



Keeping Contact

Newsletter of the Delaware County Road Runners Club

September, 1987

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

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

FURTHER DOWN THE ROAD

A/K/A RAMBLINGS FROM THE EDITOR

As I write this piece on the last day of August, my thoughts turn to my favorite time of the year, Autumn, and the anticipation of some great enjoyable runs. Maybe it's that sharp, crisp Fall air that does it. Maybe it's the resumption of the racing season. Maybe it's a peaceful, quiet solitary loop in Ridley Creek State Park or another wild and crazy Monday night at Aldan. Whatever the reason, I seem to enjoy my running most in the Fall. I hope you'll take advantage of this great time of the year and enjoy it to the max!

RACE CALENDAR

September

19 Nether Providence Tricentennial 5 Mile Run
P.O. Box 1687, Wallingford, PA 19086
Entry Fee: \$6.00 by 9-16; \$7.00 thereafter

If you're not running in the Distance Run, why not check out the Nether Providence 5 mile run. Club member Stan Cherim is helping to direct what looks like a challenging, but very scenic event. Post registration will be up until 8:45 A.M. at the Nether Providence Middle School on Copples Lane and Smithfield Road.

20 Philadelphia Distance Run (Half Marathon)
The Philadelphia area's premier distance running event. By the time you get this newsletter, mail registration will have closed; you may be able to post-register at the Runner's Expo for some exorbitant fee if you really want to run. Contact the Central "Y" for more info. Also, contact Maryanne Grace at the Lansdowne "Y" if you'd like to help with a waterstop.

September

26 Ridley Township Tricentennial Run
(See enclosed race application) or call Tim Murtaugh or Mike English at 522-0557 for more information. If you're still on a "runner's high" from your great time at the Distance Run, this 5 mile race is a great follow-up. There are no crowds, but the competition is usually decent. Several of Villanova's track and cross country runners have run this race in the past.

27 Flying Cloud Half Marathon - Gardner's Basin
9 A.M.
Boardwalk Runners, P.O. Box 7336,
Atlantic City, NJ 08404, 609-347-BOYS

Pennsylvania Triathlon - Blue Marsh Lake
(.9 mile swim, 20 mile bike, and 10K run)
9 A.M.
Precision Road Racing, P.O. Box 252, Leesport, PA 19533,
215-926-4343

Liberty Race Series 10k - Washington Crossing, NJ
11 A.M.
Liberty State Park, Wolf Drive, Jersey City, NJ 07305

October 3 Chart House 10K - Penns Landing
8 A.M.
Chart House Restaurant, 555 S. Delaware Ave,
Phila, PA 19147, 215-625-8383

4 Harrier 15K (10:15 A.M.), 5K (10:25 A.M.), & 1K (Noon)
Deer Path Park, Harrier Headquarters, RD 2, Box 221,
Ringoos, NJ 08551, 201-782-6316

11 Historic Reading Run 10K
1 P.M.
Michel Lefevre, City Hall, Room 211, 815 Washington St,
Reading, PA 19601, 215-320-6326

Run For Adoption 10K - Kelly Drive
10 A.M.
Steve Brody, P.O. Box 366, Bala Cynwyd, PA 19004,
215-667-7776

Future Events

- October 17 Ocean City Half Marathon
- October 18 Frankford Hospital 10K
- October 25 Northeast Roadrunners 25K
- November 1 Philadelphia Zoo 10K
- November 1 New York City Marathon
- November 8 Marine Corps Marathon
- November 14 Mill Creek Challenge 5-Mile
- November 14 Philadelphia To Atlantic City 100K

November 21 Hammonton Turkey Trot 5K
 November 21 Haddonfield Symphony 5K
 November 22 Delaware Valley College 3.5 Mile Turkey Trot
 November 26 Boardwalk Runners 4 Mile Predict Your Time Race
 November 29 Philadelphia Independence Marathon & 10K
 December 6 Brian's Run
 December 12 Mill Creek Challenge 5K
 December 31 Hammonton Midnight Madness 5K & 1 Mile

THE BROAD STREET RUN

By Bob Huggins

Defying the current trend of smaller races and shrinking fields, the Broad Street Run has continued to make strong, steady strides in the number of entries. This year the race attracted 3,345 entrants, the largest number in its eight year history. The weather was cool, but the humidity took its toll with most DELCO runners reporting slower times than the 1986 race, where perfect weather conditions prevailed.

Jim Van Blunk (49:22) and Renie Shields (57:50) repeated as race champions. With local, regional class runners running those kind of times, one wonders what national and world class talent could do on the fast ten mile course. The Broad Street 10 Miler is, in essence, Philadelphia's version of the Marine Corps Marathon: A great race with a fast course, held at a good time of the year with a large field and no invited runners. Perhaps this is why so many members of the DELCO RRC make this race a must on their Spring calendar (or could it be the tailgate party in the parking lot after the race?). Club members and their times are listed below: Special congratulations to masters runners Dot Kracht and Don Larson who placed in their age group divisions.

NAME	TIME	NAME	TIME
Larry Filtz	59:27	Joe Farrell, Jr.	1:11:56
Bruce Richards	1:00:37	Robert Fuhrman	1:12:20
John Greenstine	1:01:28	Bill Santoro	1:12:31
Don Larson	1:02:35	Tony Castrucci	1:13:16
Mike Metague	1:03:39	Mark Clatterbaugh	1:13:23
Bob Huggins	1:04:58	Bill Boseelli	1:14:06
David Baker	1:05:29	Bill McCormick	1:14:14
Bill Koppenheffer	1:05:54	Byron Mundy	1:14:20
Bob Rost	1:06:27	Jim Miccolis	1:18:40
Bernie Sontagh	1:06:51	Kathy Watson	1:18:43
Joan Potterfield	1:08:39	Hank Goldring	1:20:28
Tony Marino	1:08:52	Meril Clouden	1:20:40
Mike Tuohy	1:09:01	Don Lewis	1:21:34
Terry Adamson	1:09:51	Georgianna Ladd	1:22:35
Sean McPhillips	1:10:26	John Lawrence	1:22:36
Rick Jones	1:10:32	Bill O'Keefe, Jr.	1:23:54
Bob Koerner	1:10:44	Kathy Jackman	1:25:12
Bob Rosati, Sr.	1:11:21	Helen Senisch	1:25:33

NAME	TIME	NAME	TIME
Paul Straube	1:25:36	John Bryson	1:31:45
Pam Lawrence	1:25:37	Ben Nurry	1:33:39
Betty Perrone	1:25:46	Chris Lamoureux	1:34:33
Sam Brattini	1:29:31	Kathleen Adamson	1:40:57
Kathleen Egan	1:30:44	Kathi Clatterbaugh	1:41:01
Tom Watkins	1:30:50	Jeanne Hauck	1:42:58
Dot Kracht	1:31:10	Peggy Bobeck	1:49:05
Ed Panny	1:31:44		

TRIATHLON NEWS

By Bob Huggins

We hope to have reports on the Wildwood Biathlon, Pine Barrens Triathlon, etc. in next issue of KEEPING CONTACT so stay tuned. Meanwhile...

Aldan's Rick Jones and our intrepid editor headed south to Maryland to participate in the first County Challenge Triathlon, a short sprint event (1/4 mile swim, 10.5 mile bike, 5K run). The race had been postponed from the previous day due to a thunderstorm and, as a result, the field shrunk somewhat. Still, the race managed to get about 200 competitors who were rewarded with gorgeous weather. North East, Maryland is only about an hour's drive down 95 and, consequently, is worth your consideration next year. Oh, by the way, Bob Huggins finished in a time of 65:28 with Rick Jones less than 2 minutes behind.

We normally don't make commercial endorsements, except where we see a true bargain. We're not making any endorsements here, but a few of you have been asking where they can purchase speed laces a/k/a lace locks. Two sources for your consideration:

Pat McCloskey's Racing Resources
3711 Glenn Street
Philadelphia, PA 19114
215-632-7731

Racing Resources advertises lace locks at \$2.75 per pair (plus 6% sales tax and shipping). No credit cards are accepted -- cash or money order only.

Shoestring, Inc.
P.O. Box 2311
Ketchum, Idaho 83340
208-726-7533

Available in 22 colors (Get Down, Get Funky). \$4.00/pair.

Thanks to Rick Jones for his research on the two sources of speed laces. Rick has ordered from Shoestring, Inc. Yes, the place is legitimate despite the post office box number.

CARBON COUNTY TRIATHLON

By George Kennedy

Sunday, July 19, 1987

1 Mile Swim, 30 Mile Bicycle, 10 Mile Run

Attention, all DELCO runners who routinely participate in the Smithville bike-a-thon. You've got the biathlon down pat, now it's time to take the plunge and try a tri. Can't swim? Well, I remember closing my Brandywine newsbrief with the refrain "Well, who can?"

Gene Martenson can. Second in Brandywine age-group. Bob Huggins, Rick Jones and a pack of arm-thrashers from DELCO can. Forget about the flat, sameness of the bike-a-thon, and think Carbon County - 1988.

Carbon County takes about as long to do as a marathon. But, there's less stress & quicker recovery. I'm sure this is appealing to all you mega-mileage runners like Bill Boselli. The swim in man-made Mauch Chunk Lake offers 72 degree, clear water to about 300 triathletes on an out and back course diagonal to the shore. Out of the water on astro turf carpeting to the transition area and bike course - 30 miles with 3 climbs, one a 9 degree grade that offers a commanding view of the Mahoning Valley. The descents offer 40-48 MPH speeds. Sort of like the Tour de France. Not at all like the Smithville Bike-a-thon. The 10 mile run is somewhat hilly, but the locals offer water, juice, fruit and hoses everywhere.

As the heat hit the low 90's most triathletes strived for personal goals and left the racing to the truly demented. Top regional triathlete Bill Ruth finished first in the 2:45 range. That translates into a sub-25 minute swim, 22+ MPH on the bike and about 6 minute miles on the run. Yours truly, Dan Lang and Gene Martenson represented DELCO. Dan and I finished somewhere in the top third and Gene was still running the last time we saw him.

Refreshments included pizza & beer and the usual fruits with a picnic free to all volunteers, participants and families. This is a great way to spend a Sunday. How about a DELCO team next year?

NEW MEMBER ROSTER

We welcome the following new members to the DELCO ROAD RUNNERS CLUB

John Ashton	- Springfield
Thomas J. Lahneman, Sr.	- Boothwyn
Stacia L. Porter	- Narberth
Jacqueline Johnston	- Upper Darby
Gene DiBinonimo	- Clifton Heights

DELCO RRC SALUTES...

OUR OUT-OF-STATE MEMBERS

Perhaps you didn't know, but the DELCO RRC has a number of out-of-state members who we don't get a chance to see too often, but who, nevertheless, are full fledged members:

Michael Campbell - Delran, NJ
Meril D. Clouden - Wenonah, NJ
Ray Locke - Bethesda, MD
Tom Miccolis - Glen Burnie, MD
Sarah Jane Lee - Kenbridge, VA
Sam Mayberry - Hurricane, WV
Bill Smith, Jr. - Fern Park, FL
Larry Drew - Hobe Sound, FL
Daye Covey - Costa Mesa, CA

We appreciate your continued support of DELCO and hope you enjoy your running wherever your jobs and travels may take you.

RUNNING SHORTS

* Gene Martenson has advised us of an excellent organization for runners age 50 and over. The Fifty-plus Runners Association is an excellent organization for all folks in the Golden Masters, veterans, etc. age category. The Association encourages running into advanced years. It sponsors and conducts physiological and behavioral research and statistical studies into the medical aspects, diet, and motivation of older runners. Members receive the Fifty Plus Bulletin and a Research Questionnaire. Membership is \$10.00 - Tax deductible; contact:

Fifty-Plus Runners Association
P.O. Box D
Stanford, CA 94305

* Congratulations to Rolf and Mark Dehmel! The Dehmels were gold medal winners at the Keystone Games held in August... sort of an Olympics for Pennsylvania residents. Rolf and Mark won, respectively, the 50-59 and 16-19 age group categories in the 5-mile road race.

DELCO RRC MEMBERSHIP MEETING

Tuesday, June 30, 1987

Attendees: Kathi Clatterbaugh, President
Fred Senderoff, Treasurer
Sob Huggins, Newsletter Editor/Team Coordinator
Peggy Bobeck
Dot Kracht
Mark Clatterbaugh
Mary Lou Boselli
Tom Hirsch
Joe Nolan

Meeting was called to order at 8:06 P.M. by President, Kathi Clatterbaugh.

Minutes from last meeting were read accepted as read. Bob Huggins

Treasurer's Report/ Fred Senderoff
Super NOW Account \$2539.00

Membership Report/ Marylou Long N/P

Team Coordinator/ Bob Huggins
Philadelphia Distance Run will have a Women's master division this year - Believe it or not!! DELCO would like to enter teams in the Men's Open - Women's Open - Masters Men & Women. Registered members of DELCO RRC who would like to be a team member should pay the individual fee and send or give their entry form and entry fee to Bob Huggins by August 28th - no later. The difference for team entry fees will be paid by the club. Contact Bob Huggins for more information.

Newsletter Editor/ Bob Huggins
Next Newsletter will be mid July approximately. News items are needed.

Old Business

Media Race - July 17th. Kenny Daws needs our support and help - Come out and race or help out.

Spaghetti Dinner/ Betty Perrone will be the chairperson - Betty does such a well done Job!!

Women's Distance Festival/ Mary Bergin is coming along - Breakfast after the run will be at Kathi Clatterbaugh's house. 21 School Lane, Springfield.

New Business

President Kathi received a letter from RRCA president Henley Gibble regarding the Washington, D.C. office and with some newsworthy items. RRCA will be issuing VISA credit cards shortly and all registered members of DELCO RRC (who are also members of RRCA) will receive a discount on Hertz rental - Contact Kathi for discount card.

Motion was made to adjourn at 8:42 P.M. by Mary Lou Boselli / Joe Nolan.

Next Meeting will be July 28 at 21 School Lane Springfield.

Respectfully submitted,

Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Tuesday, July 28, 1987

Attendees: Kathi Clatterbaugh, President Mark Clatterbaugh
Terry Adamson, Vice President Kathy Adamson
Fred Senderoff, Treasurer Peggy Bobeck
Dot Kracht Tom Hirsch

Meeting was called to order at 8:12 P.M. by President, Kathi Clatterbaugh.

Minutes from last meeting were read by Secretary and accepted as read. /Terry Adamson

Treasurer's Report/ Fred Senderoff
Super NOW Account \$5533.00. Media race bills are not in yet.

Membership Report/ Marylou Long N/P

Team Coordinator/ Bob Huggins N/P
Tom relater that we would like to have a men's & women's open team in the Phila. Distance Run. Contact Bob by August 10th, do not send in your individual fee.

Newsletter Editor/ Bob Huggins

Newsletter is waiting to be printed - Senderoff's computer was down - Alas Fred purchased a new one - we will be receiving our newsletter shortly.

Old Business
Spaghetti Dinner/ Betty Ferrone is sending out information regarding tickets for the Spaghetti dinner. Tickets are \$10 per person. No tickets at the door and no children's price tickets. Return your money or check to Betty AFTER AUG 15.

New Business

Cake Race is looking for a place to run and a director. All the fun run leaders - we do not have to run the Cake and Challenge Race at Springfield. Do you want the race at your Fun Run. Contact Kathi Clatterbaugh.

Delco Cross Country Championship will be directed by Byron Mundy. Thanks for volunteering Byron!!!

Motion was made by Fred Senderoff that we of DELCO RRC allocate \$100 for Ken Daws to show our appreciation for the excellent job he did on Media Race. Tom Hirsch/ passed.

DELCO Triathlon entry forms are available form Joe Nolan. Date is Sept. 5th. \$8.00 entry fee. Breakfast at Ollie's (finish). Motion was made by president Kathi that Tom Hirsch throw out old tablecloths. /Peggy Bobeck

Motion was made by Tom Hirsch to adjourn at 8:34 P.M./ Peggy.
Next Meeting will be on August 25 at 21 School Lane Springfield.
Respectfully submitted,
Peggy Bobeck

1687
1987

RIDLEY
TOWNSHIP
TRICENTENNIAL

RIDLEY TOWNSHIP TRICENTENNIAL RUN



"5 MILER"

THE SPORTS FACTORY

SATURDAY SEPTEMBER 26, 1987 9:00 AM

DIRECTIONS

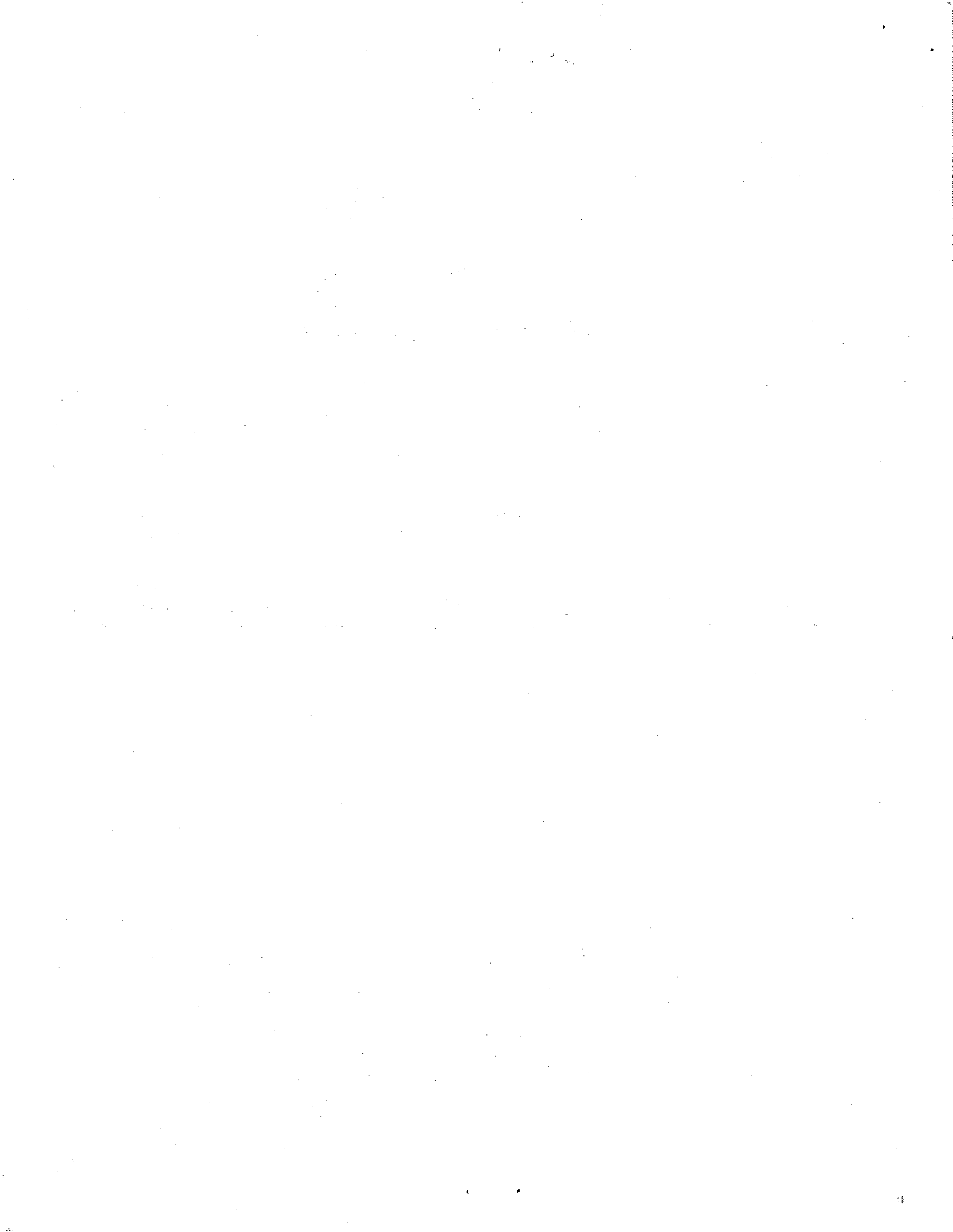
Take PA. Rt. 420 or PA. 320 or 252 to MacDade Blvd. Take MacDade Blvd to Fairview Rd. Turn on Fairview Rd. going west. Notre Dame DeLourdes School will be on your right. Check-in & registration will take place at the assigned areas.

THE COURSE

The start/finish will be in the parking lot of Notre Dame DeLourdes. The course will be run through the streets surrounding the school. Michigan Ave., Blackrock Rd., Grace Rd., Hood RD., Seventh Ave., Girard Ave, Michigan Ave and repeat to complete the 5 mile course.

AWARDS

TEE Shirts to all registered runners. (First 150 runners entered will receive a shirt on race day. Trophies to the top finishers in the 9 categories listed below. A Trophy to the top finisher by a Ridley Twp. employee or official. A Trophy to the overall winner.



TRACKING THEM DOWN

By Bob Huggins

Hey, you. Yeah, you. You know who you are! You're the "former" DELCO ROAD RUNNERS CLUB member WHO HAS NOT RENEWED your membership. Well, attention all prodigal sons...and daughters (you were expecting, maybe, K-Mart shoppers), now is the time to renew your club membership. You say you don't know if you're a club member or not. Well, here's how to find out...

1. You haven't responded to our club secretary's faithful notices;
2. Look at your membership card and check out the expiration date. If it says "Expires 2/17/85," then I'd strongly suggest you send in your renewal today;
3. You say you've lost your membership card..shame on you! Chances are good that it probably has expired anyway.

Under our charter (yes, even DELCO can be bureaucratic), club members must renew their memberships annually. If you even think that your membership has expired, do yourself a favor and fill out the form below and send it to the address shown today (preferably with a few of your hard earned dollars to help keep our good club going). As Frank and Ed are want to say, "Thank you for your support!"

A reminder: Contributing members also receive "Footnotes", the quarterly publication of the National Road Runners Club of America (not to mention that club members receive our newsletter, KEEPING CONTACT).

Detach and mail to: DELCO ROAD RUNNERS CLUB
P.O. BOX 145
HOLMES, PA 19043

* * * DELCO RRC MEMBERSHIP RENEWAL FORM * * *

Name: _____ Birthdate: _____ Sex: ()M ()F

Address: _____ Phone: _____

Other family members who want to re-register (give name, birthdate & sex):

I/we participate in the Fun Runs at: ()Springfield ()Collingdale ()Aldan

I/we would like to: ()Do volunteer work for the club.

()Help at races.

()Represent DELCO RRC at area races.

()Make a financial contribution at this time in the amount of \$ _____

\$5 or more = Contributing Member

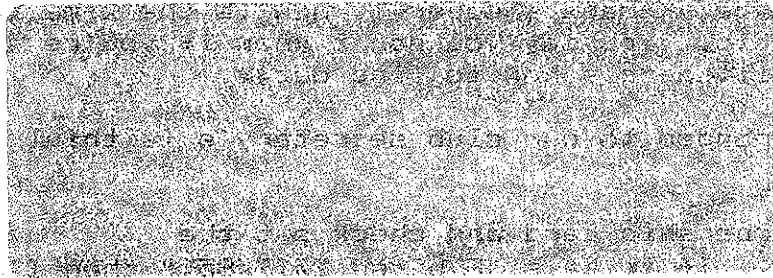
\$25 or more = Sponsoring Member

\$50 or more = Sustaining Member

Your Signature: _____ Date: _____

Mail form to: MEMBERSHIP CHAIRMAN, DELCO RRC, P.O. BOX 145, HOLMES, PA 19043

..... RUN FOR FUN AND FITNESS



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HOMES, PA 19043

DELAWARE COUNTY ROAD RUNNERS CLUB

