



Keeping Contact

June, 1988 *Newsletter of the Delaware County Road Runners Club*

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

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

CAESAR RODNEY HALF MARATHON

By Bob Huggins

Sunday, March 20, 1988

Temperatures: Chilly (mid-to upper 30's, windy, light snow flurries)

The 25th running of the Caesar Rodney Half Marathon was supposed to occur on the first day of Spring. In actuality, it felt like the first day of winter. The Delaware Sports Club did their usual high quality job of putting on this annual, challenging run, but the gusts of wind made the going rough in spots, particularly for a quarter mile stretch between the 6.25 to 6.5 mile marks. Drafting was the rule of the day with runners trying to block the, mostly, crosswinds. The key seemed to be to get to the 8.5 mile mark where the winds were mostly on your back for the rest of the way in. Joe Freiberg's 1:19 topped all DELCO finishers, with Joan Potterfield taking DELCO women's honors in 1:33.

As usual, we don't have a listing of all finishers (we'll have to wait for the results booklet), but here are DELCO'S lunatics and other mentally ill people who finished the race and their unofficial times:

Joe Freiberg	1:19 (age group winner)	Stacie Porter	1:40
Bill Schultz	1:23	Melissa Brown	1:49 (PR)
Mike Metague	1:24	Tom Hirsch	1:49
Bob Huggins	1:28	Mike McGillian	1:49
Joan Potterfield	1:33	Peg Bobeck	2:15
Rick Jones	1:35	Larry Filtz	Time Unavailable
Mike Touhey	1:37	Bill Boselli	" "
Bob Rost	1:37	Jack Abbassi	" "
Liz McDermott	1:37	Bill Smith	" "
Jack Myers	1:37	Dan Schirilla	" "

Race Notes: Ultraman Bill Schultz ran a 61 minute 10 mile race in Atlantic City the day prior to CRHM and an 8 mile training run in the morning prior to his 1:23 clocking. Whew! Mike Metague ran his 1:24 in a fall windsuit. Mike Touhey and Bob Rost ran, respectively, 33 and 34 minute 5 milers at the Brookhaven Women's Club 5 Miler the day before Caesar Rodney. Thanks to Frances and Scott Dagle who stood in the wind at the 8.5 mile mark and yelled some much needed vocal support. We appreciated it!

BROAD STREET RUN

By Bob Huggins

May 1, 1988. Overcast skies. Temperatures in the mid-50's. Slight tailwind. 3,000 plus runners. Yes, Philadelphia's big spring race manages to keep packin' them in with its certified, lightening fast course, good weather and, very simply, one of the best organized races in the Middle Atlantic region. Ask any local runner where they've set their PR for 10 miles. The chances are good that it will have been run at Broad Street. The outstanding conditions (and first-time prize money) meant that some records would fall and fall they did. Olympic hopeful (in the 3,000 Meters) Shelley Steeley knocked more than 3 minutes off Renie Shields course record of 57:27 to run an incredibly fast 54:11. In this writer's memory, it was the fastest 10 mile time ran by a woman in the metropolitan Philadelphia area. In the men's division, Bob Schwelm clocked a 48:34, just 11 seconds off Kevin McGarry's record 48:23 set in 1984. Both winners took home a \$500 paycheck for their morning's work.

Times were unavailable at press time for DELCO'S runners, but we promise to print them in an upcoming issue just as soon as we receive them. We can tell you that over 30 of our members ran and Don Larson took fifth in his age group.

DAWN-TO-DUSK ULTRAMARATHONS

By Bob Huggins

Sharon Hill, PA

440 yard cinder track

A record field of 28 starters turned out for the fifth annual Dawn-to-Dusk Ultramarathons. Eighteen of the starters signed on for the 24 hour race which saw a new women's course record. Janet Johnson of Medford, NJ covered 93 1/2 miles, running and walking the entire distance with her husband Clive. In the men's 24 hour race, Neil Weygandt of Pilgrim Gardens, PA racked up his 2nd Dawn-to-Dusk 24 Hour victory with a 121 mile effort. Weygandt, along with a number of the other competitors, used the Dawn-to-Dusk as a tune-up for Weston Six-Day Race in Pennsauken, NJ. The battle for second place was not decided until well into the wee hours of the morning as Sid Holzer reached the 100 mile mark at 19 hours, 35 minutes and 5 seconds. Tim Bell, who had led the race for most of the daylight hours, blistered badly and took 20:30:52 to run 100 miles. However, Holzer retired and both Bell and co-race director Bill Schultz managed to keep going to take second and third, respectively.

In the shorter events, Bill Koppenheffer ran a 4:33:32 for the 50K, coming off a sub 8 hour effort at Lake Waramaug. Joe Freiberg ran well through 40 miles, but slowed during the last 10 miles, managing a 7:46:30 for his first fifty mile run. Doug Taylor of Trenton, NJ covered 61.5 miles for the 12 hour event.

DAWN-TO-DUSK ULTRAMARATHON RESULTS

50 KILOMETERS

1.	Bill Koppenheffer	4:33:32
2.	Rick Jones	4:52:24
3.	Bill Boselli	5:08:53

50 MILES

1.	Joe Freiberg	7:46:30
2.	Sy Mah	9:58:09
3.	Mike Davis	10:14:43

12 HOURS

1.	Doug Taylor	61.50	(Miles)
2.	Hoyt Emmons	45.00	
3.	Wes Emmons	40.75	
4.	Mike Mc Gillian	22.00	

24 HOURS

1.	Neil Weygandt	121.00	(Miles)
2.	Tim Bell	110.50	
3.	Bill Schultz	103.75	
4.	Sid Holzer	103.00	
5.	Harry Berkowitz	100.00	
6.	Clive Johnson	93.50	
	Janet Johnson	93.50	
8.	Dick Hearn, Sr.	78.00	
9.	Craig Scheidt	72.00	
10.	Louis Vamos	66.00	
	Gerry Wales	65.00	
12.	Marvin Skagerberg	65.00	
13.	Michael Pearlman	62.75	
14.	Tom Allison	62.50	
15.	Tom Beese	54.00	
16.	Bob Scheidt	53.50	
17.	Judith Pearlman	32.00	
18.	Carlton Insley	31.25	

Dave Beale - Did not start

Race Notes: As usual, DELCO was will represented, both on the track and at the lap counters table. Several runners will receive national rankings as a result of their efforts at this year's race. Tim Bell and Bill Schultz will be ranked this year for both 24 hours and 100 miles. Joe Freiberg, in a gutsy effort, will be ranked for 50 miles with his fine 7:46:30 (Joe also had the fastest 50K split -- 4:04:24). Congratulations also to club members Tom Beese (54 miles in the 24 hour event), Mike McGillian (22 miles in on of his few "bad" races), Bill Koppenheffer (50K in 4:33:32), and especially novices Bill Boselli and Rick Jones in their debut 50 Kilometer races.

Lap Counters are the backbone of any ultra track event and a number of club members came out to handle the lap counting chores including, among others, Peg Bobeck (who worked an 8 hour shift!), "Coach" Bill O'Keefe, Joe Farrell, Mary Lou Boselli, Bob & Phil Meighan, Tom Weber, Joe Nolan, Tom Hirsch, Marylou Long, Melissa Brown, Amy Binder, John Greenstine, Kathy Watson, Kathi Clatterbaugh, Tom Watkins, Ron Grace, Mary Bergin, Betty Perrone, Mike & Heather Touhey and Rita Jordan. On-site race directors included Bill Koppenheffer, Betsy Redick, Fred Senderoff and Bob Huggins.

COMMUNITY Y BIATHLON

By Bob Huggins

DELCO'S multi-sport troops took to the streets (and water) in the third annual Community Y Biathlon on April 24th. The race reached an all-time attendance high with a total of 88 finishers. The Community Y Biathlon is one of the very few swim/run combinations on the East Coast; most biathlons are of the run/bike variety. The race included a half mile run through the streets of Lansdowne. Race winners included David Harvey with an outstanding time of 40:30.0 and Sara Shuster with another fine showing of 48:15.8. The DELCO ROAD RUNNERS CLUB had solid representation with 4 of its 10 participating members placing in their age groups. Race director Marianne Grace, along with her dedicated band of volunteers in the pool and on the roads (many of whom were DELCO RRC members) deserve another fine round of applause for putting on a well-organized and competitive event. The race's reputation has grown over the last few years as an excellent early season gauge of combined swimming and running skills. This year, for the first time, the maximum number of registrants, 96, was realized with 88 finishers.

DELCO RRC members and their times are as follows:

NAME	SWIM TIME	COMBINED TRANSITION/ RUN TIME	TOTAL TIME
Mike Tuohy *	14:41	35:25.3	50:06.3
Frank Dewan	9:15 1	41:26.4	50:41.4
Bob Huggins	18:19	33:16.9	51:35.9
Bruce Kelly	15:53	35:48.5	51:41.5
Stacie Porter *	14:15	40:31.5	54:46.5
Mickey Lobb	17:31	37:15.6	54:46.6
Tom Feehery	17:20	38:11.0	55:31.0
Marianne Grace	19:43	37:32.2	57:15.2
Gene Martenson *	19:02	45:11.9	64:13.9
Peggy Bobeck *	22:11	51:35.7	73:46.7

1 - Frank's a good swimmer but we think this is a misprint...his run time is too slow!

* - denotes age group award winner

Race Notes: First time multi-sport competitor (and 40 year old) Mike Touhey led the DELCO charge with a fine 50:06.3, good for second in his age group. Stacie Porter led DELCO'S women in 54:46.5. While swim/run biathlons are few and far between, those interested may want to check out Marathon Sports' (of Delaware) Biathlon on July 24th at the University of Delaware's Outdoor Pool. Contact Wayne Kursh at (302) 654-2354 for more information.

A TRIATHLON EQUIPMENT PRIMER

By Bob Huggins

So you're planning your first triathlon. Maybe you're going to do the Cancer Society Triathlon on July 24th or DELCO'S own club triathlon on September 3rd. Competing in a triathlon race requires a lot more advance planning than your typical road race in terms of your equipment needs. Here, then, is a list of items you either must or should consider taking with you as you prepare for your race.

Clothing

- ___ Swim Suit, Tri-shorts or Tri-suit
- ___ Running shorts (Many triathletes compete in their swim suits in shorter distance events)
- ___ Runner's singlet (optional) - some racers wear their race numbers on elastic bands
- ___ Socks (Optional - Recommend their use in humid weather)
- ___ Cycling Pants and Jersey (optional in shorter events; recommended when you're on the bike more than 1 1/2 hours)
- ___ Running shoes w/lace locks, "speed laces," etc.
- ___ Cycling cleats (optional - recommended where the cycling leg is over 10 miles or when the course is hilly)
- ___ Bike gloves (optional - generally not used in shorter events)
- ___ Cap/Visor/Headband (optional)

The Swim Portion

- ___ Goggles (Nearly everybody wears them)
- ___ Swim Cap (optional for pool swims; usually required for open water, i.e., lakes, the ocean)
- ___ Nose & ear plugs (optional)
- ___ Wet Suit (for cold water swims - check with race director to see if wet suit is allowed)

The Bicycling Portion

- ___ Your Bike (required, of course)
- ___ An ANSI or Snell approved helmet (required)
- ___ Water Bottle(s) (Some races will give you a water bottle, but don't count on it)
- ___ Frame Pump (optional - generally, you'll want to ride with a frame pump except, possibly, in sprint races)
- ___ Spare Tube (for clincher tires) or extra tubular tire
- ___ Small tool kit (generally, for changing tubes - you'll need a set of tire irons and possibly a patch kit)
- ___ Bike Computer (optional - but a valuable tool for maintaining pace and gauging distance - highly recommended)
- ___ Spare Wheels (optional - in case you get a blowout before the race begins. Don't laugh. This actually happened to me.)
- ___ Bike tools (optional - for last minute pre-race adjustments)

The Run Portion

- ___ See Clothing needs above
- ___ Determination and lotsa' luck (You'll need both at this stage of the race)

Miscellaneous Items

- ___ Waterproof Runner's watch
- ___ Sunglasses
- ___ Towel (to dry your feet off after the swim)
- ___ Water bucket (to wash sand, gravel, etc., off your feet)
- ___ Tri-Fed license (if race is Tri-Fed sanctioned)

There. That does it. You're ready to race. Good luck!

VOLUNTEERS NEEDED

Anyone who would like to help out with the Liberty-to-Liberty Triathlon on July 4th, please call Bob Huggins at 583-0610. Volunteer time would be for the early afternoon to early evening and would involve help on either the bike-to-run transition or finish line (which are about three blocks apart). The bike transition and finish lines are in the Independence Hall area.

RUNNING SHORTS

- * Congratulations to club member Joe Anderson and his new bride Margaret Mary on their recent marriage.
- * Our very best wishes also to Jim Miccolis and Margy Romano on their engagement. A Spring '89 wedding is planned. Congratulations to Margy on earning her Master's degree in Nursing from Catholic University in Washington, D.C.
- * Speaking of graduations, Joan Doherty is in the home stretch for her Master's in Business Administration from Drexel University.
- * Our one and only "California Kid," Dave Covey recorded a 4:15 on the mountainous Catalina Island Marathon. Dave led his team, the Orange County Track Club. If you think Dave's time was slow, think again. You literally run up and down mountains. If anyone would like to drop Dave a card (he loves letters from home), contact him at:
Dave Covey
604 Narcissus Avenue
Corona Del Mar, CA 92625
- * We miss you, Dave!

For Sale:

- Aztex Brake Pads for ATB's, Mountain Bikes. Two sets of 4 brake pads - new, out of the box, complete with hardware, mounting instructions. List @ \$15.90 for set of 4. \$9.90
- Uses Bike Touring equipment:
 1. Kirtland Panniers (Navy Blue) - smaller size can be used on front or rear racks. Heavy Duty Cordura Nylon; water resistant. \$40.00 - like new.

2. Kirtland Seat Bag (Navy Blue) - Very large capacity seat bag, matches above panniers. \$10.00 - some wear.
3. Kirtland Seat Bag (yellow) - Small capacity, perfect for day trips - for spare tubes, tire irons, tools, etc. \$5.00 - good condition.
4. Jim Blackburn light alloy rear rack (brake mount type) - good condition w/counting hardware - \$15.00
5. Rhode Gear wide-view handle bar mirror. Like new.
Note: can only be used on bikes having brakes without extension levers a/k/a "sissy brakes". Mounting bracket fits over brake hood w/velcro attachment - \$7.00
6. Cateye Reflectors. If you ride at night, you need reflectors. \$2.00. Front, rear and wheel reflectors.
7. S/R Quill Pedals (Campy Copies). Used for performance riding/triathlon races. Complete with Christopher steel toe clips (large) and straps - \$8.00 for the pair - Good Condition.

For any of the above, contact Bob Huggins, 583-0610 between 8:30 - 10:00 P.M. weekdays.

RACE RESULTS

Our good friend from California, Dave Covey, is editor of the Orange County Track Club's Newsletter. The OCTC News has a regular listing of race results. As editor, it's my aim to publicize the accomplishments of as many DELCO RRC members as possible. I know quite a few of you, but obviously not all. Please take the time to fill out the form and send it to me... Bob Huggins, 408 Pershing Avenue, Collingdale, Pa 19023. We'd really like to hear from you. And, Dave, thanks for the idea! Anything goes... road races, triathlons, biathlons, bike races, swim meets, etc. We're interested in what your doing.

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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1988 — DELCO RRC BUDGET — 1988

	EXPENSES	INCOME
ADMINISTRATIVE		
POSTAL EXPENSES	375.00	
RRCA DUES	200.00	
INSURANCE	615.00	
ADMIN. SUPPLIES	300.00	
BANK CHARGES	50.00	
DONATIONS		2000.00
MISC. CLUB SALES		100.00
TOTAL ADMINISTRATIVE	1540.00	2100.00
FUN RUN ACTIVITIES		
AWARDS	300.00	
CAKE RACE	50.00	
CHALLENGE RACE	50.00	
MAN AND WOMAN RUNNER OF THE YEAR	100.00	
MISC.	75.00	
TOTAL FUN RUN ACTIVITIES	575.00	
NEWSLETTER		
POSTAGE	300.00	
SUPPLIES	200.00	
LABOR	400.00	
RACE INSERTS		100.00
TOTAL NEWSLETTER	900.00	100.00
PUBLIC RELATIONS		
COLLINGDALE RACE	450.00	425.00
DELCO X-COUNTRY	700.00	600.00
DELCO JR. OLYMPICS	400.00	450.00
24 HOUR ULTRA	600.00	450.00
MEDIA RACE	7000.00	8500.00
DINNER DANCE	1800.00	1100.00
WOMAN'S FESTIVAL	200.00	
SPAGHETTI DINNER	1350.00	1200.00
MISC.	300.00	250.00
TOTAL PUBLIC RELATIONS	12800.00	12975.00
TOTAL EXPENSES	15815.00	
TOTAL INCOME		15175.00
OPERATING LOSS	640.00	

DELCO RR MEMBERSHIP MEETING

Wednesday, March 30, 1988

Attendees: Kathi Clatterbaugh, President Peggy Bobeck
Joe Nolan, Vice-President Mary Lou Boselli
Bob Huggins, Newsletter Editor/Team Coordinator
Fred Senderoff, Treasurer Amy Binder
Mark Clatterbaugh

Meeting was called to order at 8:20 P.M. by President Kathi Clatterbaugh.

Minutes from last meeting were read by secretary and accepted as read. Joe Nolan/Bob Huggins.

Treasurer's Report/ Fred Senderoff
Super Now account has 1110.00 to date including receipts but no bills from Collingdale Race.
The 1988 Budget was submitted and a motion was made by Bob Huggins to accept the 1988 budget/second by Mary Lou Boselli. Budget is included in the minutes. Budget gives us guidelines for the year's activities. Books will be audited soon.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins
This month's newsletter is out and the mail service from the Post Office has been good. Next newsletter in about six weeks. Articles are needed.

Team Coordinator/ Bob Huggins
No team races upcoming. Word is there may be a road race in the 1989 Penn Relays. It could be a 10K or 20K.

Old Business
Junior Olympics - Byron Mundy and Marylou Long are assigning times to the volunteers. Times are as follows: Friday, June 3rd, 6 P.M. to 9 P.M. Saturday, June 4th, 8:30 A.M. to 3:30 P.M. - 3:30 P.M. to 7:00 P.M., clean up included. DELCO could possibly have a refreshment stand this year.

Dawn to Dusk Ultra - Needs lap counters on May 7th & May 8th, sign up with Bill Schultz or Bob Huggins.

New Business
* RRCA has a Visa card available to those who qualify - Contact Kathi for more information.
Women's Distance Festival will be held on July 16, 1988 at Collingdale Fun Run. Mary Bergin will be Director again. Mark Clatterbaugh has agreed to cook breakfast again. Mark your calendars Women!!! Will he wear his tights to cook breakfast?????

Motion was made to adjourn meeting at 9:10 P.M. by Mary Lou Boselli/Bob Huggins.

Next meeting will be on April 27, 1988 at Springfield H.S. Community Room.
Respectfully submitted, Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

April 27, 1988

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

Meeting was called to order at 8:01 P.M. by President Kathi Clatterbaugh.

Minutes from last meeting were read and accepted as read, Bill Schultz/Kathi Clatterbaugh

Treasurer's Report/ Fred Senderoff
Super Now account has 1333.00. Due to a change in service fees, we will put monies from Super now account into regular checking. If we have or reach sufficient funds we will re-open Super Now account.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins
Working on next edition of newsletter due for mailing about the middle of next month. We need articles & classified ads.

Team Coordinator/ Bob Huggins
No upcoming races with team participation. It appears that the MARRC team races have ended.

Old Business
Junior Olympics - Byron Mundy and Marylou Long moving ahead - shirts will cost approximately \$2.50 each.
Dawn-to-Dusk - Bill Schultz relates there are 25 entries so far including Sy Mah who has finished over 500 marathons. Lap counters are needed.

New Business
Kathi Clatterbaugh received a letter from RRCA with regards to insurance being a #1 goal. Letter will be included in next newsletter.
Motion was made by Bob Huggins that the club pay for 1000 new business cards to be printed at the cost of \$77.00. Fred Senderoff/ passed.

Motion was made to adjourn meeting at 8:24 P.M. by Mary Lou Boselli/Bob Huggins.

Next meeting will be on May 25, 1988 at Springfield H.S. Community Room at 8:00 P.M.

Respectfully submitted,
Peggy Bobeck

The Glen Mills Schools 10th Annual 10K

Firecracker Run

"The toughest 10 K around"

Running Times and Runner's Gazette

**Come Join Us
In Celebrating our 10th
Anniversary**



Glen Mills Schools
Service to youth since 1826
C.D. Ferrainola
Executive Director

Date: Saturday, June 25, 1988
Time: 9:00 a.m.
Place: The Glen Mills Schools
Course: 6.2 miles over Historic Thornbury Twp.
Entry: \$3.00 before June 21, 1988
\$5.00 Post Registration
Post Registration Opens 7:40 a.m. and Closes 8:50 a.m.

TAC Certified Course

Course Record:
Steve Eachus
31:51, 1983
Janice Osswald
38:48, 1983

Make Check payable to The Glen Mills Schools
Send to: The Glen Mills Schools
c/o Mrs. Norma Parks
Concordville, PA 19331

- Family Entertainment
- Music From Scoundrel
- T-Shirts to the First 300
- Vocational Exhibits
- Vuarnet Sun Glasses
- To Overall
Male & Female Winners
- Food and Refreshments
- Ample Parking

Name _____

Address _____

City _____ State _____ Zip _____

Age on day of race _____ Sex _____

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

Signature

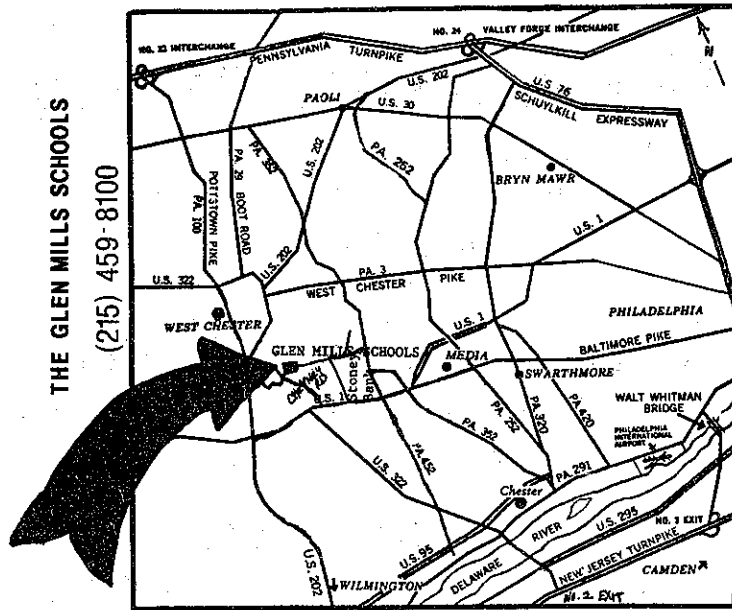
If under 18

Parent's Signature

Awards in the following
age groups:
13 and under
14-18
19-29
30-39
40-49
50-59
60 and over



"In consideration of your accepting this entry, I hereby, for myself, heirs, executors, or administrators, waive and release any and all rights and claims for damages I may have against THE GLEN MILLS SCHOOLS, their agents, representatives, or assignees for any and all injuries which may be suffered by me during my participation in this meet."



DIRECTIONS:

From Philadelphia - Take Baltimore Pike to Stoney Bank Road, turn right on Stoney Bank Road until you reach the end. Turn left on to Glen Mills Road; the school is on your right ½ mile distance.

From Wilmington- Take Route 202 North to Route 1; turn right on Route 1, make a left on Cheyney Road, then a right on Glen Mills road, following this until you see the school on the left.

From Norristown- Take Route 202 South until you reach Route 1; follow the above directions from here.

* This race has been recognized by Running Times as one of the toughest 10 K's and Best Organized races in all of Pennsylvania.

DELCO RRC MEMBERSHIP MEETING

Wednesday, May 25, 1988

Attendees: Joe Nolan, Vice-President
Bob Huggins, Newsletter Editor/Team Coordinator
Fred Senderoff, Treasurer Joe Freiberg
Tom Hirsch Bill Schultz
Peggy Bobeck Tom Watkins

Meeting was called to order at 7:59 P.M. by Vice-President Joe Nolan.

Minutes from last meeting were read and accepted as read. Bob Huggins/
Joe Nolan

Treasurer's Report/ Fred Senderoff
Checking account - 650.00.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins
Next newsletter will be going out soon (Early June). Articles are
needed as always.

Team Coordinator/ Bob Huggins
Nothing to report.

Fun Run/ Joe Nolan
A OK

Old Business

Dawn-to-Dusk - Bill Schultz stated the race went well. 28 people
started on May 7th. Coverage from the local newspapers was very
good. Three papers and 5 pages of editorials. Best support ever by
everyone. THANK YOU!!! THANK YOU!!!

Junior Olympics - Bill Schultz will tell Byron about getting coverage
in area news papers.

New Business

Joe Freiberg had a good thought regarding Media Race & public
relations for DELCO RRC - to include a business card or something
similar in the Media race entry form. Joe will talk to Ken Daws
about it.

Norwood Race/ Tom Hirsch has related that Marianne Grace took note
last year that the Norwood 4th of July race did not have equal age
group awards for men & women.

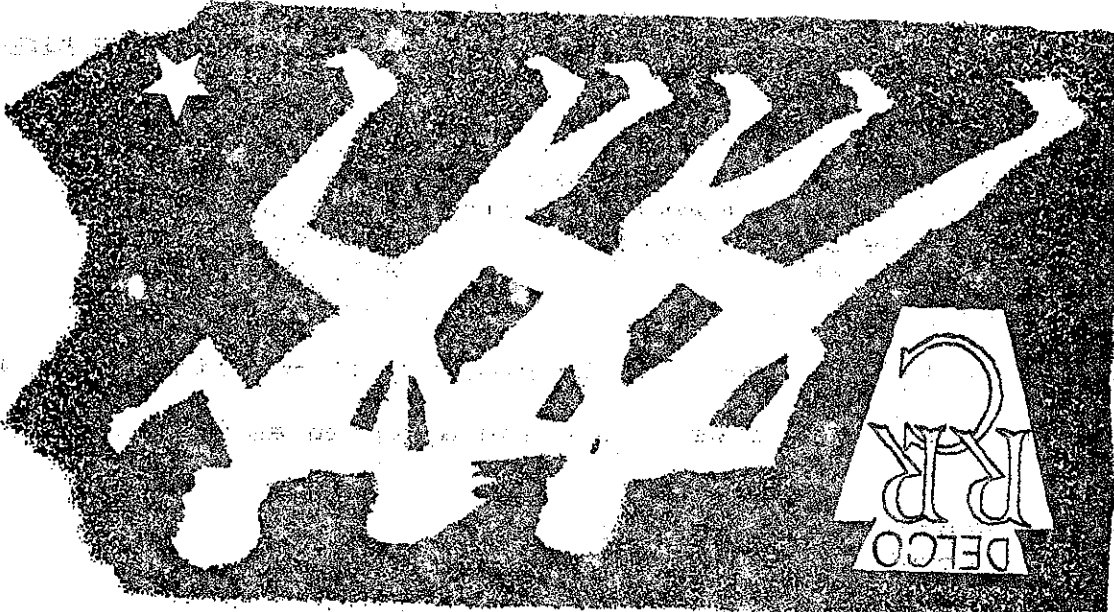
Discussion - Joe Freiburg felt that it was an oversight on the part
of race director Peter - who is not a runner himself. He will
speak with Peter regarding this matter.

Motion was made by Tom Hirsch that if the Norwood race on July 4th
has sex and age discriminations, the club as a whole not support
the race and inform race director why. Second/Peggy Bobeck/passed.

Motion was made by Joe Nolan to make Tom Hirsch a nominee for Man of
the year.

Motion was made at 8:35 P.M. to adjourn by Joe Nolan /Tom Hirsch
Next meeting will be on June 29, 1988 at 8:00 P.M. at SHS Community
room.

Respectfully submitted, Peggy Bobeck



DELAWARE COUNTY ROAD RUNNERS CLUB

DELCO ROAD RUNNERS CLUB
POST OFFICE BOX 145
HOLMES, PA 19043

NON-PROFIT ORGANIZATION
U. S. Postage Paid
PERMIT NO. 3
SHARON HILL, PA 19079

TO:

RUN FOR FUN AND FITNESS