



Keeping Contact

Newsletter of the Delaware County Road Runners Club

April, 1990

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

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

SIDESTEP

By Rita Jordan

As a parent and now, a teacher, I find myself more conscious of the need for good role models for our children. However, in reality, my demanding schedule of work and school severely limits "role modeling" time with my son, Josh.

As a parent and a runner, it is a constant struggle to find that harmonious balance between my "running life" and life with my son. Josh is seven now and no longer content to wave good-bye behind screened doors in someone else's arms.

Yesterday, I laced my running shoes quickly so I could catch the last warm rays of sunlight over Media. I felt that Josh was completely held hostage by watching "Ninja Turtles" on television. Who wouldn't be? I was free to roam. I shouted my "so-longs" and looked up to see a small face peering down at me over the railing. "I'll run with you, Mom", was all he said. I hesitated and thought to give my "not now, but later son" speech. Instead, I replied, "Get your shoes on, I'll wait".

March winds and amber light enveloped us as we jogged along on Media's streets, familiar and home to us. Josh's short, quick breaths broke the silence between us and I found myself pacing slower to prolong the run. By the time we returned, dusk had settled and we walked the last block home. Both Josh and I looked up to catch the constellation Orion in the heavens stretching near the horizon. Together, we realized Orion's starry hunting days were numbered for summer's rapid approach.

I turned and looked at my son and marveled as all parents do at how much my child had grown. So very much in so little time...

I learned that early evening there is time for anything important. I learned that role modeling is no longer something abstract to me but simply defined by the shared steady patten of love underfoot.

ADDENDUM...KID'S RUNNING PROGRAM

By Rita Jordan

I would appreciate any club member's thoughts, opinions and feedback on promoting and providing a running program for children. Your suggestions and comments will be helpful in initiating a running program for our youngest members within DRRC.

Please contact me with your ideas and comments at 565-1416. Share the road or track with a kid this week. It's a healthy investment in the future!

CAESAR RODNEY '90

Can you believe it? The Caesar Rodney Half Marathon celebrated its 27th birthday on Sunday, March 18th. That makes it one of the oldest continuously held races in the Middle Atlantic region. The air temperatures (high 50's/low 60's) were fine; unfortunately it was extremely windy in spots and the winning time of 1:08 plus was much slower than Craig Holm's 1982 mark of 1:04:54.

DELCO's aging (only one runner was under age 30), but durable team placed second behind a strong Fike Creek Valley Running Club. The team competition was unique in that for scoring purposes 2 men (open), 1 male masters runner and 1 female runner were counted in the scoring. DELCO's team was comprised of Steve Whitmore, Larry Filtz and Joe Freiberg in the men's open division, Mike Metague and Byron Mundy in the men's masters, and Liz McDermott and Joan Potterfield in the women's division. Complete individual results will be available in a future issue (The race directors have promised results by May 1st, honest!)

Thanks to Mike Metague for putting together a strong team on very short notice.

BILL SCHULTZ UPDATE

Bill "The Running Machine" Schultz has completed over half his run across the United States. On April 15th, his birthday, Bill was in Springfield, Missouri, that is, not Delaware County. As of this writing, he is in tremendous physical and mental shape and is now two days ahead of schedule. We'll see Bill in our area in late May, just prior to his arrival in Atlantic City, around the first of June, or so.

PHILADELPHIA NAVAL STATION BIATHLON

By Bob Huggins

For Philadelphia area multi-sports participants, the Naval Station Biathlon on April 1st (no foolin') was a mixed blessing. On one hand, this race is, for all practical purposes, the kick-off event for biathletes and triathletes anxious to see what kind of shape they're in. On the other hand, the weather in late March - early April can be tricky...it can either be ideal or terrible. This year the weather was in-between...sort of. Air temperatures were in the low forties...good for the run. So far, so good. Then came the cycling portion. It had rained the night before, making turns somewhat risky. A 10 mph headwind didn't help matters much either. There were at least four individuals who had their bikes go out from under them.

The women's race, which started out as one of the hottest duels in recent memory, turned into disaster. At the end of the first 2.5 mile run, a pack of three women came rushing into the transition area, just a few seconds separating them. From there, it was all downhill. The first woman crashed and the woman who assumed the lead was disqualified for riding into the transition area, a definite no-no which was covered in the pre-race meeting. Valerie Crenshaw ended up winning by default with a good time (for the conditions) of 1:10:16. In the men's race, it was not quite the yawner you'd expect. True, Russ "Mr. Biathlon" Jones did win in a decent time of 58:20, but Bob Freed kept it reasonably close, just 17 seconds behind.

DELCO's small group did very well for themselves, with Peggy Bobeck taking second in the women's 45-49 age group, Dennis Winters taking second in the men's 45-49 category, and Bob Huggins third in the men's 35-39 age group. Mickey Lobb made a solid improvement over last year, but was just nipped out for an award in the Clydesdale weight category. All in all, a good showing. Club members and their times are as follow for the 2.3 mile run/12mile bike course/2.3 mile run:

SPLIT TIMES*

<u>NAME</u>	<u>FIRST RUN</u>	<u>BIKE</u>	<u>SECOND RUN</u>	<u>TOTAL TIME</u>
Bob Huggins	14:13	38:37	14:58	1:07:48
Mickey Lobb	17:29	37:11	18:29	1:13:09
Dennis Winters	15:46	41:38	20:53	1:18:17
Peggy Bobeck	16:32	50:04	29:12	1:35:48

*Some split times for the first run are incorrect.

DAWN-TO-DUSK ULTRA MARATHONS

By Bob Huggins

The annual Dawn-to-Dusk Ultra Marathon Runs will be held, again, on Saturday, May 12th at Academy Park High School's Track, from 7:00 A.M. to 7:00 P.M. There will be no 24 hour event this year, instead there will be distance runs of 50K, 50 Miles and 100K, all with 12 hour time limits. Runners can also choose to run for the entire 12 hours and their distance will be recorded.

As always, help is needed with lap counting and general assistance in setting up and cleaning up the track. If you can help, please contact Bob Huggins at 583-0610, evenings or see him at one of the fun runs. Contact Bob if you would like to obtain an application for the run.

RUNNING SHORTS

- * Gene Martenson completed the Glassboro Winter Run 10 Miler on February 25th in a respectable time of 84:32. Runners ran into a brutal headwind which, combined with the already freezing temperatures, made the wind chill factor around zero. Mercifully, the wind was on the runner's backs at the turnaround. Gene ran 44:04 for the first five and 40:28 for the second. Bob Boyer of Brookhaven also ran with a time of 72:06.
- * Steve Daniels of Swarthmore broke the hour barrier with a fine 59:54 at Washington, D.C.'s Cherry Blossom 10 Miler.
- * Tom Iolan has recently been dubbed DELCO's "Middle-Aged Mutant Ninja Runner."

SPRING ROAD RACING CALENDAR

Compiled by Bob Huggins

Whew! The Spring Calendar of road races is as strong as I've seen it in years. There is literally something for everybody. If you're looking for a race this Spring you'll have a variety of distances, terrains, etc. from which to choose. New races include the Penn Relays Distance Classic 20K on April 22rd and the return, after a year and a half, of the Haverford Hospital (Sports Medicine Clinic) 5K. You may also want to check out a race or two in Delaware. There's a very active racing scene in the "Small wonder" state and, no, not all courses are like Caesar Rodney. Wayne Kursh at Marathon Sports in Wilmington (302-651-6091) is a good starting point for information.

- April 28 Delaware County Memorial Hospital Stampede
5 mile run, Ridley Creek State Park, Media
Start: 9:30 A.M.
Entry Fee: \$8.00 by 4/20, \$10.00 afterward
Contact: Lynn Van Ost
284-8460
- Race Judicata 5K - Wilmington, DE
TAC certified
Contact: Wayne S. Kursh
109 9th Street Plaza
Wilmington, DE 19801
- April 29 Run Child Abuse Into The Ground 10K Race
Temple University Ambler Campus
Entry Fee: \$6.00 in advance, \$7.00 race day
Contact: 482-3714
- May 6 11th Annual Broad Street Run - Phila., PA
10 miles, Kiddie Races, Team Competition, Prize Money
Contact: Broad Street Run
Department of Recreation
C.A.S.E. Bldg.
Belmont and Parkside Aves.
Phila., PA 19131
685-0150
- May 9 Flower Market 5K - Rockford Park, Wilmington, DE
Contact: Wayne S. Kursh
109 9th St. Plaza
Wilmington, DE 19801
TAC certified
- May 19 Family Fun Day 5K - duPont Institute - Wilmington, DE
Contact: Wayne S. Kursh
109 9th St. Plaza
Wilmington, DE 19801
(302) 651-6091
TAC certified
- Armed Forces 10K Run - Naval Air Station, Willow Grove
Contact: Margaret Gill-Honczar
Naval Air Station
MWE Dept. Bldg. 2
Willow Grove, PA 19090
(215) 443-6094
- May 20 The Jersey Derby Ten Miler and Rites of Spring 5K
Garden State Race Track, Cherry Hill, NJ
Start: 8:00 A.M.
Contact: CS Running Center
33 Haddon Ave.
Westmont, NJ 08108
(609) 858-9760

Upper Moreland Five Mile Run and Five-Person Relay
Mason's Mill Park, Huntington Valley, PA

Contact: Karl Hischmann
Willow Grove Travel
412 Easton Rd.
Willow Grove, PA 19090
(215) 659-3774

Kid Shelleen's 5K - Wilmington, DE

Begins at 14th & Scott Sts.

Start: 10 A.M.

Entry Fee: \$9.00 by 5/18, \$12.00 day of race

Contact: (302) 368-5684

Run-For-Rich 5 Miler & 1 Mile Fun Run & Health Walk

All activities begin at Upper Merion High School,
435 Crossfield Rd, King of Prussia, benefitting
Upper Merion Unit of the American Cancer Society.

Start: 5 mi. - 9:00 A.M. Fun Run & Walk - 8:00 A.M.

Entry Fee: \$7.00 through 5/13, \$8.00 afterward

Contact: 265-1071

Haverford Hospital 5K & Fun Walk

Begins Haverford Community Hospital Wellness Center/
Sports Medicine Clinic, Old West Chester Pike Start:

Walk - 9:00 A.M. Run - 10:00 A.M.

Entry Fee: \$6.00 through 5/13, \$8.00 afterward

Contact: 446-9410, ask for Steve McLaughlin, race
director

Philadelphia Vietnam Veterans Memorial Run

Begins at Delaware Ave & Spruce St.

Start: 9:00 A.M.

Entry Fee: \$10.00 includes a T-shirt

Contact: 427-5061

May 24

Red Clay 5K Run/Walk

Begins at Baynard Stadium, 18th St., Wilmington, DE

Start: 6:30 P.M.

Entry Fee: \$5.00 by 1:00 P.M. on 5/23, \$6.00 after.

Contact: (302) 656-5816

June 2

The Great Cape May Footrace 10K

Begins at Cape May Convention Hall, Beach Ave.,
Cape May, N.J.

Start: 8:00 A.M.

Entry Fee: \$10.00 by 5/30, \$12.00 afterward

Contact: (609) 884-5508

June 3

11th Annual Philadelphia Bar/Packard Press 10K
Phila, PA

Contact: Manny d. Pokatilow
215 S. 12th St
Suite 600
Stephen Girard Bldg.
Phila., PA 19107
567-2010

- June 5 The Pennsylvania Avenue Mi.
 Begins at Stuart Kingston Galleries,
 2010 Pennsylvania Ave., Wilmington, DE
 Start: 6:30 P.M.
 Entry Fee: \$7.00 through 6/1, \$9.00 afterward
 Contact: (302) 656-5816
- June 9 Leon H. Sullivan Run - 5 miler
 Run begins at Temple Stadium, Vernon Rd. &
 Michener St. and ends at Temple Hospital parking lot,
 Broad and Venango Sts.
 Start: 9:00 A.M.
 Entry Fee: \$8.00 adults, \$4.00 youths 18 and under
 Contact: 549-3129
- June 10 American Cancer Society's 7th annual Main Line Run
 7 mile Walk, Arnold Field, Lower Merion High School,
 Montgomery Ave., Ardmore
 Start: 8:30 A.M., 5 mile walk, 9:30 A.M. followed by
 2 mile walk.
 Entry Fee: Run - \$6.00 in advance, \$8.00 day of race,
 Walk - \$5.00 in advance, \$7.00 day of race
 Contact: 642-0300
- American Red Cross 10K, 1 Mile Fun Run, 3 Mile Speed
 Walk and 1 Mile Fitness Walk.
 All events begin and end at the Art Museum
 Start: 8:30 A.M.
 Entry Fee: \$10.00 through 5/25, \$15.00 afterward
 Contact: 748-2030
- Roxborough Memorial Hospital 5-K
 Begins at the hospital's main entrance,
 Jamestown & Ridge Aves.
 Start: 5:00 P.M.
 Entry Fee: \$7.00 through 6/1; \$10.00 day of race
 Contact: 487-4618
- St. Anthony's 10K
 Begins at Scott St. between 9th & 10th Sts.,
 Wilmington
 Start: 9:00 A.M.
 Entry Fee: \$10.00 through 6/9, \$12.00 on race day
 Contact: (302) 654-2354
- June 12 Tuesday's Twilight Series (1-of-6 races)
 Cooper River Park Stadium, Pennsauken
 Start: 7:00 P.M. (All races)
 Series continues 6/26, 7/10, 7/24, 8/7 and 8/21.
 Contact: (609) 795-7275

SPRING MULTI-SPORT SCHEDULE

Compiled by Bob Huggins

The multi-sport season has finally arrived and there are plenty of good events in the area throughout the Spring to keep the competitive juices flowing. Here, then is the May and June schedule:

- May 5 Gore-Tex Triathlon (Wilmington, DE)
Bike: 12.1 miles, Run: 4.7 miles, Canoe: 3 miles
Contact: Jennifer Mackey
 American Heart Assn.
 4-C Trolley Square
 Wilmington, DE 19806
 (302) 654-5269 (days)
Note: Individuals and Teams allowed
- June 10 Greater Delaware Valley Triathlon Championships
Hathoro, Pa
Swim: 1K (pool), Bike: 25K, Run: 8K
Contact: Hathoro YMCA
 440 S. York Road
 Hathoro, PA 19040
 674-4545
- June 17 Marathon Sports Sprint Triathlon '90 (Middletown, DE)
Swim: .25 mile, Bike: 16 miles, Run: 5K (cross country)
Contact: Wayne Kursh
 Marathon sports
 109 9th Street Plaza
 Wilmington, DE 19801
 (302) 654-2354 (days)
Note: Tri-Fed License required; race is held at the site where "The Dead Poet's Society" with Robin Williams was filmed.

UPCOMING EVENTS

- July 1 Philadelphia Modern Biathlon Series (West River Drive)
July 8 Cooper River Biathlon Series #2 (Pennsauken, NJ)
August 5 Fairmount Park Classic Triathlon

Support Local Events!

DELCO RRC BUDGET - 1990

	EXPENSES	INCOME
ADMINISTRATIVE		
POSTAL EXPENSES	\$400.00	
RRCA DUES	\$250.00	
INSURANCE	\$401.00	
ADMIN. SUPPLIES	\$500.00	
BANK CHARGES	\$75.00	
DONATIONS		\$3500.00
MISC. CLUB SALES		\$260.00
<hr/>		
TOTAL ADMINISTRATIVE	\$1626.00	\$3760.00
<hr/>		
FUN RUN ACTIVITIES		
AWARDS	\$625.00	
CAKE RACE	\$100.00	
CHALLENGE RACE	\$75.00	
MAN & WOMAN RUNNER OF THE YEAR	\$100.00	
MISC.	\$200.00	
<hr/>		
TOTAL FUN RUN ACTIVITIES	\$1100.00	
<hr/>		
NEWSLETTER		
POSTAGE	\$350.00	
SUPPLIES	\$600.00	
LABOR	\$600.00	
RACE INSERTS		\$30.00
<hr/>		
TOTAL NEWSLETTER	\$1550.00	\$30.00
<hr/>		
PUBLIC RELATIONS		
COLLINGDALE RACE	\$700.00	\$1180.00
DELCO X-COUNTRY	\$750.00	\$550.00
JR. OLYMPICS	\$1400.00	\$1000.00
24 HOUR ULTRA	\$1100.00	\$900.00
MEDIA RACE	\$9000.00	\$10000.00
DINNER DANCE	\$1800.00	\$1200.00
WOMAN'S FESTIVAL	\$200.00	
SPAGHETTI DINNER	\$1500.00	\$750.00
MISC.	\$500.00	\$500.00
<hr/>		
TOTAL PUBLIC RELATIONS	\$16950.00	\$16080.00
<hr/>		
TOTAL EXPENSES	\$21226.00	
<hr/>		
TOTAL INCOME		\$19870.00
<hr/>		
OPERATING LOSS	\$1356.00	

DELCO RRC MEMBERSHIP MEETING

Wednesday, February 28, 1990

Attendees: John Greenstine, President Tom Watkins
Fred Senderoff, Treasurer Amy Binder
Bob Huggins, Newsletter Editor/Team Coordinator
Joe Freiberg, Public Relations Peggy Bobeck
Joe Nolan, Aldan Fun Run Leader Elaine Russell
Tom Hirsch, Springfield Fun Run Leader
Joe Farrell Mike Metague

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

Minutes from last meeting were read and accepted as read with except regarding editing instead of auditing and Sept. 8, for WDF instead of Sept. 30. Joe Nolan/Amy Binder

Treasurer's Report/ Fred Senderoff - PSFS account \$3,087.00. All bills are paid up to date. Bob Diamond will audit books shortly.

Membership Report/ Marylou Long N/P - Thank you for typerwriter.

Team Coordinator/ Bob Huggins - Caesar Rodney will have team competition. There was not much time allotted for notification of teams. We will try to put one together in time for deadline. Broad Street Race will have team competition again this year. April 21 Kennett Square 10K Race.

Newsletter Editor/ Bob Huggins - Hope everyone has received the latest newsletter by now. Next edition will be a short version because of dated race entries. Please keep articles coming.

Old Business - Valentine Dinner Dance/Terrific organization - Thanks Mary Lou!!! Record Keeping has been discussed / keeping records after a certain number of times. It has been related that it is burdensome and time consuming. Discussion followed. Proposed from discussion - keeping your own record. To voice your opinion write to John Greenstine or come to a meeting. Bob Huggins will write an article in next newsletter. DELCO Watches??? Contact John Greenstine to purchase one approximately \$20.00

Motion was made at 8:50 P.M. to adjourn. Joe Nolan/Tom Hirsch. Next Meeting will be held March 28th at Springfield High School community room at 7:45 P.M.

DELCO RRC MEMBERSHIP MEETING

Wednesday, March 28, 1990 (Minutes continued on back page)

Attendees: Kathi Clatterbaugh, Vice-President Amy Binder
Fred Senderoff, Treasurer Dot Kracht
Bob Huggins, Newsletter Editor/Team Coordinator
Joe Freiberg, Public Relations Joe Farrell
Tom Hirsch, Springfield Fun Run Leader Tom Watkins
Rita Jordan, Media Fun Run Leader Peggy Bobeck

1990 JUNIOR OLYMPIC TRACK MEET
DIRECTED BY THE
DELCO ROAD RUNNERS CLUB

DATES: Saturday, June 2nd, 1990 Rain Date: Sunday, June 3rd

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

SPONSOR: Sanctioned by the Mid-Atlantic AAU;
National Sponsor - Carrier Corporation

REGISTRATION: All participants must mail in the entry form below, along with the \$2.00 entry fee, postmarked no later than May 29, 1990. Post entries of \$3.00 will be accepted on day of meet.

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, 1990. 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 girls and boys in all 6 age divisions:

100 meter dash	Long Jump
200 meter dash	800 meter relay (4 X 200)
400 meter run	1600 meter relay (4 X 400 - I & S Only)
800 meter run	
1600 meter run	Open Mile (19 and over)

See reverse side of this sheet for schedule of events.

MEET DIRECTORS: Byron Mundy: 215-583-1200 (day) 215-534-2833 (evening)
Martin Deeney: 215-583-8515

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 29, 1990. 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, 1990 _____ Age Division _____ Parents' Signature _____
on reverse side --->

SCHEDULE OF EVENTS - June 2, 1990 - SATURDAY

The 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. Girls will precede the boys in each group.

NOTE: Participants should be ready for their events, which may begin up to 30 minutes earlier than the time listed here:

- 9:30 A.M. - Open Mile (ages 19 & over)
- 10:00 A.M. - 100 meter trials (SB, B, M)
- Long jump (J, I, S)
- 10:45 A.M. - 100 meter trials (J, I, S)
- 11:15 A.M. - 200 meter trials
- Long jump (SB, B, M)
- 12:00 noon - 800 m run
- 12:45 P.M. - 100 m finals
- 1:15 P.M. - 400 m run
- 2:00 P.M. - 1600 m run
- 3:30 P.M. - 200 m finals
- 4:00 P.M. - 800 m relay (4 x 200 m)
- 4:45 P.M. - 1600 m relay (4 X 400 m) (I & S only)

NOTE: The runners with the seven fastest times will advance to the 100 m finals. The five fastest will go to the 200 m finals.

RAIN DATE: In case of bad weather, the meet will be held on Sunday, June 3. Change will be announced at the track.

AWARDS: Medals go to 1st, 2nd, and 3rd, place; Ribbons to 4th.

ADVANCEMENT: The MIDDLE ATLANTIC ASSOCIATION MEET will be held June 9th & 10th 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.

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



FIRST ANNUAL 5 MILE RUN AND 2 MILE FUN WALK

WHO: YOU! Because you care and want to support the Foundation in its quest to help the critically ill and their families celebrate the life they have together.

WHAT: a 5 mile run and a 2 mile walk. This is a great family event as there is a playground and picnic area at the start/finish line.

WHEN: Saturday, May 19 at 12 noon. Call for rain date.

WHERE: In Ridley Creek State Park; 2606 acres of natural wilderness. Enjoy a traffic free, paved course. The start/finish of both events will be in picnic area #8 (see map).

HOW: Enter by filling out the entry blank in advance or enter the day of the race. TEE SHIRTS TO THE 1ST 100 PRE-ENTRIES. Call the Celebrate Life Foundation at 497-1029 for further information. Meet information can also be obtained from the meet director, Joe Stefanowicz at 485-3870. MAIL ENTRY BLANK to C.L.F., Kellianne P. Stefanowicz, 3325 Richard Road, Aston, Pa. 19014. Check payable to CELEBRATE LIFE FOUNDATION. Tax exemption #23-2578139

JOIN US AND CELEBRATE LIFE!!!!

PRIZES: 1st 100 pre-entries receive tee shirts.

Medals to 1st 3 male and female finishers in the 5 mile run.

ALL PARTICIPANTS will be entered in a random drawing of prizes to be held after the race. Merchants and restaurants have donated merchandise and gift certificates for this celebration of life.

ENTRY BLANK

(Use 1 blank for each participant. Reproduce if needed.)

NAME _____ ADDRESS _____
CITY _____ STATE _____ ZIP _____
SEX _____ PHONE(optional) _____

CHECK ONE

ADULT / \$10.00 donation

CHILD (under 13) \$6.00 donation

I'm sorry that I am unable to attend, but I do want to help the CELEBRATE LIFE FOUNDATION with my enclosed tax deductible contribution of _____.

RELEASE FORM: In consideration of the acceptance of this entry to the C.L.F. run /walk, I hereby for myself, my heirs, executors and administrators waive and release all legal claims I may have against the C.L.F., its agents or representatives and the State of Pa. or any volunteer race official and will hold them harmless of any and all injuries or illness which I may experience traveling to or from the above event or during the event itself.

SIGNATURE _____ DATE _____ (parent signature if under 18)

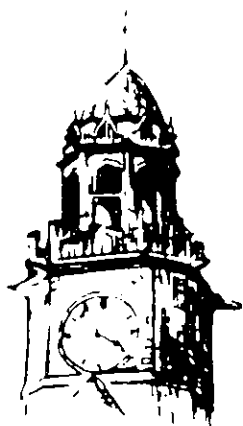
The Glen Mills Schools 12th Annual 10K

Firecracker Run

"The toughest 10 K around"

Running Times and Runner's Gazette

**Come Join Us
And Enjoy One Of The
Best Organized Races
In The Area**



Glen Mills Schools
Service to youth since 1826
C.D. Ferrainola
Executive Director

Date: Saturday, June 23, 1990

Time: 9:00 a.m.

Place: The Glen Mills Schools

Course: 6.2 miles over Historic Thornbury Twp.

Entry: \$3.00 before June 18, 1990

\$5.00 Post Registration

Post Registration Opens 7:40 a.m. and Closes 8:50 a.m.

TAC Certified Course

#PA 880006 RE

Course Record:

Steve Eachus

31:51, 1983

Kate Fonshell

38:21 1989

Make Check payable to The Glen Mills Schools

Send to: The Glen Mills Schools

c/o Don McNeal

Concordville, PA 19331

- Family Entertainment
- Music From Scoundrel
- T-Shirts to the First 300
- Vocational Exhibits
- Vuarnet Sun Glasses
To Overall
Male & Female Winners
- Food and Refreshments
- Ample Parking

Awards in the following
age groups:

13 and under

14-18

19-29

30-39

40-49

50-59

60 and over



Name _____

Address _____

City _____ State _____ Zip _____

Age on day of race _____ Sex _____

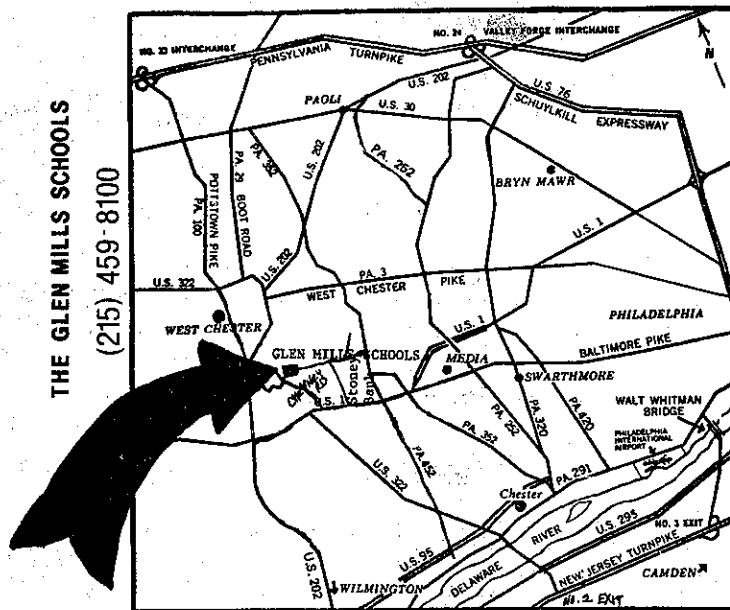
Circle Shirt Size: Small Medium Large X-Large

_____ If under 18

Signature _____ Parent's Signature _____

"In consideration of your accepting this entry, I hereby, for myself, heirs, executors or administrators, waive and release any and all rights and claims for damages I may have against THE GLEN MILLS SCHOOLS, their agents, representatives, or assignees for any and all injuries which may be suffered by me during my participation in this meet."

Runner's NO. _____



DIRECTIONS:

From Philadelphia - Take Baltimore Pike to Stoney Bank Road, turn right on Stoney Bank Road until you reach the end. Turn left on to Glen Mills Road; the school is on your right ½ mile distance.

From Wilmington- Take Route 202 North to Route 1; turn right on Route 1, make a left on Cheyney Road, then a right on Glen Mills road, following this until you see the school on the left.

From Norristown- Take Route 202 South until you reach Route 1; follow the above directions from here.

* This race has been recognized by Running Times as one of the toughest 10 K's and Best Organized races in all of Pennsylvania.

Elaine Russell
Mark Clatterbaugh

Joe Mc Ginnis
Dennis Winters

Rita Senderoff

Meeting was called to order at 7:56 P.M. by Vice-President Kathi Clatterbaugh.

Minutes from last meeting were read and accepted as read. Fred Senderoff/Dot Kracht

Treasurer's Report/ Fred Senderoff - PSFS account \$3,409.00. 1990 Budget was submitted and accepted. Bob Huggins/Mark Clatterbaugh.

Membership Report/ Marylou Long N/P - She is keeping it.

Newsletter Editor/ Bob Huggins - Article on record keeping was in the latest newsletter. Next newsletter should be out in early to mid April.

Team Coordinator/ Bob Huggins - DELCO RRC team at Caesar Rodney took second place. It was an RRCA Regional Championship so it was an impressive win. Congratulations to all team members.

Old Business

Record keeping - John Greenstine needs to check the Constitution. Tabled til next month.

Women's Distance Festival - Rita Jordan
Will be held on September 8 at Ridley Creek State Park. There will be a One mile Fun Run for kids and 5K Prediction Race for women with a picnic to follow.

Penna School for the Deaf - Joe Freiberg & Joe Farrell
10K race committee related two weeks ago that Philadelphia police department turned down the permit to run race - to many intersections to cross. Committee will meet later with police department to try to work this matter out. They are considering Fairmount Park as an alternate site. US Health Care has verbally suggested they will donate \$5000. Insurance to cover race will be responsibility of PSD.

New Business

Media Race - which will be held in July - Flyers have been printed. Applications will go out in Mid April.

Jr. Olympics will be held the first week end in June. Martin and Fran Deeney with Marylou Long will do the registration again. If you do a good job - keep on keeping on.

We do need a race director - Discussion

Motion was made by Tom Hirsch to cancel the Jr. Olympics /not seconded.

Byron will help anyone who volunteers to be race director.

Discussion - what is involved for the race director. Perhaps it is time for some other sponsorship for kids running.

Ex - Summer running clinic series???

Note: Media Fun Run will start meeting at Ridley Creek State Park on April 6 and continue throughout the summer.

Motion was made at 8:54 P.M. to adjourn. Peggy Bobeck/Bob Huggins.
Next Meeting will be held April 25th at Springfield High School community room at 7:45 P.M.

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
SHARON HILL, PA 19079

TO:

RUN FOR FUN AND FITNESS