

Keeping Contact



Newsletter of the Delaware County Road Runners Club

May, 1989

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

SPRING IS HERE...

By Rita Jordan

The sap is not the only thing running these days. Okay, I admit there may be one or two saps running in our midst these days. All that aside, if wildlife is what you've been craving for in your life, come on out to the Media Fun Run on Friday evenings at 6:30 P.M. We are now running at Ridley Creek Park meeting at the gate to the bike path.

If you need directions or more information, give me a call at 565-1416. Hope to see all of you out there.

ON THE ROAD TO RECOVERY

By Rita Jordan

After reading several articles by Bob Rodale in Runner's World, I have been impressed by his thoughts on regenerative running, i.e., running from chemical and alcohol abuse. (October 1988, February 1989).

Mr. Rodale's commentary refers to the rewards from running and its subsequent high achievement effects for recovering drug addicts. In coordinating and implementing a drug recovery program with a running program, many former addicts have greatly increased their chances for continued "life long" sobriety.

Bob Rodale has posed a challenge to us "life long" runners. He has asked us to reach out in our community by giving our time and companionship and share the road with someone who may need help in going that extra mile.

I have made some initial phone inquiries to several rehabilitation centers within our county and they have responded with interest and enthusiasm. If you are interested in participating in such a program or simply want more information, let me know by giving me a call at 565-1416. I welcome your comments.

COLLINGDALE 5 MILE RESULTS

From Byron Mundy

Frances Dagle, 27, of Darby won the women's division of the Collingdale 5-miler this past March 5 in 33:01, and in so doing becomes the first woman repeat winner in the race's 11 year history. Frances, who had her first child last July 3, also won in 1984 with a time of 32:56.

Ron McGinn, 27, of Ardmore, took top honors for the men in 25:25. Mike Patterson, who finished first 6 times from 1981 thru 1988, did not compete this year. Robert Boyer, 47, of Brookhaven, and Dave Ferguson, 40, from Upper Darby had excellent times in the masters division with 28:37 and 29:05 respectively. Donna Ouellette, 32, Lansdowne (34:32) finished 2nd overall and Rita Jordan, 38, of Media (36:38) finished 3rd, while Cathie Cooper, 41, of Rosemont (41:28) led the Master's women.

Don Larson, 55, of Swarthmore (31:58) led the over-50 men, while Robert Moran, 9, of Havertown ran an astounding 37:14. George Piasecki, 77, of Folsom, was again the oldest finisher.

Race director Byron Mundy would like to thank the Collingdale Recreation Board and Police Department for their continued support, as well as the many DELCO volunteers who worked at the race including Bob Huggins, Marylou Long, Jack Myers, Frank Dewan, Mary Lou Boselli, Fran Deeney, Tom Hirsch, Mark Clatterbaugh, Kathi Clatterbaugh, John Greenstine, Bill McCormick, Bill O'Keefe, Mary Bergin, Bill Schultz, Joe Farrell, Peter Vishton, Mary Beth Mundy, and Pete Senisch.

The complete results follow:

COLLINGDALE 5-MILE

March 5, 1989

Overcast, some rain, 50 degrees

| | | | | |
|-----|-----------------|----|--------------|-------|
| 1. | Ron McGinn | 27 | Ardmore | 25:25 |
| 2. | Joe Genter | 31 | West Chester | 26:09 |
| 3. | Frank McGovern | 19 | Drexel Hill | 26:33 |
| 4. | Jim Reardon | 37 | Upper Darby | 27:13 |
| 5. | Charles Boehmer | 21 | West Chester | 27:35 |
| 6. | Steve Whitmore | 34 | Springfield | 28:19 |
| 7. | Robert Boyer | 47 | Brookhaven | 28:37 |
| 8. | Dave Ferguson | 40 | Upper Darby | 29:05 |
| 9. | Larry Filtz | 34 | Elwyn | 29:12 |
| 10. | Dan Shirilla | 30 | | 29:18 |
| 11. | Mike Metague | 41 | Upper Darby | 29:19 |
| 12. | Chris Fuhrman | 17 | Lansdowne | 29:28 |
| 13. | Robert Fuhrman | 19 | Lansdowne | 29:44 |
| 14. | Michael Suski | 27 | Holland | 29:48 |
| 15. | David Elman | 26 | Phila. | 29:55 |
| 16. | John Ashton | 29 | Springfield | 30:03 |
| 17. | Robert Thomas | 27 | Wayne | 30:20 |
| 18. | Byron Mundy | 41 | Collingdale | 31:02 |
| 19. | Dave Clark | 24 | Sharon Hill | 31:20 |
| 20. | Rick Hirsch | 30 | Swarthmore | 31:29 |
| 21. | Don Larson | 55 | Swarthmore | 31:58 |
| 22. | Harry Piasecki | 54 | Galena, MD | 32:20 |
| 23. | David Gobel | 40 | Havertown | 32:21 |
| 24. | Bob White | 36 | Wallingford | 32:22 |

| | | | | |
|-----|-------------------|----|-----------------|-------|
| 25. | Michael Tuohy | 42 | Aston | 32:23 |
| 26. | Bill Marra | 41 | Ridley Park | |
| 27. | Amos Mincin | 38 | Media | 33:01 |
| 28. | Frances Dagle | 27 | Darby | 33:01 |
| 29. | Bob Rost | 44 | Aston | 33:03 |
| 30. | Joel Perlish | 42 | Havertown | 33:14 |
| 31. | Bob Martin | 42 | Havertown | 33:15 |
| 32. | Joseph Thomas | 52 | Berwyn | 33:21 |
| 33. | Mickey Lobb | 37 | Springfield | 33:22 |
| 34. | Ed Stalford | 52 | Brookhaven | |
| 35. | Charlie Doud | 31 | Somerdale, NJ | 33:37 |
| 36. | Peter Vishton | 41 | Media | 33:57 |
| 37. | Bobby Fischer | 49 | Wayne | 34:07 |
| 38. | Gregory Vitali | 32 | Havertown | 34:15 |
| 39. | Bob Fuhrman | 47 | Lansdowne | 34:32 |
| 40. | Donna Duquette | 32 | Lansdowne | 34:33 |
| 41. | Bernie Sontagh | 47 | Folcroft | 34:37 |
| 42. | Marko Njezic | 38 | Media | 34:56 |
| 43. | Jack Corcoran | 41 | Colwyn | 35:03 |
| 44. | Kevin Cunningham | 35 | Swarthmore | |
| 45. | Bob Dimond | 54 | Lansdowne | 35:24 |
| 46. | Tim McGovern | 17 | Drexel Hill | 35:26 |
| 47. | Rolf Dehmel | 53 | Media | 36:00 |
| 48. | Jeffrey Gordon | 25 | Sharon Hill | 36:22 |
| 49. | Rita Jordan | 38 | Media | 36:38 |
| 50. | Jack Emmert | 41 | Lansdowne | 36:58 |
| 51. | Robert Moran | 9 | Havertown | 37:14 |
| 52. | James Tosh | 35 | Upper Darby | 37:16 |
| 53. | Stephen DiIenno | 32 | Collingdale | 37:20 |
| 54. | Anthony Belfiglio | 48 | Havertown | 37:24 |
| 55. | Mel Lindauer | 50 | Folcroft | 37:30 |
| 56. | Richard Tiritis | 29 | Swarthmore | 37:38 |
| 57. | Mike Tuohy | 14 | Aston | 37:50 |
| 58. | Michael Bogdash | 40 | Primos | 37:52 |
| 59. | Sean Gilligan | 15 | Sharon Hill | 38:05 |
| 60. | Ralph Bleakley | 41 | Havertown | 38:56 |
| 61. | Jim Strickland | 41 | Upper Darby | 38:57 |
| 62. | Mike McGillian | 40 | Collingdale | 38:58 |
| 63. | William Smith | 33 | Folsom | |
| 64. | Ray Duffy | 40 | Glen Mills | 39:19 |
| 65. | Paul Smith | 40 | Aston | 39:30 |
| 66. | Joe Murphy | 35 | Coatesville | 39:31 |
| 67. | Rich O'Neill | 34 | Collingdale | 39:40 |
| 68. | Gabe Mahalik | 37 | Collingdale | 40:18 |
| 69. | Mary Lou Boselli | 32 | Clifton Heights | 40:20 |
| 70. | Don Lewis | 38 | Prospect Park | |
| 71. | Harvey Fox | 55 | Phila. | 40:50 |
| 72. | John McGarvey | 52 | Berwyn | 41:27 |
| 73. | Francis Timlin | 32 | Collingdale | 41:28 |
| 74. | Cathie Cooper | 41 | Rosemont | 41:28 |
| 75. | Hank Goldring | 41 | Havertown | 41:29 |
| 76. | Allen Cooper | 42 | Rosemont | |
| 77. | Karen A. Flynn | 39 | W. Berlin, NJ | 42:52 |
| 78. | Al Piasecki | 52 | Glenolden | 43: |
| 79. | David Hibberd | 36 | Media | |
| 80. | Ed Kelly | 30 | Collingdale | |
| 81. | Beverly Hunter | 45 | Drexel Hill | |
| 82. | Richie McCreary | 45 | Media | |
| 83. | Helen Senisch | 51 | Woodlyn | 44:56 |
| 84. | Peggy Bobeck | 48 | Collingdale | 45:02 |

| | | | | |
|-----|------------------|----|---------------|-------|
| 85. | Dot Kracht | 52 | Springfield | 46:44 |
| 86. | Scott Scheffler | 27 | Wayne | |
| 87. | Fran Cartafalsa | 31 | Chester | 47:07 |
| 88. | Janine Zekonis | 27 | Media | 47:29 |
| 89. | Jeff Kennedy | 8 | Clifton Hgts. | 47:46 |
| 90. | Rich McCurdy | 51 | Upper Darby | |
| 91. | Emmett Harkins | 45 | Bala Cynwyd | |
| 92. | Douglas Kennedy | 8 | Clifton Hgts. | 48:27 |
| 93. | Dennis Kennedy | 41 | Clifton Hgts. | 48:29 |
| 94. | Mike Fein | 9 | Havertown | 48:34 |
| 95. | Andrew Hennessey | 8 | Glenolden | 48:48 |
| 96. | George Piasecki | 77 | Folsom | 48:50 |
| 97. | James Hennessey | 39 | Glenolden | 48:52 |
| 98. | Ben Rose | 12 | Media | |
| 99. | David Badler | 9 | Havertown | |

A TIP FROM THE TRAINING ROOM

SPORTS' MOST COMMON INJURY

By Steve McLaughlin, ATC
 Administrative Director
 Wellness Center - Haverford Community Hospital

Can you relate to this dramatic sports scenario? You've just scored the winning basket in the championship game of your basketball league (the thrill of victory!) but in the process landed on your opponent's foot and twisted your ankle (the agony of defeat!). Maybe you've only dreamed of scoring the winning basket but in reality nearly every athlete has experienced the pain and disability associated with sports' most common injury - the ankle sprain.

A sprain may be defined as a wrenching or twisting of a joint resulting in partial or complete tearing of ligaments. Ligaments are important connective tissues that support the bones forming a joint. The majority of ankle sprains result from forcefully inverting your foot (i.e., landing on the outside of your foot and "rolling it over"). This mechanism results in injury to the ligaments on the outside or lateral side of the ankle resulting in swelling, pain and stiffness.

Proper first aid, and accurate medical diagnosis and a daily rehabilitation program are the key components for an early, safe return to sports. Neglecting medical treatment often leads to re-injury and the establishment of a chronically unstable joint.

Listed below are some guidelines to get you back in action if you've suffered an ankle sprain:

1. Initiate I.C.E. treatments (15 applied minutes every 2 - 4 hours); compression (ace wrap/taping), elevation (injured body part above heart) immediately after injury to reduce pain and most importantly, swelling.
2. Consult an orthopedic surgeon for a complete diagnosis. This should include an x-ray of your ankle to rule out a fracture. This is particularly important to adolescent athletes who are susceptible to fractures through the growth centers of their bones.

3. Your physician, usually with the assistance of a physical therapist or athletic trainer should outline a complete rehabilitation program directed at returning you safely to your sport. This should include the following: Daily use of ice and some type of oral anti-inflammatory to reduce pain and swelling. (Aspirin is the most commonly used; Tylenol is an analgesic, not an anti-inflammatory), some form of compression applied (taping/ace wrap), crutches to continue a weight-bearing gait and most importantly, a home exercise program to restore full strength and flexibility. These exercises are to be done 2-3 times daily.
4. It is important to note that early weight bearing on the injured foot should be attempted to avoid developing a stiff joint. Crutch walking is continued until you can walk without a limp.
5. Once swelling has decreased, an ankle brace or athletic taping can be worn as your exercise program progresses to include more running and agility activities (i.e., jumping rope, running circles, and cross-over steps).
6. Ice application should continue after exercise session to reduce post-exercise soreness.
7. A full return to sports is based on the following criteria:
 - Absence of swelling
 - Restoration of full strength and flexibility
 - Ability to complete a functional test without pain or instability. This test includes a variety of running drills specific to your sport (i.e., sprinting, single leg hops, cross-over steps, circles and stop-starts).
 - Protective taping or bracing along with a daily exercise program is continued for at least 3 months to as long as 1 year, depending on the severity of the injury.

Adherence to these guidelines will allow you to take a more active role in your rehabilitation and minimize your time lost from the activity. Recovery will vary according to the severity of the injury, but most ankle sprains will require approximately 2 -6 weeks of rehabilitation - time well spent to get you back in the action.

100 MILE TREK

NEW YORK PIONEER CLUB MEMORIAL

By Bill Schultz

The idea of running 100 miles in three days wasn't the thing that caught my attention about this race. I'd competed in several 24 hour races in which I'd covered more than 100 miles. The twist to this race was that the 100 miles were spread over three days (Feb. 18-20) or stages. Each stage consisted of running 33 1/3 miles against the clock and the other contestants. There would be a winner of each stage and the runner with the lowest total time for the three stages would be the overall winner.

Since the distance each day was relatively short, in terms of an ultra, I didn't feel as if I could stay with the speed boys. They tend to specialize in distances that are under 100K and seldom, if ever, go beyond. My plan was to run consistently throughout and hope that they would come back to me as the race went on.

The first day was set in Prospect Park (Brooklyn) and consisted of 13 loops each 2.56 miles. Of the 16 starters, there were several I knew. I felt the two-time defending champion, Louis Rios, was the man to beat. He had run 13:45 the last time and I hoped to be in that range.

Ted Corbitt gave a brief talk before the bell. Ted had been one of the early founders of the NY Pioneers Club which led to the formation of the NYRRC. He also was a two-time US Olympic Marathoner and holder of numerous American ultra records.

Through most of the early laps I ran in the top three with Rios and some Frenchman nobody knew. By mid race Rios dropped off pace. I held the lead into lap 9. At that point I dropped to second behind "the Frenchman". The fact that I had been able to be competitive this late in the race led me to think I could actually win the first stage. I caught him around 50K and finished as strong as I could in 4:11+. My excitement at being the leader ended when I walked into the locker room and found out that I was second. Mark DeBartolo, who had missed the start, had actually run the field down and finished in 4:02.

Doug and Pauline Limberg (Koerner) were there at the finish to pick me up. It was their first look at an ultra. Although they have both competed in races and witnessed several marathons, I'm not sure if they had ever seen such an assortment of runners and gear before. I think the sight of shoes with the toes cut out was new to them! (Pauline prepared a great re-carbo-loading home-made pizza dinner and I was able to relax.)

The next morning we went into Central Park (Manhattan) for the second stage. Of the original 16 starters, 2 had dropped. Harry Berkowitz, who I was going to stay with the rest of the weekend, was one of them. Doug and Pauline stayed for the first couple of hours till Harry showed to make sure I would be OK.

Although the distance was the same, there would only be 5 loops each 6.66 miles. Most of the runners had feared this day the most because of the length of the loops and the hills. (Other than finishing the marathon years before, this was my first time running in the park and I couldn't get over the number of people.)

I again ran with the leaders through the first two laps (13+ miles). It was then that Mark and some guy named Frank decided they had had enough of jogging with me. I spent the next two loops hoping they'd come back to me. They didn't. On the 5th loop around mile 28, after passing the marathon finish in reverse, I hit a curb and fell landing on the back of my right shoulder. For the first time all day somebody talked to me. They felt I should wait for help. How were they to know that they were dealing with some fool in the late stages of a race. They couldn't understand why I wanted to get up right away.

I finished 3rd for the day. Mark had again won the stage and Frank finished a strong second. Other than being stiff from the fall, my legs and feet felt good. What's more, I had finished in 4:21+!

My total time after two stages was just over 8:30 and, although I had dropped to third overall, I was very happy with my race.

Day three was in Forest Park (Queens) and had 11 loops each just a little over 3 miles. This course also had hills. At this point, unless he had trouble, Mark looked like a sure winner with over a 23

minute lead. I would have to lap him and then outkick him. Frank had me by 5 minutes and as we started off, I entertained thoughts of catching him. The "Frenchman" was in 4th and would have to lap me.

My plan was to try and break Frank and, running with Mark, make up the 5 minutes. As was with day two, the three of us ran together for the first couple of loops. That's when Frank decided to try his plan.

His plan was somewhat different than mine. First, he dropped me. Then he dropped Mark. Unfortunately, for him, Mark stayed on lap. In the end, Frank won the stage and Mark won the race.

As for me, I finished the day 4th in 4:31+. My buddy the "Frenchman" came up with a pacer the last lap and moved up from 6th to catch me in the last mile. This didn't go over real well with the "Spanish-talking" guy who finished 5th overall. He had been fighting it out with "Frenchy" for 4th and there were some heated words in the locker room after the race.

Although tired and a little stiff, the trip home was a good one. My original goals had been to be competitive and run around 13:45. I had finished third overall and my final time of just over 13:00 was more than I had hoped for.

HOUSTON TENNECO MARATHON

By Joan Potterfield

To ensure that you don't gain weight over the Christmas holidays, consider training for the Houston Tenneco Marathon. It's held in mid-January and is a nice break from winter in Pennsylvania. Three days before the race, it was 80 degrees. Typical race weather is in the 50's. This year was cold - above 35 degrees at race time. It warmed up quickly, however, and was great for running. The race began in dense fog, which was eerie but not unpleasant. You just followed the little "tushie" in front of you. There were separate starts for men and women (on parallel streets). The men and women didn't merge until the three mile mark, when everyone was sorted out. Although there were over 7000 runners, the start was fine because the streets in Houston are wide (remember, this is Texas!). The crowds were large and enthusiastic. There were radio announcers in towers all along the route. They peered through the fog using binoculars and called out runners' names and home towns. The crowd roared. I was announced at least four times. I got a particularly nice reception because I was from far away. There were also numerous bands, cheerleaders and other civic groups. I even saw hula dancers, but alas no Chippendales. The only "hill" on the course was an overpass at mile 13. The way the crowd cheered when you got to the top, you'd think that you'd just climbed Mt. Everest. The Texas runners moaned and groaned about the hill for miles. Frankly, I was glad for the chance to use different muscles. There were splits every mile, where you got not only your time but your average pace per mile. Very professional. Race organization was superlative. There were about 18 water stops, all well manned. In the later miles, they also handed out oranges and (perish the thought!) bananas. Baggage pickup at the finish was great, and there was plenty of food. I foolishly succumbed to a banana and was promptly sick. I marveled at the people drinking beer and eating pizza. There was a disc jockey, too, but I didn't see anyone dancing. The US Corporate Athletic Association Marathon, a race within a race,

was great fun. We were wined and dined all weekend. I didn't pay a cent for food all weekend. If your company has a team, I highly recommend it. The top times in the corporate race were as follows:

- Women Open: 2:57
- Women 40+: 3:09
- Men Open: 2:31
- Men 30-34: 2:30:06
- Men 35-39: 2:30:52
- Men 40-44: 2:38
- Men 45-49: 2:44
- Men 50+: 2:51

I was seventh in the open division, which I thought was acceptable given my age (35). It was tough being lumped with all the young women. The plane fare to Houston is \$330. The Hyatt Regency, where I stayed, was \$59/night. All told, my expenses were about \$450, which I thought was surprisingly reasonable for a race halfway across the country.

LAST TRAIN TO BOSTON

March 4, 1989

By Bill Schultz

The temperature was supposed to be in the upper 40's, the sky was overcast, and there was no wind to speak of. What a day for a marathon! DELCO RRC members Mike McGillian, George Koerner, Bill and Betty Kop-erone, and Bill Schultz went to Aberdeen, MD for this low-key spring race. This year's starting field was way up as roughly 50 people started.

So much for the start of the race! First the wind picked up and then the sky started to open up. Nothing heavy mind you, just a steady mist that, combined with the gusting wind and a temperature that stayed in the low 40's, made for a mess and there were over 30 who DNFed. George had the misfortune of suffering from a case of hypothermia and his day ended around 23 miles.

Betty Ferrone, looking for a good workout, got one and a good time (1:49) for 13.1 miles. Like a machine, Mike locked into auto-pilot and ran a steady 4:03 for 16th overall.

The two Bill's both broke into the top 10. Bill Koppenheffer finished 8th with a fine 3:35 and Bill Schultz finished 3rd with a 3:05.

If you're looking for a run to use as a workout, or one to test your spring condition, you might want to try this one next year. It's always the first weekend in March.

PHILADELPHIA NAVAL BASE BIATHLON

By Bob Huggins

The 1989 multi-sport season got off to a bang with the second annual Philadelphia Naval Station Biathlon on April 2nd (actually, the season started with the Skyline Biathlon, a short--3.6 mile run, 10.8 mile bike--but very tough race held in Reading the prior weekend). The Naval Station's first race, held last August, had less than 100

finishers, but the move to the early Spring proved to be the right move as the race attracted more than 250 multi-sport aficionados who were anxious to get any early start on the '89 season. In fact, 269 people (224 men, 45 women) managed to finish the race. The weather was chilly (high 30's/low 40's) but not too windy, which made the bike portion tolerable. Tights and long sleeve bike jerseys seemed to be favored by most competitors to combat the chilly early morning start. The race consisted of a 2 1/2 mile run followed by a 12.2 mile bike, followed by another 2 1/2 mile run, which made the course appropriate for both novice and experienced biathletes alike.

Russ Jones, the Delaware Valley's second best biathlete (next to Jeff Devlin of Voorhees, N.J.) set a course record of 56:19, over a minute faster than Fred Klevan's 1988 mark of 57:21. Bob Freed, last year's runnerup, placed second in 58:04. The women's race was much closer as Amy Campbell of Summit, N.J. (1:08:20) beat fellow New Jerseyan, Newark's Kimberly Borin (1:08:45) by just 25 seconds. DELCO was represented by Bob Huggins (1:05:09), Mickey Lobb (1:08:59), Doug Limberg (1:10:53 who also completed the Skyline Biathlon the week before) and Peggy Bobeck (1:34:37).

PROPER PACING: HOW TO RUN CAESAR RODNEY AND OTHER TOUGH COURSES-- AN EXPERIMENT OF ONE

By Bob Huggins

What kind of a headline is that, you ask. Well it finally dawned on me, after 7 consecutive years of running the Caesar Rodney Half Marathon (Remember: a few hills thrown in for the hearty), that there's a right way and wrong way to run that challenging course. Now half of you are probably thinking, the only right way to run Caesar Rodney is not to run it at all! Well, you may be right, but on my eighth try at Caesar Rodney this past March, I finally learned the secret: pacing, pacing, and more pacing.

By the very fact that we race we are competitive. When we enter a race, we want to run as fast as we can given our fitness levels and race conditions but, also...we want to finish ahead of as many people as we possibly can. I suggest to you that when you run Caesar Rodney you can be competitive in terms of running as fast as you can, but you should not consciously try to pass as many people as you can. To do so, at Caesar Rodney (and other tough courses, e.g., Glen Mills), can be deadly. Why? Simply because of the demanding nature of the course and the fact that some people are naturally better "climbers," while others run downhill better, and some, like me, do their fastest running on the flat sections. The problem, with trying to "beat" people at Caesar Rodney is that if you don't know the strengths of the runner just ahead of you or next to you, you can easily get sucked into a pace which is just too fast for you. How can you tell? Try to go with the runner. If you feel yourself overstriding or, if your breathing pattern becomes uncomfortable (except in last second sprints to the finish) you're going too fast...you need to back off. That isn't to say you should not set your targets on someone ahead of you...just remember that in almost every race you'll run, you will do some passing and you will get passed.

Watching how people react when they're passed can often be comical to watch with the "surge then die" scenario most often occurring by the person who is being passed. But even more comical is watching a female runner pass a male runner. The psychology of it is laughable, but let's face it, some guys just can't stand to be beaten by "a girl". Whereas they might let other guys go, when it comes to woman, the "macho" male runner will do everything in his power to stay in front of the woman. This is one of the best ways I know for a male runner to burn himself out...fast!

The real key, then to successfully running tough courses is knowing your own strengths (and weaknesses) and finding that certain rhythm relative to the course on which you're competing, the weather conditions, your personal fitness level, etc. And remember, the next time you open with a 6:15 first mile when you should really be running a 7 minute mile, don't say I didn't warn you.

RUNNING SHORTS

*** Our good friend Bill Boselli has just opened "Boselli's BURN Appetite" pizza parlor and restaurant on Long Lane in Upper Darby. Bill's pizza is delicious and he invites all DELCO RRC members to sample his variety of pizzas, pastas and hot & cold sandwiches.

*** Get well wishes to Springfield's Fred Cox who was injured in a freak accident at the Caesar Rodney Half Marathon in Wilmington. Fred was just a couple of hundred yards from the finish when the accident occurred. We hear that he is recovering well.

*** Also get well wishes to Joan Potterfield who was struck by a car in early March. Joan has been doing running exercises in a pool and will be back on the roads soon.

*** Our best wishes go to David Baker and his family as they prepare to return home to their native Australia. "Doctor Dave" has been at Children's Hospital in Philadelphia for the past three years. We'll miss you, Dave! Dave promises to wear his DELCO RRC singlet in the "Land Down Under."

*** Lansdowne's Bob Fuhrman placed well at the Philadelphia Indoor Masters Track Championships held on March 5th at Haverford College. Bob took first place in the 55 meter high hurdles clocking 10.2 seconds, and took 3rd place in the 800 meter run with a fine 2:25.7. Bob competes in the 45-49 age group category.

Remember, use the form below and send your race results to:

Bob Huggins, 408 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.) |
|-----------|-------|----------|-------|-------|---|
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |

DELCO RRC TEAM RACING

Yes, believe it or not, the DELCO RRC occasionally participates in team competitions. It may not be for God and Country, but DELCO has fielded some decent teams in past years and we hope to get involved in more team competitions in the future. To this end, we need to know if you would like to compete for the team. In many instances, we are able to enter multiple teams, so regardless of your ability, let us know if you wish to compete. Normally, team members will be expected to pay their own entry fees, but if there is a team fee on top of the individual fee, DELCO will pick up the cost, provided there are a sufficient number of team members.

If you're interested in competing for the team, complete the form below and return it to Bob Huggins at one of the fun runs or send it to Bob at:

408 Pershing Ave., Collingdale, PA 19023.

Yes. I want to compete for DELCO's team.

Name _____ Sex (M/F) _____ Birthdate* _____
 Address _____ City _____
 State _____ Zip Code _____ Home Phone _____

Preferred racing distance (e.g. 5K, Half Marathon, etc.) _____

Best times (and when) for the above: _____

"Special" Races (Ultras, Triathlons, etc.) - List Experience _____

*Used to determine Open/Masters Eligibility

ROAD RACE CALENDAR

- May 13 After The Fox 5K Run
Middletown, DE
Contact: John LaRösch
The Broadmeadow School
500 South Broad Street
Middletown, DE 19709
(302)378-9859
- May 13 Dawn-to-Dusk Ultramarathons
Sharon Hill, PA
Contact: Bob Huggins
408 Pershing Ave.
Collingdale, PA 19023
583-0610
- May 13 5 Mile Fellowship Run
(Ridley Creek State Park)
Contact: 436-0807
- May 14 Clean Air Council 5K
Chestnut Hill College
Contact; Joe Minott
311 S. Juniper St. - Room 603
Phila., PA 19107
- May 20 Middletown Twp. 5 Mile Dogwood Run
Indian Lane School, Middletown Twp. (near Granite Run)
Contact: Middletown Township 5 Mile Run
P.O. Box 157
Lima, PA 19037-0157
565-2700 (9 A.M. - 4:30 P.M.)
- May 20 Pennsylvania RRCA 8K Championship
Chambersburg, PA
Contact: Bruce Kessler
1759 Crottlestown Rd.
Chambersburg, PA 17201
- May 21 Run for Rich 5 Miler
Upper Merion H.S., King of Prussia
Contact: 265-0171
- May 29 Lansdowne Memorial Day 10K Race
Race application enclosed.
Support this local race!
- June 3 Great Cape May 10K Foot Race
Contact: Cape May Convention Hall
714 Beach Ave.
Cape May, NJ
(609)884-2761 or (609)884-9565
- June 4 Bar/Packard 10K Run
Course: West River Drive - out & back
Contact: (215)567-2010

- June 11 Main Line 5 Mile Run
 Lower Merion High School Athletic Field, Ardmore
 Contact: 642-0300
- June 11 American Red Cross 10K
 Art Museum start - West River Drive Course
 Contact: American Red Cross
 5344 Chestnut St.
 Phila., PA 19139
 Note: Race is conducted with cooperation of the New
 Freedom Striders...a quality event.
- June 17 Neighborhood Challenge 5K
 Wilmington, DE
 Contact: Wayne Kursh
 Marathon Sports
 300 Ninth Street Plaza
 Wilmington, DE 19801
- June 24 Glen Mills (Hills) 10K Firecracker Run
 Contact: Don McNeal
 The Glen Mills School
 Concordville, PA 19331
 Note: Pre-registration is just \$3.00 after all these
 years...one of the true bargains in road
 racing. Novices beware...a tough course.
- July 22 5 Mile Beach Run
 Atlantic City/Ventnor, NJ
 Contact: Kathy Latz
 5511 Winchester Ave.
 Ventnor, NJ 08406

Editor's Note: The above list represents some of the major races in our region coming up. Two great sources for other races are The Middle Atlantic Road Runners Club Newsletter and Marathon Sports' listings for the state of Delaware. Neither are free, but both are well worth it for comprehensive race listings.

To join the Middle Atlantic Road Runners Club (MARRC), send your check for \$11.00 made payable to MARRC to:

Middle Atlantic Road Runners Club
 P.O. Box 35133
 Philadelphia, PA 19128

To get Marathon Sports' Calendar twice a year (for those who like to race in Delaware), send \$2.95 to:

Marathon Sports Calendar
 300 West Ninth Street Plaza
 Wilmington, DE 19801

Occasionally, we get a question on joining The Athletics Congress (TAC). For Membership information, contact:

Mid Atlantic Athletic Congress
 P.O. Box 7231
 Philadelphia, PA 19101
 (215) 843-MAAC

MULTI-SPORT CALENDAR

TRIATHLONS

- June 11 Hatboro YMCA Triathlon
1K swim, 25K bike, 8K run
Contact: Larry Wagner
Hatboro Area YMCA
440 S. York Road
Hatboro, PA 19040
674-4545
- June 18 Marathon Sports Sprint Triathlon
.25 mile swim, 16 mile bike, 5K run
Middletown, DE
Contact: Wayne Kursh
Marathon Sports
300 9th Street Plaza
Wilmington, DE 19801
(302) 654-2354 days
(Tri-Fed Card Required)
- June 25 Bud Light USTS Baltimore Triathlon
1.5K swim, 40K bike, 10K run
Baltimore, MD
Contact: Bud Light USTS
5966 LaPlace Ct. Ste. 100
Carlsbad, CA 92008
(619) 438-8080 days
(Tri-Fed Card Required)
- July 9 Philadelphia Triathlon
.5 mile swim, 12 mile bike, 4 mile run
Contact: Sally Davis
American Cancer Society
Philadelphia Division, Inc.
1422 Chestnut St.
Philadelphia, PA 19102
665-2901
- July 16 Carbon County Triathlon
1 mile swim, 32.2 mile bike, 10 mile run
Lehighton, PA
Contact: Ed Vermillion
P.O. Box 154
Lehighton, PA 18235
(215) 377-5905 days
- July 23 Governor's Cup Triathlon
.5 mile swim, 10 mile bike, 3 mile run
Governor Pinchot State Park, Lewisberry, PA
Contact: Pete Murray
3513 N. Third Street
Harrisburg, PA 17110
(717) 232-7126

July 29 Corkscrew Team Triathlon (4-person teams)
5K run, 10K bike, 150 yard swim, 1.5 mile xc run
Reading, PA
Contact: David Kennedy
Precision Road Racing, Inc.
P.O. Box 252
Leesport, PA 19533
(215) 926-4303 days

August 6 Philadelphia Fairmount Park Classic
1.5K swim, 40K bike, 10K run
Philadelphia, PA
Contact: Joe Donatucci
1610 W. Moyamensing Ave.
Philadelphia, PA 19145
(215) 389-0234 days
(Tri-Fed Card Required)

August 12 Emmaus Road Runners Triathlon
1 mile swim, 30 mile bike, 10 mile run
Allentown, PA
Contact: Chris Bleam
2207 Gordon St.
Allentown, PA 18104
(215) 437-4648 days

BIATHLONS

May 28 Pretzel City Classic Staged Biathlon
13.1 mile run, 30 mile bike
Reading, PA
Contact: Precision Road Racing, Inc.
P.O. Box 252
Leesport, PA 19533
(215) 926-4303 days

July 9 Cooper River Biathlon Series
3.7 mile run, 11 mile bike
Pennsauken, NJ
Contact: Chuck Sellars
C.S. Running Center
33 Haddon Ave.
Westmont, NJ 08108
(609) 858-9760 days, race #2

July 23 YMCA of New Castle County Biathlon for the Homeless
4 mile run, 22 mile bike, 3 mile run
Wilmington, DE
Contact: Sonia S. Sloan
YMCA of New Castle County
233 King St.
Wilmington, DE 19801
(302) 658-7161

DELCO RRC BUDGET - 1989

| | <u>EXPENSES</u> | <u>INCOME</u> |
|---------------------------|-----------------|---------------|
| <u>ADMINISTRATIVE</u> | | |
| POSTAL EXPENSES | \$350.00 | |
| RRCA DUES | \$190.00 | |
| INSURANCE | \$615.00 | |
| ADMIN. SUPPLIES | \$350.00 | |
| BANK CHARGES | \$50.00 | |
| DONATIONS | | \$2700.00 |
| MISC. CLUB SALES | | \$1000.00 |
| <hr/> | | |
| TOTAL ADMINISTRATIVE | \$1555.00 | \$3700.00 |
| <hr/> | | |
| <u>FUN RUN ACTIVITIES</u> | | |
| AWARDS | \$310.00 | |
| CAKE RACE | \$30.00 | |
| CHALLENGE RACE | \$50.00 | |
| MAN & WOMAN OF THE YEAR | \$100.00 | |
| MISC. | \$150.00 | |
| <hr/> | | |
| TOTAL RUN RUN ACTIVITIES | \$640.00 | |
| <hr/> | | |
| <u>NEWSLETTER</u> | | |
| POSTAGE | \$350.00 | |
| SUPPLIES | \$500.00 | |
| LABOR | \$550.00 | |
| RACE INSERTS | | \$100.00 |
| <hr/> | | |
| TOTAL NEWSLETTER | \$1400.00 | \$100.00 |
| <hr/> | | |
| <u>PUBLIC RELATIONS</u> | | |
| COLLINGDALE RACE | \$450.00 | \$425.00 |
| DELCO X-COUNTRY | \$700.00 | \$600.00 |
| DELCO 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 |
| <hr/> | | |
| TOTAL PUBLIC RELATIONS | \$15600.00 | \$15045.00 |
| <hr/> | | |
| TOTAL EXPENSES | \$19195.00 | |
| <hr/> | | |
| TOTAL INCOME | | \$18845.00 |
| <hr/> | | |
| OPERATING LOSS | \$350.00 | |
| <hr/> | | |



11th ANNUAL
LANSDOWNE
MEMORIAL DAY
"CLASSIC" 10K

The Lansdowne Recreation and Park Board will sponsor the 11th Annual Memorial Day 10K for the benefit of the Lansdowne Boys and Girls Clubs.

The 10K "Classic" will return to the ORIGINAL course through the tree shaded streets of Lansdowne, beginning at Penn Wood Senior High School. School is located at Essex and Green Aves. (South on Lansdowne Ave., approximately 1/2 mile below Garrett Rd., turn left onto Essex Ave. for two blocks to school.)

Distances: 10 Kilometers (6.2 miles)
1 Mile Fun Run

Time/Date: 10 AM Monday May 29, 1989

Registration: By mail or starting 8:30 AM at school on race day.

Course: Certified by the Delco Roadrunners Club.
A two loop course starting at the High School and ending with a final leg around the school track.
Splits at 1 and 3.1 mile marks.
See map attached.

Cost: 10K Run - \$6.00
1 Mile Fun Run - \$1.00 Donation

Awards: First 3 men and women overall.
First 3 men and women in 10 age groups: under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 and over.
First man and woman of Lansdowne.

Refreshments: Refreshments will be served.

Send entries and correspondence to:
Lansdowne Memorial Day Classic 10K
84 S. Lansdowne Ave.
Lansdowne, PA 19050

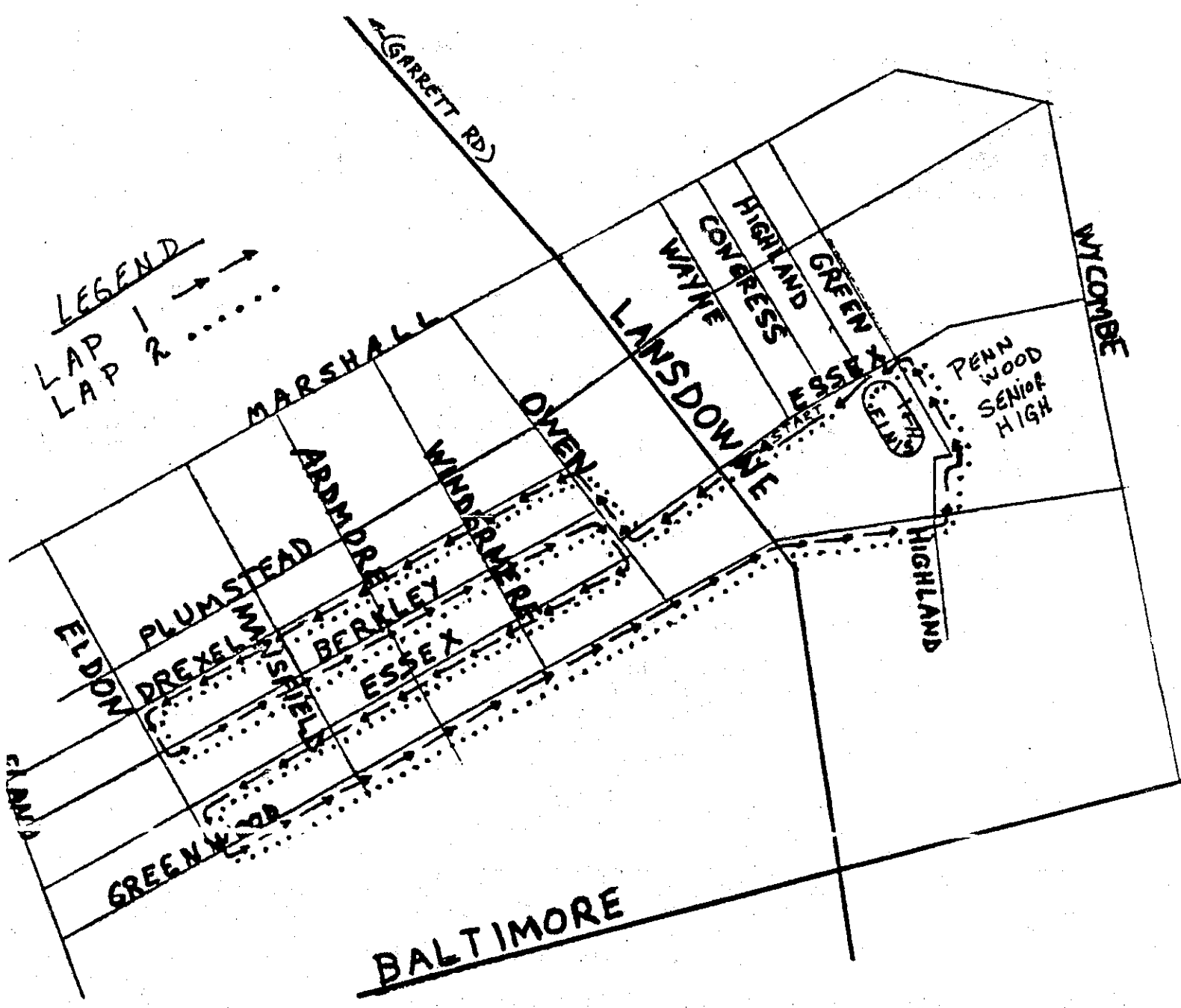
Checks payable to:
Borough of Lansdowne

Name _____ Age (as of 5/29/89) _____
Address _____ Phone _____ Sex _____
City _____ State _____ Zip _____

In consideration of my accepting this entry, I, having signed below and intending to be legally bound, hereby, for myself, heirs, and administrators, assign, waive and release any and all rights and claims for damages I may have against the Borough of Lansdowne, Lansdowne Boys and Girls Clubs, and all representatives of the Lansdowne Memorial Day Rec Run for any and all injuries suffered by me in said event. I verify that I am physically fit and able to compete in said event.

Signature _____
(Parent or Guardian if under 18)

LEGEND
LAP 1 → →
LAP 2 →



DELCO JUNIOR OLYMPIC TRACK MEET
 SPONSORED BY THE
 DELCO ROAD RUNNERS CLUB

DATES: Friday evening JUNE 2nd, and Saturday JUNE 3rd, 1989

LOCATION: Springfield High School Track, Leamy Avenue, Springfield, PA.

REGISTRATION: Only residents of Delaware County or students attending school in Delaware County are eligible to compete. All participants must mail in the entry form below, along with the \$2.00 entry fee, postmarked no later than May 30th. Post entries of \$3.00 will be accepted on day of meet.

T-SHIRTS: Souvenir T-shirts will be given to the first 100 entries received. Please help our planning committee by registering as early as possible.

AGE GROUPS: There are six age divisions for boys and girls.
 Sub-Bantam (SB) 8 & under; Bantam (B) 9 & 10;
 Midget (M) 11 & 12; Junior (J) 13 & 14;
 Intermediate (I) 15 & 16; Senior (S) 17 & 18.

Your age division is determined by the age you will be as of December 31, 1989. Example: If you are 10 now, but will be 11 on November 15 of this year, you must compete in the Midget class (11 & 12) even though you will still be 10 on the day of the meet. NOTE: Proof of age may be required - birth certificate. Please be honest about your age.

EVENTS: All events are for boys and girls in all 6 age divisions except where specified:

| | |
|------------------------------|----------------------------|
| 100 meter dash | Long Jump |
| 200 meter dash | High Jump (except SB) |
| 400 meter run | 3200 meter run (except SB) |
| 800 meter run | 400 meter relay (4 X 100m) |
| 1600 meter run | 1600 meter walk |
| 1600 meter relay-(4 X 400 m) | (J, I, & S only) |
| Open Mile (19+) | |

See reverse side of this sheet for schedule of events.

FACILITIES: Springfield H. S. has an all weather track. Pin spikes up to 1/4" long may be worn. Restrooms will be available. Competitors must bring their own starting blocks.

Send entry form (below), along with \$2.00 to: DELCO JUNIOR OLYMPICS, C/O DELCO ROAD RUNNERS CLUB, POST OFFICE BOX 145, HOLMES, PA 19043, postmarked by May 30, 1989. Make checks payable to: DELCO RRC. Please print clearly.

| | | | | |
|-----------------------------|--------|------|----------------|---|
| NAME | | | SEX | |
| FIRST | M. I. | LAST | MALE/FEMALE | |
| ADDRESS | | | | |
| Number | STREET | TOWN | ZIP CODE | |
| DATE OF BIRTH | | | SCHOOL OR TEAM | |
| MONTH | DAY | YEAR | (if any) | |
| AGE AS OF DECEMBER 31, 1989 | | | Age Division | Parents' Signature on reverse side ----> |

DELCO JUNIOR OLYMPIC TRACK MEET - June 2, 3, 1989

Unless otherwise specified, running events will be conducted with the youngest age group - sub-bantam (SB) competing first, followed by the B, M, J, I, & S age groups in that order.

NOTE: Participants should check in at least 45 minutes prior to their events. Events may begin 30 minutes earlier than the time listed below.

Friday Evening - June 2nd

Saturday - June 3rd

| | |
|--|---|
| 6:00 P.M.- 100 meter trials (SB, B, M) | 8:45 A.M. - 3200 m run |
| 6:45 P.M.- 100 meter trials (J, I, S) | 9:00 A.M. - high jump (J) |
| 7:15 P.M.- 200 meter trials | long jump (SB, B, M) |
| 8:30 P.M.- Open Mile (ages 19+) | 10:00 A.M. - high jump (I,S)long jp (J) |
| Semi-finals will follow trials | 11:00 A.M. - high jump (B,M)long jp(I,S) |
| Note: In case of severe weather, meet will be held on Sunday, June 4. Change will be announced at the track. | 11:15 A.M. - 1600 m walk |
| Awards: Medals to 1st place, Ribbons to 2nd, 3rd, & 4th. | 12:00 noon - 800 m run |
| | 12:45 P.M. - 100 m finals |
| | 1:15 P.M. - 1600 m run (SB, B, M) |
| | 2:00 P.M. - 400 m run |
| | 2:45 P.M. - 1600 m run (J, I, S) |
| | 3:30 P.M. - 200 m finals |
| | 4:00 P.M. - 400 m relay (4 X 100 m) |
| | 4:45 P.M. - 1600 m relay (4 X 400 m) (J, I, S only) |

Each entrant may compete in no more than four events, plus a relay.

MEET INFORMATION: Please help to publicize the meet. Entry blanks may be photo-copied. Additional information can be obtained by phoning meet director Byron Mundy at 534-2833.

ADVANCEMENT: The MIDDLE ATLANTIC ASSOCIATION MEET will be held June 17th & 18th at Wissahickon High School, Ambler, PA. This meet will be open to all competitors. You do not have to qualify at the DELCO meet. Meet directors are Larry Wilson 424-8582 and Tim Hickey, 639-8284.

PARENTS: We would greatly appreciate any donations to help sponsor this meet. Anyone donating \$5.00 or more will be listed as a Junior Olympic sponsor in the DELCO RRC Newsletter. Make checks payable to DELCO RRC, and send to P.O. BOX 145, HOLMES, PA 19043

REFRESHMENTS: Will be available at refreshment stand behind bleachers.

Cut along this line and mail to DELCO RRC, P.O. BOX 145, HOLMES, PA 19043

In consideration of your acceptance of this entry, I hereby, for myself, heirs, executors, or administrators, waive and release any and all claims for damages I may have against the sponsoring organization, Delco Road Runners Club, their agents or representatives, for any and all injuries sustained by me in Junior Olympic competition. By my signature, I hereby acknowledge reading and understanding the implications of this clause. I also declare that the information given on the other side of this form is accurate and true.

Signature of Entrant

Signature of Parent or Guardian

DELCO RRC MEMBERSHIP MEETING

Wednesday, March 29, 1989

Attendees: John Greenstine, President Amy Binder
Kathi Clatterbaugh, Vice-President
Fred Senderoff, Treasurer Mike Touey
Bob Huggins, Newsletter Editor/Team Coordinator
Joe Freiberg, Public Relations Tom Hirsch
Mark Clatterbaugh Bill Schultz Peggy Bobeck

Meeting was called to order at 7:56 P.M. by President John Greenstine.

Minutes from last meeting were read by secretary and accepted as read. Tom H/Bob H/Kathi C

Treasurer's Report/ Fred Senderoff
PSFS account \$2981.92. We have no bills outstanding. A budget will be presented next month. Still looking for someone to audit the books.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

A new short version of our newsletter will be coming to you soon - first week of April - It will have race and timely features. Bob hopes to have the shorter version about 10 times a year.

Team Coordinator/ Bob Huggins

Broad Street race will have team competition this year. We hope to have Men & Women teams and Masters team. We had thought to put a team together for the Boston Marathon but due to lack of a TAC # we are unable to do so.

We will be ordering more singlets and some shorts in the near future. If you would like to purchase a DELCO singlet or shorts contact Bob Huggins or John Greenstine.

Public Relations/ Joe Freiberg

Will be getting information together to submit to the newspapers on DELCO Fun Runs.

Old Business

Jr. Olympics are coming along. Don't forget to mark your calendars for the first weekend in June.

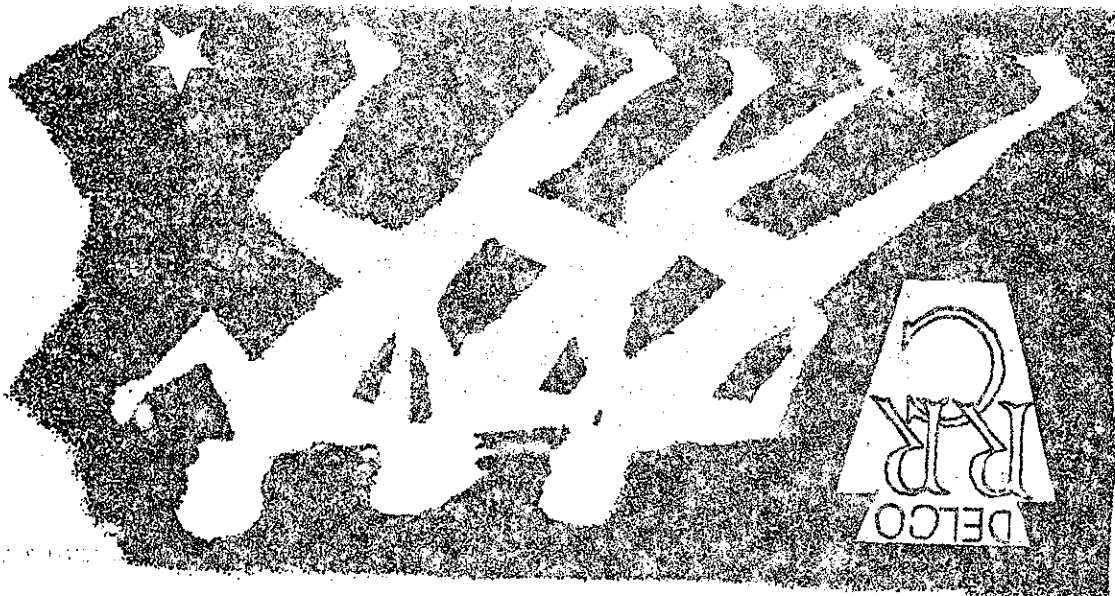
New Business

Tom Hirsch mentioned that perhaps we should send a letter to the director of Caesar Rodney Half Marathon race in regards to the accident of Fred Cox. John said he would write a letter.

Motion was made to adjourn meeting at 8:36 P.M. by Bob Huggins/ Bill Schultz.

Next meeting will be April 26, 1989 at Springfield HS community room.

Respectfully submitted, Peggy Bobeck



DELAWARE COUNTY ROAD RUNNERS CLUB

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

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

TO:

RUN FOR FUN AND FITNESS