

Keeping Contact



Newsletter of the Delaware County Road Runners Club

June, 1987

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

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

NEW 24 HOUR RECORD AT DAWN-TO-DUSK

By Bob Huggins

Ed Dodd, a forty year old college teacher from Collingswood, N.J., set a new Dawn-to-Dusk 24 hour race record of 126 miles at the May 9-10 event. In doing so, Dodd defeated last year's champ Neil Weygandt of Pilgrim Gardens who had a few "bad spots" and for all practical purposes, had to retire early. Still, Weygandt finished 4th overall with 105 miles. Co-race founder and director Bill Schultz finished second with 108 miles. In the 12 hour event, Don Lookingbill outpaced the field running 57 1/2 miles. DELCO's own Joe Freiberg ran a 7:06 pace per mile to capture the 50 kilometer (31 miles) event in 3:40:21, a new race record. Freiberg had run a sub 2:50 Boston Marathon effort less than three weeks earlier and recorded a 3:01 marathon split.

Other club members participating in the ultras were Bill Koppenheffer with a 72 mile effort in the 24 hour race and Mike McGillian with a "warm-up" 5:38:55 50K in preparation for a 50 mile trail run in Wisconsin the following week. Race Directors Bill Schultz and Bob Huggins would particularly like to thank all of the many dedicated volunteers who handled lap counting responsibilities. We are indebted to you.

Here is a complete list of finishers for the 4th annual Dawn-to-Dusk Ultramarathons.

50K	24 HOUR	MILES
Joe Freiberg (PA) 3:40:21	Ed Dodd (NJ)	126
Mike McGillian (PA) 5:38:55	Bill Schultz (PA)	108
Louis Vamos (PA) 6:28:38	Mike Pearlman (MD)	105 1/4
	Neil Weygandt (PA)	105
	Harry Berkowitz (NJ)	103
12 HOUR		
	Richard Hearn, Jr. (NC)	81 1/2
Don Lookingbill (PA) 57 1/2	Bill Koppenheffer (PA)	72
Wes Emmons (PA) 51	Richard Hearn, Sr. (NJ)	69 1/2
Bob Long (PA) 50	Tom Allison (PA)	60 1/4
Bob Scheidt (PA) 47 1/4	John Lash (PA)	58 1/2
Craig Scheidt (PA) 47 1/4	Roger Allison (PA)	44 1/4
	Geraldine Wales (PA)	39 1/4

COMMUNITY Y SPRING BIATHLON

By Bob Huggins

April 26, 1987

1/2 mile pool swim, 5 mile run

In just one year's time, this multi-sport "season opener" was transformed from a relatively low key event to a highly competitive athletic competition. Frank Dewan, DELCO's top finisher, would have won last year's event with his time of 46:55, yet he had to settle for 16th place overall this year, such was the intensity of the competition. The number of finishers of the half mile swim, five mile run nearly doubled with 77 this year compared to 40 in 1986.

The winners of this year's event were James Bedick with a swim time of 11:38 and transition/run time of 29:23 in the men's division and Kay Connelly with a swim time of 12:33 and transition/run time of 33:48. Thanks to Race Director Marianne Grace and the "Y" staff and volunteers for putting on a great event.

DELCO RRC members and their times are listed below:

NAME	SWIM TIME	RUN TIME*	OVERALL TIME
Frank Dewan	13:14	33:41	46:55
Bob Huggins	19:08	32:55	52:03
Rick Jones	14:42	38:23	53:05
Rolf Dehmel	14:39	39:13	53:52
Tom Feehery	19:37	37:10	56:47
Marianne Grace	20:41	39:44	60:25
Kathy Watson	22:56	43:03	60:58
Peggy Robeck	22:48	51:07	73:55

* Includes transition time between swim and run.

BIKING RUNNERS: GET IT IN GEAR!

By Tom Watkins

This article was prompted by the current interest of many club members in bike riding. We have seen it grow from the occasional runners riding to a fun run to the entry of members in biathlons and triathlons. In addition, there is a group combining running and riding in their training routines. When I considered the trend and the possibility of members purchasing new bikes, I thought the following information might prove helpful.

Regardless of the bike, the combinations of sprockets on the front of the bike (chainwheels) and those on the rear (freewheel cogs) determine the suitability of the bike to your needs. Many so-called ten-speed bikes have only six usable combinations. Others have shifting patterns that are almost impossible to

follow. Still others do not have a low enough gear for comfortable riding in some of the hillier parts of the Delaware County area. These problems are part of the reason why so many bikes are sold and so few are ridden.

In order to better understand these problems, you must first become familiar with the term GEAR-INCHES. This refers to a number that relates the teeth on the chainwheel and the freewheel cog and the diameter of the wheel (see table #1). A low number means a low gear for hills while a high number means a high gear for flat terrain. The numbers usually vary from 25 to 100.

Most new bikes are sold with a gear chart (see table #2) that shows your bike's gears and shifting pattern. If you don't have your chart, you can make one by counting the teeth on the freewheel cogs and the chainwheels, then calculate the Gear Inches using the formula in Table #1. A small copy on your handlebars or bike bag will prove helpful in memorizing a shifting pattern.

All of this information has been gleaned from the many articles written by Frank Berto, a contributor to BICYCLING Magazine. He wrote a truly outstanding article in the March, 1981 issue that summarized his many previous articles. Among dedicated bikers, he is known as a "gear freak." He is one of the best in the field and the biking industry has adopted many of his suggestions.

The bottom line comes down to this. If you are not satisfied with your gearing, check into what was provided. Changes can be made. Some changes are inexpensive while others may prove too expensive. If you are buying a bike, be guided by Table #3.

Keep in mind that professional and top amateur bike racers change gears to suit the course they are racing. Their needs are different than recreational, sport or touring riders, yet some bikes are sold with racing gears. Their freewheels are referred to as corncobs and may vary only by one tooth from cog to cog. Few riders, other than racers need gears higher than 100 gear-inches. If, however, you do a lot of riding on a variety of terrains, you may wish to use an additional freewheel cluster.

Warning: Pushing high gears on hills can lead to knee injuries -- a real problem for dedicated bikers.

In the words of Frank Berto - "Gear's to You!"

GEARING GUIDELINES -- FROM EDITORS OF BICYCLING MAGAZINE

26 - 35 Gear-Inches

Very low gears. They are meant primarily for very steep hills or touring in hilly country with a loaded bike.

35 - 44 Gear-Inches

These are generally used for uphill riding.

- 44 - 60 Gear-Inches
Meant for use on milder uphill grades, riding into the wind, or riding a loaded bike on level ground.
- 60 - 85 Gear-Inches
Generally used for riding on level ground.
- 85 - 105 Gear-Inches
These are very high gears used by strong riders for high-speed racing, or by average riders when going downhill.

TABLE #1

$$\text{Gear-Inches} = \frac{\# \text{ Teeth on chainwheel}}{\# \text{ Teeth on freewheel cog}} \times \text{Wheel Diameter*}$$

* Most recreational bikes have a 27 inch diameter;
racing bikes are usually 700 centimeters.

TABLE #2

Gear Chart Example (27 inch wheel diameter)

Freewheel Cogs (rear)	Chainwheel (front)	
	39 teeth	50 teeth
14 teeth	75 gear inches	96 gear inches
16 "	66 "	85 "
18 "	58 "	75 "
21 "	50 "	64 "
26 "	41 "	52 "
32 "	33 "	42 "

SHIFT UP TO LEVEL ROAD
33-41-50-64-75-85-96

/_____\

crossover

SHIFT UP TO ROLLING TERRAIN
Stay on 39 tooth chainwheel

AROUND TOWN
58 to 75 and back to 58

85 G-I is a very comfortable cruising gear.

TABLE #3

Low Gear Recommendations

	Strong Young Riders	Wise Old Riders
Racing:		
level courses	70 G-I	60 G-I
hilly courses	50 G-I	45 G-I

Low Gear Recommendations Strong Young Riders Wise Old Riders

Recreational Riding:

flat country	45 G-I	40 G-I
medium hills	38 G-I	32 G-I
steep hills	32 G-I	27 G-I

Loaded Touring:

medium hills	32 G-I	24 G-I
mountains	27 G-I	20 G-I

SPRING IS SPRUNG AND BIKING IS BACK

By Mary Lou Boselli

Polish your pedals and
Grease up those gears -
The Wednesday night bike ride
At last is here.

(Forgive the rhythmical outpouring, but springtime makes me poetic.)

Join DELCO's contingent of batty bikers who bounce along the bumpy back roads bound for beautiful Swarthmore. We depart at 6:00 P.M. sharp from the police station parking lot in Aldan, arriving at Swarthmore College just in time for the 6:30 fun run. After a 3 or 4 mile jog, we saddle-up again for the ride home.

The round trip bike ride totals about 10 miles - a perfect mid-week distance to balance out your training program. It's time to get in shape for those summer triathlons, so plan to ride with "Nolan's Ninny's" Wednesdays at 6. See you there!

DELCO ROAD RUNNER CLUB PROFILE

Club Profile: Jack Abbasi

By Joan Potterfield Meyers

Berwyn resident Jack Abbasi has been running for over a decade. At 51, he is one of our stronger masters runners, with a 1:35 at this year's Caesar Rodney Half Marathon. Jack runs at least one marathon a year and has completed Boston several times. He does much of his training on a one-tenth mile indoor track, and sometimes even does twenty-milers there (talk about iron knees and intestinal fortitude!). Jack works at General Electric's Re-entry Systems Department in Philadelphia. In a previous incarnation, he was an engineering professor at Villanova. He also worked for the U. S. Navy for many years. In his spare time, Jack referees soccer and plays the stock market.

LANSDOWNNE MEMORIAL 10K

By Bob Huggins

It was a field day for DELCO RRC members at the Lansdownne Memorial Day 10K. This race was given a new shot in the arm with the involvement of the Lansdownne Recreation Board and Lansdownne Boys Club. Prior to this year, the race had seen a declining number of runners (only about 70 last year). However, with an earlier starting time (9:00 A.M.) and lots of cooperation from Mother Nature (temperatures were about ideal), the race recorded 157 finishers. The only problem area was the mis-direction of the first five runners who ran an abbreviated course, estimated to be short by about one third of a mile or so. Nonetheless, Joe Genther was given the win. DELCO's own Frances Dagle defended her title successfully for the second year in a row, running a solid 41 minute effort, despite a "hard" seven mile training effort the previous day.

DELCO had numerous age group award winners including the following: Joe Freiberg, Bill Schultz, Tom Watkins, Bob Koerner, Rita Jordan (running with her arm in a cast), Marcy Harper, Mary Lou Boselli, Nedra Kelly, Mary Bergin, Frank Dewan, Larry Filtz, Marianne Grace and Mike Metague. In addition to our age group winners, the club also had the likes of runners Jim Miccolis, Joe Farrell, Jr., Gene Martenson, Joe Coulston, John Krajek, Mike McGillian, Ed Cope, Betty Fipke, Frank DiGiovacchini and Keith Richards among others.

RUNNING SHORTS

- * Our heartfelt condolences to the Mundy and Hunter families on the loss of Byron's and Beverly's mother.
- * Ops, lest we forget...congratulations to Lu & Bea Sanner on being voted "DELCO Runners of the Year". Lu & Bea are truly an inspiration to us all.
- * The DELCO RRC needs a VOLUNTEER CHAIRPERSON to honcho the club's annual spaghetti dinner. Interested candidates should call President Kathi Clatterbaugh at 459-2160, ext. 202 during the day or 328-4987, evenings.
- * Congratulations to Joan Potterfield Myers who won the recent Wayne Rotary Club 10K. Joan also placed first in the women's 30-34 age category at the Caesar Rodney Half Marathon.
- * Club member Linda Beene recently placed second (twice) at her first two body building contests. Congratulations, Linda!
- * Welcome back to John Ashton of Springfield. After a 5 year stint in the Navy, John has returned home and is running regularly with the Springfield Joggers.

RACE SCHEDULE

June

14 South Jersey AC-Bud Lite 8K, 2 Mile, & 1 Mile, Garden State Park, CS Running Center, 138 Haddon Ave, Westmont, NJ 08108, 609-858-9760.

TAC American Cancer Society Main Line 5 Mile Run, 8:30 A.M., American Cancer Society, 355 Lancaster Ave., Haverford, PA 19041, 215-642-0300.

27 Love Run 10K, Memorial Park in Lansdale, 9 A.M., Lansdale Jaycees, Box 731, Lansdale, PA 215-699-7182.

Glen Mills Schools Firecracker 10K, 9 A.M., Don McNeal, Glen Mills Schools, Concordville, PA 19331.

28 Philadelphia Triathlon, FDR Park in South Phila., American Cancer Society, 1422 Chestnut St., 2nd floor, Phila., PA 19102, 215-665-2917.

July

4 Revolutionary Run 10K, Washington Crossing Park, Upper Makefield Township Board, 1076 Eagle Road, Newtown, PA 18940, 215-968-3340.

Pineland Striders 10K, Shawnee High School, Harry Wiggins, 1204 Chippewa Trail, Medford, NJ 08055 TAC.

Hammonton Good Old Fashioned Foot Race 5 Mile, Hammonton Lake Park, 9 A.M., Athlete's Korner, 1057 N. First Road, Hammonton, NJ 08037, 609-561-4441, TAC.

5 Pagoda Run 15K, Hampden Park in Reading, Precision Road Racing, RD #2, Box 2756, Reading, PA 19605.

15 Iron Mike Pigskin 5K, McCorristin High School, 8:30 P.M., Larry Baldasari, 3448 Nottingham Way, Hamilton Square, NJ 08690, 609-890-8343, TAC.

Future Events

July 18	Jim Latz 5 Mile Beach Run
July 18	Buffalo Stampede 10K
July 19	Catch the Sun 5 Mile
August 8	Asbury Park 10K, TAC
August 14/15	Elkins Park Road Runners 24 Hour Relay & Ultra
September 5	Cliff Robbins Sr. Memorial Cross Country Races
September 20	Wyoming Valley Striders 20K
September 20	Philadelphia Distance Run
October 4	Jersey Shore Half Marathon
October 17	Ocean City Half Marathon

Future Events

November 1 Philadelphia Zoo 10K
November 15 Atlantic City Marathon
November 15 Philadelphia to Atlantic City 100K
November 21 Hammonton Turkey Trot 5K
November 21 Haddonfield Symphony 5K
November 22 Philadelphia Independence Marathon & 10K

CALL FOR ARTICLES!

By Bob Huggins

Hey you out there. Yes, you. You know who you are. You've probably been dying to try your journalistic talents, but for one reason or another you've been afraid to try your hand at writing an article for KEEPING CONTACT. Go ahead, give it a shot. At KEEPING CONTACT we're constantly looking for new ideas, features on people, race results, great places to run... you get the idea, just about anything under the sun. We're also looking for your ideas, input, etc., on how we can make KEEPING CONTACT better (we wish we could publish pictures but, alas, our equipment and budget won't allow us to do so). Anyhow, send your articles, ideas, letters, etc to our stressed-out, over-worked editor, Bob "Broad Street Bobby" Huggins at 408 Pershing Ave., Collingdale, PA 19023.

Coming in the next KEEPING CONTACT:

- * Complete DELCO RRC Broad Street Results
- * DELCO RRC Profiles
- * Upcoming Races!

DELCO RRC MEMBERSHIP MEETING

Tuesday, March 31, 1987

Attendees: Kathi Clatterbaugh, President Peggy Bobeck
Terry Adamson, V President Tom Hirsch
Fred Senderoff, Treasurer Sam Brattini
Bob Huggins, Newsletter Editor Mary Bergin
Mary Lou Boselli Torpey White
Bill Schultz Tom Watkins Joe Freiberg

Meeting was called to order at 7:55 P.M. by President, Kathi Clatterbaugh.

Minutes were read by the secretary and accepted as read. Mary Lou Boselli/ Bill Schultz/ Tom Hirsch.

Treasurer's Report/ Fred Senderoff
PSFS Super Now Account - \$1152.17.

Memberships/ Marylou Long N/P

Team Coordinator/ Bob Huggins

New Jersey 10 Miler will have team competition at no extra cost. If you are running New Jersey put DELCO RRC for team on entry form.

Newsletter Editor/ Bob Huggins

Newsletter is being typed. Next week will be mailed. It is a good newsletter - many articles - new articles & profiles are needed for future newsletters.

Old Business

Springfield Fun Run time change survey 6:30 - 15 / 7:00 - 9. Although there were more in the survey for 6:30 P.M., there were several people surveyed who run on Sunday morning and they do not run on Tuesday or Thursday nite. Motion was made by Bob Huggins that there will be a clipboard sign up sheet on the table at 6:30. Official run will be at 7:00 P.M. Fred Senderoff/Passed. Bob Huggins and Tom Hirsch have been running from Aldan on Friday nite at 6:30.

Kathy has sent a letter to Springfield Township for North Ave. Park for the Memorial Day Picnic. Have fun!!

New Business

Lansdowne will need 10 people to run 10 times before it is an official run of DELCO RRC. Bob Huggins has offered to measure a course.

Jr. Olympics will be held on June 3-4-6. There will be a meeting after this meeting of the organizing committee.

Next Meeting will be Tuesday, April 28, 1987 at the community room at the Springfield High School.

Motion was made to adjourn at 8:20 P.M./ Bob Huggins.

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Tuesday, April 28, 1987

Attendees: Kathi Clatterbaugh, President	Peggy Bobeck
Terry Adamson, V President	Bill Schultz
Fred Senderoff, Treasurer	Larry Filtz
Bob Huggins, Newsletter Editor	Joe Freiberg
Mary Bergin, Women's Team Coordinator	

Meeting was called to order at 8:00 P.M. by President, Kathi Clatterbaugh.

Minutes were read by the secretary and accepted as read. Bob Huggins/ Bill Schultz.

Treasurer's Report/ Fred Senderoff
PSFS Super Now Account - \$1837.00.

Memberships/ Marylou Long N/P

Team Coordinator/ Bob Huggins
No news from MARRC regarding upcoming races.

Newsletter Editor/ Bob Huggins
Current newsletter has been mailed. All articles must be received by second weekend in May.

Old Business

No response to letter sent to Springfield Township regarding North Ave. Park for Memorial Day picnic.
Jr. Olympics - Tom Hirsch as sent notices to high schools and regular mailing to go out to past competitors. **VOLUNTEERS ARE NEEDED!!!!**
Dawn-to-Dusk has 19 entries to date. Volunteers are needed. We may have a computer so said Bill Schultz.

New Business

Media Race will be July 17.
Women's Distance Festival on July 18. Mary Bergin will be director. Pancake breakfast at Kathi Clatterbaugh - cooked by the men after W D F.
Spaghetti Dinner is approaching and we are looking for a chairperson. Contact Kathi if you are interested. Sept. 18 is the tentative date.

Next Meeting will be Tuesday, May 26, 1987 at the community room at the Springfield High School.

Motion was made to adjourn at 8:20 P.M. by Peggy/ Joe Freiberg.

Respectfully submitted,
Peggy Bobeck



THE GLEN MILLS SCHOOLS
9TH 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 27, 1987

Time: 9:00 a.m.

Place: The Glen Mills Schools

Course: 6.2 miles over beautiful Thornbury Twp.

Entry: \$3.00 before June 20, 1987

\$5.00 Post Registration

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

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

.....
 Name _____

Address _____

City _____ State _____

Zip _____

Age on day of race _____ Sex _____

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

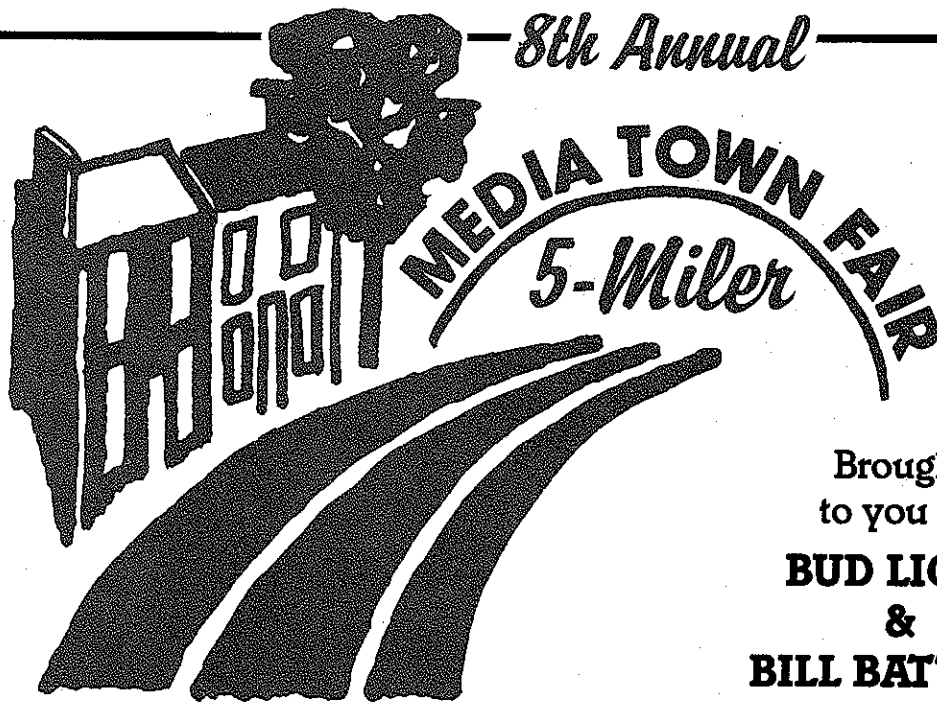
_____ If under 18 _____

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. _____



Brought
to you by
**BUD LIGHT
&
BILL BATTEY'S**

**Friday,
July 17, 1987**

7:00 p.m.

**Media Fire House
Front & Jackson Streets
Media, PA**

**MAIL ENTRY NOW!
REGISTRATION
LIMITED TO 800!**

COURSE: Streets of Media (same as last year—counterclockwise).

ENTRY FEE: Pre-registration: \$6.00 if postmarked by July 10, 1987. Post-registration: \$8.00 on Wednesday, July 15th from 6:30 to 8:30 p.m. at Bill Battey's. **Race party following.** Race packets may be picked up at post-registration or before the start of the race.

T-SHIRTS: To the first 800 registrants.

AWARDS (presented outside the Media Armory following the race):

MEN: Overall top 10, plus top 3 in groups: 12 and under, 13-18, 19-29, 30-39, 40-49, 50 and over.

WOMEN: Overall top 5, plus top 3 in groups: 12 and under, 13-18, 19-29, 30-39, 40-49, 50 and over.

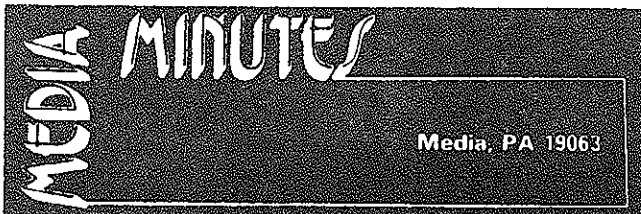
SPECIAL: First man and woman from Media Borough.

DIRECTORS: MEDIA MINUTES, Media Recreation Commission & DELCO Road Runners.

SPONSORS: Bud Light & Bill Battey's Sporting Goods.

PROCEEDS: All race proceeds benefit the Media Recreation Commission.

INFORMATION: Call 237-9580 or 565-4151.



Make checks payable to DELCO RRC. Mail checks to DELCO RRC, Media 5 Miler, c/o 100 Colonial Park Drive, Springfield, PA 19064.

NAME: _____

ADDRESS: _____

PHONE: _____

AGE ON RACE DAY: _____ SEX: _____

T-SHIRT SIZE: XL L M S

RELEASE FORM

In consideration of your accepting this entry and granting permission for my participation in the Media Town Fair 5-Miler, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for losses and damages I may have against the Media Minutes, Delco RRC, Media Borough, the Media Recreation Commission, the Media Town Fair and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. **NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS WAIVER!**

SIGNATURE: _____ DATE: _____

PARENT OR GUARDIAN: _____

(If runner under 18)

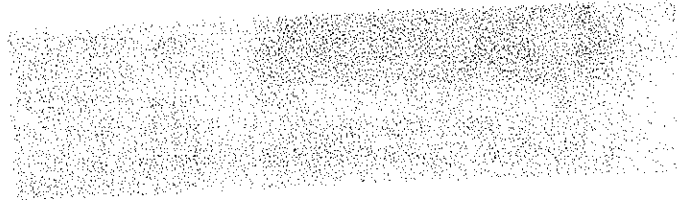


DELAWARE COUNTY ROAD RUNNERS CLUB

DELCO ROAD RUNNERS CLUB
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