



Keeping Contact

Newsletter of the Delaware County Road Runners Club

October, 1990

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FROM THE EDITOR

It is the last day of September as I write this and that means cooler weather and the beginning of the heaviest period of the racing year. Be it a five miler at Plaisted Hall or the Marine Corps or New York City Marathons (hey, let's not forget Atlantic City and Harrisburg, too!), this is the time of the year when there's a race for just about anybody. I hope you'll avail yourself of one of the many races in and around the Delaware Valley between now and the end of the year. With record fields at Philly's big two, Broad Street and the Distance Run, plus lots of other growing events in the area, I think it's safe to say that road racing is alive and well. Don't forget about some of the perennial favorites like the Zoo Run 10K, Brian's Run, the Loop Race, or the Turkey Trot, but also give a new race a try. And invite a friend. Our sport needs people of all abilities. And while I'm on the subject, please don't hesitate to send me your race results. We like to know how you're doing. Hope you enjoy this issue. Have a safe and successful Fall racing season.

P.S. New for this issue is photographs (see the Women's Distance Festival article). We hope to print more pictures in the future. Try to send light pictures as darker photos don't reproduce well. What do you think?

1991 DELCO RRC OFFICERS

Effective January 1, 1991 your new officers will be:

President: Bill Schultz
Vice-President: Sam Brattini
Treasurer: Fred Senderoff

Since the above are the only members offering to run for office, an election ballot is unnecessary. The following are short statements of introduction written by each officer.

PRESIDENT

"To preside over meetings, call special meetings, appoint committees and chairmen thereof, and oversee all aspects of the club."

BILL SCHULTZ

I've been running over 13 years and have competed in distances from 3 miles to 6 days. Although I usually prefer running in races. I've also helped direct them, worked finish lines at them, and gotten wet working water stops. Over the years, I think I've run at just about every DELCO Fun Run site at least once and have often participated in club meetings. In 1987, you honored me by voting me the "DELCO RRC -MAN OF THE YEAR". With YOUR help, I'd like to try and continue the great work of those who have served before me.

VICE-PRESIDENT/FUN RUN COORDINATOR

"To chair the Fun Run Committee, coordinate fun run schedule, standardize and order awards, and oversee all other aspects of the fun run program...shall assume the duties of the president in the case of absence or resignation of the president."

SAM BRATTINI

Sam has been a member of the Club for about five years and has been a regular at the Springfield Fun Run. He was the co-director of the Springfield Celebration Run in 1986. Sam works for Macro Corporation as a consulting engineer. He and his wife Ellen have two children and live in Springfield.

TREASURER

"To keep accurate records of all financial matters and furnish a financial statement at each membership meeting...has the authority to disburse funds as authorized...will assume the duties of the president in the case of absence or resignation of both the president and vice-president."

FRED SENDEROFF

Fred has been a member of DELCO RRC for 12 years. He is currently Treasurer of DELCO RRC and has directed the club's Cake Race for seven years. Fred is also Treasurer of Ducks Unlimited (a non-profit waterfowl conservation group). A graduate of Widener University, he is employed by Lasko Metal Products.

MAN & WOMAN RUNNERS OF THE YEAR

It is once again time for nominations for the 10th annual Man and Woman of the Year. The DELCO MAN AND WOMAN RUNNERS OF THE YEAR should participate in club activities, be enthusiastic about the sport and inspire other runners.

Qualifications: Any registered member of the DELCO RRC who exhibits the above characteristics may be nominated. There is no age limit; no Fun Run or Club participation time qualifier; officers are eligible but previous winners are not.

Previous winners are:

1981	Byron Mundy	&	Linda Bell
1982	Bob Huggins/Jack Myers	&	Helen Senisch
1983	Joe Farrell	&	Mary Lou Boselli
1984	Joe Nolan	&	Marylou Long
1985	Tom Hirsch	&	Maureen Meyer
1986	Lu Sanner	&	Bea Sanner
1987	Bill Schultz	&	Kathi Clatterbaugh
1988	John Greenstine	&	Dot Kracht
1989	Paul Straube	&	Amy Binder

Fifty dollars for sporting goods for each winner is awarded by DELCO RRC.

Every club member has the opportunity to nominate three men and three women for this award. The nominations will be counted using a point system (e.g. first nominee receives 3 points, second receives 2 points, and third receives 1 point). The nominees will be tallied by the Election Committee. The five men and five women with the highest points will be entered on the ballot.

The ballots for this award will be returned to the Fun Run Leaders or any member of the Election Committee by December 21, 1990, or mail to Election Committee, c/o DELCO RRC, P.O. Box 145, Holmes, PA 19043.

Please cast your ballot for the person that you feel is best qualified for this award.

NOMINATIONS' BALLOT:

DELCO Man of the Year Award	DELCO Woman of the Year Award
1. _____ * 3 points	* 1. _____
2. _____ * 2 points	* 2. _____
3. _____ * 1 point	* 3. _____

Signature: _____ Registration #: _____

FAIR-WEATHER RUNNER

By Amy Binder

I'm definitely not a hot-weather runner. For me, most of the summer was spent moaning to whoever would listen that I was too miserable to run. It was either too hot or too humid. Or both. As the temperature rose, so would the degree of difficulty in running. With high humidity, I couldn't seem to take in enough air, and it felt like I was trying to move through water. It would have been kinder to shoot me and put me out of my misery.

Then I found out what pure Hell was like. I spent a total of three weeks in Houston during July and August. I don't know how people breathe down there, much less move from point A to point B. The words hot and humid don't do justice to describing the experience. It's like standing inside a furnace that's really cooking.

HOW HOT WAS IT? It was so hot, I was forced to run at daybreak when it was a mere 80 degrees and double that for humidity. And let me tell you, prying me out of bed in the morning is no small feat.

At any temperature, running while you're "on the road" is tough. I'd count it for double miles in my log book, if I had one. As frequent flier Bob Koerner says, "It's not good running, but at least you get some miles in." I'd revise that to: "It's pretty poor running, but at least you burn off some of the expense-account calories."

While in Texas, I happened to stay at a hotel that has a special business-class floor. You know, the kind where a common sitting area, wide-screen TV, and complimentary refreshments are supposed to impart a homey feel to a high-rise hotel chain. Somehow it's hard to feel homey when you step off the elevator after a run --all hot and sweaty -- to a room full of business suits drinking OJ over the Wall Street Journal.

After one trip to Houston, I took a detour to visit my folks in Fort Myers, Florida. I didn't know there could be so many kinds of miserable heat. I started out with the best intentions of sticking to my running schedule and even did seven miles my first day. Then the "mom effect" took over. After a few choruses of the dangers of heat exhaustion, I relented. I figured I'd make up for the miles when I was on home turf.

As bad as summer running is on the Gulf Coast, it has one saving grace. It reinforces the truism that there's no place like home. Now when I'm running along with Jim Miccolis and he says, as he always does, "It could be worse," I can say with conviction: "You're right. We could be in Houston."

OPEN LETTER TO THE DELCO RRC

August, 1990

Dear DELCO RRC Members,

Thank you!

With my sabbatical at an end, I've finally started to settle back into a routine. As most of you know, the past 15 months have been both very hectic and rewarding for me. I experienced many satisfying and enriching adventures throughout.

Many of my good fortunes were directly related to my being a member of the DELCO RRC. It had been through my association with club members that I had been able to make so many of the connections that enabled me to do what I did.

Since I finished the Transcon Run many of you have expressed congratulations and interest in my achievements. Your concern and kind thoughts were, and always will be, greatly appreciated.

During the length of the run, I found that the hardest thing for me to do was to keep my emotions under control. So many different people (old and new friends) had gone out of their way to help me achieve my goal and the only thing I could do in return was to say, "Thank you". It wasn't that I had trouble saying it - just that it seemed so shallow. That there should be some other word(s) that could convey how much there actions meant to me.

So, if I haven't expressed it to you in particular, it wasn't because I forgot or couldn't. It was just that, as with all the people that helped me on the road, it didn't seem like it was enough.

Anyway, what I'm trying to say is, THANK YOU!

Sincerely,
Bill Schultz

TRANSCON SUMMARY

By Bill Schultz

Well....briefly.

It began February 21, 1990 on Newport Beach, California and it ended May 24, 1990, beside the Garden Pier in Atlantic City, New Jersey. Originally scheduled, the 3000 miles were to be completed in 100 days averaging 30 miles a day. With some strong support down the stretch, I was able to pick up my pace and finish in 95 days. That comes out to a little over 50K a day.

Physically, I held up fairly well and never really suffered any problems. (Not even a blister!) There was a stretch where my weight, which I raised to 150 for the start, dropped to 136, but I wrote that off to the difficulty in finding places to eat often enough in Arizona and New Mexico. By the time I reached Oklahoma, I was able to regain a balance. When I reached the beach in Atlantic City, I was 145. (Since then I've gained 10 pounds and am my heaviest in over 10 years!)

I really have to give credit to the SHAKLEE products I used throughout. I came to rely on their "Performance Drink" and "Energy Bars" and can honestly say my legs never really felt too tired. (I would highly recommend both of them to anyone building up for the fall marathon season. If interested, you can contact Rita Jordan, Brian Maloy, or me for more information.) I also used several of their supplements. Rita had contacted them and they in turn contacted me to offer support. They were great - shipping products across the country.

Weatherwise, I really had no surprises. although the Mojave Desert was hot, the humidity was only in the 10-15% range. Conversely, the day I ran into St. Louis, the temp and humidity were both over 85. (See Bill Koppenheffer's article in the August Newsletter.)

I expected snow and I got it. Four times (three in Arizona and once in New Mexico) I was hit with blizzard conditions where I couldn't see traffic 3 lanes away. On each occasion though, the snow evaporated almost completely within 20 minutes of the sun coming out - no slush!

Rain also was expected. Aside from a couple of sever thunderstorms getting out of Indiana, where I literally jumped in and out of barns as I leap-frogged along, running in it was something that just had to be done. Besides, if you're dressed properly, once you're wet...

As it turned out, the hardest condition to run in was the wind. It had been the main reason for my west-east crossing - so I could have it on my back - but there were some days where I ran straight into it. There were some stretches in Arizona, and later Oklahoma, that were brutal and just seemed endless. (I was later told Oklahoma was so windy because "Texas sucks and Kansas blows.") There were several occasions where I just put my head down and pushed -glancing sideways to check my progress with guide-rail supports.

As for experiences...well, they were, to say the least, both varied and many. If interested, ask. You might not know this but, on occasion, I have been known to talk during a run. (Some people have said I never shut up!)

I will say this. In 95 days, I didn't have one negative experience. Don't get me wrong. I had plenty of surprises but, negative experiences, not one. The biggest surprise was the people. In a word, they were "great". I felt blessed meeting them and getting to know them - even if the time we spent together seemed so short. "New friends" quickly became "Old friends".

A (TYPICAL?) FANTASY RUNNER

CONSIDERS FASHION

Most of us read the delightful article in the last issue of "Keeping Contact" on "Running Fashions" by Amy Binder. It was well written, certainly fun-to-read and appeared (at least a first glance) to be accurate. Upon further deliberation, however, I found it to be seriously flawed and quite misleading; at least to us fantasy runners. I would like to give you readers some idea of the thinking of a typical fantasy runner during a typical workout. The article is written from a male perspective, but I'm sure you creative females can improvise to suit your own mental images, likes, desires, needs, etc., etc. Throughout this short note, the role of fashion consciousness will be emphasized so that it receives its proper positioning in a typical workout of a fantasy runner.

Preliminary-to-the-Run - The typical fantasy runner gets prepared by, (a) dashing into the nearest telephone booth, (b) stripping out of business attire, (c) rapidly putting on shirt, shorts and shoes, and (d) appearing at the starting line. You see, fashion doesn't doesn't stand a chance right from the beginning! Besides, what goes well with a stupid, big, red, "S" on the front of your shirt?

Start-of-the-Run - God, this is easy! I'm moving like a well-oiled machine. Where are Shorter, Rogers and the really fast guys? Today, they would all eat dust. Let them have their coordinated team outfits with logos emblazoned all over, today is "little-man's" day! Nondescript, noncoordinated, the colored socks from yesterdays suit, even two different socks, Byron's Bermuda's, etc., etc....when you're doing sub-five minute miles anything goes!!!

Middle-of-the-Run - Hey, this is getting tough. Let's back off the pace and think a little. Olympic Trials aren't until 1991. No sense in burning out before then---right? Gosh, this hill's tough --- sweating a lot now. A person in black shiny chickie-pants flies past me like a blur. I think, "it's good that someone is taking Amy's advice".

End-of-the-Run - Glancing at an attractive, all together, fashion-conscious person (you know what I mean), while simultaneously tripping on a tree root, I quickly go into the swinging-on-a-vine mental scene. Tarzan swoops up his latest conquest and carries her deep into the jungle, back to his lair. Gadzooks, Kong has already occupied the pad with a conquest of his own. The ensuing scene is to ugly to describe in "Keeping Contact"---; but clearly, fashion is again the loser between a loin cloth and a hairy body.

Back home now and the closet with the running gear is again seen to be stuffed and jumbled with an array of mixed colors (now "day-glow" colors confuse me further); shirts, pants and socks; all of which are in various states of clean, quasi-dirty and downright dirty. God, fashion is confusing. Isn't it great that I don't have to think about it again until tomorrow's run?

Signed, Calvin (not Klein)

Editor's Note: It's not Hobbes, either.

WOMEN'S DISTANCE FESTIVAL

By Rita Jordan

Perfect blue skies and a crisp late summer morning welcomed all at the Women's Distance Festival 5K on September 8, 1990. Fifty-two runners entered and raced their finest along the winding and wooded bike path of Ridley Creek Park.

Preceding the Women's 5K Run, an inaugural one mile fun run for kids proved to be fun for everyone. Children received personalized finisher ribbons, courtesy of Byron Mundy and terrific hats from Bill Battey's.

Thanks to all the volunteers who assisted with the Women's Distance Festival. It was a great race and a great time because of all of you and the DRRC.

Editor's Note: As has been DELCO RRC tradition, the 1990 Women's Distance Festival 5K was a prediction run. Thanks to race director Rita Jordan and crew for making the race the biggest and best yet.



(Group of Runners)

The Start. Fifty-two women ponder the 3.1 miles of racing just before the gun.



(Registration Table)

Motley Crew - Things moved smoothly, thanks to, from left, Bea Sanner, Elaine Russell, race director Rita Jordan and DELCO RRC President, John Greenstine

WOMEN'S DISTANCE FESTIVAL 5K RESULTS

Sept. 8, 1990

52 Finishers

NAME	TIME	NAME	TIME
Laurie Gas	19:37	K.F. Tracy	28:05
Bonnie Mueherties	20:54	Sheila Sanders	28:27
Margaret Wynne	21:13	Leslie Stern	28:41
Lynne Hansen	21:34	Sue Mc Kenney	28:45
Robin Brady	21:59	Carol Reilly	29:02
Neysa Westman	22:17	Mary Ann Blascovich	29:24
Lynette Killen	23:56	Maria Neupauer	29:40
Brenda Williams	24:15	Barbara Hammett	29:41
Debbie Weir	24:28	Marybeth Crosby	29:42
Kimberly Eads	24:29	Fran Cartafalsa	30:05
Rebecca Hyde	24:33	Kathy Adamson	30:06
Mary Bergin	24:39	Deborah Tieser	30:13
Susanne Snedeker	24:55	Dot Kracht	30:32
Linda Brook	25:10	Evelyn Apple	30:40
Carol Lalli	25:46	Marion Jones	30:49
Anne Scott	26:00	Jodi Elliot	30:55
Regina Hardy	26:09	Kathi Clatterbaugh	31:07
Cheryl Bogan	26:45	Jackie Owens	32:33
Kathy McCarry	27:10	Judy Larnocinski	33:18
Kathy Bradley	27:13	Anne Grant	34:09
Mary Lou Boselli	27:28	Maridel Whitmore	34:09
Amy Binder	27:28	Jill Gizzio	35:38
Nadine Celone	27:37	Cheryl Flick	36:01
Lisa Fouraker	27:46	Jean Cadigan	36:02
Amy Ziegenfuss	27:46	Cynthia Mc Groarty	36:56
Anne Lingafelter	27:51	Millie Cottrell	40:38

TOP 10 PREDICTED TIMES

NAME	Actual vs. Predicted time Difference
Lynette Killen	- 4.3 seconds
Barbara Hammett	+ 7.2 "
Linda Brook	+ 9.6 "
Cheryl Bogan	+ 9.9 "
Mary Bergin	+ 14.1 "
Brenda Williams	+ 14.8 "
Laurie Gas	+ 16.8 "
Mary Lou Boselli	+ 18.6 "
Nadine Celone	- 23.5 "
Regina Hardy	- 26.5 "

MEDIA FIVE MILER

The eleventh annual Media 5 Miler saw a record field of 736 men and 205 women finish in the coolest conditions ever experienced for the July race. Top finishers were Thomas Kolimago (25:23 in the men's open division, Phil Kircher (26:13) for the men's Masters, Carol Haux (28:30) winning the women's open division, and Cheryl Schlenker (36:05) in the women's masters category.

DELCO RRC finishers, where known, are as follows:

MEDIA 5 MILER - 90 RESULTS - MALE

<u>PLACE</u>	<u>NAME</u>	<u>CITY</u>	<u>AGE</u>	<u>TIME</u>
007	VINCE TOUEY	CHESTER	32	25:58
026	MARK DEHMEL	MEDIA	20	27:18
034	DEAN DENNIS	MEDIA	25	27:51
035	RICH JACOVINI	CHESTER HEIGHTS	37	27:56
037	JOE FREIBERG	DARBY	27	28:00
041	STEVEN WHITMORE	SPRINGFIELD	35	28:20
052	LARRY FILTZ	ELWYN	36	28:58
053	MARC OLEYNICK	LANSDOWNE	29	28:59
055	STEVE DANIELS	SWARTHMORE	31	29:13
060	JOHN ASHTON	SPRINGFIELD	30	29:28
066	TOM BRAZILL	BOOTHWYN	39	29:36
067	BYRON MUNDY	COLLINGDALE	42	29:40
071	BOB HUEY	SPRINGFIELD	35	29:47
075	MIKE METAGUE	COLLINGDALE	42	29:57
092	JOHN GREENSTINE	MEDIA	38	30:33
115	AMOS A. MINCIN	MEDIA	40	31:21
119	DAVID W. CLARK	ALDAN	25	31:29
120	SIEGFRIED BLEHER	CLIFTON HGTS	29	31:30
171	TERRY ADAMSON	WALLINGFORD	40	33:04
177	RON GRACE	LANSDOWNE	43	33:12
178	VICTOR ABRAMOWICZ	BROOKHAVEN	34	33:13
180	CHET LUBECKI	WALLINGFORD	34	33:16
187	PETER VISHTON	MEDIA	43	33:28
210	TOM FEEHERY	ALDAN	37	34:09
211	PAUL MATTIS	MEDIA	40	34:10
247	MARK CLATTERBAUGH	SPRINGFIELD	42	35:04
267	TOM TOLAN	HAVERTOWN	44	35:21
274	DAVID GINGRAS	WALLINGFORD	44	35:31
280	PETER BELFI	UPPER DARBY	49	35:39
285	ANTHONY BELFIGLIO	HAVERTOWN	49	35:41
313	BOB KOERNER	SPRINGFIELD	57	36:09
348	SAM BRATTINI	SPRINGFIELD	48	36:40
369	THOMAS BEESE	WEST CHESTER	45	37:01
421	BOB STREET	BROOKHAVEN	46	37:49
436	GENE CEPPETELLI	SPRINGFIELD	31	38:08
439	BILL RAFFERTY	WEST CHESTER	38	38:13
449	LEO FOLEY	SPRINGFIELD	57	38:25
486	SEAN MC PHILLIPS	HAVERTOWN	29	39:07
528	RICHARD O'NEILL	COLLINGDALE	35	40:09
537	FRANK NARDONE	YEADON	53	40:21
538	RON FINLEY	BROOMALL	51	40:21
576	GENE MARTENSON	SWARTHMORE	61	41:19
605	JAMES MICCOLIS	UPPER DARBY	36	42:11
606	JOHN BRYSON	SPRINGFIELD	51	42:12
660	TOM WATKINS	UPPER DARBY	68	44:28
704	LAWRENCE RYAN	LANSDOWNE	53	47:12

MEDIA 5 MILER - 90 RESULTS - FEMALE

PLACE	NAME	CITY	AGE	TIME
013	LIZ MC DERMOTT	ROSEMONT	30	32:52
014	MARIANNE GRACE	LANSDOWNE	39	32:58
021	JOAN POTTERFIELD	WAYNE	37	33:51
027	MARGARET WYNNE	NORRISTOWN	34	35:29
047	BETTY FERRONE	WILLOW GROVE	44	37:23
087	JENNIFER KRACHT	VOORHEES	24	41:05
091	MARCIA MAGNESS	CLIFTON HEIGHTS	32	41:18
114	FRANCES DAGLE	WILMINGTON	28	43:08
124	REGINA HARDY	COLLINGDALE	37	43:50
139	PEGGY BOBECK	COLLINGDALE	49	45:16
144	DOROTHY KRACHT	SPRINGFIELD	54	45:47
145	PAULINE LIMBERG	BLOOMINGDALE	25	45:48
153	KATHY ADAMSON	WALLINGFORD	36	46:12
205	RITA JORDAN	MEDIA	39	54:54

BROAD STREET RUN - DELCO RRC FINISHERS

NAME	TIME	NAME	TIME
Steve Whitmore	57:49	Bill Boselli	71:36
Joe Freiberg	58:23	Mark Clatterbaugh	71:38
Larry Filtz	59:03	Doug Limberg	73:34
George Koerner	59:26	Bob Koerner	73:34
Byron Mundy	59:32	Rita Jordan	73:54
Steve Daniels	59:36	Jack Elliott	74:22
Mike Metague	59:54	Mike Bogdash	75:08
Bob Thomas	60:09	Bill Erb	76:14
Marc Okynick	61:07	Bob Street	76:38
Tim Wade	61:33	Joe Farrell	77:31
John Greenstine	62:13	Jim Del Giorno	77:48
John Ashton	63:45	Tom Beese	78:24
Tom Brazill	63:58	Rich O'Neill	81:03
Bob White	64:22	Gene Martenson	82:00
Don Larson	64:36	Sam Brattini	82:05
Bob Huggins	64:58	Bill Meyer	83:11
Dave Clark	65:11	Mary Bergin	83:34
Amos Mincin	65:51	Kathy Watson	83:53
Liz Mc Dermott	66:14	Maureen Meyer	84:00
Joe Thomas	66:56	Betty Perrone	84:32
Mike Tuohy, Sr.	66:57	Ron Finley	84:42
Bernie Sontagh	67:22	Mary Lou Boselli	84:54
Bob Fuhrman	67:25	Dennis Winters	86:01
Terry Adamson	67:47	Jim Miccolis	86:57
Joan Potterfield	68:16	Bill Mc Cormick	89:14
George Kennedy	68:21	Amy Binder	90:35
Dan Lang	68:21	Tom Watkins	91:38
Marianne Grace	69:16	Larry Ryan	93:15
Mike Tuohy, Jr.	70:09	Kathy Adamson	94:27
Brian Maloy	70:23	Dot Kracht	95:07
Bob Rosati, Sr.	70:30	Pauline Limberg	95:07
Tom Tolan	70:39	Kathi Clatterbaugh	95:16
Dave Gingras	71:26	Peggy Bobeck	98:03

DELCO RRC Team Standings:

- * Open Men - 3rd place
- * Open Women - 1st place
- 2nd place
- * Masters Men - 6th place

Congratulations to first DELCO finishers, Steve Whitmore and Liz Mc Dermott, and all who competed.

Editor's Note: I had to pour through 4,026 finishers to get these names. If I missed you...sorry! Please don't hesitate to drop me a note and we'll give you your due recognition in a future issue.

DEAF AWARENESS RUN

Sept. 30, 1990

Results compiled by John Greenstine
Article by Bob Huggins

While most runners were at the Run for Adoption on the West River Drive, a small group of 52 runners tackled the inaugural Deaf Awareness 10K. Sponsored by the Pennsylvania School for the Deaf, the run featured a tough 1K mile climb on the return route, much of which was run on the forbidden Drive. DELCO finishers included:

Bill Schultz	38:57	3rd overall
Byron Mundy	39:30	1st - 40 to 49
Bob Kern	40:06	2nd - 40 to 49
Mike Metague	42:13	3rd - 40 to 49
Peggy Wynne	44:21	1st - 30 to 39
Hamilton Marshall	46:33	2nd - 50 to 59
Diane Mc Manus	56:44	

A good showing by all on a tough course and a humid day. Club members Bill Schultz and Bob Kern headed to the Run for Adoption after the race. Some fun, eh? Eric Mundy won the one mile fun run with a personal best of 6:40. Eric's dad, Byron, led a clean DELCO sweep of the men's 40 to 49 age category.

DELCO RRC CAKE RACE

By Fred Senderoff

The annual DELCO RRC Cake Race was held on September 9th, a beautiful Sunday morning. There were 14 entrants and almost as many helpers and spectators. I want to thank Bob Huggins for his help. Coffee, tea and danish were had by all and the entry fees (cakes, many homemade) were awarded as the results listed below were announced.

1.	Jack Myers	26:36.7	1st 34-39
2.	Tom Brazill	28:07.9	2nd 34-39
3.	John Greenstine	28:40.1	3rd 34-39
4.	Jim Castellan	30:45.7	1st 40-49
5.	Peter Vishton	32:24.4	2nd 40-49
6.	Mark Clatterbaugh	32:52.8	3rd 40-49
7.	Bob Koerner	34:33.2	1st 50-59
8.	Byron Mundy	37:30.6	4th 40-49
9.	Hank Goldring	38:03.7	5th 40-49
10.	Larry Ryan	41:17.8	2nd 50-59
11.	Amy Binder	41:25.0	1st 30-39
12.	Dot Kracht	46:56.4	1st 50-59
13.	Kathy Adamson	47:04.1	2nd 30-39
14.	Kathi Clatterbaugh	DNF	

PHILADELPHIA DISTANCE RUN

TEAM NEWS - By Bob Huggins

Chris Mason of the Philadelphia Distance Run Race Committee has advised the DELCO RRC of their placings in the September 15th event.

Men's Open "A" Team - 12th/35 teams

Jack Myers 1:15:47
 Steve Whitmore 1:18:55
 Steve Daniels 1:20:03
 Larry Filtz 1:22:03

Men's Open "B" Team - 19th/35 teams

Tom Brazill 1:22:46
 Marc Oleynick 1:23:40
 Bob Huggins 1:30:30

Men's Masters Team - 8th/14 teams

Bob Kern 1:24:15
 Mike Tuohey 1:31:58
 Bob Fuhrman 1:37:24

Women's Open Team - 10th/15 teams

Marianne Grace 1:33:11
 Rita Jordan 1:40:13
 Betty Ferrone 1:51:07

Thanks to all team members and all club members who ran the Big One.

RUNNING SHORTS

- * Torpey "Southern Man" White has moved from North Carolina to Georgia. Torpey's new address and phone number are:

1809 Calibre Vinings Way
Smyrna, GA 30080
Phone: (404) 351-7852 (home)
(404) 766-5461 (work)

Smyrna is in suburban Atlanta. Hey Torpey, we're all coming down for Peachtree! Ya hear?

- * Bob "Man from Atlantis" Huggins competed in the Miss America Pageant Ocean Swim, a mile and a half swim off the Atlantic Coast. Such a wacky guy.
- * Jack Meyers is beginning to return to his form of old. Jack was the first DELCO finisher at the Distance Run in 1:15:47.
- * Congratulations to Frank Dewan who was married on October 13th.
- * Peggy Bobeck finished third in her age group at the Pine Barrens Triathlon.

FALL ROAD RACE SCHEDULE

- Oct. 20 Haddonfield 5-Miler
Start: 9:00 A.M. Haddonfield High School, Kings Hwy.
Entry Fee: \$8.00 until 10/15, \$10.00 afterward
Contact: 609-858-9760
- Oct. 21 Frankford Hospital Run for Wellness 10K
Start: 9:00 A.M. Frankford Hospital's Torresdale
Campus, Knights & Red Lion Rds.
Entry Fee: \$8.00
Contact: 934-4576
- Northeast Roadrunners 25K
Start: 9:30 A.M. Pine St. entrance to Pennypack Park
Entry Fee: \$8.00, \$10.00 race day
Contact: 535-6092
- Pedestrian Safety 5 Mile Run & 1 Mile Family Walk
Start: 9:30 A.M. Temple University Ambler Campus,
Butler Pike & Meetinghouse Rd, Ambler
Entry Fee: \$8.00 until 10/8, \$10.00 afterward
Contact: 326-8099
- Commodore Barry Bridge 10K Run & 5K Walk
Start: 9:00 A.M. Memorial Park, 7th Ward Sts. Chester
Entry Fee: \$8.00 until 10/15, \$10.00 afterward

- Oct 21 Nissan Maryland Marathon, Baltimore, MD
 Contact: Nissan Maryland Marathon Festival
 P.O. Box 11394
 Baltimore, MD 21239
 301-882-5455
- Oct. 27 Chichester Business Association 5 Mile Charity Run &
 3 Mile Walk
 Start: 9:00 A.M. Maximillian's Tavern, Naamans Creek &
 Meetinghouse Rds
 Entry Fee: \$8.00 until 10/14, \$10.00 race day
 Contact: 485-4640
- Oct. 28 Harrier Harvest 5 Mile Run
 Start: 11:00 A.M. Delcastle Recreation Area,
 McKennan's Church Road, Wilmington
 Entry Fee: \$8.00 until 10/15, \$10.00 race day
 Contact: 302-323-6418
- Nov. 4 Run Wild at Phila Zoo 10K Run
 Start: 9:30 A.M. Phila. Zoo, 34th & Girard Ave
 Entry Fee: \$10.00 until 10/26, \$12.00 afterward
 Contact: 243-1100 ext. 331
- Nov 11 Fall Loop Race 8.4 Mile Run
 Contact: Dave Brier
 WMHA/WA
 Broad & Pine Sts.
 Phila., PA 19107
- Atlantic City Marathon, Atlantic City, NJ
 Contact: Diane Santos
 c/o Boardwalk Runners
 P.O. Box 7336
 Atlantic City, NJ 08404
 609-646-7932
- Nov. 17 Liver Foundation 5K Run
 Start: 9:00 A.M. Pleisted Hall, No. 1 Boathouse Row,
 Fairmount Park
 Entry Fee: \$10.00 until 11/10, \$12.00 afterward
 Contact: 357-4711
- Nov. 18 UNISYS Harrisburg Marathon
 Start: 8:00 A.M. Steps of Capitol, Harrisburg
 Entry Fee: \$15.00
 Contact: Bob Mahady
 5906 Fox St.
 Harrisburg, PA 17112
 717-652-7002
- Nov. 22 Turkey Trot 5 Miler
 Memorial Hall, Phila, PA
 (Not on Fall schedule; will probably be held

- Nov. 22 Turkey Day 5K Run
 Start: 9:00 A.M. Cooper River Park Stadium,
 N Park Dr, Pennsauken
 Entry Fee: \$7.00, \$9.00 race day
 Contact: 609-858-9760
- Dave Elman 5K
 Start: 9:00 A.M. Rhawn Street entrance to
 Pennypack Park
 Entry Fee: \$10.00 until 11/16, \$15.00 race day
 Contact: 535-6092
- Dec. 2 Brian's 10K Run plus Family Runs
 Start: 9:30 A.M. West Chester University. 2-mile walk
 and various family fun runs begin.
 1:00 P.M. - 10K Run
 Entry Fee: \$9.00, \$4.00 for walk and all other events.
 First 4,000 who register with entries
 postmarked by 11/14 get T-shirt.
 Contact: Brian's Run
 Box 2440
 West Chester University
 West Chester, PA 19383
- Dec 16 Holiday 5 Miler
 Start: 10:00 A.M. Plaisted Hall, Kelly Drive
 Entry Fee: \$10.00 until 12/12, \$12.00 afterward
 Contact: 343-5838
- Dec 23 Northeast Roadrunners Christmas is for Giving 5K
 Start: 11:00 A.M. Rhawn Street entrance to
 Pennypack Park
 Donate gift for a needy child
 Contact: 535-6092

MULTI-SPORT CALENDAR

As the season draws to an end, there still remains a few events to close your season.

- Oct. 14 War At The Shore Biathlon (Sandy Hook, NJ)
 Run: 2.3 miles, Bike: 13 miles, Run: 2.3 miles
 Contact: Sandy Hookers Tri Club
 P.O. Box 186
 Red Bank, NJ 07701
 201-842-8017
- 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
 1-926-4303

Oct. 28 Naval Station Fall Classic Biathlon (Phila. Naval Base)
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)

DELCO RRC MEMBERSHIP MEETING

Wednesday, July 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
Elaine Russell Sam Brattini Tom Watkins
Peggy Bobeck Joe Farrell Bob Twomey

Meeting was called to order at 7:59 P.M. by President John Greenstine.

Minutes from last meeting were read and accepted as read. Bob Huggins/Fred Senderoff

Treasurer's Report/ Fred Senderoff
PSFS Account \$9004.00. Inflated amount due to Media Race.

Newsletter Editor/ Bob Huggins
Next newsletter will hopefully be out mid August-End of August.
Fall Racing schedule. Keep those cards and articles coming.

Membership/ Marylou Long N/P

Old Business
No news on Logo Project.

Women's Distance Festival/ Rita Jordan
Thank you to Rita Senderoff for a terrific job on the WDF forms.
Bob has certified a 5K course in Ridley. Frank Fingold will do timing. Publicity - will be Town Talk, Delaware County Times, DELCO newsletter. We have 23 entries so far and we will need volunteers.

Fred Senderoff made a motion we thank Ken & Joanne Daws for the Media Race, with a check for \$150.00. Seconded/ Bob Huggins

Pa School for the Deaf 10K - Sept. 30, 1990 - 8:30 A.M.
course approval. Entry forms are out. Volunteers contact any of the Joe's, Freiberg or Farrell. Let them know ahead of time or by Sept. 1 and you will receive a hat.

New Business
The Gestetner machine is down again!! Fred Senderoff has prices on a new machine. After much discussion and many questions, Fred proposed that we purchase or lease a new Gestetner machine.

Outright purchase \$1900 w/ trade in.
Lease for 1 year w/ option to buy \$281.90 monthly.
Motion was made on proposal. - vote on motion
Outright purchase - 9 Lease - 5

Motion was made by Mark Clatterbaugh that we purchase a Gestetner electronic scanner. Seconded & Passed.

Congratulations to Mike Metague and Mary Bergin on their Engagement.

Motion was made at 9:12 P.M. to adjourn. Mark Clatterbaugh/ Sam Brattini

Next Meeting will be held August 29, at Springfield High School community room at 7:45 P.M.

Respectfully submitted, Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Wednesday, August 29, 1990

Attendees: Kathi Clatterbaugh, Vice President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Joe Freiberg, Public Relations
Tom Hirsch, FRL Springfield
Rita Jordan, FRL Media Bill Schultz Amy Binder
Elaine Russell Karen Johnson Tom Brazill
Peggy Bobeck Joe Farrell Bob Twomey
Mark Clatterbaugh Joe McGinnis John Aston

Meeting was called to order at 7:54 P.M. by Tom Hirsch in the absence of the President and Vice President.

Minutes from last meeting were read and accepted as read. Bill Schultz/Fred Senderoff

Motion was made by Bob Huggins we adjourn til the pizza was eaten.

Kathi Clatterbaugh arrived with the pizza.

Meeting opener.

Treasurer's Report/ Fred Senderoff

Bills are coming in for Media Race. Gestetner and Electronic scanner are working fine.

Newsletter Editor/ Bob Huggins

Thank you to everyone who contributed to the last newsletter.

We have a new star journalist - Amy Binder - keep the articles coming Amy!! They are very interesting.

Next newsletter will be out later part of September w/ fall racing schedule.

Team Coordinator/ Bob Huggins

Phila. Distance Run - DELCO has entered 2 open teams - Men's Master and a Women's open.

Delaware Distance Run will be held on Oct 7. It will have a 5K & 15K Teams - If you want to run on a DELCO team send entry form to Bob Huggins.

Membership/ Marylou Long N/P

Old Business

Women's Distance Festival/ Rita Jordan

We still need volunteers to help. Frank Fingold will do timing. Bob Huggins has devised a score sheet. Publicity - will include the Phila. Inquirer. We have approximately 55 pre-registered entries. Byron Mundy is donating ribbons for the kids run. Hats compliments of Bill Battey's.

Pa. School for the Deaf 10K/ Joe Freiberg

Not many entries so far - Approximately 10. Volunteers & runners are needed. Remember Sept. 30, 1990. Good spots to leave entry forms was submitted to Joe.

Pasta Dinner/Fred Senderoff

18 tickets so far. Many in attendance were paying after this announcement. Tom Hirsch needs a deposit for Rutledge Fire House.

New Business

Elections - We still need an election committee.

Names submitted for office

President - Bill Schultz

Vice-President - Sam Brattini

Treasurer - Fred Senderoff

Peggy Bobeck

The above has announced that they will run for the respective offices - If you would like to run contact John Greenstine.

Cake Race will be held on Sept. 9, at Springfield Run Run 9:00 A.M.

Delco Cross Country will be held on second Saturday in Oct. 137 at Rose Tree Park. It was suggested that a developmental youth run be included.

Kathi Clatterbaugh noted that a running club was sued for 1 million dollars. Thank goodness for our RRCA insurance.

New Business

Karen was a guest at our meeting. She wanted to hold a 5K Run at Ridley Creek State Park. She is meeting some obstacles. so she is seeking information on how to go about doing this. Rita Jordan will be in touch w/ Karen.

Motion was made by Amy Binder that Rita Senderoff will be taking printing jobs (beside the ones she does for the club) race forms, etc. The club will place a 10% surcharge on the printing jobs. Seconded/ Tom Hirsch / Passed.

Motion was made at 8:50 P.M. to adjourn. Amy Binder/Mark Clatterbaugh

Next Meeting will be held Sept. 26, at Springfield High School community room at 7:45 P.M.

Respectfully submitted, Peggy Bobeck

..... RUN FOR FUN AND FITNESS

donating ribbons for the race
by
100% Joe Freiberg
- Approximately 100 Volunteers &
- 1990. Good spots to leave

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