

Keeping Contact



Newsletter of the Delaware County Road Runners Club

February, 1989

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

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

STRENGTHEN THE WEAK LINK

By John J. Solar, D.P.M.

Chestnuts roasting on an open fire reminds us that the daylight hours are shorter, temperatures are colder and road conditions may be hazardous. What else is there to do with all this idle time that used to be spent running many miles?

Well, for those unfortunate athletes that have sustained an injury during the season, this is an excellent time to assure that the "injury-rest/re-injury" cycle is avoided. Reconditioning can prevent a recurrence of an injury.

The first step in reconditioning any muscle injury is to begin with pain-free stretching. An injured muscle heals with scar tissue which is not as flexible as muscle tissue. Therefore, it must be stretched. There are many methods and theories to stretching, but a few basic principles should be followed.

First, warm-up. A warm muscle stretches better where as a "cold" muscle may be prone to tears. Second, apply gentle, continuous pressure to the point of stretch and not pain. Stretching too vigorously can weaken ligaments. Continuous means no bouncing. Bouncing can set up a reflex contraction which can cause a tear. There is also a method called PNF or proprioceptive neuromuscular facilitation. This method requires a partner, so ask your trainer.

Strengthening is the next step in reconditioning. Muscle that heals with scar tissue is weaker and therefore subject to re-injury. Weightlifting should not cause pain. If pain occurs, it may be necessary to begin with isometrics, such as straight leg raises, before using weights.

Weightlifting should not be done before any activities (such as running, aerobics, etc.). For full benefit, a muscle should be worked to the point of fatigue. Usually, 3 sets of 10 (or to fatigue) is a rough guideline. Muscle needs 48 hours to recover, so lifting should not be done every day.

Weightlifting is not the only method for strengthening muscles. Working a muscle against any resistance to the point of fatigue will increase strength. Leg muscles can be strengthened to prevent shin plants by using some form of elastic band (such as an old bicycle tire inner tube wrapped around the feet, keeping the knees and heels together and moving one foot at a time. Achilles tendonitis can be rehabilitated by toe walking. Patella problems are best treated with a weight bench and doing leg lifts, but never squats. And don't forget to turnover and strengthen the hamstrings, also. Many of these exercises can be done at home. Although it is usually more fun and motivating to join a health club, that way you can find someone with whom you can roast chestnuts.

Editor's Note: Club Member John Solar's practice is located at 301 E. Baltimore Avenue, Clifton Heights. John specializes in podiatric medicine, foot surgery and sports medicine. His phone # is 626-2611.

ULTRA REVIEW 1988

By Bill Schultz

A review of ultras for the year 1988 finds two new DELCO RRC runners joining the list of those who have completed distances beyond the marathon. Both Bill Boselli and Rick Jones ran their first ultras.

The following is a list of runners and the distances at which they competed. (Please let me know if I have forgotten anyone.)

LEGEND:

T = Track
t = trail

R = Road

s = split in longer event

50 Kilometers

Bill Boselli T
Dave Covey t
Rick Jones T

100 Kilometers

Bill Koppenheffer R
Mike McGillian R

Bill Koppenheffer T
Bill Schultz T, R

12 Hours

Mike McGillian T
Tom Beese T

50 Miles

Joe Freiberg T
Bill Koppenheffer t, R

24 Hours

Tim Bell T
Bill Schultz T

100 Miles

Bill Koppenheffer t

6 Days

Bill Schultz T

Several of the above performances are of special note in that the time or distance covered qualified for the rankings of North America as published by "UltraRunning" magazine. Rankings are also given to performances obtained as splits enroute to longer distances.

50 Miles

178. Tim Bell

7:01:44

435. Bill Koppenheffer

7:46:22

436. Joe Freiberg

7:46:30

100 Kilometers

61. Tim Bell 9:15:05 S
97. Bill Koppenheffer 9:44:13 R

100 Miles

104. Tim Bell 20:30:52 S
114. Bill Schultz 20:52:07 S

24 Hours

56. Tim Bell 110m 880y T
101. Bill Schultz 103 1320 T

48 Hours

17. Bill Schultz 161 440 S

6 Days

8. Bill Schultz 427 880 T

Looking at the above performances, two individuals deserve special recognition. Tim Bell (Mr. Quality) only ran one ultra in 1988 but in so doing, met the ranking qualifications in four categories! On the other hand, Bill Koppenheffer competed in five different races. In so doing, Mr. Versatile ran on trails, roads, and the track.

Let's hope that 1989 is another strong year for the DELCO RRC runners who compete in ultras!

ULTRA CALENDAR

- Feb. 18 Brooklyn 50 Km
- Mar. 11 Great Philly to Atlantic City 100 Km
- Apr. 30 Lake Waramaug 50 Mi & 100 Km
- May 14 Dawn to Dusk Ultras

If you're interested in trying an ultra or want to read more about them and the people that run them, get in touch with any of the above runners.

For more information on the Dawn to Dusk ultras, please contact Bob Huggins or Bill Schultz. Sign up now for your favorite lap-counting shift!!!

AUDITOR WANTED

The club is looking for an accountant to audit the books. If you can help, please contact Fred Senderoff at 328-2623.

FAT ASS 50K

By Bill Schultz

January 8, 1989

This might be one of the best "Low Key" races you are going to find. There is no entry fee, always a small field, and you don't have to declare how far you're running until you finish. On one hand, it is ten 5K loops and the person who gets finished first is the winner. On the other, you can run as many loops as you want and declare yourself the winner of "your" category.

Although you don't get the traditional T-shirt, your "entry" does include:

- a pre-race breakfast/brunch
- fluids, cookies, and sweets during the race
- a hot shower afterward
- a hot meal afterward
- honest splits
- lots of encouragement

This year there were 15 starters and 6 ten loop finishers. The weather was miserable throughout and the 1/4 mile downhill trail section was sloppy at best. I was happy to run a relatively consistent 4:02:00. The first 25K was about 1:57 and the second 25K about 2:05.

VOLUNTEERS NEEDED

Volunteers are needed to assist with three upcoming events in the area.

April 16 - Penn Relays 20K Road Race

The DELCO RRC will be working one of three water stations at this new race, which will be the Middle Atlantic TAC 20K Championships. Contact Bob Huggins at 583-0610 (8:30 P.M. - 10:00 P.M.) to volunteer, or see him at one of the fun runs

April 23 - Community Y Biathlon

Course Marshalls are needed for the 5 mile run portion of the course. Work an entire shift or any portion. Contact Cindy Phallen at the "Y" at 259-1661 to volunteer your services. While it's a long morning, there are always plenty of bodies (male & female) to look at!

Refreshments after the event.

May 13-14 Dawn-to-Dusk Ultras

Lap Counters are needed! We never have enough...we need your help. Contact Bob Huggins (see above phone number) or Bill Schultz at 534-2979.

PHILADELPHIA TURKEY TROT

By Bob Huggins

Sunny, 40's, windy
5 Mile TAC Certified Course

November 24, 1988
521 finishers

It's official. The Turkey Trot is back for good. Two years ago, race officials tried to cancel the race...140 runners showed up anyhow. Last year, with minimal advertising and a lot of word of mouth, the race had over 300 finishers. This year, the pivotal year, helped by crisp, bright Thanksgiving Day weather, the Turkey Trot solidified its position as one of Philadelphia's most popular races with 521 finishers. Apparently the lure of a low cost (\$3.00 pre-entry), no frills (no t-shirt) race is appealing to a good number of runners looking for a well-organized, end-of-season race.

The race was won by Tom Daugherty in 25:48 just one second ahead of Rick DiSebastian who, at age 37, can still crank out fast miles with the best of them. Sheryl Reid, of the Reebok Racing Team (and a DELCO RRC member) literally ran away from her competition with a fine 29:24, good for 26th place overall. Club member Frances Dagle, in her first serious racing attempt since giving birth to her son Andy, placed 2nd in 32:37, one of her better five mile efforts. Marianne Grace also placed well, 6th overall in the women's division in 33:50. Unfortunately the wide age group, 20 to 39, kept her out of the awards. In addition to Sheryl and Frances, Betty Perrone, Don Larson and Gene Martenson all placed in their respective age groups.

The Turkey Trot has long been a DELCO RRC favorite and this year proved to be no different as an outstanding total of 49 members completed the "fast and flat" two loop course. Names and times, where known, are as follows (if we miss you, let us know by completing the form found elsewhere in this issue):

NAME	TIME	NAME	TIME
Mark Dehmel	27:11	Tom Hirsch	36:53
Joe Freiberg	28:20	Tom Weber	37:04
John Krajek	28:24	Mike Touhey, Jr.	37:21
Bob Boyer	29:12	Rich O'Neill	37:56
Sheryl Reid	29:24	Betty Perrone	38:00
Jim Reardon	29:27	Mike Bogdash	39:32
Larry Filtz	29:48	Mary Lou Bozelli	39:33
Torpey White	31:00	Gene Martenson	41:20
Tim Wade	31:09	Hank Goldring	42:12
Ed Cope	31:33	Joe Nolan	42:52
Don Larson	31:34	Ray Locke	42:54
Bob Huggins	31:45	Maria Giovanni	42:56
Frances Dagle	32:37	Kathy Watson	45:08
Bill Schultz	32:40	"Coach" Bill O'Keefe	45:22
Mike Touhey, Sr.	32:41	Tom Watkins	45:25
Marianne Grace	33:50	Dot Kracht	45:54
Bob Fuhrman	33:58	Charles Rodgers	47:04
John Ashton	34:11	George "Dogged It" Koerner	47:15
Bob Koerner	34:25	Mike McGillian	48:36
Tom Tolan	34:43	Larry DiBello	49:18
Rolf Dehmel	34:53	Ronnie Levy	50:32
Bill Koppenheffer	35:01	Marvin Levy	50:34
Pete Belfi	35:05	Marcy Harper	no time*
Rita Jordan	35:25	Byron Mundy	no time*
Joe Farrell	36:40		*ran for fun

Race Notes: Quite a few DELCO "out-of-towners" showed up for the race including Mark Dehmel (first DELCO finisher - 6th overall), on Thanksgiving break from the University of Virginia, Torpey White from North Carolina, and Ray Locke and Maria Giovanni from Maryland.

Thanks to Bill Kracht, Joan Doherty (visiting from Lancaster) and Mary Bergen for their vocal encouragement during the race.

1988 SPRINGFIELD FUN RUN REPORT

By Tom Hirsch

NEWCOMERS: Mike Bogdash 7-07-88 Joe Tankle 11-13-88
 Karen Genello 11-13-88 Jeff Erb 11-27-88

10X: Bob Dimond 8-21-88 Bob Meighan 5-03-88 Tom Tolan 11-03-88
 Mike Bogdash 9-01-88 Pete Belfi 11-27-88 Tim Wade 11-27-88
 Margy Romano 10-27-88

20X: Bob Kern 7-24-88 Marianne Grace 8-14-88 Ron Grace 8-28-88
 Bob Meighan 6-05-88 Mike Bogdash 10-11-88 Jim Reardon 12-10-88
 Dan Shirilla 10-23-88

40X: Mike Metague 6-19-88 Melissa Brown 4-19-88 Dave Baker 5-08-88
 Bob Meighan 9-15-88 Kathy Watson 12-27-88 Mike Bogdash 12-20-88

80X: Mike McGillian 7-3-88 Bob Fuhrman 6-12-88 Kathy Adamson 8-13-88
 Hank Goldring 11-8-88 John Bryson 11-17-88

MILESTONES:

Sam Brattini	150X	3-03-88	Steve Whitmore	750X	8-13-88
Kathie Clatterbaugh	800X	4-03-88	John Greenstine	400X	5-17-88
Bill Schultz	500X	5-26-88	Tom Hirsch	1000X	5-24-88
Jim Miccolis	200X	6-14-88	Joe Santell	350X	6-14-88
Mark Clatterbaugh	700X	6-21-88	Kathy Adamson	100X	6-19-88
Jim Smith	800X	7-14-88	Joe Nolan	500X	7-19-88
Melissa Brown	50X	7-21-88	Bill Mc Cormick	400X	8-14-88
Bob Huggins	550X	7-28-88	Mary Bergin	150X	9-27-88
Mary Lou Boselli	300X	10-25-88	Byron Mundy	1000X	10-14-88
Pete Senisch	250X	11-06-88	Helen Senisch	300X	11-13-88
Don Larson	100X	11-13-88	Dave Baker	50X	11-20-88
Maridel Whitmore	850X	11-27-88	Joe Freiberg	300X	10-27-88
Bob Meighan	50X	12-01-88	Amy Binder	150X	10-06-88
Marcy Harper	500X	12-20-88	Tom Watkins	350X	12-29-88

RACE SCHEDULE

Feb. 19 Northeast Roadrunners 7th Annual winter 10K Run
 (Plaisted Hall - out & back - 10:00 A.M. start)
 Contact: Charlie Payne
 3131 Stirling Street
 Phila., PA 19149
 or call: Joe Kraher at 535-6092 for more information

March 15 Collingdale 5 Miler (11th Annual)
 Contact: Byron Mundy
 214 Blunston Ave
 Collingdale, PA 19023
 534-2833
 A DELCO RRC event

March 19 Delaware County Memorial Hospital 5 Miler
(Ridley Creek State Park - 9:30 A.M. start)
Contact: Lynn Van Ost
Delaware County Memorial Hospital
Sports Medicine Institute
501 N. Lansdowne Ave.
Drexel Hill, PA 19026
(Race application enclosed)

Caesar Rodney Half Marathon - 26th Annual
(Wilmington, DE)

Contact: Caesar Rodney Half Marathon
Box 226
Wilmington, DE 19899

Remember: "A few hills thrown in for the hearty".

April 16 Penn Relays 20K Race (Philadelphia)
Contact: (Details to come)
First open road race connected with the Penn Relays in
several years.

April 7 Amish Country Half Marathon (Lancaster, PA)
Contact: Amish Country Half Marathon
509 Big Bend Road
Lancaster, PA 17603
(717) 397-3744 - day
(717) 394-7812 - evening

WINTER/SPRING MARATHON SCHEDULE

For those interested, here's a listing of nearby marathons, excerpted
from the January, '89 issue at RUNNING TIMES magazine (See RUNNING
TIMES for a detailed listing of these and other marathons).

Feb. 19 Washington's Birthday (28th annual)
Greenbelt, MD - 3 loops
Contact: Ron Griswold
1811 North Highland St.
Arlington, VA 22201
or call: Larry Noel - (301) 474-9362
also: 3-Person Marathon Relay
George Banker - (301) 248-5619

March 4 Last Train to Boston Marathon (Maryland)
Contact: Club member Bill Schultz for more information

April 17 Boston Athletic Association Marathon (93rd Annual)
Boston, MA - Point-to-Point
Contact: Send S.A.S.E. to:
Boston A.A. Marathon, 17 Main Street
Hopkinton, MA 01748
(617) 435-6905
Qualifying Standards; TAC card required

April 30 New Jersey Waterfront Marathon (5th Annual)
Jersey City, NJ - Point-to-Point; new course
Contact: NJ Waterfront Marathon
Harborside Financial Center
Plaza 3
Jersey City, NJ 07311
(201) 432-5530

May 7 Newsday Long Island Marathon
Long Island, NY - out & back; fast & flat
Contact: Patty Kemler
Long Island Marathon
Sports Unit
Eisenhower Park
East Meadow, NY 11554

Pittsburgh Marathon (5th Annual) - Pittsburgh, PA
Contact: Pittsburgh Marathon, Inc.
638 USX Building
Pittsburgh, PA 15230
(412) 391-2800

MULTI-SPORT CALENDAR

April 2 Philadelphia Naval Shipyard Biathlon - 2nd Annual
(Run: 2.5 mi., Bike: 15 mi., Run: 2.5 mi.)
Contact: Karen McGovern
Finish Line Sports
1915 Walnut Street
Philadelphia, PA 19103
569-9957

Note: Fast, flat but windy course. Solid race direction
by the Philadelphia Triathlon Club. Don't miss
this season opener!

April 23 4th Annual Community Y Biathlon
(Swim: .5 mi., Run: 5 mi.)
Contact: Cindi Phallen
Community Y
Lansdowne Ave. & Garrett Rd.
Lansdowne, PA 19050
259-1661

Swimmers & runners: Support this local race!

May 6 Goretex Triathlon (Wilmington, DE) - 7th Annual
(Bike: 12.1 mi., Run: 4.7 mi., Canoe: 3 mi.)
Contact: Lisa Crkvenac
American Heart Association
4-C Trolley Square
Wilmington, DE 19806
(302) 654-5269

July 22 3RD Annual Governor's Cup Triathlon
(Swim: .5 mi., Bike: 10 mi., Run: 3 mi.)
Contact: Pete Murray
3513 N. Third Street
Harrisburg, PA 17110
(717) 232-7126

August 6 YWCA Biathlon for the Homeless

(Wilmington, DE) - 2nd Annual

(Run: 4mi., Bike: 22 mi., Run: 3mi.)

Contact: Sonia Sloan

YWCA of New Castle County

233 King Street

Wilmington, DE 19801

(302) 658-7161

August 12 Emmaus Road Runners Triathlon

(Swim: 1-mi., Bike: 30-mi., Run: 10-mi.)

Contact: Chris Bleam

2207 Gordon St.

Allentown, PA 18104

437-4648

Note: One of the oldest Triathlons on the East

Coast, let alone Pennsylvania. Tough course!

DELCO MEMBER TURNS ENTREPRENEUR

Long time member Jack Myers has successfully introduced a new product to the running community. Jack has created the "Ice Cap," which is a baseball cap with a specially sewn pocket for ice. The ice positions itself at the lower end of the pocket at the back of the wearer's head, providing cool, moist relief. It is an excellent accessory for hot summer runs.

Jack created the design after noticing a fellow runner put ice cubes under a regular cap on summer runs. The problem was while the ice provided relief, with a conventional cap the ice bounced and slid around causing much discomfort and distraction for the runner, hence the need for the pocket to contain the ice.

At present, Jack has an agreement with Rainbow Racing Systems of Spokane, Washington to market Ice Cap, which has also been selected as an official product of the Road Runners Club of America. The product is currently being offered by mail. If you are interested in further information about Jack's Ice Cap, write him at 608 Kirsch Avenue in Wayne, PA 19087 or write to Rainbow Racing System, P.O. Box 18510, Spokane, Washington 99208.

PEOPLE HAPPENINGS... AT THE RACES

- * Ray Duffy of Glen Mills reports some good results at Fall races...at the Distance Run, Ray ran 1:54:21; at the Long Beach Island 18 Mile Run, 2:54:30, and moving down to the 10K distance, Ray posted a 49:45 at the Zoo Race in November.
- * Frances Dagle of Darby clocked a fast 32:37 to take 2nd place overall in the women's division of the Thanksgiving Turkey Trot, behind Sheryl Reid of Media.

- * Mike Boggdash of Frimos ran a 21:54 at the Middle Atlantic Road runner's Hall of Fame Masters 5K in December. This was Mike's first 5K so he earned an instant PR!
- * Get Well Wishes to Betty Perrone who suffered some broken toes in a household mishap. Betty was on a roll this past Fall, placing in her age group in almost every race she entered, so the injury comes at a bad time.
- * Wayne's Joan Potterfield placed fifth in the women's 35-39 age group (out of 265 women in that category) in the November Marine Corps Marathon, her first attempt at the 26.2 mile distance. Joan also represented her employer, General Electric, at the USCAA national marathon championship on January 15th at the Houston Tennero Marathon where she ran 3:15:25, good for 47th place in the women's division and 6th in the women's 35 to 39 age group.
- * Gene Martenson recently received some news clippings from South Africa on the Comrades Marathon, an 87.5 Kilometer (54 1/4 mile) ultramarathon which had an incredible 11,234 starters! Gene hasn't said whether he is personally going to try that distance!

Let us know how YOU'RE doing...whether you're a front runner, mid-packer, or at the back. We want to share your successes with the club. Fill out the form and send it to:

Bob Huggins, 40B Pershing Ave., Collingdale, PA 19023.

DELCO RRC INDIVIDUAL RACE RESULTS

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

FAVORITE RACES

Mary Lou Boselli says her favorite race is the Fenton Carey Women's 5K held in mid-October in Ocean City, New Jersey. Besides the fast and flat course (which works both to your advantage and disadvantage given the usually windy conditions), Mary Lou likes the "springy effect of the boards. The shorter distance (3.1 miles) is a real plus and, given the fact that the race is "for women only", it means a higher finish place overall. In fact, Mary Lou feels it's the perfect race for "middle of the pack" women runners who'd like to get an ego-boast by finishing in the top third.

Ray Duffy says the Philadelphia Distance Run is tops. Ray likes the September classic because the weather is usually nice and there's always excitement in the air on race day, given the large number of runners. For Ray, the Distance Run represents the high point of his running year and his training is focused on this race.

Paul Foster of Brookhaven has two favorite races, the Glen Mills Firecracker 10K and the Delaware Open Cross Country Championship. Paul's picked two tough courses. Anybody who has ever run at Glen Mills knows the second part of the course is the tough part...mostly uphill. Paul enjoys the support shown by the Glen Mills students as well as the scenic beauty of the course. The cross country race is a hilly 5K held at Brandywine Park in Delaware, run entirely on grass. Paul says that there is a separate masters race which gives him a better overall finishing position in the race. Paul also had two special highlights when he met Villanova's 1988 Olympian, Vicki Huber, at the race and also won a gift certificate for a pair of Reebok's in a prize drawing after the race.

Got a personal favorite race or race experience? Let us know; write to Bob Huggins at 408 Pershing Avenue, Collingdale, PA 19023.

MY FAVORITE RACE IS _____
DISTANCE (5K, HALF MARATHON, ETC.) _____
WHEN IS THE RACE HELD (MONTH)? _____
WHERE IS THE RACE HELD? _____
DESCRIBE THE COURSE (HILLY, FLAT, OUT AND BACK, LOOP, ETC.) _____

WHAT MAKES THE RACE YOUR FAVORITE? _____

ANY PERSONAL ANECDOTES ABOUT THE RACE? _____

DELCO RRC MEMBERSHIP MEETING

Wednesday, November 30, 1988

Attendees: Kathi Clatterbaugh, President
Joe Nolan, Vice-President
Bob Huggins, Newsletter Editor/Team Coordinator
Marylou Long, Membership Peggy Bobeck
Tom Hirsch Amy Binder Rita Senderoff

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. Tom Hirsch

Treasurer's Report/ Fred Senderoff/ N/P
Rita Senderoff represented Fred. \$5419.44 in bank account.

Donations to date \$2340.00 Jr. Olympics \$262.19

Cross-Country Championships \$79.63 cost to DELCO

Spaghetti Dinner \$349.99

Accepted treasurers report Bob Huggins/Joe Nolan

Membership Report/ Marylou Long

Membership is up to date. We have acquired approximately 20 new members due to the Media race.

Newsletter Editor/ Bob Huggins

Newsletter is being edited at present.

Team Coordinator/ Bob Huggins

Broad Street race will have a team this year.

Fun Run Leader/ Joe Nolan - AOK

Springfield is up to date with 3 newcomers.

Old Business

Valentine dance date has not been set.

Motion was made to adjourn meeting at 8:17 P.M. by Tom Hirsch/Bob Huggins.

Next meeting will be Dec. 28, 1988 at Springfield HS community room.

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Wednesday, December 28, 1988

Attendees: Kathi Clatterbaugh, President
Fred Senderoff, Treasurer
John Greenstine Amy Binder
Peggy Bobeck Bill Schultz
Tom Hirsch

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

Minutes from last meeting were read by secretary and accepted as read. Tom Hirsch/Bill Schultz

Treasurer's Report/ Fred Senderoff

PSFS account \$3326.00. We have finally split with Media Race committee. Our insurance premium is due. It will be the same as last year, \$615.00.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins N/P

Team Coordinator/ Bob Huggins N/P

Fun Run Leader/ Joe Nolan N/P

Old Business

Valentine Dinner Dance will be held on February 10, 1989. We will receive prices after the first of the new year. You will be receiving further information in the mail soon. Any ideas on entertainment????

Election Committee/Amy Binder

The votes have been counted and the results are in. John Greenstine - President Kathi Clatterbaugh - Vice President Fred Senderoff - Treasurer. Congratulations to all the newly elected officers.

Election Committee/Amy Binder

The man and woman of the year ballots were counted and the following are nominees:

Men	Women
Fred Senderoff (12)	Amy Binder (18)
Tom Weber (12)	Mary Bergin (18)
Bob Koerner (10)	Dot Kracht (15)
John Greenstine (10)	Frances Dagle (15)

We would like take this opportunity to thank Kathi Clatterbaugh for her hard work and guidance throughout the last two years. She has worked hard and has devoted many hours to the club. Thank you Kathi, we do appreciate it.

Motion was made to adjourn meeting at 8:23 P.M. by Tom Hirsch/Bill Schultz.

Next meeting will be Jan. 25, 1989 at Kathi Clatterbaugh's house in Springfield.

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Wednesday, January 25, 1989

- Attendees: John Greenstine, President
Kathi Clatterbaugh, Vice-President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Sam Brattini Bill Schultz
Dot Kracht Peggy Bobeck
Amy Binder Rita Jordan
Mary Bergin

Meeting was called to order at 7:58 P.M. by President John Greenstine.

Minutes from last meeting were read by secretary and accepted as read. Bill Schultz/Sam Brattini

Treasurer's Report/ Fred Senderoff

Approximately \$2800.00 in PSFS account. Insurance payment has been made. Audit is upcoming. Discussion followed regarding insurance fee.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Paper has been a problem. We will be getting the next newsletter in early February.

Old Business

Valentine dance - 25 people have paid to date. There will be no deposit necessary at the Springfield CC.

New Business

Bob Huggins has received a request from Rev. Norman Green who is a member of Middle Atlantic Athletic Congress. The Penn Relays will be having a road race this year. It will be a 20K Championship, on April 16, 1989. DELCO has been requested to man a water station. Bob Huggins will be our chairperson and delegate. If you would like more information please contact Bob.

Media Run/Rita Jordan

To become an official "Run" of DELCO RRC, Media must have 10 runners - 10 times.

Rita also related an interest in "Regenerative Running." She has approached some Drug & Alcohol Rehabs - halfway houses - who want to find runners to volunteer some time to help some of the people who are addicted to drugs and alcohol to become runners. She will be writing an article in a later newsletter - anyone interested - contact Rita Jordan for more info.

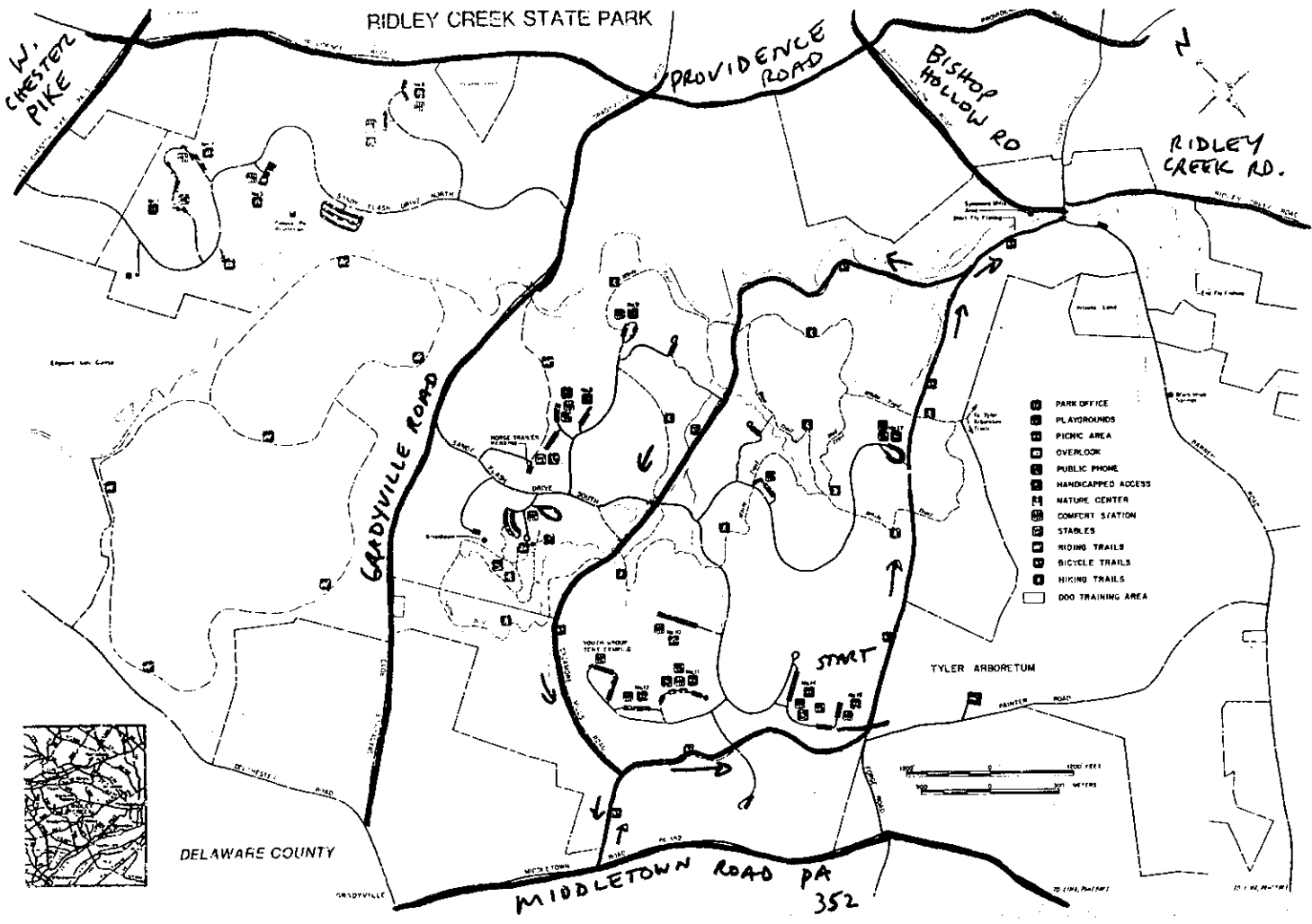
Jr. Olympics/ It will be here before we know it and Byron Mundy has volunteered to direct this year. He has also volunteered Mary Beth and Marylou Long again. Don't forget the first weekend in June. Keep it OPEN!!

Dawn-to-Dusk will be held on May 13 and 14.

We present at the meeting helped John - Pres - complete a survey from Henley Gibble, RRCA pres. Is she coming to interview us, John??

Motion was made to adjourn meeting at 9:09 P.M. by Amy Binder/ Bob Huggins
Next meeting will be Feb. 28, 1989 at Springfield HS community room.

Respectfully submitted,
Peggy Bobeck



START IS AT PARKING LOT
NO. 14 & 15



COMMUNITY Y 4th ANNUAL SPRING BIATHLON



WHEN: April 23, 1989
First heat for swim begins at 8:00 AM

WHERE: Community Y, Lansdowne Avenue & Garrett Road,
Lansdowne, PA 19050 (215) 259-1661

EVENTS: 1/2 Mile Swim - 5 Mile Run

ENTRY FEE: \$15.00

AWARDS: Trophies to the overall first place male and female plus Basic Membership to the Community Y. Plaques to the first three in the following age groups:

MALE

19 and under, 20-29, 30-39, 40-49, 50 and over

FEMALE

19 and under, 20-29, 30-39, 40-49, 50 and over

A high quality singlet will be given to all entrants.

PRE-RACE MEETING: A meeting will be held on Thursday, April 20, 1989 at 7:30 PM at the Community Y. All competitors must attend this meeting to receive important instructions on the Biathlon. Race packets will be picked up at that time.

REFRESHMENTS AND AWARDS CEREMONY IMMEDIATELY FOLLOWING

All entries must be received by April 14, 1989. Maximum number of participants is 96. The swim must be completed within 29 minutes. Swimmers will be seeded according to their times given below.

SEND ENTRIES TO: Cindi Phallen, Community Y, Lansdowne Avenue & Garrett Road,
Lansdowne, PA 19050

NAME _____ **MALE** ___ **FEMALE** ___ **AGE** _____

ADDRESS _____ **PHONE** _____

CITY _____ **STATE** _____ **ZIP** _____

SINGLET SIZE: S M L XL **BEST 1/2 MILE SWIM TIME** _____

In consideration for my participation in the Community Y Biathlon I hereby waive and discharge the sponsors, organizers, affiliates and employees from any and all claims that may accrue as the result of my participation. I will comply with all regulations as set forth by the Community Y Race Committee.

Signature

Signature of Parent if under 18



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