

Keeping Contact



Newsletter of the Delaware County Road Runners Club

JULY, 1990

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

Submit articles for publication to:

Bob Huggins
408 Pershing Avenue
Collingdale, PA 19023

BILL SCHULTZ COMPLETES TRANSCONTINENTAL RUN

By Bob Huggins

At approximately 10:30 A.M. on Saturday, May 26th, club member Bill Schultz turned off Atlantic City's famed Boardwalk, ran approximately 50 yards on the beach and sat in the Atlantic Ocean, thereby concluding his historic run across the United States. Bill's journey began on February 21st when Schultz, 38, dipped his hands and feet into the waters of the Pacific Ocean at Huntington Beach and proceeded, literally, to run home (or at least 75 miles past home). Bill's route took him through the states of California, Arizona, New Mexico, Texas, Oklahoma, Missouri, Illinois, Indiana, Ohio, his home state of Pennsylvania and, finally, New Jersey.

The Harris Elementary School teacher from Collingdale had originally projected a May 31st finishing date, but strong running during the final month pushed him along faster than he had originally anticipated. He consistently ran in the low to mid 30 mile per day range. In fact, of the 95 days which it took him to cross the country, there were only two days when he didn't run East. And on those two days, he still managed to run a few miles, just to keep the blood circulating!

Just two days after completing his run, Bill "managed" a sub 40 minute 10K effort at the tough Lansdowne Memorial Day Race.

Next up for Bill is a defense of his U.S. record of 475 miles for the 6 Day Race. By the time you read this, the '90 version of the race will be history, so here's hoping the best for Bill in all of his running adventures.

UNsung HEROES

By Amy Binder

On a cold, rainy Saturday in May, DELCO's local media star, Bill Schultz, fulfilled his personal dream of running across the country. A few weeks later, his friends, family, colleagues, and admirers gathered to recognize the achievement and honor the man who had run 30 miles a day for 96 days.

I applaud Bill Schultz's initiative, determination, planning, organization, and accomplishment. My fear is that, as a club, we are becoming more focused on outstanding feats of endurance -- ultra running, marathons, biathlons, triathlons -- almost to the exclusion of running just for the fun of it.

Personally, I find it hard to run 30 miles a week, much less 30 miles a day. My dream, well it's really more of an ideal, is to be able to run an appropriate number of enjoyable, injury-free miles per week in order to stay in fighting shape during bathing suit season.

"Run for fun and fitness." That's the motto of our club. And our goal is to try to get as many people interested in running as possible...Young and old, athlete and couch potato.

I was once part of the unfit majority, and I remember what it took to overcome my inertia and actively participate in fun runs. First, I was intimidated. Everyone was faster than me. They all knew the course and one another. And they all acted as if there was nothing to it. I, on the other hand, had to struggle to keep up so I wouldn't get lost. I had to struggle even harder to keep up my end of the conversation so no one would know how out of shape I was.

When new people show up at a fun run, they usually look a bit lost. Many run with us a few times and never come back. Some start out great, funs for a month or so and then get injured, and we never see them again. One or two stick around and become "regulars."

As much as we admire Bill Schultz for his achievement, I believe we should also admire those who are the heart of this club. The regulars who run, jog, or drag themselves around the various DELCO courses day after day. There was no T-shirt for Bill at the finish of his run -- but he did get a lot of notoriety (and quite a few plaques). And he deserved it. Additionally, I would like to send my heartfelt thanks and appreciation to all the DELCO runners who show up regardless of the weather to run a few miles with some friends just for the fun of it.

* * *

AUTHOR'S REQUEST: When new people show up at a fun run, take the initiative to introduce yourself. Run with them; show them the course; make them feel welcome. The club benefits from the strength of its membership, and you just might benefit by making a new friend.

1990 JUNIOR OLYMPICS

By Kathi Clatterbaugh, DELCO RRC Vice President

Well another Junior Olympics has come and gone. As usual the turnout of volunteers from the Club was outstanding. All events were held on Saturday, June 2nd, and we still were all cleaned up by 4:30 P.M.

This year 184 competitors participated in the meet and thanks to beautiful weather and an abundance of volunteers every event went smoothly. Both John Greenstine and I want to thank everyone who helped out. Marylou Long hurt her knee and I took over the concession stand this year. However, without her "lists" of things to do I would have been lost. Thanks to the help of Dot Kracht and Frances Dagle I brought in a profit of \$5.00 (hey, at least we didn't lose money!).

I don't know if the Club members realize how much the Deeney's do for us. Besides registration for the Junior Olympics they organize the Delco Cross-Country Championships each year. Marty & Fran - Thanks again!

There were so many volunteers that helped time, measure, record, etc. that I sincerely hope I don't overlook anyone. If I do, please forgive me and I do thank you for your help. The following people helped "outside."

John Ashton	Mike Bogdash
Mary Lou Roselli	Mark Clatterbaugh
Amy Binder	Larry Filtz
Joe Freiberg	Bob Furchman
John Greenstine	Bob Huggins
Rita Jordan	Bryon Mundy
Mary Beth Mundy	Eric Mundy
Rich O'Neill	Tommy O'Neill
Larry Ryan	Bill Schultz
Chris Smith	Tom Tolan
Mike Touhey	Mike Touhey II
Bob Touhey	

Once again, thank you to everyone who helped!

CELEBRATE LIFE FOUNDATION 5 MILER

Submitted by Joe Stefanowicz

Despite a small turnout, the first annual Celebrate Life Foundation 5 Miler held on May 19th at Ridley Creek State Park raised \$2,200 in contributions. The Foundation raised funds to help the critically ill and their families celebrate the life they have together by creating special memories.

The top finishers were the husband and wife team of Jack Myers and Joan Potterfield, with Joan placing 5th overall. Selected times follow:

TOP MEN	TIME	TOP WOMEN	TIME
1. Jack Myers	29:03	Joan Potterfield	33:46
2. Byron Mundy	31:05	Chris Federico	37:00
3. Ed Callahan	32:26	Kate Siftar	40:36
4. Dan Kaufman	32:42		
5. Mike Fulginiti	34:20		
6. Will Mc Cabe	34:58		
7. Ken Schuster	35:09		
8. Nick Pulcinella	36:39		

RUNNING SHORTS

- * Sam Brattini advises those who are in the market for a bike helmet to check out the May, 1990 issue of Consumer Reports which provides a fairly comprehensive testing of most helmets on the market.
- * Tony Belfiglio's most recent travels took him to Europe in March and April. While there he was able to jump in the London Marathon for a few miles.
- * Don Larson recently joined the ranks of multi-sport with a first place fifty and over win at Reading's short, but tough Skyline Biathlon.
- * Rumor has it that Frances "The Delaware Destroyer" Dagle is pregnant with her second child. Best wishes, Frances! Now we can all beat you!
- * Terry Adamson ran a great race at the "Battle of the Corporate Stars" 5K sponsored by our very own Tom Weber's Big Brothers/Big Sisters Association. Terry navigated the hilly two-loop course in and around LaSalle University in just over 19 minutes.

LETTERS TO THE PRESIDENT

Editor's Note: Club President John Greenstine recently received two letters from competitors at the May Dawn-to-Dusk Ultramarathons.

Dear John:

I want to thank you and the DELCO ROAD RUNNERS CLUB for sponsoring the Dawn-to-Dusk Ultras on April 12th. We really appreciate all your efforts in making the race a success!

Again thanks for everything and I hope to return next year. Best of luck with your own training.

Sincerely,
Neil Weygandt

Dear Sir:

Recently my husband Clive and I competed in the Dawn-to-Dusk Ultra in Sharon Hill, PA.

This race was a complete success thanks to all the sponsors and supporters and to further endorse this we send our personal than you.

Sincerely yours in running,
Clive and Janet Johnson

DISTANCE RUN TO FEATURE TEAM RACES

Once again, Philly's premier race, the Philadelphia Distance Run will feature Open Team Competition. DELCO will be entering teams in the following categories:

Open (under age 40) Men and Women
Master (age 40 & over) Men and, possibly, Women if enough women express interest.

Each team will consist of 5 members with the first three runners scoring. As always, team entries must be submitted together; if you send in an individual entry, it will not be considered for the team.

For more information, call team coordinator Bob Huggins at 583-0510, or send your entry along with your check for \$12.00 payable to DELCO RRC. Entries must be received by August 11th. Send them to:

Bob Huggins
408 Pershing Ave
Collingdale, PA 19023

SUMMER ROAD RACING CALENDAR

- July 10 Tuesday's Twilight Series Races
Cooper River Park Stadium, Pennsauken, NJ
Start: 7:00 P.M.
Entry Fee: \$6; \$8 day of race
Contact: 609-652-8118
- July 13 Run for Handicapped 5K
Alfred I duPont Institute, Rtes 141 & 202, Wilmington
Start: 7:00 P.M.
Entry Fee: \$7; \$9 day of race
Contact: 302-654-6400

- July 13 Media Town Fair 5 Miler
Media Fire House, Front & Jackson Sts, Media
Start: 7:00 P.M.
Entry Fee: \$8 postmarked by 7/6; \$10 after
Contact: 566-4151
- July 14 The Press 5 Mile Beach Run at Twilight
Newport Ave & Beach, Ventnor, NJ
Start: 6:45 P.M.
5:45 P.M. - Kid Runs on beach
5:45 P.M. - 2 mile Fitness Run & 2 mile Fitness
Walk on Boardwalk
12:30 to 5:30 - Registration open day of event
Entry Fee: 5 Miler - \$10 by 7/3; \$15 after
Kids' runs - \$4 by 7/3; \$5 after
Fitness run & walk - \$8
Contact: 609-641-2549
- July 18 Remy's Summer Series '90 (Second Part)
Cooper River Park, Pennsauken, NJ
Start: 6:45 P.M. - 3.7 mile loop walk & 1 mile fun run
7:00 P.M. - 5K
Entry Fee: \$7; \$8 day of race
Contact: 609-858-9760
- David Elman 5K Run & 1 Mile Walk - Atlantic City Race
Course, Black Horse Pike, McKee City, NJ
Start: 6:15 P.M.
Entry Fee: \$10 by 7/6; \$8 after
Contact: 609-822-3841
- July 22 Seashore Shuffle 5 miler & 1 Mile Fun Run/Walk
Gardners Basin, New Hampshire Ave & bay, Atlantic City
Start: 9:00 A.M. - Fun Run
9:15 A.M. - 5 miler
Entry Fee: \$8; \$10 day of race
Contact: 609-858-9760
- July 24 Tuesday's Twilight Series Races
Cooper River Park Stadium, Pennsauken, NJ
Start: 7:00 P.M.
Entry Fee: \$6; \$8 day of race
Contact: 609-662-8118
- Reach for a Peach 5K Run
Cooper River Park Stadium, N Park Drive, Pennsauken
Start: 7:00 P.M.
Entry Fee: \$6; \$8 day of race
Contact: 609-795-7275
- July 25 Remy's Summer Series '90 (Third Part)
Cooper River Park, Pennsauken, NJ
Start: 6:45 P.M. - 3.7 mile loop walk & 1 mile fun run
7:00 P.M. - 5K
Entry Fee: \$7; \$8 day of race
Contact: 609-858-9760

- July 26 1990 Marathon Sports Summer Running Series 5K
Rockford Park, Wilmington
Start: 6:30 P.M.
Entry Fee: \$12
Contact: 302-654-2354
- August 7 Tuesday's Twilight Series Races
Cooper River Park Stadium, Pennsauken, NJ
Start: 7:00 P.M.
Entry Fee: \$6; \$8 day of race
Contact: 609-662-8118
- August 10 St. Peter's Historic 5 Mile Run
5th & Harmony Sts., New Castle, DE
Start: 7 P.M.
Entry Fee: \$7; \$9 day of race
Contact: 302-328-7888 or 302-654-6400
- August 11 Sea Isle City Island Run (10 Mile run on beach)
44th St. & beach
Start: 5:30 P.M.
Entry Fee: \$10 by 8/1; \$13 after
Contact: 609-263-3655
- August 16 Mayor's 5K
8th & French Sts., Wilmington, DE
Start: 7:00 P.M.
Entry Fee: \$6 by 8/15
Contact: 302-654-6400
- August 21 Tuesday's Twilight Series Races
Cooper River Park Stadium, Pennsauken, NJ
Start: 7:00 P.M.
Entry Fee: \$6; \$8 day of race
Contact: 609-662-8118
- August 23 1990 Marathon Sports Summer Running Series 5K
Rockford Park, Wilmington, DE
Start: 6:30 P.M.
Entry Fee: \$12
Contact: 302-654-2354
- August 26 Tim Kerr 10K Run & Family Festival
Avalon Ave & 30th St. at beach, Avalon, NJ
Start: 8:00 A.M.
Entry Fee: \$10 by 8/19; \$12 after
Contact: David D. Hollie
Box 426
Avalon, NJ 08202
609-368-8585
- Latin American 10K Run
10th & Lycoming Sts.
Start: 5 P.M.
Entry Fee: \$8 by 8/20; \$10 after
Contact: 226-1011

- Sept. 3 S.O.B.E.R. Run
Cooper River Park Stadium, N. Park Drive, Pennsauken.
Start: 9:00 A.M.
Contact: 609-858-9760
- Sept. 15 Paper Mill Run, 5 Mile Run & 5 Mile Health Walk
Warm-up for Sept. 16 Phila. Distance Run
Forbidden & Lincoln Drs., Fairmount Park
Start: 10:00 A.M.
Entry Fee: \$8 by 9/1; \$10 after
Contact: 441-8789
- Sept. 16 1990 Philadelphia Distance Run (13.1 miles)
18th & Market Sts. and 16th & Arch Sts.
Start: 8:30 A.M.
Entry Fee: \$11 by 8/16; \$15 after
Contact: For registration forms send SASE
Phila. Distance Run
Box 43111
Phila. PA 19129
569-8650
- Sept. 22 CORA 5K Run & 1 Mile Fun Run
Verree & Susquehanna Rds.
Start: 8:30 A.M.
Entry Fee: \$7 by 9/15; \$9 after
Contact: 342-7660, ext. 216
- Sept 27 Laventhol & Horwath 5K
No. 1 Boathouse Row, Kelly Dr. Fairmount Park
Start: 6:30 P.M.
Entry Fee: \$8 by 9/21; \$10 Day of race
Contact: 299-1409
- Sept 30 Great Tulip Run 10K
Boyertown Area YMCA, 301 W. Spring St. Boyertown
Start: 12:30 P.M.
Entry Fee: \$10 by 9/24 includes T-shirt; \$8 after
(If entering both run and 12 mile bike race
at 2:00 P.M., entry fee is \$15)
Contact: 369-1011

SPRING MULTI-SPORT SCHEDULE

Compiled by Bob Huggins

This will be the last major listing of races for the season. Most events fill early, so don't delay registering early.

BIATHLONS

- July 1 Phila. Modern Biathlon Series #1 (West River Drive)
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Pat McCloskey
Racing Resources
P.O. Box 299
Warrington, PA 18976
215-343-2407 (days)

- July 4 Liberty-to-Liberty Biathlon (Liberty State Park)
NJ to Phila.
Run: 10K, Bike: 100 miles, Run: 5 miles
Contact: Prestige Sports
P.O. Box 937
Green Brook, NJ 08812
201-968-8256
- July 7 Ocean City Biathlon (Ocean City, NJ)
Swim: 1 mile (ocean), Run: 5 miles
Contact: Grand High Tortuga (Honest!)
510 Swede Street
Norristown, PA 19401
215-275-2000 (days)
- July 8 Cooper River Biathlon Series #2 (Pennsauken, NJ)
Run: 3.7 miles, Bike: 15 miles
Contact: CS Running Center
33 Haddon Ave.
Westmont, NJ 08108
609-858-9760 (days)
- July 22 YWCA Biathlon for the Homeless (Wilmington, DE)
Run: 4 miles, Bike: 22.1 miles, Run: 3 miles
Contact: Sonia Sloan
YWCA of New Castle County
233 King Street
Wilmington, DE 19801
302-658-7161 (days)
Tri-Fed Membership required
- July 28 Balanced Body Biathlon (Brandywine Creek State Park)
Run: 5 miles, Canoe: 3 miles
Contact: Don Coats
1 Walnut Valley
Chadds Ford, PA 19317
302-655-3315 (days)
215-388-7613 (evenings)
- July 29 Riverview Sprint Biathlon (Pennsville, NJ)
Run: 2 miles, Bike: 10 miles, Run: 1 mile
Contact: Steve Miller
Ridin' High Cycle
Pennsville, NJ 08070
609-678-9457
- August 18 Orchard View Biathlon (Schnecksville, PA)
Swim: .5 miles, Run: 5 miles
Contact: Lehigh Valley Triathlon Club
941 Hamilton Street
Allentown, PA 18101
- August 26 Phila. Modern Biathlon Series #2 (West River Drive)
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: See July 1 listing

- Sept. 8 Wildwoods Classic Biathlon (Wildwood, NJ)
Run: 10K, Bike: 20K (stages)
Contact: Wildwoods Classic Biathlon
P.O. Box 465
Stone Harbor, NJ 08247
609-729-0209 (days)
- Sept. 22 Lums Pond Biathlon (Lums Pond State Park)
Run: 6 miles, Conoe: 5 miles
Contact: See July 28 listing
- Sept. 23 Cooper River Biathlon Series #3 (Pennsauken)
Run: 3.7 miles, Bike: 18.5 miles, Run: 3.7 miles
Contact: See July 8 listing
- Oct. 20 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., PA)
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)

Last local Multi-Sport Event of the Year!

TRIATHLONS

- July 4 Liberty-to-Liberty Triathlon
Statue of Liberty to Philadelphia
Swim: 1.5 miles, Bike: 100 miles, Run: 5 miles
Contact: See July 4 Biathlon listing
(Biathlon and Triathlon held concurrently)
- July 14 Corkscrew Team Triathlon (Reading, PA)
Run: 5K, Bike: 10K, Swim: 150 meters, X-C Run: 1.5 mi.
Contact: See Oct. 20 Biathlon listing
Teams Only.
- July 15 Carbon County Triathlon (Lehighton, PA)
Swim: 1.2 miles, Bike: 32.2 miles, Run: 10 miles
Contact: Ed Vermillion
P.O. Box 154
Lehighton, PA 18235
215-377-5905 (days) 215-377-5345 (evenings)
Tri-Fed Membership required

- July 29 Philadelphia Triathlon (FDR Park, South Phila.)
Swim: 1/2 mile, Bike: 12 miles, Run: 4 miles
Contact: Sally Davis
American Cancer Society
1422 Chestnut St.
215-665-2901
- August 4 Brigantine Island Triathlon
Swim: 1/4 mile, Bike: 110 miles, Run: 4 miles
Contact: Atlantic Triathlon Club
P.O. Box 644
Brigantine, NJ 08203
609-266-5732
- August 11 Emmaus Road Runners Triathlon (Lenhartsville, PA)
Swim: 1 mile, Bike: 31 miles, Run: 10 miles
Contact: Chris Bleam
121 N. 12th Street
Allentown, PA 18102
215-776-6541
- August 12 Fairmount Park Classic Triathlon (Fairmount Park)
Swim: 1.5K, Bike: 40K, Run: 10K
Contact: Oct. 28 Biathlon listing
Tri-Fed Membership required
- Sept. 8 Pine Barrens Triathlon (Atsion Lake, NJ)
Swim: 1 mile, Bike: 23 miles, Run: 10K
Contact: Chuck Sellers
CS Running Center
33 Haddon Ave.
Westmont, NJ 08108
609-858-9760 (days)
Tri-Fed membership required
- Sept. 9 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 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 (days/evenings)
- Sea Colony Triathlon (Bethany Beach, DE)
Swim: 1.5K, Bike: 36K, Run: 10K
Contact: Make-A-Wish Foundation
10215 Fernwood Rd.
Suite 400-A
Bethesda, MD 20817
301-571-1705 (days)

Pennsylvania Triathlon (Reading, PA)
Swim: .9 miles, Bike: 22 miles, Run: 5.4 miles
Contact: Precision Road Racing, Inc.
See Oct. 20 Biathlon 14 listing

DELCO ROAD RUNNER CLUB

FINANCIAL STATEMENT 1989

BANK BALANCE 1/1/89		3,432.94
RECEIPTS/DEPOSITS 1989	17,702.63	
	226.88	
		17,929.51
		<hr/>
		21,362.45
EXPENDITURES 1989	17,935.24	
	36.00	
		17,971.24
		<hr/>
BANK BALANCE 12/15/89		3,391.21

I have examined the financial records of the DELCO ROAD RUNNERS CLUB and related receipts and expenditures for the year ended December 31, 1989.

Specifically:

- Examined all checks for the correct amount, signatures and endorsements;
- Reconciled monthly bank statements;
- Verified receipts with deposits;
- Checked club invoices against cancelled checks.

In my opinion, the above statement presents fairly the financial condition of the club as of December 31, 1989.

Sincerely,
Robert L. Dimond

DELCO RRC MEMBERSHIP MEETING

Wednesday, April 25, 1990

Attendees: John Greenstine, President
Kathi Clatterbaugh, Vice President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Joe Freiberg, Public Relations
Rita Jordan, FRL Media

Mark Clatterbaugh
Joe Farrell
Tom Watkins
Rita Senderoff
Peggy Bobeck

Joe McGinnis
Dot Kracht
Bob Twomey
Denis Winter

Meeting was called to order at 7:58 P.M. by President John Greenstine.

Minutes from last meeting were read and accepted as read. Bob Huggins/Mark Clatterbaugh

Treasurer's Report/ Fred Senderoff

PSFS account \$2,900.
Debits: postage \$125.00
Broad Street Team fees
Collingdale Race

Question regarding Collingdale Race sponsorship for next year.
Discussion.

Newsletter Editor/ Bob Huggins

Latest newsletter went out in the mail yesterday. Many race fliers included. Next newsletter will be out in late June.

Team Coordinator/ Bob Huggins

Teams for Broad Street 2 women's -Open men's - Master men's.

Old Business

Penna School for the Deaf/ Joe Freiberg
New application was made on a different course - one intersection with guard rail not accepted. First application was accepted by Precinct Captain at a meeting held last week. Closing all reads not necessary. We still need volunteers. Remember!!! Sept. 30, 8:30 A.M.

Penna School for the Deaf has offered their services to DELCO RRC on a one time basis.

Dawn-to-Dusk/ Bob Huggins
May 12, Academy Park Track, Sharon Hill, PA. 5 entrants - volunteers will be needed to count laps.

Record Keeping/ John Greenstine
Record keeping is a growing problem - 2 out of 3 Fun Run Leaders would like to stop. Discussion followed. Tabled til next month.

New Business

Membership Fees? General consensus is that donations are better suited to DELCO RRC members.

Jr. Olympics - June 2. Rain date June 3. Byron will be Race Director again.

Newsletter Logo & Front page format? Back page? How much to change and print new logo? Discussion. Tabled til next meeting. John and Rita will talk before next meeting.

Motion was made at 9:04 P.M. to adjourn. Peggy Bobeck/Mark Clatterbaugh.

Next Meeting will be held May 30th at Springfield High School community room at 7:45 P.M.

DELCO RRC MEMBERSHIP MEETING

Wednesday, May 30, 1970

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

Meeting was called to order at 8:02 P.M. President John Greenstine.

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

Treasurer's Report/ Fred Senderoff

PSFS account approximately \$4,000. Increased amount in account due to profit from Dawn-to-Dusk, Donations, and 115 entries for Media Race.

Bob Dimond completed an audit on the books. Thank you - His Eminence.

Membership Report/ Marylou Long N/P

Newsletter Editor/ Bob Huggins

Next Newsletter before the end of June. Please keep the articles coming.

Fun Run Leader/ Rita Jordan

A five mile trail run has been added at the Media Run at Ridley Creek State Park.

Old Business

Record keeping will continue up to 80 times, but there will be a sign up sheet at the fun runs for the individual runners to check. It will be the obligation of the runner to check themselves off - not the FRL.

John is working on the project of the new logo.

Amy has proofed the new schedule of Fun Runs.

Women's Distance Festival/ Rita Jordan
Rita is promoting and expanding on the advertising of the DELCO WDF. She may have some sponsors, Sharlee Vitamins and/or Battey's for caps/hats. One mile fun run for kids.

Dawn-to-Dusk/ Bob Huggins

1990 Statement of Receipts/Expenses

INCOME:	Boselli's Bon Appetite	250.00
	Anonymous Race Contribution	75.00
	Race Entry Fees	365.00

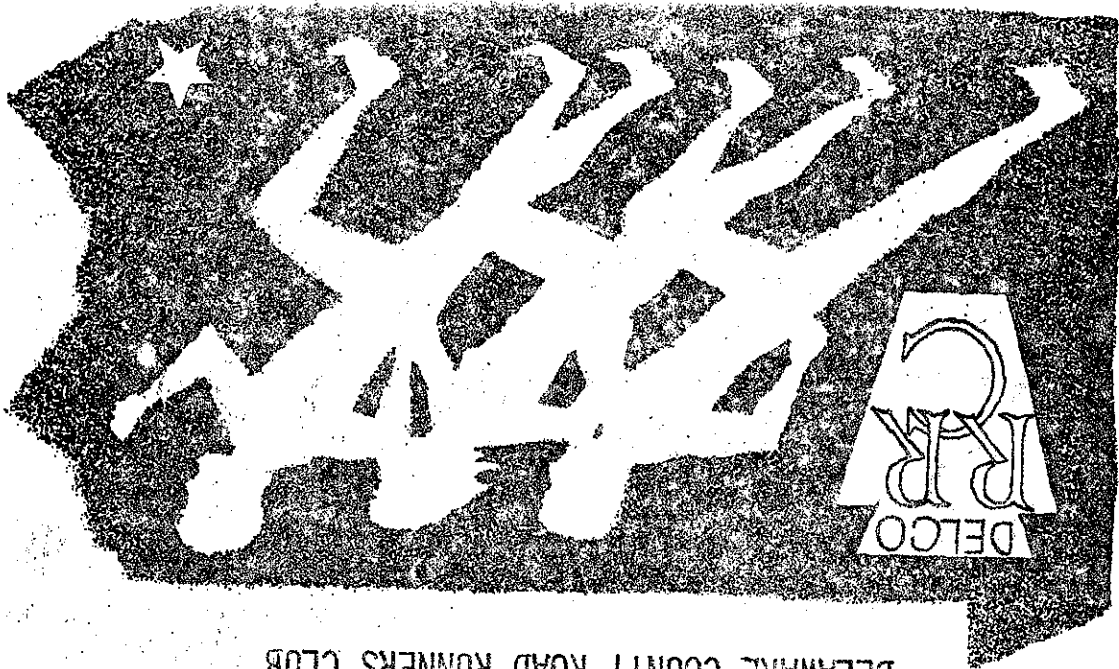
	Total Receipts	690.00
EXPENSES:	Ampro (T-shirts)	392.00
	Carol Wyatt (awards)	91.00
	Canopy	19.99
	Water cups	4.77
	Ice	2.69
	Refreshments	13.23
	Postage	15.00

	Total Expenses	538.68
	Net Revenue	151.32

Thank you Bob for a job well done!!!

Motion was made at 9:07 P.M. to adjourn. Mark Clatterbaugh/Elaine Russell.

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: JOE FREIBERG
1373 EDGEHILL RD
DARBY PA 19023

RUN FOR FUN AND FITNESS