

# ***Keeping Contact***



## ***Newsletter of the Delaware County Road Runners Club***

October, 1988

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

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

### **NEW FUN RUN IN MEDIA**

DELCO RRC President Kathi Clatterbaugh recently received a letter from club member Rita Jordan regarding the possibility of a fun run in Media (home of the Summer's BIG RACE). Well, folks...it's a reality. During the summer the run will be held at Ridley Creek State Park to take advantage of daylight and the scenic beauty of the park. During the Fall, Winter and Spring, the run will probably use the Media Five Miler course. The run starts at 6:30 and the leader is Rita Jordan. For exact starting locations contact Rita at 565-1416. C'mon out and meet some new friends! Running distances will vary, so check with Rita.

### **ELECTION OF OFFICERS**

Dear Members,

It has come to my attention that there is only one candidate for each office. Please take a minute and think about the benefits you receive from the club. Without volunteers to run for office there will no longer be a formal club that organizes the many events the club sponsors. I have been president for two years and it has not taken a significant amount of time to carry out my duties. Basically all that is required is attending one meeting a month and planning future activities.

If you are willing to run for the office of president, vice-president or treasurer please let either Dot Kracht or Amy Binder know.

Kathi Clatterbaugh, President DELCO RRC

### **NEW MEMBERS**

Craig Johnson, Rosemont - Mike Bogdash, Primos - Dan Trsic, Primos -  
Gerald Dearie, Drexel Hill - Rita Jordan, Media - Josh Jordan, Media -  
Carol Lalli, Media - John Lalli, Media - Marty McLaughlin, Media -  
Tim Wade, Upper Darby - Jane Kintner, Boothwyn - Bob Dimond, Lansdowne -  
Charles Wilks, Clifton Heights - Caroline Bennett, Wayne -  
Jean Mc Williams, Phila. - Liz Mc Dermott, Wayne - Amos Mincin, Media -  
David Gingras, Wallingford



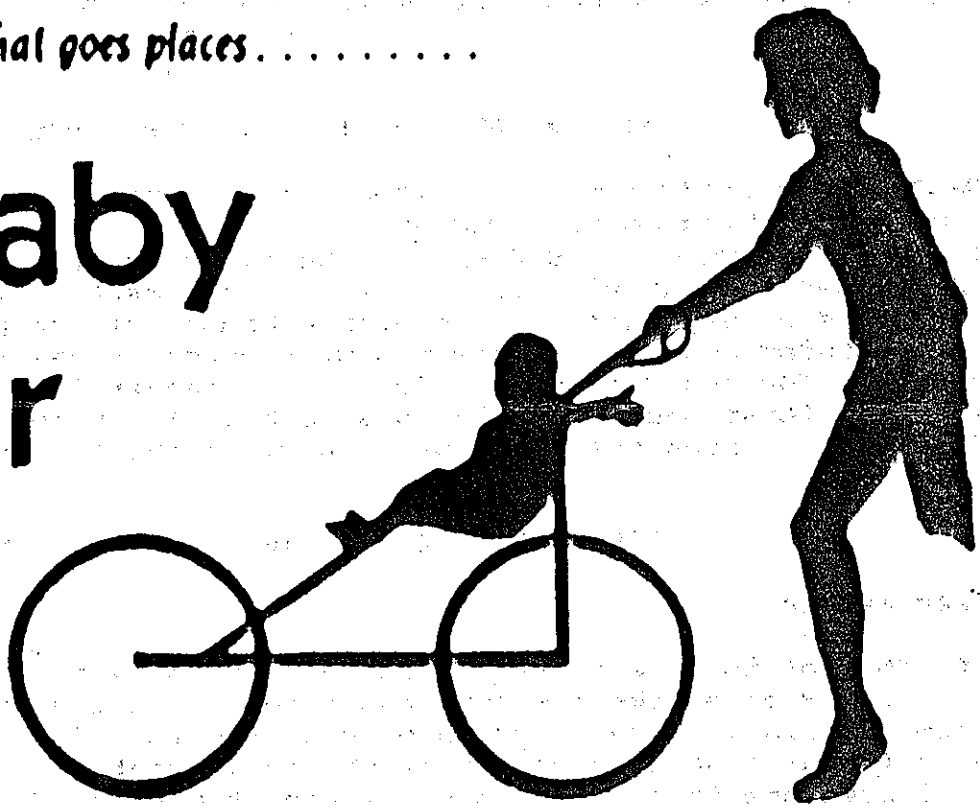
THE BABY JOGGER

the all-terrain stroller that goes places

The all-terrain stroller that goes places. . . . .

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**CONTACT: June & Fred Dohrmann**  
**(215) 237-9351 Norwood**

## MEDIA FIVE MILER

Bob Schwelm, winner of the 1988 Broad Street Run, topped an estimated field of 800 plus runners to win the Media 5 Miler held on July 15th. Schwelm, a 29 year old resident of Paoli, had to overcome temperatures in the low 90's plus a strong field which included the likes of Rich DeSebastian and triathlete Ken Glah, yet he still managed to run a 25:15 for an impressive win, 17 seconds up on second place finisher Ron McGinn of Ardmore. Hometown and DELCO RRC member Sheryl Reid of Media dominated the women's field with her 29:32 clocking, more than a minute ahead of Jan Wanklyn (30:38) of West Chester. Other finishers included Media mayor Frank Daly and former Villanova basketball star Tom Ingelsby.

DELCO usually supplies a lot of the manpower, err, personpower at the finish line, but there were still quite a few of you who managed to conquer the heat. Finishers, where known, included the following:

### MEDIA 5 MILER - DELCO RRC FINISHERS - MALE

NAME	TIME	NAME	TIME
Mark Dehmel	27:00	Paul Mattis	34:29
Jim Gillman	28:01	Bob Rosati, Sr.	34:30
Rich Jacovini	28:12	Tim Wade	34:47
John Krajek	28:32	Sean McPhillips	34:54
Joe Freiberg	28:33	Bob Dimond	35:15
George Koerner	28:50	Bill Erb	35:43
David Baker	29:55	Bob Piotti	35:56
Mike Metague	29:57	Joe Farrell	36:33
Craig Dehmel	30:05	Tom Hirsch	36:44
John Greenstine	30:31	Tom Beese	37:12
Larry Filtz	30:39	Nicholas Pulcinella	38:56
David Gobel	31:46	Bill Boselli	39:03
Tom Feehery	31:50	Tom Miccolis	39:38
Don Larson	31:54	John Ashton	39:48
William Pickard	32:13	Mark Clatterbaugh	39:49
Larry Tracy	32:39	Gene H. Martenson	39:56
Robert Huey	32:47	Mike Tuohy, Jr.	40:45
Bob Meighan	33:09	Fred Cordova	41:48
Dave Clark	33:31	Rich O'Neill	42:01
Amos Mincin	33:36	Chris Lamoureux	43:20
Bob Rost	33:37	Fred Cox	45:57
Peter Devaney	33:53	Bill O'Keefe	47:18
		Bill Garvin	60:04

### MEDIA 5 MILER - DELCO RRC FINISHERS - FEMALE

NAME	TIME	NAME	TIME
Sheryl Reid	29:32	Kathy Jackman	40:46
Joan Potterfield	33:55	Mary Lou Boselli	43:00
Liz McDermott	35:05	Dot Kracht	45:34
Rita Jordan	35:52	Peggy Bobeck	46:35
Betty Perrone	36:57	Ellen Wineman	51:27
		Kathy Adamson	51:56

Please, club members, if you ran and your name/time does not appear, please let our editor know. Send in the form which appears elsewhere in this issue. We just simply don't know all of you personally.

Many, many thanks to all the many club members who assisted race director Ken Daws with one of the Delaware Valley's largest summer races.

### RACE CALENDAR

**October 15** The Street Run 10K - Camden, NJ  
Contact: City of Camden  
Office of Recreation  
Room 405 - City Hall  
Camden, NJ 08101  
(609) 757-7285

**October 16** Cabrini - Mercedes 5 Mile Run - Cabrini College, Radnor  
Contact: Cabrini College  
971-8406

California Dreamin' 12K - West River Drive Course  
Contact: Pat McCloskey's Racing Resources  
P.O. Box 299  
Warrington, PA 18976  
or call 569-9957

United Hospitals 10K - Kelly Drive Course  
Contact: United Hospitals  
100 W. Laurel Ave.  
Cheltenham, PA 19012  
663-5427

**October 22** Fenton-Carey 10K and Women's 5K - Ocean City, NJ  
Contact: Mike Allegretto  
Ocean City Dept. of Recreation  
P.O. Box 570  
Ocean City, NJ 08226  
(609) 399-6111 ext. 492

Friends of Pennypack 5K - Pennypack Park, Phila.  
Contact: Mike McCloskey  
5 Country Club Drive  
Warrington, PA 18976  
(215) 343-5838

**October 23** Northeast Roadrunner 25K - Pennypack Park, Phila.  
Contact: Charlie Payne  
3131 Sterling St.  
Phila., PA 19149  
or Call Joe Kraher during business hours at  
(215) 639-9144

October 23 Miles for Smiles 10K - Kelly Drive Course

Contact: Janet P. Weber  
c/o Phila. DHA  
523 Somerton Ave.  
Phila., PA 19116  
676-7274

Haverford Community Hospital 5K

Contact: Steve McLaughlin

Haverford Community Hospital  
Wellness Center - Sports Medicine Clinic  
2010 West Chester Pike  
Havertown, PA 19083  
446-9410

October 29 Haddonfield 5 Miler - Haddonfield, NJ

Contact: CS Running Center

33 Haddon Ave.

Westmont, NJ 08108

(609) 858-9760

Sussex Fitness Center 10K

Contact: Sussex Fitness Center

Sussex Blvd.

Broomall, PA

October 30 Newtown Library 10K - Newtown, PA

Contact: Dave Sconyers

31 N. Chancellor St.

Newtown, PA 18940

(215) 968-6441

November 6 Run Wild at the Zoo 10K - Phila. Zoo

Contact: Phila. Zoo

34th St. & Girard Ave.

Phila., PA

243-1100

November 13 Loop Race (8.4 miles) - Kelly & West River Drives

Contact: Dave Brier

YM/YWHA & Jewish Community Center

243-1100

November 20 Fairmount Park Marathon - 3/loop course

Contact: Fairmount Park Commission

686-0052

November 24 Turkey Trot 5 Mile Thanksgiving Day Run \* 2 loops Memorial Hall Course

Contact: Fairmount Park Commission

686-0052

\* A "Delco Favorite." Be there or be square.

December 18 Holiday 5 Miler - Kelly Drive Course

Contact: Rapid Results

## RUNNING IN THE FIFTIETH STATE

By Jack Myers

My wife Joan and I recently spent two weeks in Hawaii visiting Joan's sister, Amy. While there, we used our training runs to tour the islands of Oahu and Hawaii.

Because of flight delays, our trip to Honolulu took 22 hours. Amy had scheduled us to run 16 miles with a member of The Running Room Running Club at 6 A.M. the morning after our arrival. We were due in at 2 P.M. Hawaii time, but didn't make it until 11 P.M. We are happy to report, however, that both of us still completed the 16-mile course (on the Honolulu Marathon route) despite jet lag and lack of sleep. The last two miles of the route took us past the famous Diamond Head crater on Waikiki Beach. Although the temperature in Philly was probably hotter, the tropical sun in Hawaii is quite intense and had to be respected with the proper applications of sunblock (especially if you are the color of dead fish and your ancestors come from the beautiful climates of Leeds, Londonderry, and Liverpool).

Subsequent runs in the Honolulu area took us past the homes of Tom Selleck (Joan doesn't know who Tom Selleck is!) and Ferdinand Marcos (who fled his house during our stay because of death threats...no, not from us). I wanted to also run past Dolly Parton's place, but Joan wouldn't let me (unfortunately Joan does know who Dolly Parton is).

Despite running every day, I put on three pounds during my stay. The islands offer a tremendous selection of food and drink. Some of our favorites are Hawaiian plate lunches (rice, macaroni, potato salad, teriyaki beef, shrimp, and pineapple), shave ice (which is like our water ice with ice cream and sweetened black beans added), bentos (Japanese take-out dinners), manapua (buns with curried beef or sweet pork inside), kimchee (Korean spiced cabbage), mai tais (alcoholic tropical fruit drink), and Primo beer. We ate "ethnic" almost every day, including Chinese, Korean, Hawaiian, Vietnamese, Japanese, Filipino, and Italian. However, we stopped short of Filipino pig's blood and innards on a bed of rice. We may be daring, but we're not foolish! Any way, it would be bad for me as I have a high cholesterol count.

After a few days of sightseeing in Honolulu (and several ice cream cones at Bubby's, which we decided must be the ice cream mecca of the world), Joan and I took a puddle jumper to the big island for a three-day visit of Hilo. Hilo has a scenic bay which Captain Cook sailed in upon "discovering" Hawaii in the 18th century. However, there's not much to do on Banyan Drive with its beautiful stand of giant banyan trees. Each tree was planted and named for a famous person who visited the bay (our hotel's banyan was named for Babe Ruth). Banyans are hard to describe...I guess they look like 20 or 30 regular sized trees which decided to grow in the very same spot at the very same time. They belong in some medieval forest like the home of Yoda in "Return of the Jedi."

Before leaving Hilo, we got to see a macademia nut factory (too much cholesterol once again!), Volcanoes National Park (which is best described as a lunar landscape with earth gravity), and magnificent

black sand beaches with crushing breakers and new lava flows cutting swatches to the sea.

Back in civilization (Honolulu) on the island of Oahu, we were invited to run the old Pali Highway. "Pali" means cliff in Hawaiian, and the old, washed out highway climbs up a dynamited pass through a jagged mountain chain. At times our "run" became a hike as we scaled the broken, buckled, and sometimes nonexistent road to thousands of feet above sea level. Our guide, who is part Hawaiian and part Chinese, delighted in telling us gruesome stories of the fierce battle that was fought in these mountains some 200 years ago. At that time Hawaii's greatest King, King Kamehameha, united all the Hawaiian islands by defeating the kings of Oahu and Maui and usurping their power. Several warriors were hurled to their deaths from spectacular cliffs high up in the clouds. Ironically, our guide later began to pick ginger from the mountain face behind an old stone bridge that spanned two rocky ledges. The foliage growing in the gap between the bridge and mountain face obscured a several hundred foot drop. Our friend had already collected a fistful of flowers before realizing his precarious position. He then beat a hasty retreat to the solid safety of the macadam highway.

During our last few days in paradise, Joan and I were invited to run in a club track workout at the University of Hawaii. We had received information that one of my old Philadelphia running buddies, Gary Fanelli (Mr. Blues Brother himself) was living in Honolulu and that he would quite likely attend track practice. However, as we pounded out our intervals in a ladder workout to the beat of a tropical rainstorm, Gary Fanelli proved to be a no-show. Another world famous elite runner, Ibrahim Hussien, who often runs with Gary, did not come either. Our vacation was almost over, so I did not expect to meet Gary before our departure. Not one seemed to have his number or address.

Before leaving Hawaii, one final running challenge awaited me. The real test of strength for Hawaiian runners is the famous Tantalus course. Starting in the exclusive Honolulu section of Makiki Heights, the Tantalus route switchbacks its way for four-and-a-half miles to the panoramic mountaintop view above Manoa Valley. I would describe the course as seven kilometers of the worst hills in Caesar Rodney, Neumann College, Ridley Creek, and Glen Mills--one after another with absolutely no letup whatsoever.

At six P.M. when the heat began to subside, I pushed off from the starting line and ascended past garden after garden of exotic tropical flowers and fruits. With each mile the grade became steeper, and the suburbs gave way to mountainous, vine-infested jungle and the cries of unseen island birds. The canopy of jungle growth blocked out the sun, and the road became slick with moisture which clung everywhere though no rain was falling. At halfway, I caught a team of competitive cyclists who were laboring up the switchbacks in pained fetal positions, their sleek bikes providing little speed against the relentless pull of gravity. One after another they each fought to outpace me, and the sounds of our heavy breathing became magnified in the tunnel of dense foliage. Soon, however, one last surge pushed me past the leader and all was quiet again except for the sounds of exotic birds and the thwacking of my Saucony trainers against the wet road.

Fanelli and Hussien had reportedly set the unofficial course record together with a 29+ minute training session. I knew that my noncompetitive training regimen and troublesome hip injury would prevent me from approaching the 29+ minute mark, but a respectable time would give me confidence that I wasn't far from being in racing shape. Besides, my hip gives me the least discomfort when running uphill.

A mile from the top I passed a young woman who also seemed to be running for time. I hammered away over the last few hills, and realized that I was running harder than I had run at any time since my hip injury several years ago. As I kicked around a curve and strained to recognize the finish point, I felt a wave of exhaustion hit me--my legs felt suddenly pained and heavy. Push! I had misjudged the finish. Come on, just another 200 yards!...I would have dropped to the ground as I crossed the finish line except that it was wet and very muddy at the summit. Instead I just stumbled around talking to myself and sucking in air like a beached fish. My time was a very satisfying 32:35.

A van came up the road and pulled in. The woman at the wheel saw my condition and offered me a Coke. I really wanted the Coke, but I politely turned it down. Just then the woman I had passed on Tantalus crested the hill and ran straight over to me. She glanced at my Philadelphia Distance Run shirt.

"You must be Jack...Gary Fanelli is looking for you!" I had just run past Gary Fanelli's fiancée and had been offered a Coke from Gary Fanelli's support van.

Five minutes later Gary Fanelli crested the hill coming from the other direction. Gary stared at me for a few seconds as he approached then broke out in a smile.

"Man, I was freaking out there for a second, Jack. I thought I was hallucinating that I was back running on the West River Drive. It sure is a small world."

The night before Joan and I left, Gary and his fiancée, Connie, joined me for a six mile run through the streets around Punchbowl. Gary, it seems is about to fulfill a lifelong ambition--to run in the Olympic Games. After failing to make the U.S. squad in his 1980 marathon trials attempt where he lead for 16 miles with a 1:04 half-marathon split, Gary had almost given up hope on his Olympic dream. A series of disappointing foot injuries kept him from running at his best. Now, in his late thirties, Gary will be running the marathon for American Samoa.

While in Honolulu, Gary happened to meet a visiting sports official from American Samoa, which will be fielding its very first Olympic team in the '88 Games. The official was impressed with Gary and offered him a chance to coach the Samoan track team. Gary accepted. Later, while coaching in Samoa, Gary was offered the opportunity to run the "distance" qualifying race (10,000 meters). He won by five minutes, and has since fulfilled his six month residency requirement while coaching.

Gary's coaching efforts have centered on developing sprinters, shot putters, and discus throwers. "For body mass they are the largest people on earth—I just have to develop the raw, explosive talent," says Fanelli. "It's sort of like being in the Peace Corps," he explains, "because I'm teaching them brand new events that they've never done before...they've always played team sports such as soccer, rugby, and cricket." Gary has one promising 200 meter man who has clocked 23 seconds for the event with almost no training. "But I can never get him to come to practice because he doesn't like to train," Shrugs Gary. "Imagine that—a chance to go to the Olympics but he doesn't feel like training—it's just a different culture altogether."

Of course, Gary found out quickly why Samoans don't care too much for running. The temperature can often reach 100 degrees Fahrenheit—in the rain—at midnight. "I put water out at every mile for my runs, but it doesn't help," complains Fanelli. "I still wind up feeling spaced out from the heat and humidity. It's horribly oppressive."

However, the heat hasn't been oppressive enough to keep Gary from logging 100-mile weeks this year. For the first time in a long time, his injuries are giving him no problem. And, it should be noted, Carlos Lopes was 37 when he won the L.A. Olympic marathon in 1984. Does Gary believe he has a shot in 1988? "Well, I'm shooting for a sub-2:20, and a 2:15 if I feel good. I'm just happy to be going...I guess you can call me the Seoul Man!" Gary has one more thing to celebrate—this time he can wear a costume (a grass skirt lava lava at the opening ceremonies) and it will be legitimate. Now how's that for irony?!

When we arrived back in Philadelphia, Joan and I had gotten very little sleep on the plane. Jet lag was a definite problem. Well, we planned to sleep most of the Sunday in order to be fresh for work the next day. Nothing doing...when we got back to Wayne the neighborhood had organized a summer block party that we just couldn't miss. And, after the block party, we just had to go out for a run...

## VACATION IDEAS

### BAFFIN ISLAND 1989

Bill Koppenheffer is putting together a hardy group of runners to go on a trip to Baffin Island, Canada, next July. The trip runs from a Thursday morning to Monday morning and takes place around the beginning of July or end of June. Departure is Thursday morning from Toronto or Montreal, so figure in an additional day to and from your choice of these two cities. The cost is around \$600 and includes every thing except getting to and from Canada. It's an unforgettable experience. The sun shines 24 hours a day.

As for the running, you have your choice of races: 10K, 32K (about 19 miles), 42K (marathon), or 100K. The 10K takes place on Friday evening and the other races are Sunday morning. The lodging is with local people, the food is terrific, and there are tours to go on. Overall it is a rather primitive place to visit, however (not much to do). The trip fills up quickly so for a guaranteed spot, a \$100 deposit is required by December. Call Bill at 784-9199 for additional details and entry forms.

## BICYCLE-RAIL TOURS

Bill Schultz recently obtained some literature on bike tours to Colorado, Utah & Wisconsin utilizing Amtrak. For more information on these tours, contact: Endless Summer Tours, 1101 Franklin Street, Michigan City, Indiana.

## DELCO RRC MEMBER PROFILE

By Joan Potterfield

One of our newest members is 29 year-old Liz McDermott of Wayne. Liz runs 50 miles a week and has been racing for two years. She recently completed her first 16-mile training run in preparation for the Distance Run, where her coach ("Accu-Jack" Myers) expects that she'll break 1:35. Liz enjoyed Caesar Rodney and actually got a flattering race picture. She'll probably win an age-group award next year. Liz is a graduate of West Chester University and is employed by Philadelphia Mortgage Co. Her hobbies include cooking and weight lifting. She is married to Doug Hostvedt, who notes that Liz is also a "pretty good" plasterer. (Liz and Doug are in the midst of a massive home remodeling project.)

## NORTHEAST TRIATHLON - THE TV APPROACH

By John Greenstine

As a corporate television producer for DuPont, I have to make interesting TV programs on lots of different topics. Sometimes a creative angle is obvious from the start, and other times I haven't a clue. Such a situation arose recently when I had to do a show about what I call the Big Darned Machine, something to help market a new machine to potential customers in the printing industry. When the scriptwriter suggested a competition angle, both of us started seeing runners and racing in our heads, but I had no stock footage of racing, and too small a budget to buy footage from someone else. Quick calls to Bill Schultz (home during the day in the summer, of course) and then to Bob Huggins' office gave me hope. There would be a "sprint" type triathlon in the town of Northeast, just across the Maryland border, the following Saturday morning.

Saturday, August 13th, was hazy and cool on the edge of the tributary of the Chesapeake where Northeast is located. About 200 competitors were entered, with about 185 actually starting, in four heats of 50 or so. My cameraman and I positioned ourselves out on a dock to see the start, with DELCO's Rick Jones starting in the 2nd heat and DELCO newsletter editor himself, Huggins, starting in the third wave. Speaking of waves, the water had a nice chop to it, with the wind in the face of the swimmers for the first leg of the quarter mile out-and-back swim. Huggins reported later that he experienced some difficulty managing his strokes and breathing in the chop, and we saw many struggling swimmers through our telephoto lens.

Up on the land to the bike transition, and the large number of novice competitors was evident there. I had envisioned runners sprinting to their bicycles, jumping into pants and bike shoes and screaming out of the chute to the road, but instead I got dozens of tired bathers searching the racks for their bikes like Wildwood sightseers, then climbing on and fumbling and falling. Many had parked their bikes in top gear after warmups. It looked more like Mack Sennett than the Ironman, but Jones and Huggins, experienced riders, looked great. Huggins' transition made it to the finished video tape, in dramatic slow motion while sweeping onto the saddle, then later at full speed, driving out through the cones.

The bike segment featured an early 1-2 mile continuous uphill on local two-lane roads, and a long downhill at the end of the 10 mile ride. Footage from the crest of the hill climb, where many a rubber leg was in evidence, and at the end of the downhill made it into my show. Both Huggins and Jones seemed to handle their bikes well. The final 5K run, an out-and-back on the shoulder of a highway, allowed both Bob and Rick to show their speed to many of their competitors. The overall men's winner, Bob Reuther, was reputed to be a former Delaware 2 mile track champion, and he certainly looked more like a runner than the beefier swimmers often seen at these events.

Rick's fine finish line made it to the TV show, accompanied by a narrator talking about how the Big Darned Machine would "help you take the next step into the future." Huggins, who was quite pleased with his performance, practically stopped in the chute to admire his time on the clock.

The final television show uses dramatic slow motion of the competitors while the narrator talks about how fast and efficient the Big Darned Machine is. The client loved it, and it was slated to be seen by thousands of European printers at a show in England. I was moved after the event to jump into the lane pool at Hidden Hollow for an "easy 20 minutes", but ended up sputtering for air after four lengths. Maybe I should stick to being behind the camera for all future tri events.

## MULTI-SPORT ROUNDUP

With the 1988 multi-sport season in its final weeks, let's look at how DELCO RRC members fared at various events.

Lansdowne Community Y Biathlon (Swim: 1.5 mi., Run: 5 mi.)

April 24th - Last time around we neglected to mention that Bob Dimond of East Lansdowne completed the race and picked up an age group award in the men's 50 and over division.

Cooper River Spring Biathlon (Run: 2.5 mi, Bike: 15 mi., Run: 2.5 mi.)

May 1st, Pennsauken, NJ - Bruce Kelly was the lone DELCO RRC representative at this popular event which saw nearly 400 competitors on the loop course.

Pretzel City Classic Biathlon (Run:13.1 mi., Bike:30 mi.)

May 29th, Reading, PA - Bob Rosati, Jr., Joe Freiberg and Bob Huggins traveled to Reading for this first time event. The heat and hills took its toll as both Freiberg and Huggins were unable to complete the difficult bike course due to dehydration. Rosati's combined time was 3:30:19 (1:30:17 run, 2:00:02 bike) on a course with approximately 5,000 feet in elevation gain. Joe and Bob did complete the half marathon with times of 1:26:40 and 1:36:46, respectively.

Delaware Valley Triathlon Championships (Swim:1K, Bike:25K, Run:8K)

June 12th, Hatboro, PA - Rolf Dehmel won the 50 and over age category going away. Tom Feehery and Bob Huggins also competed as individuals; Bill Heidelberger led his General Electric team to first place in the relay division.

Marathon Sports Sprint Triathlon (Swim:.25 mi., Bike:16 mi., Run:5K)

June 18th, Middletown, DE - Rick Jones and Bob Huggins represented DELCO at this first time event. Highly recommended for beginners!

Philadelphia Triathlon (Swim:800 yds., Bike:12 mi., Run:4 mi.)

July 24th, FDR Park, South Phila. - Most DELCO RRC triathletes stayed away from this race due to the fact that the American Cancer Society, the sponsoring organization, required \$50 in up-front contributions, in addition to the \$25 entry fee. Still, Liz McDermott and Gene Martenson represented DELCO, with Gene taking 5th place in his age group. Split times are as follows:

	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
Liz Mc Dermott	17:50	41:13	30:50	1:29:53
Gene Martenson	21:36	43:45	35:47	1:41:08

Fairmount Park Classic Triathlon (Swim:1.5K, Bike:40K, Run:10K)

August 7th, Fairmount Park - This well organized first-time event drew nearly 200 competitors. Despite temperatures in the 90's, only 8 competitors failed to complete the course. Bob Huggins and Rick Jones represented the club with split times as follows.

	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Total</u>
Bob Huggins	36:27	1:15:43	48:42	2:40:52
Rick Jones	30:48	1:27:44	48:11	2:46:43

County Challenge Triathlon (Swim:.25 mi., Bike:15 mi., Run:2.5 mi.)

August 13th, North East, MD - Rick Jones and Bob Huggins again represented DELCO with overall times of 1:07:55 and 1:06:30 respectively. Thanks to John Greenstine for lending some vocal encouragement (and filming the event).

Phila. Naval Station Biathlon (Run:2.5 mi., Bike:15 mi., Run:2.5 mi.)

August 28th, Phila. Naval Base - Bob Huggins was the lone DELCO representative and managed to crack the top 20 with a time of 1:11:46. Despite a short bike course, the race is excellent for novices.

Greater Wilkes-Barre Triathlon (Swim:1.5K, Bike:40K, Run:10K)

September 4th, Dallas, PA - Rolf Dehmel was the lone DELCO finisher at this National Championship race. Cold (58 degrees), driving rains marred the race and caused Bob Huggins and Rick Jones to suffer mild hypothermia immediately prior to the race's start.

### UPCOMING RACES

The 1988 multi-sport season is about to come to an end (at least locally). But, for you diehards, here are a few races within easy driving distance of Delaware County.

October 16 - Ed Jerome Memorial Biathlon

Belleplain State Forest, Woodbine, NJ

Run:4 mi., Bike:24 mi., Run:4 mi.

Contact: Linda Naples

RFD #4

Box 259

McKee City, NJ 08232

(609)646-3768

October 29 - Season of the Witch Biathlon (Leesport, PA)

Run:4 mi., Bike:13 mi.

Contact: Precision Road Racing Inc.

P.O. Box 252

Leesport, PA 19533

(215)926-4303

### PEOPLE HAPPENINGS... AT THE RACES

- \* Betty Perrone took 1st place in the 40-49 age group at the Sea Isle City Distance Run (dare we call it a half marathon?). Husband Bill Koppenheffer finished with a 1:26.
- \* Dave Covey was back in town to run the Distance Run and reported some excellent results:
  - Pikes Peak Ascent - 3:42:51 for 13.4 miles (that's not a typo). Elevation started at 6,200 feet and climbed to 14,110 feet. Dave finished in about 300th place out of about 1,475 starters.
  - In the Mule Run 50K in Bishop, California, Dave ran a 5:25:53 to place 55 out of 290 finishers. Dave was 7th in the 29 and under age category (not too many youngsters run ultras!). The

course started at 4,200 feet and rose to 8,400 feet on rocky trails in 102 degree heat. Dave improved his time from last year by a fantastic 1 hour and 16 minutes.

- Dave also participated in the Mt. Baldy Run To The Top 8 Miler, another tough trail climb (6,000 feet to 10,000 feet), running a time of 1:30:33 and placing 67th out of 550 finishers.

- Dave was also recently elected President of the Orange County Track Club of California. Although Dave's been out on the West Coast for four years now, he always makes it a point to stop back to visit a couple times a year, and will be back around Christmas.

\* Fred Cordova of Collingdale reports that he ran a fine 1:23:20 at the Broad Street 10 Miler.

Folks, let us know how you're doing at the races...fill out the form below and send it to 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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PHILADELPHIA TO SMITHVILLE, N.J. BIKE RACE/TOUR

Ken Daws	- 2:32	Marcy Harper	- 3:31
Mickey Lobb	- 2:36	Torpey White	- first trip
Bob Huggins	- 2:37	Fred Senderoff	- first trip
Gerry Oakland	- 2:38	Peggy Bobeck	- crashed; bruised ribs but finished
Tom Weber	- 2:54	Tom Watkins	- no flats, hooray!

Thanks to support crew members: Mary Bergin, Mike Bogdash, Mary Lou Boselli, Joe Freiberg and "Coach" Bill O'Keefe.

## DELCO RRC MEMBERSHIP MEETING

Wednesday, July 27, 1988

Attendees: Kathi Clatterbaugh, President  
Joe Nolan, Vice-President  
Fred Senderoff, Treasurer  
Peggy Bobeck  
Ed Germer  
Mark Clatterbaugh  
Tom Watkins  
Joe Freiberg  
Tom Hirsch

Meeting was called to order at 7:55 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 \$7000.00. Media race shirts are not paid. Media race should see a profit of approximately \$1500.00 to \$2000.00.

### Membership Report/ Marylou Long N/P

We have three new members due to Joe Nolan. Aldan new members are Bob Diamond, Tom Toland and Pete Belfi.

### Newsletter Editor/ Bob Huggins N/P

Newsletter is in for proof reading

### Team Coordinator/ Bob Huggins N/P

### Run Run Leader/ Joe Nolan

A OK

### Old Business

Media race was great. Thank you to everyone who helped and who participated. Motion was made by Fred Senderoff that we present Ken and Joanne Daws with a check for \$100.00 in appreciation of the hard work on the Media Race. Seconded/passed.

Women's Distance Festival, Mary Bergin has done it again - Great Job!!! Thanks to Tom Hirsch and Mark Clatterbaugh, pancakes are getting better.

Spaghetti Dinner - Tom Hirsch - Dinner will be held on Sept. 16th, at the Folsom Fire House (deposit of 20.00 was received). Same caterer and Menu of Stuffed Shells w/meat sauce, Chicken -

Old Business (Con't)

Salad - rolls. If anyone wishes to bring a dessert - Our resident DJ Rick will also be with us. No tickets - Contact Tom with check or money for Dinner. cost is \$10 per person Any ideas for entertainment???

Phila. Distance Run has requested DELCO RRC to man a water station on West River Drive. \$250 will be given to the club for this. Contact Joe Nolan if you can help. If not, we expect to see you run by.

Springfield Community Room is ours every month on the last Wednesday of the month until January 1989. Hope to see you there.

New Business

Cake Race will be held at Springfield Fun Run on Sept. 11, 1988.

Cross Country Championship will be directed by Byron Mundy. Registration will be done by Martin & Fran Deeney. What about some T-Shirts to commemorate 25th year???

We have received newsletter from RRCA regarding insurance being a first priority? It was defeated by a hand vote. To cover insurance, fees will be charged at ALL DELCO sponsored events.

Motion was made to adjourn meeting at 8:34 P.M. by Joe Nolan.  
Seconded/Passed.

Next meeting will be on August 31, 1988 at Springfield H.S. Community Room.

Respectfully submitted,  
Peggy Bobeck

**DELCO RRC MEMBERSHIP MEETING**

Wednesday, August 31, 1988

Attendees: Kathi Clatterbaugh, President      Mark Clatterbaugh  
            Joe Nolan, Vice-President            Tom Watkins  
            Fred Sanderoff, Treasurer            Joe Freiberg  
            Bob Huggins, Newsletter Editor/Team Coordinator  
            Peggy Bobeck                            Tom Hirsch  
            Dot Kracht                             Amy Binder  
            John Greenstein                     Bill Schultz

Meeting was called to order at 7:55 P.M. by President Kathi Clatterbaugh.

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

Treasurer's Report/ Fred Senderoff

Checking account \$5500.00. We have not split with Media Recreation profits from Media Race.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Recent newsletter has been out several weeks. Next newsletter will be out by the end of September. Deadline for articles is the middle of September. I have received some articles from members - Keep them coming.

Team Coordinator/ Bob Huggins

We have a Men's master team and a Men's open in the Phila. Distance Run.

There are 20 singlets on order - White tank tops w/blue panel mesh insert - Cost approximately \$11 each.

Fun Run Leader/ Joe Nolan

A OK.

Old Business

Spaghetti Dinner/ Tom Hirsch - Not many people have sent their money for dinner. Motion was made by Bob Huggins we send out letter on Spaghetti Dinner, Cake Race & Water stop for the Phila. Distance Run as a special mailing. / John Greenstein / Passed.

Water stop Phila. Distance Run/ Joe Nolan stated that help is needed - Contact Joe for more information.

Cake Race/ Fred Senderoff - Cake race will be on Sept. 11 at Springfield Fun Run. 9 A.M. Please bring a cake for entry fee.

Delco Cross Country championship will be held Oct 8, at Rose Tree. If you would like to help contact Byron Mundy.

New Business

Insurance cost are still top priority for RRCA - Insurance could cost \$6.00 per member to the club if we purchased it through RRCA.

Nominating committee for up coming elections are Amy Binder and Dot Kracht. If you would like to run for office or if you know someone tell Dot or Amy.

Media Fun Run/ Rita Jordan has expressed a desire to start a fun run in the Media area. Group would meet at Ridley Creek State Park gate in summer -Media Boro Hall in winter on Friday nite at 6 P.M. Run would consist of 5 miles. To become an official Fun Run of DELCO RRC it must have 10 individual runners for 10 times.

Motion was made to adjourn meeting at 8:19 P.M. by Amy Binder/  
Peggy /Passed.

Next meeting will be on September 28, 1988 at Springfield H.S.  
Community Room.

Respectfully submitted,  
Peggy Bobeck

## DELCO RRC MEMBERSHIP MEETING

Wednesday, September 28, 1988

Attendees: Kathi Clatterbaugh, President      Kathy Adamson  
            Bob Huggins, Newsletter Editor/Team Coordinator  
            Tom Hirsch                                      Dot Kracht  
            Amy Binder                                      John Greenstine

Meeting was called to order at 7:58 P.M. by President Kathi  
Clatterbaugh.

Minutes from last meeting were read by Kathi Clatterbaugh and  
accepted as read. Bob Huggins.

Treasurer's Report/ Fred Senderoff N/P

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Newsletter will be out in early October. Discussed whether to  
include information on elections. Decided to wait for more  
nominees and send ballots out first class for both election of  
officers and candidates for Man & Woman of the Year. To date the  
nominees are: John Greenstine - President, Kathi Clatterbaugh -  
Vice-President, and Fred Senderoff - Treasurer.

Team Coordinator/ Bob Huggins.

Distance Team Finished but no results yet. Singlets not in yet,  
Bob will call if not received in a week or so.

Fun Run Leader/ Joe Nolan N/P

Sent message "everything be okay."

Old Business

Nothing new on insurance from RRCA.

Thanks to everyone who helped at the Distance Run water stop. A  
wet time was had by all.

## Old Business (Con't)

Thanks to Fred Senderoff for a great Cake Race. The good weather brought out a lot of runners.

Need lots of help for the Delco Cross Country Championships held at Rose Tree Park, Saturday, October 8th. If you can spare a couple of hours please be at Rose Tree Park at 8:30 A.M. that morning.

Media Fun Run is gaining popularity. Meets at 6:30 P.M. Fridays at Ridley Creek State Park. Darkness will force a move to Media Borough Hall at State & Jackson Streets soon. Contact Rita Jordan if interested.

## New Business

Collingdale Race will be in late winter/early spring. Fee will have to be raised to help with insurance costs.

Community Room will not be available Wednesday, January 25th. Meeting will be at Kathi Clatterbaugh's at 21 School Lane, Springfield. If you need directions call her at 328-4987.

Looking for someone to organize the Valentine's Dance. Mary Lou Boselli are you out there?

Kathy & Terry Adamson are having a Halloween Costume Party Saturday, October 29th at their house. (5 Waterford Way, Wallingford) See either of them at a Fun Run for directions.

Pauline Koerner and Doug Limberg are having a pre-nuptial run Saturday, October 15th at 7:30 A.M. in Ridley Creek Park. Come out and see if Pauline can run in her wedding gown.

After much discussion the Annual Halloween Run will be held Tuesday, November 1st at Springfield at 7 P.M. Wear a costume and stay for the party afterwards.

Motion was made to adjourn meeting at 8:22 P.M. by Dot Kracht. Seconded by Tom Hirsch.

Special thanks to Amy Binder for taking the minutes in Peg Bobeck's absence. (Who let her go on vacation?)



DELAWARE COUNTY ROAD RUNNERS CLUB

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