



Keeping Contact

Newsletter of the Delaware County Road Runners Club

February, 1987

Editor: Bob Huggins President: Kathi Clatterbaugh Publisher: Rita Senderoff

Submit articles for publication to: Bob Huggins, 408 Pershing Ave., Collingdale, PA 19023

NEW OFFICERS ELECTED

The results of the election of officers were announced at the December club meeting. Your new officers are as follows:

- * Kathi Clatterbaugh - President
- * Terry Adamson - Vice President
- * Fred Senderoff - Treasurer

The Election Committee would like to thank all club members who cast their votes. Best wishes to our new officers. We hope all club members will support the work of our officers.

COLLINGDALE RACE RESCHEDULED

Due to inclement weather conditions on January 26th and February 1st, Race Director Byron Mundy has announced that the Collingdale 5 Miler has been rescheduled to Sunday, March 1. This postponement is the first in the race's 9 year history. Mundy noted that while he regrets the change of date, the March 1st date will serve as a perfect tune-up to the St. Patty's 10-Miler in Kutztown and the Caesar Rodney Half-Marathon. Runners may still pre-enter by calling Byron at 534-2833. Post registrations will also be accepted. Race time remains at 1:30 P.M.

THE GREAT QUESTION

By Tom Watkins

Finally, the most persistent question has been answered! Does exercise (running) extend your life? This question has appeared regularly in the running magazines and the answer has always been, "We think yes, but there is no proof." Even Doc Sheehan has dodged this question in his many articles. He prefers to say, "the improved quality of life is more important than a yes or no to the great question." Now there is proof!

If you're a subscriber to The Runners Magazine, you probably read the article, "Beat the Clock" by Eric Olsen in the November, 1986 issue. I've jotted down some of the highlights of this important article for the benefit of those members who missed it.

1. Dr. Ralph Paffenbarger and three associates published a paper this year discussing the results of a 16 year - and on-going - study of 16,936 Harvard University male alumni who graduated between 1916 and 1956.
2. The authors state that the findings suggest "a considerable gain in man-years of life for the habitually energetic."
3. They are talking cause and effect. They are talking about gains in years, not something you were born with. **If you exercise, you'll live longer!**
4. Harvard keeps meticulous medical records dating back to 1916 and these records were the basic data of the study.
5. 71% of those contacted with a one page questionnaire responded - an astonishing responses!
6. The paper states unequivocally that if you exercise regularly, you can expect to live, on the average, two years longer than your more sedentary counterparts. This is an average, runner A could live 20 years longer while runner B lives zero years longer.
7. The two years is an all-causes-mortality!
8. The association between exercise occurs with walking, sports play, and stair climbing, etc.
9. Exercise is dose dependent: the more activity, the lower the risk of death.
10. The association is consistent by age group, and it's independent of other influences on all causes of death.
11. The bulk of evidence points to a protective effect of activity against cardiovascular disease and respiratory disease.
12. The minimum amount of exercise required: at least 2000 calories burned per week (about 20 miles). 20 miles per week is the magic number!
13. The results apply equally to woman.

One of the researchers feels that a big part of the gain has to do with oxygen transfer which is enhanced by exercise and it's not just the matter of the heart, but all the muscles of the body pumping oxygen to all of the cells. Oxygen is the staff of life for the body and this whole business of feeding the cells, carrying on combustion and trucking away wastes is enhanced by physical activity.

The preceding paragraph struck a responsive note with me. It confirms what Dr. Ernst VanAcken was preaching about 1949, even though he could not present proof. He wrote, "What you breathe is more important than what you eat." The good doctor was also a great believer in the benefits of salt. Now, after many years, we see the medical profession claiming that lack of calcium causes high blood pressure, not excess salt. It seems as though he was ahead of everyone in the field in spite of his limited resources - what a scientist!

This on-going study by Dr Paffenbarger and associates is certainly a landmark for many reasons. The length and size of the study coupled with the very great response leaves no room for doubt. The bottom line is: 20 miles per week will extend your life for an average of .2 good years, compared to your sedentary friends.

Now that the "great question" has been answered, "keep the rubber to the road." If you can, read the article and you will find it more informative than this outline.

RUNNING ANNOUNCEMENT

By Rick Jones

On April 26th, there will be a unique combination of running events held in Elkins Park, where the proceeds will be used to assist families of transplant patients to cope with the expenses incurred as a result of these operations. The "Runs for Life - Transplant Awareness" agenda includes 4 different distances and combinations to allow all types of runners to participate competitively and/or for fun. The events include an 8K race, 1 mile walk, 1 mile fun run (13 & under), and a 1 mile six-legged race (2 legs - human & 4 legs - dog). (Hear that Molly Mundy, after Caesar Rodney, this is a piece of cake).

The runs, sponsored by the local chapter of the American Association of Critical-Care Nurses and the Elkins Park RRC, has a pre-registration fee of \$6.00. Some aspects of the race are still "in committee" such as prizes and times of events, but will be finalized very shortly. The courses are certified by TAC and reported as "new, flat, and fast" and this will be personally verified and reported in the next newsletter.

The unusual distances and combinations were picked so as to offer an alternative to the typical 10K's and higher distances offered locally in the spring. The proceeds of the race will help a new, disadvantaged group of people for whom there is so far little or no organized assistance. If any more information is required, please contact me at 623-0351.

TRIATHLON NEWS

By Bob Huggins

Here it is, only February, and already the local triathlon scene is starting to take shape. Hopefully, you've been able to swim at the "Y" and have done some indoor bicycle windtrainer or rollers workouts to keep yourself sharp for the upcoming season, in addition to your regular running routine.

Television has been playing a greater role in popularizing the sport. On a recent January weekend, "tri" junkies got a double dose of coverage of two of the sport's most prestigious events...the Hawaii Ironman and the World Championships in Nice, France. Both races were remarkably similar in their outcomes...the men's winners, Dave Scott and Mark Allen, respectively, won by comfortable margins, while the first place women finishers in both events were disqualified, albeit for different reasons. If you are fortunate enough to have cable, ESPN has been broadcasting races of the Bud Light series.

Locally, the multi-sport season will kick-off on April 26th, with the 2nd annual Community Y Biathlon in Lansdowne. Last year's event saw 10 DELCO members compete in a small field of 40 competitors. Hopefully, more of you will take the plunge in April. As the season progresses, we'll update you on other events, but here are a few good events for starters:

April 26 - Community Y Spring Biathlon

1/2 mile swim, 5 mile run

Community Y of Eastern Delco, Lansdowne, PA

Entry Fee: \$15.00

Contact: Joe Tankle

Community Y, Lansdowne Ave & Garrett Road

Lansdowne, PA 19050 (215)259-1661

April 26 - Brandywine YMCA Triathlon

1 mile swim, 10 mile run, 25 mile bike

Coatesville, PA 19320

Entry Fee: \$30.00

Contact: Brandywine YMCA Triathlon, 650 Hurley Road

Coatesville, PA 19320 (215)384-5084

Editor's Note: Club members Dan Lang and George Kennedy highly recommend this event. Call the "Y" immediately if interested as the number of participants is limited to 84.

May 2 - Gore-Tex Fabric Triathlon

12 mile bike, 5.5 mile run, 3 mile canoe

Brandywine Creek State Park, Delaware

Contact: Susan Widenor Kreuer

American Heart Assoc. of Del., 4-c Trolley Square,

Wilmington, DE 19806 (302)654-5269

May 10 - Cooper River Biathlon

2 mile swim, 14.8 mile bike, 2 mile run

Cooper River, Pennsauken, N.J.

9 A.M. start

Entry Fees: \$15.00 pre, \$20.00 post

Contact: CS Running Center, 138 Haddon Ave.

Westmont N.J. 08108 (609)858-9760

Club member Gene Martenson advises us that the Delaware Valley Bicycle Club is forming a triathlon team and encourages interested DELCO RRC members to join. Contact Monty Harris (337-0330-business) or Rich Patterson (622-2954) for more information. For non-triathletes who wish to become associated with a bicycle club, contact DVBC at P.O. Box 497, Media, PA 19063. DVBC covers the complete gamut of cycling from touring to racing and everything in between (hear that, mountain

bikers!). As a DVBC member who occasionally attends DVBC events, I can attest to the fact that DVBC rides and events are well organized. Add a dimension to your overall physical fitness. Give DVBC a try!

DELCO ROAD RUNNER CLUB PROFILE

Club Profile: Linda Beane

Submitted By Joan Potterfield

In addition to being the winner of the spring Norwood Three-Miler in a speedy 20:50, 37 year old Linda Beane is an avid body builder. She works out for about two hours every day and will compete at West Chester University in April (let's all go cheer her on!). Linda recently starred in a G-rated Jack Myers video. She has a master's degree in sports psychology and is advising Julie Bowers, who recently won Brian's Run and the Independence 10K. She also coaches Joan Potterfield-Myers, when she's not too stubborn to listen. When she's not running or lifting weights, Linda Beane is a psychiatric nurse/counsellor. She lives in Berwyn, so we don't get to see her too often. If Jack Myers ever gets a Wayne chapter of DELCO off the ground, Linda Beane will be a serious contender at the Challenge Race. Watch out, Collingdale!

SPRINGFIELD FUN RUN REPORT

By Kathi "Prez" Clatterbaugh

November, 1986

December, 1986

Attendance: 114

127

Newcomers: 0 (C'mon, folks!)

Tony Castrucci, "Wink" Byrd

Milestones: 20X - Kathy "Legs" Watson

150X - Joe Freiberg

200X - Tom Weber

250X - John Greenstine

700X - Jim "Wimp" Smith

RUNNING SHORTS

- * Collingdale ultraman Bill Schultz completed five East Coast marathons in six weeks, averaging just under 3:10 for all five races. His best race was a sub-three hour effort at the Marine Corps Marathon (qualifying him for Boston). Bill also ran fine races at Harrisburg, Atlantic City, Philadelphia Independences and Maryland. Of the five, Bill says Maryland was the toughest and deservedly earns its reputation as the "Mean Marathon."
- * Former Ridley Park resident Bob Kern has moved to Cincinnati, Ohio where he works at General Electric. Bob qualified for Boston with a sub 3:10 effort at the Revco-Cleveland Marathon.
- * New club president Kathi Clatterbaugh and first man (first mate?) Mark will be moving from Morton into their new executive headquarter in Springfield in March.

- * The MacDade Diner has now replaced Ollie's as the "official" DELCO Saturday Morning Breakfast Club Headquarters. Join the fun and frolics every Saturday after the Collingdale fun run. Club member Marie Barrie is our official hostess.
- * The February issue of Running Times, reports that Swedish runner Midde Hamrin, female winner of the 1986 Philadelphia Distance Run won, outright, the Breakaway 15K in Beaumont, Texas in a time of 50:18. Second place finisher, Dennis McDougell was clocked in at 50:24. Interestingly enough, the third place overall finisher was also a woman. Is this the start of a new trend?
- * The Dawn-to-Dusk Ultras will be held on Saturday, May 9th, again, at Academy Park H.S. Runners, lap counters, handlers, etc. are asked to contact Bill Schultz or Bob Huggins. More details in the next issue of KEEPING CONTACT.
- * As of this writing, it is unlikely that a 2nd annual MARRC Marathon will be held. MARRC is suggesting a good alternative, the New Jersey Waterfront Marathon on April 26th in Jersey City. This course has been chosen as the site for the U.S. Olympic Men's Marathon Trials. The entry fee is \$12.00 and entries close April 15th. Contact: New Jersey Waterfront Marathon, The Harborside Financial Center, Plaza Two, 10th Floor, Jersey City, N.J. 07302; (201)795-8895.
- * Congratulations to Dan Lang and George Kennedy, both of whom completed their first New York City Marathon.
- * Congratulations to Mike "Moon Doggie" McGillian for finishing yet another Philly to Atlantic City 100 Kilometer (62 miles) Run.

LETTER FROM THE COMMUNITY "Y" OF EASTERN DELAWARE COUNTY

RE: DELCO RRC MEMBERS

FROM: Community "Y"

Lansdowne Ave. & Garrett Rd.
Lansdowne, PA 19050
259-1661 or 476-8080

Primos Center
Bunting Lane
Primos, PA 19018
626-1212

Mr. Thomas Hirsch
DELCO RRC
97 Powell Road
Springfield, PA 19064

Dear Tom:

As the holidays approach, we would like to take the time to remember the people who have been so helpful to the Community Y over the past year. The DELCO ROAD RUNNER'S assistance in the Philadelphia Distance Run and our Cam II Open House was invaluable.

To show our appreciation, we are extending to all your club members a 20% discount for our Cam II membership at our Primos Center. To take advantage of this or to arrange a tour, a club member (with proof of membership) should call me at 259-1661.

Happy Holidays!

Joe Tankle,
Physical Director

Editor's Note: Many of our members missed Mr. Tankle's offer in our "Runners of the Year" mailing. So, we are repeating it for their benefit. Don't forget the "Y's" 2nd annual Biathlon on April 26th.

MARRO RACE CALENDAR

February

- 1 Sports East Winter Series
Races vary from 5K to 10K - Feb. 15, 22; Mar. 1, 8, 15, 22, 29.
Jessup Rd. & Kings Hwy., Woodbury, N.J.
1 P.M. start
Entry Fees: \$3, \$2 students
Contact: Browning Ross, Sports East, 240 S. Broad St.,
Woodbury, N.J. 08096 (609) 845-1894
- 15 President's Day 8K
Northeast YMCA
10 A.M. start
Entry Fees: \$8 pre, \$10 after 2/1
Contact: Mike McCloskey, 3711 Glenn St., Phila., PA 19114
(215) 637-7928
- 21 Washington's Birthday 5 Miler
Concordia Lutheran Church, Wilmington, DE
1 P.M. start
Contact: Marathon Sports, 300 W. 9th St. Plaza,
Wilmington, DE 19801 (302) 654-2354
- 22 Northeast Road Runners Winter 10K
Plaisted Hall - Kelly Drive
10 A.M. start
Entry Fees: \$6 pre, \$7 post
Contact: Send SASE to - Charlie Payne, 3131 Stirling St.,
Phila., PA 19149
- 28 Penguin Run - Frozen Food Association of Delaware Valley 10K
Rotelle Inc. Complex, Morris Road, West Point, PA
1 P.M. start
Entry Fee: \$6 before 2/20
Contact: Penguin Run, P.O. Box 370, west Point, PA 19486
(215) 822-3923

MARCH

- 14 St. Patrick's 10K Miler
Margate, N.J.
Washington & Atlantic Aves.
9:30 A.M. start
Entry Fees: \$6 until 3/9, \$8 Post
Contact: Boardwalk Runners, P.O. Box 7736,
Atlantic City, N.J. 08404
- 15 St. Patty's Day 10 Miler
Kutztown, PA
12:15 P.M. start
Entry Fees: \$10 by 3/2, \$12.50 after
Contact: St. Patty's Day Run, RD #2, Box 2756, Reading, PA
- St. Patty's Day 5K
Kutztown, PA
10:30 A.M. start
Entry Fees: \$10 by 3/2, \$12.50 after
Contact: See Above
- 22 Caesar Rodney Half Marathon
11th & Market Sts., Wilmington, DE
1 P.M. start
Entry Fees: \$7 until 3/13, \$9 after
Contact: Warren Hoffman, Delaware Sports Club, Box 226,
Wilmington, DE 19803 (302) 658-7508
- 28 Nutrathon 10K
West River Drive Course
Contact: Kathy Cutler, Thomas Jefferson Hospital,
107 Pavilion, Phila., PA 19107 (215) 928-6319

DOWN THE ROAD...

- April 20 - Boston Marathon
April 26 - New Jersey Waterfront Marathon
May 3 - Broad Street 10 Miler
May 9 - Dawn-to-Dusk Ultras (more on this, next issue)
May 17 - Nike New Jersey 10 Miler (note new date)

MARRC RUNNERS SURVEY

The Middle Atlantic Road Runners Club is surveying Philadelphia area runners on a variety of topics related to running. Regardless of whether you belong to MARRC or not, we urge you to send your completed survey to MARRC. Your responses to the survey can help shape the future of running in the Delaware Valley.

Mail your completed survey (which appears on next page) to:

The Middle Atlantic Road Runners Club
P.O. Box 35133
Philadelphia, PA 19128

If you would like to join MARRC, send a \$10 check payable to the Middle Atlantic Road Runners Club along with your name and address to the above address with you completed survey.

MARRC RACE QUESTIONNAIRE

(please print)

- 1) Age: _____ 2) Sex: _____ 3) Married: _____
- 4) Occupation: _____
- 5) Household's gross yearly income: <\$20,000 _____ \$20,000 - \$30,000 _____
 \$30,000 - \$40,000 _____ \$40,000 - \$50,000 _____ \$50,000 - \$75,000 _____
 \$75,000 - \$100,000 _____ >\$100,000 _____
- 6) I live in (list zip code): _____
- 7) I belong to the following running clubs: _____
- 8) I usually race in: Center City _____ NE. Phila. _____ Dela. Co. _____
 Delaware _____ S. Phila. _____ NW. Phila. _____ Bucks Co. _____
 S. Jersey _____ N. Phila. _____ SW. Phila. _____ Chest. Co. _____
 W. Phila. _____ Mont. Co. _____ Other _____
- 9) Average number of races per year: _____
- 10) Favorite race courses: _____
- 11) Favorite race distances: _____ 12) Preferred starting time of
 (list 3 in order of preference) _____ races: _____
- 13) Preferred time of year for races: _____
- 14) Race size preference: <100 _____
 (# of entrants) 100-500 _____
 (check one) 500-1000 _____
 1000-5000 _____
 >5000 _____
- 15) What influences you to enter a race? Please check the criteria listed below that are important to you. (If you don't answer anything else in this questionnaire, answer this!)
- Time of year _____ Time of day _____ Convenient location _____
 Unusual location _____ Non-local location _____ "Big-name" race _____
 Race distance _____ Race reputation _____ "Easy-Fast" course _____
 "Hard-Slow" course _____ Loop course _____ Point-to-Point course _____
 Familiarity with course _____ Accurate course _____ Certified course _____
 Specific courses _____ Specific commercial sponsors _____
 Sponsoring organization _____ Outings of my running club _____
 Amount of entry fee _____ Pre-race party _____ Pre-race expo _____
 Pre-race clinic by local elite runners _____ Door Prizes _____
 Pre-race clinic by non-local elite runners _____ Awards _____
 Pre-race clinic by "experts" _____ Your own race schedule _____
 "Professional" or prize money events _____ Media coverage _____
 Local elite runners present _____ Non-local elite runners present _____
 T-shirt _____ Additional give-aways _____ Availability of parking _____
 Traffic control quality _____ Aid stations & runner support _____
 Splits _____ Race course scenery _____ Post race food _____
 Post race drink _____ Post race party _____ Post-race clinic by local elite runners _____
 Post-race clinic by non-local elite runners _____
 Post-race clinic by "experts" _____ Post-race "family" events _____
- 16) Please answer these questions yes or no.
- I support sponsors who support running _____
 I am more likely to run in "charity" events _____
 I am more likely to run in events involving a running club _____
 I am interested in attending running clinics _____
 I am interested in attending running expos _____
 I prefer to run in races with a lot of extra events and special prizes _____

DELCO RRC MEMBERSHIP MEETING

Tuesday November 25, 1986

Attendees: Tom Hirsch, President Fred Senderoff, Treasurer
Bill Schultz Mary Lou Boselli
Kathi Clatterbaugh Dot Kracht
Tom Watkins Peggy Bobeck

Meeting was called to order at 8:00 P.M. by President, Tom Hirsch.

Minutes were read by the secretary and accepted as read.

Treasurer's Report/ Fred Senderoff
PSFS Super Now Account - \$2587.00

Fun Run Report/ Marylou Long not present

It was stated that attendance at Prospect Park and Swarthmore has been low to nil. Thus it has been recommended that Prospect Park will be cancelled as of Jan. 1, 1987. Swarthmore will be discontinued til spring.

Team Coordinator/ Bob Huggins N/P

Newsletter Editor/ Bob Huggins N/P

Memberships/ Marylou Long N/P

Old Business

Media representative paid insurance for added coverage of Media Race. Thank you to everyone who helped at the marathon water stop. You did a great job.

Valentine Dinner Dance/ Mary Lou Boselli

Thru some gentle persuasion from Joe Nolan, Mary Lou has acceded to head the committee for the Dinner-dance to be held on February 14, 1987. Mary Lou has asked for some restaurant & banquet facilities to send form letter from DELCO requesting information regarding cost.

Suggestions: Townhouse, Media Falcon House Springfield C. C.
L & M Caterers Walbers Delco Caterers
Ramada Inn Alpine Inn Drexelbrook Country Club

Form letter will be sent to club members regarding tickets. If you want to attend respond to letter - there will be no other reminders - no telephone calls.

Election Committee/ Dot Kracht

Mailed the nominations for officers to club members. Do fill out and send in before the holidays so you won't forget.

New Business

Run to the Lights will be held on December 16, 1986 at 6:30 P.M.
Dawn to Dusk Ultra Marathon/ Bill Schultz
Bill & Bob Huggins have received favorable reception from nationally ranked ultra runners that they will be looking forward to joining the ranks on May 9, 1987 at Sharon Hill HS track.
They do need help and support from the club. Lap counters.

Next Meeting will be Tuesday, December 30, 1986 at the community room at the Springfield High School.

Motion was made to adjourn at 8:47 P.M. by Peggy. Second / Fred

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Tuesday December 30, 1986

Attendees:	Tom Hirsch, Pres.	Fran Deeney
	Marylou Long, V-Pres.	Helen Genisch
	Fred Senderoff, Treas.	Joe Freiberg
	Frank Dewan	Joe Nolan
	Bill Schultz	Torpey White
	Peggy Bobeck	Tom Watkins
	Dot Kracht	Larry Flitz
	Dave Covey	Mary Lou Boselli
	Kathi Clatterbaugh	

Meeting was called to order at 7:50 P.M. by President, Tom Hirsch.

Minutes were read by the secretary and accepted as read.

Treasurer's Report/ Fred Senderoff
PSFS Super Now Account - \$2470.00.
One outstanding check Tom Hirsch.
Holding our own. Accepted Mary Lou Boselli/ Peggy

Fun Run Report/ Marylou Long / A OK

Team Coordinator/ Bob Huggins N/P

Newsletter Editor/ Bob Huggins N/P

Memberships/ Marylou Long
Number of members from 4-86 to 12-86 / 169

Old Business

Valentine Dinner-Dance/ Mary Lou Boselli
Media Inn and Springfield Country Club were the two restaurants that have what we are looking for from the replies we received.
Springfield Country Club had best to offer for money and good food.

This year there will be a buffet rather than sit down dinner as in previous years (3 hot entrees - vegetable - salad - dessert). Deposit of \$250 is needed. DJ is \$125. Stamps for first class mailing was decided upon.

Motion was made by Mary Lou Boselli that DELCO RRC allocate \$500.00 for Valentine Dinner-Dance. Passed/ Kathi Clatterbaugh

New Business

DELCO has received a letter from the Community Y thanking them for their support and help at the Distance Run water stop and Open house at the Primos Center. In appreciation for this help the Community Y is giving any DELCO RRC member, with verification, a 20% discount on a membership for the Cam II at Primos. Contact Joe Tankle at 259-1661.

We need more DELCO stationary which Tom Hirsch will order and pick up.

Election of Officers: CONGRATULATION !!!

President		Vice President		Treasurer	
Kathi Clatterbaugh	43	Terry Adamson	53	Fred Senderoff	41
Betty Koppenheffer	3	Kathy Jackson	6	Bill Koppenheffer	18
Torpey White	13				

Nominees for Man & Woman of the Year

Bill O'Keefe	Bea Sanner
Joe Freiberg	Dot Kracht
Torpey White	Mary Bergin
Lou Sanner	Kathi Clatterbaugh
	Betty Perrone-Koppenheffer

There will be an audit of the books by Joe Freiberg & Torpey White.

Next Meeting will be Tuesday, January 27, 1987 at the community room at the Springfield High School.

Motion was made to adjourn at 8:45 P.M. by Tom Hirsch/ Bill Schultz

Respectfully submitted,
Peggy Bobeck



COMMUNITY "Y" SPRING BIATHLON



WHEN: April 26, 1987
First heat for swim begins at 8:00 AM

WHERE: Community "Y", Lansdowne Ave. & Garrett Road,
Lansdowne, PA 19050 (215) 259-1661

EVENTS: 1/2 Mile Swim - 5 Mile Run

ENTRY FEE: \$15.00

AWARDS: Trophies to the overall first place male and female plus Basic Membership to the Community "Y". Awards to the first three in the following age groups:

MALE
19 and under, 20-29, 30-39, 40-49, 50 and over

FEMALE
19 and under, 20-29, 30-39, 40-49, 50 and over

A high quality, long sleeve T-shirt will be given to all entrants.

PRE-RACE MEETING: A meeting will be held on Thursday, April 23, 1987 at 7:30 PM at the Community "Y". All competitors must attend this meeting to receive important instructions on the Biathlon. Race packets will be picked up at that time.

REFRESHMENTS AND AWARDS CEREMONY IMMEDIATELY FOLLOWING

All entries must be received by April 17, 1987.
The swim must be completed within 29 minutes. Swimmers will be seeded according to their times given below.

SEND ENTRIES TO: Joe Tankle, Community "Y", Lansdowne Ave. & Garrett Road
Lansdowne, PA 19050

NAME _____ MALE ___ FEMALE ___ AGE ___

ADDRESS _____

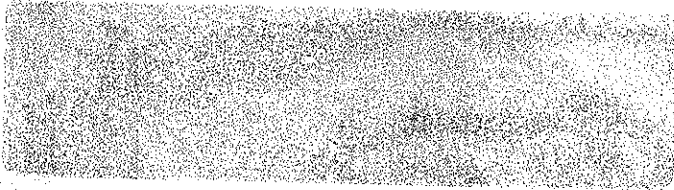
CITY _____ STATE _____ ZIP _____

SHIRT SIZE: S M L XL BEST 1/2 MILE SWIM TIME _____

In consideration for my participation in the Community "Y" Biathlon I hereby waive and discharge the sponsors, organizers, affiliates and employees from any and all claims that may accrue as the result of my participation. I will comply with all regulations as set forth by the Community "Y" Race Committee.

Signature

Signature of Parent if under 18



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

