

Keeping Contact



Newsletter of the Delaware County Road Runners Club

August, 1989

Editor: Bob Huggins President: John Greenstine Publisher: Rita Senderoff

Submit articles for publication to:

Bob Huggins
408 Pershing Avenue
Collingdale, PA 19023

DELCO PICNIC RESCHEDULED

Due to heavy rains on July 16th, DELCO's Family Picnic has been rescheduled to Saturday, August 19th from noon to whenever (?) at Picnic Area #8 in Ridley Creek State Park. Let's hope for great weather this time around! Contact Mary Lou Boselli for more information.

PHILADELPHIA DISTANCE RUN TEAMS

Those wishing to participate for DELCO's various teams for the 1989 Philadelphia Distance Run should send their completed applications, plus a check or money order for \$10.00 payable to DELCO RRC to Bob Huggins before Tuesday, August 15th. Send your application and payment to:

Bob Huggins
408 Pershing Avenue
Collingdale, PA 19023

DELCO will make up the difference between individual fees and team fees. Any questions? Call Bob at 583-0610. The Distance Run will be DELCO's Race-of-the-Month for September.

ANNUAL PASTA DINNER

It's not too early to start thinking about DELCO's annual pre-Distance Run pasta dinner to be held on Friday, September 15th. For tickets and more information see Annual Spaghetti Dinner on next page or see Kathi Clatterbaugh or Tom Hirsch at one of the fun runs.

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 15th, 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 Boulevard 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

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 Meatless Sauce
Sautéed 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.

SPAGHETTI DINNER TICKET ORDER FORM

NAME: _____

NUMBER OF TICKETS: _____ AMOUNT ENCLOSED: _____

YES I WILL BRING A DESSERT:

DELCO RRC ANNUAL CAKE RACE

DATE: September 10, 1989
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 on following page and mail (or give) to:

Fred Senderoff
100 Colonial Park Drive
Springfield, PA 19064

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

* * * 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! _____

DELCO JUNIOR OLYMPICS

By Byron Mundy

Our DELCO RRC directed another successful Jr. Olympic track meet June 3-4 at Springfield High School as 255 boys and girls ages 7 to 18 participated. A slightly larger turnout was anticipated, but several factors continue to hold down the entries:

- (1) the CYO had a championship meet at Villanova University on the same day;

- (2) competitors for the Middle-Atlantic meet to be held June 18 no longer have to qualify at any preliminary meet like ours;
- (3) it was very hot and sunny this year.

Nevertheless, every one had a good time and meet director Byron Mundy would like to thank the over 30 DELCO volunteers who worked at the meet including Marylou Long who worked on publicity, collected pre-entries, and organized the food that was sold, Fran & Martin Deeney who handled the registration; and Mary Beth Mundy, Bob Huggins, Chris Smith, Bob Fuhrman, Tom Hirsch, Kathi & Mark Clatterbaugh, Joe Freiberg, Kathi and Terry Adamson, Peg Bobeck, John Ashton, Margy Romano Miccolis, Mike Tuohey, Bob Twomey, Mike Bogdash, Mary Lou Boselli, Tom Watkins, Mike Metague, Frances Dagle, Mary Bergin, Joe Nolan, Bill Schultz, Tim Wade, Larry Ryan, Amy Binder, Barbara Guido, Rita Jordan, Lu & Bea Sanner, Frank Dewan, and John Grube.

There was one adult event, the Open Mile and here are the results:

OPEN MILE	PLACE	NAME	TIME
	1.	John Krajek	4:42
	2.	Bob Fuhrman, Jr.	4:52
	3.	Steve Whitmore	4:54
	4.	Merle Branch	4:55
	5.	Joe Freiberg	5:09
	6.	Byron Mundy	5:24
	7.	Frances Dagle	5:29
	8.	Gina Bissetta	7:27

THERE'S MORE TO HEALTH THAN JUST RUNNING

By Bill Blewett

Four years ago, I began an Aegis article by describing the death of a runner. I told how a man in Aberdeen, Md., finished his daily run, took a drink of water, and fell dead.

He was 57 years old. He died of a heart attack. The article was about the risk of heart disease and the importance of medical exams.

A woman who read the article wrote to me. She accused me of tasteless journalism. She said I had no ethics. She was the dead man's daughter.

I used what she felt were two tasteless quotes. One was that the man was a "fitness nut." The other was, "He was the healthiest looking dead man I've ever seen."

The second quote, by a friend of the dead man, was a writer's gem. But the daughter said it was thoughtless and unfeeling. Though I didn't mention her father by name, she said I had "minimized his death."

• Actually, I tried to maximize his death.

I tried to scare the hell out of runners over the age of 40. I tried to make them question their health. I tried to make them get a physical exam and take a stress test.

Well, here are more stories of death. Ethical? I believe it would be unethical not to pass them on to runners.

First, there was Brigadier General Bill Johnson. A dentist, he was commander of the Army's Health Services Command. He took great pride in staying physically fit. He was a trim 5'8", 135 lbs., and he could run 10K in 41 minutes. He died while running in San Antonio last October. He was 51.

In Washington, D.C., there was Doug Kersey, a trim 150 pounder who 10 years earlier had run a 33 minute 10K. He had once made a video tape on fitness. He died last fall, and hour after running a workout. He was 45.

There was George Shaw, the Olympian. At Columbia University in 1952, he won the NCAA triple jump crown. He made the U.S. Olympic team twice. He died of a heart attack on December 5th while jogging in New York's Van Cortland Park. He was 57.

Closer to home there was Patrick Powers. He was 64, looked 54. A retired two star general, he was handsome and youthful and must have been the envy of every senior citizen who knew him. He died of a heart attack while playing racquet ball at the Bel Air Athletic Club on January 23rd.

Near Hagerstown, Md., there was John Ausherman, Sr. A regular runner and the father of an outstanding competitive runner, John Ausherman, Jr. He collapsed and died during a hot weather race in June 1987.

And the Baltimore Road Runners know all too well what happened to Bo Lapetina. He died during the two-person 10-mile relay on the Catonsville Community College tract last June.

The list goes on. The theme is the same. They were healthy-looking dead men.

Their deaths reinforce Jim Fixx's final lesson on running. When Fixx, the best-selling author on running, died on the run four years ago, he demonstrated that running does not offer an iron-clad guarantee of good health.

Fixx ran in blissful ignorance. Like many runners, he believed that if you act healthy and look healthy, you are healthy.

His death was a terrible paradox. A man spends hundreds of hours exercising, sacrificing, laboring for good health. Then he falls dead. The sedentary folks live on. The message is that exercise is not worth the effort.

It is, of course, worth the effort. Recent scientific studies have established a firm link between regular exercise and good health.

Vigorous exercise reduces cholesterol levels, helps control weight, improves the quality of life, and--statistics show--can lengthen life.

Unfortunately, it may not prevent heart disease. But it can postpone it.

Genetics is the major factor--often a stronger factor than lifestyle--in determining the risk of heart disease. Heredity controls many of those relentless changes a body undergoes as it ages. Some changes are observable. Some are not. You can't judge the condition of a man's heart by looking at his leg muscles.

A stress test (also known as an exercise tolerance test) and a thallium scan are two of the tools doctors use to "examine" the heart muscle. They look at family history.

Their methods are not one hundred percent effective. At least one of the dead runners I mentioned had undergone a stress test. Another had arteries as clean as a whistle, the autopsy found.

Certainly, their deaths should not be reason to quit running. For those over 40, those who have begun to run after being sedentary, those who have family history of heart disease, these deaths should be reason to see a physician and to undergo a stress test.

Editor's Note: The above article is reprinted from the Baltimore Road Runners Club's Spring, 1989 newsletter.
Article submitted by John Greenstine.

WOMEN'S DISTANCE FESTIVAL

The DELCO RRC held its annual tribute to women runners on July 15th on the Collingdale fun run course. The race was held as a prediction run and held in conjunction with the Road Runners Club of America. Here is a complete list of finishers with finishers listed in order of how close they came to their predicted times over the 2.2 mile course.

Amy Binder	-	8.3 seconds
Peggy Bobeck	+	20.7
Rita Jordan	+	23.1
Helen Senisch	+	26.8
Kathy Adamson	-	34.9
Barbara Giangrossi	+	51.3
Fran Deeney	-	1:06.3
Pauline Calkins	+	1:41.9
Maureen Meyer	+	1:52.5
Kathi Clatterbaugh	+	2:02.6
Mary Lou Boselli	+	2:08.0
Bea Sanner	-	2:10.8
Joan Doherty	+	2:15.7
Marylou Long	-	2:20.3
Bridget Mundy	+	3:41.0
Betty Ferrone	+	4:12.5
Margy Miccolis	+	4:51.7
Shannon Grady	+	5:57.6
Mary Bergin	+	12:33.3

BROAD STREET 10 MILE RESULTS

Steve Whitmore, running his very first Broad Street Run, topped all DELCO finishers with a fine 57:59. Frances Dagle placed 16th woman overall with a very solid 1:06:10. Don Larson and Bob Rositi, Sr. placed in their age groups. Three runners from DELCO, Joe Farrell, Bob Huggins and Mike Touhey completed the Broad Street Run 10 years in a row and were honored along with 26 other runners at the post-race awards ceremony.

Editors Note: As usual, my apologies to any club member who I may have inadvertently missed. Please send your Broad Street results (plus any other results) to me for future publication. My address is on the front page of this publication.

BROAD STREET 10 MILE RESULTS

<u>NAME</u>	<u>TIME</u>	<u>NAME</u>	<u>TIME</u>
Steve Whitmore	57:59	Larry Tracy	1:15:58
Joe Freiberg	59:28	Stacey Porter	1:17:15
John Greenstine	1:00:55	Ray Duffy	1:18:30
John Ashton	1:01:16	Bill Meyer	1:18:31
Byron Mundy	1:02:08	Betty Perrone	1:18:36
Jack Myers	1:03:11	Mike Touhey, Jr.	1:18:37
Bob Huggins	1:03:19	Maureen Meyer	1:19:20
Mike Touhey	1:05:01	Gene Martenson	1:20:12
Don Larson	1:05:26	Mike Bogdash	1:20:14
Dan Lang	1:05:46	Rich O'Neill	1:21:40
Amos Mincin	1:05:55	Sam Brattini	1:23:23
Frances Dagle	1:06:10	Don Lewis	1:23:47
Tim Wade	1:06:53	Karen Genello	1:25:50
Fred Dohrman	1:08:22	Mary Bergin	1:26:23
Bob Rost	1:09:15	Jow Nolan	1:27:30
Bob Fuhrman	1:09:24	Mike Metague	1:28:09
Liz Mc Dermott	1:09:43	Kathy Jackman	1:28:20
Bob Rosati, Sr.	1:09:45	Chris Lamoureux	1:28:57
Tom Tolan	1:09:57	Larry Ryan	1:29:02
Sam Ritter	1:10:24	Dot Kracht	1:29:05
Bernie Sontagh	1:10:25	Fred Cordova	1:29:34
Joe Farrell	1:11:48	Kathy Adamson	1:29:51
Mark Clatterbaugh	1:13:03	Helen Senisch	1:30:36
Tom Beese	1:13:26	Georgianna Ladd	1:30:51
Rita Jordan	1:13:41	Kathi Clatterbaugh	1:31:35
Bill Erb	1:14:01	Amy Binder	1:31:54
Rick Jones	1:14:22	Peggy Bobeck	1:35:25
Terry Adamson	1:15:05	Bill Koppenheffer	1:40:17

ULTRA NEWS

By Bob Huggins

Bill Schultz of Collingdale won the Weston 6 day race in Pennsauken and, in the process, set a new event record covering 475 miles. Bill was strong throughout and used sensible eating and rest patterns for his well deserved victory.

Schultz was joined by Larry Filtz, Mike McGillian and Bill Meyer at the Millersville 50K race in mid-July.

RUNNING SHORTS

- * Frances Dagle ran a very convincing 17:59 to win the Norwood 3 miler on July 1st. Add a 31:15 at Media for 5 miles and a sub-40 at the Lansdowne 10K and what you have is one very hot runner.
- * Bill Koppenheffer has been cycling a lit more this summer due to problems he's had with a knee. He comeback has been coming along slowly but surely.
- * We don't have all the results in from the Media 5 Miler yet, but thanks to all who ran and those who helped. We hope to have race results next issue. Overall winner's were Bob Schwelm in 25:02.7 and Kate Fonshell in 29:28. Over 900 runners competed in the event.

MEDIA FUN RUN

Submitted by Rita Jordan - Media Fun Run Leader

ATTENDANCE REPORT (9/9/88 TO 5/26/89)

Terry Adamson	11X	Tom Hirsch	11X
Linda Caulston	10X	Kathy Jackman	10X
Peter Devaney	10X	Rita Jordan	30X
Ray Duffy	13X	Brian Maloy	21X
Joe Freiberg	10X	Joe Santella	10X

Total # of Different Runners - 52

Total # of Runners who have attended since 9/9-88 - 223

SUMMARY

The Media Fun Run began its fun runs at Ridley Creek State Park last September. When the time changed, a hearty few remained and met throughout the winter as we ran the 5 mile course in Media. Spring returned and so did we to the Park.

I believe the Media Run has become a successful and popular run for those who have come out. By attendance figures, we are attracting at least one new member per month. In my opinion, the Media Run will continue to grow and remain a viable run for the Club.

MULTI - SPORTS NEWS

Joe Freiberg completed the extremely tough Pretzel City Classic in Reading, PA. The race consisted of a half marathon and 30 mile bike race up and down Mt. Penn. This race is, unquestionably, the toughest biathlon in the tri-state area.

Rolf Dehmel, Peggy Bobeck, Tom Feehery and Bob Huggins competed in the Greater Delaware Valley Triathlon staged in Hatboro and Warminster. Rolf and Peggy took 2nd place in their respective age groups. Bob led all DELCO finishers with a fine 1:41:11 over the 1 Kilometer pool swim, 25 kilometer bike and 8 kilometer run, finishing 37th overall out of approximately 185 finishers. Bill Heidelberger competed as part of G.E.'s relay team.

The following week, Dehmel and Huggins, along with Rick Jones traveled to Middletown, Delaware to compete in the 2nd annual Marathon Sports Sprint Triathlon, consisting of a 1/4 mile open water swim, 16 mile bike ride, and a challenging 5 kilometer cross country run. Rolf, again, placed 2nd in his age group for the second consecutive week. Rick had DELCO's best swim, navigating the course in under 8 minutes, but flatted just four miles into the bike course and was forced to withdraw. Bob led all DELCO finishers for the second consecutive week with a 1:15:51.

Rita Jordan, Bruce Kelly, Rick Jones and Bob Huggins competed in the Philadelphia Cyruthon on July 2nd, which included two 2.5 mile runs sandwiched around a 15 mile bike time trial. Rita and Bob took top honors in the women's and men's 35-39 age group while Bruce placed second in the 35-39 group. Special congratulations go to Rita Jordan who was competing in her first multi-sports event.

Tom Feehery and Gene Martenson participated in the tough Ocean City Lifeguard Association-Tortuga Striders Biathlon in Ocean City. We say tough, because the race included a one mile ocean swim followed by a 5 mile beach run.

Rolf Dehmel likes 'em tough. Rolf has been competing in triathlons for several years now and is a top performer at local races in the men's 50-59 age group. Rolf competed in the Carbon County Triathlon which served as Tri-Fed's Pennsylvania long course championship. Distances included a one mile swim, 32 miles plus of hilly cycling, followed by 10 hilly miles of running.

WATER TRAINING

By Joan Potterfield

I was hit by a car early in March while I was running on the sidewalk. I broke four bones: my leg, my ankle and two bones in my foot (the second and third metatarsals). So much for the 1989 Boston Marathon...

The one positive lesson I learned is how well water training works for an injured runner. I'm lucky enough to live near the Graduate Hospital Sports Medicine Center, where they have a deep-water hydrotherapy tank.

It's known as the Aqua Ark and was developed by a Philadelphia man, Eric Bass. Using hydrotherapy, athletes don't just maintain fitness during recovery; they actually gain it. Mary Decker Stoney, for instance, set a world record for 2000 meters only three days after she started land running again. Joan Benoit Samuelson has also used water training with good results.

I started hydrotherapy one month after my accident. I was still on crutches at the time. The tank where I train is five feet wide, eight feet long and seven feet deep. They keep the water between 88 and 94 degrees Fahrenheit (to promote healing). The same type of training can be done in swimming pools; however, competition with swimmers can make concentrated workouts more difficult. The only requirement is a flotation vest, several varieties of which are advertised in Runners' World.

The physical therapists try to give me the same workout I'd be doing on land - same length of time, same effort, and if I'm doing interval training, the same periods of work and recovery. They've had my pulse up to 200 a few times (from a resting pulse of 48-50), which I guarantee is 8 x 2 minutes at 90% effort with 1 minute recovery. I'm optimistic that I'll run good times when I start racing again.

I'm toying with the idea of entering a 5K race this weekend. More on that in the next issue...

Editors Note: We're happy to report that Joan is back on her feet again and running. Let's hope for a full recovery.

ROAD RACE CALENDAR

- August 17 Mayor's 8K Road Race (Wilmington, DE)
Contact: Marathon Sports
300 W. 9th Street Plaza
Wilmington, DE 19801
(302) 654-2354
- August 26 Banning Park 5K (Wilmington, DE)
Contact: Kathy Kelly
107 S. Maryland Ave
Wilmington, DE 19804
(302) 995-1709
- August 27 Latinoamericano 10K (Hunting Park, Phila.)
Contact: Philadelphia Latin Runners Club
3958 N. Reese St.
Phila., PA 19140
- Sept. 9 Bryn Mawr Rehabilitation Hospital Run for Recovery 5 Miler
Contact: Phyllis Dunn
Bryn Mawr Rehabilitation Hospital
414 Paoli Pike
Malvern, PA 19355 (251-5400)

Sept. 17 Philadelphia Distance Run (13th & Market Sts., Phila)
Contact: 1989 Philadelphia Distance Run
P.O. Box 43111
Philadelphia, PA 19129
Note: Team Participants contact Bob Huggins (583-0610)
before August 15th

Sept. 23 Hatboro Run for the Sun 10K
Contact: Hatboro YMCA
440 S. York Road
Hatboro, PA 19040

October 1 Delaware Distance Classic (Delaware Tech.-Stanton)
Contact: Joel Schiller
2502 North Van Buren Street
Wilmington, DE 19802
(302) 762-4020 - evenings
(302) 792-4741 - days

MULTI-SPORTS CALENDAR

August 27 Phila. Triathlon Club - Naval Station Biathlon
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Karen McGovern
Finish Line Sports
1905 Walnut St.
Phila., PA 19103
569-9957 (days)

August 27 Scott Molina Biathlon (West River Drive)
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Racing Resources
P.O. Box 299
Warrington, PA 18976
343-2407 (days)

Sept. 9 Montgomery County Triathlon (Green Lane Reservoir)
Swim: .25 miles, Bike: 15 miles, Run: 5 miles
Contact: Nancy Kupferschmidt
Pottstown Parks & Recreation Dept.
Beech and Penn Sts.
Pottstown, PA 19464
323-8200, ext. 207

Sept. 9 Pine Barrens Triathlon (Atsion Lake, NJ)
Swim: 1 mile, Bike: 25 miles, Run: 10K
Contact: Rapid Results
Box 1087
Bellmawr, NJ 08031
(609) 424-5969
Tri-Fed Card Required

Sept. 9 Lancaster YMCA Triathlon (Speedwell Forge)
Long Race - Swim: .9 miles, Bike: 25 miles, Run: 15K
Sept. 10 Short Race - Swim: .25 miles, Run: 5 miles, Bike: 15 miles

Contact: Hal Welsh
Lancaster YMCA
572 N. Queen St.
Lancaster, PA 17603
(717) 397-7474

Sept. 10 Monmouth County Sprint Triathlon (Long Branch, NJ)
Swim: .25 miles, Bike: 14 miles, Run: 4 miles
Contact: Andrew Spears
Monmouth County Park System
Newman Springs Rd.
Lincroft, NJ 07734
(201) 542-1642

Sept. 17 Sandyhook Triathlon (Highlands, NJ)
Swim: .5 miles, Bike: 18 miles, Run: 4 miles
Contact: Charity Sports
37 Beach Road
Monmouth Beach, NJ 07750

Sept. 24 Constitution Biathlon (West River Drive)
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Jim Mosley
5215 Schuyler St. Apt. 201-A
Phila., PA 19144
843-9624 (days)

Sept. 24 Pennsylvania Triathlon (Leesport, PA)
Swim: .9 miles, Bike: 20 miles, Run: 10K
Contact: David Kennedy
Precision Road Racing
P.O. Box 252
Leesport, PA 19533

October Races (all Biathlons) in the next issue!

DELCO RRC MEMBERSHIP MEETING

Wednesday, May 31, 1989

Attendees: Kathi Clatterbaugh, Vice-President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Tom Hirsch Peggy Bobeck Amy Binder
Barbara Guido Mary Bergin Rita Jordan
Kathy Adamson Bob Twomey

Meeting was called to order at 8:03 P.M. by Vice President Kathi C.
Minutes from last meeting were read by secretary and accepted as
read. Tom Hirsch/Bill Schultz/Bob Huggins

Treasurer's Report/ Fred Senderoff
PSFS account \$2240.00. Bob Diamond will do audit this month.
Collingdale Race - Income 500.00 Expenditures - 317.00
Profit - 183.00

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Thank you Rita and Bill for articles. Please keep articles coming. This is not my newsletter. It is the club's. Next modified short in late June. Long Edition will be coming about late August.

Team Coordinator/ Bob Huggins

Results from the team race at Broad Street Race

Men's Open - 3rd place

Women's Open - 1st place - only 3 trophies

Suggestion to Joe Cook that next year he make Broad Street Race a MARRC team championship.

Distance Run is coming up.

Public Relations/ Joe Freiberg N/P

Old Business

Dawn-to-Dusk Ultra Marathon - Bill Shultz

Six entrants went over 100 miles for 24 hrs. and there were 3 PR's.

Not as much publicity in local papers this year but we have submitted an article to Ultra Marathon magazine. Helpers did a great job.

Thanks!!!

Jr. Olympics - Bob Huggins stated Byron needs help on June 2 and 3.

6 - 8:30 P.M., 9 - 11, 11 - 2, 2 - 4:30 P.M.

Come out and help.

New Business

Media Fun Run /Rita Jordan

See report elsewhere in this issue.

July 16th there will be a family picnic at Ridley Creek State Park.

Mark that date on your calendar. Motion was made by Amy Binder that we allocate \$50.00 to Mary Lou Boselli for prizes at the family

picnic. Bob Huggins/ Passed.

Media 5 Miler will be on July 14.

Women's Distance Festival will be on July 15th under the direction of

Mary Bergin. We will have breakfast at Kathi & Mark Clatterbaugh's with Chef Mark cooking & serving.

Spaghetti Dinner will be on September 15th.

Motion was made to adjourn meeting at 8:39 P.M. by Bob Huggins.

Next meeting will be June 28, 1989 at Springfield HS community room.

See you there!!

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Wednesday, June 28, 1989

Attendees: John Greenstine, President

Kathi Clatterbaugh, Vice-President

Fred Senderoff, Treasurer

Bob Huggins, Newsletter Editor/Team Coordinator

Joe Freiberg, Public Relations

Dot Kracht

Bill Schultz

Tom Hirsch

Peggy Bobeck

Amy Binder

Bob Twomey

Mary Bergin

Meeting was called to order at 8:02 P.M. by President John Greenstine.

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

Treasurer's Report/ Fred Senderoff

PSFS account \$2500.00. Bob Diamond did an audit on the books - Fred received a clean bill of audit. Thanks Bob!!

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Next newsletter early August. We still need to keep the articles coming in.

Team Coordinator/ Bob Huggins

Distance Run is coming up fast. If you want to race on the DELCO team contact Bob Huggins. Application for teams must fo in together.

Manufacturers Hanover Corporate Race on July 25.
5K race series - Rapid Results.

Public Relations/ Joe Freiberg

Media Race envelopes will have fun run schedule, DELCO membership forms and maps of the race course.

Women's Distance Festival notice went to local newspapers today.

Old Business

Jr. Olympics had a debiture of \$142.00

Media Race has 110 entries to date. Ken will be stuffing envelopes on Monday July 10. He will need help.

Wednesday evening help will be needed at Bill Battey's to had out race envelopes.

New Business

Tom Hirsch & Kathi Clatterbaugh are co-directors this year of the Pasta Dinner. It will be held on September 15, at the Folsom Fire Hall - same as last year. You will be receiving more information shortly.

Tom Hirsch made a note that the Footnotes paper we receive from MARRC has an item on a new women's shop in Delaware.

Women's Sport Specialty Shop
The Shops at Limestone Hills
5335 Limestone Road Pike
Creek Valley, DE
(302) 239-0838

Motion was made to adjourn meeting at 8:41 P.M. by Peggy Bobeck/ Bob Huggins.

Next meeting will be July 26, 1989 at Springfield HS community room, 8:00 P.M.

Respectfully submitted,
Peggy Bobeck

DELCO RRC BUDGET - 1989

	<u>EXPENSES</u>	<u>INCOME</u>
<u>ADMINISTRATIVE</u>		
POSTAL EXPENSES	\$350.00	
RRCA DUES	\$170.00	
INSURANCE	\$615.00	
ADMIN. SUPPLIES	\$350.00	
BANK CHARGES	\$50.00	
DONATIONS		\$2700.00
MISC. CLUB SALES		\$1000.00

TOTAL ADMINISTRATIVE	\$1555.00	\$3700.00
=====		
<u>FUN RUN ACTIVITIES</u>		
AWARDS	\$310.00	
CAKE RACE	\$30.00	
CHALLENGE RACE	\$50.00	
MAN & WOMAN RUNNER OF THE YEAR	\$100.00	
MISC.	\$150.00	

TOTAL FUN RUN ACTIVITIES	\$640.00	
=====		
<u>NEWSLETTER</u>		
POSTAGE	\$350.00	
SUPPLIES	\$500.00	
LABOR	\$550.00	
RACE INSERTS		\$100.00

TOTAL NEWSLETTER	\$1400.00	\$100.00
=====		
<u>PUBLIC RELATIONS</u>		
COLLINGDALE RACE	\$450.00	\$425.00
DELCO X-COUNTRY	\$700.00	\$600.00
JR. OLYMPICS	\$1100.00	\$1000.00
24 HOUR ULTRA	\$800.00	\$620.00
MEDIA RACE	\$9000.00	\$10000.00
DINNER DANCE	\$1800.00	\$1050.00
WOMAN'S FESTIVAL	\$100.00	
SPAGHETTI DINNER	\$1350.00	\$850.00
MISC.	\$300.00	\$500.00

TOTAL PUBLIC RELATIONS	\$15600.00	\$15045.00
=====		
TOTAL EXPENSES	\$19195.00	
=====		
TOTAL INCOME		\$18845.00
=====		
OPERATING LOSS	\$350.00	



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