



Keeping Contact

June, 1991

Newsletter of the Delaware County Road Runners Club

Editor: Bob Huggins President: Bill Schultz Publisher: Rita Senderoff
Submit articles for publication to: Bob Huggins, 408 Pershing Avenue,
Collingdale, PA 19023

RX FOR RUNNING INJURIES

By Amy Binder

Identifying the root of running injuries often relies more on intuition and best guesses than hard and fast diagnoses. Should you lay blame with your shoes, running surface, stretching routine, cool down, general fatigue, or lack of cross-training?

I'd almost rather have a broken bone. Then you can say: "See, doc. I fell. It broke. Fix it." And the doctor takes an x-ray that clearly indicates where the problem is.

With tight hamstrings or sore shins, it's not too hard to diagnose the problem. But there's rarely one best recommended course of action. Then there are those mysterious aches and strains that can really leave you scratching your head. Often the problems seem to go away by themselves, but then reappear a few weeks later. What's a runner to do?

I, for one, do not prescribe to the old adage of "No pain, no gain." Now that I'm older and wiser, I hunt for the ice pack at the first twinge. Then I develop a renewed commitment to proper stretching. As a last resort, I reluctantly drag myself to a doctor.

I don't know about you, but it takes a lot for me to visit a doctor. Entering a doctor's office transports you into another dimension where time and money have distorted meanings. Minutes spent in the waiting room are much like football minutes, where 60 seconds on the clock translates into a quarter hour in real time.

Then there's the sacrosanct "two weeks" treatment: "Try this, and come see me in two weeks." What's so magical about two weeks? Will the medicine cure me in two weeks? The therapy? Or will I be so tired of the whole mess after a few "two weeks" visits that I'll convince myself I'm really feeling much better.

Money is even more of a distorted concept in the medical profession. Mention dollars to doctors and you get a funny response. It's as if they don't know what you're talking about. They have office staff to deal with those dirty details.

Before you bare your body to the high-priced medical expert, you first have to bare your soul to the underpaid, and often quite curt, women-in-white. They don't care if you're hurt, they just want to know who's paying. While you're trying to maneuver getting into the office without further damage to your (name your favorite injury), they're trying to maneuver your insurance cards out of your wallet to validate whether you're HMO, PPO, or just plain "LOCO."

Some insurance pays 80 percent of doctors' charges -- and some doctors accept that 80 percent and forgive the rest. Well, if that's the case, why do they add the extra 20 percent in the first place? It's like going for a job interview and saying you want \$15 an hour, but that you'll work for \$10. Who's going to voluntarily pay you the extra \$5?

Some advice I've heard for recovering from running injuries is to run in the deep end of your local community pool wearing a special floatation vest. Works for a few water-proof diehards. I'd rather save my pool time for swimming laps and sight-seeing.

With my last running injury, I exhausted all methods of treatment. I cut back running, bought new shoes, ran on a track instead of pavement, saw a doctor, took medication, went for physical therapy, did my morning stretches, exercised on a NordicTrack, alternated heat packs with ice, and got fitted for orthotics. I feel great now. But neither my doctor nor I can tell you exactly what the problem was or why it went away. Maybe that's why I believe that diagnosing running injuries falls more in the area of black magic than science.

NEW MEMBER PROFILE

By Joan Potterfield

Thirty-four year old D.A. Lewis of King of Prussia ran a PR and won her first age group award at the Collingdale 5 Miler. She's been running for many years because the U.S. Army makes her, but has only recently decided that running can be fun. D.A. is an intelligence officer in the National Guard and works for GE with Joan Potterfield in Fort Washington. She graduated from the University of Delaware with a degree in American Studies, and is currently working on a computer science degree at Villanova. D.A. enjoys classical music and science fiction and is a genealogy buff. She is a member of the Society for Creative Anachronism and has a cat named Serendipity. D.A. is being coached by Jack Myers and is looking forward to her first Broad Street Run.



DELCO RRC WORK DIRECTORY



ACCOUNTANTS

Delco Bookkeepers
891-9027

47 Barren Road
Media, PA 19063

Member:
Kathi Clatterbaugh

Services for individuals and businesses include checkbook balancing, household budgets, income tax preparation, quarterly estimates, payroll taxes, complete payroll and bookkeeping services.

William C. Koppenheffer
22 Church Street
Willow Grove, PA 19090

784-9199

Member: Bill Koppenheffer

Accounting, auditing, financial management advice and assistance at a very reasonable cost.

ATTORNEYS

Law Offices
113 North Olive St
Media, PA 19063
892-9111

Member: John F. Marsini
former member: John G. McDougall

A general law practice with emphasis on personal injury, criminal/DUI, estate planning, and divorce.

AUCTIONEER

Michael D. Pollum
Swarthmore, PA
328-5669

Member: wife, Linda Pollum

Personal property and estates.



COSMETICS

Mary Kay Cosmetics

Maria Draves
328-2623

Member: father, Fred Senderoff

Make up; skin, hair, nail and body care; complimentary facials; and fragrances.

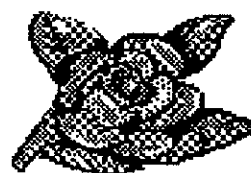


FISH

Nuttin But Fish
Daniel J. Draves
328-2623

Member:
father-in-law, Fred Senderoff

Will set up fish tanks, buy fish and tanks for owners, and maintain tanks.



FLOWERS

Floral Arranging
Maria Draves
328-2623

Member: father, Fred Senderoff

Arranges all types of flowers.

HOME IMPROVEMENTS

Long & McGinty
Dave Long
380-1739

Member: Dave Long

Roofing, Decks,
Siding - Quality is
our top priority.



HOME IMPROVEMENTS cont.

Michael D. Pollum, Gen. Contractor
217 N. Princeton Avenue
Swarthmore, PA 19081
328-5669

Member: wife, Linda Pollum

Renovations, Additions, New
Construction - Big or Small - If it
needs to be fixed, nailed, glued or
screwed, call for a free estimate.

Dan Straube, Electrical Contractor
109 Orchard Road
Ridley Park, PA 19078
521-5188

Member: father, Paul Straube

Residential & Commercial. Free
estimates.



INSURANCE

Beese Insurance Agency
431-7415

Member: Tom Beese

Insurance Broker with 24
years experience. Life,
Group Health, Pension, Auto & Fire.

Brazill Agency, Inc.
Thomas J. Brazill
280 N. Providence Road
P.O. Box 696
Media, PA 19063
566-4254

Member: Tom Brazill

Insurance & Investments
Products - Life - Health - Pensions

Karr Barth Associates Inc.
Gene H. Martenson, Founding Asso.
40 Monument Road
Bala Cynwyd, PA 19004
660-4205 544-2883
Member: Gene Martenson

Financial and retirement planning,
major medical coverage, disability
income, long term health care and
life insurance. Over 25 years of
service.

PERSONNEL

Hayes Personnel
Employment Agency
735-3079

Member: Tom Lavin

Serving the Phila/Delaware Valley
area for 27 years. Looking for
employers for whom we can

recruit candidates and seeking high
quality candidates who need work.



REAL ESTATE

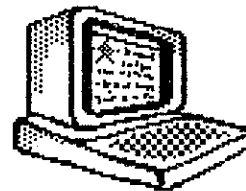
Betty Perrone
Weichert Realtors
449 Pennsylvania
Avenue

Fort Washington, PA 19034
646-1700 784-9199

Member: Betty Perrone

Let me help sell your home or
help you find a home. If I can't do
it personally, let me refer you to
my associate in the Media office.

SECRETARIAL SERVICES



Typing & Computerized
Bowling Secretary
328-2633

Member:
Rita Senderoff

Will type resumes and
term papers, race
entries, etc. Bowling League
Statistic Standing Sheets & Recaps.
Let me do your secretarial chores!

Please remember to patronize
our members if they have a service
which may be of help to you. This
is the first edition of our service
directory. If you, your spouse, or
child has a business and would like
to be listed in the fall edition of
our directory, please send me your
business information by Labor Day
and I will have a revised edition for
the September newsletter.

Thank you,

Linda Pollum
217 N. Princeton Avenue
Swarthmore, PA 19081

THE COLLINGDALE 5 MILER

By Byron Mundy

The 13th Annual Collingdale 5 Miler had a good turnout of 196 finishers on March 10 under sunny skies and mild 65 degree weather. The competition increased as last year's winners Steve Oliver, 31, and Denise O'Brien, 34, finished in 4th place this year overall for the men and women. Tom Curtin, 23, of Springfield and Laurie Oas, 27, of Downingtown were first man and women overall with times of 25:51 and 31:02 respectively.

Race director Byron Mundy thanks the many people who helped out at the race including Joe Nolan, Paul Straube, Elaine Russell, Mary Lou Boselli, Mary Bergin, Rita Jordan, Fran Deeney, Martin Deeney, Terry O'Neill, Tom O'Neill, Marylou Long, Bob Huggins, Jack Myers, Bill Schultz, Mike Tuohy, Geoff Banta, Larry Filtz, Bill O'Keefe, John Stauffer, Pat Kane, Tom Watkins, Bill Hardy, Jim Rufo, Jim Powers, Lu Sanner, Bea Sanner, Howard Markannen, Ken Vetter, and Jim Bryan. Without these volunteers we would never be able to hold a successful race.

Special thanks to the Kensington Soft Pretzel Bakery for donating 400 soft pretzels which were quickly devoured by the runners after the race.

DELCO RRC members and affiliates are listed below.

| | | | | |
|------|-------------------|---------------------|----|-------|
| 12. | Bill Heidelberger | Newtown Square, PA | 29 | 27:53 |
| 14. | Chris Fuhrman | Lansdowne, PA | 19 | 28:32 |
| 15. | Jack Myers | Wayne, PA | 36 | 28:43 |
| 17. | Steven Whitmore | Springfield, PA | 36 | 28:54 |
| 20. | Marc Oleynick | Lansdowne, PA | 29 | 29:33 |
| 22. | John Ashton | Springfield, PA | 31 | 29:49 |
| 23. | Neil Weygandt | Havertown, PA | 44 | 29:51 |
| 28. | Bob White | Wallingford, PA | 38 | 31:21 |
| 29. | Byron Mundy | Collingdale, PA | 43 | 31:28 |
| 31. | David Ferguson | Upper Darby, PA | 42 | 31:33 |
| 35. | Jeff Lopez | Collingdale, PA | 15 | 31:52 |
| 36. | Mike Metague | Collingdale, PA | 43 | 32:04 |
| 38. | Rick Hirsch | Swarthmore, PA | 32 | 32:26 |
| 39. | Don Larson | Swarthmore, PA | 57 | 32:35 |
| 42. | Brian Maloy | Media, PA | 35 | 32:50 |
| 44. | Bernie Sontagh | Folcroft, PA | 49 | 32:57 |
| *50. | Joan Potterfield | Wayne, PA | 37 | 33:24 |
| 52. | David Gobel | Havertown, PA | 42 | 33:23 |
| 53. | Tom Tolan | Havertown, PA | 45 | 33:27 |
| 54. | Tom Brazill | Boothwyn, PA | 40 | 33:43 |
| 57. | Marianne Grace | Lansdowne, PA | 40 | 33:52 |
| 58. | Chet Lubecki | Wallingford, PA | 35 | 33:57 |
| 60. | Ed Mc Gowan | Glenolden, PA | 32 | 34:05 |
| 64. | Liz Mc Dermott | Rosemont, PA | 32 | 34:35 |
| 66. | Anthony Belfiglio | Havertown, PA | 50 | 34:46 |
| 70. | Bob Fuhrman | Lansdowne, PA | 49 | 35:16 |
| 77. | Bill Meyer | Clifton Heights, PA | 44 | 35:39 |
| 81. | Mark Clatterbaugh | Springfield, PA | 42 | 35:45 |
| 99. | Deborah Weir | Bridgeton, NJ | 31 | 37:36 |
| 108. | Bob Dimond | E. Lansdowne, PA | 56 | 38:23 |

| | | | | |
|------|----------------|---------------------|----|-------|
| 125. | Sam Brattini | Springfield, PA | 49 | 40:05 |
| 129. | Eric Mundy | Collingdale, PA | 10 | 40:32 |
| 133. | Ray Duffy | Glen Mills, PA | 42 | 40:54 |
| 138. | Deborah Lewis | King of Prussia, PA | 34 | 41:12 |
| 145. | Susan Levy | Phila., PA | 50 | 42:21 |
| 152. | Jim Miccolis | Upper Darby, PA | 36 | 43:38 |
| 157. | Regina Hardy | Collingdale, PA | 38 | 43:49 |
| 167. | Jeff Kennedy | Clifton Heights, PA | 10 | 45:53 |
| 169. | Nan Sharpless | Devon, PA | 54 | 45:58 |
| 175. | Bridget Mundy | Collingdale, PA | 8 | 47:06 |
| 176. | Peggy Bobeck | Collingdale, PA | 50 | 47:19 |
| 178. | Doug Kennedy | Clifton Heights, PA | 10 | 47:21 |
| 182. | Dennis Kennedy | Clifton Heights, PA | 43 | 47:38 |
| 183. | Dot Kracht | Springfield, PA | 54 | 47:50 |
| 193. | Kathy Adamson | Wallingford PA | 36 | 53:15 |
| 194. | Marvin Levy | Phila., PA | 67 | 54:10 |

*Second Women Overall

SWIMMING FOR THE NOVICE TRIATHLETE

By Bob Huggins

O.K., you've made the BIG DECISION. You've finally decided to enter your first, gulp, triathlon. You know you can run... If you can run, you can bike. Therefore, if you can bike, you can swim. Right? Wrong! For most landlubbers, the swimming segment of the triathlon is the most unnerving and causes the most anxiety. Most would be triathletes rationalize that you can always slow down or stop on the run or bike if you're tired. If you stop in the water, you sink. The reality is that you must have basic swimming skills before you attempt to compete in your first triathlon. If you don't have the necessary swimming skills but have the desire to learn, head to your nearest YMCA or adult evening school. It's never too late to learn.

Assuming you have the necessary basic skills, I would recommend that your initial event be, first, a short distance (half mile or less) and, second, in a pool. Assuming that most, if not all of your training is done in a pool, you'll feel reasonably comfortable competing in a pool initially. There are a number of triathlons and biathlons in the Delaware Valley which include pool swims. I would also recommend that you be able to swim your competition distance in practice. In fact, you'll probably be doing yourself a big favor if you train over distance, eg, be able to swim a third of a mile to half a mile for a quarter mile competitive swim. You'll gain lots of self confidence prior to race day, knowing that you can do the distance. It'll become more a matter of "how fast can I swim the distance?" Additionally, try to have someone look at your form in the water. Whereas much of running and cycling are based on power, all the power in the world will be wasted if you have poor swimming form.

Fast swimming demands that you master proper form and technique in the water. I can attest to this from personal experience. Through coaching and lots of practice over the past five years, I've dropped my half mile time by over 5 minutes, my mile time by over 11 minutes. It doesn't sound like much, but it is. Since you can't see what you're doing while your swimming, it's bet to have someone critique your stroke, kick, breathing, etc.

If you have selected an open water swim for your first triathlon, ie., river, lake or ocean, lesson #1 is DON'T PANIC under any circumstance. In only my second triathlon, I successfully completed a one mile lake swim and Mark Spitz I am not. The key to open water swimming is to realize three things. First, realize that for now, you are not going to lead the pack, so seed yourself properly. If you seed yourself too far front, you'll suffer the consequences of being, mostly, unintentionally punched, kicked and grabbed. I've even had my goggles knocked off my face. If you're not sure about where to seed yourself, "step to the rear" as they say. Second, realize that there will be a certain amount of body contact (nothing illicit, mind you) with other swimmers in an open water swim. It's inevitable; again, DON'T PANIC. Third, realize that the key to success in open water swimming is concentration and an awareness of your surroundings. You don't have the pool lane lines to guide you, so you'll need to look up every few strokes and sight some object like a buoy or a building on the shore, etc. In my humble opinion, open water swimming requires that you be a smarter swimmer than a pool swimmer. Even though you may have to deal with swells and currents in the water, concentrating on correct stroke technique is absolutely essential for a fast time.

What stroke should you use? Most of us will use the fastest competitive stroke, called freestyle or the crawl (yes it amazes me, too, that the fastest stroke is the crawl, but what do I know? Go figure). Fellow club member Rolf Dehmel has used his strength in the backstroke quite effectively, while the club boasts two good breaststrokes in Rick Jones and Mickey Lobb. I've yet to see anybody butterfly a triathlon. Breaststroke will give you the greatest visibility, but it is inherently a slower stroke than freestyle. A good backstroker, like Rolf Dehmel; can swim very fast, but forward visibility is terrible. Essentially, you're sighting off objects behind you. Although not a competitive stroke, I've even seen novice triathletes use a side stroke. It is not recommended, however, as it is a very slow "survival-type" stroke.

Like running, swimming is a sport which requires very little in the way of equipment. For pool swimming especially, you'll need goggles or else your eyes will get bloodshot and irritated after about 200 yards or so. I'd also recommend a latex swim cap. Most open water swims require caps and, often, will even give you one as part of your entry fee. Save it; the chlorine in pools tends to do nasty things to your hair. A good competition swim suit is a worthwhile investment as it will reduce the drag associated with the typical K-Mart specials you see on the beach. Quality competition swim suits are made by Arena, Speedo, Tyr, Hind, Tinley and the Finals, among others for men and women.

At any open water swim of a half mile or more, you'll see half the field clad in wet suits. No, it's not the "Undersea World of Jacques Cousteau." And more often than not it's not to retain body heat. For many Triathletes, wetsuits mean speed. The principle behind wearing a wet suit is that it keeps you higher in the water and, therefore, there'll be less resistance and you'll swim faster. However, I wouldn't recommend buying one until after you've made a serious commitment to swimming and triathlons. I'd hate to see anyone plunk down \$150 - \$200 and use the suit once or twice. These things aren't the easiest to sell in your Sunday newspaper for-sale ads. Also, keep in mind that wetsuits are not always permitted in competition, particularly if the water temperature exceeds some predetermined level. As a wetsuit owner, I don't use the suit in any pool swims or short open water swims of a quarter mile or so. I feel that wetsuits make the most sense in open water swims of a half mile or more.

In conclusion, swimming can be a lot of fun and can augment your running program (time to build up that upper body strength!). I hope you'll give it a "tri" and maybe I'll even see you at one of the races this summer. In the meantime, don't hesitate to contact me at the address shown on the front of KEEPING CONTACT, if you'd like some help or advice with your swimming or triathlons. Also, anyone interested in open water swims at the shore this summer, please contact me. Swims will typically vary between 1 to 1.5 miles, sometimes in the ocean, sometimes in the bay. The challenge is there! You'll enjoy completing your first open water swim as much as your first 10K or marathon.

RUNNING SHORTS

- * Joan Potterfield's definition of aggravation is running 10 X 440 in 82 seconds and having a big fat guy tell her that she could run farther if only she'd slow down. This happens about once a month. Joan is looking for snappy come-backs. Her husband's advice that she merely point out she's placed in a number of big marathons is too boring. The would-be coach would probably just reply with "How far is that?"
- * Congratulations to Torpey White who is to be married early this summer. Transplanted by work to Georgia, Torpey still manages to visit the area a few times a year.
- * Speaking of nuptials, the brother-sister running team of Bill and Mary Lou Boselli will be getting married to fellow club members Joan Doherty and Mike Bogdash, respectively. Our very best wishes to all our running couples.

THOUGHTS FROM THE WHITE HOUSE

by Bill Schultz

*** April's Birthday Bash

*** Boston Marathon

*** Dawn To Dusk Ultras

*** Upcoming DELCO Meetings

*** Special June Dates

*** Long Beach Marathon

APRIL'S BIRTHDAY BASH???

There was a prediction run with prizes, dinner, ice cream and cake, and, finally, presents for everyone who showed up. Still, only 20 or so people (including kids) showed up for the Delco Meeting on April 24th.

Eric Mundy was closest to his predicted time in the 5K, while Terry Adamson and Bonnie Muettterties tied for first in the longer version.

The meeting itself was less than an hour long and was highlighted by Tim Wade's update on the Grand Prix. The results might be found elsewhere in this newsletter.

UPCOMING DELCO MEETINGS

MAY 29 - Terry and Kathy Adamson's
5 Waterford Way Off of Rt 252.
Wallingford, PA
872-7327

JUNE 26 - Mark and Kathy Clatterbaugh
21 School Lane
Springfield, PA
328-4987

Group Runs start 6:30
Meetings start around 7:30.

It's YOUR club! We could use your input! Join us!

BOSTON

by Bill Schultz

By my count, there were eight DELCO RRC members (if I forgot someone I'm sorry) who traveled to Boston to run in this year's 95th edition of the Marathon. The conditions on race

day were good for running and not-so-good for watching. The temperature was in the low 50's with overcast skies.

Although everyone I talked to was pretty happy with their race, top honors of the day had to go to Larry Filtz. He had a MONSTER race! Growing stronger throughout, he ran negative splits to finish in just over 2:52.

Below are the eight DELCO finishers (100%). Times are unofficial, so ask them! I'm sure they won't mind telling you about it!

| | |
|-----------------------|------|
| Larry Filtz | 2:52 |
| Bill Schultz | 2:58 |
| Joe Frieberg | 3:04 |
| * Bob Huey | 3:10 |
| Bob Kern | 3:18 |
| * Tom Tolan | 3:26 |
| * Rita Jordan | 3:49 |
| * Bonnie Muettterties | 3:56 |

* Special congrats to all first timers!

SPECIAL JUNE DATES

*** JUNE 1 JUNIOR OLYMPICS

Contact Byron Mundy - 534-2833
Springfield High School
Springfield, PA

*** JUNE 22 GLEN MILLS 10K

*** JUNE 26 DELCO RRC MEETING

Mark and Kathy Clatterbaugh
21 School Lane
Springfield, PA
328-4987

*** JUNE 28 MEDIA 5 MILER

DAWN TO DUSK ULTRAS
by Bill Schultz

For those few who showed up to help, I can't possibly thank you enough. For those fewer who showed up to offer support, it was genuienly appreciated. For all the rest of you, you missed a truely **SUPER** effort by club member Bonnie Muetterties!

There were three club members who participated in this year's race and all three met with success. Bill Meyer ran in the 50K segment and won it with a time of. For the first time in the eight year history of the race, co-director Bill Schultz did something he hadn't been able to do - he won! He covered 109 miles in 24 hrs.

As good as they were, both of those efforts paled when compared to Bonnie's race. Running in her first race beyond the marathon distance, she qualified for five (5) US National Rankings! Her qualifying splits were as follows:

50K - 4:57
50M - 8:25
100K - 10:43
100m - 20:15
24Hrs - 108 miles

Extra special thanks to co-director Bob Huggins and to shift directors Mike Touhey and Fred Senderoff.

If anyone has any ideas and/or suggestions for next year's race, please contact Bill Schultz at one of the Fun Runs or call him at 534-2979. Your input would be appreciated!

LONG BEACH MARATHON
by Bill Schultz

While most DELCO RRC Club members were involved with the Broad Street 10 Miler the weekend of May 4-5, I was off on an adventure of my own. The Long Beach Marathon in California gave me an excuse to visit with Dave Covey - the club's main West Coast connection. Also, hopefully, the race was going to be my 50th completed marathon.

Everything involved with the weekend turned out to be a success. On my connecting flight to Chicago, I shared the plane with the 76'ers as they traveled there for their series with the Chicago Bulls. At 7'7", Manute had to double ov
er just to get in the plane!

On Saturday, Dave thought it would be a good idea to warm up for the marathon with a 5K, so off we went. While I ran just under 17:45, he cruised thru with a 19:30+. Then, as part of a bet with a co-worker, he then ran a 10K less than 40 mins. later in under 42! (This 5K/10K race had one of the better award give-aways I can remember - going 10 deep in 5 year age groups!)

The next day, as we left for the 7:30 marathon start, the temperature was in the 70's. (Before the day was over, it climbed into the low 90's). The course itself was on one of the flatest and most scenic I've ever run. It went around the QUEEN MARY and then several out-back loops on Long Beach Penninsula. The only hills to be found were the bridges crossing the canals.

Support throughout was very good and by halfway, the waterstops seemed to be every mile. There were also sponge and sprikler stations set up. The last 10K had water about every 1/2 mile.

The race serverd as the Pacific Rim Championship and there were more than a dozen countries represented. It was strange seeing so many Oriental and Mexican runners. We don't get to see so many here on the East Coast. It added a different "flavor" to the crowds cheeing on "their" runners.

Although he had raced twice the day before, Dave ran the first 5+ miles with me. He planned on meeting me for the last 2-3 if he could. As it turned out, even though there was plenty of water on the course, I was glad to see him. Jet lag (?) had started to catch up to me and his comments that others looked worse than I did actually helped. He left me just after 25 and I was able to finish just under 2:58.

Needless to say, I was happy with my effort and the time. The rest of the day we soaked up the sun. It was a great weekend and, if you're not doing Braod Street next year, you might want to give it a try!

EPRRC 12 HOUR RELAY & ULTRA EVENT

By Bob Gamberg

The Elkins Park Road Runners Eight Annual 12 Hour Relay and Ultra Event will begin at 7:00 A.M., Saturday, August 3, 1991, in Elkins Park, PA. The event is open to individuals and teams, runners and walkers.

Twelve Hour Ultra participants are welcome, as are individuals who wish to walk/run for shorter periods of time. Proceeds benefit the Down Syndrome Interest Group of Montgomery County. Pre-registration is \$12.00. Post-registration is \$15.00. All participants will receive a long sleeved T-shirt. Refreshments will be provided. Games & activities for children & special olympians will take place throughout the day.

For further information, contact Bob Gamberg, 215-782-8811

MULTI-SPORT NEWS

By Bob Huggins

The sixth annual version of Delaware County's only multisport event experienced near perfect conditions...overcast, low to mid 60 degree temperatures and a slight breeze. Eighty competitors completed the half mile pool swim and five mile race run through the streets of Lansdowne. The race featured, due to the limitations of the pool, no more than 12 competitors in each of the 8 heats. Because there are so few competitors in each heat, the run becomes a time trial for the most part; only occasionally will you have a runner in the distance to pace off and try to catch. Six DELCO members were among the finishers and did quite well for themselves, as follows:

| NAME | TIME | |
|---------------|---------|--------------------------------|
| Bob Piotti | 50:15 | |
| Bob Huggins | 51:54 | |
| Rolf Dehmel | 57:02 | (First Place - Men's 50+) |
| Bobbi Nielsen | 58:28 | (Fourth Place - Women's 20-29) |
| Joanne Murphy | 59:16 | |
| Nedra Kelly | 1:08:55 | |
| Peggy Bobeck | 1:12:43 | (Second Place - Women's 50+) |

In other multi-sports news, Bob Huggins captured 2nd place in the men's 35-39 at the Philadelphia Modern Biathlon (Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles) on March 17th along the West River Drive. Bob clocked an early season time of 1:16 for the event.

At the Naval Station Biathlon, Don Larson dominated the men's 55-59 age category with an outstanding 1:08 not too far behind Bob Huggins 1:06. Peggy Bobeck captured second in the women's 50-55 age group with a course PR. Distances at the Navy Base were a 2.5 mile run, 12 mile bike and another 2.5 mile run. There were 240 finishers in a race that only had about 80 just three years ago.

JUNE '91 ROAD RACE SCHEDULE

- June 1 Merchantville, NJ 5K
Contact: Bernie Kichula
(609) 963-2772
- Norristown Celebration 5 Miler
Contact: Mary Ann Makar
Montgomery Fitness Center
1335 Powell St.
Norristown, PA 19401
- Great Cape May 10K (Cape May, NJ)
Contact: Bob Rumze
P.O. Box 109
Cape May, NJ 08204
(609) 884-5508
- Ronald Mc Donald House 5K (Wilmington, DE)
Contact: Marathon Sports
(302) 654-6400
- June 2 Bar-Provident 10K (Art Museum)
Contact: Kim Wagman
American Diabetes Association
557-8070
- Cherry Hill Industrial Sites Half Marathon
(Pennsauken, NJ - Cooper River)
Contact: Camden County Division of Parks
(609) 795-PARK
- June Fete 10K
AMH Health Center - (Willow Grove)
Contact: Abington Memorial Hospital
June Fete Office
576-2500
- June 4 Pennsylvania Avenue Mile (Wilmington, DE)
Contact: Marathon Sports
(302) 654-6400
- June 6 Red Cross 5K (Brown Park - Wilmington, DE)
Contact: Marathon Sports (see June 4)

- June 9 St. Anthony's 10K (Wilmington, DE)
Contact: Marathon Sports (See June 4)
- June 22 Glen Mills Firecracker 10K (Glen "Hills," PA)
Contact: Don McNeal
c/o Glen Mills Schools
Concordville, PA 19331
459-8100
- June 28 Media 5 Miler
Note: NEW DATE
This is a club event...please either run or help out.

DELCO RRC MEMBERSHIP MEETING

Wednesday, April 24, 1991

Attendees: Bill Schultz, President
Sam Brattini, Vice President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
John Greenstine, Public Relations
Tim Wade, Commissioner, Grand Prix Race Series
Joe Nolan, FRL Aldan
Byron Mundy, FRL Collingdale
Bonnie Muetterties & Lindsay
Eric & Myung Mundy
Tom Brazill Terry Adamson
Joe Farrell Joe Mc Ginnis
Joe Freiberg Stanley Cherium
Feggy Robeck Elaine Russell

Meeting was called to order at 7:46 P.M. by President Bill Schultz.

Minutes from last meeting were read and accepted as read. Joe Nolan/ Sam Brattini

Treasurer's Report/ Fred Senderoff

PSFS Account \$1700.00
Media Entries approximately 70 to date.
Debits - Broad street entry fees for teams
Assets - Haverford Race - Mailing list \$61.00

Newsletter Editor/ Bob Huggins

Current Newsletter is out. You should have received your copy. Keep the articles coming. Earn points in the DELCO Grand Prix Race Series by submitting an article for the newsletter.

Team Coordinator/ Bob Huggins

DELCO has three teams entered in Broad Street - Men's Open, Women's Open, and Men's Masters. Good Luck!!!

Membership/ Marylou Long N/P

Fun Run Leaders/ Sam Brattini

FRL are turning in list of the awards they have. Sam will be ordering new ones shortly.

DELCO Grand Prix Race Series/ Tim Wade

24 runners have signed up for the DGPRS to date.

January and February Grand Prix Series results:

OVERALL

Bill Schultz
Bonnie Levy
Craig Muetterties*
Peggy Bobeck*
Marvin Levy
John Greenstine

SERVICE

Bill Schultz
Craig Muetterties
Amy Binder
Bonnie Muetterties

*Tie

FUN RUNS

Peggy Bobeck
John Greenstine

RACES

Ronnie Levy
Marvin Levy

Old Business

Jr. Olympics/ Byron Mundy
Byron will be our Director this year. With help from Marylou Long and Martin & Fran Deeney. June 1 and June 2 Rain Date at Springfield H.S. track. Volunteers are needed. Keep this date open. There will be three different shifts. Contact Byron to volunteer.

New Business

Elwyn - Media Delaware County sponsored a Wellness Day. Bill Schultz, Sam Brattini and John Greenstine presented DELCO ideas and philosophy. Any new members? Bill.

Blue Route / Sam Brattini

Penn Dot had a committee meeting on Monday with organizations from Delaware and Montgomery Counties. Celebration of opening of the Blue Route - Due in December, 1991. October 20, 1991 will be Celebration Day. They expect between 25 and 50 thousand people. They will open to the public 9 miles of road between Baltimore Pike and Lancaster Avenue.

Penn Dot has asked DELCO RRC to direct a race. Several members of the club will meet with Penn Dot on May 10 to make a presentation. Penn Dot has stated that new technology has been used through out the building of the Blue Route urban area - road beds, landscaping, and noise barriers. More up date at the next meeting. Looks promising.

Pa School for the Deaf 5K/ Three Joe's-Farrell/Freiberg/McGinis Race will be held on September 29 at the Spring Garden College, Mermaid Lane and Germantown Pike. They need volunteers.

Media Fair Expo
Delco will have a booth this year. It will be manned by several people. If you would like to help contact Bill Schultz or John Greenstine.

September is coming and so is the Spaghetti Dinner.

PREDICTION RUN REPORT

5K

1. Eric Mundy
2. Joe Nolan and Myung
3. Byron Mundy

10K

1. Bonnie Muetterties &
TIE. Terry Adamson
3. Tom Brazill

Every one received a Birthday present.
Red - Green - Yellow - Frisbee.

Joe Nolan noted that Sam's wife made great chili - THANKS.

Next Meeting will be held at Terry and Kathy Adamson's on May 29th.
Maps are available.

Motion was made at 8:26 P.M. to adjourn by Peggy Bobeck. Second
Joe Nolan/Sam Brattini

Respectfully submitted,
Peggy Bobeck



DELMARE COUNTY ROAD RUNNERS CLUB

DELCO ROAD RUNNERS CLUB
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HOLMES, PA 19043

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