

# Keeping Contact



## Newsletter of the Delaware County Road Runners Club

February, 1990

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### TRANSCON USA RUN

By Bob Huggins

On February 21st, Bill Schultz will begin what, for him, has been a decade old dream...to run across the United States. Schultz, who will celebrate his 38th birthday enroute, expects that his journey will take 100 days. His plan is to run approximately 30 miles each day with about 20 miles before noon and the remainder in the afternoon. He will run mostly unassisted during the day, running only with a backpack and fanny pack with water bottles. Fortunately, through the network of contacts that he was able to pick up through the Road Runners Club of America, as well as friends from the ultra running community, he will have evening lodging for approximately two thirds of the trek. A planned route listing follows this article. Those towns with an asterisk means that he has no contact. If you have a relative or friend in one of these towns who might be able to offer some assistance to Bill, call him at 534-2979 before February 9th or call him at (714)644-2679 (Dave Covey's number) between February 11th to February 20th.

Bill has stressed that his run is a trek and that he is not out to see how fast he can cross the nation. He is receiving some limited sponsorship from Ron Hill Sportswear (for running apparel), Avia Athletic Shoes and Oakley Eyewear (sunglasses). All of the above assistance is limited to products only and does not include any financial remuneration. The Harris Elementary School teacher is on a one year sabbatical and is financing the trek on his own. He expects his arrival date in Atlantic City (Hey, Donald Trump, how 'bout throwin' in a few bucks?) to be on May 31st.

What does it take to accomplish such a seemingly impossible task? First, lots of miles in the bank. Bill has run at least 4,000 miles every year since the late Seventies. He is extremely consistent and rarely gets sick or injured. Competitively, the longer the race, the better he seems to do.

Bill is a two time winner of the Weston Six Day Race and this year became, officially, the U.S. record holder at 475 miles on a certified course. (Bill is quick to point out that several other Americans have run in excess of 500 miles but, unfortunately, those runs were on uncertified courses.) The second factor is planning. Schultz has meticulously planned for this event talking with ultra runners Jim Shapiro and Jay Birmingham, both of whom have run across the country. He's read everything he could get his hands on and, this past December, drove virtually every single mile of the route which he will be running. In short, the teacher has done his homework. Finally, and perhaps most importantly, Bill has the drive, determination and unflinching confidence in his ability to accomplish what only a handful of people have done.

We wish all the best for our fellow club member as he undertakes this Herculean task. May your legs be strong and the wind always at your back. God speed!

BILL SCHULTZ' TRANSCONTINENTAL TREK

DAY	DATE	CITY/TOWN	ST	NO	DAY	DATE	CITY/TOWN	ST	NO
1	F-21	Newport Beach	CA		37	M-29	Erick*	TX	66
2	F-22	Corona	CA	91	38	M-30	Sayre*	OK	66
3	F-23	San Bernadino	CA	15	39	M-31	Elk City*	OK	66
4	F-24	Victorville	CA	15	40	A-01	Clinton*	OK	66
5	F-25	Barstow	CA	15	41	A-02	Weatherford	OK	66
6	F-26	Newberry Springs*	CA	40	42	A-03	El Rino	OK	66
7	F-27	Ludlow	CA	40	43	A-04	Oklahoma City	OK	66
8	F-28	Amboy* 28M past	CA	66	44	A-05	REST	OK	
9	M-01	Essex 32M past	CA	66	45	A-06	Luther	OK	66
10	M-02	Needles	CA	66	46	A-07	Stroud	OK	66
11	M-03	Yucca	AZ	66	47	A-08	Bristo	OK	66
12	M-04	Kingman	AZ	66	48	A-09	Tulsa	OK	66
13	M-05	Valentine	AZ	66	49	A-10	Tulsa	OK	66
14	M-06	Nelson	AZ	66	50	A-11	Tulsa	OK	66
15	M-07	Seligman	AZ	66	51	A-12	Claremore	OK	66
16	M-08	Williams	AZ	66	52	A-13	Vinita	OK	66
17	M-09	Flagstaff*	AZ	40	53	A-14	Miami	OK	66
18	M-10	Leupp*	AZ	15	54	A-15	Joplin	MO	66
19	M-11	Indian Wells*	AZ	15	55	A-16	Barcoxia	MO	66
20	M-12	Klagetoh*	AZ	15	56	A-17	Springfield*	MO	66
21	M-13	Gallup	NM	66	57	A-18	Marshfield*	MO	66
22	M-14	Thoreau	NM	66	58	A-19	Lebanon*	MO	66
23	M-15	San Fidel*	NM	66	59	A-20	Robert	MO	66
24	M-16	Correo*	NM	66	60	A-21	St. James (Rolla)	MO	66
25	M-17	Albuquerque	NM	66	61	A-22	Cuba	MO	66
26	M-18	Moriarty	NM	66	62	A-23	Sullivan*	MO	66
27	M-19	Santa Rosa*	NM	66	63	A-24	Robertsville*	MO	66
28	M-20	Newkirk*	NM	66	64	A-25	Eureka*	MO	66
29	M-21	Tucumcari*	NM	66	65	A-26	St. Louis	IL	40
30	M-22	Glenrio*	NM	66	66	A-27	Pochohantas	IL	40
31	M-23	Adrian*	TX	66	67	A-28	Vandalia*	IL	40
32	M-24	Wildorado	TX	66	68	A-29	Effingham*	IL	40
33	M-25	Amarillo	TX	66	69	A-30	Casey	IL	40
34	M-26	Conway	TX	66	70	M-01	Terra Haute	IN	40
35	M-27	Jericho	TX	66	71	M-02	Indianapolis	IN	40
36	M-28	Shamrock	TX	66	72	M-03	Indianapolis	IN	40

<u>DAY</u>	<u>DATE</u>	<u>CITY/TOWN</u>	<u>ROUTE</u>	<u>DAY</u>	<u>DATE</u>	<u>CITY/TOWN</u>	<u>ROUTE</u>
73	M-04	REST	IN 40	87	M-18	Bakersville	PA 31
74	M-05	Centerville	OH 40	88	M-19	Brotherton*	PA 31
75	M-06	Springfield	OH 40	89	M-20	New Baltimore*	PA 31
76	M-07	Columbus	OH 40	90	M-21	Bedford*	PA 30
77	M-08	Columbus	OH 40	91	M-22	Saluvia*	PA 30
78	M-09	Zanesville	OH 40	92	M-23	Chambersburg	PA 30
79	M-10	REST		93	M-24	Fayetville	PA 30
80	M-11	Cambridge*	OH 40	94	M-25	Gettysburg	PA 30
81	M-12	Hendrysburg*	OH 40	95	M-26	York	PA 30
82	M-13	Wheeling*	WV 40	96	M-27	Lancaster	PA 30
83	M-14	Washington*	PA 40	97	M-28	Sadsburyville	PA 30
84	M-15	Monongaheld*	PA 136	98	M-29	Collingdale	PA
85	M-16	Wyano	PA 31	99	M-30	Hammonton	NJ 30
86	M-17	Mount Pleasant	PA 31	100	M-31	Atlantic City	NJ 30

## SPEED AND MORE SPEED

By Bob Fuhrman

All things being equal, which they never are, the person with the longest stride will be the fastest. Stride length is primarily determined by two factors: Leg length and hip flexibility. On the average, tall people are faster than short people. (Sorry, Tom!). To compensate for a shorter stride length, a runner can move his legs faster. A world class sprinter turns over at 5 strides per second.

Two muscles, the quadriceps and the hamstrings do a lot of the moving of the joints in the legs and both of these muscles play a very important part in how many steps you can take per minute. These muscles are made up of both fast and slow twitch muscle fiber. Fast twitch muscle fibers have a high level of internal energy which make the fibers contract at about twice the speed of the slow twitch fibers. Fast twitch fibers are activated by short bursts of speed - a 100-yard dash, a fast break in basketball, a finishing kick in a distance race.

The slow twitch fibers move your muscles at a much slower rate. Distance runners, cross country skiers and cyclists usually have more slow twitch fibers. However, they are well supplied with capillaries and by having a high oxidation potential they can maintain efficiency in contraction over a long period of time and can be used continuously with less fatigue. The ST/FT (slow twitch, fast twitch) ratio has been predetermined at birth by genetics, so if you have a complaint about your speed, see your parents.

**Editor's Note:** In addition to being an active DELCO RRC member, Bob Fuhrman is Assistant Track & Cross Country Coach at Pennwood High School in Lansdowne.

## DEAF AWARENESS RUN

By Joe Farrell and Joe Freiberg

Next September, there will be a race sponsored by the Pennsylvania School for the Deaf in Philadelphia. This run will be called the "Deaf Awareness Run," and will be held on the campus of PSD in Germantown. The race will benefit the youth program of PSD. It is one of several activities that day which are intended to introduce hearing people to the deaf community. There will be both a 10K and a two mile walk, and will be held on the weekend following the Philadelphia Distance Run on either Sept. 23, 1990, or Sept. 30, 1990.

DELCO RRC has been asked to help in providing technical assistance for this race. The main request that the organizers have made is to provide timing and finish line support on race day.

This was discussed at the October meeting of the DELCO RRC, and no one opposed the idea. However, in order to support such a race, it is necessary to have volunteers willing to donate a few hours of their time on race day, and it was suggested that we write this article to identify the interest that the club members would have in supporting this race.

We therefore ask that anyone who might be interested in helping to organize the race, or who might be available on race day to help, should contact one of us. We are not yet looking for firm commitments of time from anyone, but are merely trying to determine how much support is available from the club.

If you are interested, or would like more information, see either of us at a fun run, or contact us at the following addresses:

Joe Farrell  
817 Park Drive  
Glenolden, PA 19036

Joe Freiberg  
1373 Edge Hill Road  
Darby, PA 19023  
534-7958

## HEEL PAIN IN RUNNERS

By Ira D. Meyers, D.P.M.

Many runners at one time or another have a complaint of heel pain. In most runners, the heel bone (calcaneus) is the first bone to strike the ground, and thus feel the impact of shock generated with each stride. As a result of this amount of stress, it is not surprising that heel pain is a common condition amongst runners.

When we run, shock that is created with each stride is absorbed by your shoes, muscles, ligaments and bones. In addition, the foot and ankle joints, knee joint and hip joint all go through a series of movements to also help absorb shock. When one part does not do its job, the other parts are stressed to a greater extent. So, for example, if your running shoes are worn out, the whole lower extremity is stressed to a greater extent, predisposing you to injury.

Connecting the heel bone to the forefoot is a thick ligament called the plantar fascia. Many times when running, this ligament is stressed excessively. This is usually because of an excessive amount of motion occurring in the foot called pronation. Pronation is a common term with runners, and in its simplest term it refers to a flattening of the arch. However, some pronation is necessary for proper shock absorption. If the foot does not pronate enough (therefore remaining in a high arched or supinated position), the plantar fascia is again stressed excessively.

When the plantar fascia is stressed excessively, pain will become apparent. This condition is known as plantar fasciitis.

Heel spurs are a common finding with plantar fasciitis. This is because when the plantar fascia is stressed, it pulls on the heel bone. Anytime bone is stressed, it reacts by forming more bone. The spur is this extra bone that is formed as a result of the pull of the plantar fascia. In most cases it is the plantar fascia that is the culprit of the pain, and not the heel spur.

So, the bottom line is that most heel pain is due to a condition known as plantar fasciitis. A heel spur may or may not be present with this condition, and it is usually not the primary source of pain.

Other less common causes of heel pain include calcaneal stress fractures, nerve entrapments, tendonitis, arthritis, infection and tumors.

In adolescents, heel pain may be due to a condition known as Severs Disease. Pain with this condition is usually at the back of the heel and not on the bottom of the heel. This condition is similar to Osgood-Schlatters Disease. Treatment is usually ice after running, stretching exercises, aspirin, orthotics and lastly rest.

### Clinical Course

Pain may be felt at the bottom of the heel bone either on the inside or outside of the foot. Pain is almost always present with the first step after being at rest. It is very common for pain to be present with the first step in the morning. The pain will usually go away after the first couple of steps, only to become worse as the day progresses. When running, pain may be present at the start of the run and then improve, only to hurt more either later in the run or after the run.

### Treatment

1. A foot and ankle strapping is usually very helpful in relieving pain, mostly because it cuts down the excessive motion that is causing the pain.
2. Stretching the heel cord is helpful in relieving strain on the plantar fascia.
3. Proper shoe gear is essential. Worn down shoes and/or improper running shoes will significantly increase the risk of injury.

4. An oral nonsteroidal anti-inflammatory medication such as Ibuprofen is helpful. However, it only helps the pain and does not prevent the cause of the pain. It is useful in acute states of pain.
5. An injection of cortisone (up to 3 in one year) may be necessary to break the pain cycle. Sometimes, this will help alleviate the heel pain altogether.
6. Physical therapy, such as ultrasound, electronic galvanic stimulation and whirlpools are helpful, but again these do not alleviate the cause of the pain.
7. Orthotics are very often helpful in permanently relieving the pain, especially if the strapping was helpful. Orthotics help control the faulty biomechanics that cause most heel pain. I personally prefer a semi-rigid orthotic. There are many different types of orthotic materials.
8. I usually take an x-ray to see if a spur or any other bony abnormality is present.
9. A period of casting is sometimes, but rarely used.
10. If after all of the above treatments are unsuccessful, surgical release of the plantar fascia and removal of the heel spur is indicated.

Most patients (about 90%) respond to conservative or nonsurgical treatment. Of those 10% that require surgery, about 90% have successful outcomes.

Editor's Note: Ira Meyers is one of the Philadelphia area's top distance runners and is a Doctor of Podiatric Medicine. For more information, contact Ira at 887-5910.

## DELCO RRC ULTRA SCENE '89

By Bill Schultz

This past year saw fewer DELCO RRC members attempting runs longer than the standard marathon distance. Highlights of those I could find are listed below. (I know Kope ran in more than what I have listed.) Not to be overlooked, Bill Koppenheffer and Mike McGillian completed a 30M TRAIL run in Maryland. Unfortunately, I couldn't find those results. Finally, if I have overlooked anyone, I appologize.

### TRACK

	NAME	RACE	TIME/DIS	PLACE
50K	Bill Meyer	DTD Ultras	4:45:05	1st
50K	Bill Schultz	Millersville	4:06:20	4th

(TRACK CONT'D)

50K	Larry Filtz	Millersville	4:32:35	7th
50K	Bill Meyer	Millersville	4:45:57	11th
50K	Mike McGillian	Millersville	5:34:55	18th
24H	Bill Schultz	DTD Ultras	100.50M	5th
6 DAY	Bill Schultz	Painzone	475 Miles	1st

ROAD

	NAME	RACE	TIME/DIS	PLACE
50K	Bill Schultz	Fat Ass	4:21:00	2nd
50K	Bill Koppenheffer	Boulevard Bike	7:09:17	3rd
50M	Bill Schultz	Lake Waramaug	7:21:26	14th
50M	Bill Koppenheffer	Lake Waramaug	7:36:50	16th

TRAIL

50M	Bill Koppenheffer	Nugget 50 Mile	10:22:17	49th
50M	Bill Koppenheffer	JFK Trail 50	8:22:41	56th
50M	Bill Schultz	Groundhog Fall	8:21:35	19th

As a special note, this year's DAWN TO DUSK ULTRAS is going back to a 12 Hour format. The distances to be competed for will be 50K/50M, 100K, and 12 Hrs.

Anyone who would like to help or is going to compete in this year's race can obtain an information from Bob Huggins after Feb. 21st. The date for this year's race is tentively set for May 12, 1990.

## TURKEY TROT '89

By Bob Huggins

Four inches of snow. Temperatures in the high 20's. Gusty winds. Great racing conditions, right? Well, not as bad as you might expect. Fortunately, a city crew plowed most of the two loop five mile course, leaving only a quarter mile stretch (run twice) under snow. The conditions did turn away a sizeable number of participants (610 last year versus 157 finishers this year), but those running the race seemed to enjoy it. Joe Trautwein (26:36) and Phyllis Botson (33:31) took top overall race honors. Mike Metague was DELCO's top finisher, placing 15th overall and 2nd master with a fine (for the conditions) 30:50. Following in the footsteps of his dad, Eric Mundy completed his first long distance race in 50:39. Tim Wade's wife, Abby Lane, also completed her first race in 46:15 with Tim coaching her the whole way.

The crazy conditions and the always loose atmosphere at this race meant that some DELCO runners ran seriously while others ran a nice pre-Thanksgiving meal workout. DELCO members and their times are:

<u>NAME</u>	<u>TIME</u>	<u>NAME</u>	<u>TIME</u>
Mike Metague	30:50	Tom Hirsch	43:02
Joe Freiberg	31:53	Bill Meyer	43:04
Bob Huggins	32:42	Maureen Meyer	43:41
Byron Mundy	33:34	Abby Lane	46:15
Bill Schultz	35:29	Tim Wade	46:16
Pete Belfi	37:08	Eric Mundy	50:39
Tom Tolan	38:43	Rich O'Neill	50:52
Betty Perrone	40:08		

Also participating were Bill "Bandit" Koppenheffer and Rita Jordan, who missed the start, but ran the race anyhow. No times were available for these runners.

## YEAR END REPORT

### COLLINGDALE JOGGERS

By Byron Mundy

For all of 1989 there were 104 fun-runs held in Collingdale with a total recorded attendance of 1578. The Saturday morning 9 A.M. runs averaged 24 runners, while the Wednesday evening 6:30 P.M. run averaged six people. The largest single turnout of 45 people occurred on Saturday, July 15th in conjunction with the Women's Distance Run.

Collingdale resident Bob Huggins was the attendance leader for the second straight year with 77 times (74 in 1988). People who ran 30 times or more last year:

### 1989 LEADERS

77 Bob Huggins	34 Pete Belfi
65 Byron Mundy	34 John Greenstine
57 Peg Bobeck	34 Mike McGillian
45 Bill Schultz	34 Tom Weber
44 Joe Freiberg	33 Tom Watkins
43 Mary Lou Boselli	32 Mike Bogdash
37 Marcy Harper	31 Amy Binder
35 Joe Santella	31 Tim Wade
35 Jim Smith	30 Tom Hirsch
35 Mary Bergin	

Bob Huggins also moved up to 6th on the all-time Collingdale attendance list. The first fun-run in Collingdale was held on Sept. 22, 1973. More than 1800 runs have been held over the 16+ year period. (Springfield fun-runs began a year earlier - February 25, 1972).

Here is a list of the all time leaders and the date of their first run at Collingdale:

# OF TIMES	NAME	DATE OF FIRST RUN
1260	Byron Mundy	09-22-73
1169	George Barnes	10-13-73
826	Peg Robeck	12-13-77
748	George Naylor	03-01-75
625	Paul Straube	10-06-73
610	Bob Huggins	05-23-81
544	Bill McCormick	07-07-79
489	Jim Smith	11-04-75
457	Mary Beth Mundy	10-29-77
447	Bill Schultz	12-20-77
433	Joe Nolan	07-26-78
417	Mary Lou Boselli	11-29-80
416	Ed Germer	11-10-73
414	Tom Watkins	04-15-78
404	Bill O'Keefe	10-03-78
404	Frank Dugan	09-25-73
396	Frank Dewan	07-31-74
391	Joe Santella	03-26-83
387	Linda Bell Pollum	11-01-75
378	Jim Miccolis	09-26-81
359	Tom Weber	04-01-78
327	Sam Hill	10-06-73
325	Bill Boselli	10-06-79
320	Joe Anderson	07-23-75
318	Terry Adamson	10-04-80
315	Tim Bell	06-17-78
300	Marcy Harper	05-07-77

Congratulations to the following people who recently earned participation awards at Collingdale:

10X Patch - Nancy Laddon  
Elaine Russell

20X T-Shirt - Rita Jordan

40X Plaque - Amy Binder  
Mike Bogdash  
David Clark  
Bob Dimond  
Margie Miccolis  
Eric Mundy  
Tim Wade  
Pete Belfi

## LETTER TO THE EDITOR

Dear Editor:

I would like to extend my appreciation to the DELCO ROAD RUNNERS CLUB for all the encouragement and support I have received in the past several months. I had the good fortune of learning about the Club at the Yeadon Flag Day Race in June.

This past year had been an extremely difficult one for me personally, and without the Club I don't know how I would have managed to go forward. The Club has literally "kept me going!" I would particularly like to thank Tom Watkins and Peggy Bobeck, who have often maintained a "snail's pace" to keep me company, and encouraged me to keep going many times when I had been ready to give up! Thanks also to the Fun Run Leaders and the many new people I have had the pleasure of meeting.

Happy and healthy New Year to you all!

Sincerely, Elaine  
Russell

Editor's Note: Spread the good word, recruit a new member today!

## RACE REGISTRATION FEES

By Mike McCloskey

Editor's Note: The following article was written by Mike McCloskey who publishes a Philadelphia area grassroots running publication called the Runners' Advocate. Many long time runners have lamented the escalating costs of entering races, however the reality is that it costs money to stage running events. Mr. McCloskey's article is an attempt not so much to justify increased expenses, but to let runners know why race fees are what they are.

Race registration fees have been going up locally and a number of runners have complained that the cost is "too much when the race only gives out a T-shirt". From traveling around the country and observing many different races, I believe that the cost of the local races is lower than most areas. Races incur many costs that are not always obvious but must still be paid. Typical costs include course measurement (\$25 per mile if hand wheeled to \$100 per mile for TAC certification), municipal permits, finish line and timing costs (\$250 to infinity depending on complexity), liability insurance (TAC coverage is \$50 for 250 runners and increases as the number of registrants increase), race numbers (24 cents each), application printing (\$18 per 1000), medical support (\$100 per hour per ambulance), port-a-johns (\$125 each), police coverage (Philadelphia is beginning to charge \$189.50 per police officer and many suburban communities have been charging for police services for many years), cups and water for the water stops, post race

refreshments, awards (variable based on number and type), T-shirts (\$3.75 to \$4.00), and "volunteers" who sometimes must be paid to appear at water stops, course marshalling, and finish lines. Races usually overbuy on T-shirts, race numbers, and water stop supplies to ensure that there is enough for everyone. Please remember that these are costs common to most races. Many races have costs that are unique to only the race. Most races are also attempting to raise money for a charity. Please remember these costs when discussing the price of race registration.

## NOSTALGIA: REMEMBERING THE 80'S OR CONFESSIONS OF A "BOOM" RUNNER

By Bob Huggins

Well, I made it. I actually managed to run continuously for a full decade (not an uninterrupted streak, mind you), having started my running program in August of 1979. I've managed to run through the entire decade to the tune of something just under 24,000 miles (around 23,700, but hey, who's counting?). I can still remember my first race...a sluggish, for me, 37:45 five mile effort at Collingdale on January 27, 1980.

Ah, youth! As a confident (but not cocky), 26 year-old, I had bragged to Dennis Kennedy (who, along with Byron Mundy, I credit with my becoming a member of DELCO--no one else is to blame) that I would break 35 minutes--easily--in my first time up at bat. Well, race day loomed with 40 degree weather (which, at the time, I thought was freezing); people had to be crazy to run, let alone race in this weather. At the registration table, I kept looking around at all the runners with T-shirts that read Caesar Rodney Half Marathon or Diet Pepsi 10K, among many others. When I finally got my registration packet, all I received was a baggie with a label including my name, hometown, and age, and a Collingdale patch (where was the T-shirt?). I felt like Charlie Brown at Halloween ("I got a rock!"). Well, I didn't get a T-shirt, I got a stinkin' patch! (Years later, however, I would appreciate Race Director Byron Mundy's wisdom and foresight, now having something approaching 150 T-shirts, of which I probably wear only 10% of them on a regular basis.)

The announcement was made for all runners to move outside of the warmth of the Harris Elementary School. My moment of truth had arrived! I thought I had completely lost my marbles when the announcement was made to line up at the start, and half the field began to strip down to basic running shorts. I knew better, or so I thought, and decided to run in full sweats (yes, of the poly-cotton variety with extra fleece to absorb all that hard earned sweat) along with my trusty Brooks Vantage shoes (with the dreaded "Varus Wedge," whatever the hell that was). The race, itself, was almost anticlimactic. I finished a few minutes behind Dennis, missed my stated goal of breaking 35 minutes--due, most likely to the 10 pounds of water which my sweats had absorbed, and ended up swallowing my pride. But, I was hooked! I was now a runner...it was the dawn of a new decade.

In the intervening years, I put in lots of mileage and ran all sorts of races from one mile up to a few ultramarathons. PR's have come and gone (my 37:45 dropped to 29:42 just a year and a half later). I've run in some of the nation's great races (New York and Chicago Marathons) to mostly local events and, mostly, have enjoyed them. I've had disappointments, even four or five DNF's. With hindsight, in every case, dropping out was the smart thing to do. Most importantly, through the sport of running, I've had a chance to meet a lot of mostly nice people...a few super fast, a few fairly slow...and most, like me, somewhere in the middle. It's all relative, isn't it?

As I started the decade racing a five miler, so too did I close it out with another 5 miler. It was November 23, 1989. Thanksgiving Day. Where most people are thinking about football games on TV, the Thanksgiving Day parades or even just the feast which will come later in the day, my attention always focuses on Memorial Hall in Fairmount Park at 9 o'clock in the morning. It's the annual Turkey Trot, a race which I believe best exemplifies the pureness and simplicity of the sport...just pin on a number and run. No T-shirts (I didn't get one at the start of the decade, why should it be any different at the end?), no water stops (it was 29 degrees for goodness sake) and even a smaller field (157 finishers) than that 1980 Collingdale race which had 327. Gone were the bulky sweats of yore replaced by layers of polypropylene and nylon up top, and the ubiquitous "chickee pants" a/k/a tights below. The Brooks Vantages were also gone, replaced by a pair of old Tiger (no gel) racing flats which I had purchased in 1983 for racing in bad weather. There was no fanfare or even awards ceremony at the end (due to the icy conditions), but the same feeling of satisfaction was there that I had back in January of 1980. My time of 32:42 was about five minutes faster than what I had done almost 10 years earlier. Dennis Kennedy wasn't there (you'll be glad to know that he's still running), but Byron Mundy was, along with his young son Eric. The new vanguard, perhaps?

It will be interesting to see what happens over the next 10 years. Carlos Lopes and Priscilla Welch aside, I think I can come to grips with the aging process and the inevitable slowing down that will occur over the next decade. Perhaps new challenges will present themselves...there already is a professional masters circuit in running and who knows how this will affect local races. Regardless, my goals for the nineties will remain much as they were in the eighties...emphasize consistency and enjoyment in training and race only when reasonably healthy. Oh, and I'll try not to write any more cheap, pseudo-George Sheehan type ramblings.

Editor's Note: All kidding aside, if anyone has some great memories from the eighties (seventies, sixties, etc.) that they would like to share with the club, please send your article to Bob Huggins at the address just below the masthead. Most of us like to look back to see where we've been.

## RUNNING SHORTS

- \* Don Larson ran Brian's Run in shorts, despite freezing temperatures and gusty winds. Rumor has it that Don is campaigning for DELCO's Polar Bear of the Year award.
- \* The Wayne Connection of Joan Potterfield and Liz McDermott have been cleaning up at the races recently. Joan was 5th in her age group at the Marine Corps Marathon with a 3:12 PR. She was also 3rd woman overall at the Long Beach Island 18 Mile run and placed in her age group at Brian's Run. Liz established a marathon PR of 3:15 at Marine Corp, lopping off 19 minutes from her previous best and set a 10K PR of 41:05 at Brian's Run.
- \* Havertown's Iony Belfiglio recently spent some time in Fairbanks, Alaska getting some cold weather training. He figures the Collingdale 5 Miler will be like running in Florida.
- \* Bill Boselli has moved back to Primos on Boro Road. Meanwhile, Bill has generously given the club some space in his Buon Appetite Pizza Parlor to display its trophies from various team events. Stop by and say hello to Bill in his Upper Darby shop.
- \* Get well soon wishes to Rita Jordan who is recovering from some elective surgery. we expect to see Rita back on the roads sometime in February, hopefully by the time that many of you will read this. On the mend also are Joe Nolan and Paul Straube.

## CONSUMER ALERT

We don't necessarily make commercial endorsements, but when we see a good deal or whatever, we like to pass it on. A new store, Value City, located in the old E.J. Korvettes/Dry Goods Building at Routes 320 and 420 has been selling Frank Shorter/CB Sports Running and Cycling wear at drastically reduced prices. The biggest bargain has been Gore-Tex running suits for just \$60. Running shorts (some supplex, some cool-max) are \$4 as are running singlets. They also carry some very colorful bike jerseys and shorts for just \$10 each. All of the merchandise looks to be of first quality. We don't know how long they'll keep this merchandise, so be sure to check 'em out soon if you need new running or cycling clothes.

## RAPID RESULTS DISBANDS

Rapid Results, the South Jersey based road race management group has disbanded and their equipment sold. Their last race, as a group, was the Hangover 5K on New Year's Day. No word on who, if anyone, will take over Rapid Results' roster of races which includes the New Jersey 10 Miler as well as the Holiday 5 Miler,

Summer Series races, two triathlons (Thundergust & Pine Barrens) and dozens of other smaller community events, primarily in South Jersey. Our hats off to George Hutchens and company for producing some very good races during the Eighties.

## LATE WINTER ROAD RACE SCHEDULE

Compiled by Bob Huggins

- February 24 Phi Kappa Tau 5K (Newark, DE)  
Contact: Phi Kappa Tau  
720 Academy St.  
Newark, DE 19711  
(302)366-9178 or (302)292-1872
- February 25 Glassboro, N.J. Winter 10 Miler  
(Glassboro State College)  
Contact: (609)845-1894
- March 3 Last Train to Boston Marathon (Edgewood, MD)  
Contact: Brad Roberts  
(301)661-6099
- March 4 Northeast Roadrunner Club Winter 10K (Plaisted Hall)  
Contact: Joe Kraher  
535-6092
- March 10 Leprechaun 5-Mile Run (Plaisted Hall)  
Contact: 923-6960
- Domino's Pizza Coca-Cola 5K Run (Newark, DE)  
Contact: St. Pat's 5K Run  
P.O. Box 7737  
Newark, DE 19714  
(302)451-2701
- March 11 Collingdale 5 Miler (Collingdale)  
Contact: Byron Mundy (Race application enclosed)  
214 Blunston Ave.  
Collingdale, PA 19023  
534-2833
- Note: This is a DELCO RRC sponsored event; Club members please either run or help out for one of the many volunteer jobs. Contact Byron Mundy at the above phone number.
- March 17 St. Pat's 10 Mile and 5K Runs (Longport, NJ)  
Contact: (609)641-2549 or (609)646-5741
- March 18 Caesar Rodney Half Marathon (Wilmington, DE)  
Contact: Delaware Sports Club  
P.O. Box 226  
Wilmington, DE 19899

April 22 Penn Relays 20K Road Race (Phila.)  
Contact: Charlie Powell  
c/o Penn Relays Road Race  
Weightman Hall  
University of PA  
Phila., PA 19104  
898-6145

#### Upcoming Spring Races

Community Y Biathlon - April 29  
Broad Street 10 Miler - May 6  
Haverford Sports Medicine Clinic 5K - May 20  
Lansdowne Memorial Day 10K - May 28

## MULTISPORT PREVIEW

By Bob Huggins

Ah! Here we are in the depths of Winter and already the Spring-Summer-Fall Triathlon and Biathlon scene is starting to warm-up. By no means a comprehensive listing, here are a few dates that we've seen recently:

Cooper River Biathlon Series (Cooper River, Pennsauken, NJ) Spring Race: 2.5 mile run/15 mile bike/2.5 mile run - April 29 Summer Race: 3.7 mile run/15 mile bike - July 8 Fall Race: 3.7 mile run/18.5 mile bike/3.7 mile run - Sept. 23 Cooper River is a great biathlon experience for novice and experienced biathletes alike; nice bike shirt premiums, too! Try it, you'll like it.

Community Y Biathlon (Lansdowne) - Application enclosed  
Swim: 1/2 mile, Run: 5 miles - April 29  
Want to do a multi-sport event in your own backyard? Try this race. C'mon, you can swim a half mile!

Goretex Triathlon (Wilmington) - May 5  
Bike: 12.1 miles, Run: 4.7 miles, Canoe: 3 miles  
One of the few canoe triathlons in the region.  
Calling Tony Belfiglio!

Bud Light Baltimore Triathlon - June 24  
Swim: 1.5K, Bike: 40K, Run: 10K  
If you just have to do a USTS race, this is the closest one.  
Enter early, it will sell out.

Carbon County Triathlon (Leighton, PA) - July 15  
Swim: 1.2 miles, Bike: 32.2 miles, Run: 10 miles  
One of the longest and toughest races in Pennsylvania.

Philadelphia Triathlon (FDR Park, South Phila.) - July 29  
Swim: .5 mile, Bike: 12 miles, Run: 4 miles  
A good "urban" triathlon, but beware of the pledges required by the sponsoring American Cancer Society.

That's just a quick preview of some of the races to come this season. Complete entry details, plus more races in the next newsletter.

## DELCO RRC MEMBERSHIP MEETING

Wednesday, November 29, 1989

Attendees: John Greenstine, President  
Kathi Clatterbaugh, Vice-President  
Fred Senderoff, Treasurer  
Bob Huggins, Newsletter Editor/Team Coordinator  
Joe Freiberg, Public Relations  
Rita Jordan, Media Fun Run Leader  
Tom Hirsch, Springfield Fun Run Leader  
my Binder Peggy Bobeck  
Tom Watkins Elaine Russell

Meeting was called to order at 7:55 P.M. by President John Greenstine.

Minutes from last meeting were read by secretary and accepted as read. Bob Huggins/Tom Hirsch

Treasurer's Report/ Fred Senderoff

PSFS account \$4,288.61.

Financial Report on Delco X-Country Championship & Spaghetti Dinner.

Delco X C C	Income	546.00	Expenditure	701.00	Loss	155.00
Spaghetti Dinner	"	787.00	"	1450.00	"	663.00

Membership Report/ Marylou Long N/P

Public Relations/ Joe Freiberg A OK

Team Coordinator/ Bob Huggins

Loop Race - MARRC Team Championship  
DELCO Open Women's 1st Place  
DELCO Men's Masters 1st Place

The two trophies will be on display at Boselli's Buon Appetite in Upper Darby. Congratulations to both teams.

Many of the DELCO runners took home Medals for individual efforts in age groups.

Newsletter Editor/ Bob Huggins

We hope to have something out by Christmas time. More articles have been contributed. Keep them coming.

## Old Business

Media Fun Run / Rita Jordan stated that she has ordered the T-shirts for awards.

Women's Distance Festival will be decided soon. Do you have any suggestions? When? Where? Contact Rita.

New Logo - Do you have any ideas - Contact John Greenstine or come to a meeting and bring your suggestions.

Penn School for the Deaf 10K race - Joe Freiberg has written an article for the newsletter with all the particulars. DELCO will help with Registration, timing, finish line, etc.

## New Business

Record Keeper for Springfield is needed. Tom Hirsch has requested help on bringing the Springfield Run Run records up to date and someone to volunteer to keep the records for awhile. Joe Freiberg has offered to bring them up to date. If you can help, contact Tom Hirsch.

### Up coming events

Run to the Lights - December 19, 1989 - Springfield Run Run - 6:30 P.M. Dot Kracht will host a get together at her home after the run.

Valentine Dinner Dance - February 9, 1990 - Septembers in Springfield. MARK YOUR CALENDAR!!!

Collingdale Race - March 11, 1990

Marylou Long needs a new or used typewriter to use on the membership cards. John Greenstine will check into it.

Motion was made to adjourn meeting at 8:47 P.M. by Peggy Bobeck /Amy Binder.

Next Meeting will be held December 27th at Springfield High School community room at 7:45 P.M.

Respectfully submitted,  
Peggy Bobeck

## DELCO RRC MEMBERSHIP MEETING

Wednesday, December 28, 1989

Attendees: John Greenstine, President  
Kathi Clatterbaugh, Vice-President  
Fred Senderoff, Treasurer  
Tom Hirsch, Springfield Fun Run Leader  
Amy Binder      Peggy Bobeck      Joe Freiberg

Meeting was called to order at 8:03 P.M. by President John Greenstine.

minutes from last meeting were read by secretary and accepted as read. Tom Hirsch/Rita Jordan

Treasurer's Report/ Fred Senderoff

PSFS account \$3,380.00 - \$336.00 for repairs on Gestetner

Membership Report/ Marylou Long N/P

Public Relations/ Joe Freiberg A OK

Team Coordinator/ Bob Huggins N/P

Newsletter Editor/ Bob Huggins N/P

Fun Run Report

It has been proposed that we do not keep records on members after 40 times. If you have any comments or wish us to continue keeping records after 40 times, come to the next meeting or contact John Greenstine.

Media Fun Run / Rita Jordan will be off the roads for awhile. Brian will keep records.

Old Business

Penn School for the Deaf 10K - Joe Freiberg related that there has not been any developments. Next committee meeting will be in early January.

Elections        PRESIDENT - John Greenstine  
                  VICE PRESIDENT - Kathi Clatterbaugh  
                  TREASURER - Fred Senderoff  
                  CONGRATULATIONS !!!!!!!!!!!!!!!

MAN OF THE YEAR	WOMAN OF THE YEAR
1. Bill O'Keefe (Coach)	Peggy Bobeck
2. Terry Adamson	Mary Bergin
3. Paul Straube	Amy Binder/Rita Jordan

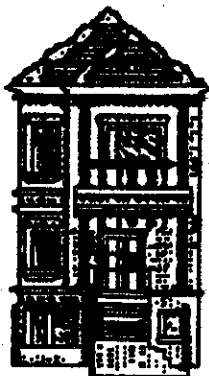
Mailing for the Man & Woman of the Year Award and the Valentine Dinner Dance will be going out soon.

Women's Distance Festival - Rita Jordan has a tentative date June 9 or 16 at Ridley Creek State Park with a picnic to follow. Sorry Fellas, we won't be eating your delicious pancakes this year.

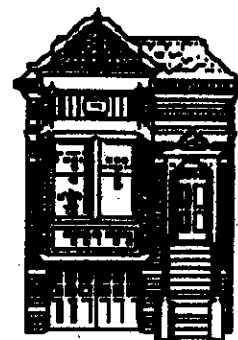
Motion was made to adjourn meeting at 8:44 P.M. by Peggy Bobeck /Amy Binder.

Next Meeting will be held January 31 at Springfield High School community room at 7:45 P.M.

Come on out!! Start the New Year off right.



# 12th Annual COLLINGDALE 5-Mile Road Race



**Directed by:** DELCO Road Runners Club and Collingdale Recreation Board

**Date:** Sunday, March 11, 1990

**Time:** Race begins at 1:30 PM.  
Check-in and Post Registration 11:30

**Place:** Harris Elementary School, Sharon Avenue, Collingdale, PA

**Entry Fee:** \$5.00 Pre-Registration (must be received by Friday March 9th)  
\$7.00 On day of the race

**Awards:** **SOUVENIR HATS WILL GO TO EVERY FINISHER**

Special awards will be presented to the following:

Top 7 Men and Women Overall

Next 3 Finishers in age groups:

12 and under	19-29	40-49	60-69
13-18	30-39	50-59	70 +

Awards will be presented at 2:45 PM

**Information:** phone 534-2833

-----Cut on dotted line-----

Please Print



## Entry Form - Collingdale 5-Mile Road Race

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on 3/11/90 \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### Waiver

In consideration of your accepting my entry, I, intending to be legally bound hereby, do for myself, my heirs, executors and administrators, waive and release the DELCO R.R.C. and COLLINGDALE RECREATION BOARD and their successors, representatives and assigns from liability for any and all injuries suffered by me while traveling to and from and while participating in and about the Collingdale 5-Mile Road Race on Sunday, March 11, 1990.

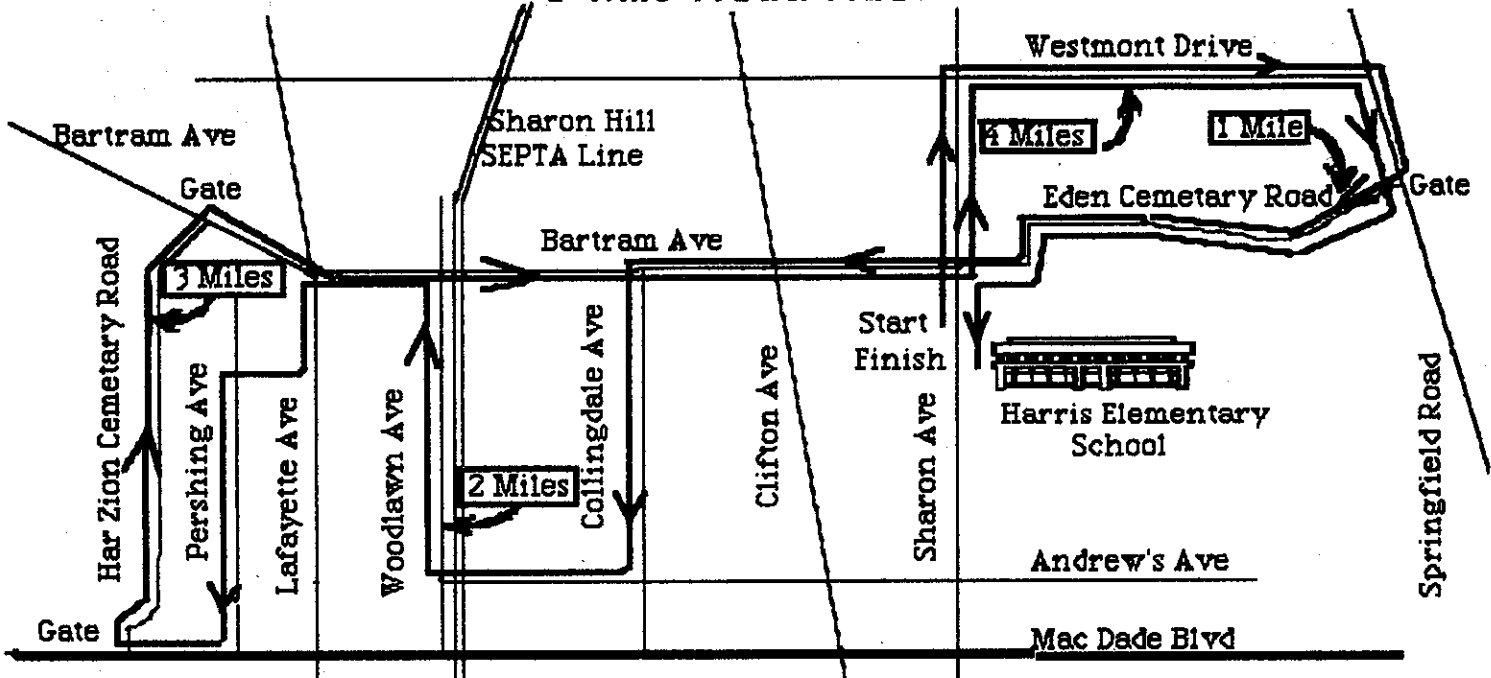
\_\_\_\_\_  
Signature in Full

\_\_\_\_\_  
Signature of parent, if under 18

**MAKE CHECKS PAYABLE TO :**  
Mail \$5.00 for each entry to:

**DELCO R.R.C.**  
Collingdale 5-Mile Road Race  
214 Blunston Avenue,  
Collingdale, PA 19023

# 12th Annual COLLINGDALE 5-Mile Road Race



**Course:** R.R.C.A. Certified 5.0 miles through the streets of Collingdale. Flat course with no major hills. Time splits at miles 1, 2 and 3. Digital clock at the finish line.

## Past Winners

Year	Men's	Time	Women's	Time	# of Finishers
1979	Tom Donnelly	26:34	Roberta Anthes	31:12	140
	John Delsordo	Tie			
1980	Gary Fanelli	24:11	Holly Murray	30:40	327
1981	Mike Patterson	25:24	Kathy Ezell	31:41	266
1982	Peter Crooke	23:55	Joann O'Conner	34:00	252
1983	Mike Patterson	23:56	Sue Eckel	28:40	283
1984	Mike Patterson	25:08	Frances Kirk	32:56	182
	Pat Quirk	Tie			
	Rich DiSebastian	Tie			
1985	Mike Patterson	24:43	Nancy Seiboth	31:22	125
1986	Mike Patterson	25:27	Liz Harte	30:57	107
1987	Vince Touey	25:53	Janice Resseguie	31:17	91
1988	Mike Patterson	25:34	Renee Harbaugh	30:14	115
1989	Ron McGinn	25:25	Frances Kirk Dagle	33:01	99



# COMMUNITY Y

## 5th ANNUAL SPRING BIATHLON



**WHEN:** April 29, 1990  
First heat for swim begins at 8:00 AM

**WHERE:** Community Y, Lansdowne Avenue & Garrett Road,  
Lansdowne, PA 19050 (215) 259-1661

**EVENTS:** 1/2 Mile Swim - 5 Mile Run

**ENTRY FEE:** \$15.00

**AWARDS:** Trophies to the overall first place male and female.  
Plaques to the first three in the following age groups:

MALE

19 and under, 20-29, 30-39, 40-49, 50 and over

FEMALE

19 and under, 20-29, 30-39, 40-49, 50 and over

A high quality tank top will be given to all entrants.

**PRE-RACE MEETING:** A meeting will be held on Friday, April 27, 1990 at 6:30 PM at the Community Y. All competitors must attend this meeting to receive important instructions on the Biathlon. Race packets will be picked up at that time.

**REFRESHMENTS AND AWARDS CEREMONY IMMEDIATELY FOLLOWING**

All entries must be received by April 20, 1990. Maximum number of participants is 108. The swim must be completed within 29 minutes. Swimmers will be seeded according to their times given below.

**SEND ENTRIES TO:** Cindi Phallen, Community Y, Lansdowne Avenue & Garrett Road,  
Lansdowne, PA 19050

**NAME** \_\_\_\_\_ **MALE** \_\_\_ **FEMALE** \_\_\_ **AGE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **PHONE** \_\_\_\_\_

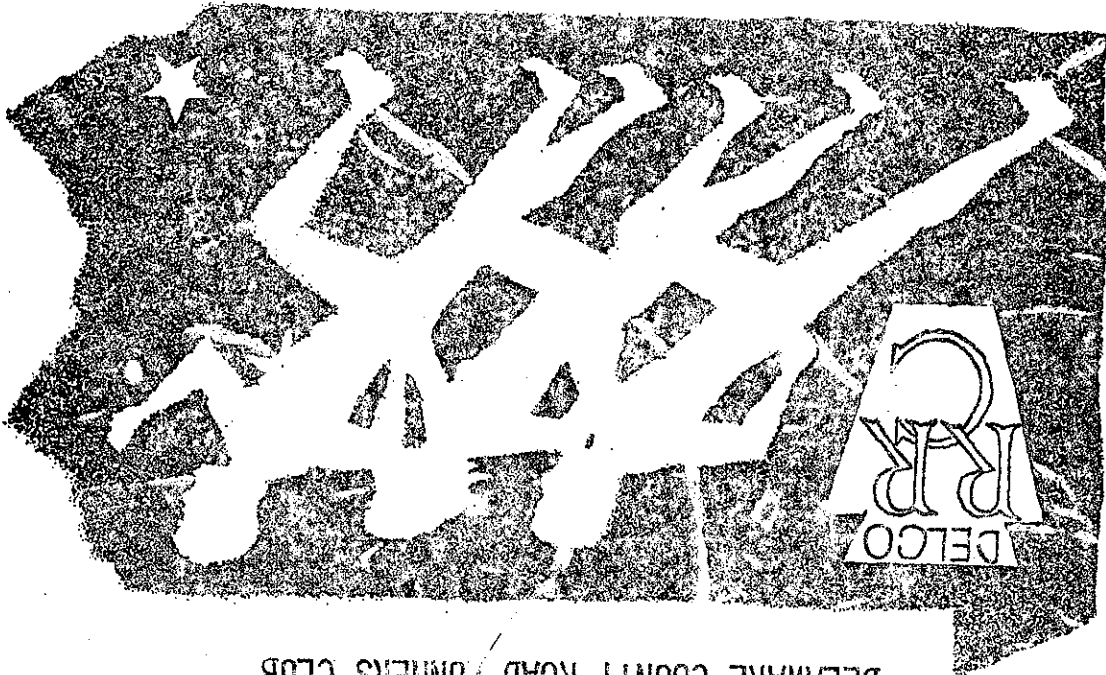
**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**SHIRT SIZE:** S M L XL **BEST 1/2 MILE SWIM TIME** \_\_\_\_\_

In consideration for my participation in the Community Y Biathlon I hereby waive and discharge the sponsors, organizers, affiliates and employees from any and all claims that may accrue as the result of my participation. I will comply with all regulations as set forth by the Community Y Race Committee.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Parent if under 18



DELAWARE COUNTY ROAD RUNNERS CLUB

DELCO ROAD RUNNERS CLUB  
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HOLMES, PA 19043

NON-PROFIT ORGANIZATION  
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