

# *Keeping Contact*



*Newsletter of the Delaware County Road Runners Club*

January, 1992

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

## **OH, JEEZ!!**

By Tom Hirsch

Well folks, here we go again. Joe Nolan informed me I was elected President. I asked for a recount of the ballots, but he said they were destroyed in a flood that ravished Aldan. I'll have to read the local news more.

The good news is there is still hope for the club. Sam Brattini will remain as Vice-President (impeachment of the President should start immediately) and Fred Senderoff will keep the club treasury in check. Good job Fred and Sam! Thanks to everyone who sent their ballots in, we will try to keep the club on an even keel.

On a lighter note, I realize everyone can not make the club meetings. If you have a new concept or an opinion of what has been going on with the club, let us know and we will discuss it at the next meeting. So call, write or talk to Sam, Fred, or me at one of the Fun Runs. We would like to hear from you. And if you can get to a meeting, it will be good to see you. Have a good NEW YEAR and safe running year. Try trail running for a change of pace! Tim Wade knows some good ones. Thank you and have a good one.

Tom Hirsch  
97 Powell Rd.  
Springfield, PA 19064  
215-544-2280

Note: The Election Committee wishes to express their appreciation to everyone who voted.

## CLUB MEETING

The January club meeting will be held at our new President Tom Hirsch's home. The meeting will start at 7:45 on Thursday January 30th. If you don't know where Tom lives, call him at 544-2280. Don't forget to join us for the 6:30 fun run at the Springfield Library on Powell Road.

### KOERNER'S THANKSGIVING DAY VOLKSWANDERUNG

By Tom Hirsch

Thanks folks. You made a nice day into a great day. Eighty plus people came to enjoy the park and to help some folks in need. We collected approximately \$1,500 worth of food and money. The Emergency Food Center sent it's thank you in a letter that follows.

It appeared that everyone enjoyed the run or walk; we also had one biker. The raffle and refreshments went well. Many thanks to Regina Hardy, Sports Club director, and Maria Senderoff, Mary Kay representative, for the donations of products for the raffle. Thanks again to all who supported and helped out at the event to help the homeless, your are all great folks.

We are planning this event for next year and we would like your input. These are some of our questions.

1. Is Thanksgiving morning a good time? (Move to Sat., Sun., same weekend)
2. Should it be a Run Run, walk, etc. or should we look at doing a race?
3. Is there another charitable organization that helps the homeless we should consider?

This is a DELCO RRC event, so your thoughts are important. Please let me know your ideas and we will try to make this a great time every year. Thanks again.

December 5, 1991

Dear Members of the Road Runner Club:

The Central Delaware County Emergency Food Center located at St. Mark's United Methodist Church, would like to express their thanks for the gifts of canned goods and non-perishable food and a check in the amount of \$569.00.

Our Food Center operates on donations of food and money. Everyone who helps in our Food Center is a volunteer. Any proceeds that we receive is used to buy food or Gift Certificates (Pathmark or Acme) so that we are able to help the needy in our area. The areas that we serve are listed on the bottom of this stationery.

During the week of Thanksgiving we gave out 70+ turkeys and 5 bags of groceries to each of the 70 families.

Again, please accept our thanks and gratitude for the generosity of the DELCO ROAD RUNNERS CLUB.

Sincerely,  
Beverly Hunsberger, for Central Delaware  
County Emergency Food Center

Directly serving: Aston, Edgmont, Haverford, Marple, Media, Middletown, Morton, Newtown, Radnor, Rose Valley, Springfield, Swarthmore, Thornbury, Upper Providence, and sharing with the rest of Delaware County through the Ecumenical Caring Coalition.

## NOT-SO-TOTALLY HIDDEN TALENTS

By Amy Binder

DELCO ROAD RUNNERS come in all shapes, sizes, and abilities. Like snowflakes or sets of fingerprints, no two are alike. (Even though there is mounting evidence that Mark Clatterbaugh and John Greenstine are actually twins separated at birth.)

This diversity among members makes the club that much more interesting. Call it the spice of life -- or the reason why monthly meetings can sometimes last an eternity. Here are more than a few examples of what's so special about our members.

- \* Frances Dagle makes motherhood look easy. Days after giving birth, she's back to running, looking skinnier than ever.
- \* Kathy Adamson improves her race performance with consecutive nights of late parties and an excess of food and drink.
- \* Mary Metague can alter her pace to run as fast (or as slow) as whomever she feels like running with on any particular day.
- \* Mike Metague has a special training schedule for marathons; extreme rest broken only by short and infrequent fun runs.
- \* Byron Mundy can talk people into running races that double their normal training runs. (If you can run 3 miles, you can easily do a 10K. If you can run a 10K, you can definitely do a half marathon. If you can run...)

- \* Nan Sharpless completes races looking as good as, if not better than, when she started; perfect make-up and every hair in place.
- \* Bill Boselli can sweat more than any other living being.
- \* John Greenstine and Steve Whitmore make running look like the easiest thing in the world.
- \* Jim Miccolis uses his training runs to explore the mysteries of the universe.
- \* Maridel Whitmore has made more comebacks than almost any other DELCO runner on record.
- \* Bob Huggins has the ability to compete in whatever sport comes along. What will he do to top triathlons?
- \* Rita Jordan not only runs marathons, she does them (and qualifies for Boston) while injured. (Kids: don't try this at home.)
- \* Maureen and Bill Meyer often run more times daily than any rational person would even consider.
- \* Tom Hirsch has a special attraction of the animal kind: just ask him about all the stray cats and dogs he's collected during his runs.
- \* Kathi Clatterbaugh has a sensible approach to running. Run, go to breakfast -- or (a variation) run, go to dinner.
- \* Fred Senderoff contributes more than many to the club without actually doing any running with us. (Nice trick.)
- \* Mary Lou Boselli can color-coordinate running attire even on early Sunday mornings after late Saturday nights.
- \* Marcy Harper can run long and fast without seeming to bend her knees.
- \* Joe Nolan maintains total fitness (for a retired person) with spa workouts, bike rides, and training runs.
- \* Kenny Daws emerges once a year to stage the premier DELCO RRC event; the Media Five Miler. Then we don't hear from him again till the next year.

My apologies to any one I've overlooked. It was only for reasons of space, not lack of true talent. As it is, I can barely bring myself to mention my one and only running talent: the ability to change out of wet running clothes in public without showing any skin. Not only do I end up with warm, dry clothes -- I really bug Mary Metague, who can't seem to develop the knack no matter how hard she tries.

## NEW YORK CITY MARATHON

By Diane McManus

Last year, on my fortieth birthday--perhaps as a defiant statement of my arrival into the Masters' ranks--I ran my first marathon, entertaining, with a beginner's enthusiasm, dreams of qualifying for Boston. During a Jeff Galloway "Running Vacation," I ran a six-mile loop that included Heartbreak Hill, imagining what it would be like lined with crowds on a chilly April day. But an injury slowed down my already none-too-systematic training. When the clock read 3:50 at about 20 miles, ruling out the Boston Marathon, I can't pretend I wasn't relieved. But "this year will be different," I thought.

And this year was different. I began working with a coach, Russell Floyd, who taught me what real speed work was--and who clocked my first half-mile interval at 3:11, a speed I thought beyond my reach. More intervals. More PRs. Tougher work-outs. I felt like a real athlete--until a calf muscle pull in mid-August forced a three-week lay-off and sessions at the Delaware County Hospital Sports Medicine clinic.

By mid-September I had worked my way back to ten miles and was ready to try the Distance Run...carefully. My goal before the injury was to break 1:50, which I revised upward, so that I was happy to break two hours--and my old record--and still feel good afterward. PRs in the Golden Cradle 10K and in the Delaware Distance Classic raised my Boston hopes still more. After a hilly Northeast Road Runners' 25K in Pennypack Park, it was time to taper, take stock--and stock up on pasta.

As the day grew nearer, I realized that it wasn't just about getting a good time, although I wanted that. It was about enjoying the race, celebrating the fact that 25,000 people from all over the world would be sharing the streets and bridges of New York--and a goal.

At the staging area in Staten Island, the announcer greeted people in at least fifty languages, drawing cheers of recognition each time. People and colors abounded: three different color starts; many different color warm-ups, a rainbow of races, nationalities, and religions. A worship service was held for Christians, a minyan for Jewish runners. Other spiritualities were expressed on t-shirts and in hearts.

A "psyching team" gave solace to runners with last-minute jitters--a lovely idea. My own psyching team, though, had already been working...in Springfield during these group runs, at interval sessions with Russell, at my cousin's apartment where I was fed breakfast and ushered to a taxi at six in the morning. And during the day, all of New York became my psyching team.

I rode a torrent of cheers all the way through. Small children reached out small hands of many colors to "slap five." "Go Philly!" "Philadelphia! Looking good!" came the responses to my Philadelphia Distance Run shirt. (Wear something with your name or the name of your hometown, I was advised, and "Philadelphia" was very visible on my shirt. So was GEO on the back, so I occasionally heard, "Come on GEO!") In front of a Polish church, a woman called out in a thick accent, "Bravo Philadelphia!"

In the middle of the seemingly endless Queensboro Bridge, I caught sight of a band playing the theme from the film "Rocky." Striking the popular "running up the steps of the Art Museum" pose, I felt a fresh surge of energy.

But at 16 miles, a side stitch pressed into me like a sharp rust metal clamp. I'd walk, stretch, massage the left side, pray and run again. Finally, crossing into the Bronx, I made peace with the stitch. The 19-mile clock reported 3:03. I could walk home if I wanted and still get a personal best. But I wanted something more. Even if Boston was out, a dramatic improvement from 5:07 was not.

Besides, I wanted to reach the finish line and get pampered. In his lecture at the expo, George Sheehan remarked on how much more was demanded from the middle- and back-of-the-pack runners and quoted someone saying, "I beat Bill Rodgers. He gave up after only 2 hours and 10 minutes and I ran for over 4 hours." I picked up my pace as much as my (by then) leaden legs allowed. Note to myself: running the last 7 miles of a marathon is excellent weight training.

In the Bronx, a little boy handed me an Oreo cookie. In Harlem, children tried to hand me pieces of candy, but by that stage of the race my eye-hand coordination was deteriorating.

But what was that I saw from Harlem? Trees. Central Park. The road home, tantalizingly close. Arriving in Central Park re-energized me. So did the runner ahead of me who broke into a sprint at the twenty-one mile mark. Five miles to go. Why not?

Then twenty-five miles. Crowd in an uproar now. Drums banging somewhere. Whistles. I felt as if a vast parade was running through me and out the other side. I rode into the finish line on the tide of this energy--4:30:09--and, like the other thousands of finishers, was treated like a celebrity, wrapped in a space blanket, presented with finisher's medal, food, water, and finally (perhaps the best prize of all) the hugs and congratulations of family and friends.

No, my time did not get me to Boston (next year will be different...), but I worked hard for that 37 minute improvement and I was proud of it--and proud of the psyching team that made it possible; a psyching team that stretches on forever, forming a chain of family, friends, coach, co-runners, small strangers who hold out hands and candy on sidewalks--and everyone who nurtures the dreams of participants in the human race.

## THE PRAGUE MARATHON

By Stan Cherim

This summer I was fortunate enough to be in Czechoslovakia at the time of the Prague Marathon. There were about 800 runners from around the world, but no big names. This was Prague's second marathon since the "velvet revolution" and the fall of the Iron Curtain. The lack of big money prizes made this an enthusiastic "people's marathon."

I arrived in Bratislava (about 35 miles from the Vienna Airport) a week before the marathon. My job in Bratislava was to teach conversational English to the professors at the Slovak Technical University. It was all a great experience, but the immediate highlight for me was the trip to Prague.

I got in some good training runs in the hills that rim the Danube River around Bratislava. I got a cheap six dollar round trip bus ticket for the four hour trip to Prague. The trip from Slovakia through Moravia to Bohemia covered some interesting history and geo-politics.

Everything was conveniently located in the center of the old section of Prague - truly a beautiful city bearing almost no visible signs of the world wars. We picked up our packets on Saturday, the 6th of July, at the magnificent Town Hall in the Republic Square. Low key, efficient, and no expo. Plenty of time to bop around the old city on foot and see the many sights.

The German Clubs sponsored a "Nudel (noodle) Party" (i.e. spaghetti dinner) but I passed on that in favor of Hungarian Goulash. Early Sunday morning I made my way, by bus, to the famous Strahov Stadium - the largest in Europe with a capacity of over 100,000. The organization was solid and the international camaraderie was pleasant. Changing-rooms and bags for shipping your clothing to the finish line were available and we headed for the starting line for a 7:30 A.M. launch. Here I experienced a great thrill because the official starter, applauded enthusiastically, was Emil Zatopek, one of the most outstanding distance runners of all time - the guy who won the gold-medals in the 10K and Marathon at the '52 Olympics.

Well, we were off and it was a blast as it always is to be zooming ("zooming" he said? ha!) through the streets of old and exotic cities. Despite really tough aspects of dealing with 85 degree heat and humidity, and having to go 5K between water stops (featuring sweetened tea instead of Exceed), the event was wonderful. It took me almost four hours to cross the finish line in the center of the old city, but getting the special glass finisher's medallion (yup, glass not medal) eased the pain in my thoroughly kicked butt. If you can ever make it, I recommend Marathon Prague enthusiastically.

# RUNNERS ADVOCATE NEW YEAR'S DAY 5K

By Bob Huggins

Sometimes the New Year doesn't always start out the way you would like it. January 1, 1992 was one of those days. Overshadowing a number of good performances was the news that a 49 year old man collapsed and died while walking back to his car after he had finished the race. It put a real damper on what was otherwise a nice event and reminded those of us there of our own mortality.

A race did occur and there were some good, fast times on a crisp, not-too-cold winter day. Perennial Philly favorite Mike Patterson, now 38 and seemingly having lost little of his speed over the years, bested a field of 317 finishers with a fast 15:08. Another long time favorite, Jan Yerkes, dominated the women's field with a time of 17:00, good for 13th overall. DELCO finishers are as follows.

Larry Filtz	17:16	Bob Huggins	19:25
Dave Ferguson	18:30	Marianne Grace	20:01 (1st, 40-49)
Amos Mincin	18:34	Rita Jordan	21:21 (2nd, 40-49)
Mike Metague	18:37	Diane McManus	24:56
Ron Grace	19:02	D.A. Lewis	26:00

## RUNNING SHORTS

- \* Congratulations to Joe Santella and his wife on the birth of their first child, a daughter.
- \* Amos Mincin has been busy this past year. In addition to writing an article found elsewhere in this issue of KEEPING CONTACT, Amos ran 40 races in 1991 (after being injured last winter). Among his best performances are the following:

Athlete's Closet 5K	18:37
Mortonville Cow Chase 5 Mile	31:06.6
Run for Adoption 10K	38:32.5
Altoona, PA 15K	65:56
Marine Corps Marathon	3:25:00

- \* Who says running can't be profitable? On subsequent Sundays Byron Mundy and Tom Hirsch found \$5 and \$20 bills, respectively, at the Springfield Fun Run.



### THE ESSENCE OF RUNNING

IN THE BEGINNING, JOGGING WAS A RANDOM AND SPONTANEOUS WAY TO ENJOY AN EASY TYPE OF EXERCISE. NO PLANNING INVOLVED, JUST GO OUT AND PUT IN A FEW MILES, ANY TIME AT ANY EASY PACE. THUS BEGAN THE JOGGER.

BUT SOMETHING WAS MISSING, THE THRILL OF COMPETITION, AND THE SERIOUS TRAINING INVOLVED TO RACE COMPETITIVELY. THEN WAS BORN THE RUNNER. A DEDICATION TO VIGOROUS TRAINING, RECORDING MILES, MINUTES, CONDITIONS, FEELINGS AND OTHER DATA FOR THE LOG BOOK.

RACE DAY MORNING WITH HEART POUNDING IN ANTICIPATION AS YOU LINE UP AND WAIT FOR THE GUN TO GO OFF. THE STAMPEDE BEGINS AND IN THE EXCITEMENT YOU FIND YOURSELF RUNNING AT A PACE YOU KNOW IS TOO FAST TO MAINTAIN, YET IT FEELS EASY IN THE EARLY MOMENTS. THEN YOUR PULSE AND RESPIRATION MAX. OUT AND YOU FACE THE RISK OF CRASHING THROUGH THE ANAEROBIC THRESHOLD, SO YOU SLOW THE PACE TO A SANE SPEED THAT YOU CAN MAINTAIN IN ORDER TO GO THE DISTANCE. YOU ARE RUNNING ON THAT FINE LINE THAT SEPARATES MEDIOCRE AND EXCELLENCE. THEREIN LIVES THE COMPETITIVE RACER.

YET ANOTHER RUNNER DWELLS WITHIN, THAT IS THE SOCIAL RACER WHO CARES MORE ABOUT BEING AT THE RACES AND RUNNING A GOOD RACE BUT NOT CARING WHERE YOU PLACE IN YOUR AGE GROUP OR OVERALL FINISH AND TIME. PERSONAL RECORDS ARE A THING OF THE PAST, BUT THAT DOES NOT MATTER.

AND THEN WE COME ABOUT FULL CIRCLE AND END UP AS JOGGERS ONCE AGAIN. THEN IT DOESN'T BOTHER US TO BE CALLED JOGGER INSTEAD OF RUNNER. FOR WE HAVE BEEN THERE, EXPERIENCED THE THRILL OF VICTORY (SETTING P.R.'S AND POSSIBLY WINNING RACES) AND THE AGONY OF DEFEAT (DISAPPOINTMENTS IN OUR PERFORMANCES, BEING INJURED, LOSING). THEREIN LIES THE ESSENCE OF RUNNING.

Submitted by Amos Mincin

Le Grand Totals  
thru October

<u>Name</u>	<u>Fun Runs</u>	<u>Races</u>	<u>Service</u>	<u>Total</u>	<u>Missing Reports</u>
Bill Schultz	188	276	245	709	October
Ronnie Levy	0	568	0	568	none
Marvin Levy	0	532	0	532	none
Peggy Bobeck	234	134	155	523	none
John Greenstine	174	59	175	408	October
Stan Cherim	0	372	0	372	none
Amy Binder	136	0	220	356	October
Elaine Russell	106	150	75	331	October
Robert Huey	76	117	60	253	October
----- 250 points -----					
Tom Brazill	4	207	20	231	October
Tim Wade	60	63	105	228	none
Bob White	2	148	20	170	none
Michael Touhey	8	60	95	163	July ->
Linda Ciapanna	94	36	30	160	July
Tom Watkins	136	0	0	136	October
Joan Potterfield	0	72*	35	107	April ->
Mike Metague	36	48	0	84	April ->
Craig Muetterties	2	12	60	74	March ->
Bonnie Muetterties	0	32*	40	72	March ->
Mark Clatterbaugh	36	0	0	36	March->
Mary Metague	36	0	0	36	March ->
Gene Martenson	0	33	0	33	April->
Marylou Long	0	0	20	20	April->
Tom Tolañ	0	20*	0	20	January ???
Rick Jones	0	12	0	12	March->

\* Some race points selflessly reported by other Grand Prix participants at Boston Marathon, Penn Relays, etc.

## A Drug Therapy® Patient Guide

# Preventing Running Injuries

*This guide was prepared with the assistance of Dr Lee S. Cohen, Chairman of Sports Podiatry at the Delaware County Memorial Hospital Sports Medicine Institute, Drexel Hill, Pa, and Dr Anthony J. Cordisco, Staff Podiatrist at the Delaware County Memorial Hospital Sports Medicine Institute.*

**T**he average runner may take as many as 8,000 steps in a mile. Each step subjects the skeleton to as much as a thousand pounds of crunching force. Obviously, the foot alone cannot absorb all this pressure. Some of the force is distributed to the legs, knees, hips, and lower back. The resulting stress makes the bones and muscles in these parts of the body susceptible to running injuries.

Although running injuries are common, they are by no means inevitable. Most runners can avoid injuries if they wear the proper shoes, follow an adequate routine of warming up, stretching, and cooling down, and train sensibly. Whether you've been running for years or have just started, the advice in this guide can help you enjoy the rewards of running while avoiding serious injuries.

## Best Foot Forward

A person who runs properly lands first on the heel of the foot; then the foot rolls forward to the ball and the toe while turning slightly inward (called pronation). However, a person with "flat feet" tends to land on the heel and ball of the foot at the same time and to roll the foot inward excessively. This abnormal twisting motion causes the lower leg to turn inward as well, which can lead to knee injuries. Runners who have flat feet are also very prone to developing injuries of the arch of the foot, ankle, hip, and lower back.

People with stiff, high-arched feet, on the other hand, may not pronate enough to allow the impact

of running to be absorbed throughout the body. In runners with this type of foot, the feet and the outer part of the knee and hip bear the brunt of each step. These runners are prone to stress fractures (hair-line cracks in the bone) of the foot as well as pain on the outside of the knee and hip.

Fortunately, properly designed running shoes can usually compensate for both flat feet and high arches and decrease the chances of injury.

### **The Right Shoe**

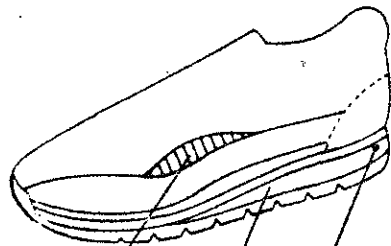
The wide array of brands and styles of running shoes available today

may be bewildering. A knowledgeable salesperson or sports-oriented doctor, such as a podiatrist (foot specialist) or orthopedist (bone and joint specialist) can help you choose a shoe specifically designed for your type of foot and running program.

The basic qualities to look for in a running shoe are shown in the drawings on p 128.

Depending on how much you run each week, running shoes must be replaced fairly often. For example, if you log 60 to 70 miles a week, you should replace your shoes every three or four months. Worn-out shoes, especially if the soles wear down unevenly, can be

# A Drug Therapy® Patient Guide

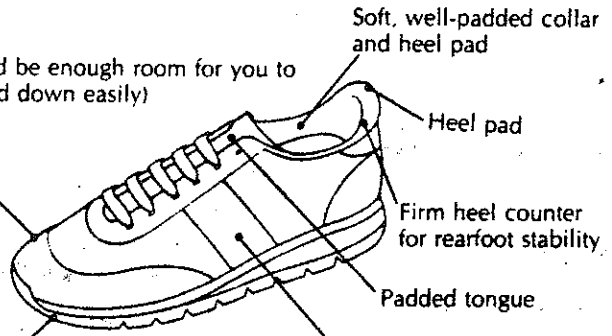


Arch support (sometimes called a cookie)

Flared heel

Wedge support from the heel to the ball of the shoe

Proper fit (there should be enough room for you to move your toes up and down easily)  
Flared, raised heel



Thick, cushioned outer sole to absorb shock and provide traction. The sole should not be too stiff, however, since it must bend at the ball of the foot.

dangerous because they no longer provide proper support and stability for the feet.

## Shoe Inserts

Some flat-footed runners may turn their feet inward to such a degree that good running shoes alone can-

not hold the feet in the correct position. A foot doctor can tell if you need to wear a shoe insert (called an orthotic) to help correct this problem.

Prescription orthotics are custom-designed from a mold of the foot. They can be taken out and worn in different pairs of shoes.

However, sometimes, over-the-counter shoe inserts can correct the problem at a much lower cost. CAPI™ (Cushioned Anti-Pronation Insert), for example, is available from sports-oriented doctors, while other types may be found in drug stores or stores that sell athletic equipment.

## City Streets, Country Roads

Hard surfaces and hilly terrain often play a role in causing running injuries. City dwellers are better off running on asphalt streets rather than on the harder concrete sidewalks.

However, running on streets poses other problems. Streets slope off from the middle, which creates an uneven running surface on the sides. Running on the side of the street puts extra strain on the leg that lands on the lower side of the street.

Although running in the flat middle portion of the street solves this problem, it is probably not a good

idea on a busy street. The best solution is to run on the gravel or dirt at the side of the road.

Also, city dwellers who run on or near highways or streets should run early in the morning or late in the evening to avoid rush-hour pollution and heavy traffic.

Although padded tracks provide an excellent running surface, circling in the same direction over and over can put excess force on the inside leg. You can avoid this problem by simply running in the opposite direction from time to time.

For country dwellers (or city dwellers who live near a park), dirt

trails or grass provide a good soft running surface. However, softer is not always better. For example, running on a beach can be dangerous. With each step, the heels sink down in the sand, putting stress on the calf and heel muscles.

Contrary to what you may think, running up hills is a safe form of exercise if you warm up and stretch your calf muscles beforehand. However, running down hills puts extra pressure on the feet and knees that could lead to injuries. For this reason, never run straight down a steep hill. Walk or run in an S or zig-zag pattern.

## Warming Up, Cooling Down

Most runners are eager to start recording mileage as soon as they lace up their shoes. However, to avoid injuries, a regular program of warming up and stretching before running, and cooling down and stretching afterward, is essential.

Warming up increases blood flow to the muscles and raises body temperature. This prepares the

muscles and joints of the legs for the strain of running. Warming up also primes the heart and lungs, which can help the runner avoid panting and tiring early into the run.

Your warm up routine need not be lengthy or boring. Three to five minutes (a little longer in cold weather) is all that is necessary. You can use any light physical activity

involving the legs and feet, such as jogging in place, walking followed by slow jogging, skipping rope, or slow jumping jacks, to warm up.

Cooling down after a run is also important to allow the heart rate to slow down gradually and body temperature to return to normal. Five to ten minutes of walking or very slow jogging is enough.

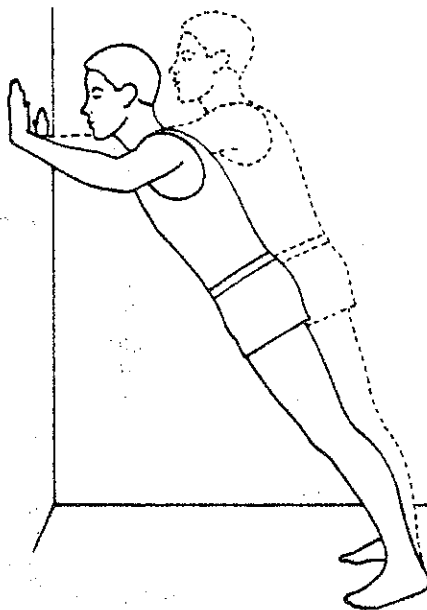
## Stretching

After you warm up, your muscles are pliable and ready to be stretched. Since flexible muscles can withstand the strain of vigorous exercise better than tight ones, stretching before running can prevent muscle fatigue, spasms, sprains, and strains. It's also important to stretch your muscles again after the cool down period to prevent them from tightening up.

The exercises pictured at right and on p 130 are designed to stretch the hamstrings (muscles in the back of the leg), calves, thighs, lower back, and ankles. For best results, stretch slowly and gently, keep breathing, and hold the stretch for ten to 15 seconds or more. Don't bounce, strain, or jerk the muscles, since this will only cause them to tighten.

Repeat each stretching exercise five times for each leg. This stretching program should add no more than five to ten minutes to your running routine.

Many studies have found that the



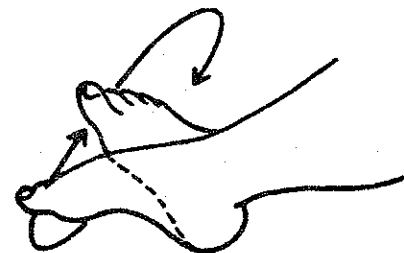
**Wall push-ups (calf and heel stretch)**

Stand 3 or 4 feet from a wall with your palms on the wall. Keep your back and legs straight and heels on the ground.

Then lean forward, bending your elbows as if doing a push-up.

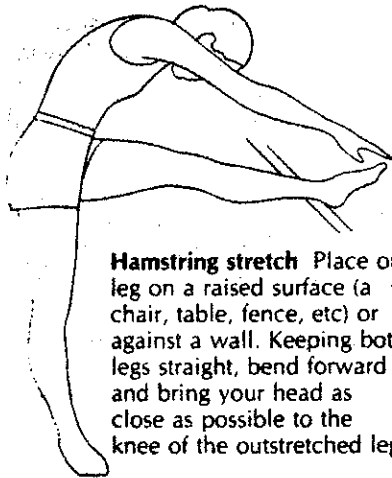
stronger an athlete is, the less likely he or she is to suffer an injury. Although running is an excellent aerobic sport that builds endurance, it does little to strengthen muscles. Likewise, the stretching exercises shown here are designed to make your muscles more flexible, *not* stronger.

Ask your doctor to suggest exercises to strengthen the hamstrings and other muscles. Bent-knee sit-ups, for example, are a safe way to strengthen the abdominal muscles.

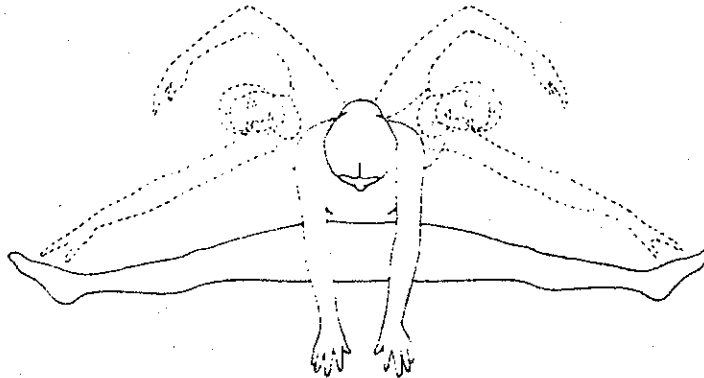


**Ankle circles** Raise your foot slightly in the air and rotate the ankle in a wide circle, first in one direction and then the other.

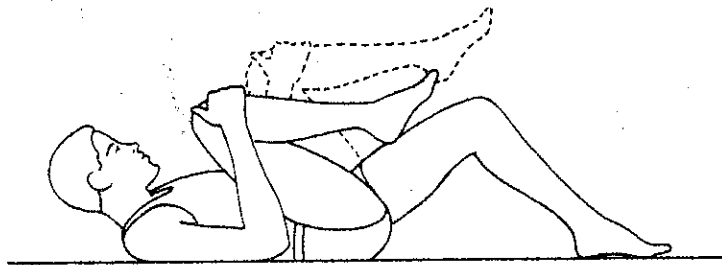
# A Drug Therapy® Patient Guide



**Hamstring stretch** Place one leg on a raised surface (a chair, table, fence, etc) or against a wall. Keeping both legs straight, bend forward and bring your head as close as possible to the knee of the outstretched leg.



**Side splits (inner thigh stretch)** Sit up straight on the floor with your legs as far apart as possible without straining. Bend toward the right leg, the middle, and the left leg, reaching as far as possible with your arms.



**Lower back stretch** Lying on your back with knees bent, use your hands to pull your knee to your chest.

## Off and Running

Some runners' ultimate goal is to run the marathon. Still others dream of running the marathon in under three hours. And many runners who don't race set personal goals. Although setting goals may make running more challenging and interesting, it may also cause you to push yourself too hard.

Indeed, doctors estimate that training errors, that is, either doing too much too soon or suddenly increasing mileage or speed, account for about six out of every ten running injuries. The key to avoiding these injuries is to give yourself enough time to reach your training goals.

If you are a beginning runner, start slowly and increase your running speed and mileage gradually.

The same advice holds true for more experienced runners who want to increase their mileage or better their times.

Fortunately, the body usually gives ample warning signals when you're training too hard. Fatigue that lasts long after a run, pain, soreness, or stiffness, and irritability or loss of interest in running are all signs of overtraining.

If you experience pain while running, for example, shin splints (pain in the front of the lower leg), a side stitch, or foot pain, stop running and walk home. Never try to "run through" an injury. You may be left with a more serious injury that will take weeks of rest to heal.

More serious warning signs include chest pain, pain in the arm or

throat, irregular heartbeat, breathlessness, or dizziness. If you develop any of these symptoms while running, stop running, rest, and call a doctor as soon as possible.

For most runners, the thrill of competing or the satisfaction of seeing improvement from week to week is worth an occasional aching muscle. But runners should know when to ease off to prevent small injuries from becoming serious problems.

Physicians may feel free to make photocopies of this *Drug Therapy*® Patient Guide and distribute them to their patients.

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## WINTER RACE SCHEDULE

- Jan. 25 King of Prussia 5 Miler (Upper Merion H.S.)  
Contact: Runners' Advocate  
5 Country Club Dr.  
Warrington, PA 18976  
343-5838 (7-10 P.M.)
- Jan. 26 Runners Advocate Winter 4 Miler (Plaisted Hall)  
Contact: Runners' Advocate  
See Jan. 25 - Runners' Advocate
- Sports East Snowball Series 10K (West Deptford, NJ)  
Contact: Browning Ross  
Sports East  
238 S. Broad St.  
Woodbury, NJ 08096  
609-845-1894
- Feb. 8 Athlete's Closet Winter Series 5 Miler  
(Goshen Village Shopping Center)  
Contact: Athlete's Closet  
1528 Paoli Pike  
West Chester, PA 19380  
692-4922
- Feb. 9 Sports East Snowball Series 5 Miler  
(West Deptford, NJ)  
Contact: Browning Ross - See Jan. 26
- Feb. 23 California Dreamin' 12K - West River Drive  
Contact: Pat Mc Closkey  
Racing Resources  
P.O. Box 299  
Warrington, PA 18976  
343-2407
- Mar. 1 Northeast Roadrunners Winter 10K Run - Plaisted Hall  
Contact: Joe Kraher  
NERRC  
815 Piermont Street Philadelphia, PA 19116  
535-6092

### Upcoming Races:

- Mar. 1 Collingdale 5 Miler
- Mar. 14 Springfield Rotary Club Shamrock Run 10K

## PHILADELPHIA MASTERS ASSOCIATION INDOOR TRACK MEETS

Feb. 2 Kutztown University (10:15 A.M.)  
Feb. 16 St. Joseph's University (9:30 A.M.)  
March 7 Haverford College (4:00 P.M.)

Meets are for men & women age 30 and over, except for Feb 2 where all runners, age 18 and older, are welcome. Please, no spikes.  
Contact for all meets:

Pete Taylor  
3120 School House Lane - JA9  
Phila., PA 19144  
842-3807

## MULTI-SPORTS NEWS

By Bob Huggins

The big news on the local multi-sport scene will be the long awaited arrival (after 10 years) of the Bud Light USTS Triathlon Series to the Delaware Valley, on June 14th. The series will touch down in Wilmington, Delaware for the standard "Olympic Distance" race of a 1.5K swim, 40K bike, and 10K run. The exact course is unknown as of this time, but you can bet your bottom dollar that the bike course will be hilly. The Wilmington race replaces the Baltimore, Maryland race which is being phased out after seven successful seasons. Expect a top pro and amateur field and entries which could top 1,000 participants. Who knows, maybe even ESPN will show up.

Given Wilmington's proximity between New York and Washington, D.C. and past experience in Baltimore, this race should sell out during the Spring.

For more information about this race and other USTS series races, contact:

CAT Sports  
Bud Light Triathlon Series  
5966 La Place Ct. #100  
Carlsbad, CA 92008  
619-221-5555

Race Notes: Oops, we overlooked Rolf Dehmel's 3rd place age group finish at the tough and prestigious Wilkes-Barre Triathlon in September.

The Community Y has announced that its 7th Annual Swim/Run Biathlon will be held on April 12th. Distances are a half mile swim and 5 mile run.

**COMING TO THE MIDWINTER MIXER?  
WE NEED YOUR FACE**

LET'S HAVE SOME FUN AT THE MIDWINTER MIXER.

BRING ALONG PHOTOS OF YOURSELF  
AND  
WHOMEVER IS ATTENDING WITH YOU.

It doesn't have to be fancy, any size, color or b&w.  
We'll take it from there.  
What will we do with those pictures?  
If you were at last year's party,  
you know it'll be different and fun!

Bring a photo. Be prepared. Don't say we didn't warn you.

The Social Committee: John Greenstine & Marianne Grace



if you don't come to the Delco RRC

# MIDWINTER MIXER

you'll miss out on a

## LAVISH BUFFET DINNER

and a great party that will go on without you with a

## LIVE DJ AND CASH BAR

and all your old friends and the new acquaintances you could make for

## WILD, HOT ADULT FUN

that won't happen here but what you do at home is your business plus

## NEW LOW PRICES

make it impossible for you to do anything better with your time on

# FEBRUARY 8, 6:00PM LOG CABIN INN, MEDIA

Baltimore Pike, just north of the Granite Run Mall

The Midwinter Mixer sounds great! Please reserve \_\_\_\_ places for me, at the low, low price of \$20.00 per person. My check is made out to "DELCO RRC."

**BABYSITTER DISCOUNT FOR MEMBERS: \$5.00 PER PARENT HIRING A BABYSITTTER!**

Reservations must be in by January 27, 1992.

Name of reservation: \_\_\_\_\_

Telephone number: \_\_\_\_\_

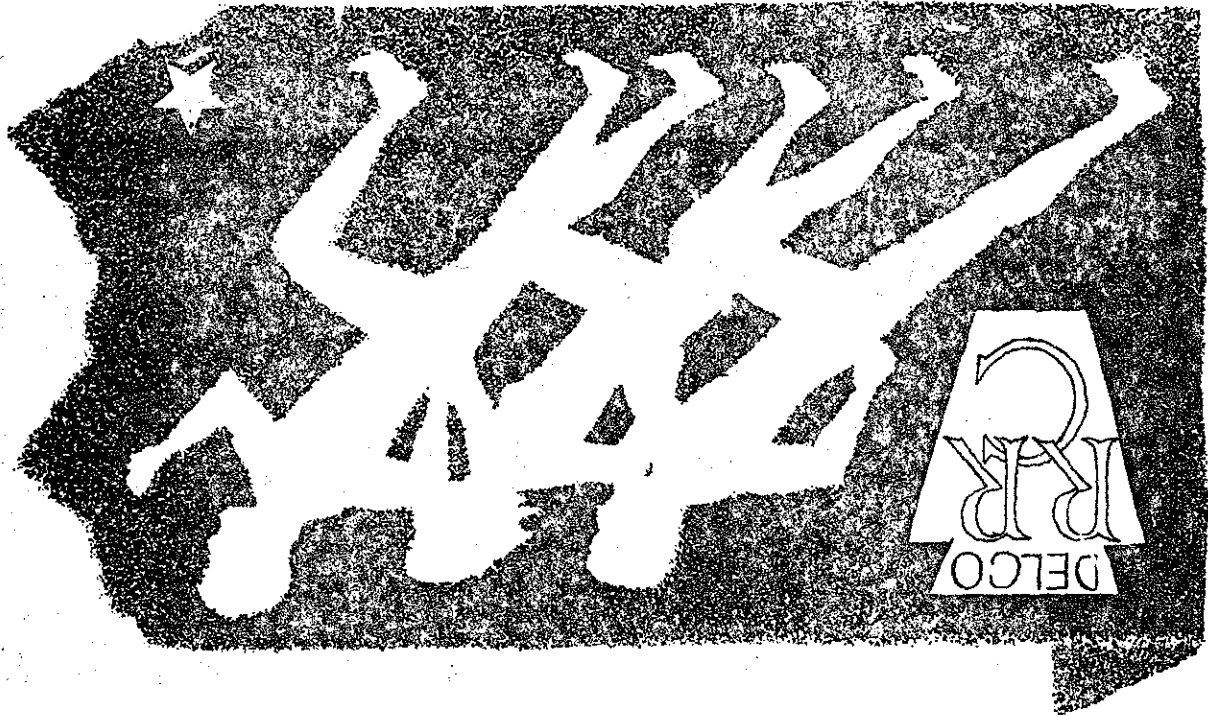
Number of people at \$20. per person: \_\_\_\_\_

Deduct \$5.00 per parent hiring a babysitter. Total enclosed: \_\_\_\_\_

Occupation (s) or job description of attendees: \_\_\_\_\_  
(for a fun activity at the Mixer)

Return all reservations and checks to: Marianne Grace, DELCO RRC, 254 Bryn Mawr Ave.,  
Lansdowne, PA 19050. Info: John Greenstine, 891-0806.

**A CASUAL DRESS AFFAIR**



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RUN FOR FUN AND FITNESS.....