

Keeping Contact



Newsletter of the Delaware County Road Runners Club

February, 1988

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

PHILADELPHIA TURKEY TROT

(A/K/A "THE RACE THAT WOULDN'T DIE")

By Bob Huggins

November 27, 1987

High 50 degrees; sunny, slight breeze 5 Mile Course (21.1) 330 finishers (267 men, 63 women)

Surprise, surprise! The Philadelphia Turkey Trot is back, and back with a vengeance. Because of its close proximity to the Independence Marathon and accompanying 10K and loss of Campbell's Soup (V-8) as a sponsor, the race was almost cancelled last year. But 145 die-hards said "No way," and so the race was held. This year, there still wasn't a sponsor, but with a few flyers, a lot of work-of-mouth and some great cooperation by Mother Nature, the race attracted over 300 runners. With near perfect racing conditions, Brian O'Keefe clocked a quick 25:08 for the win, with Stacy Creamer winning the women's race in 31:34.

A large contingent of DELCO's runners (roughly 10% of the entire field) turned up for this no frills event (You want a t-shirt, you buy it \$4.00. Thank you very much.) Joe Freiberg led all DELCO finishers with a 27:25 clocking, good for 11th place, while Marianne Grace did the honors for the women with a 35:19 clocking.

Thanks to Mike Metague and Torpey White (both rebounding from injuries) for their vocal encouragement and support. Of note were the participation of Byron Mundy and George Koerner. Byron clocked a 30:02 race, just a few days before his 40th birthday and should do well in local masters competition. George Koerner drove all night from Cincinnati, Ohio to visit his parents for Thanksgiving (Father Bob also ran the race) and, with barely a stop at the family homestead, proceeded immediately to the race where he ran a 29:07. Don Larson took 2nd in the 50 and over age category, while his daughter, Erica, was the second DELCO woman, running a fine 37:52 (a chip off the old block?). And, finally, Gene Martenson and his son-in-law ran the race. All-in-all, a great day for DELCO.

PHILADELPHIA TURKEY TROT RESULTS

NAME	TIME	NAME	TIME
Joe Freiberg	27:25	Erica Larson	37:52
John Krajek	27:31	Kathy Watson	38:29
Jim Reardon	28:57	Tom Hirsch	38:37
George Koerner	29:07	Hank Goldring	38:38
Larry Filtz	29:10	Milk McGillian	38:39
Bill Schultz	29:29	Gene Martenson	38:54
John Greenstine	29:45	Joe Coulston	40:28
Byron Mundy	30:02	Rich O'Neill	41:29
Steve Baker	30:17	Larry DiBello	42:14
Don Larson	30:29	Ronnie S. Levy	43:17
Raymond Locke	30:54	Tom Watkins	43:19
Bob Huggins	31:29	Paul Straube	43:34
John Ashton	31:30	Betty Perrone	44:46
Mike Tuohy	31:49	Mary Bergin	44:48
Bob Fuhrman	32:46	Amy Binder	47:03
Bob Koerner	34:25	Bette Finke	59:40
Marianne Grace	35:19	Frank Dewan	N/A

COLLINGDALE RACE SHIFTS GEARS

With last year's snowy January, the Collingdale 5 Miler had to be postponed twice. To play things safer, the borough decided to move the race date to March 10th - still chilly enough for you cold weather racers, but with a reduced chance of bad weather. For many runners, Collingdale will be their '88 season opener and a good warm-up for the 25th running of the Caesar Rodney Half Marathon. Once again, Byron Mundy is serving as race director. If you'd like to run, send a self-addressed stamped envelope to: Collingdale 5 Miler, c/o 214 Blunston Avenue, Collingdale, PA 19023

If you'd like to help, contact Byron at 534-2833. This is the Collingdale 5 Miler's 10th Anniversary!

PHILADELPHIA INDEPENDENCE MARATHON

Very tough weather conditions prevailed at the 7th running of the Independence Marathon. Despite the "easiest" course in its 7-year history, runners were treated to showers for most of the run making it miserable. It was literally a survival run. The 10K runners fared a bit better as the rain held off for most of their run. Participants in the races and times, where known, are listed below.

MARATHON

Bill Schultz	2:59
Bill Koppenheffer	3:24
Rick Jones	3:49
Tooy Belfiglio	N/A
Mike McGillian	DNF
Betty Perrone	DNF

10K

Jim Reardon	N/A
Frank Dewan	N/A
Bill Meyer	N/A
Maureen Meyer	N/A
Gene Martenson	N/A
Bill Garvin	N/A

Everyone else worked what was, arguably, the best water-stop on the course.

SAGA OF A WELL-TESTED RUNNER

By Tom Watkins

This is a tale of a series of unrelated events that took place over many years and culminated in a fortunate result. Nothing was planned, but everything came together in an unusual way as if guided by an unseen force.

The first of this series probably started when I was discharged from the U.S. Navy after World War II. During war-time, it was mandatory for all naval personnel to have a complete physical examination whenever they were assigned to a new ship or shore base. Since I was assigned to many ships and many bases all over the Pacific Ocean from the equator to Okinawa, I was sick and tired of physical exams. It got to be a steady routine of "welcome aboard, get undressed." Once, I saw the wisdom of this practice when we were about five days out of Pearl Harbor, heading for some island. One of the "old salts" in our crew had to be quarantined. This is a very big problem on a very small ship carrying about sixty-five men. After a few days of grumbling, there were vocal threats to "throw the S.O.B. overboard." All of this led to my silent vow to never go near another doctor. Surprisingly, I was able to keep the vow until October, 1987.

At this point, fate stepped in and forced my hand. We had planned a bike ride to the Washington D.C. area and I came up with a mysterious skin rash that changed everything for me. My left hand, right foot, and my butt were most affected. I wanted to go on that ride, so I broke my silent vow -- I went to a doctor.

Choosing a doctor for the first time was a very big decision, so I went to the Yellow Pages and picked a General Practitioner (G.P.) whose office was two miles from my house. It turned out to be a very good choice! When I called, I said it might be poison ivy, so he said to "come right in." He carefully examined me, checked the heart and blood pressure, and said, "I don't know what it is, but it definitely is not poison ivy." His "educated guess" was that the rash was caused by an insect bite or it was a staph infection. Then came the treatment: hot baths twice a day, antibiotics, and antihistamines. Soaking in a hot tub for an hour in water up to your neck gets to be a drag.

After several visits, the rash was clearing up and the G.P. sent me to a Dermatologist for a second opinion. This "Specialist" examined me from stem to stern and wrote two pages of information for the G.P.

As I was dressing again he said, "I can't identify the rash because it is getting better". It seems they can identify a rash only when you first break out and it is getting worse! His parting words were, "continue with the treatment--it's working!"

Back to the G.P. and he was reading the report from the Dermatologist. He turned to me and laughing said, "He doesn't know what it is either." I laughed too, through gritted teeth, but the rash was almost gone. After two weeks of twice-a-day, one-hour hot baths, I was cleaner than I had ever been, felt like a shriveled up prune, and I think I shrunk. A few weeks later my sister said it sounded like an allergy from a detergent. I remembered that we had received and used a free sample (SURF) that had been delivered to our house. Regardless, I never got an answer to the cause of the rash.

After all this grief, I thought I was finished with doctors when the G.P. threw me a curve ball. He said, I would like to make some tests to establish a base-line for the future. I thought it was a good idea in case I ever had a serious problem, so I said OK. It was almost Christmas by the time he finished! I think he enjoyed working with a healthy person for a change! He made the following tests: ears, eyes, heart, urinalysis, blood pressure, EKG, blood test, and lung capacity in addition to being weighed every visit. I was in his office so often I felt like a long-time patient. It became almost automatic to walk into a room, close the door and get undressed.

The lung-capacity and EKG tests were interesting due to the electronic machinery required. Lung capacity is measured by a small computer that prints out a tape with numbers and a graph of your capacity. Through a flexible tube, you try to blow every last bit of air into the machine. On my first try, the G.P. calmly said, "now don't pass out on me." I broke up and spit out the tube! After I stopped laughing, the G.P. assured me that some patients do indeed pass out. I still had the giggles when we tried the test again and it came out OK. Then, stretched out on a table with six electrodes on my bare chest and stomach and two on my feet, I was hooked up to another computer terminal. The terminal fed the data over telephone lines to a computer located in some mid-western state. In about five minutes, with a few beeps and clicks, the results came back to the terminal I was hooked to and the G.P. had his results in hand--OK. All of this gave me a new insight into the medical profession. The amount of electronic gear is staggering and doctors seem to enjoy using them. They have become gadget freaks!

My last visit was more or less just a discussion after all of the testing. The G.P. said he was a walker and he thought it was beneficial. However, he had a very dim view of runners wearing ear phones. One almost ran into his car! He seemed to be in fairly good condition compared to most doctors. He summed up the visit with three questions: How's your appetite? Good! Do you sleep well? Yes! How's your bowels? This straight line broke me up! I gave him this old "groaner" in answer, "The only thing all runners have in common is that they are never constipated." He only smiled.

A few days before this last visit, everything took a bizarre twist. I had a call from Gene Martensen. He had been involved in a study of exercise on various age groups conducted by a doctor at the Medical College of Pa. and he asked if I would be interested in participating.

It would involve a stress test on a bike and a series of psychological tests. Gene gave me a number to call and I said I would think it over. I discussed it with the G.P. on my last visit and he had no objection.

At this point, my own training and background came into the picture. I've always had a technical/engineering type of job and I'm used to the theory that you really don't know something until you can put some numbers on the facts. In addition, the idea of a stress test intrigued me. My theoretical maximum heart rate is 140 BPM, but I have often checked it at 160/170 BPM running hills or sprints. I wondered what the test would show since I assumed I would go to exhaustion. After mulling it over for several days, I called the hospital and made an appointment for the stress test.

January 7, 1988 at 9 A.M., I was at the Medical College of Pa for the stress test. I had brought biking shorts, shoes, and t-shirt in addition to a filled-out questionnaire which I gave to the receptionist. Soon, a technician (Bill) arrived and took me to a room to change clothes. When I was ready, he said, "We want to make a few tests before the stress test." Would you believe? - the same tests I had gone through with the G.P.!! The works - again! The only difference seemed to be a different young doctor for each test. A lady-doctor took the blood for a blood test and then we headed for another room and an eye-test. The eye chart was missing and she located it in another room that was occupied. So, she took the chart, stuck it on the wall in the hallway, paced off some distance, told me to stand there and read a line on the chart. Then she said, "Put on your glasses." I laughed and said I only had reading glasses and I couldn't see the wall looking through them. By now, she was thoroughly frustrated and passed me on to the ear doctor. He took me into a sound-lab and made a series of frequency tests, said I was OK except for very high frequency range loss which was probably due to loud noises when I qualified. Into another room and Bill stuck some electrodes on me and I was given another EKG. Now, I was ready for the stress test, about 2 1/2 hours after I arrived.

The stress test was short (several minutes) and nothing like I expected. It wasn't very difficult, just a bit uncomfortable. Breathing into a tube with your nose clamped shut is the uncomfortable part. I signed a waiver prior to the start and started pedalling. Every thirty seconds, the load was cranked up a notch (measured in watts). The doctor and Bill acted as cheerleaders and the machines measured heart and lung data and turned out charts and graphs. When I reached my theoretical heart rate the test was stopped. They seemed pleased with the results.

After I had changed into street clothes, Bill showed me some graphs and tries to explain the data. Then it was on to the lung capacity test - bigger machines and charts than the G.P. had. I have the uncomfortable feeling that they were surprised and slightly disappointed to find nothing wrong. Also, there are so many sick people around that I felt out of place - especially dressed as I was. I left the hospital about 1 P.M. and while driving home I tried to reconstruct what had happened. That evening as I ran the Springfield course I had the dubious distinction of being the cleanest-most-tested runner on the road.

Now I asked myself, "What the hell happened?" A guy who never went to a doctor, now I can't get away from them! Did I learn anything? Was all the hassle worth all the time, effort, and money? Am I better off than before that crazy rash erupted? Of course, the answer is yes. Should runners have a stress test? Normally I would have said no. Any dedicated runner knows that he/she is in good condition or they couldn't continue. However, if you get the chance - go for it. A few days ago, we read in the paper about the sudden death of Pete Maravich at the age of 40 and this changed my thinking on the subject.

The doctors performed an autopsy on this world-class basketball player and were stunned to find he had been born with one less artery to his heart than "normal." How he managed to perform at such a high level has them baffled. I was aware of this fluke in the development of human beings. There are always a small percentage of people born with this deficiency. You might call it an "abnormal" normal condition and doctors can make use of it in a beautiful way.

My nephew was born with a heart defect that was diagnosed early. When he was about 5 years old, he had one artery rerouted to his lungs. This provided more oxygen to the blood and allowed him to grow normally. Then at age 10-12 years, they performed open-heart surgery and repaired the heart defect. Today, in his twenties, he is "strong as a bull" and lives a normal life. Now you can see why I would advise anyone to take the test. It can't hurt and could save a life.

Now that the physical testing is over, I guess I am as healthy as I thought I was. My cholesterol reading was so low (68) the G.P. didn't make any further tests for triglycerides, etc. With a new set of teeth I may be good for another 20,000 miles. Actually, I feel like the big-league manager who gets a vote of confidence two weeks before he is fired. That popular beer commercial probably says it best, "It doesn't get any better than this." I've dressed and undressed so many times I feel like a male stripper and I fear going into small rooms with the door closed - I just might start undressing.

I'm going to renew that silent vow!

RACKET SPORTS, AEROBIC TRAINING AND MENTAL PROCESSING SPEED A RESEARCH PROJECT FUNDED BY THE NATIONAL INSTITUTE OF AGING

A study of men only has been initiated at The Medical College of Pennsylvania to assess the benefits of aerobic training (jogging) or participation in racket sports (racquetball, squash) on mental processing speed. Volunteers are needed to take part in this project. We are interested in studying men 20-35 and 60+. Participants will be given a complete medical examination, including an exercise stress test, free of charge. They then will take part in an experiment that measures decision-making speed.

This portion of the project requires two (2) hours of testing on each of four (4) days, for which the participant will be paid \$5.00 an hour. In addition, all travel costs will be reimbursed. The aim of the project is to determine if mental processing speed is preserved in older men who train aerobically or who participate in a racket sport on a regular basis.

For more information concerning this project, please call Dr. Ted Bashore at The Medical College of Pennsylvania, 842-4557.

UP-COMING RACES

- March 6 - Collingdale 5 Miler
- March 13 - St. Patty's Run '88 - Allentown
- March 19 - Boardwalk Runner's St. Pat's 10 Mile & 5K - Atlantic City
- March 20 - Caesar Rodney Half Marathon - Wilmington, DE
(25th Anniversary!)
- March 20 - Run for Life 10K - Elkins Park
- March 27 - Prevention Half Marathon - Allentown
- April 24 - New Jersey Waterfront Marathon (Men's Olympic Marathon Trials - People's Marathon starts shortly after)
- May 1 - Broad Street 10 Miler
- May 6-7 - Dawn-to-Dusk Ultras
- May 15 - New Jersey 10 Miler

More information on these events as we receive it.

TRIATHLON NEWS

By Bob Huggins

With both the Ironman and the Nice, France races on TV in January, thoughts start shifting to the coming '88 season. The season is starting to shape up quite well and there's even a possibility that the Philadelphia Triathlon Club will be putting on an international distance event (Swim - 1500 meters, Bike - 40K, Run - 10K) this season. Let's hope all goes well with their plans.

If you're planning to do three or more Tri-Fed/USA sanctioned events this season, it makes sense to get your card now. The cost is still \$15.00; you can get an application by contacting Tri-Fed at the following address:

Tri-Fed/USA

P.O. Box 1963

Davis, California 95617-1963

(916) 757-2931

Single day event insurance will drop to \$5.00 this year, from \$8.00 last year.

OK, like I said, the season is shaping up and here's what it looks like.

Biathlons

- March 20 - Bonsai Biathlon (Washington, D.C.) (R-5K, B-25K, R-5K)
Contact: Myron Uhtman
955 26th St., N.W. - #207
Washington, D.C. 20037
(202) 338-0959

April ? - Community Y Biathlon (S-.5m, R-5m)
Date, details to be determined

May 1 - Cooper River Biathlon (R-2.5miles, B-15miles, R-2.5miles)
Contact: C.S. Running Center
138 Haddon Ave.
Westmont, NJ 08108
(609) 858-9760

Various Dates - New York Biathlon Series - various locations
(R-3miles, B-20miles, R-3miles)
Contact: Big Apple Triathlon Club
Cherokee Station - Box 20427
New York, NY 10028
(212) 288-5661

Triathlons (all swim, bike, run, except as noted)

April 24 - Brandywine YMCA Triathlon (S-1 mile, R-10 miles, B-25miles)
Contact: Jody Schmidt
650 Hurley Road
Coatesville, PA 19320
(215) 384-5084
Note: Limited entries accepted; make early contact

May 7 - Gore-Tex Fabric Triathlon
(B-12.1 miles, R-4.7 miles, Canoe-3 miles)
Contact: Susan Widenor Kreuer
American Heart Assn. of Delaware
4-C Trolley Square
Wilmington, DE 19806
(302) 654-5269

June 18 - Thundergust Triathlon (S-1 mile, B-25 miles, R-10K)
Contact: Dan Mc Alee
Ultra Sport
Voorhees, NJ
(609) 772-0472

June 26 - Endless Mountain Triathlon (S-1 Mile, B-27 miles, R-10K)
Contact: John Haines
Spacker Ave
Towanda, PA 18848
(717) 285-3100

August 7 - Philadelphia Cancer Society Triathlon
(S-.5miles, B-12 miles, R-4 miles)
Contact: Mary Urycki
American Cancer Society
1422 Chestnut Street
Philadelphia, PA 19102
(215) 424-5969

Sept. 18 - Sandy Hook Sprint Triathlon (S-5 miles, B-18 miles, R-4 miles)
Contact: Charity Sports, Inc.
P.O. Box 85
Monmouth Beach, NJ 07750
201 870-6915

We'll keep you informed of other races throughout the season as we hear of them. Check out Triathlete magazine for expanded listings, particularly in Maryland, New York and western PA.

RUNNING SHORTS

- * Congratulations to club members Dave "California Kid" Covey, Dan Lang and George Kennedy, all of whom completed the New York City Marathon. Dave and Dan ran 3:22 while George was a few minutes back at 3:25.
- * Atlantic City Marathon finishers included Bill Schultz, Mike McGillian, Betty Ferrone and Bob Koerner. Bill Koppenheffer and Bill and Maureen Myers went down to Atlantic City for a workout on the three lap course.
- * Bob Kern ran a 3:07 at the Revco-Cleveland Marathon.
- * Joe Freiberg was DELCO'S top finisher at the Fenton Carey Half Marathon in Ocean City, N.J. with a 1:14 effort, good for 12th place overall. Rumor has it that this year's half marathon will be the last and that the race will become a 10K next year. Too bad, Fenton Carey was always a good race.
- * Congratulations to Mark Dehmel and Bob Fuhrman, Jr. on the completion of successful cross country seasons at Penncrest and Penn Wood High Schools, respectively. Both were among the top 50 or so high school cross country runners in Delaware county this year. They are the sons of, respectively, club members Ruff Dehmel and Bob Fuhrman, Sr.
- * This year's St. Patty's Run (88 (10 mile & 5K) events is moving to Allentown. Originally starting in Oley, PA, then moving to Kutztown, the race will start from the Allentown Fair Grounds. Entries are \$10.00 and must be postmarked by March 1, 1988. For information and an application contact:
Precision Road Racing
P.O. Box 252
Leesport, PA 19533
- * Our hats off (or is it sneakers off) to Dave "California Kid" Covey. Dave finished the Mule Run 50K Ultra in 6:42:05. You say, "Piece of Cake." Try temperatures of over 100 degrees. Dave finished 108th out of 196 finishers in the Bishop, California race held in August.

* Gene Martenson sent us a cute cartoon which, alas, alack, we can't reprint. But, the message is true: Running - The fad that never faded.

BEBOO RRC MEMBERSHIP MEETING

Wednesday, December 30, 1987

Attendees: Terry Adamson, Vice President Tom Hirsch
Bob Huggins, Newsletter Editor/Team Coordinator
Fred Senderoff, Treasurer Peggy Bobeck
Tom Watkins Dot Kracht Amy Binder

Meeting was called to order at 8:00 P.M. by Vice President Terry Adamson.

Minutes from last meeting were read by Terry and accepted. Tom Hirsch/ Seconded Peggy.

Treasurer's Report/ Fred Senderoff
Super Now Account: \$2072.00. Repair of the printing machine and deposit for Springfield Country Club has lowered our account.

Membership Report/ MaryLou Long N/P

Newsletter Editor/ Bob Huggins
We only have a few items to date. Please, if you have any articles, send them to Bob. We hope to have a newsletter out by the end of January.

Team Coordinator/ Bob Huggins

Only up coming race with teams is St. Patrick's.

Old Business

Valentine Dinner Dance will be held on February 12 at the Springfield Country Club. MaryLou Boselli is the chairperson. You will receive more information in the mail.

Amy Binder was presented with a 40 time plaque from Springfield by Tom Hirsch.

Elections - Total votes counted - 52

President	- Kathy Clatterbaugh	52
Vice President	- Joe Nolan	30
	Terry Adamson	22
Treasurer	- Fred Senderoff	35
	Joe Freiberg	17



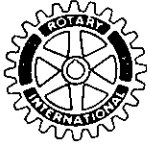
Springfield Federal

SAVINGS AND LOAN ASSOCIATION

153 SAXER AVENUE, SPRINGFIELD, PA 19064 543-6700
MARIANVILLE AND PENNEL ROADS, ASTON, PA 19014 485-8200



METROPOLITAN HOSPITAL
Springfield Division



Rotary Club of Springfield

THIRD Annual 10,000 Meter Classic

Organized by THE ROTARY CLUB OF SPRINGFIELD. Benefits Springfield area projects of The Rotary Club.

Sponsored by SPRINGFIELD FEDERAL SAVINGS and LOAN ASSOCIATION and METROPOLITAN HOSPITAL, SPRINGFIELD DIVISION.

WHEN: SATURDAY, March 12, 1988
Precedes St. Patricks Day Parade.
Prerace registration 9:00am
10,000 Meter Run 10:00am

WHERE: METROPOLITAN HOSPITAL,
Springfield Division
190 West Springfield Rd
Springfield, PA 19064

ENTRY FEE: Pre-registration \$8.00 (post-mark by March 6th)
Day of Race \$10.00 (Tee shirt included)
Make checks payable to ROTARY CLUB OF SPRINGFIELD-RUN

START: METROPOLITAN HOSPITAL FINISH: SAXER AVENUE BUSINESS AREA

FACILITIES: SPRINGFIELD SPORTS SCIENCE CENTER warm-up & Registration

DIVISIONS: Youth, Male & Female: Ages 15 & under
Open, Male & Female: Ages 16 -- 29
Sub-Masters, M & F: Ages 30 -- 39
Masters, M & F: Ages 40 -- 49
Golden Masters, M & F: Ages 50 & over

AWARDS: Overall Male and Female Winners, each Division.
1st Male Overall and 1st Female Overall Trophy

DEAR RUNNER:

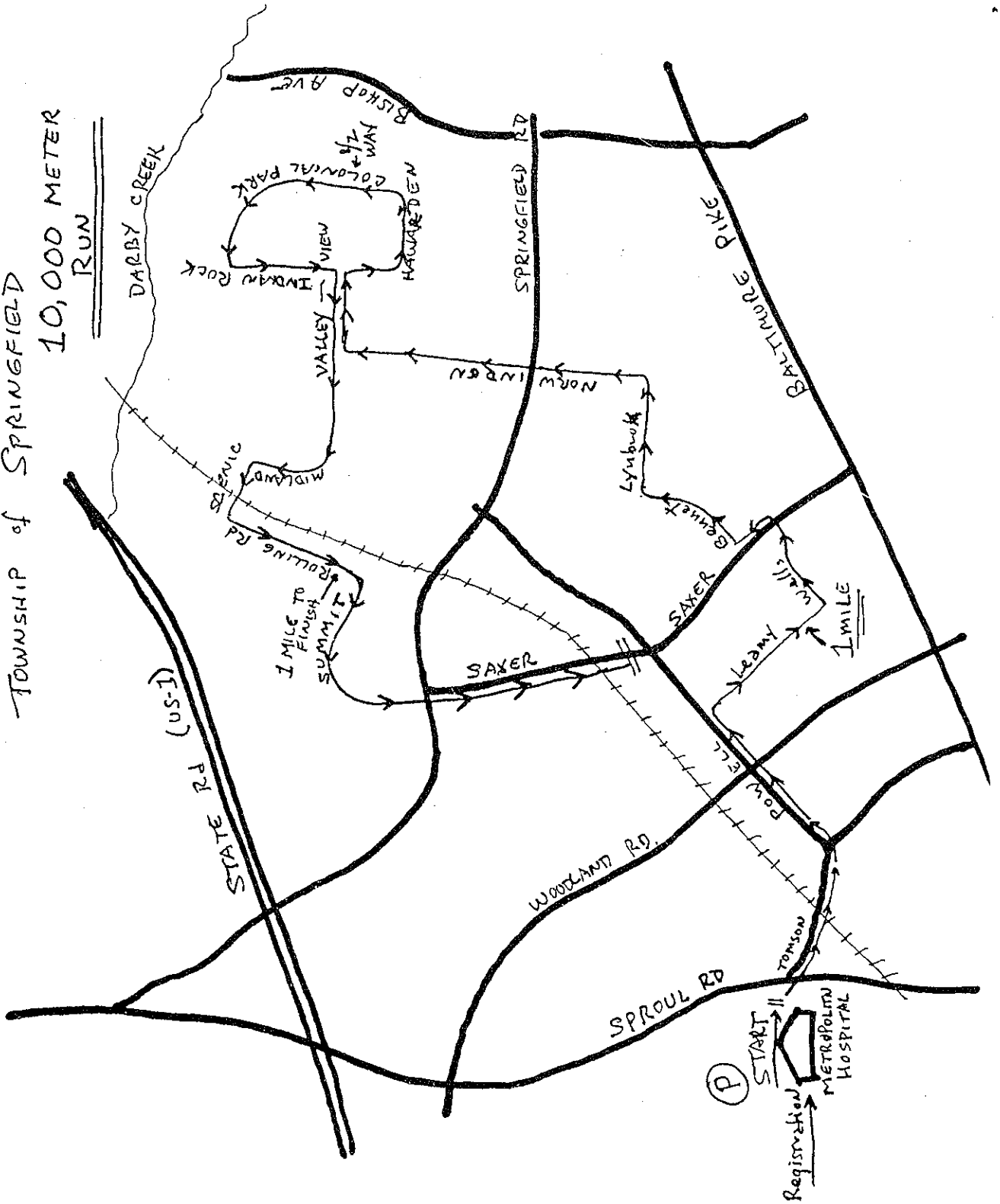
On behalf of The Springfield and our Springfield Federal S Association and Metro I would like to welco Third Annual 10,000 M to benefit the Spring and Alcohol Abuse Tas Enclosed is a map for Run. Water and orang be provided at the fil along the route. Med if needed will be pro politan Hospital thro Sports Science Center Athletic Training participants will be top trainers and faci training room at no c Physician On-Site initial aid and evalu tunate event of injur medical transport to serious injury.

10,000 Meter Race (Ce Splits given at 1-mil and 1-mile from finis tions along the route

HAVE A GREAT RUN!

Charles C. Miller
Dr. Charles C. Miller
Run Chairman

TOWNSHIP of SPRINGFIELD
10,000 METER
RUN



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Nominations for DELCO Man & Woman of Year

Terry Adamson
Joe Freiberg
Bill Schultz
Fred Senderoff
Tom Watkins

Mary Bergin
Amy Binder
Kathy Clatterbaugh
Frances Dagel
Dot Kracht
Betty Perrone

Women tie for 5th place thus 6 names.

Next meeting will be at Kathy Clatterbaugh's residence on January 27, 1988.

Meeting was adjourned at 8:33 P.M. by Tom Hirsch with a second by Peggy.

Respectfully submitted,
Peggy Bobeck

MORE RACES!

- February 14 - Glassboro Winter 10 Miler
Glassboro State College, Glassboro, NJ
Contact: Browning Ross
Sports East
240 S. Broad Street
Woodbury, NJ 08096
(609) 845-1894
- February 21 - Sports East Snowball Series (10K or 5K)
Jessup Road & Kings Highway, Woodbury, NJ
1:00 P.M. Start
Contact: Browning Ross
(See Feb. 14th)
- February 28 - Northeast Road Runners 10K
Plaisted Hall, Kelly Drive Course
Contact: Charlie Payne
3131 Stirling Street
Philadelphia, PA 19149
- Sports East Snowball Series
(See Feb. 21st for details)
- March 3 - Last Train to Boston Marathon
Aberdeen Proving Grounds, MD
(4 loops)
Contact: Brad Roberts
B Class Court
Baltimore, MD 21234
(301) 661-6099
- March 6 - Sports East Snowball Series
(See Feb. 21st for details)

..... RUN FOR FUN AND FITNESS

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DELCO ROAD RUNNERS CLUB
 POST OFFICE BOX 145
 HOLMES, PA 19043
 U.S. Postage Paid
 PERMIT NO. 3
 SHARON HILL, PA 19079

Next meeting will be at Kelly High School...

Meeting will be at Kelly High School...

Meeting will be at Kelly High School...

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
 1340 W. Broad Street
 P.O. Box 145
 Holmes, PA 19043

Delaware County Road Runners Club
 1340 W. Broad Street
 P.O. Box 145
 Holmes, PA 19043

DELAWARE COUNTY ROAD RUNNERS CLUB

