

Keeping Contact



Newsletter of the Delaware County Road Runners Club

June, 1989

Editor: Bob Huggins President: John Greenstine Publisher: Rita Senderoff
Submit articles for publication to: Bob Huggins, 408 Pershing Avenue,
Collingdale, PA 19023

DELCO FAMILY PICNIC

By Mary Lou Boselli

Where: Ridley Creek State Park Picnic Area #8

When: Sunday, July 16 - From noon till dusk

Bring the family and enjoy the fun! Softball, volleyball, games, and prizes for young and old alike.

Our picnic area can seat 60 people under the cool shade of the pavilion. Also, we're under cover in case of rain, so don't let a few sprinkles stop you. There are several grills, so bring out your favorite barbecue victuals. (The grills are a little "dusty", so aluminum foil is recommended and you may want to bring a table cover). Alcohol is strictly prohibited, so no cans or bottles, please.

Directions: Pass the Park Office on your right. Turn left at the next road. Up the hill to Picnic Area #8.

The site of DELCO's Family Picnic is in a beautiful, section of the park, just behind the stables. There are restroom facilities, plenty of parking and a playground for the kids. Also, an entrance to the bike path is just down the road for you hikers and bikers.

Mark your calendars for July 16th and join us for some summer fun!

WOMEN'S DISTANCE FESTIVAL

This years Distance Festival will be held July 15, 9 A.M. at Harris School in Collingdale.

The first Women's Distance Festivals were organized in 1980 as a celebration of women's running and to publicize the fact that, at that time, women did not have the same running opportunities in the Olympics that men enjoyed. With the inclusion of the marathon in 1984 and the 10K in 1988, the series has been effective.

The first festivals were held on the third Saturday in July, for that was the weekend closest to the men's marathon in Moscow.

After the run there will be a pancake breakfast at the Clatterbaugh's. so come out and join us and find out what Mark really wears under his apron.

For more info call Mary at 583-0712.

DAWN-TO-DUSK ULTRAS

By Bob Huggins

May 13-14, 1989
Sharon Hill, PA

440 yard cinder track
Weather Range: 50 - 70 degrees

After 5 years of sunny, hot weather, runners in the sixth annual Dawn-to-Dusk Ultramarathons finally caught a break. The weather was about as close to perfect as one could expect for a 24 hour period in mid-May in suburban Philadelphia...not too warm during the day and not too cold at night. The conditions proved just right for the husband and wife team of Clive and Janet Johnson who set new personal bests of 105 3/4 miles for the 24 hour event. The couple from Medford, N.J. always run together (even in 6 day events) and looked relaxed throughout the entire event. Janet Johnson joins that very exclusive club of women who have run 100 miles or more in 24 hours with this effort.

The expected duel between local star Neil Weygandt, of Pilgrim Garden, and South Carolina's ultra running great, Ray Krolewicz, never materialized as the effects of frequent racing (and long distance traveling) took its toll on Ray who finished with 78 miles to Weygandt's 116. Weygandt, who previously won the 24 hour event in 1986 and 1988 had run 100 miles in under 18 hours, but tightness in his legs forced him off the track for a longer period of time than he had anticipated. Unheralded Pat Cooper, of Lansdowne, at 24 the event's youngest runner, surprised quite a few people with his breakthrough run of 107 3/4 miles, to place second behind Weygandt. A total of six people ran over 100 miles.

In the shorter events, Sabin Snow completed 70 1/4 miles in 12 hours while DELCO's own Bill Meyer captured the 50 kilometer event in 4:45 and change. Snow flew in from Scottsdale, Arizona to compete in the event.

Here's how DELCO RRC members fared:

Bill Schultz tied for fourth place with 100 1/2 miles in the 24 Hour event. Another solid performance from the veteran ultra runner. Bill Koppenheffer and Mike McGillian only managed 20 1/4 miles, but for different reasons...Koppenheffer had problems with a knee while McGillian had to attend a wedding. Koppenheffer would make amends for his performance, however, with a fine sub ten and a half hour effort at a 50 mile trail run in California the following weekend. Finally, after several years of low milage work, Bill Meyer has revitalized his running program and ran a steady effort to record a fine 4:45:05 for the 50 kilometer race. Thanks to the many DELCO members who turned out to help with the race.

MULTI-SPORT NEWS

By Bob Huggins

April was a big Biathlon month for the Delaware Valley. In the last issue of Keeping Contact we reported on the Naval Base Biathlon. The last two Sundays of the month saw the Community "Y" Biathlon and the kickoff of the 1989 Cooper River Biathlon Series. DELCO members had good showings at both events.

The April 23rd Community "Y" Biathlon was a combination of swimming and running skills with a half mile pool swim and a five mile run through the streets of Lansdowne. The skies were sunny, but air temperatures were a bit nippy in the high forties - low fifties range. Kevin Franceschini, a top local triathlete, established a new course record with a blazing 39:41. His nearest competitor was over a minute and a half back. Sara Shuster repeated as the overall women's winner with a time 48:20, a little over a minute up on the second place female finisher. Seven DELCO RRC members were among the 85 finishers:

NAME	SWIM TIME	TRANSITION/	OVERALL TIME
		RUN TIME	
Bob Huggins	17:07	32:56	50:03
Mike Tuohy	14:55	35:43	50:38
Rick Jones	14:38	37:25	52:03
Mickey Lobb	17:08	36:33	53:41
Gene Martenson	21:01	43:23	64:24
Amy Binder	22:14	48:48	71:02
Peggy Bobeck	22:00	49:58	71:58

Congratulations to Mike Tuohy (40-49), Gene Martenson (50 and over) and Peggy Bobeck (40-49), all of whom placed second in their age groups. Congratulations are also in order to Amy Binder who successfully completed her first multi-sport event.

On April 30, four DELCO members travelled across the Delaware River to Cooper River Park in Pennsauken, N.J. for the first race in the 1989 Cooper River Biathlon Series. The race featured a 2.5 mile out-and-back run, followed by four loops of the river (roughly 15 miles), followed by a second 2.5 mile run. The top competition included Russ Jones and Bob Reuther, a top East Coast triathlete from Delaware. Around these parts, however, Jones is "Mr. Biathlete" and he literally destroyed a good field of regional and local biathletes in the process of setting a new course record.

DELCO members Mickey Lobb of Springfield and Tom Feehery of Aldan made their first Cooper River appearances, reporting times of 1:20 and 1:24, respectively. Bob Huggins, despite the effects of a lingering cold, set a course PR in 1:12:43 by biking the relatively short course in his running shoes. Swarthmore's Bruce Kelly was running extremely well in the first leg, but as he was leaving the transition area, he flatted ending his race early. (Although competitors have the option of changing tires, tubes, etc., the sprint nature of this race makes changing tires a moot point. You flat, you're done.)

The next race in the series will be held on Sunday, July 9th, with distances being a 3.7 mile run, followed by an 11.1 mile bike segment. These distances are short, so if you've been looking for a way to break into multi-sport competition, this is probably as good a race as you'll

find. All entries receive a cycling shirt with zippered collar and three rear pockets, a really nice change of pace from the traditional "T-shirt." The series will conclude on October 15th with the longest event in the series, a 3.7 mile run, followed by an 18.5 mile bike, followed by a 3.7 mile run. For an application form, send a S.A.S.E. to:

Cooper River Biathlon Series
c/o C.S. Running Center
33 Haddon Ave.
Westmont, NJ 08108

Congratulations to Mickey Lobb and Bob Huggins who successfully completed April's "Triple Crown" of Biathlons...the Phila. Navy Base Biathlon, Community "Y" Biathlon and Cooper River Biathlon.

RACE RESULTS

- * Frances Dagle ran a fine sub 40 minute effort to win the Lansdowne Memorial Day 10K on May 29th. Fellow DELCO runners Liz McDermott of Wayne and Rita Jordan of Media placed second and third, respectively. Many DELCO members ran this race which returned to the original 10K course this year. Race director Marianne Grace and her volunteers are to be commended for getting this race back on track.
- * Bill Koppenheffer ran a fine 1:30:54 at the Amish Country Half Marathon in Lancaster. Bill's wife, Betty Ferrone ran a fine 1:47:11 on the scenic, but hilly course. Others competing in the half marathon and accompanying fun run were Terry and Kathy Adamson, Mary Bergin and Joan Doherty who now makes her home in Lancaster.
- * While we don't have complete results of the Broad Street Run, we can tell you that Don Larson of Swarthmore placed third in the men's 55-59 age category. Don just keeps on rollin! (You were expecting, maybe, Proud Mary?)

RUNNING SHORTS

- * Congratulations to Betty Ferrone who earned her real estate license and is now selling properties for Weichert Realtors in their Abington/Jenkintown office.
- * Congratulations to Jim "Italian Goretex" Miccolis and Margy Romano who were married on April 29th.
- * Those intrepid trail runners Tom Hirsch, Mike McGillian, Bill and Maureen Meyer, and Tim Wade successfully completed the tough 7 mile Wissahickon Trail Run.
- * Good to see Vince Touey back in action again with a win at the Advent 5 Miler in Ridley Creek State Park and a second at the Lansdowne Memorial Day 10K race.
- * Here's something a little different. Try a Craftsberry, Vermont Running & Fitness Vacation. For more information, contact Kare Cossaboon-Holm, 9820 South Street Road, Le Roy, NY 14482, (716) 768-2746. The camp season begins on July 2nd and runs through August 25th.

* Anyone wishing to compete in the 1989 Keystone State Games should call 1-800-445-4559. The games will be held in the Wilkes Barre/Scranton area, August 9-13.

SUMMER ROAD RACE SCHEDULE

- June 24 All Star 5K Chase (Wilmington, DE)
Contact: Marathon Sports
300 W. 9th Street Plaza
Wilmington, DE 19801
654-2354
- Firecracker 10K (Glen Mills)
Contact: Glen Mills School
Attn: Don McNeal
Concordville, PA 19331
459-5246
- July 1 Norwood 3 Miler (Norwood) - 10:00 A.M. start
Contact: Pete Tozer
532-4200
- July 4 Firecracker 5K (Rockford Park, Wilmington, DE)
Contact: See Marathon Sports, June 24
- Grand Old Flag 10K Run (Pottstown)
Contact: Wayne A. Deegan, Sr.
32 E. 6th St.
Pottstown, PA 19464
215-323-8521
- July 7 5K Run for the Homeless (duPont Institute)
Contact: See Marathon Sports, June 24
- July 12 Rapid Results Summer Series 5K (Kelly Drive)
Contact: Rapid Results
P.O. Box 1087
Bellmawr, NJ 08031
- July 14 Media 5 Miler - Entry Form enclosed in this newsletter
DELCO RRC event - Run or work!!! Please!!!
- July 22 Jim Latz 5 Mile Beach Run (Ventnor, NJ)
Contact: Kathy Latz
5511 Winchester Ave.
Ventnor, NJ 08406
609-822-3841
- Aug. 9 Rapid Results Summer Series 5K (Kelly Drive)
Contact: See Rapid Results - July 12
- Aug. 11 St. Peters New Castle 5 Mile (Wilmington, DE)
Contact: See Marathon Sports - June 24

Aug. 12 Elkins Park Roadrunners 12 Hour Relay & Ultra (Elkins Park)
Contact: Bob Gamberg
7905 High School Road
Elkins Park, PA 19117

Asbury Park 10K (Asbury Park, NJ)
Contact: Asbury Park 10K Classic
Box 2287
Ocean, NJ 07712

Aug. 17 Mayor's 8K Road Race (Wilmington, DE)
Contact: See Marathon Sports - June 24

Aug. 27 Latinoamericano 10K (Hunting Park, Phila.)
Contact: Latin Runners Club
3958 N. Reese St.
Phila., PA 19140

MULTI-SPORTS RACE LISTINGS

TRIATHLONS

Note: Where a race requires a Tri-Fed card, a one day insurance payment fee can be substituted. All phone numbers are day phones.

TRIATHLONS

July 4 Liberty-to-Liberty Triathlon (New York to Phila.)
Swim: 1.5 miles, Bike: 100 miles, Run: 5 miles
Contact: Prestige Sports
P.O. Box 937
Green Brook, NJ 08812
(201) 968-8256

July 9 Philadelphia Triathlon (South Phila.)
Swim: 800 yards, Bike: 12 miles, Run: 4 miles
Contact: Sally Davis
American Cancer Society
1422 Chestnut St.
Philadelphia, PA 19102
665-2901

July 16 Carbon County Triathlon (Lehighton, PA)
Swim: 1 mile, Bike: 32.2 miles, Run: 10 miles
Contact: Ed Vermillion
P.O. Box 154
Lehighton, PA 18235
377-5905
Tri-Fed Card required

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

July 29 Corkscrew Team Triathlon (Reading, PA)
Run: 5K, Bike: 10K, Swim: 150 yards, Run: 1.5 miles
4 person teams only
Contact: David Kennedy
Precision Road Racing, Inc.
P.O. Box 252
Leesport, PA 19533
926-4303

August 6 Philadelphia Fairmount Park Classic
Swim: 1.5K, Bike: 40K, Run: 10K
Contact: Joe Donatucci
1610 W. Moyamensing Ave.
Philadelphia, PA 19145
389-0234
Tri-Fed Card required

August 12 Emmaus Road Runners Triathlon (Allentown)
Swim: 1 mile, Bike: 30 miles, Run: 10 miles
Contact: Chris Bleam
2207 Gordon St.
Allentown, PA 18104
437-4648

County Challenge (North East, Cecil Co., Maryland)
Swim: .25 miles, Bike: 11.8 miles, Run: 5K
Date tentative...more info next newsletter,
good novice race. Tri-Fed Card required

Sept. 4 Greater Wilkes-Barre Triathlon (Dallas, PA)
Swim: 1.5K, Bike: 40K, Run: 10K
Contact: Scott Millington
1300 Wyoming Ave.
Forty Fort, PA 18704
283-1405
Tri-Fed Card required

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

Lancaster YMCA Long Course Triathlon (Lancaster Co.)
Swim: 1.5 miles, Bike: 25 miles, Run: 15K
Contact: Hal Welsh
Lancaster YMCA
572 N. Queen St.
Lancaster, PA 17603
397-7474

Pine Barrens Triathlon
Swim: 1 mile, Bike: 25 miles, Run: 10K
Date tentative
Tri-Fed Card required

- Sept. 10 Lancaster County Short Course Triathlon
Swim: .25 miles, Run: 5 miles, Bike: 15 miles
Contact: See September 9th listing
- 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 Sandy Hook Triathlon (Gateway National Park)
Swim: .5 miles, Bike: 18 miles, Run: 4 miles
Contact: Charity Sports
37 Beach Road
Monmouth Beach, NJ 07750
- Sept. 23 Bud Light Sea Colony Triathlon (Bethany Beach, DE)
Swim: 1.5K, Bike: 22.9 miles, Run: 10K
Contact: Bud Light Sea Colony Triathlon
P.O. Box 5244
Herdon, VA 22070
(301) 493-6777
Tri-Fed Card required

- Sept. 24 Pennsylvania Triathlon (Reading, PA)
Swim: 1.5K, Bike: 22 miles, Run: 10K
Contact: See July 29 listing

BIATHLONS

- July 2 Philadelphia Biathlon (West River Drive course)
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Racing Resources
P.O. Box 229
Warrington, PA 18976
(215) 343-2407
- July 4 Liberty-to-Liberty Biathlon (New Jersey to Phila.)
Run: 10K, Bike: 100 miles, Run: 5 miles
Contact: See "Triathlons" listing for July 4
- July 8 O.C.L.A. - Tortuga Striders Biathlon (Ocean City, NJ)
Swim: 1 mile (ocean), Run: 5 miles
Contact: Grand High Tortuga
510 Swede St.
Norristown, PA 19401
275-2000
- July 9 Cooper River Biathlon Series - Race #2 (Pennsauken)
Run: 3.7 miles, Bike: 11.1 miles
Contact: Chuck Sellers
C.S. Running Center
33 Haddon Ave.
Westmont, NJ 08108
(609) 858-9760

Editor's Note: If you want to try a multi sport event, this is a great first race! All competitors receive a bike shirt.

- July 15 Brandywine Classic (Wilmington, DE)
 Canoe: 3 miles, Run: 5 miles
 Contact: Don Coats
 1 Walnut Valley Road
 Chadds Ford, PA 19317
 388-7613
- July 23 YMCA Biathlon for the Homeless (Wilmington, PA)
 Run: 4 miles, Bike: 22 miles, Run: 3 miles
 Contact: Sonia Sloan
 YMCA of New Castle County
 233 King St.
 Wilmington, DE 19801
 (302) 658-7161
 Tri-Fed Card required
- July 30 Riverview Sprint Biathlon (Pennsville, NJ)
 Run: 2 miles, Bike: 10 miles, Run: 1 mile
 Contact: Ridin' High Cycle
 130 N. Broadway
 Pennsville, NJ 08070
 (609) 678-9457
- August 27 Phila. Triathlon Club - Navy Yard Biathlon - Race #2
 Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
 Contact: Karen McGovern
 Finish Line Sports
 1915 Walnut Street
 Phila., PA 19103
 569-9957
- Sept. 10 Wildwoods Classic Biathlon (NJ)
 Bike: 20K, Run: 10K
 Contact: Chris Tatreau
 P.O. Box 465
 Stone Harbor, NJ 08247
 (609) 729-0209
- Sept. 24 Phila. Triathlon Club - Constitution Biathlon (W. River Dr.)
 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
- October 15 Cooper River Biathlon Series - Race #3 (Pennsauken)
 Run: 3.7 miles, Bike: 18.5 miles, Run: 3.7 miles
 Contact: See July 9th listing
- October 28 Season of the Witch Biathlon (Centerport, PA)
 Run: 4 miles, Bike: 13 miles
 Contact: See July 29 "Triathlon" listing - Precision Rd. R.
- October 29 Phila. Triathlon Club - Race #3
 Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
 Contact: See August 27th "Biathlons" listing - Finish Line

DELCO RRC MEMBERSHIP MEETING

Wednesday, April 26, 1989

Attendees: Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team
Joe Freiberg, Public Relations
Bill Schultz
Tom Watkins
Mike Touey
Coordinator
Tom Hirsch
Peggy Bobeck
Amy Binder

Meeting was called to order at 8:10 P.M. by Tom Hirsch.

Minutes from last meeting were read by secretary and accepted as read. Bob H/Bill S

Treasurer's Report/ Fred Senderoff

PSFS account \$3044.00. No outstanding bills. Audit upcoming. Budget was presented for the upcoming year and reviewed. Motion was made by Bob Huggins to accept the budget as presented. Seconded/ Bill S. Passed.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

We will have a long version of the newsletter out in May. We hope everyone likes the new short version. Keep the articles coming. Next short newsletter will be out in mid June.

Team Coordinator/ Bob Huggins

We have 4 teams (Men's & Women's Open and Men's master) entered in the Broad Street Run. There will be only local running clubs - so we should do well.

Sales on the men's singlets has picked up as a result of the newsletter. We are getting low on the unisex tee shirts.

Public Relations/ Joe Freiberg

Include Media/Ridley Creek Fun Run in the schedule. Jr. Olympics notice will be inserted in local newspapers to catch some kids not in school track & field. News release, locally will begin next week for Dawn-to-Dusk Ultra Marathon.

Old Business

Letter written by John Greenstine to the director of Caesar Rodney race was appreciated and traffic control problems will be looked at.

New Business

Dawn-to-Dusk Ultra marathon/ motion was made by Fred Senderoff the DELCO RRC support the Dawn-to-Dusk Ultra marathon on May 13-14. Seconded/ Peggy Bobeck. Passed. Entry fees are slightly higher this year to off set some of the cost. Thus far 14 entries have been received.

Motion was made to adjourn meeting at 8:37 P.M. by Peggy Bobeck/ Tom Watkins.

Next meeting will be May 31, 1989 at Springfield HS community room.

Respectfully submitted, Peggy Bobeck



10th Annual!

MEDIA TOWN FAIR

5-Miler

Brought to you by
**BUD LIGHT,
BILL BATTEY'S
&
TOWN TALK**

Friday, July 14, 1989
7:00 p.m.
Media Fire House
Front & Jackson Streets
Media, PA

MAIL ENTRY NOW!
REGISTRATION LIMITED TO 800!

COURSE: Streets of Media (same as last year—counterclockwise).

ENTRY FEE: Pre-registration: \$8.00 if postmarked by July 7, 1989. Post-registration: \$10.00 on Wednesday, July 12th from 6:30 to 8:30 p.m. at Bill Battey's. **Race party following.** Race packets may be picked up at post-registration or before the start of the race.

T-SHIRTS: To the first 800 registrants.

AWARDS (presented outside the Media Armory following the race):

MEN: Overall top 10, plus top 3 in groups: 12 and under, 13-18, 19-29, 30-39, 40-49, 50 and over.

WOMEN: Overall top 5, plus top 3 in groups: 12 and under, 13-18, 19-29, 30-39, 40-49, 50 and over.

SPECIAL: First man and woman from Media Borough.

DIRECTORS: MEDIA MINUTES, Media Recreation Commission & DELCO Road Runners.

SPONSORS: Bud Light, Bill Battey's Sporting Goods and Town Talk.

AWARDS: Donated by Hind Sportswear and area restaurants.

PROCEEDS: All proceeds benefit the Media Recreation Commission.

INFORMATION: Call 237-9580 or 565-4151.

MEDIA MINUTES

Make checks payable to **DELCO RRC**. Mail checks to DELCO RRC, Media 5 Miler, c/o 100 Colonial Park Drive, Springfield, PA 19064.

NAME: _____

ADDRESS: _____

PHONE: _____

AGE ON RACE DAY: _____ SEX: _____

T-SHIRT SIZE: XL L M S

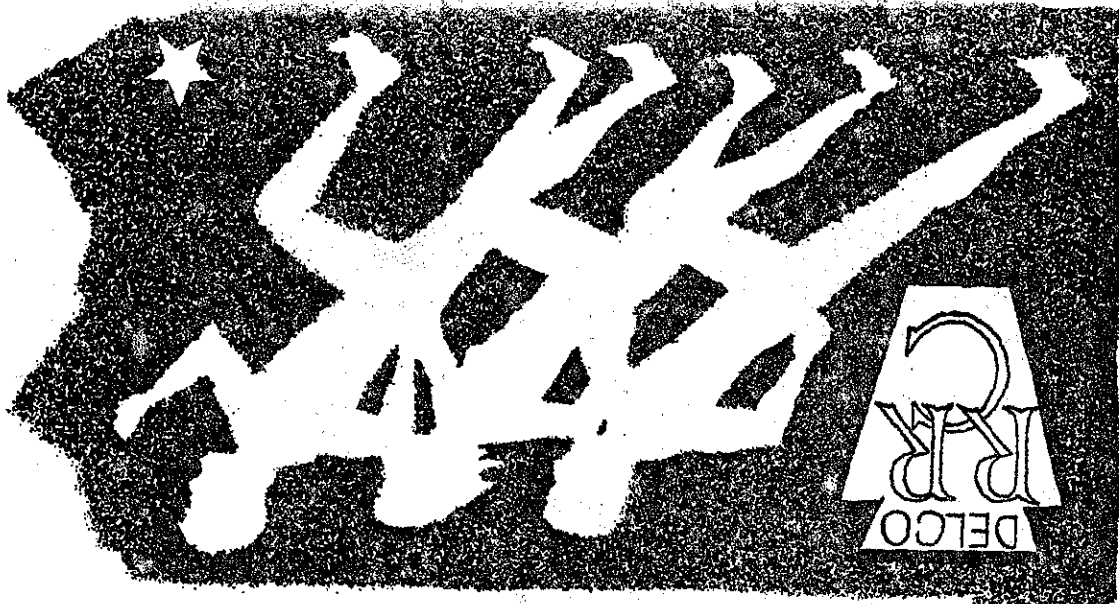
RELEASE FORM

In consideration of your accepting this entry and granting permission for my participation in the Media Town Fair 5-Miler, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for losses and damages I may have against the Media Minutes, Delco RRC, Media Borough, the Media Recreation Commission, the Media Town Fair and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. **NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS WAIVER!**

SIGNATURE: _____ DATE: _____

PARENT OR GUARDIAN: _____

(If runner under 18)



DELAWARE COUNTY ROAD RUNNERS CLUB

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

NON-PROFIT ORGANIZATION
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SHARON HILL, PA 19079

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