

Keeping Contact



Newsletter of the Delaware County Road Runners Club

August, 1991

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CLUB MEETING

The August club meeting will be held at the home of Mike Bogdash and Mary Lou Boselli located at 318 Upland Way in Drexel Hill. The meeting will start at 7:45 P.M. on Wednesday, August 28th. As always, all club members are encouraged to attend and have a say on club activities. For those who can, please bring a hot dish. Directions follow:

- * Baltimore Pike to Bishop Avenue: From the west (Springfield, Media) make a left; from the east (Clifton Heights) make a right.
- * Bishop Avenue becomes Garrett Road. Stay on Garrett Road past Shadeland Avenue. Four blocks past Shadeland Avenue make a right on to Upland Way. The address is 318 Upland Way.
- * For further information, call Mike or Mary Lou at 623-8264.

WOMEN'S DISTANCE FESTIVAL

5K PREDICTION RUN & 1 MILE KID'S FUN RUN

Delco RRC presents the 11th anniversary of the Women's Distance Festival on Saturday, September 7th, 1991 at Ridley Creek State Park. Race day registration will take place at the Main Park Office. (Gradyville Road entrance)

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

At 10:00 A.M., a 5K prediction run for women will begin. Awards will be given to the top three finishers closest to their predicted times. Pre-registration by mail, postmarked by August 28th is \$5.00. Race day registration will be \$6.00. Tee-shirts will be given to all pre-registrants and race applications are attached to this newsletter.

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

EXTRA!!!

EXTRA!!!

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

NOTE: No alcoholic beverages permitted in park.

MEDIA FIVE MILER

By Bob Huggins

The 12th annual Media 5 Miler had a new, earlier starting date, but the same old hot weather. Prompted by the Media Merchant Association's decision to hold their annual sidewalk sale in late June, the race was shifted to June 28th from its traditional third Friday in July. Unfortunately, the heat wave of the late Spring/early Summer affected the race with temperatures in the low 90's and the ever present humidity. A total of eight runners were treated by medical personnel for heat related problems.

One thing that the change in date and high temperatures didn't do, however, was reduce the size of the field. There were a total of 943 official finishers, along with another estimated 75 to 100 unofficial runners for a record number of finishers. Special thanks must go to Bill Schultz, Mike Touhey and a few others for putting the bandits in their proper place.. outside of the finishing chutes.

The heat took its toll on everyone, including the front runners. The lead pack of four runners went through the halfway point in 12:30, but at the end 23 year old Gene Mitchell came across the line in 25:42. A 42 second loss over the second 2 1/2 mile loop resulted in a per mile pace reduction of about 17 seconds. Bart Wasiolak finished second in 25:55, with 41 year old Phil Kircher taking the men's masters title in 26:25, good for 9th overall. The women's race saw a trio of Wildcats, of the Villanova variety, taking the top three slots. Carol Ann Haux (29:46) bested teammates Kate Fonshell (29:57) and Michele Torelli (30:48). Delco's own Marianne Grace took the women's master's title in 35:41, with good competition coming from long time Philadelphia runner Sandy Folzer (36:21). A total of 713 men and 230 women officially finished the race.

Thanks to all DELCO members, especially race director Ken Daws and his family, for the outstanding support. DELCO members, where known, and their finish times follow.

<u>MALE</u>	<u>PLACE</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
	008	PAUL MAGOLON	24	26:25
	029	JOE FREIBERG	28	28:56
	033	RICH JACOVINI	38	29:11
	036	STEVEN WHITMORE	36	29:22
	039	MARC OLEYNICK	30	29:37
	046	LARRY FILTZ	37	30:11
	056	GEORGE KOERNER	29	31:16
	063	TOM BRAZILL	40	31:31
	066	BOB WHITE	38	31:36
	068	ROBERT HUEY	36	31:40
	077	TIMOTHY WADE	37	32:14
	092	DAVID W. CLARK	26	32:51
	097	AMOS A. MINCIN	41	33:03
	106	ED COPE	42	33:22
	109	DON ROBERTS	45	33:27
	110	JOE CULBERTSON	13	33:28
	120	BOB MARTIN	45	33:44
	134	BERNIE SONTAGH	49	34:13
	141	CHET LUBECKI	35	34:21
	143	BYRON MUNDY	43	34:24
	150	ED MC GOWAN	32	34:41
	163	BRIAN MALOY	35	35:01
	166	PAUL MATTIS	41	35:07
	170	JACK CORCORAN	43	35:18
	179	RON GRACE	43	35:34
	188	DAVID ANDERSON	30	35:53
	228	JACK ELLIOTT	50	36:52
	236	PETER BELFI	50	37:04
	254	TOM FEEHRY	38	37:34
	271	GENE CEPPETELLI	51	37:56
	272	FRANK DALY	41	37:56
	314	BILL MARRA	43	38:56
	352	BOB DIMOND	56	39:45
	358	JESSE E. TUCKER	32	39:56
	375	DAVID A. GINGRAS	45	40:25
	381	MIKE BOGDASH	42	40:36
	438	CHRIS LAMOUREUX	49	41:33
	441	SAM BRATTINI	49	41:41
	475	SEAN MC PHILLIPS	30	42:19
	485	RICHARD J. O'NEILL	36	42:30
	512	GENE H. MARTENSON	62	43:15
	541	THOMAS R. BEESE	46	44:07
	684	DENNIS WINTERS	48	51:42
<u>FEMALE</u>	010	JOAN POTTERFIELD	38	33:59
	011	FRANCES DAGLE	29	34:11
	017	MARIANNE GRACE	40	35:41
	020	MARLENE BARR	33	36:13
	021	BONNIE MUETTERTIES	38	36:15
	031	RITA JORDAN	40	37:23
	032	MARGARET WYNNE	35	37:25
	061	MARIDEL WHITMORE	34	40:15
	066	BOBBI NEILSEN	22	40:49
	104	D.A. LEWIS	34	43:32
	150	REGINA HARDY	38	47:37
	179	PEGGY BOBECK	50	50:05
	180	LINDA CIAPANNA	22	50:08

RUNNING SHORTS

- * Our best wishes to Joe Santella and his wife who are expecting their first child before year end.
- * Several of our masters runners competed in the Delaware County Senior Games held in June. Here are the results.

RUNNING

100 meters	- Phil Mc Closkey	(1st - 55 to 59)
400 meters	- Phil Mc Closkey	(1st - 55 to 59)
	Stan Cherim	(1st - 60 to 64)
1600 meters	- Stan Cherim	(1st - 60 to 64)
5000 meters	- Rolf Dehmel	(1st - 55 to 59)
	Ed O'Dell	(2nd - 55 to 59)
	Stan Cherim	(1st - 60 to 64)

SWIMMING

50 yard freestyle	- Rolf Dehmel	(2nd - 55 to 59)
50 yard backstroke	- Rolf Dehmel	(1st - 55 to 59)
	- Stan Cherim	(1st - 60 to 64)
200 yard ind. medley	- Rolf Dehmel	(1st - 55 to 59)

BASKETBALL

Basketball "Hotshots"	- Phil Mc Closkey	(3rd - 55 to 59)
	- Stan Cherim	(2nd - 60 to 64)
Basketball "21"	- Stan Cherim	(3rd - 60 to 64)

Congratulations to all on some great performances!

- * Tom Brazill sent a photocopy of the 1990 Road Runners Club of America "Runners of the Year." Seems like one of the female winners was named Binder. Unfortunately, it turned out to be masters star Laurie Binder of Oakland, CA and not our very own star Amy Binder. Maybe next year Amy!

MULTI-SPORTS RESULTS

July 14 Philadelphia Modern Biathlon - (West River Dr. Course)
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles

Bob Huggins	1:14:58
Bob Thomas	1:16:44
Amos Mincin	1:18:59
Bonnie Muetterties	1:23:53
Gene Martenson	1:32:25
Peggy Bobeck	1:43:25

Congratulations to Bonnie Muttterties and Peggy Bobeck who won their age groups. Bonnie even went one step further by capturing first place in the "Hot Legs" contest held after the race.

August 4 Fairmount Park Classic Triathlon - Schuylkill River
Swim, Bike and Run on West River Dr. and Fairmount Pk.
Swim: 1.5K, Bike: 40K, Run: 10K
Bob Huggins 2:29:49
Gene Martenson 3:11:19

Congratulations to Bob Huggins who qualified for the U.S. Triathlon Series National Championship Race in Las Vegas in October. Gene Martenson also qualified for nationals and took first place in his age group to boot!

UPCOMING RACE NOTE

Club member Regina Hardy of the Sports Club in Woodlyn asks all to mark October 12th on the calendar. It will be the second annual "Move Your Muscles for MDA" Five Mile Run through the streets of Ridley Park. A copy of the entry form will be in the next newsletter. However, don't hesitate to call Regina at 833-2000 for more information or to help out with the race. Regina promises that there will be lots of awards!

MY DAY IN THE SUN: THE CAMBRIDGE TRIATHLON

By Bob Huggins

Since its early inception, I've been intrigued by the sport of triathlon. Like many observers and participants of the sport, I first took notice of it through the television coverage of the Hawaiian Ironman competition some 10 years ago. It wasn't until the summer of 1985, however, that I actually took the plunge and have continued to this day, competing in shorter events of no longer than a mile swim, 40K (25 miles) cycling and a 10K run. But after having competed in about 25 triathlon races, I was still intrigued about "going longer." Some serious soul searching, however, suggested that I would not be able to seriously train for a 2.4 mile swim, 112 mile bike ride and 26.2 mile run. The demands of a full-time job, homeownership and other non-athletic interests precluded training for an event of this length. I decided to investigate the possibility of entering a half Ironman length distance. Unfortunately, I found only two races within a reasonable driving time of the Philadelphia area. One was the Tupper Lake Tinman in upstate New York; the other was the Cambridge Triathlon in Maryland, on the Delmarva Peninsula.

I had to make a choice between the two races and, actually, it was quite easy. Tupper Lake was at least an eight hour drive by automobile while Cambridge, Maryland was under three hours. Since I hate sitting in the car for long periods of time, Cambridge was definitely a plus. The deciding factor, however, was the fact that Cambridge changed the traditional order of the swim, bike, run to swim, run, bike. The thought of a 13.1 mile run after riding 50 plus miles on the bike was more than a little intimidating for me, but switch the order of the last two events and, as Alf says, "No problem."

Training for the event was not too much different from my normal training, except that I knew I would have to bike more miles than normal. The partially completed Blue Route was a dream come true, with a loop of approximately 16 miles of rolling hills and usually windy conditions, I felt it would be an ideal place to train. I was right. The Cambridge bike course, while flat as a pancake, was breezy the entire way. I only rode 55 miles once in training, but I had a few 40 milers going into the race plus assorted shorted distance rides and felt that I could hold my own. Ditto for the swim. My Tuesday and Thursday night workouts with the Community Y Masters Swim Team approximately 3K (1.8 miles) of hard swimming, so a steady swim of 1.6 miles was not in the least bit intimidating for me. What was intimidating, however, was the run. Normally my strong suit, events over the past 6 months had shaken my confidence somewhat. First, I am not a good runner in the heat which, realistically, one would have to expect in early June. The fact that the Cambridge run course was largely unshaded would not help matters.

More importantly though, was the fact that since suffering a running injury in December at Brian's Run, my running had not gone well. I had only run a few 10 mile training runs since December and, as a gauge, ran the Broad Street 10 Miler where I ran my slowest 10 mile race in 12 years, a 72:30. Even though I followed that up with a few good training runs of 10 and 11 miles, I was seriously concerned about how the run would go, or if I would even finish. Clearly, I would have to take a cautious approach to the run...it would definitely not be an all out effort.

Race day finally loomed at about 7:00 A.M. on June 2nd. School buses transported some 300 triathletes from the race headquarters to a small beach on the north side of the Choptank River. The river looked calm and so some of the usual nervousness associated with open water swimming was absent. Despite the warm water (about 74 degrees or so), nearly everyone wore a wetsuit, including yours truly. It was obvious that this was a serious group of triathletes what with 22 Hawaiian Ironman entry slots up for grabs. The horn sounded and the first wave of swimmers were off. Three minutes later I was, literally, off to the races with the second of two waves of swimmers. The swim was long (1.6 miles), so I concentrated on proper stroke technique and breathing and making sure that I stuck my head up now and then to watch the orange buoys that had been placed about every 200 yards.

Despite the calm look of the water, there was a fairly strong current which I figured cost me a couple of minutes in my overall swim time, due to adjustments which I had to make to successfully navigate the river. About three quarters of the way through the swim, I caught a few swimmers from the first wave (wave 1 swimmers wore white swim caps while wave 2 wore yellow). This gave me a great psychological lift. Finally, I spotted the exit ramp and exited in 5 plus minutes. A quick run up the ramp to the transition area and it was a frenzied, almost comical scene as swimmers were trying to peel their wetsuits off with varying degrees of success. After having some problems of my own getting out of my suit, I pulled on my socks and shoes, grabbed my singlet and visor and headed out on the run.

The first three miles or so of the run course were through mostly shaded residential areas and I felt pretty good. There were water/Gatorade/sponge stops at every mile on the run. By mile five, I really started to feel the effort. My lack of longer training runs began to take its toll even though I was running no faster than 7:30 miles. I started to walk. Encouragement from other competitors spurred me on and I made it to the next aid station. From there, the course was completely open, the temperature was in the mid-80's and the sun was shining bright. Despite playing all the mindgames I possibly could to keep me moving, the sun was frying me. I realized that I would have to revise my pre-race game plan of a 1:35 half marathon to something slower...the object became to simply finish. My plan was to get to each aid station (remember, they were only a mile apart), drink a 50-50 mixture of Gatorade and water, sponge off and then start running. Mid-way between the stations, I would walk for about 30 seconds to give my aching leg muscles some relief. I was able to complete the run using this method, posting a time in the 1:49 vicinity. It wasn't pretty, but I knew that having finished the run, I could "gut out" the 55 miles on the bike.

After changing into my cycling clothes and shoes, I sped out of the transition area and began passing a lot of those folks who had passed me on the run. I felt fantastic through 15 miles, and soon there was only the occasional rider to pass. Aid stations were every five miles and you could exchange your water bottle for another bottle full of either ice cold water or Gatorade. I chose water for the entire ride. I knew I would have to eat while on the bike, but bananas leave a terrible aftertaste for me when competing in an athletic event, so I chose a chocolate Power Bar. It didn't taste too good going down, but it didn't leave any aftertaste whatsoever and I felt that my energy levels were maintained. I'm through 25 miles and still pedaling strong. By 30 miles, however, I started to develop a burning sensation in the toes of both feet. Uh-oh, hot spots. At the 35 mile aid station, I pulled over, got off my bike, and started massaging my feet. I resumed riding and felt O.K. through 40 miles, but the hot spots started coming back with a vengeance. At 45 miles I stopped again. My feet felt like they were on fire! One of the volunteers gave me an ice cold water bottle which I proceeded to squirt on my feet. It felt great! After a quick foot massage, I readjusted my socks and shoes and I was on the road again. While both my feet and my butt were sore, I was determined to finish and finish strong. For the last 10 miles I rode some of my fastest speeds of the day. I've ridden the 55 miles in around 2:55 and that includes the two stops for an average speed of nearly 19 mph. My overall time for the race with transition times was 5:43 and change, just a little over my pre-race time estimate of 5:30.

The race is over, but there's still clean-up and the ride home. The local high school which served as the race headquarters opened up its showers...it was great to be able to finish up the day in relative comfort. After a quick post-race meal, I headed home having felt that I really accomplished something. And no, I didn't win one of the coveted Ironman entry spots (I placed 193rd overall out of 277 finishers (another 22 competitors DNF).

Looking back at the race, I probably consumed the most amount of liquids ever in a race and that includes three ultra marathons which I ran back in the early 1980's. I estimate that I drank the equivalent of approximately 17 standard 21 ounce bike water bottles during the course of the entire event. I never, for once during the entire race, felt bloated considering that I had consumed close to three gallons of water. Proper hydration was absolutely critical for me to successfully complete the race. Even with all the liquids I consumed and food after the race, I still dropped two pounds. Interestingly, I only ate one Power Bar during the bike ride. No other food was consumed during the race. The other critical component of the race was proper pacing. I felt I paced myself well on the swim and bike portions (even with the two stops), but probably should have eased up a little during the early miles of the run; perhaps my run time and overall time would have been a bit better.

A few words about the race itself are in order. Despite hearing some negative pre-race comments about the abilities of 73 year old race director Fletcher Hanks, my opinion is that this is perhaps the best organized triathlon in which I've competed. Mr. Hanks and his volunteers were fantastic! You really can't ask for much more when you have aid stations every mile on the run and every five miles on the bike. The race fee included a night-before pasta dinner and post-race chicken barbecue, in addition to the race t-shirt and swim cap. All in all, for anyone contemplating a longer distance triathlon, you'd be hard pressed to find a better race anywhere than the Cambridge Triathlon.



After 1.6 miles of swimming, the author emerges from the water to get a drink.



The author during the latter stages of the 13.1 mile run, making sure he isn't walking for the picture.



The author is a blur as he heads out on the 55 mile bike course.

DELCO RRC MEMBERSHIP MEETING

Wednesday, June 26, 1991

Attendees: Bill Schultz, President
Sam Brattini, Vice President
Bob Huggins, Newsletter Editor/Team Coordinator
Kathy Clatterbaugh Mark Clatterbaugh (our host)
Terry Adamson Kathy Adamson
Mary Metague Mike Metague
Mary Lou Boselli Mike Bogdash
Peggy Bobeck

Meeting was called to order at 7:43 P.M. by President Bill Schultz.

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

Treasurer's Report/ Fred Senderoff N/P

Newsletter Editor/ Bob Huggins

Presently compiling the last newsletter. Mid to late July mailing due to Media race - Rita Senderoff is busy working on Media Race results.

Team Coordinator/ Bob Huggins

Bob talked to Chris Mason - Distance Run in Phila. entry forms will be out late next month. If you want to run in DELCO Team at Phila. Distance Run contact Bob.

DELCO Grand Prix Race Series/ Tim Wade N/P

Bill Schultz related not many DELCO members are sending in their monthly totals. As of April 30 standings are:

- 1 - Bill Schultz
- 2 - John Greenstine
- 3 - Amy Binder
- 4 - Peggy Bobeck
- 5 - Mary Levy

Old Business

Blue Route Run Report/ Tim Wade N/P

Bill Schultz related an entry fee can be charged. West Chester Pike will be the staging area for the 10K Run. Bill will check out insurance for the race.

Spaghetti Dinner - Bill will ask Tom Hirsch

New Business

Terry Adamson asked why no new business to discuss

Announcements

July meeting to held at the Creekside Swim Club. Host Kathy & Terry Adamson - Map & direction in July newsletter.

DELCO RRC MEMBERSHIP MEETING

Wednesday, July 31, 1991

- Attendees: Sam Brattini, Vice President
Fred Senderoff, Treasurer
Tim Wade, Grand Prix Race Series Commissioner
Joe Nolan, Aldan Fun Run Leader
Tom Hirsch, Springfield Fun Run Leader
Rita Jordan, Media Fun Run Leader
Terry Adamson Kathy Adamson (our host)
Mary Metague Mike Metague
Mary Lou Boselli Mike Bogdash
Peggy Bobeck Josh Jordan
Kathy Clatterbaugh Joe Freiberg
Marlene Barr John Greenstine
Frank Ford Bob Kern
Linda Lomax Tom Watkins

Meeting was called to order at 7:56 P.M. by Vice President Sam Brattini.

Minutes from last meeting were read and accepted as read. Joe Nolan/ Tom Hirsch

Treasurer's Report/ Fred Senderoff

PSFS Mellon Account \$9821.00. All Media Bills have not been paid. Purchased contract on Gestetner copier machine. Contract to cover 1 year travel-time/ parts/labor. \$480 til 7/9/92

Newsletter Editor/ Bob Huggins N/P

DELCO Grand Prix Race Series/ Tim Wade

Presented an up to date listing of registered members. Send in your totals for the month/ catch up.

Old Business

Blue Route Run Report/ Sam Brattini
Blue Route 10K now known as the Tour De Blue. A meeting was held last week. A sponsor may be possible - Riglio Beer Distributor (Brukler non alcoholic beverage). Literature will be available. This week race forms will go to printer. Volunteers are needed to man water stops and finish line chute. West Chester interchange will be staging area. There will be radio coverage. Timing by Bob Huggins. Administration fee for Club??

DELCO ROAD RUNNERS CLUB PRESENTS THE 11TH ANNIVERSARY OF THE
WOMEN'S DISTANCE FESTIVAL 5K RUN



& 1 Mile Kid's Fun Run



Saturday, September 7, 1991
10:00 A.M. - 5K Women's Prediction Run
9:30 A.M. - 1 Mile Kids Fun Run

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

ENTRY FEE: 5K Run - Pre-registration - \$5.00 (postmarked by August 28)
5K Race Day Registration - \$6.00
1 Mile Kid's Fun Run - \$1.00 (on race day)

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

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

SPONSORS: Clairol, Runner's World, Women's Sports & Fitness, Shaklee U.S., Inc., and Bill Bettey's Sporting Goods.

POST-RACE FESTIVITIES & DELCO RRC ANNUAL PICNIC:

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

INFORMATION: Call (215) 565-1416

WOMEN'S DISTANCE FESTIVAL 5K RUN

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

NAME: _____ 5K PREDICTED TIME: _____
ADDRESS: _____ CITY _____ ST _____ ZIP _____
PHONE: _____ T-SHIRT SIZE: S M L (Circle one)

RELEASE FORM

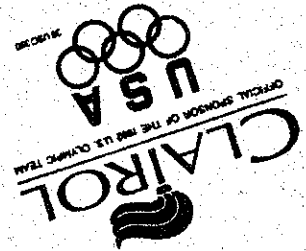
In consideration of your accepting this entry and granting permission for my participation in the Women's Distance Festival, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for losses and damages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

SIGNATURE _____ DATE _____ PARENT OR GUARDIAN _____

(if runner under 18)



RUNNER'S WORLD



WOMEN'S SPORTS & FITNESS
MAGAZINE

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

TO:

CELEBRATING WOMEN'S RUNNING...

March of Dimes will hold a walkathon at 9:30 after the start of the run.

Pasta Dinner will not be held this year. No volunteer to get things going. discussion followed. Tim Wade will write article for newsletter. Any ideas. Contact Sam or Bill.

New Business

Women's Distance Festival/ Rita Jordan
Will be held at Ridley Creek State Park on Sept. 7 (Sat).
9:30 A.M. - 1 Mile Kids Run 10:00 A.M. - 5K Women's Run
Entry Fee \$5 before 8/28. Post Registration \$6.
Picnic to follow 5K and awards ceremony. Motion was made by Tom Hirsch that the club supply money for women's Distance Festival in the amount of \$500. Second Mary Lou Boselli/Tom Watkins.
Vote-Yea.

Up Coming Races

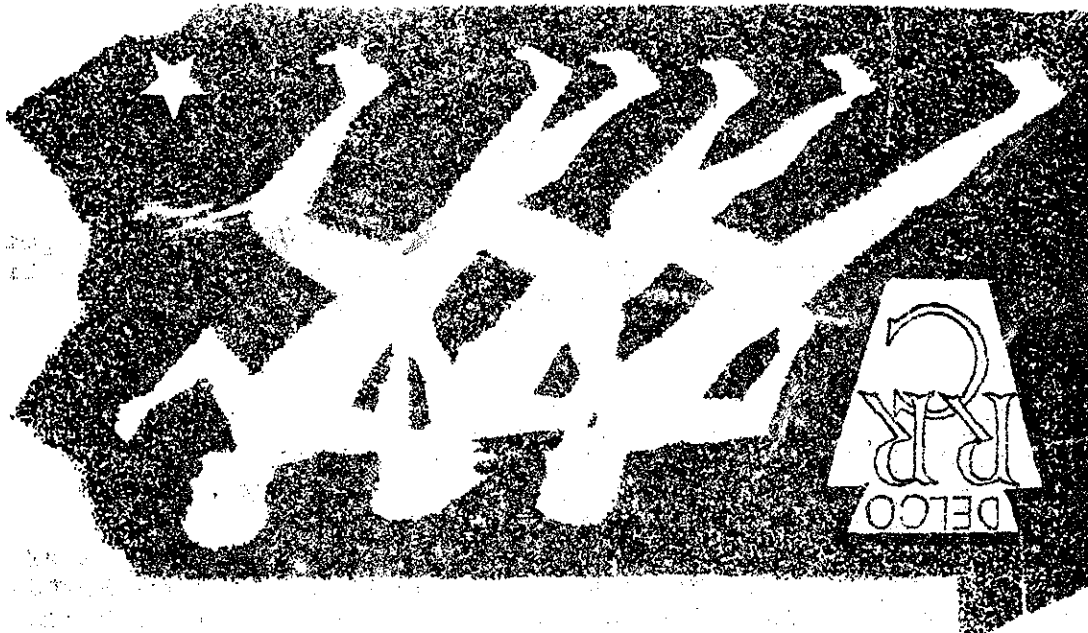
September 29 - Pa School for the Deaf 5K - Spring Garden College
October 12 - Cross Country Championship - Rose Tree Park

Motion was made at 8:52 P.M. to adjourn by Peggy Bobeck. Second Mary Metague.

Next Meeting will be at "Our House" (Mary Lou Boselli & Mike Bogdash) 38 Upland Way Drexel Hill. Maps and/or directions will be available. Please bring a dish to go with a BRQ.

Thanks to our host for a splashing good time!!!

Respectfully submitted,
Peggy Bobeck



DELAWARE COUNTY ROAD RUNNERS CLUB

DELCO ROAD RUNNERS CLUB
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