

Keeping Contact



Newsletter of the Delaware County Road Runners Club

April, 1992

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

WHY DO YOU RUN? WHY DO YOU ENTER RACES?

By Elaine Russell

These are two questions I often hear. I'm often hesitant to call myself a runner since in the very beginning of my "running career" it was pointed out to me by a rather "elite" runner that unless you can clock at least an 8 minute per mile time, you are not a "runner" but rather a "jogger." Call it what you will. I feel I put as much effort into my 8:40+/9/10/11 (depending on the distance) minute miles as my faster "runner" comrades.

"I wouldn't enter a race unless I could do "X" minutes per mile. Why enter a race when you are so slow?" Does this mean that those of us who will never (no matter how hard we try) be able to run with great speed will never be able to enter races? Well, I guess that depends on what you are hoping to accomplish. Are you looking to win an award? Looking for acknowledgement of your talent? Looking to prove yourself to someone you think you run better than? Or are you trying to challenge yourself? Trying to see just how far you really can go? Having a pleasant time, meeting nice people, getting yet another T-shirt? Improving your health while having fun? (Good God, did she say, "having fun"?) I'm sure any or all of the above may apply at any given time.

I think sometimes people lose sight of why they run. As for me, I'll keep plugging along. I have been last place in races before, and perhaps I will be again. But I'll still be there. The day my finish time or worrying about whom I am going to beat becomes more important than achieving my best and enjoying myself, I'll hang up my running shoes. Oops, excuse me! I guess that's my "jogging" shoes.

CLUB MEETING

The next meeting of the DELCO ROAD RUNNERS CLUB will be held on Wednesday, April 29th at the Springfield High School Community Room. The meeting will start at approximately 7:30 P.M. Contact President Tom Hirsch at 544-2280 if you need directions.

WHO AM I?
A DELCO RRC Quiz; *THE ANSWERS REVEALED!*
by John Greenstine and Mark Clatterbaugh

At the Feb. 8 MIDWINTER MIXER, at the tres chic Log Cabin Inn, over 70 DELCO members and guests took part in a trivia quiz of the hardest kind. From a list of questions and obscure references, they had to guess the identity of over 40 of their running buddies.

Now it's time to reveal the correct answers. There are long stories behind some of them, but space and reputations need to be saved. At the end we will reveal the winners.

The next time we play this game, we'll really make it hard!

1. I am currently serving in the Army Reserves. Who Am I?
Bill Koppenheffer and new member Susan Kasenic. The wrong answer is D.A. Lewis, who is a member of the Army National Guard. Other wrong answers include Norman Schwartzkopf.
2. I am currently serving in the Naval Reserves.
Dave Anderson, whose last active duty assignment was Hawaii. So nice to be back here, eh, Dave?
3. I was the first and only female finisher in a six inch snowstorm in the 1973 Fitz Dixon Marathon in Chester Pa.
Maridel Whitmore. Makes you green with envy, huh?
4. I am a card carrying member of Trout Unlimited.
Bill Kracht. The women love those hip waders.
5. I am the Treasurer of Ducks Unlimited.
Fred Senderoff. If you get a Merganser in the mail with your newsletter, you know Fred has confused the groups.
6. I am personally responsible for rumors of Satanic rituals in the Collingdale. Something about goat killings.
Scott Dagle, a deer hunter. The "scandal" was just a misunderstanding over a buck carcass left in the woods.
John "Freddie" Greenstine does not count!
7. You can always tell what suit I wore the day before by the color of the socks I wear running the next day.
Robert "Bob-O" Koerner likes to wear his dress socks on the next day's early morning run. Byron Mundy was a frequent wrong answer here.
8. My boss was married to the chairperson for the last two Womens Distance Festivals. He is also currently married to my wife's Sister.
Steve Whitmore. It's a long story.
9. I was invited to compete in last year's Triathlon Nationals.
Bob Huggins, club newsletter editor, team competition coordinator and bad movie aficionado.

10. I am the club's perennial student.
Tim Wade, czar of Le Grand Prix. He has accumulated nearly 25 semesters at Northwestern University, Penn, Boston University, Delaware County CC and is now in the Chemistry program at Drexel. Geo Koerner and Jimmy Miccolis were good, but wrong answers here.
11. I ran a 5:09 mile in the Eighth Grade.
John Ashton. Still fast. Still looks about 13.
12. I grew up in the same hometown as Jimmy Stewart.
Another tall, quiet man, Terry Adamson.
13. I turned seventy this past year.
Tom Watkins. Lou Sanner is still active at 79!
14. I was a Track coach for a Del. Co. High School this past year.
Bob Fuhrman, at Sharon Hill. Rita Jordan at Strath Haven. Vince Touey is Cross Country coach at Widener.
15. I am a Dental Assistant for the Dentist of another DELCO RRC member.
Eileen Fuhrman works for the same dental center that Mark Clatterbaugh uses. Small world, isn't it?
16. I am a former high school offensive lineman.
Bill Schultz weighed nearly 200 pounds and had a 17" neck!
17. In the Sixties I was probably more noted for my basketball prowess than as a runner.
Keep your money in your pocket if Byron Mundy challenges you to a little one-on-one.
Score no points for someone's "Tom Gola" Weber answer.
18. I was once the club president of Haverford A.C.
Wasn't Marianne Grace also the last President of Haverford A.C.?
19. I am a former airline employee who currently teaches Spanish.
"Little Mark" Oleynick.
20. I am a Widener Grad who works for Cigna.
Bob Huey works in the International Tax department at Cigna.
21. I will never live down the connect the dot incident.
Tom Weber, a man on his best behavior, forever.
22. I'm a captain of Enterprise who carves birds.
Our very own senior sex symbol, Joe Nolan, who recently went to work for a certain car rental company.

25. I am the chairman of the Delaware county Villanova Alumni Club. Vice President and 1991 Man of the Year, Sam Brattini. A real cool CAT.

26. I live in Collingdale, but I am frequently seen waiting at the Shadeland Avenue trolley stop.
Woman of the Year Peg Bobeck commutes each day from Collingdale to Media.

27. I formerly served as an MP in Germany.
Mary Metague. Another great story from Today's Army.

28. I am a big "Ham" with a fast fist.
Jim Miccolis is, of course, a lifelong "Ham" radio operator. His Morse Code signature, or "fist", is his source of pride.
Ah, the all time wrong answer favorite. Nearly everyone mistook Jack Myer's boxing ability with Jimmy's radio hobby. Scored correctly by only 6 people.

29. I am a Stripper by profession
Mike Metague "strips" lithographic films into plates for the printing industry. Someone wrote in "my wife". Sounds like a job for Oprah!

30. No party is complete without our limes.
Mike and Mary Lou Bogdash will drink their Corona beer no other way.

31. I'm a nurse but my cookies will kill you with kindness.
Dot Kracht can bake for us anytime!

32. Spuds is my name, my nails are my game.
Kathy Adamson's lifestyle could be a new triathlon event: Run, Party all night, then Conduct Business.

33. My husband shoots around with high school girls.
Kathi Clatterbaugh's husband has been a winning CYO basketball coach at St. Francis for 17 years.

34. My wife is the Bear with the Books.
Mark Clatterbaugh's wife is a partner in DELCO BOOKKEEPERS.
Two popular screwed-up answers. Several people transposed Mark and Kathi's names. Remember, read the question carefully!

35. I am the Erma Bombeck of running.
Amy Binder is cuter and faster than Erma Bombeck on Erma's best day.

36. I may be the Irish dancing expert of Delco.
Larry Ryan is also the smoothest "Electric Slide" teacher the club will ever have, although Sue Larson can really get down, too!

37. My kids play "homeless person" on the front steps in the winter. Ron Grace's kids Ryan and Kelly are really cutting edge. What's next... "Malpractice Teaparty" featuring Barbie vs. Dr. Ken over her botched implants??

38. My wife and I wear the same size evening gown. Sorry, Tim Bell, but your wife Lynn looks better in them than you do on Halloween. Maybe it's your beard.

39. Pizza, Conrail, deli, beer and politics. Who am I? We forgot to mention Psychology, International Diplomacy and Business Management. A real Renaissance Man, Bill Boselli.

40. I'm "Fit, Fast and Fortysomething". Rita Jordan is living proof that some things just keep getting better. No, it's not John Greenstine, and stop reminding me about how old I am!

41. I'm the Ivory Snow Girl. Margy Miccolis, the Beauty to the Beast.

42. I used to be the DJ at this event. Rick Watson, who surely has more fun in front, rather than behind the turntables with this crowd.

Now, for the winning score: A tie between Mike Metague and Mary Bergin Metague. They both scored 38 right answers out of 42. The rest of the crowd scored as follows:

Kathi Clatterbaugh, 37 right, Joe Nolan and Tom Weber, 35, John Ashton, 33, Geo and Jamie Koerner, 32, Joe Freiberg, 27, Dot Kracht and Jimmy Miccolis, 25, Margy Miccolis, 21, Joan Boselli, 20.

Mary and Mike Metague will each receive a pair of Thorlo socks for their winning entry. Be at the 1993 Midwinter Mixer for the next DELCO quiz!

I HEARD THE TRACK CALL MY NAME

By Frances Dagle

On a recent March Sunday I awoke with excitement. I had planned to run the Collingdale 5 Mile race and I was well prepared. My plans, however, were quickly changed when my oldest son Andy came down with Scarlet Fever for the second time in a month. Fortunately, the doctor was available to see him but the appointment conflicted with race time.

My dampened spirits rose when my husband Scott assured me that he'd watch the kids so that I could catch my run. Although sitting in the doctor's office reduced my previous energy level, I was charged to run FAST...or so I thought.

Shortly after I began my run, I realized that my fire filled heart was carried by lead filled legs. As I labored along, I thought I heard a voice. As I strained, the muttering sound became more clear and I distinctly heard the aura of Dave Covey telling me "Frances, if you want to run fast, start running faster." Soon after Dave gave this profound advice, he retreated to California. He is occasionally seen in these parts but the sightings are rare.

What did this voice want? What did the message mean? I needed an answer and I needed it quick. I staggered home and called the one person I know who frequently hears voices, but Mary Metague wasn't home. I then called Joe Freiberg, who doesn't hear voices but does run fast. He surmised that the message could mean one thing and on thing only...start running faster. (Thanks a heap, Joe.)

That night as I dreamed, I saw an oval encircled with moving particles. This could not be an anxiety dream. Chemistry and the study of atoms were some time long ago. As the oval moved closer, I saw it was a track with people on it. It was a small group, running at varying paces and, yes, they were having a good time. After I awoke I realized my plight. I had been summoned to the track.

In the past, a few of us have met at either Springfield or Swarthmore track to run intervals and we actually did have a good time. There's a wide range of tempos and we modified the workout according to the needs and desires of the group.

If you think about it, a track workout provides a lot of benefits. The track surface is easier on the legs than asphalt and you get frequent breaks. Contrary to what some may assume, a high mileage base is not a prerequisite for a track workout. During track season, our high school team would warm up a mile, then run intervals on the track. Weekly mileage was not a factor in the training regime. A track workout, too, does offer a change of pace both mentally or physically from the ordinary stroll around town.

As the weather warms and the days lengthen, I hope that some of you will feel inspired to join me on the track. Please contact me (302-762-0243) if you, too, have been called. My schedule is tight but I'm confident we can arrange a mutual time.

CALIFORNIA DREAMIN' 12K

By Bob Huggins

It truly was "California Dreamin'" at the 3rd edition of this odd distance, 12 kilometer race held on February 23rd on the Kelly Drive. Unseasonably warm temperatures (high 50's - low 60's) made for near perfect running conditions. Singlets or t-shirts and shorts were the rule of the day...it was definitely California-like weather on a Philadelphia Winter day. The race was won by Ray McClanahan in the men's division in 39:12 with Colleen Baskerville taking the women's title in 46:46. Amos Mincin and Joan Potterfield were the top DELCO finishers.

At a \$15.00 entry, this race isn't cheap, but entrants received a beautifully designed sweatshirt and post race refreshments. Male finishers were treated to the lovely vision of "Miss California Dreamin'", Cynthia Smith, who helped pull tags at the finish line. Guys, take my word for it, in 12 years of racing, I can honestly say that this race has the best finish line of all road races in the area. Race director Pat McCloskey has announced that the fourth version of California Dreamin' will be held on November 15th. Mark your calendars now, this is one race you won't want to miss.

DELCO finishers and times where known, are as follows.

NAME	TIME
Amos Mincin*	46:38
Tim Wade	49:42
Tom Midwood	50:25
Bob Huggins	50:28
Don Roberts	50:57
Joan Potterfield*	51:17
Bernie Sontagh*	53:18
Bill Meyer	55:10
Rita Jordan*	55:48
David Freguson	55:51
John Albright	57:23
Maureen Meyer*	59:45
Gene Martenson*	61:35
Peggy Eobeck*	69:09
Elaine Russel	time not available
Joe Freiberg	"

*Placed in age group

FLYERS' WIVES FIGHT FOR LIVES 5K RUN

By Elaine Russell

The ever-present Ronnie and Marvin Levy were among familiar faces that lined the street between JFK Stadium and the Spectrum. Approximately 90 runners braved the cold to participate in the Flyers' Wives Fight for Lives 5K Run on Sunday, March 15, 1992.

Incredible winds whipped along the street behind the soon-to-be demolished JFK Stadium, making the ones I experienced at the Atlantic City St. Pat's 10-Miler feel like mere breezes.

Former Flyers' goalie, Bobby Taylor, emceed the awards ceremony, presenting trophies and medals, intermingled with raffle prizes of Flyers' merchandise and running companies' products as well. One highlight of the post-race activities for me was talking with Janet and Clive Johnson. I've witnessed them in 1990 and 1991's Dawn-to-Dusk and marvelled at their ability to run lap after lap in this (just one of their many) ultramarathon. Janet placed 1st in the 50-59 year age group, followed by a recent returnee to Delaware County, Carolyn DiGianbatista of Holmes.

Carolyn promises to be stiff competition in this age group, having placed first in her age group at the Collingdale 5-Miler on March 8 and, again, placing at the Springfield Rotary club 10K the following Saturday.

Proceeds from the Flyers' Wives Fight for Lives 5K Run benefit the Barry Ashbee Research Laboratories at Hahnemann Hospital. All race funds are dedicated in the memory of Kathy Kerr, former Flyers' Wives Chairwoman.

RACE FOR THE CURE

By Elaine Russell

Mother's Day is rapidly approaching. Along with it comes the Dawn-to-Dusk ultramarathon beginning Saturday, May 9 and ending Sunday, May 10. Also, on Mother's Day, May 10 will be Philadelphia's second annual Breast Health Institute's Race for the Cure. It will take place at the foot of the Art Museum's steps. Information is as follows:

- 8:10 A.M. - Aerobic warm-up with special celebrity guests
- 8:30 A.M. - 5K Run/5K Walk
- 8:40 A.M. - 1 Mile Fun Walk

Runners in the Race for the Cure will assemble at the base of the east entrance to the Philadelphia Museum of Art.

Fabulous prizes, as well as a host of refreshments, will be available as part of the post-race activities. Prior to the Race, on Saturday, May 9, starting at 9:30 A.M., all Race participants are invited to attend an educational seminar sponsored by the Breast Health Institute, at the Hotel Atop the Bellevue, Broad and Walnut Streets. Breast cancer specialists will provide the most up-to-date information regarding the detection and treatment of the disease and will entertain questions from the audience.

Proceeds from the Philadelphia Race for the Cure go to the Susan G. Komen Breast Cancer Foundation and women of the Delaware Valley.

So mark this weekend on your calendars! You can attend the seminar on Saturday morning, and still have time to count laps at Dawn-to-Dusk! Then, I know you'll be raring to go running on Sunday morning (after all, you can get fidgety sitting around counting laps!). All this, and you still have time for your own personal Mother's Day celebration.

P.S. Thanks to all who participated in last year's Race for the Cure. This is truly a worthwhile cause.

P.P.S. There, Bill! How's that for slipping in a plug!!!

RUNNING SHORTS

* Club member Stan Cherim informs us that the Penn Relays Distance Events will be open to the public on Thursday, April 23rd. You can enter Franklin Field anytime after 6:00 P.M. Since this is an Olympic year, you can expect a number of Olympic hopefuls to "tune up" at one of the country's oldest and most prestigious track meets.

* We recently came across a publication aimed at larger runners and triathletes. It's called Clydesdale Endurance Sports and it's available for \$12/year. If you are interested in the publication, contact them at 516-821-0912 or write:

Clydesdale Endurance Sports, Inc.
P.O. Box 1005
Shoreham, NY 11786

* DELCO placed 3rd in the team event of Caesar Rodney. Team members included Joan Potterfield, John Greenstine, Marc Oleynick, Larry Filtz, Steve Whitmore and 4th place overall finisher Paul Magolon. Congratulations to all!

* Thanks to all who responded to our survey regarding running attire and merchandise. We will soon be ordering 15 additional DELCO RRC Sweatshirts. Those who responded to the Survey will have first choice when they come in, and they will be contacted by phone. A selling price has not yet been established. Based on response to the survey, we will also be ordering new singlets and shorts in the near future. Contact John Greenstine if you are interested in ordering by using the order form found elsewhere.

Grand Prix 1992

John Amy Bill Tim Peggy Elaine Bob Mark Byron
 Greenstin Binder Schuitz Wade Bobec Russell Huey Clatteraug Mundy

Fun Runs

	John	Amy	Bill	Tim	Peggy	Elaine	Bob	Mark	Byron
Jan			4	28	24				8
Feb			4	30	14				8
March			4						8

Races

	John	Amy	Bill	Tim	Peggy	Elaine	Bob	Mark	Byron
Jan			10	25					0
Feb			15	15	30				0
March									5

Service

	John	Amy	Bill	Tim	Peggy	Elaine	Bob	Mark	Byron
Jan			25	5					0
Feb			5	5					0
March									20

Total Fun Runs	0	0	0	12	58	38	0	0	24	0	0	0
Total Races	0	0	0	15	25	55	0	0	5	0	0	0
Total Service	0	0	0	0	30	10	0	0	20	0	0	0
Le Grand Total	0	0	0	27	113	103	0	0	49	0	0	0

SALE! DELCO RRC RUNNING WEAR

Order your summer running apparel now. Genuine Du Pont Coolmax and Supplex fabrics, with the new DELCO RRC logo proudly emblazoned on each item. Made in California by SUB-4 with 100 percent USA materials.

True sizes, s-m-l-xl, \$16.00 each.

SINGLET:

White Coolmax fabric wicks away moisture and keeps you cool at all times. A TEAL color Supplex insert panel matches the shorts and is silkscreened with the DELCO RRC logo. Both unisex and women's cuts are available. The women's cut features narrower shoulder width and shallower arm holes.

SHORTS:

Unisex -- Split-side unisex style in TEAL color Supplex, which sheds moisture while staying dry and comfortable to the touch. Coolmax brief. No clammy, clinging clothes when the hot weather rolls around. DELCO RRC logo.

Women's cut -- NYLON TRICOT in a women's cut. Slightly fuller cut in the seat with a cotton panel insert. DELCO RRC logo.

Place your orders now. Merchandise will be available for pickup at Sunday fun runs and club meetings in 6-8 weeks.

DELCO RRC RUNNING WEAR ORDER BLANK			
Mail to: John Greenstine, 340 Kirk Lane, Media, PA 19063			
Telephone (215) 891-0806			
Name			
Address			
Phone number			
Unisex singlet	Women's singlet	Unisex short	Women's short
Quantity:	Quantity:	Quantity:	Quantity:
Size:	Size:	Size:	Size:
Total number of pieces ordered:			
Total amount enclosed at \$16.00 per piece:			
MAKE CHECKS PAYABLE TO "DELCO RRC." PLEASE DO NOT SEND CASH			

ROAD RACES - SPRING/EARLY SUMMER

Compiled by Bob Huggins

- April 25 Swain's 5K Run - Allentown, PA
Mid-Atlantic Grand Prix Race
Contact: Donna Yale
Swain School
1100 S. 24th St.
Allentown, PA 18103
433-4542
- Mental Health Assoc. 5K Run/Walk - Wilmington, DE
Contact: Marathon Sports
109 Ninth St. Plaza
Wilmington, DE 19801
302-654-6400
- April 26 New Castle County Police 5K - Wilmington, DE
Contact: John Lodge
305 S. Gray Ave.
Wilmington, DE 19805
- Hot Foot Half Marathon & 5K - Marmora, NJ
Contact: Bill Moreland
9 Braden Drive
Marmora, NJ 08223
609-390-8277
- May 3 Broad Street 10 Miler - Philadelphia
Contact: Joe Cook
Phila. Dept. of Recreation
CASE Bldg.
Belmont & South Concourse
Phila., PA 19131
685-0151
- May 9 Kennett Square 5K & 10K Runs
Contact: Mike Perna
P.O. Box 327
Kennett Square, PA 19348
444-0933
- May 10 Race for the Cure 5K - Phila. Art Museum
Contact: 829-1899
- May 15 D'Ignazio's Nottingham Inn 5 Mile & 5K Runs
Nottingham, PA
Contact: Marathon Sports
(See April 25)

- May 17 Kid Shelleens 5K - Wilmington, DE
 Contact: Kid Shelleen's 5K
 P.O. Box 7737
 Newark, DE 19714
 302-368-5684
- Upper Moreland 5 Miler - Huntington Valley
 Contact: Karl Hischmann
 659-3774
- Run for Rich 5 Miler - King of Prussia
 Contact: Dave Broida - 265-1071 or
 Don Gimpel - 630-6394
- May 31 Winterthur 5K - Wilmington, DE
 Contact: Winterthur
 Route 52
 Winterthur, DE 19735
 302-888-4600
- Bar/Provident 10K - Phila. Art Museum
 Contact: Manny D. Pokotilow, Esq.
 Caesar, Rivise, et al
 1635 Market St.
 12th Floor
 Philadelphia, PA 19103
- June 7 St. Anthony's 5K & 10K - Wilmington, DE
 Contact: Marathon Sports
 See April 25th

MULTI-SPORT SCHEDULE

Compiled by Bob Huggins

Biathlons

- April 26 Main Line Y Biathlon - Ardmore
 Swim: .5 miles, Run: 5 miles
 Contact: Anne Mitchell
 Main Line YMCA
 100 St. George Rd.
 Ardmore, PA 19003
 649-0700 (days)
- Cooper River Biathlon Series, Pennsauken, NJ
 Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
 Contact: Race Management, Inc.
 P.O. Box 462
 Collingswood, NJ 08108
 609-854-2234 (days)

- April 26 Schweizer's Biathlon Challenge, Wilmington, DE
Run: 2.1 miles, Bike: 16 miles, Run: 2.1 miles
Contact: Marathon Sports Event Management
109 Ninth Street Plaza
Wilmington, DE 19801
302-654-6400 (days)
- May 10 Rio Largo Biathlon Series #1 - Reading, PA
Run: 2 miles, Bike: 15 miles, Run: 2 miles
Contact: Precision Road Racing
P.O. Box 252
Leesport, PA 19533
926-4303
- May 17 Gateway Biathlon - Sandy Hook, NJ
Run: 2.7 miles, Bike: 18 miles, Run: 2.7 miles
Contact: NJ Sports
444 Ocean Blvd. North
Suite 165
Long Branch, NJ 07740
- May 23 Mountain Laurel Biathlon - Reading, PA
Run: 2 miles, Bike: 14.4 miles, Run: 2 miles
Contact: Precision Road Racing
See May 10th
- June 14 Rio Largo Biathlon - Reading, PA
Run: 2 miles, Bike: 15 miles, Run: 2 miles
Contact: Precision Road Racing
See May 10th
- Sporting Experience Summer Biathlon - Lahaska, Bucks Co
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: 794-8287
- June 20 Moonlight Magic Biathlon - Reading, PA
Run: 3.7 miles, Bike: 14.8 miles
Contact: Precision Road Racing
See May 10th
- June 28 Wilmington Trust Biathlon - Wilmington, DE
Run: 2.1 miles, Bike: 16 miles, Run: 2.1 miles
Contact: Marathon Sports
See April 26th

TRIATHLONS

- May 9 Southern Delaware Co. YMCA Triathlon - Aston, PA
Swim: .5 miles, Bike: 12 miles, Run: 5 miles
Contact: Mary Francis Reilly
Southern Delaware Co. YMCA
95 Concord Road
Aston, PA 19014
497-0670

- May 16 University of Delaware Fitness Triathlon - Newark, DE
Swim: 400 yards, Bike: 25K, Run: 5K
Contact: Mini Triathlon
Carpenter Sports Bldg.
University of Delaware
Newark, DE 19716
302-831-1437 or 302-831-6712
- May 30 Garden State Tinman - Bridgewater, NJ
Swim: .5 miles, Bike: 23 miles, Run: 10K
Contact: Frank Quinn
908-725-6373
- June 6 Thundergust Triathlon - Parvin State Park, NJ
Swim: 1 miles, Bike: 25 miles, Run: 10K
Contact: Ed Ciccone
609-753-1132
- June 7 Seaside Heights Triathlon - Seaside Heights, NJ
Swim: .25 miles, Bike: 20 miles, Run: 5 miles
Contact: Seaside Heights Fire Dept.
257 Sheridan Ave.
Seaside Heights, NJ 08751
908-793-7918
- Greater Delaware Valley Tri - Hatboro, PA
Swim: 1K, Bike: 25K, Run: 8K
Contact: Peter Brice
674-4545
- June 14 USTS Bud Light Triathlon - Wilmington, DE
Swim: 1.5K, Bike: 40K, Run: 10K
Contact: CAT Sports, Inc.
619-438-8080
- June 21 Marathon Sports Tri - Middletown, DE
Swim: .25 miles, Bike: 16 miles, Run: 5K X-country
Contact: Marathon Sports
See Biathlons - April 26th
- June 28 Blueberry Festival Triathlon - Hammonton, NJ
Swim: .5 miles, Bike: 19.4 miles, Run: 4 miles
Contact: Pro Pedal
684 S. Whitehorse Pike
Hammonton, NJ 08037
609-561-3030 or 561-8695

Late Additions

- May 2 American Heart Triathlon - Wilmington, DE
Bike: 12.1 miles, Run: 4.7 miles, Canoe: 3 miles
Contact: Jennifer Mackey
4-C Trolley Square
Wilmington, DE 19806
302-654-5269

May 3 Bill & Vieve Gore YMCA Kids' Tri - Newark, DE
Distances vary with age group (7-8, 9-10, 11-12)
Contact: YMCA of New Castle County
318 S. College Ave.
Newark, DE 19700
302-368-9173

June 21 Evergreen Lake Sprint Triathlon - Bath, PA
Swim: .25 miles, Bike: 12 miles, Run: 3.1 miles
Contact: Allyn Cutte
Lehigh Valley Triathlon Club
P.O. Box 21332
Lehigh Valley, PA 18002
437-6237

DELCO RRC MEMBERSHIP MEETING

Wednesday, March 25, 1992

Attendees: Tom Hirsch, President
Sam Brattini, Vice-President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Peggy Bobeck, Secretary
Elaine Russell Rick Magee
Terry Adamson Mike Duffy
John Greenstine Amy Binder
Mark Clatterbaugh Kathy Clatterbaugh
Bill Morgan Stan Cherium
Ron Grace Tom Watkins

Meeting was called to order at 7:48 P.M. by Tom Hirsch, President.

Minutes from last meeting were read by the Secretary and accepted as read. Bob Huggins

Treasurer's Report/ Fred Senderoff

Mellon/PSFS Checking Account \$2500.

Newsletter Editor/ Bob Huggins

Everyone should have latest newsletter by now. I am under the gun on the edition. Elaine Russell will be most of the newsletter with her many articles. Keep the articles and race results coming.

Team Coordinator/ Bob Huggins

Team placed third at Caesar Rodney Half Marathon on March 22

Paul Magalon	4th Overall	1:11
John Greenstine	Master Men	1:26
Larry Filtz	Open Men	1:21
Mark Oleynick	Open Men	1:22
Steve Whitmore	Open Men	1:24
Joan Potterfield	Open Women	1:33

Upcoming races with Team Competition

May 3 - Broad Street
May 10 - Race for the Cure

Send your entry form to Bob Huggins if you want to run on a team.

Membership/ Mary Lou Long N/P

Grand Prix Race Series / Tim Wade

Nine people have signed up to date.

Latest Results

Peggy Bobeck	113
Elaine Russell	103
Byron Mundy	49
Tim Wade	27

Old Business

Radical 5 Mile Run/Time Wade

Race forms are out. Bob and I will measure course soon. The race has many sponsors with backing from them. Volunteers will be needed on race day - call Tim, 449-7857 - P.M.

Dawn-to-Dusk

Terry related Bill has secured contracts with Sharon Hill track and facilities. He has also contacted EMT.

Women's Distance Festival

Motion was made by Fred Senderoff that DELCO RRC budget \$500 for the Women's Distance Festival and \$100 for the picnic. Seconded/ Bob Huggins. Passed.

DELCO RRC Picnic has Co-directors - Dot Kratch and Kathy Clatterbaugh

Jr. Olympics will be held on May 29 and 30 at Springfield H.S. track. Contracts with the Springfield H.S. have been submitted. EMT will have to be notified.

Tom Hirsch asked committee people if they would serve again this year.

Peggy Bobeck - Recording Secretary
Bob Huggins - Newsletter Editor
Bob Huggins - Team Coordinator
Mary Lou Long - Membership

Clothing For Sale/ John Greenstine

John purchased several singlets and shorts from Sub 4. Men's shorts and singlets are made of Cool Max & Supplex Women's Shorts and singlets are made of nylon and Cool Max. Fit is true to size. all made in USA. There are no discounts. Cost will be approximately \$15 for the singlet w/ imprint and \$16 for shorts w/ imprint. Discussion followed: Colors, Teal Blue w/ white imprint.

Bob Huggins will purchase more sweatshirts. Contact Bob.

Kathy Clatterbaugh will audit DELCO RRC books.

Stan Cherium stated on April 23 at Franklin Field, Phila. Long distance runs will be held in conjunction with the Penn Relays - admission will be free after 6 P.M.

Next meeting will be on Wednesday, April 29th in the Community Room at Springfield High School. Meeting will begin at 7:30 P.M.

Motion was made at 8:52 P.M. to adjourn by Bob Huggins/ Seconded Terry Adamson

Respectfully submitted,
Peggy Bobeck



MEMBER OF UNITED WAY

3rd annual 5 mile run and 2 mile fun walk

OFFICIAL SPONSOR: HERR'S SNACK FOODS

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

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

WHEN: Saturday, May 16, 1992 at 12 noon. May 17 rain date.

WHERE: In Ridley Creek State Park; 2606 acres of natural wilderness. Traffic-free, paved course and electronically posted finish. Event held in picnic area #8. Next to horse stables.

HOW: Enter by completing the entry blank. Call the Foundation at 497-1029 for further information or meet director, Joe Stefanowicz, at 485-3870. Mail entry blank to C.L.F., Kellianne Stefanowicz, 3325 Richard Road, Aston, PA 19014. Check payable to C.L.F. Tax exemption #23-2578139.

PRIZES: TEE SHIRTS to the first 150 entries.

PLAQUES \ MEDALS to first 5 male and female finishers in the run. Plaque to 1st masters male and female runner.

Random drawing of prizes including MERCHANDISE and DINNERS donated by merchants and restaurants.

GRAND PRIZE: AIR LINE TICKETS FOR TWO (round trip) to anyplace in the continental United States.

ALL PARTICIPANTS AND DONORS ARE ELIGIBLE FOR THE RANDOM DRAWING BUT MUST COMPLETE AN ENTRY BLANK.

JOIN US AND CELEBRATE LIFE WITH FRIENDS AND FAMILY!!!

ENTRY BLANK :one per person

NAME _____

CITY _____ STATE _____ ZIP _____

SEX _____ AGE _____ RUN _____ WALK _____

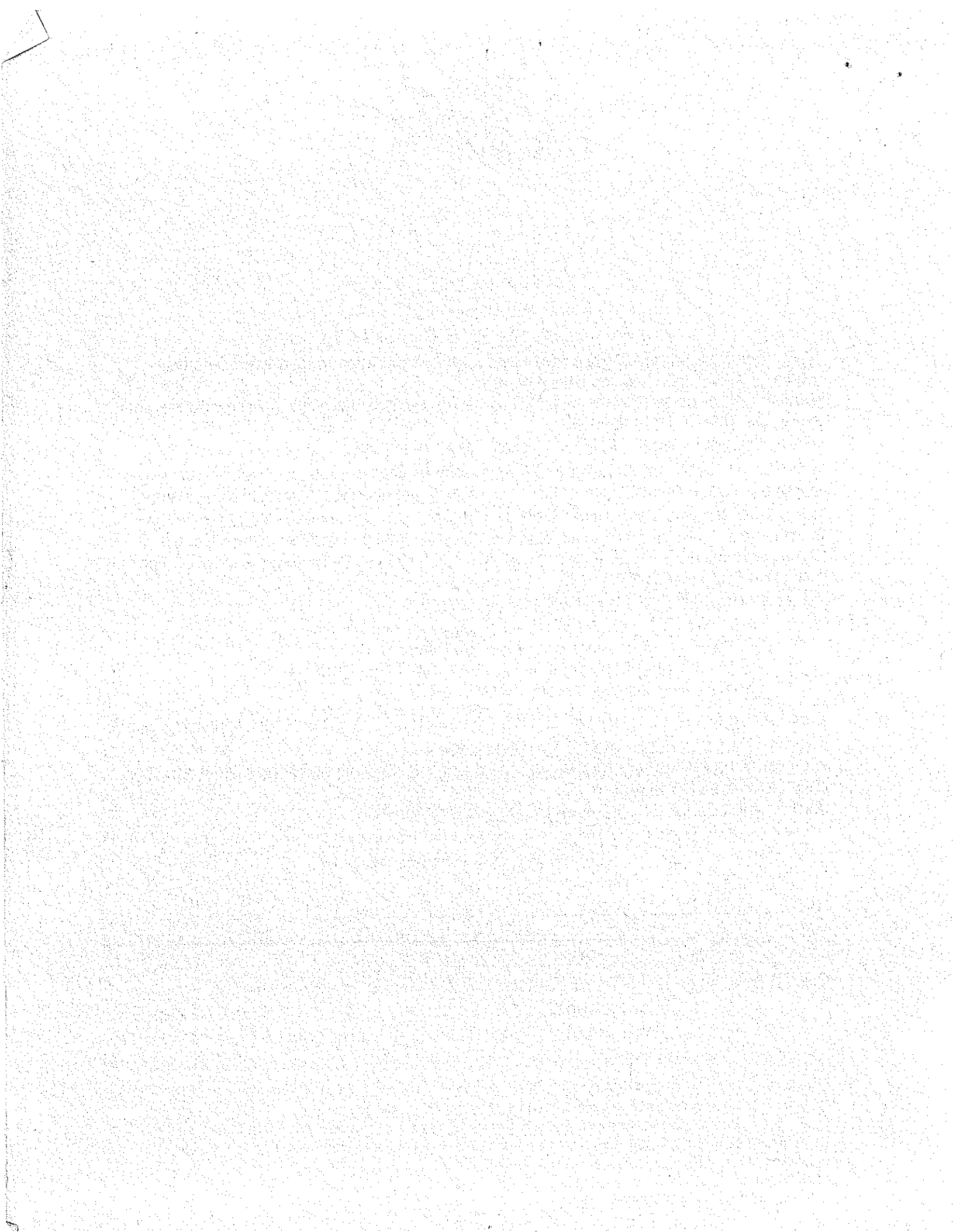
CHECK ONE: _____ adult/ \$10 donation/ \$8 if received by May 9
_____ child (under 13) \$6 donation/ \$4 if received by May 9
_____ am unable to attend but have enclosed a tax deductible

donation. I understand that my "entry blank" will be in the random drawing

RELEASE FORM: In consideration of the acceptance of this entry to the C.L. run/walk, I hereby for myself, heirs, executors and administrators waive and release all legal claims I may have against 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 I may experience travelling to or from the above event or during the event itself.

SIGNATURE: _____

(parent sign if under 18 years of age) DATE _____



The Glen Mills Schools 14th Annual 10K Firecracker Run



"The toughest 10 K around"

Running Time and Runner's Gazette

**Come Join Us And
Enjoy One Of The
Best Organized Races
In The Area**

Glen Mills Schools
Service to youth since 1826
C.D. Ferrainola
Executive Director

TAC Certified Course

#PA880006 RE

Course Record:

Steve Eachus

31:51, 1983

Kate Fonshell

38:21 1989

Date: Saturday, June 20, 1992

Time: 9:00 a.m.

Place: The Glen Mills Schools

Course: 6.2 miles over Historic Thornbury Twp.

Entry: \$4.00 before June 15, 1992

\$6.00 Post Registration

Post Registration Opens 7:40 a.m. and Closes 8:50 a.m.

Make Check payable to Glen Mills Schools

Send to: The Glen Mills Schools

c/o Don McNeal

Concordville, Pa. 19331

- Custom Car Display
- Family Entertainment
- Music From Scoundrel
- T-Shirts to the First 300
- Vocational Exhibits-Sales
- Vuarnet Sun Glasses To Overall
Female & Male Winners
- Food and Refreshments
- Ample Parking

Awards in the following age groups

13 and under

14-18

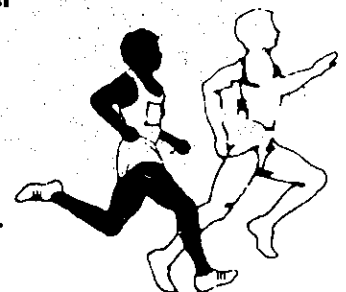
19-29

30-39

40-49

50-59

60 and over



Name _____

Address _____

City _____ State _____ Zip _____

Age on day of race _____ Sex _____

Circle Shirt Size: Small Medium Large X-Large

_____ If under 18 _____

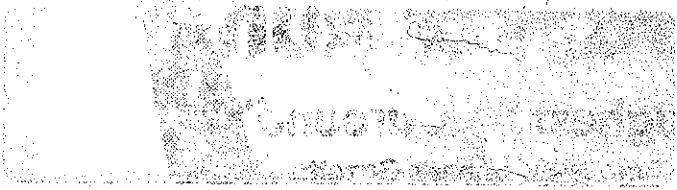
Signature

Parent's Signature

"In consideration of you accepting this entry, I hereby, for myself, heirs, executors or administrators, waive and release any and all rights and claims for damages I may have against THE GLEN MILLS SCHOOLS, their agents, representatives, or assignees for any and all injuries which may be suffered by me during my participation in this meet."

Runner's No. _____

.....RUN FOR FUN AND FITNESS.....



TO:

NON-PROFIT ORGANIZATION
U. S. POSTAGE PAID
PERMIT NO. 3
SHARON HILL, PA 19079

DELCO ROAD RUNNERS CLUB
POST OFFICE BOX 145
HOLMES, PA 19043

