

# *Keeping Contact*



*Newsletter of the Delaware County Road Runners Club*

August, 1988

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

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

## **DELCO RRC RECEIVES COMMUNITY AWARD**

The Governor's Council on Physical Fitness and Sports has recognized the DELCO ROAD RUNNERS CLUB as one of 19 Pennsylvania community programs and individuals for their efforts in improving health opportunities through physical fitness and sports. Former Penn State and Pittsburgh Steeler running back Franco Harris, council chairman, said the awards were being presented to coincide with Physical Fitness and Sports Month. "This month (May), proclaimed by Governor Robert P. Casey, promotes and encourages physical fitness activities in the public and private sectors for people of all abilities and skill levels," Harris said. "For our part, we seek to recognize those Pennsylvania communities and individuals who are doing a particularly outstanding job in helping the Commonwealth measure up to the high standards of the governor's proclamation" he said.

The DELCO ROAD RUNNERS CLUB received the Community Award from the Governor's Council for its broad range of running projects over the past 10 years for all residents of Delaware County. The award will be displayed at the club's annual Distance Run Pasta Dinner on September 16th.

## **THE EDITOR SPEAKS...**

Help! I need each and every club member's help. Last issue (and this issue) I wrote almost the entire newsletter. I feel this is not necessarily a good situation, since the articles which I write reflect my own realm of experiences and personal interests. (You'll note that I give a fair amount of space each issue to multi-sport events which I enjoy immensely. Do you?). Anyhow, the bottom line is that KEEPING CONTACT should reflect the interests of the members of the DELCO ROAD RUNNERS CLUB. Surely there are a few of you out there who have something to say. Get it down on paper! Whether you're a novice runner or experienced marathoner, we're interested in your perspectives and experiences. While you're exercising your body, maybe you'll be stimulated to exercise your mind. Our preference is for original articles, but if you want to submit a published article, please secure written permission from the appropriate publishing source so that we may give proper recognition and not violate any copyright laws. As Frank and Ed say... Thank you for your support!

# PHILADELPHIA DISTANCE RUN

The eleventh annual Distance Run Half-Marathon will be held on September 18th. Once again, DELCO would like to enter several teams, if enough members are interested. Individuals competing for DELCO must be current, card carrying members (please, no ringers). Individuals will be responsible for paying their own application fee and the club will make up the difference. We will place more than one team in each category if enough people are interested. Categories are as follows:

Category	Scoring
* Open - Men (under 40)	7 person team, five to score
* Open - Women (under 40)	5 person team, three to score
* Masters - Male (40 and over)	5 person team, three to score
* Masters - Female (40 and over)	5 person team, three to score

Those club members wishing to compete must send a check or money order of \$10.00 payable to DELCO RRC. DO NOT send your entry directly to the race committee; team entries MUST be submitted together. Entries may be obtained by sending a self-addressed, stamped envelope to:

DELCO RRC  
P.O. Box 43111  
Philadelphia, PA 19129  
or by contacting Bob Huggins at 583-0610, 8:30 P.M. - 10:00 P.M.

## ULTRA NEWS

In the July-August issue of Ultrarunning Magazine, Gerri Wales, one of the participants in this year's Dawn-to-Dusk Ultramarathons had this to say about the race. "Not enough can be said about the wonderful volunteers who gave up their time to come out and count laps. Those wonderful people not only gave attention to each runner, but when a word of encouragement was needed they were more than willing to give it. They even had their own form of The Wave, which was a sight to behold. Because my family lives out of state and most of my friends think I am a little weird for wanting to do 24-hour races, it gets difficult to find lap-counters. Thanks to the folks at the Dawn-to-Dusk for allowing me the opportunity to indulge in my favorite sport."

Thanks, Gerri, and thanks, again, to all the volunteers who came out and helped. Gerri finished with a personal best of 66 miles for the 24-hour event.

## SUMMER ROAD RACE SCHEDULE

July 23 Jim Latz 5 mile Beach Run (Ventnor, NJ)  
Contact: Kathy Latz  
551 Winchester Ave.  
Ventnor, NJ, 09406  
Entry Fee: \$7.00

- July 27 Sports East Summer Series (Woodbury, NJ)  
 Contact: Browning Ross  
 Sports East  
 240 S. Broad St  
 Woodbury, NJ 08096
- Aug. 3 Sports East Summer Series (See July 27)
- Aug. 7 Vineland's Annual Birthday Run 10K (Vineland, NJ)  
 Contact: Cumberland Run Club  
 P.O. Box 2441  
 Boulevard & Sherman Ave.  
 Vineland, NJ 08360  
 Entry Fee: \$5.00 by July 21
- Aug. 10 Sports East Summer Series (See July 27)
- Aug. 12 Elkins Park 24 Hour Relay and Ultras (Elkins Park)  
 24 Hours, 12 Hours, 50K  
 Contact: Bob Gamberg  
 Fleet Feet  
 7905 High School Rd  
 Elkins Park, PA 19117  
 (215) 782-8811
- Aug 13. Asbury Park 10K Classic (Asbury Park, NJ)  
 Contact: Asbury Park 10K Classic  
 Box 2287  
 Ocean, NJ 07712  
 Entry Fee: \$11.00
- Aug. 17 Sports East Summer Series (See July 27)
- Aug. 24 Sports East Summer Series (See July 27)
- Aug. 28 Latin American 10K  
 Contact: Latin Runners Club  
 3958 N. Reese St.  
 Phila., PA 19140  
 (215) 455-4264

Upcoming Races

- Sept. 18 - Distance Run  
 Oct. 19 - Independence Marathon  
 Nov. 6 - YM/YWHA Loop Race  
 Nov. 24 - Turkey Trot

**BROAD STREET RUN**

May 1, 1988

DELCO RRC Finishers

NAME	TIME	NAME	TIME
1. George Koerner	56:35	6. John Greenstine	59:56
2. Joe Freiberg	56:43	7. Byron Mundy	61:01
3. Dan Shirilla	58:00	8. Bob Huggins	62:26
4. David Baker	59:10	9. Don Larson	63:14
5. Mike Metague	59:22	10. Tom Feehery	64:25

## BROAD STREET RESULTS (cont'd)

11. Dan Lang	64:44	26. Joe Farrell, Jr.	76:00
12. Mike Tuohy	65:37	27. Jack Abbasi	76:00
13. Bob Rost	65:57	28. Bill McCormick	77:13
14. Joan Potterfield	68:41	29. Melissa Brown	78:54
15. Tim Wade	68:56	30. Chris Lamoureux	85:34
16. Bill Bosalli	69:15	31. Nancy Ladden	85:41
17. Bob Rosati, Sr.	69:27	32. Rich O'Neill	87:12
18. Liz Mc Dermott	69:39	33. Dot Kracht	88:30
19. Rick Jones	69:48	34. Pauline Koerner	88:31
20. Terry Adamson	69:49	35. Fred Cox	91:15
21. Bob Fuhrman	70:32	36. Jacqueline Johnston	92:44
22. Bob Koerner	71:15	37. Sam Brattini	93:59
23. Bob Meighan	71:44	38. Peggy Robeck	94:39
24. Sean McPhillips	72:37	39. Kathi Clatterbaugh	101:06
25. Bill Erb	75:33	40. Kathy Adamson	101:09
		41. Bill Garvin	108:56

Times unavailable for George Kennedy, Jack Myers, or Mike McGillian. Thanks to support crew members Mark Clatterbaugh, Jeannie Hauck, Amy Binder, Paula Koerner, Pete & Helen Senisch, Kathy Jackman.

## LETTER TO THE EDITOR

I was upset to hear of the recent vote to boycott races with different prize structures for men and women. Let's face it, women seldom make up 50% of the contestants and are often just a small minority (e.g., at Caesar Rodney). As a result, we almost always have a better chance of getting awards.

Consider a male runner of comparable ability and me. We both may average 2500 miles per year and run almost every day. I would consider us about equal in ability. Yet, I have a basement full of trophies (many of them first place overall); while the male runner has very few. When I go out on an icy February night, I can think of the trophy I usually win at Caesar Rodney. The male runner has no such consolation. In his place, I wonder if I'd still be motivated to train when I was tired or the weather was miserable. (Long runs on steamy August days aren't my idea of Fun either).

The simplest fair solution is to make the number of prizes proportional to the number of runners in each category. Thus, there should be more awards for the 20-29 year old men than for the 60+ women. The top prize in each category should be the same (unlike a race I know which gives an expensive duck decoy to the first man and a small plaque to the first woman). The previous year's roster can be used to determine the number of awards in each category.

The proposed race boycott is ill-advised. Unless half the runners in a given race are women, women can't insist upon equal prizes.

Joan Potterfield

Editors Note: The above letter was received after the last issue of KEEPING CONTACT had gone to print. The letter was in response to a proposed boycott of the Norwood 3 Mile race on July 4th by the DELCO RRC on the grounds that the race did not provide an equitable distribution of awards to women runners. The letter has been edited slightly for publication purposes. And, just so you know, there was a happy resolution to this story. The Norwood Three Miler did, in fact, have equal awards for males and females. We hope that women runners will get a fair shake at all area races.

## RUNNING SHORTS

- \* Tony Belfiglio of Havertown is undertaking a bicycle ride to Florida this July with a friend. We wish him the best (and a tailwind the entire way down!). Hey, Tony! How 'ya gettin' back?
- \* Gene Martenson and Bob Huggins recently ran part of the Delaware Valley 350th Anniversary Relay Run. The run commemorated the landing of Swedish and Finnish settlers in the Delaware Valley. The relay runners visited various Swedish and Finnish historical landmarks in Delaware, Pennsylvania and New Jersey, including the Morton Homestead in Delaware County. The highlight for Gene and Bob was running with four time Olympic gold medalist Lasse Viren of Finland who ran several legs of the relay throughout the day. Bob reports that Lasse barely broke a sweat as he jogged his miles (nearly 30) at sub-7 minute pace...he's still in great shape.
- \* Another new bike! Torpey White is the proud owner of a new Trek. Could we have another budding biathlete in our midst? Torpey's back running with several of the fun runs again after working long hours this past Winter and Spring. Those CPA's...always burning the midnight oil.
- \* Team Fuhrman was out in force at the Yeadon Five Miler. Bob, Jr., Chris and Bob Fuhrman ran the very hot five mile race. Among the other DELCO runners spotted at the race were Byron Mundy, Dot Kracht, Kathi Clatterbaugh, Joan Potterfield, John Greenstine, Bill Schultz, Torpey White, and Bob Koerner. Team Fuhrman was also seen at the Norwood 3 Miler, where Bob Jr. took the win, just ahead of Joe Freiberg.
- \* Tom Hirsch, Melissa Brown and Bob Huggins were spotted recently working the Liberty to Liberty Triathlon finish line.

## PEOPLE HAPPENINGS... AT THE RACES

- \* Bill Schultz set a new personal record in running 426 miles for third place at the Weston Six Day Race held in Pennsauken, NJ in June.
- \* Another DELCO ultramarathoner, Bill Koppeneheffer ran a very respectable 25 hours, 2 minutes at the old Dominion 100 Mile Trail Run in Virginia, also held in June. Bill placed 42nd out of about 100 starters, despite the fact that his flashlight gave out in the darkness. Well done, Kope!

- \* Kope's wife, Betty Perrone, has been busy with quite a few good showings in area races. Betty took first in the 40-49 age group in three races: Glen "Hills" Mills 10K (48:11), Willow Grove Air Base 10K (49:18) and the Upper Moreland 5 Miler (42:13 on a hot, hilly course). Betty also ran the Philadelphia Corporate Series 5K for the Penn Mutual team, running 22:55.
- \* Another Corporate Series 5K runner was Mary Lou Boselli who ran 23:45. Mary Lou reports that the race was held on the Chestnut Street Transit Way, with no traffic control. Runners had to share the street with Septa busses. Yicch! Mary Lou represented the Conrail team.
- \* Two other Conrail employees ( and DELCO ROAD RUNNERS), George Kennedy and Dan Lang, also ran in the Corporate 5K helping their teams. Conrail's Masters Men's Team took first while their Men's Open Team took 3rd.
- \* Upper Darby's Mike Metague took third place in the 40-49 age group at the tough Glen Mills 10K with a 37 minute plus clocking. The weather this year at Glen Mills was probably the best it has ever been.

### RACE RESULTS

Send us your race results. We want to hear from you, regardless of your ability, times, distances, etc. Fill in the form below and send it to me...Bob Huggins, 408 Pershing Ave., Collingdale, PA 19023.

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#### DELCO RRC INDIVIDUAL RACE RESULTS

NAME	AGE	HOMETOWN			
RACE NAME	DATE	DISTANCE	TIME	PLACE	COMMENTS (age group winner, tough course, etc.)

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### MULTI-SPORT NEWS

Two local multi-sport events worthy of your consideration are the Fairmount Park Classic Triathlon and the second annual Constitution Biathlon. The Fairmount Park Classic represents the the second major triathlon within the city limits of Philadelphia (the first being the five year old Philadelphia/American Cancer Society Triathlon). The big

difference is the distances. Fairmount Park will be of International distance Length. At the writing, the 1500 meter (.93 mile) point-to-point swim will be in the Schuylkill River (with the current), the 40K bike portion will be throughout Fairmount Park over a loop course and the 10K will be a loop course finishing at Memorial Hall. Channel 10 will be producing a one hour special of the August 7th race.

The Constitution Biathlon was a fun race last year and should be even better this year. The September 25th race will feature the same distances as last year (5 mile run, 15 mile bike), but in a slightly different format. Instead of running 5 miles and mounting the bike, competitors will run 2.5 miles, bike 15 miles, and then finish off with another 2.5 miles on the run. I'd advise anyone interested in trying a multi-sport event to give this race a "tri". Joe Donatucci and the Philadelphia Triathlon club put on a first class event last year and, I'm sure, will do it again this year.

For information on either of these events, contact Joe Donatucci, 1610 W. Moyamensing Ave., Philadelphia, PA 19145 - (215) 389-0234, or see Bob Huggins at one of DELCO's fun runs.

Note: Be sure to check out the Navy Yard Biathlon on August 28th. Contact Joe Donatucci at the above address for more info.

## MULTI-SPORT SCHEDULE

### BIATHLONS

- Aug. 7 YMCA Biathlon for the Homeless (Wilmington, DE)  
Run: 4 miles, Bike: 25 miles, Run: 3 miles  
Contact: Sonia Sloan  
YWCA  
908 King Street  
Wilmington, DE 19801  
(302) 658-7161  
Tri-Fed License Required
- Aug. 27 Shippensburg Biathlon (Shippensburg, PA)  
Run: 5 miles, Bike: 20 miles  
Contact: Jeff Spaver  
117 W. Burd Street  
Shippensburg, PA 17257  
(717) 530-1668
- Aug. 28 Philadelphia Shipyard Biathlon  
Run: 2.5 miles, Bike 15 miles, Run: 2.5 miles  
Contact: Joe Donatucci  
(See September 25th Biathlon listing)
- Sept. 11 Wildwoods Classic Biathlon (Wildwood, NJ)  
Run: 10K, Bike: 25K (Staged Races)  
Contact: Wildwoods Classic Biathlon  
P.O. Box 465  
Stone Harbor, NJ 08247  
(609) 729-0209

Sept. 25 Constitution Biathlon (Fairmount Park)  
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles  
Contact: Philadelphia Triathlon Club  
c/o Joe Donatucci  
1610 W. Moyamensing Ave  
Philadelphia, PA 19145  
(215) 389-0234

Oct. 16 Ed Jerome Memorial Biathlon  
(Belleplain State Forest - Woodbine, NJ)  
Run: 4 miles, Bike: 24 miles, Run: 4 miles  
Contact: Linda Naples  
RFD #4  
Box 259  
Pleasantville, NJ 08232  
(609) 646-3768

Oct. 29 Season of the Witch Biathlon (Reading, PA area)  
Run: 4 miles, Bike: 13  
Contact: Precision Road Racing, Inc.  
P.O. Box 252  
Leesport, PA 19533  
(215) 926-4303

#### TRIATHLONS

July 25 Philadelphia/American Cancer Society Triathlon (South Phila.)  
Swim: .5 miles, Bike: 12 miles, Run: 4 miles  
Contact: Mary Urycki  
American Cancer Society  
1422 Chestnut Street  
Philadelphia, PA 19102  
(215) 665-2951

August 7 Fairmount Park Triathlon (Fairmount Park)  
Swim: 1.5K (.93 mile), Bike: 40K, Run: 10K  
Contact: Philadelphia Triathlon Club  
c/o Joe Donatucci  
1610 W. Moyamensing Ave  
Philadelphia, PA 19145  
(215) 389-0234  
Tri-Fed License Required

August 13 County Challenge Triathlon (North East, MD)  
Swim: 1/4 mile, Bike: 10.8 miles, Run: 5K  
Contact: Wayne Kursh  
Marathon Sports  
300 9th Street Plaza  
Wilmington, DE 19801  
Tri-Fed License Required

Sept. 10 Lancaster YMCA Long Course Triathlon (Lancaster, PA)  
Swim: 2K, Bike: 40K, Run: 15K  
Contact: Marie Zubatsky  
257 N. Queens Street  
Lancaster, PA 17609  
(717) 397-7474

- Sept. 10 Pine Barrens Triathlon (Atsion Lake, NJ)  
 Swim: 1 mile, Bike: 25 miles, Run: 10K  
 Contact: Rapid Results  
 Box 1087  
 Bellmawr, NJ  
 or call Danziesen & Quigley  
 (609) 424-5969  
 Tri-Fed License Required
- Sept. 11 Lancaster YMCA Short Course Triathlon (Lancaster, PA)  
 Swim: 1/4 mile, run: 5 miles, Bike: 15 miles  
 Contact: See September 10th above
- Monmouth County Sprint Triathlon (Long Branch, NJ)  
 Swim: 1/4 mile, Bike: 14 miles, Run: 4 miles  
 Contact: Andrew Spears  
 Monmouth County Parks System  
 Newman Springs Road  
 Lincroft, NJ 07738  
 (201) 842-4000
- Sept. 17 Upper Bucks YMCA Triathlon  
 Swim: 1K, Bike: 40K, Run: 10K  
 Contact: Tim Herm  
 451 California Road  
 Quakertown, Pa 18951  
 (215) 536-8841
- Sept. 18 Sandy Hook sprint Triathlon  
 (Gateway National Park, NJ)  
 Swim: .5 mile, Bike: 18 miles, Run: 4 miles  
 Contact: Charity Sports, Inc.  
 P.O. Box 85  
 Monmouth Beach, NJ 07750  
 (201) 870-6915
- Sept. 24 Bud Light Sea Colony Triathlon (Rehoboth Beach, DE)  
 Swim: 1.5k, Bike: 36K, Run: 10K  
 Contact: Make-A-Wish Foundation  
 10215 Fernwood Drive #16LL  
 Bethesda, MD 20817  
 (301) 493-6777  
 Tri-Fed License Required
- Sept. 25 Pennsylvania Triathlon  
 Swim: 1.5K, Bike: 20 miles, Run: 10K  
 Contact: Precision road Racing  
 P.O. Box 252  
 Leesport, PA 19533  
 (215) 926-4303

# ANNUAL SPAGHETTI DINNER

This is a reminder to send the form below in for your tickets to the Spaghetti Dinner which will be held at the Folsom Fire Hall - Fourth & Sutton Avenues in Folsom on September 16th, 6:30 P.M. until Midnight. There will be a disc jockey and dancing is encouraged -however, if it is a warm evening we are told that the air conditioning may not keep us cool enough so dress casually and have a good time! There is plenty of parking at the Folsom Fire Hall and someone will be there to direct you into the parking lot. All tickets will be \$10.00 and no tickets can be sold at the door.

For anyone not familiar with Folsom the fire hall is on Fourth Ave which is the first street on Route 420 (Lincoln Ave) after you cross MacDade Blvd if you are heading toward Baltimore Pike. There is a light at the Frontier Saloon - make a left and the fire hall is in the second block.

Fill out the form on this sheet and return it along with your check in the amount of \$10.00 payable to DELCO RRC to:

Spaghetti Dinner  
c/o Tom Hirsch  
97 Powell Road  
Springfield, PA 19064

(215) 544-2280

IF YOU PLAN TO ATTEND PLEASE SEND YOUR CHECK NO LATER THAN SATURDAY, SEPTEMBER 10TH. Checks received after the 10th will be returned.

Menu: Stuffed Shells with Meat Sauce  
Sauteed Lemon Chicken  
Tossed Salad with Dressing  
Homemade Bread with Butter  
Wine, Beer, Lemonade, Iced Tea

Desserts: Our tradition in the past has been for the runners to bring a dessert. If you could bring a dessert, please check the box at the bottom.

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## SPAGHETTI DINNER TICKET ORDER FORM

NAME: \_\_\_\_\_

NUMBER OF TICKETS: \_\_\_\_\_ AMOUNT ENCLOSED: \_\_\_\_\_

YES I WILL BRING A DESSERT:

# DELCO RRC ANNUAL CAKE RACE

DATE: September 11, 1988  
PLACE: Springfield Municipal Building  
COURSE: Twice around Springfield's joggers course (4.7 miles)  
ENTRY FEE: CAKES (homemade - if possible)  
TIME: 9:00 AM  
AWARDS: Cake for top finishers in age group categories.  
DIRECTOR: Fred Senderoff

For planning purposes, please fill in registration form below and mail (or give) to:

Fred Senderoff  
100 Colonial Park Drive  
Springfield, PA 19064

If you are not running, please come and help out!

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\* \* \* DELCO RRC ANNUAL CAKE RACE REGISTRATION FORM \* \* \*

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX ( ) M ( ) F  
\_\_\_\_\_  
\_\_\_\_\_

YES, I WILL BRING A CAKE! \_\_\_\_\_

NO, I WILL NOT BE RUNNING BUT I WILL HELP OUT! \_\_\_\_\_  
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## DISTANCE RUN WATER STOP

DELCO RRC has been asked to man a water stop at the Philadelphia Distance Run in exchange for a \$250 donation to the club. Normally getting volunteers together for a water stop has never been a problem, however, due to the large number of club members that participate in the Distance Run a special appeal is being made to those members that are not running the race to help out at the water stop. Anyone who has run in a race knows how much the people at the water stops are appreciated and if you have ever worked at a water stop you know it can be fun and a good chance to see some members of the club that haven't been around for awhile.

The Distance Run is Sunday, September 18, 1988 and the water stop will probably be on the West River Drive. Last year the DELCO water stop was the best one on the course. Please let Joe Nolan know as soon as possible if you can help out. If you haven't been out to the Fun Runs for a while use this as an opportunity to see your old friends and make some new ones.

You can call Joe Nolan at 622-3350 or see him at a Fun Run.

## FOR SALE

MOVING SALE!!! Contact Joe Coulston or Betty Finke at 356-7173 for information on lots of varied furniture and appliances.

## BACKTRACKS

Oops, we goofed! In last month's article, we dropped a line referring to the distance of the Community Y Biathlon. We stated that the distance was "...a half mile run through the streets of Lansdowne." The distances were, in fact, a half mile swim and five mile run.

## DELCO RRC MEMBERSHIP MEETING

Wednesday, June 29, 1988

Attendees: Kathi Clatterbaugh, President      Mark Clatterbaugh  
            Bob Huggins, Newsletter Editor/Team Coordinator  
            Fred Senderoff, Treasurer              Joe Freiberg  
            Peggy Bobeck                              Tom Hirsch

Meeting was called to order at 8:10 P.M. by President Kathi Clatterbaugh.

Minutes from last meeting were read by secretary and accepted as read.

Treasurer's Report/ Fred Senderoff

Checking account \$2315.00

	Cost	Income	Profit/Loss
Jr. Olympics	1013.20	1341.70	328.50
Collingdale	301.00	432.00	131.00
24 Hour Ultra	788.35	617.00	-170.85

Cost on Ultra was kept low due to a large donation by Boselli's Deli.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Current newsletter is out. Articles are needed for upcoming newsletter due out the end of July.

Team Coordinator/ Bob Huggins

Nothing to report. Request to purchase singlets for DELCO men. Motion was made by Tom Hirsch we Allocate enough money to buy 2 doz. maximum - men's singlets. Second/ P. Bobeck. Passed.

Motion to donate 6-10 women's DELCO singlets to the Women's Distance Festival. Second/ P. Bobeck. Passed.

Media Race

Joe Freiberg will be at Bill Battey's to inform people picking up race package about DELCO and handing out business cards. A membership form & Fun Run schedules will be included in the race package.

Norwood Race

Race which was held on July 2 had equal awards (not many awards but they were equal) which was a result of Joe Freiberg talking to Peter, the director, regarding this matter.

New Business

DELCO has won an award from the Governor's Council on Physical Fitness Thanks to Bob Huggins who submitted DELCO for the award in a well written letter to the council - THANKS BOB.

Spaghetti Dinner: The chairperson is Tom Hirsch for the dinner on September 16th.

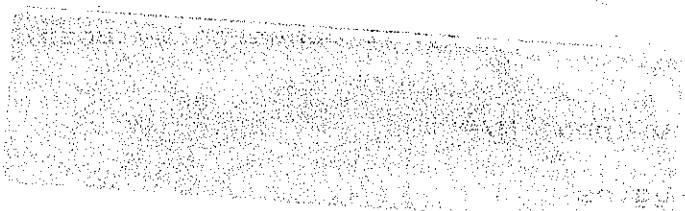
Philadelphia Marathon Water stop directors will Fred Senderoff and Tom Hirsch. Contact either for information.

Motion was made to adjourn meeting at 9:00 P.M. by Bob Huggins. Passed.

Next meeting will be on July 27, 1988 at Springfield H.S. Community Room.

Respectfully submitted,  
Peggy Bobeck

..... RUN FOR FUN AND FITNESS



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

