

Keeping Contact



Newsletter of the Delaware County Road Runners Club

February, 1991

Editor: Bob Huggins President: Bill Schultz Publisher: Rita Senderoff

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

MYTHS AND TIPS ABOUT RUNNING

Comments from mothers and other concerned individuals
Compiled by Amy Binder and John Greenstine

Weather

COLD:

Running in cold weather will make your lungs freeze.

If you hit an ice patch in the first block of your run, turn around and head to the nearest Dunkin' Donuts.

Run downwind first in cold weather. When you turn into the wind, you will already have warmed up.

HOT:

When running in hot weather, drink plenty of fluids or your kidneys will rub together.

Eating

Running helps depress your appetite.

When running regularly, you can eat anything, anywhere, at any time.

Never eat mass quantities of goldfish or taco chips before running.

For Women

Running will make your (name your favorite body part) sag.

Running will make it (harder/easier) to have children.

No matter what size running bra you buy, it always seems too small while you're wrestling to put it on.

Wearing makeup while running (choose one):

A) protects your skin; B) clogs your pores.

For Men

Running in tights will make it harder to have children (but may make it easier to attract women).

Avoid Ben-Gay stops at the Marine Corps marathon (ask John).

To Run Faster

Just run faster.

Get a big dog who makes your life Hell. Then you can run out your aggravation -- and pick up some speed in the process.

Running Hills

Run uphill on the front of your foot, downhill on the rear of your foot.

Just keep looking down until you start going downhill.

Leverage your larger muscle groups by swinging your hips front to back as you run.

Make hills a mental exercise only. Think hills, but run flats.

Make a game of hills -- put on foot into each block of the sidewalk.

Pick up your hands when going up, lower them going down.

Avoiding Injuries

Avoid running.

Don't run so (hard/fast/often).

With running, less is more. With rest, more is better.

Fashion

The flashier the outfit, the faster the runner.

Wear sunglasses whenever you run. Their "cool quotient" far exceeds their value in blocking UV rays.

The Inside Track On Certain Races

The steepest hill in Brian's Run is strategically placed next to a cow pasture. (Try not to breathe too deep).

Watch for the "hill" in Atlantic City.

"Gently rolling hills" at the Kennett Square 10K means there are no level stretches.

You can do a great five miles at the St. Patty's Day 10-miler in Longport, N.J. (Bring a wind suit for the other five).

Check out the T-shirt before you sign up for the Delaware Distance Classic.

Never pre-register for a race that lists only "Fairmount Park" as the location.

Think long and hard before entering any summertime race with elevation changes charted on the entry blank.

Question any race with 20 starters, one of whom is named Igor.

How Much Is Too Much?

You're running for more than your health if you run more than 15 miles per week -- or if you run more days than you rest.

You're bordering on compulsive if you run on nights that the dog won't even go outside.

You're running too much when you know street names better than those of your own children.

You're more than a casual jogger when you begin running more than once a day.

How Much Is Too Little?

Select another avocation if you cancel your run every time the weather is "too". (Too cold, too wet, too icy, too cloudy, too windy, too foggy, too hot, too humid, too sunny, etc.)

You're not running enough if you still have to introduce yourself when you show up at fun runs.

You're not running enough if you rack up more miles driving to a fun run than running the course.
You're not running enough if you still get lost on the Aldan course.

IF WE RUN FOR FUN, WHY DOES IT HURT SO MUCH?

By Amy Binder

Some people are born to run. Others "just do it." I tend to fall into an altogether different category. I run with fevered determination until one day my body screams "no" when my brain says "go." Then it's time to nurse injuries and become intimate with an ice pack.

My trouble comes from ignoring the three simple rules in life:

Wear a hat.

Eat balanced meals.

Everything in moderation.

Sometimes I can achieve two out of three. But it's never the same two.

It seems I get into trouble whenever I begin to log my training. I don't have a formal runner's log, just a few notations on the kitchen calendar. Then I get obsessed. Soon I'm charting trends: more miles per day, faster times, higher mileage weeks. I begin to run for the calendar. Instead of taking sufficient rest time, I find I'm out there on the roads trying to catch up with the big boys.

I used to think that I had strength and power, what with my grandmother's legacy of solid build. Instead I find out that big hips just mean having a tougher time finding a bathing suit. How depressing. I also have to face the fact that I'm not a kid any longer. Not only am I married to a middle-aged man (sorry John), I really can't do everything all the time at maximum speed. I still try, but now recovery takes much longer.

After a recent setback, I went to see a high-priced sports medicine doctor. We were well acquainted, thanks to a similar injury two years ago. It was hard to look him in the eye and explain why I was back. It was apparent that I hadn't listened to his advice the first time around.

True to form, he gave me the same prescription: "Run a day, rest a day. Don't do the same exercise on consecutive days." I couldn't make him understand the tradition of Saturday morning runs in Collingdale and longer Sunday runs in Springfield. I didn't even try to explain about Foulke Lane.

Luckily, I've been able to find a silver lining in the midst of injury. Recuperation usually includes a few weeks with those young, beefy boys who masquerade as physical therapists. ("Ooh baby, I can really feel that stretch now.") At least I get to watch more interesting scenery than by running buddies who can be found forever looping the streets of Delaware County.

DINNER DANCE PHOTOS



Bob & Paula Koerner enjoy a laugh with Amy Binder. Tom Weber doesn't get the joke.



Mary Lou Boselli, Dinner Dance Hostess, gives Joyce Ryan the coveted "most changed" award in the "Then and Now" photo contest.



Tom Hirsch, Grand Judge of the Photo Contest, awards a prize (or asks for a vowel?)



Club President Bill Schultz Presents Mike McGillian with the "Man of the Year" Award.

VALENTINE'S DAY DINNER DANCE RETROSPECTIVE

By Mary Lou Boselli

Another Valentine's Day has come and gone and so too, has the annual Valentine's Day Dinner Dance. For added fun this year, we held a "Teen DELCO" Picture Contest, with the following results:

<u>CATEGORY</u>	<u>WINNERS</u>
Looks Exactly the Same	Amy Binder
	Byron Mundy
Most Unrecognizable	Joe Nolan
	Mike Mc Gillian
Changed the Most	Joyce Ryan
Lady Killer	Tom Watkins
Heart Breaker	Margy Miccolis
Looks most like a Celebrity	Mark Clatterbaugh (Guess which one)
Lost the Most Weight	Peggy Bobeck
Biggest Nerd	John Greenstine

The food and decor were superb at the Log Cabin Inn. As always, the music and dancing were fun and exciting. So, if everyone was having such a good time, why do I feel as if something was missing? Maybe because something was...You.

Participation this year was down more than ever...Only 49 people attended. Although everyone at the Dinner Dance assured me that they were having a terrific time, I can't help but wonder if it might be time to end this Valentine's Day tradition.

The cost of putting on this event is moderately high (please see expense report at the end of this article). I'm not sure that the cost to the club is justified when only 1/6th of the membership participate in the event.

I've enjoyed hosting this activity for the past several years and would hate to see the good times come to an end. But, perhaps the Dinner Dance is an event whose popularity has diminished and it's time to come up with a new idea...A new tradition.

I know that every one of the 49 people who attended the Dinner Dance enjoyed themselves and would like to see the tradition continue. But, I'd like to hear from the rest of you.

EXPENSE REPORT

Log Cabin Inn	49 Dinners	\$963.55
	6% Tax	57.81
	18% Gratuity	173.44

		\$1194.80
Jukebox John		179.14
Contest/Prizes		125.00

Total Expenses		\$1498.94
Total Income		1225.00

Total Cost to DELCO RRC		\$273.94

THOUGHTS FROM THE WHITE HOUSE

(or a "Little BS")

SPECIAL NOTE - MARCH 27 - DELCO RRC MEETING

Last Train To Boston Marathon

A handful of Delco RRC runners joined close to 150 other starters Saturday, March 2, for the Last Train to Boston Marathon in Aberdeen, MD. The weather didn't cooperate too much as it was humid and the temperature was over 65. There was also a headwind to contend with the second half of each of the 4 loops.

Maureen Meyer paced husband Bill through the first loop before retiring and giving support the next three loops. Bill went on to finish an easy workout in just over 4:15. Mike Metague finished his 3rd marathon since November in around 3:13. Bob Huey ran his second marathon in 14 days in 3:08. He had set a PR (3:04) at the Baton Rouge Marathon in Louisiana. George Koerner helped pace me through the first loop and then backed off. He wisely decided to call it a day after 20. I went on to finish in just under 3:00 setting a PR for the 90's.

February Fun Out of the Sun

Only three brave pair of "soles" joined host Graig Mutterties for a moonlit run prior to the Delco Club Meeting February 27th, 1991. Starting at 6:30, Craig led Tim "The Comissioner" Wade, "Newcomer" Linda Ciapanna, and "yours truely" on a slightly hilly out-and-back 4.5 Mile course thru the Upper Providence countryside.

All four of us were wearing nite-vests and Craig was carrying a flashlight when we were suddenly joined from behind by a Trooper in a State Police car. To the surprise of all, he complimented us on being the "most visible group of runners" he'd ever seen!

Throughout, Craig was the perfect host, pointing out numerous local landmarks - a train station we couldn't see, several man-made ponds, and at least a dozen houses (?) that could house at least a dozen people.

All in all, the run was a good warm-up to the food fest that was had during the meeting.

MARCH MADNESS

This month's meeting is being held at DELCO's 1990 Woman of the Year Rita Jordan's house in Media. The date is MARCH 27th! There will be group runs covering either 4 or 5 miles thru the scenic downtown area starting at 6:30.

The runs will be followed at 7:30 by a pot-luck dinner and the club meeting. It would be GREAT to see you show up at one or both of the events. Remember to bring some sweats for after the run. MORE IMPORTANTLY - bring something to eat for the meeting.

Join us! We could use your company and input!

BOSTON

This year's race is being held on April 15th. For some, you'll be trying to finish up your taxes. For others, you'll hoping the IRS has accepted those extra deductions you added. For me, I'll be celebrating my 39th with a few friends in Beantown. If you're in the area, I'll be at the Marriott - stop in!

I hope to have a report from the finish line next month.

**GOOD LUCK
BOSTON RUNNERS!**

DAWN TO DUSK

Believe it or not, this year the DAWN TO DUSK ULTRAS will be celebrating their 9th anniversary, and you all know what that means! I need volunteers to help with almost every aspect of the race. The most important being that of lap counters (for 3 hour shifts) and shift directors (4 directors for 6 hours each).

The race is scheduled to start on May 11, at 7:00 AM and end 24 hours later on May 12. If you are interested in volunteering, please contact Bill Schultz at one of the Fun Runs or call 534-2979.

Also, anyone interested in participating in this year's race can contact Bob Huggins or Bill Schultz for an application. Try it - you'll like it! Just think, if this is your first ultra, you'll PR!

***** MORE MARCH MADNESS *****

If you need to contact Rita concerning the DELCO Club Meeting on MARCH 27th, you can call her at 565-1416.

- SPECIAL NOTE -

MARCH 23 - DELCO SWIM NITE

**RRCA's Personal
Fitness Program**

Register your 6-month goal with us now and you'll receive a Running Diary to chart your progress and an Embroidered Patch and a Certificate for you to frame which acknowledges the miles you ran.

Please print and fill out form completely to register your goal.

NAME _____

AGE _____ SEX _____
ADDRESS _____

CITY _____

STATE _____ ZIP _____

6-Month Mileage Goal:

- Under 250 mi.
- 250 Mi. (10 mi. per wk)
- 500 mi. (19 mi. per wk)
- 750 mi. (29 mi. per wk)
- 1000 mi. (38 mi. per wk)
- 1500 mi. (58 mi. per wk)
- 2000 mi. (77 mi. per wk)
- RRCA member
- Not yet a member
- Send info on RRCA

**Please register me for the
following period:**

- Jan. 1-June 30 (register before 3/31)
- July 1-Dec. 31 (register before 9/30)

Registration Fee: RRCA Members \$5
Non-Members \$6

Make checks payable to RRCA PERSONAL FITNESS PROGRAM and mail to Paul W. Hronjak, RRCA Personal Fitness Program, 111 Barnsbury Dr., Lima, Ohio 45804 (419) 221-0881

April 1991 Race Calendar

Fun Runs Springfield Media Aldan Collingdal

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Kutztown Fool's run 5K & 10 mile 10AM
7 Cherry Blossom 5 Miler Wil. Del 11AM	8	9	10	11	12	13 Paul Simpson 5K 10AM Rt 202 in Delaware near Concord Mall
14 Pottstown 5K 1PM B. Biehl 369-6365	15 Boston Marathon	16	17	18	19	20 Trevira Twosome Ten Miler New York NY Road Runners
21 Penn Relays 20K 9AM U of Penn Amish Country 1/2 Marathon 12 (717)397-3744 Lancaster Winterthur 5K Wilmington 10AM	22	23	24 DELCO RRC Meeting Call Bill 534-2979 for location	25	26	27 Heart Ball 5K 9AM Wilmington Lady Rose 5K 9AM York Pa (717)741-3836
28 Student Trainer 5K U of Delaware 8AM	29	30				

Del. Races Call Marathon Sports (302) 654-2354

May 1991

Race Calendar

Fun Runs Springfield Media Aldan Collingdal

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 Broad Street 10 Miler Delco will enter Teams Call	6	7	8	9	10	11 Dawn to Dusk Ultra Sharon Hill Track Lap Counters Call Bill 534-2979
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Landsdowne 10K	28	29 DELCO RRC Meeting Call Bill 534-2979 for location	30	31	

Call Mike 2E 494-6709 if you want a race on a future cal.

MID-ATLANTIC ATHLETICS CONGRESS (TAC)

For those of you who are members of TAC (The Athletics Congress), a special Grand-Prix Series of races in and around the Delaware Valley has been set up for 1991. The list of races appears below. Contact the TAC office for more information.

<u>DATE</u>	<u>RACE</u>	<u>DISTANCE</u>
April 21	Penn Relays Distance Classic*	20K
April 27	Swain School 5K*	5K
May 5	Broad Street Run	10 Miler
May 26	Jersey Derby 10 Miler	10 Miler
June 2	Bar/Diabetes 10K	10K
August 25	Latin American 10K*	10K
Sept. 15	Phila. Distance Run	13.1 Miler
Oct. 6	Delaware Distance Classic*	15K
Nov. 9	York-White Rose 5 Miler	5 Miler
Dec. 8	Brian's Run 10K	10K

*Middle Atlantic TAC Championship Race

DELCO RRC MEMBERSHIP MEETING

Wednesday, February 27, 1991

Attendees: Bill Schultz, President
Sam Brattini, Vice President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Tim Wade, Commissioner, Grand Prix Race Series
Rita Jordan, FRL Media Stanley Chermin & Wife
Peggy Bobeck Elaine Russell Brian Malloy
Bonnie Muetterties Terry Adamson John Greenstine
Craig Muetterties Linda Ciopanna

Meeting was called to order at 7:50 P.M. by President Bill Schultz. Minutes from last meeting were read and accepted as read. Bob Huggins/Sam Brattini

Treasurer's Report/ Fred Senderoff
PSFS Account \$1400 to date.
Dinner Dance had a debit of approximately \$150
Gestetner copier Bills - one paid / one to be paid shortly.

Newsletter Editor/ Bob Huggins
The latest newsletter is out. Next issue should be out soon. No press date - Looking for articles.

Team Coordinator/ Bob Huggins
No new team races. If you want to race for DELCO RRC at Broad Street - Contact Bob. Up Coming Races - Sam Brattini reports that there may be a Blue Route Marathon.

Old Business
DELCO Grand Prix Race Series/Tim Wade - Discussed and outlined the GPRS. There will be forms coming shortly.
John Greenstine made a motion we accept the proposal as outlined by Tim Wade for the DELCO RRC Grand Prix Race Series.

Seconded Sam Brattini. Vote unanimous.
John Greenstine made a motion we institute a nominal fee, approximately \$5 for DELCO RRC GPRS. Seconded Elaine Russell. Vote unanimous.

Media 5 Mile Race/ Equal awards to top men and women.
Discussion - John Greenstine made a motion to give equal awards for men & women at Media 5 Mile Race. Seconded Tim Wade. Vote 12 Yea, 1 No.

Gestetner copier/Fred Senderoff checked on the travel cost and take in for service. There is not that much difference. Will check other alternatives.

Collingdale 5 Mile Race March 10 has 45 entries so far. We need Volunteers. If you are not running, come out and make service points - VOLUNTEER.

Mike Touey will audit the books.

New Business

Budget - Fred Senderoff presented the budget for 1991.
Bill Schultz made a motion to accept the budget as presented.
Seconded Peggy Bobeck.

Media Race date is about to change. It may come the last week end in June, will keep you updated.

President Bill Schultz asked committee members to accept and hold positions for 1991:

Recording Secretary-Peggy Bobeck Newsletter Editor-Bob Huggins
Team Coordinator-Bob Huggins Membership-Marylou Long
Public Relations-John Greenstine

Disabled Runners - Craig Muetterties related he knew of no club in this area who were capable of helping or handling handicapped or disabled runner. Fred Senderoff and John Greenstine offer their telephone numbers as contacts and to help anyone interested in running who is disabled or handicapped.

Stanley related he is on the TAC Long Distance sub-committee. MARRC has instituted a Grand Prix Series of Races. If you want more up date contact Stanley or MARRC.

DELCO RRC Picnic has been tentatively scheduled for September 7th.

Dawn to Dusk 24 Hour May 11-12 at Sharon Hill H.S. track. John Greenstine made a motion DELCO RRC Support Dawn to Dusk 24 Hour. Seconded Tim Wade.

Linda has volunteered to make a DELCO RRC Donnelley Directory.

Next Meeting will be in Media at Rita Jordan's home, 311 South Ave., Media, PA.

Motion was made at 9:43 P.M. to adjourn. Seconded John Greenstine.
Respectfully submitted, Peggy Bobeck

DELCO RRC BUDGET - 1991

	EXPENSES	INCOME
ADMINISTRATIVE		
POSTAL EXPENSES	\$300.00	
RRCA DUES	\$165.00	
INSURANCE	\$525.00	
ADMIN. SUPPLIES	\$2750.00	
BANK CHARGES	\$100.00	
DONATIONS		\$5350.00
MISC. CLUB SALES		\$375.00
<hr/>		
TOTAL ADMINISTRATIVE	\$3840.00	\$5725.00
<hr/>		
FUN RUN ACTIVITIES		
AWARDS	\$1600.00	
CAKE RACE	\$100.00	
CHALLENGE RACE	\$75.00	
MAN & WOMAN RUNNER OF THE YEAR	\$150.00	
MISC.	\$200.00	
<hr/>		
TOTAL FUN RUN ACTIVITIES	\$2125.00	
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NEWSLETTER		
POSTAGE	\$250.00	
SUPPLIES	\$400.00	
LABOR	\$600.00	
RACE INSERTS		\$75.00
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TOTAL NEWSLETTER	\$1250.00	\$75.00
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PUBLIC RELATIONS		
COLLINGDALE RACE	\$1200.00	\$1200.00
DELCO X-COUNTRY	\$750.00	\$750.00
JR. OLYMPICS	\$650.00	\$1000.00
24 HOUR ULTRA	\$600.00	\$750.00
MEDIA RACE	\$9000.00	\$10000.00
DINNER DANCE	\$1800.00	\$1300.00
WOMAN'S FESTIVAL	\$425.00	
SPAGHETTI DINNER	\$1600.00	\$750.00
MISC.	\$500.00	\$1000.00
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TOTAL PUBLIC RELATIONS	\$16525.00	\$16750.00
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TOTAL EXPENSES	\$23740.00	
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TOTAL INCOME		\$22550.00
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OPERATING LOSS	\$1190.00	

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THE SECOND ANNUAL KENNETT SQUARE RUN '91

Sunday, April 21, 1991

The Village of Kennett Square, Chester County, PA.
Just off U.S. Route 1, 10 mi. west of Route 202, 5 mi. east of Route 41
Conducted by the Lions Club, Rotary Club & JayCees Club of Kennett Square

EVENTS:

- **1 Mile Walk** - 10:00 a.m., \$2* \$3** , unscored
 - **4 Mile Walk** (Keith McGrath Memorial Walk) - 10:00 a.m., \$2* \$3** , trophies for top 3 males & females
 - **5K Run** - 11:30 a.m., \$8* \$10** , \$200, 100, 50 overall male & \$200, 100, 50 overall female. 1st, 2nd, 3rd place trophies each age group+
 - **10K Run** - 12:30 a.m., \$8* \$10** , \$200, 100, 50 overall male & \$200, 100, 50 overall female. 1st, 2nd, 3rd place trophies each age group+
- * Pre-race registration fee must be received by April 10
** Race day fee

TAC/RRCA CERTIFICATION:

5K and 10K courses, by Doug White

FAST COURSE:

1990 winning time for 10K, 30:48; for 5K, 16:16
Matthew Waight, winner of the 1990 10K run, went on to win the U.S. Marine Corps Marathon.

TIMING:

Splits will be called at each mile marker. Digital clocks on Pace car and at finish line. Start and Finish Line and Winners Board coordinated by Doug White.

RACE RESULTS:

Detailed coverage of the Runs will be provided to RUNNERS GAZETTE, and a copy will be mailed to all participants.

SAFETY:

No bicycles, skates, dogs, or unregistered persons will be allowed on the course; headsets and strollers allowed only in walks; Medical, ambulance service in attendance.

PARKING:

Follow the signs to lots serviced by shuttle buses.

TEAMS FOR 10K COMPETITIONS:

- Corporate Teams • Club/Open Teams Kennett Area Service Club/Public Agency Teams
- Team membership: minimum of four, maximum of eight; must include at least one female.
- Scored by adding four best team member places in his/her age category including at least one female.
- No additional registration fee beyond individual entry fee.
- To be registered, all team entries must be sent in one envelope and received by April 10, 1991.
- The winning team in each team category will receive a team trophy. Team members are

Check Event Entered:
Event:

- 1 Mile Walk
4 Mile Walk
5K Run
10K Run

Check if you are a member of any:
Rotary Club JayCees Lions Club

Shirt Size: S M L XL

Team Name _____

Sex
M F

Last Name _____

First Name _____

Date of Birth _____

Mailing Address _____

Area Code _____ Phone _____

City _____

State _____

Zip Code . _____

In consideration of your permitting me to participate in this event, on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant permission to use my name or any audio or visual recording for any lawful purpose.

Signature _____

Date _____




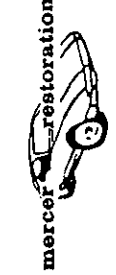





Parent's Signature If
Under 18 Years _____

Make checks payable to: Kennett Square Run '91

**FOR THE SERIOUS RUNNERS
OR FOR FAMILY FUN:**

- Fast Course
- Scenic Route
- \$1400 in Cash Prizes
- 78 Trophies
- Team Competitions
- Frequent water stops
- Splits at each mile
- Free unlimited refreshments
- Low registration fee
- Rolling countryside
- Picturesque village
- Family activities
- Singlets for all runners
- T-shirts available
- Gifts for all runners
- Entertainment between events
- Door prizes
- Near Longwood Gardens,
Brandywine Wyeth Museum
& Winterthur

Corporate Sponsors:


THE SECOND ANNUAL

**KENNETT SQUARE
RUN 1991**

- 1 Mile Walk •
- 4 Mile Walk •
- 5K Run •
- 10K Run •

(Keith McGrath Memorial Walk)

Sunday, April 21, 1991

FOR INFORMATION CALL:
(215) 444-5096
or write
Kennett Square Run
P.O. Box 413
Kennett Square, PA 19348

Conducted by the Lions Club, Rotary Club &
JayCees Club of Kennett Square



KENNETT JAYCEES

Kennett Square Run '91
Box 413
Kennett Square, PA 19348

OFFICIAL SPONSOR
Herb's Snacks
Foods



Dedicated to the
memory of Mr
Phil Beer

2ND ANNUAL 5 MILE RUN AND 2 MILE FUN WALK

WHO: YOU! Because you care and want to support the Foundation in its quest to help the critically ill and their families celebrate the life they have together.

WHAT: a 5 mile run and a 2 mile walk. This is a great family event as there is a playground and picnic area at the start/finish line.

WHEN: Saturday, May 18 at 12 noon. May 19 rain date.

WHERE: In Ridley Creek State Park; 2606 acres of natural wilderness. Enjoy a traffic free, paved course. The start/finish of both events will be in picnic area #8 (parking).

HOW: Enter by filling out the entry blank in advance or enter the day of the race. TEE SHIRTS TO THE 1ST 100 PRE-ENTRIES. Call the Celebrate Life Foundation at 497-1029 for further information. Meet information can also be obtained from the meet director, Joe Stefanowicz at 485-3870. MAIL ENTRY BLANK to C.L.F., Kellianne P. Stefanowicz, 3325 Richard Road, Aston, Pa. 19014. Check payable to CELEBRATE LIFE FOUNDATION. Tax exemption #23-2578139

JOIN US AND CELEBRATE LIFE!!!!

PRIZES: 1st 100 pre-entries receive tee shirts.

Medals to 1st 3 male and female finishers in the 5 mile run.

ALL PARTICIPANTS will be entered in a random drawing of prizes to be held after the race. Merchants and restaurants have donated merchandise and gift certificates for this celebration of life.

ENTRY BLANK

(Use 1 blank for each participant. Reproduce if needed.)

NAME _____	ADDRESS _____
CITY _____	STATE _____
SEX _____	PHONE(optional) _____
	ZIP _____

CHECK ONE

ADULT / \$10.00 donation

CHILD (under 13) \$6.00 donation

I'm sorry that I am unable to attend, but I do want to help the CELEBRATE LIFE FOUNDATION with my enclosed tax deductible contribution of _____.

RELEASE FORM: In consideration of the acceptance of this entry to the C.L.F. run/walk, I hereby for myself, my heirs, executors and administrators waive and release all legal claims I may have against the C.L.F., its agents or representatives and the State of Pa. or any volunteer race official and will hold them harmless of any and all injuries or illness which I may experience traveling to or from the above event or during the event itself.

SIGNATURE _____ DATE _____ (parent signature if under 18)

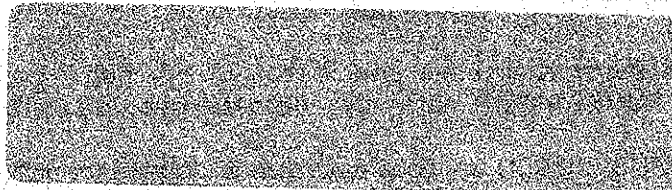


DELAWARE COUNTY ROAD RUNNERS CLUB

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:



RUN FOR FUN AND FITNESS