



Keeping Contact

Newsletter of the Delaware County Road Runners Club

April, 1988

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

FUN, RUN SCHEDULE

Periodically, we print our fun run schedule for our newer members, as well as longer time members. All runs are held year-round except as noted.

Sundays - Springfield Library (Powell Road). Informal group meets at 8:30 A.M. for a 3 mile run; formal group meets at 9:00 A.M. for 7 to 9 mile run--various paces.

Mondays - Aldan Police Station (Providence Rd. & Clifton Ave.). Group meets at 6:30 P.M. for a 4 mile run.

Tuesdays - Springfield Library (Powell Road). Informal group meets at 6:30 P.M. (for 3 mile run). Formal group meets at 7:00 P.M. for 2 or 4 mile run; with an occasional 7 miler.

Wednesday - Harris Elementary School (Sharon Ave. Collingdale). Group meets at 6:30 P.M. for a 4 mile run. Also, summers only, Swarthmore College. Group meets at 6:30 P.M. for a 3 or 4 mile run during the summer months.

Thursdays - Same as Tuesday - Springfield Library.

Fridays - Informal run held at Aldan Police Station at 6:30 P.M. - 5 miles.

Saturdays - Harris School, Collingdale - Group meets at 9:00 A.M. for 4 or 7 mile run. Breakfast at Collingdale Diner immediately following.

RACE ROUND-UP

By Bob Huggins

Mike Patterson won the 10th edition of the Collingdale 5 Miler on Sunday, March 6th. Patterson was challenged early in the race by Etonic team member Rich DeSebastian. Patterson broke it open, however, to cruise in with an unchallenged 25:34 clocking. DeSebastian dropped back to third place behind Frank Clark, while Bill Heidelberger took fourth place as DELCO's top finisher. In the women's race, Renee Harbaugh of Lansdowne ran 30:14 to capture top honors. Another Lansdowner, Marianne Grace, nipped Wayne's Joan Potterfield for 2nd place in what was, perhaps, the day's closest race. Marianne was also DELCO's top woman finisher.

Joe Genter took top honors at the March 12th Springfield Rotary Club 10K. Genter covered the hilly course in a quick 32:07. Sally Higgins was the top women's finisher with a 41 minute plus clocking. DELCO runners fared well with Bill Schultz, Bob Koerner, Melissa Brown, and Joan Potterfield placing in their age groups. Many other DELCO runners participated, including Bob Rost, Tom Hirsch, Bill Erb, Mary Lou Boselli, Kathy & Terry Adamson, Kathi & Mark Clatterbaugh, Joe Santella, Frank Dewan, Giuseppi Porri, Mike McGillian, Tom Weber, Joe Nolan, Marcy Harper, Gene Martenson and Joe Coulston.

VOLUNTEERS NEEDED

Volunteers are needed for three upcoming events...

Sunday, April 24 - Community "Y" Biathlon. Course marshals are needed for the running portion of this event. Expect to spend the better part of Sunday morning or, if you can, help out for an hour or two. Contact Marianne Grace at the "Y" at 259-1661.

Saturday, May 7 - Volunteer lap counters are needed for the 5th to Sunday, May 8 - edition of the Dawn-to-Dusk Ultras held at Academy Park High School's track in Sharon Hill. Three hour shifts are preferred, but we can use your help for any amount of time you can volunteer. Contact either of the following (evenings only):
Bill Schultz: 534-2979
Bob Huggins: 583-0610

Friday, June 3 - DELCO Junior Olympic Track & Field Meet. Timers, scorers, registration personnel, etc. are needed both days. Contact either of the following:

Byron Mundy: 534-2833

Marylou Long: 586-2323

Please try to help on any or all of these events. Without volunteer help, they don't happen; it's that simple. If you've been running races for a few years and have never volunteered to help out or assist, it's your turn to put something back into the sport!

PRODUCT REVIEW

ASICS TIGER GEL RUNNER

By Bob Huggins

Looking for a well-made, reasonably priced shoe with good, if unspectacular shock-absorbing qualities, a fairly durable outer sole, and a combination slip/board last? ASICS Tiger's Gel Runner may be the shoe for you. ASICS, like most other shoe manufacturers, has its running and athletic shoes produced in the Far East, and this shoe is no exception. Because of the falling dollar, shoes from Taiwan and Korea are becoming increasingly expensive with good, well-made shoes becoming increasingly difficult to find under \$50.00. While the Gel Runner lists at \$50, you should be able to find it for much less. Herman's World of Sports, in the Springfield Mall, recently sold the shoe for \$40 and you can get it for about \$5 to \$7 less than that through mail order. Like many Tiger shoes, if you need a wide toe-box, this shoe has it...in fact, there's almost too much room. The heel area is a bit wider than other Tiger shoes which I've worn and that represents somewhat of a departure for Tiger ("smag in the heel, wide in the toes").

The cushioning in this shoe is O.K., actually decent for a shoe in this price range but, lets face it, it's no Air Max. In fact, if you're used to the Gel 100, the Gel Runner doesn't quite have the cushioned feel of the 100. Note: This shoe does not replace the Gel 100 -- a new shoe, the Gel 101 (what else?) will replace that shoe; the Gel Runner replaces the Gel Miramar, which replaced the Extender, etc., etc., etc. I liked the combination lasting and gives some control while allowing for faster running, although no one will ever mistake it for a racing shoe. Weight is about average for a trainer in its price range. A reflective strip on the heel is included for night running.

One annoying feature which many runners found on the Gel 100 was, of all things, those shoe laces; invariably they would come undone, even if they were double knotted. Happily, this is not the case with the laces on the Gel Runner (you will have to double knot your laces, however, as they are about two sizes too long). Runner's World recommends this shoe for "mid-mileage" runners doing about 20-30 miles per week, but the Gel Runner has held up reasonably well, so far, under my 50 mile per week pounding. All in all, the shoe represents a good buy.

Note: Product evaluations/reviews, etc., do not necessarily reflect the views and opinions of the DELCO ROAD RUNNERS CLUB, nor its newsletter "Keeping Contact." They are solely that of the author.

THE ULTRA UPDATE

By Bill Schultz

Over the past several years, there have been numerous DELCO RRC members who have competed in ultra running events. The following is a list of those who competed in ultras during 1987.

50 Kilometers - Larry Filtz, Joe Freiberg
Mike McGillian, Bill Schultz

70 Kilometers - Bill Schultz

50 Miles - Dave Covey, Betty Perrone, Bill Koppenheffer, Bill Schultz, Mike McGillian

84 Kilometers - Bill Koppenheffer

12 Hours - Bill Schultz

24 Hours - Bill Koppenheffer, Bill Schultz

6 Days - Bill Schultz

If you're interested in trying an ultra in 1988, contact one of the above. You might like it!

1987 NORTH AMERICAN RANKINGS

50 Kilometers - Joe Freiberg - 50th

24 Hours - Bill Schultz - 58th

48 Hours - Bill Schultz - 10th

6 Days - Bill Schultz - 5th

PCT 50 MILER

Bill Koppenheffer was able to combine a little pleasure with business on a recent trip to California in early February. It seems there just happen to be a trail ultra in the area. The Pacific Crest Trail 50 Miler was held just east of San Diego. Although the course was all hardpacked sandy, the footing was OK. The temperature during the race ranged between 40 and 60 degrees and wasn't a real concern.

Although Bill would admit that he wasn't really in racing shape, he surprised himself, and the "experts" in the club, by turning in a fine race. His time of just over 9:13 was good enough to place him 35th out of 120 starters.

He celebrated his run with some R & R with Dave "the California Kid" Covey. Dave is planning on several marathons and ultras on the west coast this year. We wish him well!

50K FUN RUN

Bill Schultz thought he'd found the ideal answer to the cold this winter. The Passing For Sane 50K/50M race in St. Petersburg, FL. was going to be his ticket out of town. He decided on the shorter of the two races and hoped for a "PR". What he ended up with was a "PW".

The temperature at the start was over 70 degrees and went to 80 before it was over. Although the course was mostly shaded, Bill wasn't ready for the change in temperature or the humidity. After running with the leaders at a 7 minute pace for 70 of the 11 laps, he proceeded to "hit the wall" and started running 15 minute miles.

Although he was passed by two runners in the last 50 yards, he was able to hang on and finish 8th out of 30 starters in just over 4:36.

DAWN TO DUSK

Believe it or not, it's time to start thinking about the **DAWN TO DUSK** ULTRAS. The date this year is May 7th. This is the fifth edition of the race.

Bob Huggins and Bill Schultz are once again co-directing the event. Fred Senderoff and Bill Koppenheffer have agreed to be on-site directors. The DELCO RRC has again agreed to help sponsor the race.

To date, the contract for use of the Academy Park track has been obtained and Bob has already been contacted for applications. We again are looking forward to a starting field of between 20 and 30 runners and walkers.

If you are interested in running or helping out at the race, PLEASE, contact any of the above directors.

DAWN TO DUSK SPECIAL DINNER

By a special arrangement with DELCO RRC member Giuseppe Porri, there will be a pre-race Pasta Dinner at **RISTORANTE GUISEPPE**, on Friday night May 6, 1987. Runners participating in the race will be able to pick up their race packets between 6:00 and 9:30 P.M. and carbo load too!

DELCO RRC members are welcome to join in too! Below is a discounted menu that Giuseppe is offering just for the occasion! (Dinners from the regular menu, although available, are not included in the discount.)

RISTORANTE GUISEPPE MENU

- Fettuccine Primavera.....\$5.95
- Two Pasta Combination.....\$6.25
- Cannelloni.....\$6.25
- Chicken Tender.....\$7.00
- Flounder Fillet.....\$7.00

(All dinners come with house salad & bread.)

LAST TRAIN TO BOSTON MARATHON

On March 5th, 1988, a small DELCO RRC delegation made up of George Koerner, Mike McGillian, Bill Koppenheffer, and Bill Schultz, headed south to Aberdeen, Maryland to run the "Last Train to Boston Marathon."

Of the four, George, although he wouldn't admit it before the race, had hopes of breaking three hours and qualifying for Boston. I was hoping to keep him company for as long as I could. Both Mike and Bill were looking for long workouts.

The course is four basically flat loops around the Aberdeen Proving Ground with some upgrades thrown in to keep things interesting. Mike feels it is definitely one of his all-time great "cooler courses." He can leave a bag of beer in one place and it will be there every time!

The race started relatively late (11:00 A.M.) to take advantage of the sun. The temperature throughout the race this year was in the high 30's and low 40's and the skies were cloudless. The wind was constant throughout and by the third and fourth loop was a factor, though it didn't seem to have an effect on George.

While George and I went through the mile in sub 7's, Mike and Bill settled into a shuffle. I was hoping to hold 45 minute loops throughout and was happy with our opening 44. George must have felt it was too slow because the next two loops were 43 (1:27:10 at the half marathon).

I started to tire the end of the third and George left me around 23 miles. From there I hung on for a 3:01, while George went on to run a fine PR in 2:57:11 and qualify for Boston!

Mike and Bill stopped momentarily after each loop for a beer (Mike is in the midst of converting another DELCO runner) and change of clothes. They then set about pushing the third loop so that George and I wouldn't lag them!

When all was said and done, George and I finished in the top 10 (6th & 8th), Mike and Bill got in their long workouts (3:52 & 3:58), and we sat in the sun and ate donuts! It was a great day at a great race. Come and join us next year.

ROAD RACE SCHEDULE

April 10 - 10th Annual Cherry Blossom 5 Mile Run
Wilmington, DE - 11 A.M. start
Contact: Wayne Kursh

Marathon Sports
300 9th St. Plaza
Wilmington, DE 19801
(302) 654-2354

16 - 3rd Annual Lansdale Wellness Run 5K
Lansdale, PA - 10 A.M. start
Contact: North Penn YMCA

608 E. Main St.
Lansdale, PA 19446
(215) 368-1601

17 - King of Prussia 5 Mile Run
Upper Merion H.S., K. of P., PA - 9 A.M. start

Contact: Dave Broida
(215) 265-1071

17 - Wayne Rotary - Interact 10K - Wayne, PA

Contact: Lt. H. P. Jansen
(215) 688-0500

24 - Underwood Memorial Hospital 5 Mile Run

Gloucester County YMCA, Woodbury, NJ - 9 A.M. start
Contact: CS Running Center

138 Haddon Ave
(609) 858-9760

April 24 - 3rd Annual Historic Old Pottstown 5K - 8:00 AM start at Pottstown Jr. HS., Pottstown, PA - 1 P.M. start at Pottstown Jr. HS. Contact: David Kennedy, Precision Road Racing, P.O. Box 252, Leesport, PA 19533 (215) 926-4303

April 24 - New Jersey Waterfront Marathon & 10K - 8:00 AM start at Liberty State Park, Jersey City, NJ. Contact: Waterfront Marathon, Harborside Financial Center, 200 Plaza III, Jersey City, NJ 07311

Yes, you too can run in the U.S. Men's Olympic Marathon Trials (or at least 15 minutes after it starts, on the very same course)!

May 11 - 9th Annual Broad Street Run 10 Miles - 9 A.M. start at Broad & Somerville Sts. to JFK Stadium - 9 A.M. start. Contact: Broad Street Run, Dept. of Recreation - Cultural & Special Events, Belmont & Parkside Aves., Phila., PA 19131

Other Upcoming Races:

- May 8 - Clean Air Council Run
- May 15 - Upper Moreland 5 Mile Run
- May 22 - Gilhooly's Tavern 5K (hic)
- Run for Rich 5 Miles, King of Prussia
- Wissahickon Valley Trail Run
- June 5 - Phila. Bar/Packard Press 10K
- June 12 - Main Line Run 10K
- June 25 - Glen Mills (Hills) School Firecracker 10K

TRIATHLON/MULTISPORT NEWS

By Bob Huggins

The season is fast approaching so, hopefully, you've hit the pool and had your bike tuned up for the coming season. Locally, the Community Y's Biathlon on April 24th is one of the season's first races (see enclosed race application elsewhere in this issue of Keeping Contact). Don't wait to enter, this race doubled its participants last year and will probably reach its limit of 96 competitors this year. Distances are 1/2 mile pool swim and 5 mile run through the streets of Lansdowne. If you're not a swimmer but enjoy watching multi-sport events, come on out and help (Contact race Director Marianne Grace at 259-1661). There's plenty of Domino's Pizza for competitors and race volunteers alike after the race, so come on out.

DELCO RRC has sponsored, for the last three years, its own club triathlon open only to members of the Aldan Swim Club and DELCO ROAD RUNNERS CLUB. Race Director Joe Nolan is trying to assess how many

people would be interested in competing this year. The event would again be held the Saturday of Labor Day weekend with first heats in the pool starting at 7:00 A.M. If interested, complete the form found in this publication and return it to any fun run leader or send it to Bob Huggins at 408 Pershing Avenue, Collingdale, PA 19023; or call Joe Nolan directly at 622-3350. Returning the form doesn't necessarily mean that you are committed to competing; only that you are potentially interested in competing this year. More information will be supplied as it becomes available. Distances will probably be again, 200 yards of swimming, 8.5 miles of biking, 4.5 miles of running, finishing with 7 miles of biking. Competitors are expected to know the course prior to competing, as no marshals or traffic control is provided.

We received a letter from Lou Frankel, President of the Philadelphia Triathlon Club inviting any of DELCO's members to participate in PTC activities. PTC has some very good, informative meetings with guest speakers on a variety of multisport topics. Lou has invited our members to PTC meetings which are held on the first Wednesday of every month at the YM/YWHA at Broad & Pine (home of Phila. Loop Race Director Dave Brier), at 7:30 P.M. Like many other running clubs, bike clubs, etc., PTC sponsors a wide variety of training runs/rides/swims, races, special events, etc. Annual membership is \$25 which includes the \$15 annual fee for a Tri-Fed license, which more and more races are requiring. Their newsletter provides a source of race listings in the areas of triathlons, road races, bike races and masters swim meets. Members also receive discounts at Bike Tech and Finish Line Sports in Philadelphia. PTC sponsored the very first bike/run triathlon within the city of Philadelphia and is planning a triathlon of international distance length (swim - 1500 meters, bike - 25 miles, run - 10K) on August 7th. If you're interested, please contact either of the following:

Lou Frankel 341 S. New York Road Absecon, NJ 08201 (609) 652-1124	Ginnie Zipf 424 Timberlake Road Upper Darby, PA 19087 (215) 623-7568
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Yes, I'm interested in competing in DELCO's Triathlon. (Race entry is limited to members of the Aldan Swim Club and DELCO RRC.)

NAME _____ PHONE _____

ADDRESS _____

TRIATHLONS

May 7 - 6th Annual Gore Tex Triathlon
 Bike-12.1 miles, Run-4.7 miles, Canoe-3 miles)
 Contact: Susan Kreuer

American Heart Assn.
 4-C Trolley Square
 Wilmington, DE 19806
 (302) 654-5269

- June 5 - Hatboro YMCA Triathlon (1K swim, 25K bike, 8K run)
 Contact: Brian Schon
 440 S. York Road
 Hatboro, PA 19040
- June 18 - Thundergust Triathlon (1 mi swim, 25 mi bike, 10K run)
 Contact: Dan Mc Alee
 Ultra Sport
 Vorhees, NJ
 (609) 772-0472
- June 26 - Endless Mountain Triathlon
 (1 mile swim, 27 mile bike, 10k run)
 Contact: Dr. John Haines
 5 Spacker Ave
 Towanda, PA 16848
 (717) 265-3100
- July 17 - Carbon County Triathlon
 (1 mile swim, 30 mile bike, 10 mile run)
 Contact: Ed Dermillion
 P.O. Box 154
 Lehighton, PA 18235
 (215) 377-5905
- July 24 - Philadelphia/American Cancer Society Triathlon
 (.5 mile swim, 12 mile bike, 4 mile run)
 Contact: Mary Urycki
 American Cancer Society
 1422 Chestnut Street
 Philadelphia, PA 19102
 (215) 665-2951
- July 30 - The Corkscrew Team Triathlon
 (2.5 mile run, 10K bike, 150y swim, 1.5 mile xc run)
 Contact: Precision Road Racing Inc.
 P.O. Box 252A
 Leesport, PA 19533
 (215) 926-4303
- August 6 - Tioga Sprint Triathlon (.25 mi swim, 5 mi run, 15 mi Bi)
 Contact: Dick Morgan
 R.D. 1, Box 90A
 Tioga, PA 16946
 (717) 835-5409
- August 7 - Philadelphia Triathlon Club Triathlon
 (Details forthcoming)
- August 14 - Jefferson Hospital Team Triathlon (Details forthcoming)
- Sept. 4 - Greater Wilkes Barre (1.5K swim, 40K bike, 10K run)
 Contact: Jerry Kowalski
 Tri-America Series,
 Box 173A, R.D. 4
 Huntsville Road
 Dallas, PA 18612
 (717) 675-4700
 Tri-Fed International
 Distance National
 Championship, TFS.

Sept. 11 - Monmouth County Sprint Triathlon
(.25 mile swim, 14 mile bike, 4 mile run)
Contact: Andrew Spears
Monmouth County Parks System
Newman Springs Road
Lincroft, NJ 07738
(201) 842-4000

Sept. 24 - Bud Light Sea Colony Triathlon
(.9 mile swim, 24 mile bike, 6.2 mile run)
Contact: Lyn Brooks State International
1309 Halstead Road Distance Championship,
Baltimore, MD 21234 TFS.
(301) 668-8609

Sept. 25 - Pennsylvania Triathlon
(1.5K swim, 20 mile bike, 10K run)
Contact: Precision Road Racing Inc.
P.O. Box 252
Leesport, PA 19533
(215) 926-4303

BIATHLONS

April 24 - Community "Y" Biathlon (.5 mile swim, 5 mile run)
Contact: Marianne Grace
Community "Y"
Lansdowne Ave. & Garrett Rd.
Lansdowne, PA 19050
(see application)

May 1 - Cooper River Biathlon
(2.5 mile run, 15 mile bike, 2.5 mile run)
Contact: Chuck Sellars
C.S. Running Center
138 Haddon Ave.
Westmont, NJ 08108
(609) 858-9760

May 17 - Sunrise Run-Bike-Run
(4 mile run, 14 mile bike, 4 mile run)
Contact: Andrew Spears
Monmouth County Park System
Newman Springs Road
Lincroft, NJ 07738
(201) 842-4000

May 29 - The Pretzel City Classic Staged Biathlon
(13.1 mile run at 8:30 A.M., 30 mile bike at 11:00 A.M.)
Contact: Precision Road Racing Inc.
P.O. Box 252
Leesport, PA 19533
(215) 926-4303

Oct. 18 - Ed Jerome Memorial Biathlon

(4 mile run, 24 mile bike, 4 mile run)

Contact: Linda Naples

RFD #4 Box 259

McKee City, NJ 08232

(609) 646-3768

Oct. 29 - The Season of the Witch Biathlon

(4 mile run, 13 mile bike)

Contact: Precision Road Racing Inc.

P.O. Box 252

Leesport, PA 19533

(215) 926-4303

RUNNING SHORTS

- * It was good to see Brian DeUriarte back in Springfield recently. Brian's running had been curtailed due to a stress fracture and he has taken to an indoor cross country skiing machine to maintain his fitness. Brian is teaching at Middlesex County Community College in New Jersey.
- * Several of the club's members recently purchased new bikes. Tom Hirsch on his Trek and Tom Weber on his Raleigh should be tearing up the roads this summer (Smithville, N.J. sub = 3 hours or bust.)
- * Seen recently at the Collingdale 5 Miler were two former Upper Darby fun run mainstays, Tom Beese and Tony Belfiglio. Tom is planning to enter this year's Dawn-to-Dusk ultramarathon, while Tony is one of DELCO's few canoe triathlete specialists. Also seen was Bill Heidelberg. The former Aldan resident now living with his family in Newtown Square was DELCO's top finisher, placing fourth just behind Rich DeSebastian. Bill is a member of General Electric's National Corporate running team.
- * Although she's pregnant now and a little slower, Frances Dagle finished an outstanding 56th place overall among 701 women in this past year's Distance Run. For all you "Macho Men" out there, Frances ran a 1:26:20. Frances finished just behind top women's master runner and Running Times editor Carol Lasseter.
- * Buddy, can you spare a dime? Due to some recent expenditures and the ever-present insurance problem (rising rates), the club's treasury is dwindling. Please, if at all possible, contribute a few extra dollars when it's time to renew your membership. As Frank and Ed are want to say... "Thank you for your support."

COLLINGDALE 5 MILER RESULTS

Mike Patterson, 34, of Philadelphia won the 10th annual Collingdale race on March 6th for the 6th time in 25:34. Renee Harbaugh, 21, of Lansdowne led the women in 30:14. Beautiful sunny 65 degree weather greeted the 116 finishers and 150+ spectators.

Souvenir baseball caps were presented to every finisher. Nan Sharpless, 51, of Rosemont led the masters women with an excellent time of 42:42 while Bob Boyer, 46, of Brookhaven, led the masters men in 29:24. George Piasecki, 76, of Folsom again was the oldest finisher (49:27) while Dennis Kennedy's twins Jeff and Doug, age 7, were the youngest.

Race Director Byron Mundy would like to thank the Collingdale Recreation Board and Police Department for their continued financial and manpower support, without which the race could not be held. Also, thanks to the many DELCO RRC members and other volunteers who worked for the race including Mary Beth Mundy, Marylou Long, Frank Dewan, Steve Vankueren, Mark Clatterbaugh, Kathi Clatterbaugh, Amy Binder, Mary Bergin, Bill Shultz, Sam Hill, Lu Sanner, Bea Sanner, Mary Lou Boselli, Margaret Dewan, Rick Jones, Ken Vetter, Steve Delozier, Bill Jones, Paul Straube, Giuseppe Rondi, Charlene Gallagher, Bob Huggins, Helen Senisch, and Jack Myers.

RESULTS OF THE COLLINGDALE 5-MILE RACE

March 6, 1988

Weather: Beautiful, 60 degrees, sunny

1. 25:34 Michael T. Patterson, 34
2. 26:07 Frank Clark, 27
3. 26:25 Rich DiSebastian, 36
4. 26:28 Bill Heidelberg, 26
5. 26:37 Frank McGovern, 18
6. 27:36 Jim Reardon, 36
7. 28:08 Mike Cannon, 22
8. 28:12 Charles Boehmer, 20
9. 28:29 Tom O'Malley, 29
10. 28:29 Tom Maehli, 25
11. 28:44 Randy Brown, 28
12. 28:46 David Elman, 25
13. 28:58 Paul Leahan, 28
14. 29:11 Daniel Shimilla, 29
15. 29:24 Robert Boyer, 46
16. 30:07 Bobby Hill, 13
17. 30:09 David Ferguson, 39
18. 30:09 Mike Metague, 40
19. 30:10 Brian Stoltzfus, 25
20. 30:13 Byron Mundy, 40
21. 30:14 Renee Harbaugh, 21
22. 30:40 Michael Aklyn Suska, 26
23. 31:09 Bill King, 28
24. 31:15 Chris Fuhrman, 16
25. 31:22 Bob Scheerer, 27
26. 31:26 Bill Marra, 40
27. 31:34 Vincent Boyle, 48
28. 31:38 Tom Gorman, 38
29. 32:01 Victor Abramowicz, 32
30. 32:06 Mike Tuohy, 41
31. 32:11 Bernie Sontagh, 46
32. 32:39 Ron Grace, 41
33. 32:57 Don Roberts, 42
34. 33:01 Harry Piasecki, 53
35. 33:09 Robert Gallagher, 26
36. 33:10 Michael Walsh, 16
37. 33:18 Marko Njezic, 37
38. 33:34 Bob Rost, 43
39. 33:36 David Gobel, 39
40. 33:42 Marianne Grace, 36
41. 33:50 Joan Potterfield, 34
42. 33:51 Finisher Unknown
43. 33:54 John Ashton, 28
44. 33:55 Terry Adamson, 37
45. 33:59 Tim Wade, 34
46. 34:14 Bob Fuhrman, 46
47. 34:14 Bill Scarborough, 40
48. 34:18 Ed Bodnar, 17
49. 34:18 Dan Frsic, 31
50. 34:19 Steve DiTenno, 31
51. 34:22 Rolf Dehmel, 52
52. 34:24 Tony Belfiglio, 48
53. 34:24 Tom Beese, 43
54. 34:31 Drew Alexander, 28
55. 34:37 Finisher Unknown
56. 34:44 Andrew Zulli, 29
57. 35:02 Bob Dimond, 53
58. 35:10 Stacia Porter, 26
59. 35:33 Michael Quinn, 36
60. 35:46 Joe Riley, 16

(Collingdale 5-Miler Results continued)

61. 36:12	Joe DiTenno, 39	89. 40:33	Robert Williams, 39
62. 36:32	Jim Delizzio, 37	90. 40:45	Betsy Coghlan, 27
63. 36:40	Tim Regan, 24	91. 41:07	Leonard Michael, 31
64. 37:05	Kevin Cunningham, 34	92. 41:07	Rich O'Neill, 33
65. 37:09	Jim Miccolis, 33	93. 41:10	Robert Johns, 53
66. 37:09	Sean McPhillips, 27	94. 41:46	Mary Lou Boselli, 31
67. 37:25	Jack Emmert, 40	95. 41:59	Paul Smith, 39
68. 37:28	Mark Letourneau, 13	96. 42:27	Thomas McBreen, 32
69. 37:45	Joe Meehan, 31	97. 42:42	Nan Sharpless, 51
70. 38:07	Al Piasecki, 51	98. 43:01	Francis Dagle, 26
71. 38:23	William Smith, 32	99. 43:48	Joe Coulston, 40
72. 38:29	Gene Martenson, 59	100. 44:28	Dot Kracht, 51
73. 38:48	Michael Coia, 31	101. 44:39	Tara DeStefano, 9
74. 38:49	David Lee, 31	102. 44:56	Peter Senisch, 56
75. 38:55	Francis Timlin, 31	103. 45:15	Peggy Bobeck, 47
76. 38:57	Gabe Mahalik, 36	104. 45:31	Kenny Vetter, 12
77. 38:59	Mike McGillian, 39	105. 45:32	Jason Vetter, 11
78. 39:02	Steven Silhelm, 53	106. 45:41	John Burger, 14
79. 39:10	Bob Street, 44	107. 46:24	Ron Finley, 49
80. 39:13	Marian Young, 28	108. 49:27	George Piasecki, 76
81. 39:21	Ray Duffy, 39	109. 49:42	Geraldine Wales, 43
82. 39:50	Bill Heiser, 42	110. 49:47	Kathy Adamson, 33
83. 39:53	Fred Cordova, 42	111. 50:01	Diane Dicese, 31
84. 39:55	Karen Genello, 29	112. 51:07	Robert Herlihy, 34
85. 40:02	Hank Goldring, 40	113. 55:26	Jeff Kennedy, 7
86. 40:08	Paul Petrosky, 32	114. 56:35	Doug Kennedy, 7
87. 40:14	Joe Dougherty, 40	115. 56:36	Dennis Kennedy, 40
88. 40:22	Kathleen Harden, 39		

DELCO RRC MEMBERSHIP MEETING

Wednesday, January 27, 1988

Attendees: Kathi Clatterbaugh, President Mark Clatterbaugh
Fred Senderoff, Treasurer Peggy Bobeck
Helen Senisch Tom Hirsch
Dot Kracht Amy Binder

Meeting was called to order at 8:25 P.M. by President Kathi Clatterbaugh.

Minutes from last meeting were read by secretary and accepted. Tom Hirsch.

Treasurer's Report/ Fred Senderoff
Super Now Account \$1936.53.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins N/P

Tom Hirsch related newsletter will be proofread and sent early next month.

Team Coordinator/ Bob Huggins N/P

No team news.

New Business

Government council on Physical Fitness - Bob Huggins is sending for more information.

Insurance fee for the year is \$590.00 Thoughts on offsetting the cost - adding \$1.00 fee to all club race entry fees.

Jr. Olympics/ Byron Mundy & Marylou Long will co-chair the event which will be held on May 29-30 or June 5-6. KEEP THESE DATES OPEN.

Middle Atlantic Road Runners Club newsletter had a very nice article on DELCO RRC.

Results - Runners of the Year - Congratulations!!!!
Man - Bill Schultz, Woman - Kathi Clatterbaugh

Next meeting will be held at Springfield H.S. on February 24, 1988,

Meeting was adjourned at 8:50 P.M. by Dot Kratch.

Respectfully submitted,
Peggy Bobeck

DELCO JUNIOR OLYMPIC TRACK MEET
SPONSORED BY THE
DELCO ROAD RUNNERS CLUB

DATE: Friday evening JUNE 3rd, and Saturday JUNE 4th, 1988
LOCATION: Springfield High School Track, Leamy Avenue, Springfield, PA.

REGISTRATION: Only residents of Delaware County or students attending school in Delaware County are eligible to compete. All participants must mail in the entry form below, along with the \$2.00 entry fee, postmarked no later than May 30th. Post entries of \$3.00 will be accepted on day of meet.

T-SHIRTS: Souvenir T-shirts will be given to the first 100 entries received. Please help our planning committee by registering as early as possible.

AGE GROUPS: There are six age divisions for boys and girls.
 Sub-Bantam (SB) 8 & under; Bantam (B) 9 & 10;
 Midget (M) 11 & 12; Junior (J) 13 & 14;
 Intermediate (I) 15 & 16; Senior (S) 17 & 18.

Your age division is determined by the age you will be as of December 31, 1988. Example: If you are 10 now, but will be 11 on November 15 of this year, you must compete in the Midget class (11 & 12) even though you will still be 10 on the day of the meet. NOTE: Proof of age may be required - birth certificate. Please be honest about your age.

EVENTS: All events are for boys and girls in all 6 age divisions except where specified:

- | | | |
|------------------------------|----------------------------|--------------------------|
| 100 meter dash | Long Jump | Shotput (J, I, & S only) |
| 200 meter dash | High Jump (except SB) | Open Mile (19+) |
| 400 meter run | 3200 meter run (except SB) | |
| 800 meter run | 400 meter relay (4 X 100m) | |
| 1600 meter run | 1600 meter walk | |
| 1600 meter relay-(4 X 400 m) | (J, I, & S only) | |

See reverse side of this sheet for schedule of events.

FACILITIES: Springfield H. S. has an all weather track. Pin spikes up to 1/4" long may be worn. Restrooms will be available. Competitors must bring their own starting blocks. Shotput entrants must supply their own equipment.

Send entry form (below), along with \$2.00 to: DELCO JUNIOR OLYMPICS, C/O DELCO ROAD RUNNERS CLUB, POST OFFICE BOX 145, HOLMES, PA 19043, postmarked by May 30, 1988. Make checks payable to: DELCO RRC. Please print clearly.

NAME _____ **SEX** _____

FIRST _____ **M.I.** _____ **LAST** _____ **MALE/FEMALE** _____

ADDRESS _____

Number _____ **STREET** _____ **TOWN** _____ **ZIP CODE** _____

DATE OF BIRTH _____ **SCHOOL OR TEAM** _____

MONTH _____ **DAY** _____ **YEAR** _____ **(if any)** _____

AGE AS OF DECEMBER 31, 1988 _____ **Age Division** _____ **Parents' Signature** _____

on reverse side --->

DELCO JUNIOR OLYMPIC TRACK MEET - June 3, 4, 1988

Unless otherwise specified, running events will be conducted with the youngest age group - sub-bantam (SB) competing first, followed by the B, M, J, I, & S age groups in that order.

NOTE: Participants should check in at least 45 minutes prior to their events. Events may begin 30 minutes earlier than the time listed below.

Friday Evening June 3rd

Saturday, June 4th

6:00 P.M. - 100 meter trials (SB, B, M)	8:45 A.M. - 3200 m run
6:45 P.M. - 100 meter trials (J, I, S)	9:00 A.M. - shotput, high jump (J)
7:15 P.M. - 200 meter trials	long jump (SB, B, M)
8:30 P.M. - Open Mile (ages 19+)	10:00 A.M. - high jump (I, S) long jp (J)
Semi-finals will follow trials	11:00 A.M. - high jump (B, M) long jp (I, S)
Note: In case of sever weather, meet will be held on Sunday, June 5. Change will be announced at the track.	11:15 A.M. - 1600 m walk
Awards: Medals to 1st place, Ribbons to 2nd, 3rd, & 4th.	12:00 noon - 800 m run
	12:45 P.M. - 100 m finals
	1:15 P.M. - 1600 m run (SB, B, M)
	2:00 P.M. - 400 m run
	2:45 P.M. - 1600 m run (J, I, S)
	3:30 P.M. - 200 m figals
	4:00 P.M. - 400 m relay (4 X 100 m)
	4:45 P.M. - 1600 m relay (4 X 400 m) (J, I, S only)

Each entrant may compete in no more than four events, plus a relay.

MEET INFORMATION: Please help to publicize the meet. Entry blanks may be photo-copied. Additional information can be obtained by phoning meet director Byron Mundy at 534-2833.

ADVANCEMENT: The first six finishers in each event and each age group qualify to compete in the MIDDLE ATLANTIC ASSOCIATION MEET to be held June 11th & 12th at Wissahickon High School, Ambler, PA. Meet directors are Larry Wilson 424-8582 and Tim Hickey, 639-8284.

PARENTS: We would greatly appreciate any donations to help sponsor this meet. Anyone donating \$5.00 or more will be listed as a Junior Olympic sponsor in the DELCO RRC Newsletter. Make checks payable to DELCO RRC, and send to P.O. BOX 145, HOLMES, PA 19043

Cut along this line and mail to DELCO RRC, P.O. BOX 145, HOLMES, PA 19043

In consideration of your acceptance of this entry, I hereby, for myself, heirs, executors, or administrators, waive and release any and all claims for damages I may have against the sponsoring organization, Delco Road Runners Club, their agents or representatives, for any and all injuries sustained by me in Junior Olympic competition. By my signature, I hereby acknowledge reading and understanding the implications of this clause. I also declare that the information given on the other side of this form is accurate and true.

Signature of Entrant

Signature of Parent or Guardian



COMMUNITY Y 3rd ANNUAL SPRING BIATHLON



WHEN: April 24, 1988
First heat for swim begins at 8:00 AM

WHERE: Community Y, Lansdowne Avenue & 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. Plaques 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 T-shirt will be given to all entrants.

PRE-RACE MEETING: A meeting will be held on Thursday, April 21, 1988 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 15, 1988. Maximum number of participants is 96. The swim must be completed within 29 minutes. Swimmers will be seeded according to their times given below.

SEND ENTRIES TO: Marianne Grace, Community Y, Lansdowne Avenue & Garrett Road,
Lansdowne, PA 19050

NAME _____ **MALE** _____ **FEMALE** _____ **AGE** _____

ADDRESS _____

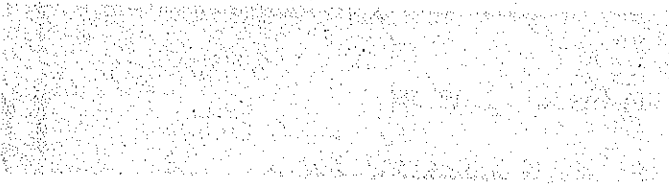
CITY _____ **STATE** _____ **ZIP** _____

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

