

Keeping Contact



Newsletter of the Delaware County Road Runners Club

October, 1989

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

Submit articles for publication to:

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408 Pershing Avenue
Collingdale, PA 19023

GETTING FIT

By Steve McLaughlin

Getting Fit - as we approach a new decade, this phrase has begun to take on new meaning. Although the science behind exercise continues to be well-documented, the art of improving the mind and body through exercise will come more into focus. Having ten fewer pounds as your reason to exercise will begin to be overshadowed by the benefits exercise has on your emotions, your mood, motivation and sense of well being. The potential links between exercise and emotions will continue to spark intriguing research that will ideally reshape our attitudes toward the mind/body relationship.

This new "getting fit" mentality has already been evidenced by current exercise trends. The idea of cross-training (participating in a variety of exercises/sports) is rapidly gaining acceptance. This concept encourages variety and eliminates the traditional runner's mentality that leads to overtraining. It's not necessary to beat your body for it to look good. Cross-training helps up "Get Fit" while providing good mental feedback that comes with variety.

Think about how you are getting fit!

Note: Steve McLaughlin works for the Wellness Center at Haverford Community Hospital in Havertown.

MEDIA 5 MILER - 89 RESULTS - MALE

PLACE	FIRST NAME	LAST NAME	AGE	TIME
012	VINCE	TQUEY	31	26:37
013	MARK	DEHMEL	19	26:38
036	STEVEN	WHITMORE	34	28:23
037	JOE	FREIBERG	26	28:23
049	LARRY	FILTZ	35	28:57
066	JOHN	GREENSTINE	36	29:48
077	BRUCE	RICHARDS	34	30:38
079	GEORGE	KOERNER	27	30:42
081	MIKE	METAGUE	41	30:46
104	TIMMY	WADE	35	31:24
105	BOB	HUEY	34	31:28
109	DAVID W.	CLARK	24	31:33
114	DON	LARSON	55	31:46
118	CRAIG	DEHMEL	21	31:57
120	BOB	MEIGHAN	36	32:00
126	AMOS A.	MINCIN	39	32:11
133	LARRY	TRACY	33	32:19
136	BOB	WHITE	36	32:28
144	GIUSEPPE	PORRI	50	32:50
153	CHARLES	WILKS	27	33:05
178	TOM	FEEHERY	36	33:45
187	SAMUEL M.	RITTER	46	33:58
190	BOB	TWOMEY	27	34:05
196	MIKE	TUOHEY	13	34:15
199	BERNIE	SONTAGH	47	34:20
215	TERRY	ADAMSON	39	34:43
225	BOB	DIMOND	54	34:49
239	PAUL	MATTIS	39	35:13
248	TOM	TOLAN	43	35:26
260	BILL	ERB	50	35:42
296	MARK	CLATTERBAUGH	41	36:23
307	BOB	KOERNER	56	36:38
331	SEAN	MC PHILLIPS	28	37:06
334	THOMAS R.	BEESE	44	37:11
336	DAVID A.	GINGRAS	43	37:15
404	SAM	BRATTINI	47	38:25
420	GENE	CEPPETELLI	45	38:41
421	BOB	ROST	45	38:43
440	GENE H.	MARTENSON	60	39:05
450	RAY	DUFFY	40	39:18
469	ROLF	DEHMEL	53	39:38
481	RICHARD J.	O'NEILL	34	39:49
504	LEO	FOLEY	56	40:29
571	KEITH	RICHARDS	47	42:20
588	JOSEPH E.	FARRELL	41	42:46
594	JOHN A.	BRYSON	50	42:59
601	JOE	NOLAN	57	43:15
657	LAWRENCE	RYAN	53	45:23
670	BILL	O'KEEFE	63	45:56

MEDIA 5 MILER - 89 RESULTS - FEMALE

PLACE	FIRST NAME	LAST NAME	AGE	TIME
005	FRANCES	DAGLE	27	31:15
018	LIZ	MC DERMOTT	30	34:51
031	RITA	JORDAN	38	36:25
057	BETTY	PERRONE	43	39:35
080	MARY	BERGIN	32	41:26
083	JOAN	DOHERTY	35	41:48
103	JENNIFER	KRACHT	23	43:10
124	DOT	KRACHT	53	45:21
137	PEGGY	BOBECK	48	46:16
164	ELAINE	RUSSELL	35	49:59
168	KATHY	ADAMSON	35	50:26

CAKE RACE RESULTS

AGE GROUP	PLACE	NAME	AGE	TIME	OVERALL PLACE
Male - 9 & under		Doug Kennedy	9	DNF	
		Jeff Kennedy	9	DNF	
Male - 26 to 33	1	Tom Hagenback	28	37:57	12
	2	Joe Hagenback	31	50:57	20
Male - 34 to 39	1	Steve Whitmore	34	28:33	1
	2	Bob White	36	31:27	4
	3	Jack Myers	34	32:18	6
Male - 40 to 49	1	Jim Castellan	44	29:41	2
	2	Byron Mundy	41	31:24	3
	3	David Gobel	40	31:36	5
	4	Dennis Kennedy	41	32:38	7
	5	Mark Clatterbaugh	41	35:21	9
	6	Hank Goldring	42	40:06	13
Male - 50 to 59	1	Don Larson	?	33:07	8
	2	Peter Senisch	58	44:10	16
Women - 24 to 29	1	Frances Dagle	27	36:41	10
Women - 30 to 39	1	Marylou Boselli	32	40:24	14
	2	Kathi Clatterbaugh	38	45:48	18
	3	Amy Binder	30+	45:50	19
	4	Gail Boothmen	30	59:20	21
Women - 50 to 59	1	Helen Senisch	52	44:45	17

RUNNERS BEWARE!

By Bob Huggins

This past August, I, along with fellow runner Mike Tuohy, had the misfortune of having my car broken into. The incident occurred at a small parking lot just north of the Falls Bridge on the Kelly Drive. Many of DELCO's runners have used this lot as a starting point for long runs along the beautiful Forbidden Drive.

Unfortunately, no one is immune to crime. After 9 years of parking in this lot, Mike and I returned to the lot to find our side windows smashed in and several items stolen. After having gone through the aggravation and expense of having the window replaced, it occurred to me that other runners should be warned about this problem and, if you must park your car in an isolated place here's a few tips from Allstate Insurance of which you should be aware:

- * Never leave your keys in your car,
- * Keep your doors locked and the windows closed,
- * Park in open areas that are highly visible to passersby,
- * Never leave your title papers in your glove compartment. In the event of theft, it's easy to sell the car,
- * Don't leave valuables or packages in plain view; it only encourages thieves.

TEAM RACE

O.K. all you team runners out there (you are out there, aren't you?), listen up! The Middle Atlantic Road Runners Club has, in conjunction with the organizers of the Fall Loop Race, re-established a team race for clubs in the Middle Atlantic area. Let's get involved. Plans call for a Men's Open, Men's Masters and Women's team (no distinction between open and masters). For those of you unfamiliar with the loop race, it traverses the Kelly and West River Drives for a mostly flat loop of 8.4 miles. If you're looking for a race that's a Philadelphia tradition, this is it...this Fall's race will be the 17th edition and will be held on November 12th.

If you plan to run this race, you must register individually (contact Bob Huggins at 583-0610 for more information). DELCO will pay the team fee. You must also notify Bob of your intentions to run on the team no later than Sunday, October 29th. Let's all support this fine race.

See you on the 12th.

ULTRA NEWS

Ultra stalwart Bill Schultz is on a one year's sabbatical and will be travelling to Australia to visit club member David Baker in October and November. Bill plans to run marathons in Melbourne and Perth.

After a return home visit to Philadelphia in November (where he'll be running that DELCO favorite--The Turkey Trot), Bill will visit Dave Covey in California to finalize preparations for his transcontinental run across the United States which will begin in February. Bill was recently interviewed by Jack Smith in Philadelphia magazine concerning his six-day race win at Cooper River in June.

On September 9th, Bill ran a 50 mile trail run in Punxatawney, PA where he finished 19th out of 150 starters. On his way West to Colorado, Bill visited Mike Koerner in Michigan, former club member Dan Shirilla (who has moved back to Ann Arbor) and Doug Limberg and Pauline Koerner in suburban Chicago. By the time you read this, Bill will be in "The Land Down Under."

PEOPLE NEWS

Joan Potterfield won her comeback race, the August 17th Mayor's 8K Road Race in Wilmington. She highly recommends running in deep water with a flotation vest when sidelined with an injury. Joan was able to run repeat miles in under 5:50 within four weeks of resuming track work. She's seeded 23rd at the Marine Corps Marathon and is optimistic that she'll run a good race in spite of her broken leg, ankle and foot in March.

Liz McDermott ran a 3:34 in her marathon debut at Boston. She is currently running 60 miles/week in preparation for Marine Corps, where she hopes to run a 3:15.

Jack Abbasi is still sidelined with a back injury after more than a year. We hope to see him on the roads again soon.

Linda Beane won first overall in two recent bodybuilding competitions. She is still training with Bev Francis and is considering turning professional.

Dave Gingras ran a fine 1:12:45 at Broad Street this past May. Sorry we missed you first time around, Dave!

Our very best wishes for success go to Rick Jones who has moved to Oakland, California. Those wishing to contact Rick can reach him at 144 Monte Cresta Ave., Apt. C, Oakland, CA 94611. Rick's phone number is (415)654-3492.

Chris Franz, after laying off running for the last few years, is getting back to the sport in a big way. He's planning to run the Marine Corps Marathon in November. Best of luck to Chris and all of the Marine Corps Marathoners!

Subscribers to Runner's World will want to check out the October issue on Page 94. "Bookin' in the Basement" is a feature story on the famous race through the stacks of Swarthmore College's library. Of particular interest to DELCO members is the mention of Peter Vishton, Jr. who crashed into one of the stacks during the race.

MULTI-SPORTS NEWS

Gene Martenson placed second in his age group at the New York "No Frills" Triathlon. Gene also raced at the Terminator Biathlon held on West River Drive on August 27th.

Peggy Bobeck took first in her age group at the Terminator Biathlon which was won by 1988 Ironman Champ Scott "The Terminator" Molina. Distances were a 2.5 mile run, 15 mile bike, 2.5 mile run.

Rolf Dehmel, Rick Jones, Ray Locke and Bob Huggins all competed in the hot & humid Fairmount Park Classic Triathlon held on August 6th. Distances included a 1.5K swim in the Schuylkill, 40K bike ride on the West River Drive and in Fairmount Park, and a 10K run on the old Turkey Trot course around Memorial Hall. Bob took top club honors with a 2:30 plus clocking.

Rolf Dehmel has qualified for the national long course championship triathlon to be held at the Texas Hill Country Triathlon with a second place age group finish at the tough Carbon County Triathlon, the Pennsylvania state long course championship race.

Bob Huggins just placed out of the money by taking two fourth place age group finishes at the Terminator Biathlon and the Pine Barrens Triathlon. For a change of pace, Bob also completed the Ocean City Lifeguards Swim, a longish 1.4 mile swim in the Atlantic Ocean this past July.

Mickey Lobb completed the Lancaster Short Course Triathlon (1/4 mile swim, 5 mile run, 15 mile bike).

FALL RACE CALENDAR

- October 14 Camden Street Run 10K
Contact: Beth Richmond
Camden City Hall
Room 405
Camden, NJ 08101
609-757-7285
- October 15 Galaxy 10K Run - Dover Air Force Base
9 A.M. start
Entry fee: \$8.00 by 9/25, \$10.00 day of race
Contact: Sports & Fitness Center
4367 ABG/SSRS
Dover Air Force Base, DE 19902
302-678-6025 or 302-678-6345

Run For Wellness

8:30 A.M. - 2.5 mile walk/run 9:00 A.M. - 10K run
Entry fee: \$7.00 by 10/8, \$8.00 day of race
Contact: Frankford Hospital Wellness Center
Knights and Red Lion Roads
Philadelphia, PA 19114
934-4666

Cabrini 5 Mile Run and Corporate Challenge
Cabrini College, King of Prussia Road, Radnor
9:30 A.M. start

Entry fee: \$10.00 individual by 9/30, \$12.00 after
\$60.00 corporate (minimum of five runners)
Contact: 971-8406

October 21 Delaware Cross Country Series 5 Miler
Carpenter State Park

Contact: Ken Williamson
70 West Stephen Drive
Newark, DE 19713
302-738-9031

Haddonfield 5 Miler

9:00 A.M. start

Entry fee: \$8.00

Contact: Haddonfield High School
Kings Highway
Haddonfield, NJ
609-858-9760

October 22 Northeast Road Runners 25K
Pine Street entrance of Pennypack Park
9:00 start

Entry fee: \$8.00 by 10/19, \$10.00 after

Contact: Mike McCloskey
5 Country Club Drive
Warrington, PA 18976
343-5838

Unisys Harrisburg Marathon

Harrisburg, PA

8:00 A.M. start

Entry fee: \$15.00

Contact: Don Haike
RD 2 Box 279
Newport, PA 17074
717-582-7267

Maryland Marathon Festival

Baltimore Inner Harbor

9 A.M. - Marathon 9:30 A.M. - 10K Run

Contact: Maryland Marathon
Box 11394
Baltimore, MD 21239
Include SASE
301-882-5455

October 29 Harrier's Harvest 5 Mile Run
Delcastle Recreation Area
Contact: New Castle Co.
Dept. of Parks & Recreation
Sports & Athletic Section
187-A
Old Churchmans Road
New Castle, DE 19720
302-323-6418

Roxborough Family YMCA 5K Run
Harper's Meadow, Forbidden Drive, Fairmount Park
10:00 A.M. start
Entry fee: \$10.00 by 10/27, \$12.00 after
Contact: 482-3900

November 5 Marine Corps Marathon
Iwo Jima Memorial, Arlington, VA
9:00 start
Entry fee: \$17.00
Contact: Marine Corps Marathon
Box 188
Quantico, VA 22134
703-640-2225

Philadelphia 10K Zoo Run
34th Street & Girard Ave
9:30 A.M. start
Entry fee: \$10.00 by 10/27, \$12.00 after
Contact: 243-1100 Ext. 331

November 12 YM/YWHA Loop 8.4 Mile Race
Plaisted Hall, Kelly Drive
11:00 start
Entry fee: \$8.00 includes T-shirt
Contact: Athletic Department
YM/YWHA
Broad & Pine Streets
Philadelphia, PA 19147
545-4400

Note: This race serves as the Middle Atlantic
Road Runners Club Team Championship.
See article elsewhere in this issue.

November 19 Fairmount Park Fall Marathon
Memorial Hall, West Fairmount Park,
9:00 A.M. start
Entry fee: \$12.00
Contact: Memorial Hall
c/o Joe Callan
West Fairmount Park
Philadelphia PA 19131
Include SASE
686-0052

- November 23 Bank of Delaware vs. M.S. 10K
 Contact: Bank of Delaware
 308 Trolley Square
 Wilmington, DE 19806
 302-571-9800
- Turkey Day 5K
 Cooper River Park, Pennsauken, NJ
 8:30 A.M. start
 Entry fee: \$7.00
 Contact: 609-858-9760
- 5 Mile Turkey Trot
 Memorial Hall, Fairmount Park
 9:00 A.M. start
 Entry fee: \$3.00 by mail, \$4.00 day of race
 Contact: Memorial Hall
 c/o Joe Callan
 West Fairmount Park
 Philadelphia, PA 19131 - include SASE
 686-0052
- December 3 Brian's 10K Run plus Family Runs
 West Chester University
 10:00 A.M. start - various family runs
 1:00 P.M. start - 10K
 Entry fee: \$8.00
 Contact: Brian's Run
 Box 2440
 West Chester University
 West Chester, PA 19383
- December 10 Marathon Sports 5K
 Jewish Community Center, Wilmington
 Contact: Marathon Sports
 300 Ninth Street Plaza
 Wilmington, DE 19801
 302-656-5816
- December 16 Northeast Roadrunners 5K Christmas is for Giving Race
 Rhawn Street Entrance of Pennypack Park
 10:00 A.M. start
 Entry fee: Small toys for child
 Contact: Mike McCloskey
 5 Country Club Drive
 Warrington, PA 18976
 343-5838
- December 17 Rapid Results Holiday 5 Miler
 Plaisted Hall, Kelly Drive, Phila.
 10:00 A.M. start
 Entry fee: \$7.00
 Contact: Rapid Results
 Box 1087
 Bellmawr, NJ 08031

MULTI-SPORTS CALENDAR

Here are the final races for the 1989 season in the metropolitan area. Incredibly, there is one more triathlon for the schedule on October 29th in Margate.

October 18 Cooper River Biathlon Series
Pennsauken, NJ
Run: 3.7 miles, Bike: 18.5 miles, Run: 3.7 miles
Contact: CS Running Center
33 Haddon Ave.
Westmont, NJ 08108
609-858-9760

October 22 Ed Jerome Memorial Biathlon
Woodbine, NJ
Run: 4 miles, Bike: 24 miles, Run: 4 miles
Contact: Runaway A.C., Inc.
P.O. Box 1131
Marmora, NJ 08223

"War at the Shore" Biathlon
Sandy Hook, NJ
Run: 2.3 miles, Bike: 13 miles, Run: 2.3 miles
Contact: Sandy Hookers' Triathlon Club
P.O. Box 186
Red Bank, NJ 07701
201-842-8017
Tri-Fed Card Required

October 29 Season of the Witch Biathlon
Reading, PA
Run: 3.6 miles, Bike: 10.8 miles
Contact: Precision Road Racing
P.O. Box 252
Leesport, PA 19533
926-4303

Philadelphia Triathlon Club Naval Station Biathlon
Philadelphia, PA
Run: 2.5 miles, Bike: 16 miles, Run: 2.5 miles
Contact: Karen McGovern
Finish Line sports
1915 Walnut Street
Philadelphia, PA 19103
569-9957

Morris Batzer Memorial Triathlon
Swim: .5K (indoor), Bike: 20K, Run: 7K
Limited to first 100 entrants
Contact: Marilyn Falkow or Lou Pagano
Atlantic County JCC
501 N. Jerome Ave.
Margate, NJ 08402
609-822-1167

DELCO RRC MEMBERSHIP MEETING

Wednesday, July 26, 1989

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

Meeting was called to order at 8:00 P.M. by Vice President Kathi Clatterbaugh.

Minutes from last meeting were read by secretary and accepted as read. Tom Hirsch/Mark Clatterbaugh

Treasurer's Report/ Fred Senderoff

PSFS account \$11,173.00. Debit of \$1789.00 for Media shirts, computer bill & misc. supplies.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Mid August for newsletter delivery. Once again folks, keep those letters and articles coming in. Thanks Bill!!

Team Coordinator/ Bob Huggins

Philadelphia Distance Run - Teams

Open Men & Women

Masters Men & Women first come first served.

If you want to run for DELCO on a team contact Bob Huggins by 8/15.

Delaware Distance Classic 15K on 10/1/89.

Club is keying in on this race - many members run 9 miles on Sunday morning anyhow.

Public Relations/ Joe Freiberg N/P

New members are signing up and running at the fun runs due to the Media race publicity for DELCO RRC.

Old Business

Pasta Dinner - caterers have been notified as well as Rick Watson our resident D.J. Ticket price will remain at \$10.00 per person. Contact Tom Hirsch or Kathi Clatterbaugh.

Media Race had 908 finishers. Thank you to everyone who helped or ran in the race.

Motion was made by Fred Senderoff that as a token of appreciation for all the work and effort on the Media race we send a check for \$150.00 to Ken & Joanne Daws. Second/Mark Clatterbaugh/Passed.

New Business

Amy Binder is in the process of updating our fun run schedule for printing new cards in the near future.

BAKE RACE = director Fred Senderoff

Sept. 10, 1989. 9:00 A.M. at Springfield Run Run. Bring a cake.

Upcoming Delco Cross Country Championship - Second Saturday in October at Rose Tree Park.

Motion was made to adjourn meeting at 8:44 P.M. by Peggy Bobeck/Bob Huggins.

Next meeting will be August 30, 1989 at Springfield HS community room.

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Wednesday, August 30, 1989

Attendees: John Greenstine, President
Kathi Clatterbaugh, Vice-President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Bill Schultz Tom Hirsch
Peggy Bobeck Amy Binder
Bob Twomey Joe Nolan

Meeting was called to order at 8:00 P.M. by President John Greenstine.

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

Treasurer's Report/ Fred Senderoff

PSFS account \$7882.00.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Hope everyone got their recent newsletter. As I have said every time, keep those articles coming.

Team Coordinator/ Bob Huggins

We have three teams in the Philadelphia Distance Race - Open Men's and Women's, and Master's Men.

Team competition in the Delaware Distance Classic 15K, contact Bob Huggins. It is reported that (Boston Billy) Bill Rogers will be at the Delaware Distance Classic.

Public Relations/ Joe Freiberg N/P

Old Business

Delco Cross Country Championship at Rose Tree Park, Media on October 14. Is Byron directing this year? John will call Martin Deeney.

Cake Race on Sept. 10th at Springfield Fun Run - has two entries to date.

Pasta Dinner on Sept. 15 at Folsom Fire Hall. Caterers are on hold Hall. Caterers are on hold Hall is waiting - Wine is on ice. Now all we need are those DELCO members to send their \$10.00 to Kathi Clatterbaugh or Tom Hirsch. Come and have some fun.

Cards have been updated and printed. They were distributed to the Fun Run Leaders. If you would like to have some, just ask Tom Hirsch, Joe Nolan, John Greenstine or Kathi Clatterbaugh.

New Business

Club logo - Discussion on a new logo was held with several people appointed to ask some artist to come up with some ideas and suggestions.

Bob Huggins has related that several cars were broken into on Sunday morning on the Drive - close to Wissahickon. You cannot trust anyone. They have been parking in this area for close to 9 years. This is the first time something has happened. Reports have also been noted regarding parking at the Art Museum and Plaisted Hall. Don't leave anything in the car or in view of someone on the outside.

Motion was made to adjourn meeting at 8:45 P.M. by John Greenstine\ Peggy Bobeck.

Next meeting will be September 27, 1989 at Springfield HS community room, 8:00 P.M.

Respectfully submitted,
Peggy Bobeck



DELAWARE COUNTY ROAD RUNNERS CLUB

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