

Keeping Contact



Newsletter of the Delaware County Road Runners Club

January, 1991

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

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

COLD WEATHER RUNNING

By Damien Howell

Chairman of the RRCA Sports Medicine Committee

The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major risk posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

1. Wear clothing in layers so that warm air can be trapped between the layers. Depending on the weather conditions, 2 to 4 layers on the trunk and 1 to 2 layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layer should be of wind resistant material.
2. Clothing made of material which carries the sweat away from the body is best, like wool, silk, or "space age" synthetics like polypropylene or polyester. Avoid cotton as it tends to hold the sweat.
3. Hat and gloves are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are desirable. On very windy days goggles or eye glasses can provide additional protection.
4. The outer layer should be light colored and have reflective material if you are running during during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attracts solar energy.

5. Pin to your clothes or shoes emergency identification, preferably of a waterproof material. Let someone know where you are going to run and when you expect to return. Do not run with headphones.
6. Plan your run so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind. Be alert when running in snowy, icy conditions particularly near vehicular traffic.
7. Avoid overdressing. Feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20 degrees.

This article is provided by the ROAD RUNNERS CLUB OF AMERICA

MOVE YOUR MUSCLES FOR MDA

By Regina Hardy

Despite threats of high winds and torrential rain from the effects of "Hurricane Lil" on October 13th, 94 out of 120 registered runners ran their hearts out for muscular dystrophy. As if on cue, the rain finally stopped Saturday morning and the sun shone through for the runners to complete the five mile course through the streets of Ridley. The First Annual "Move Your Muscles for MDA" run was directed by the SPORTS CLUB in Woodlyn.

Michael Dolan of Aston was the over all first place winner with a time of 25:50.7 and Rita Jordan of Media won first place in the woman's division with a time of 35:39.3. There were men's and women's 1st thru 3rd place winners in 5 different age categories, besides the over-all top 3, making a total of 36 prize winners.

A big THANKS to all the sponsors that made this run possible and of course a big THANKS to all the participants and volunteers!

Also, thank you to Dan Hilferty and his son Patrick who is a Jr. Goodwill Ambassador for Muscular Dystrophy Association from Drexel Hill. They came to share their personal experience with muscular dystrophy with us at the awards ceremony. We hope and pray that the money raised from this run and future runs will help conquer this neuromuscular disease that affects hundreds of thousands of Americans. Good luck Patrick!

DELCO RRC members who ran and their times follow:

Jack Myers	27:48.0	Marshall Hamilton	35:51.5
Ed Cope	31:49.7	Brian McDermott	36:52.3
Bill Marra	31:52.6	Marcy Harper	39:05.4
Don Larson	32:40.1	Gene Martenson	41:28.9
Jack Elliot	35:30.3	Marcy Magness	42:35.4
Rita Jordan	35:39.3	Dennis Winters	43:58.3

NERRC TUNE-UP 25K

By Joe Freiberg

The Northeast Road Runners Club held their annual 25K race on October 21. This race, which was billed as a tune-up race, is an out and back run on the bike trail through Pennypack Park in Northeast Philadelphia, starting and finishing at the north end of the park. There was a good turnout for the run (about 150 registered participants), which was very well organized. The course itself was fairly flat, but narrow and winding. In spite of this, the start was fast and the pack thinned quickly. The finish was handled well, with fast results posting and a well stocked refreshment table.

There was a fairly large turnout of DELCO runners for the race, most of whom did not race "all out." Most of these DELCO runners ran this as a medium length training run or as a long tune-up race for either the Marine Corps of New York Marathons, on Nov 4. Rita Jordan and Mike Metague both took first place in the masters category, while Bob Rosati, Sr. won the 60+ age group, and Joe Freiberg took third place in the 25-29 category. Among other notables from the club was Rick Jones, who flew in from Oakland for the race. Also, Bob Huggins, who in recent years has specialized in multi-sport events, made a rare "run only" appearance.

The following are the DELCO runners who ran officially. As usual, my apologies to anyone overlooked.

NAME	PLACE	TIME	NAME	PLACE	TIME
Joe Freiberg	8	1:37:41	Bob Rosati, Sr.	54	1:53:53
Mike Metague	9	1:38:09	Dave Gingres	84	2:02:44
Bill Schultz	14	1:40:30	Terry Adamson	85	2:02:47
Bob Rosati, Jr.	26	1:45:50	Rita Jordan	86	2:02:55
Tom Brazill	27	1:45:58	Tom Toland	87	2:02:57
John Greenstine	32	1:47:13	Rick Jones	107	2:11:07
Mike Touey	46	1:51:56	Tom Hirsch	117	2:13:36
Bob Huggins	53	1:53:37	Mike Bogdash	126	2:20:46

DAVE ELMAN 5K AND 1 MILE FUN RUN

By John Greenstine

November 24, 1990

Thanksgiving day has been the date of the Turkey Trot for more years than this observer can remember. Formerly under the direction of Chris Tatreau and associated with the Philadelphia Dept. of Recreation and Runner's Advocate, the race recently passed to the Northeast Road Runners. When the City of Philadelphia couldn't afford to pay their custodial contractor to open Memorial Hall for this year's Turkey Trot, NERRC moved the event to Pennypack Park, shortened it from a 5 miler to a 5K and made it a benefit event for Dave Elman.

Elman attended the race in his wheelchair, a pale, small figure of the once-competitive runner who attended almost every race in the area. He was involved in a near-fatal auto accident shortly after running in last spring's Collingdale 5 Miler, and was left with severe neurological injuries and impossible medical expenses for a man without insurance or family. This was the second race held this year to raise funds for his recovery.

DELCO was represented by a small but fiesty group of racers. The pack of just over 300 runners sprinted down a narrow, winding tarmac path at the start, but Mark Oleynick and John Ashton made good starts and were soon in the lead pack. The rest of us had to fight past more than our share of Walkmen and sweatpants before we were at pace. In the end speed won out, as Oleynick took eighth overall and 2nd in 20-29, Ashton was 10th overall (but out of the money, as was Greenstine in 14th), Marianne Grace was 3rd woman and 2nd in her bracket and Don Larson was first in his age group with a typically sharp race.

The winners received modest awards and gifts, befitting a small-scale benefit race, and there were ample soft pretzels to munch on afterwards. Next year NERRC will have to find a wider place to start such a short, fast race, but they should have no trouble attracting an even larger crowd for this popular event.

Marc Oleynick	17:18	Marianne Grace	19:46
John Ashton	17:35	Bob Fuhrman	20:20
John Greenstine	17:57	Sam Brattini	23:28
Mike Metague	18:41	Tom Hirsch	24:08
Don Larson	19:15		

JOGGERS BUYING NETWORK

By Amy Binder

Where can you find an electrician who returns phone calls? Does anyone know a house-cleaning service that really cleans? Who would you recommend for refinishing floors?

For answers to questions like these, you have to go beyond the Yellow Pages or advertisements. You need the real thing. A testimonial from a satisfied customer.

One of the side benefits of the DELCO ROAD RUNNERS is immediate access to people who have intimate knowledge of which roofers, electricians, and driveway sealers to avoid. They learned the hard way -- bad experiences.

Who hasn't heard horror stories? There's the one about waiting a year for a paving contractor. Or calling five electricians to get one who will look at the job -- and then never getting the estimate. How about the roofer who put aluminum foil tape around a leaking chimney and was never heard from again. Good thing payment was withheld until after the first rainstorm.

On the other hand, if someone finds a reliable contractor, that's a recommendation that gets passed around. At one point, at least a half-dozen joggers used the same cleaning women. Last year, it seemed like everyone was getting his or her house painted by Kathi Clatterbaugh's brother. I had my floors refinished by the same outfit that did the Adamson's.

A savvy contractor who does good work could really make a killing here. We've got a group of homeowners who spend a lot of time together and who eventually discuss every topic you can think of -- especially home repairs and how to avoid them. The joggers group could be a real niche market for an enterprising business person.

The way I look at it, between working and running and the billion errands that need to be done, there's very little time to master electrical wiring or sweep the roof of pine needles. Instead, I just for reliable craftsmen. My dream is to manage household chores much like my boss manages his job -- by delegating. You want to mow my lawn? Great. Clean my house? Please. Wash my windows? Perfect.

My advice to those workers who want to get on the good side of the joggers grapevine is to return phone calls, give fair estimates, show up when scheduled, and do a good job. We'll do the rest by spreading the word.

1990 MARINE CORPS MARATHON RESULTS

Compiled by Mary Lou Boselli

NAME	TIME	NAME	TIME
Steve Whitmore*	2:48	John Greenstine	3:29
Mike Metague*	2:56	Rita Jordan*	3:42
Joe Freiberg*	3:06	Mike Bogdash	4:14
Liz McDermott*	3:13	Tom Hirsch	4:35
Terry Adamson	3:21	Tom Watkins	5:00+
Tom Tolan*	3:24		

* Qualified for the Boston AA Marathon

Times were not available for Bill & Maureen Meyer, Joan Potterfield, Tom Brazill. Mike Touhey was unable to finish the race due to a foot injury.

RUNNING SHORTS

* Our very best wishes to Mary Bergin and Mike Metague who were married on December 1st. Mary and Mike were married at the home of Kathy and Terry Adamson. Doing the ceremonial chores was none other than the "Marryin' Mayor" Bob Diamond.

- * Runners and cyclists should check out the Blue Route on weekends for some excellent traffic-free running and riding on the rolling course. Technically, it's trespassing, but if you mind your own business, there's no problem. Keep away from construction vehicles and equipment..
- * If you race a lot, you'd do well to check out two new racing publications, The Road Racers Journal and the Mid-Atlantic Race Guide. The Road Racers Journal features what else, road races with a few multi-sports events thrown in for good measure. Geographic coverage includes Eastern PA, South Jersey, Delaware and some races in Maryland. It is published twice a year and costs \$6.00. For more information and/or a subscription contact:

Randy Lawrence
 The Road Racers Journal
 313 Kent Circle
 Downingtown, PA 19335

The Mid-Atlantic Race Guide features similar listings for runners, but also includes events for cyclists, swimmers and multi-sport athletes. It is published 10 times a year and costs \$10.00; contact:

Race Guide
 P.O. Box 6556
 Lehigh Valley, PA 18001-6556

Wayne Kursh's Marathon Sports Calendar features, mostly, races in Delaware and has been around for a number of years (7). Like the Road Racers Journal, it's published twice a year and cost \$2.95; contact:

Marathon Sports Calendar
 109 Ninth Street Plaza
 Wilmington, DE 19801

All of the above publications carry extensive listings and are well worth the cost if you like to race outside the immediate Philadelphia area. Don't forget about a subscription to the Middle Atlantic Road Runners newsletter (P.O. Box 91, Oreland, Pa 19075 - \$11.00 for a minimum of 4 issues) or even the Inquirer's quarterly Things to Do listing.

MEDIA FUN RUN

The Friday night Media Fun Run, like the Swarthmore Fun Run is now on seasonal "hold." It will resume at Ridley Creek State Park once Daylight Savings Time resumes in April. Fun run leader Rita Jordan has reported that attendance has been sporadic since the move to downtown Media. Runners are still welcome to run the course, but attendance will not be taken. Runners may also want to run at Aldan on Friday evenings with Bill Schultz and Bob Huggins. The run leaves roughly at 6:00 P.M. from the Aldan Police Parking Lot. This Friday night run at Aldan is not an "official" club run.

MEET YOUR FELLOW DELCO RRC MEMBERS



Shown after the Philadelphia Distance Run are (kneeling) Betty Ferrone and, from left, Mike Metague, Mary Bergin, Terry Adamson, Mary Lou Boselli, Mike Bogdash, and Elaine Russell.



Contemplating 26.2 miles of the Marine Corps Marathon are (kneeling) Mike Bogdash; (first row, from left) Dot Kracht, Mary Lou Boselli, Jeanne Mauck; (second row, from left) Kathi Clatterbaugh (wake up!), Tom Hirsch, Mike Metague, Mary Bergin, and John Greenstine.

1991 WINTER RACING SCHEDULE

ROAD RACES

- Jan. 1 New Year's Day 5K (Kelly Drive)
 Contact: Runner's Advocate
 c/o Mike McCloskey
 5 Country Club Drive
 Warrington, PA 18976
 343-5838 (7:30 - 10:00 P.M.)
- New Year's Resolution 5 Mile
 (Pike Creed Bowling Center, DE)
 Contact: Wayne Kursh
 Marathon Sports
 109 Ninth Street Plaza
 Wilmington, DE 19801
 (302) 654-6400
- Jan. 6 Marathon Sports - Winter Series 5K (Wilmington, DE)
 Contact: Wayne Kursh (see Jan. 1 listing)
- Jan. 12 Athlete's Closet 5K (West Chester, PA)
 Contact: Athlete's Closet
 1528 Paoli Pike
 West Chester, PA 19380
 692-4922
- Jan. 20 Icicle 10 Mile (Wilmington, DE)
 Contact: Central YMCA
 11th & Washington Sts.
 Wilmington, DE 19801
 (302) 571-6900
- Great Valley Marathon (Chambersburg, PA)
 Contact: Mike Witter
 5645 Stamy Hill Road
 Waynesboro, PA 17268
- Jan. 27 Winter Remnant Run 4 Miler (Kelly Drive)
 Contact: Runner's Advocate (see Jan 1 listing)
- Feb. 3 Snowball 5 Mile (Wilmington, DE)
 Contact: Eileen Wallach
 Jewish Community Center
 101 Garden of Eden Road
 Wilmington, DE 18903
 (302) 478-5660
- Feb. 9 Athlete's Closet 5 Miler (West Chester, PA)
 Contact: Athlete's Closet (see Jan 12 listing)
- Feb. 17 Washington's Birthday Marathon (Greenbelt, MD)
 Contact: George Banker
 1421 Potomac Hts. Drive
 Ft. Washington, MD 20744
 (301) 248-5619

- Feb. 23 Phi Kappa Tau 5K for Bruce (Newark, DE)
 Contact: Phi Kappa Tau
 720 Academy St.
 Newark, DE 19711
- Feb. 24 Glassboro 10 Miler (Glassboro, NJ)
 Contact: Browning Ross
 Sports East
 Woodbury, NJ
 (609) 845-1894
- March 3 Northeast Roadrunners 10K (Kelly Drive)
 Contact: Joe Kraher
 815 Piermont St.
 Phila., PA 19116
 535-6092
- Spring Thaw 5 Miler (New Castle, DE)
 Contact: Robert Fisher
 (302) 323-6418
- March 9 Leprechaun Five Mile Run (Kelly Drive)
 Contact: Fraternal Order of Police Lodge #5
 Phila., PA
 923-6960
- March 10 Collingdale 5 Miler (DELCO RRC Run)
 Contact: Byron Mundy
 214 Blunston Ave
 Collingdale, PA 19023
 583-1200 (days)
- March 17 Caesar Rodney Half Marathon (Wilmington, DE)
 Contact: Delaware Sports Club
 P.O. Box 226
 Wilmington, DE 19899
- DCMH Stampede 5 Miler (Ridley Creek State Park)
 Contact: DCMH Sports Medicine Inst.
 501 N. Lansdowne Ave.
 Drexel Hill, PA 19026

INDOOR TRACK MEETS

- Jan. 6 Masters Development Meet (Haverford College)
 30 yrs. & older
 Contact: Pete Taylor
 3120 School House Lane, #J-A9
 Phila., PA 19144
 842-3807
- Jan. 12 Open Men/Women Development Meet (Swarthmore College)
 Contact: William Guy
 250 Ridge Pike, C-260
 Lafayette Hills, PA 19444
 828-8558

Phila. Dept. of Recreation Track Carnival
Haverford College

Contact: Phila. Dept. of Recreation
Belmont & Parkside Aves.
Phila., PA 19131

- Jan. 15 Masters Development Meet (Haverford College)
30 yrs. & older
Contact: Pete Taylor (see Jan. 6 listing)
- Jan 19 Open Men/Women Development Meet (Lehigh University)
Contact: William Guy (See Jan. 12 listing)
- March 3 Phila. Masters Invitational (Haverford College)
Contact: Pete Taylor (see Jan. 6 listing)

DELCO RRC MEMBERSHIP MEETING

Wednesday, September 26, 1990

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

Meeting was called to order at 8:15 P.M. by President John Greenstine.

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

Treasurer's Report/ Fred Senderoff N/P

John G. related approximately \$3017.00 in PSFS account. Most of the bills from the Media race have been paid.

Newsletter Editor/ Bob Huggins

Well we did not make our deadline for late September. There are a lot of articles and race results coming in the next issue - which should be out soon.

Membership/ Marylou Long N/P

Team Coordinator/ Bob Huggins

We had 4 teams in the Phila. Distance race - we have received no results to date.

We do not have any teams for the Delaware Distance Classic on Oct. 7.

November 11th is the LOOP RACE - We have done well in the past. If you want to run on a team - Contact Bob Huggins.

Old Business

Women's Distance Festival/ Rita Jordan

Thank you to everyone who helped - Great Job - was done by all. We had 59 women who ran and 18+ kids for the One Mile Fun Run. There were a few people interested in joining the club. I have sent thank you notes to the sponsors and to Ridley Creek State Park.

Pennsylvania School for the Deaf 10K/ Joe Freiberg

There are registrants for the walk, but not many for the 10K run. There has been a change in the course. People from the Deaf school are excited.

Pasta Dinner/ Tom Hirsch

Thank you to Tom Hirsch - He did a terrific job - as usual. We had 95 people. We have \$1114 approximately. It will cost the club approximately \$300.

Fun Run/ Tom Hirsch

Tom has related there will be a Halloween Run at Springfield on October 30 - Tuesday note. Come in costume - it will be a prediction run w/a few curves.

New Business

Delco Cross Country Championship Oct. 13 rose Tree Park Developmental Run will be included possibly next year. Time is too short for this year.

Election committee/ Kathi Clatterbaugh stated notice will be going out in newsletter.

Motion was made at 8:51 P.M. to adjourn. Bob Huggins/ Tom Hirsch

Next Meeting will be held October 31, where ??????. Stay tuned for further updates.

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Thursday, November 1, 1990

Attendees: John Greenstine, President
Fred Senderoff, Treasurer
Tom Hirsch, FRL Springfield
Rita Jordan, FRL Media
Joe Nolan, FRL Aldan
Bill Schultz Amy Binder Terry Adamson
Tom Watkins Peggy Bobeck Sam Brattini

Meeting was called to order at 8:07 P.M. by President John Greenstine.

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

Motion to adjourn for pizza break -
Meeting re-opener.

Treasurer's Report/ Fred Senderoff
PSFS Account approximately \$3400. Most of current bills have
been paid.
Gestetner Warranty (90 days) is up - do we want a maintenance
agreement? Discussion - No.

Newsletter Editor/ Bob Huggins N/P
Latest newsletter is out and should be in everyone's hands by
now. Keep sending the articles and your race results.

Team Coordinator/ Bob Huggins N/P
Team race is up coming - Loop Race on the East/West River Drive.
November 11 - Let bob know on race day if you want to run for
DELCO.

Membership/ Marylou Long N/P

Old Business

Delco Cross Country Championship was held on October 13, at Rose
Tree Park in Media. 19 High Schools attended.
St. James was the varsity boys winner.
Cardinal O'Hara the varsity girls winner
Profit & loss statement was submitted from Martin Deeney
We came out even - maybe even a little bit ahead.

Motion was made by Bill Schultz that we give Martin & Fran Deeney
a check for \$100 in recognition of their years of service
and hard work on the Delco Cross Country Championship and Jr.
Olympics. Seconded Amy Binder. Passed.

New Business

Will there be a Turkey Trot in Phila. at Memorial Hall in 1990?
An alternate run is the Dave Elman Run at Pennypack off Rhawn St.

Motion was made at 8:44 P.M. to adjourn. Joe Nolan/Peggy Bobeck

Next Meeting will be held November 28, at Springfield High School
community room. So said John.

Respectfully submitted,
Peggy Bobeck

DELCO RRC MEMBERSHIP MEETING

Wednesday, November 28, 1990

Attendees: John Greenstine, President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Ed/Team Coordinator
Tom Hirsch, FRL Springfield
Rita Jordan, FRL Media
Bill Schultz Amy Binder
Joe Farrell Peggy Bobeck

Meeting was called to order at 8:01 P.M. by President John Greenstine.

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

Treasurer's Report/ Fred Senderoff

PSFS Account \$3230.00.

Newsletter Editor/ Bob Huggins

Everyone should have received latest newsletter. This was a large edition. Keep articles coming. The next edition will include a winter racing schedule.

Team Coordinator/ Bob Huggins

MARRC - Loop Race on November 11 was disconcerting. John Shiffert named several runners to the Hall of Fame for this year & left no team awards!! Bob talked to David Brier and David Came up with three medals for DELCO's Team. Look for the Medals to join the increasing number of other winning medals & trophies at Boselli's Buon Appetite where they are on display.

Old Business

PA. School for the Deaf 10K

Thank you everyone who ran, helped or donated money. They had 250 walkers and 52 runners. U.S. Health Care underwrote the cost of the race. \$2000 was earned thru entry fees & donations. Which will buy closed captioned decoders for approximately 20 children.

Media Fun Run/Rita Jordan

Will be put on a seasonal contingency. Rita stated not many people come out during the winter. If you expect to be there on Friday nites contact Rita - Share the attendance keeping.

Don't forget to get your ballots in for the Man & Woman of the Year.

Run to the Lights will be on Dec. 11 from the Springfield Fun Run at 6:30 P.M. A gathering will be held at Dot Kracht's house following the run.

Motion was made at 8:31 P.M. to adjourn. Peggy Bobeck/Bob Huggins

Next Meeting will be held November 28, at Springfield High School community room on December 26.

Respectfully submitted,
Peggy Bobeck



DELAWARE COUNTY ROAD RUNNERS CLUB

DELCO ROAD RUNNERS CLUB
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HOLMES, PA 19043

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Holmes, PA 19043

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