

Keeping Contact



Newsletter of the Delaware County Road Runners Club

August, 1990

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

WOMEN'S DISTANCE FESTIVAL

**5K PREDICTION RUN
and
1. MILE KID'S FUN RUN**

By Rita Jordan

DELCO RRC presents the 10th Anniversary of the Women's Distance Festival on Saturday, September 8, 1990 at Ridley Creek State Park. Race day registration will take place at the Main Park Office (Gradyville Road entrance).

A 1 mile Kid's fun run has been added this year and will begin at 9:30 A.M. Ribbons and hats will be awarded to all children in the mile run. Race day registration fee for the one mile fun run is \$1.00

At 10:00 A.M., a 5K prediction run for women will begin. Awards will be given to the top three finishers closest to their predicted times. Pre-registration by mail, postmarked by August 27, is \$5.00. Race day registration will be \$6.00. Tee-shirts will be given to all pre-registrants and race applications are attached to this newsletter.

Volunteers are needed for race day and your help would be greatly appreciated. To volunteer or for more information, please call Rita Jordan at 565-1416.

EXTRA!!!

EXTRA!!!

Post-race festivities include DELCO RRC ANNUAL PICNIC following Women's Distance Festival award ceremonies. From noon to dusk, everyone is invited to come to Picnic area #8 pavilion (by stables) in Ridley Creek State Park. Bring your family, lunch and picnic with a great running club!!!

Note: No alcoholic beverages permitted in park.

THE DOG DAYS

By Bill Koppenheffer

Every year when we enter the so-called "dog days" of summer we are reminded of what havoc the heat and humidity can wreak on our running. From a very early age, I have had a certain fascination with the weather. Since becoming a Philadelphia runner I have become painfully aware that humidity, rather than heat, is the main culprit this time of year.

To determine how good or bad summer weather is for running, I use a seldom-discussed index of temperature plus humidity. I have found that the pain threshold is around 160. Unfortunately for you morning runners, just before and just after sunrise is the worst time of day for this index. A summer morning that seems nice and cool and pleasant when you go out turns out to be a real killer after a few miles. These are the sweat-soaked, squishing feet runs. This is because the humidity is up in the 90% - plus range to go along with a temperature of around 70. This is the case nearly every morning during the summer.

After the sun starts getting high in the sky the humidity drops faster than the temperature rises. I have been doing most of my runs at lunchtime on weekdays when the index is usually in a much more comfortable range of around 140. A temperature of 85 to 90 degrees with humidity at 50 to 55 percent would be typical conditions. Even though the sun is the most direct this time of day, it is still a good time to run if you can find a route at least partially shaded and you stay hydrated. Of course the evening is the best time to run as the sun is going down and the dreaded humidity does not start rising rapidly again until after dark.

On a personal note, I remember one killer August morning three years ago when I ran (and walked) the 14 miles into Center City from Willow Grove and felt like I was going to die. The next day I checked the weather section in the Inquirer where they list the temperature and humidity at every hour and found that the index was at a near-lethal 170 during my run. So if you're wondering why yesterday's run was so bad check today's Inquirer.

RUNNING AS A FASHION STATEMENT

By Amy Binder

The look of DELCO ROAD RUNNERS is changing.

It used to be: a pair of sneaks, old gym shorts, and a tee-shirt. Today it's \$100+ running shoes and specially designed "athletic wear" made from new-age fabrics like supplex, polypropylene, or spandex. Add to that: high-tech underwear, wrap-around sunglasses (complete with multi-colored ties so you can hang the glasses around your neck like your grandmother used to), and bandannas (tied around your forehead or your neck). To top it all off, everything comes in neon.

Where is Byron Mundy when you need him? He used to be the ultimate in fashion-less running. But even he now has a gortex running suit.

There's nothing wrong with trying to look good while you're working to try to look good. I'm as big an offender as anyone. All my new shorts are supplex. I own a half-dozen running bras --or, as Kathi Clatterbaugh calls them, training bras. And, yes, I have gone neon.

It amuses me that one of the reasons I began running was that it required so little investment. That shows you how old I am.

Today, just as important as what you wear is where you shop. Bill Battey's in Media always used to be the first stop for me. Now it's got some tough competition. Pre-race running expos are great places to find almost anything you need at almost any price. If you don't want to wait for the next large race, there are numerous mail-order catalogs. The latest scoop is that Value City in Springfield has a good selection of running wear for hard-to-believe prices.

While I have jumped on the fashion bandwagon, I'm often caught unaware of newly emerging trends. For instance, I have yet to buy 100 percent UV-protection sunglasses, which are hailed for their abilities to protect your eyes, thereby keeping facial muscles relaxed, thereby keeping overall muscles relaxed, thereby improving your running. (Got that?) I guess if I subscribed to running magazines, I would know these things. But I refuse to spend more time reading about running than I do actually participating in the sport.

Instead, I watch the trend-setters. And you all know who you are. I'll let you take the heat for being the first to wear flesh-colored chickie pants (a/k/a runner's tights) or zebra-striped wind suits. Then, as a fashion "wannabe," I'll make a few strategic shopping trips to catch up.

With all DELCO'S purchasing power, and apparent discretionary income, we probably should investigate getting a club-sponsored MasterCard. Maybe I'll bring it up at the next club meeting.

DELCO FOCUS ON...

MARV AND RONNIE LEVY

We don't often get a chance to see the husband and wife team of Marv and Ronnie Levy on the roads, but that's mainly because the Levys live in Philadelphia. But judging from a recent letter from Marv, the Levys are an extremely active road racing couple. At the end of July, Ronnie had run in an astounding 38 races since the beginning of the year and won her age group in an even more astounding 34 of these events in either the 40-49 or 45-49 age categories. In June, alone, she ran in 12 races and placed in 11. Ronnie has only been running for four years.

Husband Marv has been a long time fixture on the Delaware Valley racing scene, with over 20 years to his credit. On November 7th, Marv underwent open heart surgery for reconstruction of the mitral valve which had ruptured, and elongated chordae tendonae. Fortunately for Marv, no artery bypass was needed due to their excellent condition from his many years of running. Marv began racewalking on January 1st and restarted his running program on April 1st (no foolin'). His times are still slower than they were prior to his surgery, but thankfully he's shown steady improvement each month. Marv's progress has been such that he's placed in 10 of the 28 races in which he entered this year in the age 60 and over category.

Let's all hope for Marv's continued physical improvement, and continued success to the Levy's in all of their running endeavors.

UNSUNG HEROES HEARD FROM

By Amy Binder

The article "Unsung Heroes," which appeared in the last issue of this newsletter, apparently struck a chord with a number of people. I've gotten many comments on the piece, and it seems that my fear about becoming too competitive as a club might be unfounded. Many of you like running just for the fun of it. Others are working to improve their personal records. Each is content to let the other set his or her own exercise goals.

One interesting letter arrived from John Novak, the president of Delaware Healthwalkers, who recently dealt with a similar issue in his club. There the emphasis was shifting from healthwalking to racewalking. Rather than change the focus of the club or alienate new members, they adopted the motto "Take a healthy walk." Now they tell their 185 members to be competitive if they want to but to enjoy walking just for the sake of it.

If you would like more information about the walking club, contact:

John Novak
Delaware Healthwalkers
P.O. Box 7494
Newark, Delaware 19714-7494

FREE SEMINAR

Club member Regina Hardy, who is the Operations Manager for the Sports Club in Woodlyn, announces a free seminar which should be of interest to all club members: "Shin Splints and Proper Footwear." The 1 1/2 hour seminar will be presented by Ronald Goetsch, A.T.C. at the Sports Club on September 18th from 8-9:30 P.M. Mr. Goetsch will be covering tips on preventions, recognition, home care and when to see the doctor. The Sports Club is located in the Woodlyn Square Shopping Center at Fairview Rd. and MacDade Blvd. in Woodlyn. For more information or to sign up for the mini-course, call Regina at 833-2000.

RUNNING SHORTS

* Mike McGillian continues to show improvement week by week. Although Mike can't run, he is now walking with the aid of a crutch and leg brace. He continues to undergo physical and speech therapy sessions on an outpatient basis several times a week at Moss Rehabilitation Hospital.

We are thankful that Mike's alive and is improving. Please keep Mike in your thoughts and prayers...he needs your support. for those of you who can visit Mike at his home in Collingdale, please do so. Things just aren't the same at the Collingdale fun runs and we look forward to a day when Mike will rejoin us.

* The club would like to extend its best wishes to members Mary Bergin and Mike Metague who have announced their engagement.

* DELCO'S team faired well at the Broad Street 10 Miler. The women's team, comprised of Liz McDermott, Joan Potterfield, Marianne Grace and Rita Jordan placed first (first three runners scoring), while the men's open team placed third, with Steve Whitmore, Steve Daniels, John Greenstine, Joe Freiberg, Bob Thomas, John Ashton and Bob Huggins comprising the team (first five runners scored).

CAESAR RODNEY '90

Steve Whitmore, closely followed by Joe Freiberg, led a solid contingent of DELCO'S runners at 27th running of Delaware's premier running event. Liz McDermott led DELCO'S women with a strong 1:31:34 (and first in the women's 30-34 age group). Results, where known follow:

NAME	TIME	NAME	TIME
Steve Whitmore	1:20:26.2	Dave Gingras	1:46:41.3
Joe Freiberg	1:20:30.7	Bill Meyer	1:46:46.0
Larry Filtz	1:21:01.3	Terry Adamson	1:48:01.8
George Koerner	1:23:14.2	Bob Street	1:49:03.5
Bob Huey	1:24:08.0	Byron Mundy	1:49:28.2
Mike Metague	1:24:11.0	Gene Martenson	1:51:36.4
Tim Wade	1:25:17.4	Nancy Laddon	2:02:03.1
Tom Brazill	1:29:53.7	Chris Lamoureux	2:02:16.5
Bob Huggins	1:29:58.3	Tom Hirsch	2:06:52.0
Bob Kern	1:30:09.8	Fred Cox	2:10:01.4
Liz McDermott	1:31:33.7	Tom Watkins	2:10:09.7
Joan Potterfield	1:34:20.5	Peggy Bobeck	2:16:55.4
Bruce Kelly	1:39:55.9		

As previously reported, DELCO'S team, comprised of Steve Whitmore and Joe Freiberg in the Open Division, Liz McDermott in the Women's Division, and Mike Metague in the Master's Division, placed second in the team division. The following DELCO members placed in their age divisions:

- * Liz McDermott - 1st (Women's 30-34)
- * Joan Potterfield - 3rd (Women's 35-39)
- * Fred Cox - 1st (Men's 70+)

CORESTATES CORPORATE TEAM RACE

May 22, 1990

Although this 5K road race was limited to corporate teams, several DELCO members participated.

NAME	COMPANY	TIME
George Kennedy	Conrail	18:03
Bob White	Zurich American	18:30
Joan Potterfield	General Electric	19:52
Bob Twomey	Kurz-Allen	21:03
Mike Bogdash	Conrail	21:39

A total of 793 runners completed this increasingly popular corporate race. See Joan Potterfield's article in this newsletter for another view on corporate running.

HVERFORD COMMUNITY HOSPITAL 5K

NAME	TIME	NAME	TIME
Steve Brusstar	18:48.0	Charlie Sassaman	20:30.4
Dave Gobel	19:01.0	Bob Dimond	21:41.6
Bob Fuhrman	19:39.8	Ron Finley	24:28.0
Ron Grace	19:40.8	Chris Franz	26:06.8
Marianne Grace	19:53.9	Dot Kracht	27:49.5

CORPORATE RUNNERS BREATHE HARD

By Joan Potterfield

General Electric unseated AT&T at the US Corporate Athletic Association National Track Championship in Boulder, Colorado, on July 21 & 22. DELCO runners included Joan Potterfield and early club member, Bill Heidelberger. Joan and Bill ran the 5K and 10K, the events most affected by Boulder's 6000-foot elevation. Most "flat landers" (Joan & Bill included) finished blue in the face and gasping for breath. About one fourth of the runners also reported that their arms went numb. Times in the 5K were off by at least a minute; and 10K times, by two minutes or more. Ingrid Kristionsen, who routinely breaks 31:00 for 10K and who lives in Boulder for part of the year, has difficulty breaking 33:00 in Boulder. (Ingrid is the world record holder for 10K). Unless you have three or four weeks to acclimate, racing in the mountains is extremely humbling.

EDITOR'S NOTE: The following letter was received by Bill Schultz from Kathy Latz of the Boardwalk Runners in New Jersey. Kathy has successfully lobbied against proposed changes which race organizers had contemplated making at this year's Sea Isle City Island Run held on August 11th.

Dear Club Members:

I would like to thank you for your support in helping me to accomplish changes I sought regarding the Sea Isle City Island Run. With your signatures (534 in total), we achieved what we set out to and that is as follows:

- the institution of a first place overall female prize equivalent to that of the overall male winner (this year being a two-week, all-expense paid trip to Ireland to compete in the Ballyshannon race).
- to consider for next year changing back to a course that has the same format as the former Island Run (approximately 20K).
- increasing the depth of all awards (this means increasing the amount of awards given to each category).

Thank you again to all of you who helped in this effort, and if possible, I would ask that you include this letter in your next newsletter. I hope to see you all at the race on August 11th.

Sincerely,
Kathleen Latz
Boardwalk Runners
Ventnor, NJ

MULTI-SPORT CALENDAR

Late Summer/Early Fall

Compiled by Bob Huggins

BIATHLONS

- August 26 Phila. Modern Biathlon - Race #2 (West River Drive)
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Pat McCloskey's Racing Resource
P.O. Box 299
Warrington, PA 18976
- Sept. 8 Harrisburg Central YMCA Biathlon (Harrisburg, PA)
Run: 5 miles, Bike: 25 miles
Contact: Mike Lentz
Front & North St.
Harrisburg, PA 17101
717-232-9622
- Sept. 22 Lums Pond Biathlon (Lums Pond State Park, PA)
Run: 6 miles, Canoe: 5 miles
Contact: Don Coats
1 Walnut Valley
Chadds Ford, PA 19317
302-655-3315 (days) 215-388-7613 (evening)

Sept. 23 Cooper River Biathlon Series
(Cooper River Park Pennsauken)
Run: 3.7 miles, Bike: 18.5 miles, Run: 3.7 miles
Contact: Chuck Sellers
C.S. Running Center
33 Haddon Ave
Westmont, NJ 08108
609-858-9760 (days)

Oct. 6 Fall Classic Parkway Biathlon (Allentown, PA)
Run: 5K, Bike: 15 miles, Run: 5K
Contact: Jeff Juretof
3474 Lafayette Drive
Bethlehem, PA 18017
215-866-5841

Oct. 20 Ed Jerome Biathlon
(Belleplain St. Park, Woodbine, NJ)
Run: 4 miles, Bike: 24 miles, Run: 4 miles
Contact: Runaway A.C., Inc.
P.O. Box 1131
Marmora, NJ 08223

Season of the Witch Biathlon (Reading, PA)
Run: 3.6 miles, Bike: 10.8 miles
Contact: Precision Road Racing, Inc.
P.O. Box 252
Leesport, PA 19533
215-926-4303 (days)

Oct. 28 Naval Station Fall Classic Biathlon
(Phila. Naval Station)
Run: 2.5 miles, Bike: 12 miles, Run: 2.5 miles
Contact: L & M Computer Services
7 Westwood Drive
Mantua, NJ 08051
609-468-0010 (days)

TRIATHLONS

Sept. 2 Greater Wilkes-Barre Triathlon (Wilkes-Barre, PA)
Swim: 1.5K, Bike: 40K, Run: 10K
Contact: Jim Harris III
700 First Eastern Bank Bldg.
Wilkes-Barre, PA 18701
717-822-2025 (days)

Sept. 8 Pine Barrrens Triathlon (Atsion Lake, NJ)
Swim: 1 mile, Bike: 25 miles, Run: 10K
Contact: Chuck Sellers
CS Running Center
See Biathlons - Sept. 23rd listing

Lancaster YMCA Long course Triathlon (Lancaster, PA)
Swim: 1.5K, Bike: 2.5 miles, Run: 15K
Contact: Hal Welsh
Lancaster YMCA
572 N. Queen St.
Lancaster, PA 17603
717-397-7474 (days)

Sept. 9 Lancaster YMCA Short Course Triathlon (Lancaster, PA)
Swim: 1/4 miles, Run: 5 miles, Bike: 15 miles
Contact: See above Sept. 8 listing

Monmouth County Sprint Triathlon (Long Branch, NJ)
Swim: 1/4 mile, Bike: 13 miles, Run: 4 miles
Contact: Andrew Spears
Monmouth County Park System
Newman Springs Road
Lincroft, NJ 07738
201-542-1642 (days)

Sept. 15 Make-A-Wish Foundation Triathlon (Bethany Beach, DE)
Swim: 1 mile, Bike: 22.5 miles, Run: 10K
Contact: Belva MacDonald
c/o Make-A-Wish Foundation
10215 Fernwood Rd.
Suite 400 A
Bethesda, MD 20817
301-493-6777

Upper Bucks Tinman Triathlon (Quakertown, PA)
Swim: 1K, Bike: 35K, Run: 10K
Contact: Stacie Lamont/Jeannie Pierce
Upper Bucks YMCA
451 California Rd.
Quakertown, PA 18951
215-536-8841

Pennsylvania Triathlon (Reading, PA)
Swim: 1.5K, Bike: 20 miles, Run: 5.5 (cross country)
Contact: Precision Road Racing
(See Oct. 20 Biathlon listing)

Sept. 16 Sandy Hook Sprint Triathlon (Sandy Hook, NJ)
Swim: 1/2 mile, Bike: 18 miles, Run: 3 miles
Contact: Charity Sports
Monmouth Beach, NJ

Oct. 28 Morris Batzer Memorial Triathlon (Margate, NJ)
Swim: 1/2K, Bike: 20K, Run: 7K
Contact: Marilyn Falkow/Lou Pagamp
Jewish Community Center
501 N. Jerome Ave.
Margate, NJ 08402
609-822-1167 (days)

DELCO RRC MEMBERSHIP MEETING

Wednesday, June 27, 1990

Attendees: John Greenstine, President
Kathi Clatterbaugh, Vice President
Bob Huggins, Newsletter Editor/Team Coordinator
Joe Freiberg, Public Relations
Rita Jordan, FRL Media Elaine Russell
Tom Hirsch, FRL Springfield Peggy Bobeck
Mark Clatterbaugh Amy Binder Joe McGinnis
Tom Watkins Bill Schultz Bob Twomey

Meeting was called to order at 8:04 P.M. by President John Greenstine.

Minutes from last meeting were read and accepted as read. Bill Schultz/Bob Huggins

Treasurer's Report/ Fred Senderoff N/P

Fred was in the hospital recently - Get well soon Fred.

Newsletter Editor/ Bob Huggins

Newsletter is being typed now. It will not be out before end of June. Keep the articles coming.

Team Coordinator/ Bob Huggins

Phila. Distance Run is fast approaching. Team entries must be submitted together. If you wish to run on a team send your entry form & check to Bob Huggins by August 17.

Fun Run Leaders

Media/ Rita Jordan - We're having a lot of fun. Some new members have joined us. Come on out to Ridley Creek State Park on Friday nite 6:30.

Springfield/ Tom Hirsch - There is a group running out to Ridley Creek from Springfield on Sunday mornings. They leave the Library at 7:30 A.M. Joe Freiberg has volunteered to keep the records for Springfield.

Old Business

No news on Logo Project.

New Business Cards should be out within the week.

Women's Distance Festival/ Rita Jordan - There will be a flyer on the WDF in the Media Race Packet. Rita needs men - men - men.

Timing for the WDF - Rita will ask Frank Feingold and let us know. Discussion regarding putting 5K predicted time on entry form.

PA. School for the Deaf 10K/ Joe Freiberg - Waiting course approval. Race forms have been printed but not mailed.

Volunteers will be needed.

Reminder!!! Elections are coming!!! If you would like to run for office or if you would like to nominate someone, talk to John Greenstine. Let it be known we need an election committee.

Motion was made at 8:38 P.M. to adjourn. Bill Schultz/ Tom Hirsch
Next Meeting will be held July 25, at Springfield High School
community room at 7:45 P.M.

Respectfully submitted, Peggy Bobeck

DELCO ROAD RUNNERS CLUB PRESENTS THE 10TH ANNIVERSARY OF THE
WOMEN'S DISTANCE FESTIVAL 5K RUN

& 1 Mile Kid's Fun Run



Saturday, September 8, 1990
10:00 A.M. - 5K Women's Prediction Run
9:30 A.M. - 1 Mile Kids Fun Run

COURSE: Ridley Creek State Park, Media, PA. Start and Finish at Main Park Office (Entrance from Gradyville Road)

ENTRY FEE: 5K Run - Pre-registration - \$5.00 (postmarked by August 27)
5K Race Day Registration - \$6.00
1 Mile Kid's Fun Run - \$1.00 (on race day)

T-SHIRTS: To all 5K Pre-registrants
HATS: To all 1 mile Kid fun runners

AWARDS: 5K: Top 3, closest to their predicted finished time
Goodie Bags to all 5K finishers.
Special prize drawing for all 5K entrants
1 Mile: RIBBONS to all fun run finishers

SPONSORS: Moving Comfort, Tom's of Maine, Runner's World, Women's Sports & Fitness, Shaklee U.S., Inc., and Bill Battey's Sporting Goods.

POST-RACE FESTIVITIES & DELCO RRC ANNUAL PICNIC:

Noon till Dusk - Ridley Creek State Park Pavilion (Area #8-by stables)
Bring your family, lunch and picnic with a great running club!!
No alcoholic beverages permitted in park.

INFORMATION: Call (215) 565-1416

WOMEN'S DISTANCE FESTIVAL 5K RUN

Make checks payable to DELCO RRC. Mail checks to WOMEN'S DISTANCE FESTIVAL, c/o Rita Jordan, Race Director, 311 South Avenue, Media, PA 19063.

NAME: _____ 5K PREDICTED TIME: _____

ADDRESS: _____ CITY _____ ST _____ ZIP _____

PHONE: _____ T-SHIRT SIZE: S M L (Circle one)

RELEASE FORM

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

SIGNATURE _____ DATE _____ PARENT OR GUARDIAN _____
(if runner under 18)

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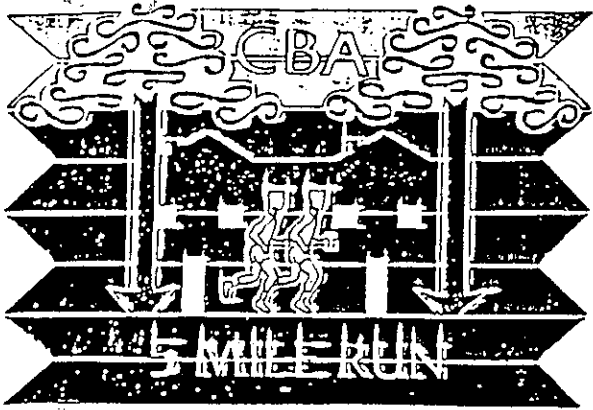
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TOM'S
OF MAINE

WOMEN'S DISTANCE FESTIVAL
311 SOUTH AVENUE
MEDIA, PA 19063

TO:

CELEBRATING WOMEN'S RUNNING...



CHICHESTER BUSINESS ASSOCIATION
 5 MILE CHARITY RUN AND 3 MILE WALK
 9:00 AM SATURDAY OCTOBER 27, 1990

COURSE: 5 Mile Rolling Course Through The Most Scenic Areas of Upper Chi,
 1 Mile Downhill Finish

- AWARDS:** - Long Sleeve T-Shirt To All Registered Runners
 - 1st Prize - \$200.00 (Male & Female)
 - 2nd Prize - \$100.00 (Male & Female)
 - 3rd Prize - \$50.00 (Male & Female)
 - 1st Chi Resident (M&F) - \$25.00 Gift Certificate To Any
 CBA Members Business

Race Starts At 9:00AM Sharp At Maximillian's On Naamans Creek Road
 Post Registered Start - 7:00AM - 8:45AM

FEE: Pre Register - \$ 8.00 (Ends Oct. 14, 1990)
 Post Register - \$10.00

PRE REGISTER - MAKE CHECKS PAYABLE TO: CHICHESTER BUSINESS ASSOCIATION
 495 Bethel Avenue
 Aston, PA 19014

.....
ENTRY FORM - Please Print

Name: _____ T-Shirt Size S M L XL

Address: _____ Male Female

City, State, Zip: _____

Phone: _____ Age on day of race: _____

Corporation/Club Team: _____

Male 18 & Under 19-29 30-39 40-49 50-59 60+ (Males)

Female 18 & Under 19-29 30-39 40-49 50+

In consideration of the entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race.

 Signature

 Date

 Signature Of Parent
 (If Under 18 Years Of Age)

 Date



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