sky was a bright, vibrant blue.

Mary Bergin, Torpey White and I planned to combine a little bit of racing with a lot of relaxation while visiting a former DELCO jogger, Dave Covey. We spent the weekend on beautiful Catalina Island where, on Saturday, March 22, we ran the Catalina Challenge, a 10K course that does justice to the name. The climb from sea level to over 500' is made endurable only by the spectacular view offered at the top.

The difficulty of the mountainous terrain, along with the unaccustomed heat, are reflected in our times, which are well off usual race pace. Nevertheless, Torpey clocked an admirable 41:44 placing 71st of 551 male finishers. Of the 329 women who finished, Mary and I came in 84th (55:06) and 111th (57:04), respectively.

Our course may have been tough, but Dave's race was grueling. On Sunday, he ran one of the toughest marathons in the world, containing two 900' elevations and one mountain soaring well over 1200'. I guess when you're suffering that much you've got to maintain your sense of humor because one of the funniest lines I've ever heard came out of that race. Dave told us he overheard the following exchange between two marathoners upon nearing the top of a hill: first runner exclaims, "Isn't that a terrific view?" to which his friend replied, "I've seen my shoes before."

Considering he hadn't trained at all for the event, not to mention the difficulty of the course, Dave's time of 4:08:43 is truly amazing. Needless to say, we all spent a good deal of time in the jacuzzi soothing our sore muscles.

## DAWN TO DUSK ULTRAMARATHONS - VOLUNTEERS NEEDED

By Bob Huggins

Volunteers are still needed for the Dawn to Dusk Ultramarathons to be held at Academy Park High School's (formerly Sharon Hill H.S.) track on

Saturday, May 10 through Sunday morning, May 11. All runs will begin at 7:00 A.M. and the 24 hour run will continue through to 7:00 A.M. on Sunday morning. Volunteer lap counters are particularly needed; we could also use some general assistance in administering the race.

If you can spare some time to help out, please call Bob Huggins at 593-0610 or see Bob or Bill Schultz at one of the fun runs. You can also show up at the track on the 10th or 11th. It's located near Chester Pike and Calcon Hook Road, behind the Quaker Manufacturing Company. Hope to see you on the 10th or 11th.

## SPRINGFIELD CELEBRATION RUN

By Sam Brattini

Springfield, Delaware County is celebrating its tricentennial this year. To honor the township's 300 years, the Springfield Tricentennial Commission is planning a series of events for the weekend of June 20, 21, and 22. The "kick-off" event will be the Springfield Celebration run to be held on Friday, June 20 at 7 P.M. This challenging, certified 5 mile run will be directed by the DELCO ROAD RUNNERS CLUB. The race will start at the high school, wind through the township, and end on the high school track. Awards will be presented. Refreshments will be available. The pre-entry fee is \$5.00, the post-entry fee is \$6.00. An entry form is attached and additional forms are available at the township library, or by calling 543-4527 or 544-2280.

## TRIATHLON LISTINGS UPDATE

Compiled by Bob Huggins

- June 29 Bud Light U.S. Triathlon Series, Baltimore, Md. (Swim - 1.5K, Bike - 40K, Run - 10K) Contact: USTS, P.O. Box 1438, Davis, CA, 95617. Entry Fee: \$40. (Closest race to Phila. in the Bud Light Tri Series. The bike course is fast.)
- July 20 Carbon County Triathlon (Swim - 1 Mile, Bike - 30 Miles, Run - 10 Miles) Contact: Ed Vemillion, P.O. Box 154, Lehighton, PA, (215) 377-5905
- Sept. 7 Barracini Ice Cream Triathlon (Swim - 1K, Bike - 25K, Run - 8K) Contact: Paul Mickiewicz, 440 S. York Rd., Hatboro, PA 19040 (215) 674-4545
- Sept. 13 Lancaster YMCA Triathlons (Short Course: Swim - 0.25 Mile, Bike - 15 Miles, Run - 5 Miles) (Long Course: Swim - 2K, Bike - 40K, Run - 15K) Contact: Julie Kinzel, 572 North Queen St., Lancaster, PA 17603 (717) 397-7474
- Sept. 14 Ed Jerome Memorial Triathlon (Swim - .75 Miles, Bike - 40K, Run - 10K) Contact: Bill Moreland, 9 Braden Drive, Marmora, NJ 08223 (609) 390-8277
- Sept. 20 Wilmington Trust Triathlon (Bike, run, canoe - distances to be announced) Contact: Wilmington waterways, 618 Market St. Mall, Wil. DE 19801 (302) 654-1166 (Individuals, 2 and 4 person teams)

Sept. 27 Sea Colony Triathlon, Bethany Beach, Delaware (Ocean Swim - .9 Miles, Bike-26.2 Miles, Run-10K) Contact: Sea Colony Triathlon, P.O. Box 323, Rehoboth Beach, DE 19971. Entry fee: \$30.

Note: The above listings have been compiled from various sources, including TRIATHLON and TRIATHLETE magazines, among others. For events in other areas, see either of the above magazines. Be sure to send a self-addressed, stamped envelope with your request for a race application.

### WHAT'S HAPPENING WITH RUNNING STORES?

By Bob Huggins

Depending upon whom you talk to or what you read, there is either a leveling off or decline in the number of runners locally, regionally and nationally. Certainly, there is very little evidence which would suggest that substantial gains are being made in the number of active runners. A recent article in RUNNING TIMES addressed the import of the market on the running shoe industry. Running stores, once a dominant factor in athletic shoes, now make up only about 20% of the entire market for athletic shoes. This statistic really hit home for me one recent weekend when I decided to shop for a new pair of shoes.

One of the big factors which has made it increasingly difficult for serious runners to find quality running shoes is the decline in the number of retail outlets in Delaware County. Within the last six months, two of the major retail outlets popular with DELCO runners have gone out of business - All Athletic in the Old Sprout Village Shopping Center and The Athlete's Foot in the Granite Run Mall. They have joined the ranks of the Athlete's Answer (in Springfield Park), the Foot Stop (Barclay Square Shopping Center in Upper Darby) and the Athletic Attic in Ardmore. Given that there are fewer places to buy shoes, the question remains as to where can you buy in Delaware County. Below are a few of the major outlets in the area that sell quality running shoes. The evaluations are purely subjective on the part of the author, so you might want to visit the stores to judge for yourself.

Herman's World of Sports, Springfield Mall - Herman's has a reasonable, but not extensive variety of running shoes which focus on the low-end to middle line shoes. For the most part, they avoid the expensive \$70 plus "High Tech" type shoes, concentrating on the \$40 - \$55 range, which makes sense for the majority of runners. Individual models are placed on sale at various times throughout the year. Sales help is pleasant enough, but not really knowledgeable about the needs of runners. Herman's may be best known, however, for their fantastic closeouts. In recent months, they've offered the \$45.00 Adidas New York and \$55.00 Saucony Flite for just \$19.99. That's real hard to beat anywhere.

Athletic Attic, Springfield Mall - The best reason to go to the Athletic Attic is not for their shoes, but for Neil Weygandt. Neil has run something like 20 consecutive Boston Marathons and probably knows more about running shoes than anyone else in Delaware County. Unfortunately, Athletic Attic has an extremely limited variety of running shoes as most of their business is in court (tennis and basketball) shoes. Still, you can't help but get good advice from Neil on selecting the right shoe for your own particular needs.

The Foot Stop, Lawrence Park Shopping Center - The original store in the Lawrence Park Shopping Center is still going strong despite the fact that the store has survived two fires and that they closed their Barclay Square Shopping Center store. The Foot Stop has an adequate, but not overly extensive line of running shoes. The store has worked closely with the Haverford Community Hospital's Sports Medicine Clinic and has been a participating sponsor of that organization's four mile race held in October.

Foot Locker, Granite Run Mall - Somewhat surprisingly, this store has a rather decent selection of shoes, but they don't discount extensively ...expect to pay full price. Occasionally, they run specials and sometimes have closeout sales. On the plus side, the store tends to be among the first to get the latest models.

Bill Battey's Sporting Goods, Media - Bill Battey's has had, as long as I can remember, the most extensive selection of running shoes in Delaware County, carrying most of the major brands, plus a few "exotic" lines like LeCoq Sportif and Mizuno. Bill Battey's has also offered our club members a 10% discount in the past and is a major sponsor of the Media 5 Mile Race (which is a major "fund raiser" for the club). The only negatives are that they don't carry Saucony shoes (very popular with our club members) and their inventory tends to be somewhat erratic, which, of course, is based on their suppliers (my favorite brand, Adidas, is notoriously bad on shipping to wholesalers and retailers).

Polly Brothers, Bazaar of All Nations & Granite Run Mall - Polly Brothers is like a smaller version of Herman's...they carry low to mid-line shoes, but don't quite have the variety that Herman's has and, occasionally, they'll run a good deal on closeouts. If you like New Balance shoes, Polly Brothers might be worth a look.

All Athletic, MacDade Mall - This store is not affiliated with the store that closed in the Olde Sproul Village Shopping Center. The store has a very limited variety of running shoes, catering mostly to the basketball and "turf" shoes crowd. The few running shoes they have tend to be geared towards the lower end of the market--not quite the \$19.99 "jogger", but more for the runner who may get out for a few miles a couple of times a week.

Closeout stores, Various locations - Generally, these types of stores tend to have very little in the way of running shoes and it's truly pot luck if you find anything in your size. The Shoe String on MacDade Boulevard near the MacDade Mall used to have a large selection of Brooks (pre-Wolverine), but haven't had much in the way of running shoes for sometime now. Probably the best of these outlets is the Sneaker Outlet, located on Baltimore Pike near Oak Avenue in Clifton Heights. Women, in particular, might find something that strikes their fancy (and feet) at a bargain price. A word of caution about closeout shoes...make sure that they are just that, closeouts and not irregulars. Discounted irregulars can, sometimes, be brutal on your feet and, occasionally, cause injuries. Closeouts, on the other hand, are simply discontinued models.

Other alternatives - Certainly one alternative that you can take when buying running shoes is buying them outside of Delaware County. But remember, it will cost you to travel, so be sure it's worth the trip!

Mail order may be the route to go if you know exactly what you want in terms of the brand, model and size. I've tried mail order only once, and was pleasantly surprised. I purchased the Adidas Web which listed at the Athlete's Foot in the Gallery for \$39.99 for just \$33.25, including shipping. I called on a Monday and my shoes were waiting for me on Tuesday afternoon. O.K., I'll admit it, the mail order shop that I purchased the shoes from, The Runner's Place, is located in Catasauqua, Pa. near Allentown. Be careful with mail order, however; if you order the wrong size, you send it back to the store at your expense.

The one last possibility that you can investigate is the various Runner's Expos which pop up at major races like the Distance Run or the Marine Corps Marathon. Two years ago, I picked up a pair of Tiger racing flats that listed at \$70.00 for \$35.00 at the Marine Corps Marathon's Expo. Generally, prices are very good and you can make price comparisons very easily as you go from one booth to the next. Plus, you can usually get excellent deals on other running related equipment and apparel (Polypropylene underwear has been real popular the last few years at the expos). So, if you're going to a big race, be sure to bring your credit cards with you.

As always, I'm interested in learning about other places where you can get good quality running shoes. If you know of a store to recommend to your fellow runners (or avoid, for that matter), drop me a line We'll publish your comments in a future issue of KEEPING CONTACT. The address is: Bob Huggins, 408 Pershing Avenue, Collingdale, PA 19023.

## DELCO ROAD RUNNERS RAP

By Bob "Play that funky music, white boy" Huggins

This is the story 'bout life on the run,  
Sometimes it's bad and sometimes it's fun,  
It started out one summer in a wave of heat,  
Now it's six days a week, goin' down the street.

I started to run all by myself,  
To lose some weight, it was good for my health.

Well, I joined this here DELCO club,  
I said, "How much is it, what's the rub?"

They sent me this entry here in the mail,  
To run a race down in Collingdale.  
Five mile race, run through the snow,  
Ran two miles, then I had to go.

I saw this dude, his name was Byron,  
He said, "You can do it, if you keep on tryin'."  
He pointed at a place behind a bush,  
Now I'm feelin' good and so is my tush.

We headed down south to Wilmington way,  
For the race held in March, not the middle of May.  
My momma said to me, "Don't you run up no hill."  
She said, "Don't you know that hills can kill."

Well, I shoulda' paid momma some more attention,  
I started to run with the best intention.  
Now, I came to the hill she said would kill,  
I said to myself, "This race is nil."

I managed to make it to the top,  
Then my knees gave out and I began to drop.  
I must be crazy, I must be retarded,  
To run a race that Caesar Rodney started.

Well, we ran a race up on Broad Street way,  
I heard Fat Albert say "Hey, hey, hey!"  
Runners wearin' green, runners wearin' red,  
I wore DELCO blues instead.

We started way up on North Broad Street.  
It sounded like thunder with all the feet.  
I raced through the pack, right through the mile.  
I knew I looked good, I was runnin' in style.

I got to the track ahead of the pack,  
It was time for a drink and a Big Mac attack.  
I got an award, I knew I was fast,  
Didn't have no worries 'bout comin' in last.

The next race I ran was at 12th and Market.  
There were so many runners . . . my car, I couldn't park it.  
I managed to get to the startin' line,  
I was feelin' real good, I was feelin' fine.

I went out fast, 'bout a 6:30 mile,  
Ran up Chestnut Street with the rank and file.  
I'm startin' to sweat in the hot summer heat,  
My poor runnin' shoes are stickin' to the street.

Praise the Lord, we've passed Boat House Row,  
Just a little more than a mile to go.  
'Round Logan Circle, I can see the finish line.  
I'm runnin' so fast, I think I'm goin' blind.

Now, I got some water, I got some tea,  
I even got a cup of ERG.  
I walked up the stairs to get my shirt.  
The race was over, man, my legs did hurt.

Well, next we ran a race they called the Trot,  
Turkeys there were few, runners a lot.  
I ran to the finish to get some V-8.  
They ran out early, I guess I was late.

Now that's my story from A to Z.  
If you can read this, then you're slower than me.  
I hope when you run you have some fun,  
'Cause baby this was intended purely as a pun.

## RUNNING SHORTS

--The Brookhaven Women's Club 5 Mile Race saw a few of the club's runners competing, including Mike Metague (4th overall), Steve Whitmore (5th overall), Bob Street, Sam Hill and his son Bobby (aka "Son of Sam"), Giuseppe Porri and Mike Touhey.

--Speaking of Giuseppe Porri, by the time you read this, Giuseppe will be the owner of Giuseppe's Restaurant in Clifton Heights. Giuseppe promises us the finest in Italian cuisine, so now we'll all be able to carbo-load in style.

--On the subject of cooking, rumor has it that Bob Huggins makes a pretty good Chinese chicken and vegetables stir-fry dish. Bob tells us, however, that "...it's inadvisable to eat the stuff if you're planning to do a 10 miler within 48 hours after eating it."

--World class miler Sydney Maree won the March 29th Nutrathon 10K. Giving Sydney a run for his money (for the first hundred yards or so), were club members Larry Filtz and Gene Martenson.

--ABC Sports did a nice job in telecasting the Western States 100 Mile Endurance Run. While Western States isn't for everybody, you can't deny the physical and mental toughness which the competitors must have to complete such an event.

--Congratulations to Bill Schultz and Bill Koppenheffer who excelled at the Appalachian Athletic Club's 12 hour ultra-run in Manheim. Schultz finished 2nd with an overall accumulation of 77.3 miles. Kopy took 7th place after having run a total of 67.7 miles. Their ultra-splits:

	Schultz	Koppenheffer
30 Miles	6:59 (PR)	9:16 (PR)
100K	9:16	10:47

DELCO'S proud to have these two fine competitors representing our club on the ultra scene.

--Don't forget the Media 5 Miler - a popular DELCO summer event.

--Delco Jr. Olympics will be held at Springfield High School track on June 4, 5, and 7. Volunteers are needed to help out. Contact Tom Hirsch (544-2280).

--Corrine Coady is back running with the Aldan and Springfield runs after a two month self-imposed "Winter Wimp" rest.

--The Women's Distance Festival, organized by Mary Bergin, will be held on July 19th. This year, Brooks is sponsoring the national event, so it promises to be a fun time with special awards and prizes. Mark your calendars and watch for further details.

--Tom Weber informs us that the Twilight River Ramble (aka Weber Wiver Wamble for Wabbits) will not be held this year. Here's hoping this popular race will make a comeback in '87.

--One of our Springfield joggers was profiled recently in the NEWS OF DELAWARE COUNTY. Bill Kracht took some time off from running to talk about his other hobby, fishing, and the restoration of old bamboo fly fishing rods. Bill's been "tying flies" for 15 years and makes all kinds

of wet and dry flies and streamers to do any kind of fresh and saltwater fishing. He's also involved in maintaining area streams and is currently working to raise funds for a fishing ramp for handicapped persons at Ridley Creek State Park.

--Due to the escalating cost of insurance, DELCO is considering the possibility of annual dues of approximately \$2.50. Let your club officers know how you feel about this proposal. The issue will be voted on at a meeting some time this summer - exact date to be announced.

--Backtracks...Oops, the Masters Swimming Program which began at the Lansdowne "Y" on April 1, has a fee of \$40 and not \$10 as originally reported in last month's newsletter. Our apologies to anyone who may have been misled by this information.

SPRINGFIELD FUN RUN REPORT - By Kathi Clatterbaugh

Total Attendance: February - 150, March - 174

Newcomers:	Tom Salmon	BOB	Larry Ryan	
20X	Frank Dewan	Milestones:	Mary Lou Boselli	150X
	Giuseppi Porri		Tom Watkins	200X
	Bob Street		Bob Huggins	275X
	Bill Erb		Joe Nolan	450X
40X	Hank Goldring		Fred Senderoff	1000X
	Don Larson			

DELCO RRC MEMBERSHIP MEETING

Tuesday, March 25, 1986

Attendees:	Tom Hirsch, President	Fran Deeney
	Marylou Long, Vice-Pres/Membership	Steve Van Kueren
	Fred Senderoff, Treasurer	Bill Schultz
	Bob Huggins, Team Coordinator	Tom Salmon
	Peggy Bobeck	Tom Watkins

Meeting called to order by President, Tom Hirsch at 8:10 P.M. Minutes read by the Secretary and accepted. Bob Huggins / Tom Watkins Passed.

Treasurer / Fred Senderoff

24.48	Provident (closing account 3-26-86)
1436.36	PSFS Super Now account
1460.84	

Report accepted as read. Peggy Bobeck / Bob Huggins Passed.

Fun Run Leader / Marylou Long A-OK

Team Coordinator / Bob Huggins

- 1-Bob received a letter from Bob Fortunato, President of MARRC regarding the MARRC Marathon. Expected entries to be about 250-300. Help will be needed to staff a water stop for the marathon. There was an article in MARRC newsletter about DELCO RRC. Bob states that it was a very good article.
- 2-Tee Shirts - \$3 plus. Singlets? Written price quote is forthcoming from Torpey White.

Membership / Marylou Long

1979	539	members	1983	404	"	
1980	524	"	1984	283	"	\$1937.00 contributions
1981	371	"	1985	231	"	\$2002.00
1982	392	"				

Newsletter / Mary Lou Boselli Not Present.

Public Relations / Joe Freiberg Not present.

Old Business

Dawn to Dusk Ultramarathon Bob Huggins / Bill Schultz

Deficit of last year was absorbed by Bob and Bill. Insurance for this year is forthcoming. TAC sanctioned 25 entries are expected. Entry fees are \$6 for 12 hr. / \$10 for 24 hr. Motion was made by Fred Senderoff to allocate up to \$200.00 for the Dawn to Dusk Ultramarathon. Tom Watkins second / Passed.

Jr. Olympics

Dates changed to June 4, 5, & 7, 1986 due to conflicting schedules with the high school. Your support will be needed again to have a successful event.

Insurance for DELCO RRC

Insurance for DELCO RRC was purchased for \$470.00 with Penn Mutual. All meetings, fun runs and events with no limits are included in the policy. Thanks to Tom Hirsch and Fred Senderoff for their work in pursuing this matter to a conclusion.

Incorporation of DELCO RRC

Papers have been filled out and are ready to be sent to the state.

Springfield Bicentennial / Tom Hirsch

Everything is going smoothly. Entry forms and flyers will be out soon.

New Business

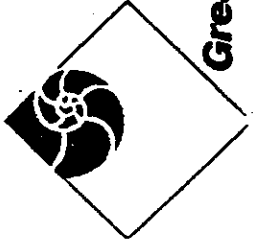
Membership dues? Questions were on the floor regarding membership dues - mandatory or volunteer - to help alleviate the cost of insurance for members of the club. If you have any comments, speak to one of the club officers or come to the next meeting and voice your opinion.

Next meeting April 29, 1986 at Springfield H.S.

Meeting adjourned at 9:04 P.M. by a motion made by Bob Huggins / Peggy second. Passed

Respectfully submitted,  
Peggy Bobeck

Course Map

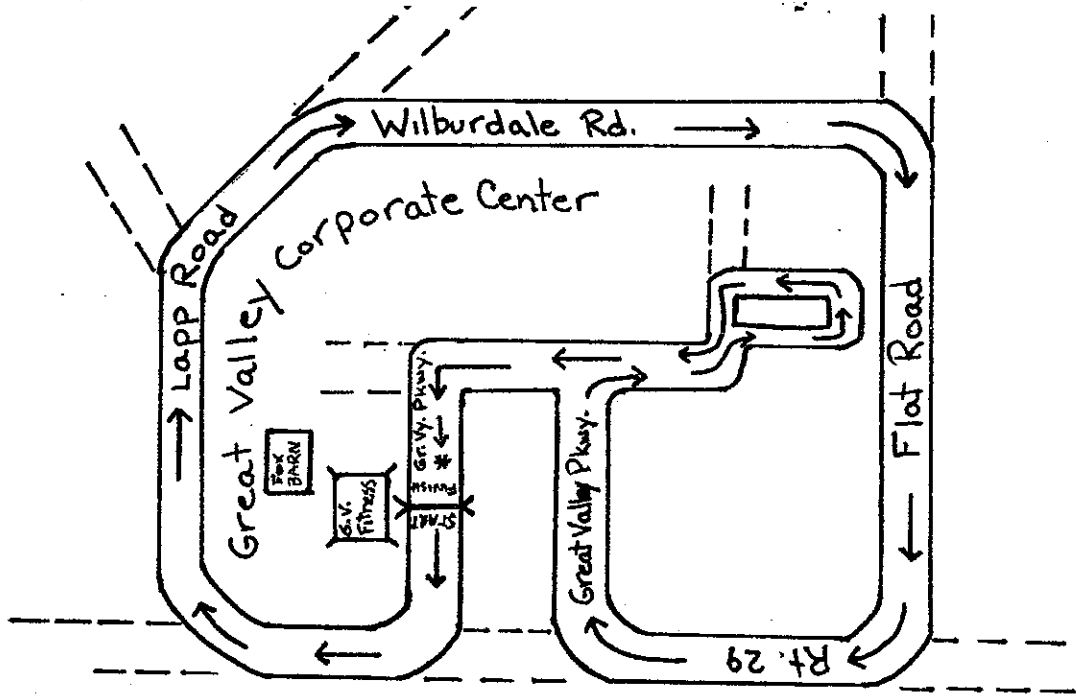
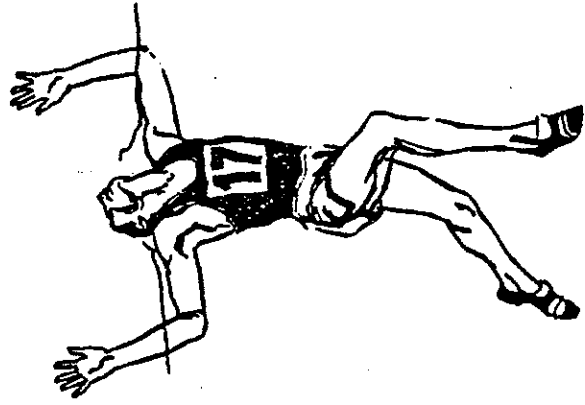


Great Valley Fitness Center

Rouse & Associates

present

THE GREAT VALLEY  
CORPORATE CHALLENGE



Don't be a  
heartbreaker



Exercise  
regularly.

Proceeds to Benefit  
American Heart Association

WHAT: 5K Road Race

(3.1 Miles)

PRIZES AND AWARDS

1 year membership to Great Valley Fitness Center to winner in each division.

WHEN: Thursday, May 22, 1986

5:30 p.m.

WHERE: Great Valley Fitness Center

Three, 1 year memberships awarded to overall corporate winner.

14 Great Valley Pkwy.

RUNNER EXTRAS:

THE COURSE: 3.1 mile race through corporate center and surrounding roads.

...Official race shirt for first 200 entries

...Buffet following the race

...Free beer at Fox Barn

...Random drawing for prizes

DIVISION:

MEN

MEN MASTERS

Age 39 & under

Age 40 & up

FEE:

...Entry \$6.00

...Make checks payable to:

WOMEN

WOMEN MASTERS

Age 39 & under

Age 40 & up

AMERICAN HEART ASSOCIATION

MAIL ENTRY TO:

GREAT VALLEY CORPORATE CHALLENGE  
GREAT VALLEY FITNESS CENTER  
14 GREAT VALLEY PARKWAY  
MALVERN, PA. 19355

REGISTER in Person at

GREAT VALLEY FITNESS CENTER

OFFICIAL ENTRY FORM: GREAT VALLEY CORPORATE CHALLENGE

5 K Race -- May 22, 1986

NAME \_\_\_\_\_

DIVISION

STREET \_\_\_\_\_

AGE \_\_\_\_\_

SEX \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

MALE

FEMALE

COMPANY \_\_\_\_\_

Men \_\_\_\_\_

Women \_\_\_\_\_

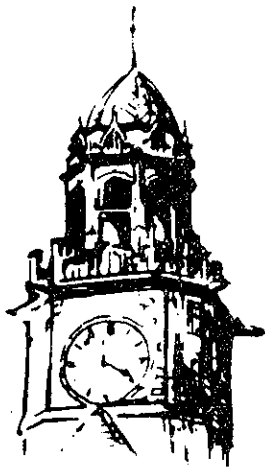
Men Masters \_\_\_\_\_ Women Masters \_\_\_\_\_

SIGNATURE \_\_\_\_\_

GUARDIAN'S SIGNATURE (if under 18 yrs. old) \_\_\_\_\_



WE'RE FIGHTING FOR YOUR LIFE



**THE GLEN MILLS SCHOOLS**  
**8TH ANNUAL**  
**10 K**

**FIRECRACKER RUN**  
*"The toughest 10 K around"*  
 Running Times and Runner's Gazette



Certified Course

**Glen Mills Schools**  
 Service to youth since 1826  
 C.D. Ferrainola  
 Executive Director

**LIVE MUSIC**  
**FROM**  
**SCOUNDREL**

Enclose \$3.00 separate check  
 Make checks payable to **The Glen Mills Schools**  
 Send to: **The Glen Mills Schools**  
 c/o Mrs. Norma Parks  
 Concordville, PA 19331

Awards in the following age groups:

- 13 and under
- 14 - 18
- 19 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 and over

Men's Course Record:  
 Women's Course Record:

**Steve Eachus 31:51, 1983**  
**Janice Osswald 38:48, 1983**

**Date:** Saturday, June 28, 1986  
**Time:** 9:00 a.m.

**Place:** The Glen Mills Schools

**Course:** 6.2 miles over beautiful Thornbury Twp.

**Entry:** \$3.00 before June 21, 1986  
 \$5.00 Post Registration

**T-Shirts to the First 300**  
**Entertainment for the Children**  
**Exhibits**  
**Food and Refreshment**  
**Ample Parking**

Post Registration Opens 7:45 a.m. and Closes 8:45 a.m.

.....  
 Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Age on day of race \_\_\_\_\_ Sex \_\_\_\_\_

Circle Shirt Size: **Small Medium Large X-Large**

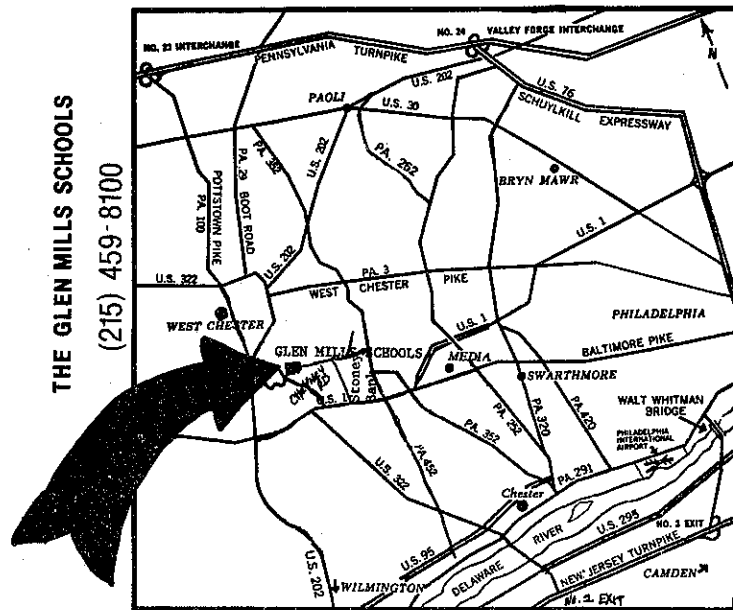
\_\_\_\_\_ If under 18 \_\_\_\_\_

**Signature**

**Parent's Signature**

"In consideration of your accepting this entry, I hereby, for myself, heirs, executors, or administrators, waive and release any and all rights and claims for damages I may have against THE GLEN MILLS SCHOOLS, their agents, representatives, or assignees for any and all injuries which may be suffered by me during my participation in this meet."

**Runner's NO.** \_\_\_\_\_



**DIRECTIONS:**

From Philadelphia - Take Baltimore Pike to Stoney Bank Road, turn right on Stoney Bank Road until you reach the end. Turn left on to Glen Mills Road; the school is on your right ½ mile distance.

From Wilmington- Take Route 202 North to Route 1; turn right on Route 1, make a left on Cheyney Road, then a right on Glen Mills road, following this until you see the school on the left.

From Norristown- Take Route 202 South until you reach Route 1; follow the above directions from here.

\* This race has been recognized by Running Times as one of the toughest 10 K's and Best Organized race in all of Pennsylvania.

Date

Parent's Signature if under 18 years

Date

Signature

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the DELCO Road Runner Club, the Springfield Tricentennial Commission, Springfield Township, and all sponsors, their representative and successors, from all claims or liabilities of any kind arising out of my participation in this event.

### WAIVER

(Pre-entries must be received by Friday, June 13, 1986)

Make checks payable to: SPRINGFIELD TRICENTENNIAL COMMISSION  
 Mail \$5 entry to: SPRINGFIELD CELEBRATION RUN  
 c/o DELCO RRC  
 P.O. BOX 145  
 HOLMES, PA 19043

Please sign waiver below.

Sex \_\_\_\_\_ T-Shirt size: S M L XL (Circle one)

Address \_\_\_\_\_

Name \_\_\_\_\_ Age as of 6/20/86 \_\_\_\_\_

## Entry Form

### SPRINGFIELD CELEBRATION RUN

Please Print

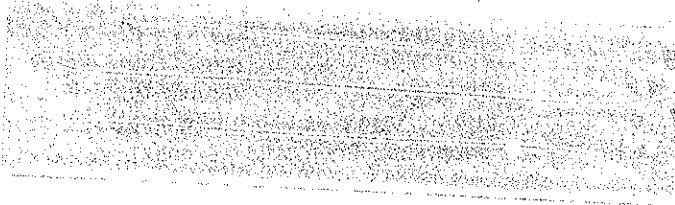
**Refreshments:** Refreshments will be provided after the race.

**Course:** A challenging RRC certified 5.0-mile course. Run starts at Springfield High School, winds through the streets of the Township, and ends on the high school track. Time splits will be provided. Water stops will be located at approximately 2 miles and at 3.5 miles.

**Race Results:** Results will be posted immediately after the race.

**Awards:** T-shirts will be guaranteed to the first 200 pre-entries. Medals will be presented to the first three male and female finishers. Medals will also be presented to the first three male and female finishers in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over. No duplicate awards. Runners towels will be provided by Metropolitan Hospital to all finishers.

**Entry fee:** \$5 pre-entry received by June 13; \$0 post-entry day of race.



TO:

NON-PROFIT ORGANIZATION  
U. S. Postage Paid  
PERMIT NO. 3  
SHARON HILL, PA 19079

DELCO ROAD RUNNERS CLUB  
POST OFFICE BOX 145  
HOLMES, PA 19043

DELAWARE COUNTY ROAD RUNNERS CLUB

