

Keeping Contact



Newsletter of the Delaware County Road Runners Club

July, 1992

Editor: Bob Huggins President: Tom Hirsch Publisher: Rita Senderoff
Submit articles to: Bob Huggins 408 Pershing Avenue Collingdale, PA 19023

POST-RACE FOOD COMMENTARY

By Elaine Russell

Did you ever really pay attention to the foods and drinks that are provided after races?

Recent offerings at races I've attended included baked cakes and muffins, cookies, potato chips, fruit, "smoothies," vegetable tempura, hamburgers, soft pretzels, sodas, and frozen yogurt.

Granted, fruit is a viable choice for those who are health-conscious. But if you are a migraine headache sufferer, you better forego those bananas!

Soft pretzels provide lots of carbohydrates, but watch out for that salt!

Often touted as okay because it is "low-fat," there is still plenty of sugar in frozen yogurt (or perhaps, in some brands sugar substitutes --- which is worse?). (It is a matter of opinion whether this, or any other dairy product for that matter, is good for you.)

If you are not concerned about what you eat, eat to your heart's content.

If you are interested in controlling your weight and/or maintaining good health, runner beware!

LETTERS, WE GET LETTERS

Dear DELCO,

I have been a member of your organization for several years and have been fairly pleased with the club until recently.

I would like to know why you publish a monthly newsletter for all of the members of the club, but only publish the names of a select few members who have competed in area races? As far as I know, I am still competing in various races, I still have the same name and, as of yet, have not become so slow that my name no longer appears in the same place in the results. In fact, I have competed for DELCO RRC as a team member and my name still doesn't appear in the newsletter.

Last year, I completed my third Boston Marathon with a time of 3:15. I was one of several DELCO members who completed the race. However, neither my time or my name appeared in the article.

In January, I completed the Icicle 10 mile run in Wilmington. Not only did I finish the race, but I placed in my age group. Neither my time or name appeared in the article last month.

In March I competed as a team member in the Caesar Rodney Half Marathon, I'm sure you get the picture by now..no name, no time.

I do not mean to come off as an egomaniac looking for my name in print every month, but I feel that I work very hard for my results and deserve as much credit as everyone else in the club. If your purpose is to recognize only certain members, then you should only have those members in your club. If the rules have changed and the members are now responsible for sending in their own times, then please let me know. Otherwise I think you should take a look at how you recognize all of your members, not just a select few.

Sincerely,
Liz McDermott

Dear Liz:

Thanks for your letter. Because of the size of our club (approximately 290 members), it just isn't realistic to expect that all club members will know one another at the various races. In fact, I've sometimes been at races and didn't even know that some of our club members were competing. As a volunteer organization, we depend on members to write stories about races in which they compete and, to the extent possible, include the names and finishing times of those club members who participated. Unfortunately, because our race reporters (including yours truly) don't always know which club members are participating in any given

race, names and times can be omitted. The easiest way to remedy this situation is for club members to send in their times to KEEPING CONTACT. I guarantee we will publish any times which you submit to us. Be sure to include any special recognition such as age group awards, etc. as well. Better yet, if you are so inclined, become a race reporter and write up those races in which you've participated. You can send your results/stories, etc. to Bob Huggins, 408 Pershing Ave, Collingdale, PA 19023.

To Whom It May Concern:

I just received the 5/92 copy of the Newsletter. Unfortunately it came after the May meeting. If possible, could notification be given 10 days before a meeting, enabling someone who wishes to attend to do so. I would have liked to have attended this meeting.

Thanks,
Eph Samit
Ardmore, PA

P.S. I think its nice you name DRRC finishers at races.

Dear Eph:

Thanks for your concern. We have tried, with varying degrees of success to get the newsletter in the hands of our members on a timely basis. It does take time to write, edit, type and produce the newsletter. Additionally, we use 3rd class mail to send our newsletter. This saves the club money, but it can result in sometimes erratic delivery times for certain mailing addresses. For the benefit of interested club members like yourself, here is the listing of remaining club meeting for 1992. All meetings are held at the Springfield High School Community Room, at 7:45 P.M. unless otherwise noted. It is a good idea to check with club president Tom Hirsch (544-2280) to confirm.

Upcoming DELCO RRC Meetings:

Wednesday, July 29, 1992
Wednesday, August 26, 1992
Wednesday, September 30, 1992
Wednesday, October 28, 1992
Tuesday, November 24, 1992
Wednesday, December 30, 1992

THIRD ANNUAL CELEBRATE LIFE 5 MILE RUN/2 MILE WALK

Submitted by Joe Stefanowicz

5/16/92

58 degrees -cloudy

1. Paul Miller	27:25	*1st Male - Course Record
2. Rich Jacovini	28:12	
3. Chas Frassoni	28:16	
4. Bob Schillot	28:42	
5. Brian Driscoll	28:55	
6. Jack Myers	30:17	
7. Mike Metague	30:51	*1st Male Masters
8. Dave Ferguson	31:13	
9. Amos Mincin	31:28	
10. Tom Smith	32:28	
11. Bob White	32:58	
12. Joan Potterfield	33:29	*1st Female Course Record
13. Peter Vishton, Sr.	33:48	
14. John Delcollo	33:57	
15. Mike Donnelly	34:20	
16. John Lauser	35:32	
17. Ariesh Patel	35:46	
18. Marshall Hamilton	36:45	
19. Carolyn De Giambattista	37:30	*1st Female Masters
20. #388	37:44	
21. Rita Jordan	37:56	
22. Joe Hogan	39:06	
23. Joe Frinaro	43:25	
24. Donna Deucel	43:39	
25. Bill Caulfield	43:52	
26. John Dorsan	44:11	
27. Bob Quillen	45:29	
28. Elaine Russell	47:57	
29. Frank Ford	48:55	
30. Jim Doherty	54:45	

Additionally, there were about 25 walkers.

RUN FOR THE HILL OF IT

Club member Joe Anderson informs us that the 5th annual "Run for the Hill of It" will be held along the Wissahickon Creek on July 25th. The race benefits Brett Dieter a former student in the Haverford Township School District, where Joe is employed. Brett has a severe medical problem which requires a double lung transplant; proceeds from the race will help defray Brett's medical expenses.

For those of you looking for a shaded, summer racing course, this may be the race for you. For more information and an entry form contact:

Michael Durkin
366 Thornbridge Rd.
Levittown, PA 19054
215-889-2885

RUNNER'S WORLD MAGAZINE TO SPONSOR HISTORIC
CROSS COUNTRY MARATHON FOOTRACE

The "Runner's World Trans America Footrace"
Ultimate Test of Running Endurance

EMMAUS, PA., May 14, 1992 - Runner's World magazine, the world's premier publication for the active runner, announced today plans to sponsor an historic, 3000 mile, 64 day cross country race competition challenging the endurance, skill, and performance of twenty-five International ultra-marathon runners.

THE RUNNER'S WORLD TRANS AMERICA FOOTRACE, scheduled to begin in Huntington Beach, California on June 20, will take participants through 14 states over a 64 day period, with athletes covering a grueling 30 to 60 miles per day. Similar to the world-renowned Tour de France bicycle race, THE RUNNER'S WORLD TRANS AMERICA FOOTRACE will be held in stages, with competitors being awarded a yellow singlet at a special ceremony for winning a stage of the race. The race will end with a glorious finish line event in New York City's famed Central Park on August 22nd.

"THE RUNNER'S WORLD TRANS AMERICA FOOTRACE represents the true spirit of running and competition," says George Hirsch, publisher of Runner's World Magazine. "These athletes will be participation in an event that is certain to capture the attention of the American public as well as a worldwide audience. Everyone will want to demonstrate their support for these pioneering individuals."

He notes that the field of 25 athletes represents 7 countries and 16 states. "No matter where you are from, this race is certain to capture the drama of the best of sports competition. We are proud to have the opportunity to support an event of such enormous global magnitude."

THE RUNNER'S WORLD TRANS AMERICA FOOTRACE, sponsored by Runner's World and organized by the Ultramarathon Runners' Association, represents a link to the early roots of endurance and marathon running of the 1920's, when a promoter known as Cash and Carry Pyle staged the first of two such ventures known as the "Bunion Derbies."

Since that time, several attempts to revive the transcontinental challenge have been made, with the latest being 1985, when a two man match race for charity was held.

Among the field of leading competitors for THE RUNNER'S WORLD TRANS AMERICA FOOTRACE is New Jersey's Marvin Skagerberg, winner of the 1985 race across the country, and, Englishman Malcolm Campbell, his rival in the '85 event. Other top entrants include Al Howie, record holder for the Trans Canada run (4,560 miles in 72 days, 10 hours, 24 minutes); Marshall Ulrich, record holder for the Badwater 146 from Death Valley to Mount Whitney (33 hours, 54 minutes); and, Marty Sprengelmeyer, 2nd place finisher in the 1991 Sri Chinmoy 1300 mile Ultimate Ultra (17 days, 16 hours, 38 minutes).

Hirsch added that in addition to a strong field of competitors, local running groups and runners will be encouraged to join the field during each stage of the race to experience the challenge and excitement of distance running at its highest level. "We want everyone who enjoys the sport of running to be a part of this extraordinary competition."

According to Jesse Riley, Race Director, "THE RUNNER'S WORLD TRANS AMERICA FOOTRACE is a unique opportunity for both its participants and spectators. This challenge is what running is all about."

Locally, the race will pass through Lancaster, PA, Kutztown, PA and Washington, NJ on August 20th, 21st and 22nd, respectively. If you would like to volunteer your services for the race, or even run along during one of the stages, send a self-addressed stamped envelope to:

Runner's World Trans America Footrace
33 E. Minor Street
Emmaus, PA 18098
or call: 215-967-7760

COMMUNITY Y BIATHLON

By Bob Huggins

The Community Y Biathlon, in many respects, is a lot tougher than it looks. After a half mile swim in the Y's pool, biathletes run 5 miles through the streets of Lansdowne. With a maximum of 12 competitors in each heat, the run becomes a time trial. Often times, runners have no one in sight and must push from within. Novice multi-sport competitor and DELCO RRC member Ron Grace apparently had no such problems as he broke the 50 minute barrier on his first try and placed 3rd in the men's 40-49 age group. This was only fitting since Ron's wife, Marianne, was the original race director and Ron, himself, laid out the current run course.

Although no course records were broken, race winners Paul Miller and Kathleen Mc Gough sailed through the course in quick times of 39:57.6 and 47:55.8, respectively. Miller's time was even good enough to beat the first relay team (40:10.4).

DELCO finishers and their times are shown below:

NAME	SWIM TIME	TOTAL TIME
Bob Huggins	14:12	49:25.5
Ron Grace	15:29	49:49.7
John Albright	14:41	52:12.5
Joann Murphy	15:30	58:30.5
Peggy Bobeck	21:29	1:11:51.9

MULTI-SPORT NEWS

- * The popular Brandywine Fox Hunt Triathlon sold out its first year and will be expanding the number of entries this year from 400 to 600. The race features a half mile swim, 12 mile bike and 3 mile run cross country run and will be held on Saturday, September 26th. This is an excellent race for novices; a training schedule developed by race director John Hall may be found elsewhere in this issue of KEEPING CONTACT. For an application, send a SASE to Hall at:

Brandywine "Fox Hunt" Triathlon
Brandywine Hospital Foundation
Route 30 Bypass
213 Reeceville Road
Coatesville, PA 19320-1536

- * Bob Huggins traveled to Allentown on March 21st for the Lehigh Valley Triathlon Club's Parkway Biathlon, a 2 mile run, 8.5 mile bike, and 2 mile run on a cold, windswept and hilly course. Bob's time was 57:57.

Training for a Short Course Triathlon
 1/2 mile swim, 14 mile bike, 3 mile run
 A 12-Week Program
 by John L. Hall, Triathlon Race Director
 S - Swim, B - Bike, R - Run, J - Jog

TOTAL	WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
S-25 laps B-10 miles J- 1 mile	1	J-0.5 mile	REST	S-25 laps	REST	J-0.5 mile	B-10 miles	REST
S-50 laps B-20 miles J- 1 miles	2	S-25 laps J-0.5 miles	REST	B-10 miles	REST	B-10 miles J-0.5 mile	B-10 miles	S-25 laps
S-50 laps B-20 miles J- 2 miles	3	REST	J-0.5 mile	S-25 laps	REST	B-10 miles	S-25 laps J-0.5 mile	B-10 miles J-1 mile
S-50 laps B-40 miles J-2 miles	4	REST	S-25 laps J-1 mile	B-15 miles	REST	B-15 miles	S-25 laps	B-10 miles J-1 mile
S-50 laps B-45 miles R- 4 miles	5	REST	S-25 laps J-1 mile	B-15 miles	J-2 miles	B-15 miles	S-25 laps	B-15 miles R-1 mile
S-50 laps B-45 miles R-4 miles	6	REST	S-25 laps R-1 miles	B-15 miles	R-2 miles	B-15 miles	S-25 laps	B-15 miles R-1 mile
S-64 laps B-55 miles R- 5 miles	7	REST	S-32 laps R-1 miles	B-15 miles	R-2 miles	B-20 miles	S-32 laps	B-20 miles R-1 mile
S-64 laps B-55 miles R- 5 miles	8	REST	S-32 laps R-2 miles	B-15 miles	R-2 miles	B-20 miles	S-32 laps	B-20 miles R-1 mile
S-82 laps B-55 miles R- 5 miles	9	REST	S-32 laps R-2 miles	B-15 miles	R-2 miles	B-20 miles	S-50 laps	B-20 miles R-1 mile
S-100 laps B-55 miles R- 5 miles	10	REST	S-50 laps R-2 miles	B-15 miles	R-2 miles	B-20 miles	S-50 laps	B-20 miles R-1 miles
S-100 laps B-65 miles R- 5 miles	11	REST	S-50 laps R-2 miles	B-20 miles	R-2 miles	B-20 miles	S-50 laps	B-25 miles R-1 mile
S-100 laps B-70 miles R- 6 miles	12	REST	S-50 laps R-2 miles	B-20 miles	R-2 miles	B-25 miles	S-50 laps	B-25 miles R-2 miles

During race week decrease distances of last training week by 1/2 for Monday, Tuesday, Wednesday and rest until race day. 1 lap equals 25 yards.
 Slow Pace: 50% of maximum heart rate - Approximately 80-110 beats/min.
 Moderate Pace: 60% of maximum heart rate - Approximately 96-132 beats/min.

The 12 week program guide is suggested for those who wish to enter a short course triathlon and already exercise at least 1/2 hour per day for 4 days a week. This program should be used as a guide ONLY. Please consult with a physician before beginning this or any exercise program.

DELAWARE BUD LIGHT TRIATHLON

By Bob Huggins

Remember the old saying, "Seeing is believing?" Such could have aptly described the very first Bud Light Triathlon Series race to hit the Delaware Valley. After a full 10 years of races in various locations around the country, the Bud Light Series touched down in Lums Pond State Park, near Newark, Delaware. Previously, the race had been held in Baltimore, but city support dried up and another venue had to be secured. Lums Pond State Park, for the most part, proved to be a superb location for the race.

Like I said, "seeing is believing," and the sight of approximately 1,700 triathletes from 30 states was truly a sight to behold. The single transition area, with row upon row of bike racks, was even bigger than the Hawaiian Ironman. The difference was how the race was conducted. Instead of a mass swim start, there were approximately 15 different waves, based on age groups. I didn't even begin swimming until both the pro men and pro women had finished their swims and were away on their bikes! The 1500 meter swim was triangular in shape and well marked. Waves started 5 minutes apart, so the kicking, pushing and clawing were pretty well kept to a minimum.

The bike course, although probably a good mile and a half short of the advertised 40K (24.8 miles) was, in a word, great. There were numerous draft marshals on motorcycles, the most I've even seen in a race, so the racing was pretty clean. With the exception of one minor hump, the course was pancake flat. I'd go back to this race for the bike course alone; it's a personal favorite...flat and fast!

The run was cross country style. In terms of steepness, I've run much tougher courses, but this relatively flat course had extremely uneven footing for most of the first five miles. I made the mistake of wearing racing flats and paid dearly for my choice; training shoes would have made much more sense. Only the final mile of the 10K course was on asphalt roadway.

Besides myself, fellow DELCO members Gene Martenson and Craig Muetterties participated, with Bonnie Muetterties helping out at the finish line. Among the "name" pros were Scott "The Terminator" Molina, Jimmy Riccitello, Brooks Clark, Joy Hansen, Jan Ripple, Lisa Laiti and Carol Montgomery, among others. This was an amazingly well produced race for its inaugural running in Delaware and would be well worth your consideration next June.

MULTI-SPORT SCHEDULE

Compiled by Bob Huggins

July - August

BIATHLONS

- July 5 Cooper River Biathlon Series - Pennsauken, NJ
Run: 3.7 miles, Bike: 15 miles
Contact: Chuck Sellers
Race Management, Inc.
P.O. Box 462
Collingswood, NJ 08108
609-854-2234
- Rio Largo Biathlon - Reading, PA
Run: 2 miles, Bike: 15 miles, Run: 2 miles
Contact: Precision Road Racing
P.O. Box 252
Leesport, PA 19533
926-4303
- July 19 YWCA Biathlon for the Homeless - Wilmington, DE
Run: 4 miles, Bike: 22.1 miles, Run: 3 miles
Contact: Sonia Sloan
YWCA of New Castle County
233 King St.
Wilmington, DE 19801
302-658-7161 (days)
- August 1 Hot City Nights Biathlon - Reading, PA
Run: 2 miles, Bike: 14.4 miles, Run: 2 miles
Contact: Precision Road Racing
See July 5th listing
- August 23 Pike Creek Sports Medicine Biathlon Challenge
Wilmington, DE
Run: 2.1 miles, Bike: 16 miles, Run: 2.1 miles
Contact: Wayne Kursh
Marathon Sports Event Management
109 Ninth Street Plaza
Wilmington, DE 19801
302-654-6400 (days)

TRIATHLONS

- July 18 Corkscrew Team Triathlon - Reading, PA
Run: 3.1 miles, Bike: 6.2 miles, Swim: 300 yards,
X-Country Run: 2 miles (4 person teams)
Contact: Precision Road Racing
See Biathlons July 5th listing

- July 18 Vincentown Sprint Triathlon - Vincentown, NJ
 Swim: 1/4 mile, Bike: 15 miles, Run: 5K
 Contact: Chuck Sellers
 See Biathlons, July 5th listing
- July 25 Sunset Lake Sprint Triathlon - Bridgeton, NJ
 Swim: .5 mile, Bike: 15.5 miles, Run: 5K
 Contact: L & M Computerized Sports
 7 Westwood Drive
 Mantua, NJ 08051
 609-468-0010 (days)
- August 1 Brigantine Island Triathlon - Brigantine, NJ
 Swim: .25 mile, Bike: 11 miles, Run: 4 miles
 Contact: Atlantic Tri Club
 P.O. Box 644
 Brigantine, NJ 08203
 609-266-5732 (days)
- August 2 Fairmount Park Classic - Phila., PA
 Swim: 1.5K, Bike: 40K, Run: 10K
 Contact: L & M Computerized Sports
 See July 25th listing
- August 9 Philadelphia Triathlon - FDR Park, South Phila.
 Swim: 800 yds, Bike: 12 miles, Run: 4 miles
 Contact: Sally Rogers
 American Cancer Society
 1422 Chestnut St.
 Phila., PA 19102
 215-665-2901 (days)
- August 29 Bud Light Philadelphia Triathlon - Phila., PA
 Swim: 1.5K, Bike: 40K, Run: 10K
 Contact: Reinke Sports, Inc.
 1177 Louisiana Ave.
 Suite 101
 Winter Park, FL 32789
 407-647-4222 (days)

ROAD RACE SCHEDULE - JULY & AUGUST

- July 2 1992 Summer Sizzler Road Race 5K
 West Deptford Recreation Park, NJ
 Start: 7 P.M.
 Contact: Browing Ross
 306 W. Centre St.
 Woodbury, NJ 08096
 609-845-5061

- July 4 Pitman Freedom Four Mile Race - Pitman, NJ
 Start: 9:15 A.M.
 Contact: Pitman Recreation Committee
 110 S. Broadway
 Pitman, NJ 08071
- Revolutionary Run 10K
 Washington Crossing State Park, PA
 Start: 8:30
 Contact: Upper Makefield Township Park Board
 1076 Eagle Rd
 Newtown, PA 18940
 215-968-3340
- West Windsor Township Independence Day 5K
 West Windsor Township, NJ
 Start: 9 A.M.
 Contact: 609-799-6141
- Grand Old Flag 10K - Pottstown, PA
 Start: 10 A.M.
 Contact: Wayne Deegan
 215-323-8521
- Pineland Striders 4th of July 10K - Medford, NJ
 Start: 9 A.M.
 Contact: 609-751-2171
- July 5 Hammonton Five Miler - Hammonton Lake Park, NJ
 Start: 9 A.M.
 Contact: Athlete's Corner
 1057 N. First Rd
 Hammonton, NJ 08037
 609-561-4441
- July 7 Maucie Miller Loop Race - Cooper River Park,
 Pennsauken, NJ
 Start: 7 P.M.
 Contact: South Jersey Running Center
 Loehmann's Plaza
 Rtes. 70 & 38
 Pennsauken, NJ 08109
 609-662-8118
- July 9 1992 Summer Sizzler Road Race 5Mile
 West Deptford Recreation Park, NJ
 Start: 7 P.M.
 Contact: Browning Ross
 See July 2
- July 10 Run for the Disabled 5K - Wilmington, DE
 Start: 7 P.M.
 Contact: P.O. Box 226
 Wilmington, DE 19899

- July 11 Blueberry Cross Country 10K & 2 Mile - Whitesbog, NJ
 Start: 9 A.M.
 Contact Whitesbog Preservation Trust
 P.O. Box 325
 New Lisbon, NJ 08064
 609-893-4646
- July 16 1992 Summer Sizzler Road Race 5 Mile
 West Deptford Recreation Park, NJ
 Start: 7 P.M.
 Contact: Browning Ross
 See July 2
- July 18 Buffalo Stampede 10K & 5K - Wyoming Park, DE
 Start: 8 A.M.
 Contact: Downstate Delaware Striders
 P.O. Box 1379
 Dover, DE 19903
- July 19 Sportsmen's A.C. 4 Mile Run - Gloucester City, NJ
 Start: 9 A.M.
 Contact: Browning Ross
 See July 2
- July 21 West Chester Summer X-Country Series 5K
 West Chester University
 Start: 7 P.M.
 Contact: Kevin Kelly
 Westtown Tract Club
 P.O. Box 331
 Westtown, PA 19395
 215-429-3892
- Maucie Miller Two Loop Race - Cooper River Park,
 Pennsauken, NJ
 Start: 7 P.M.
 Contact: South Jersey Running Center
 See July 7
- July 23 Marathon Sports Summer 5K
 Rockford Park, Wilmington, DE
 Start: 6:30 P.M.
 Contact: Marathon Sports
 302-654-6400
- 1992 Summer Sizzler Road Race 5K
 West Deptford Recreation Park, NJ
 Start: 7 P.M.
 Contact: Browning Ross
 See July 2

- July 25 Philadelphia Masters Track Meet
LaSalle University, Philadelphia
Contact: Peter Taylor
3120 School House Lane - JA9
Phila., PA 19144
215-842-3807
- Run for the Hill of It 5 Miler
Bell's Mill Rd. & Forbidden Dr., Fairmount Park
Start: 8 A.M.
Contact: Michael Durkin
366 Thornbridge Rd.
Levittown, PA 19054
889-2885
- July 30 1992 Summer Sizzler Road Race 5 Mile
West Deptford Recreation Park, NJ
Start: 7 P.M.
Contact: Browning Ross
See July 2
- August 1 Sea Isle City Island 10 Mile Run
44th St. & The Beach, Sea Isle City, NJ
Start: 7 P.M.
Contact: Sea Isle City Beach Patrol
44th St. & Boardwalk
Sea Isle City, NJ 08243
609-263-3655
- August 6 1992 Summer Sizzler Road Race 5 Mile
West Deptford Recreation Park, NJ
Start: 7 P.M.
Contact: Browning Ross
See July 2
- August 8 Asbury Park 10K Classic - Asbury Park, NJ
Start: 8:20 A.M.
Contact: Box 157
Spring Lake, NJ 07762
608-974-8457
- August 11 Maucie Miller Loop Race - Cooper River Park,
Pensauken, NJ
Start: 7 P.M.
Contact: South Jersey Running Center
See July 7
- West Chester Summer X-Country Series 5K
West Chester University
Start: 7 P.M.
Contact: Kevin Kelly
See July 21

- August 13 1992 Summer Sizzler Road Race 5 Mile
West Deptford Recreation Park, NJ
Start: 7 P.M.
Contact: Browning Ross
See July 2
- August 20 1992 Summer Sizzler Road Race 5 Mile
West Deptford Recreation Park, NJ
Start: 7 P.M.
Contact: Browning Ross
See July 2
- August 23 Latin American International 10K - Philadelphia
Start: 10 A.M.
Contact: Miguel Ortiz
c/o Philadelphia Latin Runners
3958 N. Reese St.
Phila., PA 19140
215-226-1011
- August 25 Maucie Miller 1, 2, or 3 Loop Race
Cooper River Park, Pennsauken, NJ
Start: 7 P.M.
Contact: South Jersey Running Center
See July 7
- August 27 Marathon Sports Summer 5K
Rockford Park, Wilmington, DE
Start: 6:30 P.M.
Contact: Marathon Sports
See July 23
- 1992 Summer Sizzler Road Race 5 Mile
West Deptford Recreation Park, NJ
Start: 7 P.M.
Contact: Browning Ross
See July 2
- August 30 Donald S. Harris Memorial Track Classic
Lower Merion High School, Ardmore, PA
Contact: Peter Taylor
See July 25
- Tim Kerr 10K - Avalon, NJ
Start: 8 A.M.
Contact: Stone Harbor Lions Charities
Box 242
Stone Harbor, NJ 08247
609-368-TKTK or
Dave Thomas
429 W. Tabor Rd
Phila., PA 19120
215-744-0898

DELCO ROAD RUNNERS CLUB PRESENTS THE 12TH ANNIVERSARY OF THE
WOMEN'S DISTANCE FESTIVAL 5K RUN



& 1 Mile Kid's Fun Run



Saturday, September 12, 1992
10:00 A.M. - 5K Women's Prediction Run
9:30 A.M. - 1 Mile Kids Fun Run

COURSE: Ridley Creek State Park, Media, PA. Start and Finish at Main Park Office (Entrance from Gradyville Road)

ENTRY FEE: 5K Run - Pre-registration - \$5.00 (postmarked by September 5)
5K Race Day Registration - \$6.00
1 Mile Kid's Fun Run - \$1.00 (on race day)

T-SHIRTS: To all 5K Pre-registrants
HATS: To all 1 mile Kid fun runners

AWARDS: 5K: Top 3, closest to their predicted finished time
Goodie Bags to all 5K finishers.
Special prize drawing for all 5K entrants
1 Mile: RIBBONS to all fun run finishers

SPONSORS: Runner's World, Women's Sports & Fitness, Moving Comfort, Shaklee U.S., Inc., and Bill Battey's Sporting Goods.

POST-RACE FESTIVITIES & DELCO RRC ANNUAL PICNIC:
Noon till Dusk - Ridley Creek State Park Pavilion (Area 11B)
Bring your family! Bring your lunch and picnic with a great running club!! No alcoholic beverages permitted in park.

INFORMATION: Call (215) 565-1416

WOMEN'S DISTANCE FESTIVAL 5K RUN

Make checks payable to DELCO RRC. Mail checks to WOMEN'S DISTANCE FESTIVAL, c/o Rita Jordan, Race Director, 311 South Avenue, Media, PA 19063.

NAME: _____ 5K PREDICTED TIME: _____

ADDRESS: _____ CITY _____ ST _____ ZIP _____

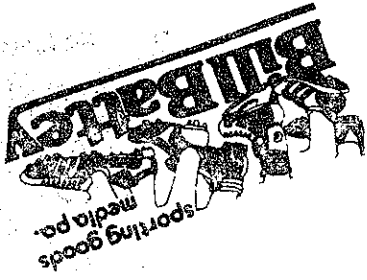
PHONE: _____ T-SHIRT SIZE: S M L (Circle one)

RELEASE FORM

In consideration of your accepting this entry and granting permission for my participation in the Women's Distance Festival, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for losses and damages I may have against the DELCO RRC, Ridley Creek State Park and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS WAIVER!

SIGNATURE _____ DATE _____ PARENT OR GUARDIAN _____

(if runner under 18)



**RUNNER'S
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COMFORT**
fit for women

WOMEN'S DISTANCE FESTIVAL
311 SOUTH AVENUE
MEDIA, PA 19063

TO:

CELEBRATING WOMEN'S RUNNING...

DELCO RRC MEMBERSHIP MEETING

OLD BUSINESS

JR. OLYMPICS WENT WELL. THANK YOU TO EVERYONE WHO CAME OUT TO HELP. DONT FORGET TO TELL TIM ABOUT YOUR SERVICE POINTS !!

PASTA DINNER

SEPTEMBER 18 AT THE MASONIC HALL IN SPRINGFIELD

MARIANNE GRACE WILL DIRECT BUT SHE NEEDS COMMITTEE PEOPLE TO HELP. CALL MARIANNE TO VOLUNTEER.

DELCO SWEATSHIRTS ARE IN. SOME ARE RESERVED. A FEW ARE AVAIL-
ABLE BUT GOING QUICKLY, DUE TO THE \$18 COST. SEE BOB HUGGINS.

WOMEN'S DISTANCE FESTIVAL

RITA STATED EVERYTHING IS GOING SMOOTHLY. ENTRY FORMS HAVE BEEN PRINTED WILL BE SENT OUT SOON. CALL RITA JORDAN TO HELP.

MEDIA 5 MILE RACE

OUR INFLATED BANK ACCOUNT IS DUE TO ENTRIES FOR THE MEDIA RACE. 700 + RUNNERS HAVE REGISTERED TO DATE.

RON GRACE INQUIRED ABOUT A DELCO TELEPHONE DIRECTORY FOR DELCO TOM HAS A COPY AND WILL HAVE FRED PRINT A FEW.

NEW BUSINESS

DELCO CROSS COUNTRY CHAMPIONSHIP

SEVERAL COACHES FROM VARIOUS DEL COUNTY TRACK AND FIELD AND CROSS COUNTRY ASSOCIATIONS REQUESTED A MEETING. COACHES WOULD LIKE TO HAVE SOME INPUT AND HELP IN ANY WAY TO MAKE THE DELCO CROSS COUNTRY CHAMPIONSHIPS BETTER. DISCUSSION FOLLOWED
POINTS OF CONCERN

DATE - CONFLICTING W OTHER SCHOOL ACTIVITIES

MARSHALS ON COURSE

COURSE - W/ PERMANENT START - FINISH LINE

FINISH CHUTE WIDTH

PERSON IN AUTHORITY TO ANSWER QUESTIONS

WILL RETURN TO DELCO AFTER MEETING W/ ALL COACHES.

MOTION WAS MADE BY BOB HUGGINS AT 9:28 PM TO ADJOURN / BILL MORGAN

NEXT MEETING WILL BE ON JULY 29, 1992 AT SPRINGFIELD H S COMMUNITY ROOM

RESPECTFULLY SUBMITTED

Creggy Roberts

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

TO: JOE FREIBERG
1373 EDGEHILL RD
DARBY PA 19023

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

