

Keeping Contact



Newsletter of the Delaware County Road Runners Club

March, 1992

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

MARCH CLUB MEETING

The March club meeting will be held on Wednesday March 25, at the Community Room in the Springfield High School. All the club meetings for the year will be held on the last Wednesday of the month (except the November meeting, see below) and we will meet at the Community Room in the Springfield High School. Meetings will begin 7:30 P.M.

CLUB MEETINGS FOR 1992

Wednesday - March 25, 1992	Wednesday - August 26, 1992
" - April 29, 1992	" - September 30, 1992
" - May 27, 1992	" - October 28, 1992
" - June 24, 1992	Tuesday - November 24, 1992
" - July 29, 1992	Wednesday - December 30, 1992

MID-WINTER MIXER MADE FOR JOGGERS

By Amy Binder

Becoming a DELCO RRC jogger is more than showing up at fun runs. It's more than sending in yearly (although voluntary) dues. After time, it becomes part of who you are. You find your life changed in oh-so-subtle ways.

Take your social life, for example.

Better yet, take the Mid-Winter Mixer held February 8th, at the Log Cabin Inn. What other social event of the year begins at 6 P.M., ends at 11 P.M., and has everyone home safe in bed before midnight?

Let's just say the party planners knew their crowd.

You're a hard-case DELCO RRC member when you see the crack of dawn on Sunday morning by getting up early for a long run--not because you're still partying from Saturday night.

It's not the joggers don't know how to party, they do. It's just different from the smoke-like-a-chimney, drink-till-you-drop kind of fun. Most of us have either outgrown that phase, never knew what we were missing to begin with, or have doctor's orders not to get that excited.

Even Kevin the disc jockey said we were like a breath of fresh air. And he meant that literally. Joggers are one of the few groups he entertains that have virtually no smokers.

I'd like to complement Kevin for his skill in keeping everyone moving on the dance floor. It really made the evening. His secret: telling us he'd cancel the Sunday morning run because we were getting such a good aerobic workout by dancing.

As for the chef--well, the poor guy cooked up two rounds of roast beef thinking we'd need the protein. I wonder what kind of leftovers restaurants make from mass quantities of red meat.

That's not to say the joggers aren't healthy eaters. The operative word here is healthy. According to the serving staff, the group decimated the salads and did some damage to the turkey, fish, and pasta entrees.

Just thinking of all that food makes me thirsty. But joggers really aren't a drinking crowd. At least not for double-olive martinis and Harvey Wallbangers. I hope the bartender wasn't counting on chugging contests or wheels of flaming shots to make her tips.

But back to my original point. The Mid-winter Mixer proved to me that I'm more than just a social jogger. And it's time I admitted that I have a problem--I run--and it's affecting my life.

I don't smoke. I barely drink. And I have trouble staying awake into the double-digit hours of the evening.

They say that admitting you have a problem is the first step toward rehabilitation. But I doubt I'll ever see the sun rise through blood-shot eyes ever again. Unless, of course, I choose to run the Dawn-to-Dusk.

1992 ICICLE 10 MILER

By Peggy Bobeck

Wilmington, Delaware
Wind 20 MPH
Windchill -5 degrees

Sunday, January 19, 1992
Temp. 11 degrees

Approximately 600 runners took off at the gun on a sunny but bone chilling Sunday in Wilmington for the 1992 Icicle 10 Mile Race and Fun Run. Most of the race was on the Caesar Rodney course. Although I have run Caesar Rodney many times, I didn't know that there is a zoo in Rockford Park, or that the Brandywine has ice floes. It was beautiful, but cold. There were many icicles on beards, hair and hats of the finishers.

ICICLE 10 MILER (Cont'd)

DELCO FINISHERS:

Bill & Maureen Meyer
Mike Touhey & Mike Touhey, Jr.
Rita Jordan - 1st place 40-49 women
Peggy Bobeck - 1st place 50-59 women
Elaine Russell
Dick Winner
Bill Koopron
Stan Cherim
Bob White

DELCO RRC MERCHANDISE

This past Fall, the club purchased and sold to interested members, hooded sweatshirts with "DELCO RRC" imprinted on the front. The sweatshirts were extremely popular and, unfortunately, the demand exceeded the supply and we sold out. For those who are interested, the club is willing to purchase additional sweatshirts, but there are some ground rules. First, we must order at least a dozen; if only 9 people express interest, then you're out of luck. Second, we must order at least three of any given size. If only 2 people want a small size then, again, you're out of luck. Third, we cannot guarantee that last Fall's price of \$16.00 per shirt will hold. Prices are based on ordered quantities. We will attempt to set the selling price as close as we can to actual cost, rounding up to the nearest whole dollar. For example, if our cost is \$16.39, the selling price to you will be \$17.00 with proceeds of .61 cents going to the club.

If you are interested, please complete the form below and send to: Bob Huggins, 408 Pershing Avenue, Collingdale, PA 19023. Please note that the shirts are made by Jerzees (a division of Russell Athletics) and are a 50/50 poly/cotton blend with little to no shrinkage. Completing the form does not constitute an order; we'll let you know if enough people express an interest so that we can firm up an order number.

_____ Yes! I'm interested in getting a DELCO RRC Sweatshirt.

_____ SIZE(S)

NAME _____

TELEPHONE _____

BEST TIME(S) TO CALL _____

ROAD RACE SCHEDULE

- Mar. 21 Bancroft Run 5K - Haddonfield, NJ
Contact: Bancroft
Hopkins Lane
Haddonfield, NJ 08033
609-429-0010 EXT.218 (days)
- Mar. 22 Caesar Rodney Half Marathon - Wilmington, DE)
Contact: Delaware Sports Club
P.O. Box 226
Wilmington, DE 19399
- Mar. 29 Run for the Arts 8K - Elkins Park
Contact: Bob Gamberg
Fleet Feet
7905 High School Road
Elkins Park, PA 19117
782-8811
- April 5 Inglis Five - Memorial Hall
Contact: Inglis Five
2600 Belmont Ave.
Phila., PA 19131
878-5600
- Cheery Blossom 5 Miler - Wilmington, DE
Contact: Marathon Sports
109 Ninth Street Plaza
Wilmington, DE 19801
- April 12 Penn Relays 20K Distance Classic - Philadelphia
Contact: Penn Relays Distance Classic
Weightman Hall
University of Pennsylvania
Philadelphia, PA 19104-6322
- April 25 Mental Health Assoc. 5K Run/Walk - Wilmington, DE
Contact: Marathon Sports
See April 5
- April 26 New Castle County Police 5K - Wilmington, DE
Contact: John Lodge
305 S. Gray Ave.
Wilmington, DE 19805
- May 3 Broad Street 10 Miler - Philadelphia
Contact: Phila. Dept. of Recreation
Carousel House
Belmont & North Concourse Drive
West Fairmount Park
Phila., PA 19131

Editor's Note: There are numerous races in the Greater Wilmington, Delaware area throughout the Spring. For a more comprehensive list, contact Marathon Sports at 302-654-6400.

MULTI-SPORTS NEWS

By Bob Huggins

The 1992 season promises to be the biggest and best ever with racing opportunities at a variety of distances. Biathlon (or Duathlon for you purists) continues to grow with a new three race series in Wilmington, Delaware. A new triathlon series, the Penn Jersey Triathlon Series, is incorporating a few existing races along with several new ones. There's literally something for everyone. Because of space limitations, I'll list races through the end of May. Please don't hesitate to contact me at 583-0610 (evenings) if you want more information about races this summer (don't forget, the Bud Light USTS Triathlon, one of the nation's premier races comes to Wilmington on June 14th). And, as they say, avoid the disappointment of not getting into the event of your choice by entering early. Most multi-sport events have limited fields and few, if any, allow post registration.

BIATHLON SCHEDULE

- April 5 Naval Station Biathlon - Philadelphia Navy Base
Run: 2.3 miles, Bike: 12 miles, Run: 2.3 miles
Contact: L & M Computerized Sport Services
7 Westwood Drive
Mantua, NJ 08051
609-468-0010 (evenings)
Part of the Eastern PA/NJ Biathlon Series
- April 12 Community Y Biathlon - Lansdowne
Swim: .5 miles, Run: 5 miles
Contact: Cindi Phallen
Community Y
Lansdowne Ave & Garrett Rd.
Lansdowne, PA 19050
259-1661 (days)
- 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 Schweizers 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 3 Sunrise Bike-Run-Bike - Long Branch, NJ
 Run: 4 miles, Bike: 13 miles, Run: 4 miles
 Contact: Andrew Spears
 Monmouth County Park System
 Newman Springs Road
 Lincroft, NJ 07738
 908-542-1642 (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 23 Mountain Laurel Biathlon - Reading, PA
 Run: 2 miles, Bike: 14.4 miles, Run: 2 miles
 Contact: See May 10th, Precision Road Racing

TRIATHLON SCHEDULE

- May 2 American Heart Triathlon - Brandywine Creek St. Park
 Bike: 12.1 miles, Run: 4.7 miles, Canoe: 3 mile
 Contact: Jennifer Mackey
 4-C Trolley Square
 Wilmington, DE 19806
 302-654-5269 (days)
- May 3 Bill & Vieve Gore YWCA Kids Tri - Newark, DE
 Distance vary with age (7-12)
 Contact: Chris Smith
 318 South College Ave.
 Newark, DE 19711
 302-368-9173 (days)

DELCO RRC MEMBERSHIP MEETING

Tuesday, February 25, 1992

Attendees: Tom Hirsch, President
 Sam Brattini, Vice-President
 Bob Huggins, Newsletter Editor/Team Coordinator
 Peggy Bobeck, Secretary
 Amy Binder Elaine Russell
 Terry Adamson Kathy Adamson
 Rich Magee John Greenstine

Meeting was called to order at 7:56 P.M. by Tom Hirsch, President.

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

Treasurer's Report/ Fred Senderoff N/P

Newsletter Editor/ Bob Huggins

Short edition of newsletter was out last week with minutes and Collingdale Race form.

Next full edition should be out soon. Thanks to Amy for her article. Bob needs race results, preferably with time.

Team Coordinator/ Bob Huggins

No news on Teams for Caesar Rodney - No race forms to date. Collingdale Race will not have Team Competition.

Up coming Broad Street 10 Miler will have Teams - sign up early with Bob.

Membership/ Mary Lou Long N/P

Grand Prix Race Series / Tim Wade N/P

John related 6 people have signed up thus far for 1992. New application form will go out in newsletter.

Old Business

Radical 5 Mile Run - Sunday June 7, 1992.

Met last Monday with Dr. Lee Cohen. Sponsorship has been obtained for the race. Most major needs have been met. The township made a small adjustment to the course which will be measured soon. Everything is looking good. Several suggestions were made on obtaining food for the race.

Entry forms for Collingdale Race are out.

Mid Winter Mixer/ John Greenstine

We had a good attendance, 71 persons w/6 couples taking the babysitting discount.

Cost W/Dee Jay	1960.00
Income from tickets	1360.00
Cost to Club	600.00

Events in the area with runners becoming ill or life threatening emergency in recent months has many club members thinking with regards to our DELCO sponsored race.

After a discussion on safety, it was determined that a list of procedures should be drawn up and presented to cover any such emergencies. Suggestions also included notifying the nearest Ambulance Corp in advance of our event in case of an emergency and a First Aid Kit on hand. More to follow.

John Greenstine made a motion that DELCO RRC formally sanction and sponsor the Dawn-to-Dusk Ultra Marathon with provisions. Seconded Sam Brattini/ Passed.

Dawn-to-Dusk Ultra Marathon will be on May 9 and 10 at Sharon Hill track. Contact Bob Huggins or Bill Schultz for more info.

Sale!!! Articles of clothing with DELCO RRC imprinted. Please talk to Bob Huggins if you would like to purchase any article of clothing in the near future. Let him know what you would like. Cool Max singlets, Supplex shorts, tights, etc. Contact Bob at 583-0610 or at fun runs.

Women's Distance Festival/ Rita Jordan

Rita asked if September 12, 1992, Saturday morning would be open and convenient. All in attendance accepted the date.

Kids Run at 9:30 A.M.

Women's 5K Run at 10:00 A.M.

Should we have a picnic same day???

All in attendance voted yes - volunteer to organize picnic is needed.

Motion was made by Elaine Russell that DELCO RRC sponsor the Women's Distance Festival for 1992. Seconded/Sam Brattini. Passed.

Audit of the books is upcoming. Tom will contact several members about it.

Next meeting will be on Wednesday, March 25th in the Community Room at Springfield High School. Meeting will begin at 7:30 P.M.

Motion was made at 8:39 P.M. to adjourn by Bill Schultz/ Seconded Peggy Bobeck.

Respectfully submitted,
Peggy Bobeck



Dr. Lee Cohen's 5 MILE RADICAL RUN THRU RIDLEY PARK

Sunday, June 7, 1992
Runners start at 9:30 A.M. - Walkers start at 10:30 A.M.

COURSE: 5 miles thru the streets of Ridley Park (a warm up for the Media 5-miler).

START: Ridley Park Borough Hall Ward and Cresswell, Ridley Park, PA

ENTRY FEE: Pre-registration: (if postmarked by May 31, 1992)
Runners: \$10.00; Walkers: \$5.00; Fun Run: \$2.00.
Post-registration: Runners: \$12.00 on Friday, June 5, from 5:30 P.M. to 8:00 P.M. at the Fidelity Bank, Swarthmore & Hinckley Ave., Ridley Park.
Race packets may be picked up at the post-registration or before the start of the race.

T-SHIRTS: Given to first 500 - 5 mile race registrants.

PAINTERS HATS: Given to first 1,000 Walk and Fun Run registrants.

AWARDS: (Presented outside the Borough Hall of Ridley Park following the race):

First man & First woman from Ridley Park.

MEN: Overall top 5, plus top 10 in groups: 13-18, 19-29, 30-39, 40-49, 50 and over.

WOMEN: Overall top 5, plus top 10 in groups: 13-18, 19-29, 30-39, 40-49, 50 and over.

BOYS: Overall top 5 in the 12 and under Fun Run.

GIRLS: Overall top 5 in the 12 and under Fun Run.

DIRECTORS: Ridley Park Borough, Dr. Lee S. Cohen Assoc., and DELCO Road Runners Club.

PROCEEDS: All proceeds benefit the Abused Children of Delaware County.

INFORMATION: Call Radical Race Hotline: 521-3410 9:00AM - 5:00PM.

Come meet the Philadelphia Eagles, Head Trainer Otho Davis & Assistant Trainer Dave Price, and Pierre Robert of WMMR 93.3 FM

RELEASE FORM

Make checks payable to "DELCO RRC". Mail checks to DELCO RRC, Radical Run, C/O 100 Colonial Park Drive, Springfield, PA 19064

In consideration of your accepting this entry and granting permission for my participation in the Radical Run, 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 Ridley Park Borough, Dr. Lee S. Cohen Associates, DELCO Road Runners, and all other parties 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!

NAME _____

ADDRESS _____

PHONE _____

AGE ON RACE DAY _____ SEX _____

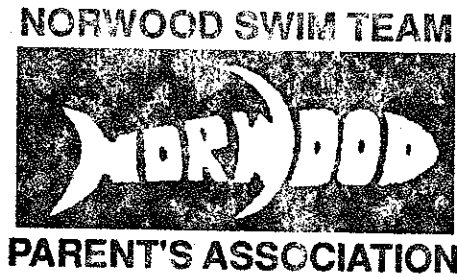
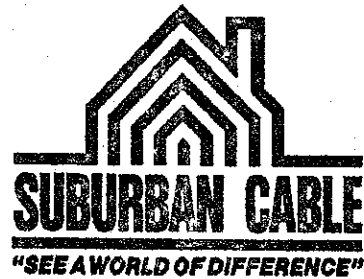
T-SHIRT SIZE XL L M S

SIGNATURE _____ DATE _____

PARENT OR GUARDIAN _____

(if runner under 18)

CORPORATE SPONSORS



Crozer-Chester Medical Center

DELCO RRC
C/O 100 COLONIAL PARK DRIVE
SPRINGFIELD, PA 19064

Meet the Challenge!

COMMUNITY YMCA

7th ANNUAL SPRING BIATHLON



WHO: Enter as an individual or team (one swimmer, one runner)
WHEN: April 12, 1992
 First heat for swim begins at 8:00 AM
WHERE: Community YMCA, Lansdowne Avenue & Garrett Road,
 Lansdowne, PA (215) 259-1661
EVENTS: 1/2 Mile Swim - 5 Mile Run
ENTRY FEE: \$20.00 per individual; \$25.00 per team
AWARDS: Trophies to the overall first place male and female.
 Male and Female age group awards given to first three in
 each division.

PRE-RACE MEETING: A mandatory meeting will be held on Saturday, April 11, 1992 at
6:00 PM at the Community YMCA. All competitors must attend this meeting
 to receive important instructions on the Biathlon. Race packets will be
 picked up at that time.

REFRESHMENTS AND AWARDS CEREMONY IMMEDIATELY FOLLOWING RACE (approximately 2:00 PM)
 All entries must be received by March 30, 1992. Maximum number of
 participants is 108. The swim must be completed within 27 minutes.
 Swimmers will be seeded according to their times given below.

THANK YOU FOR YOUR PARTICIPATION

REGISTRATION FORM



SEND ENTRIES TO: Cindi Phallen, Community YMCA, Lansdowne Avenue & Garrett Road,
 Lansdowne, PA 19050. Make checks payable to Community YMCA.

I am entering as an individual We are entering as a team

NAME _____ **MALE** _____ **FEMALE** _____ **AGE** _____
ADDRESS _____ **PHONE** _____
CITY _____ **STATE** _____ **ZIP** _____
BEST 5 MILE RUN TIME _____ **BEST 1/2 MILE SWIM TIME** _____
SHIRT SIZE: S M L XL (These are men sizes)

NAME _____ **MALE** _____ **FEMALE** _____ **AGE** _____
ADDRESS _____ **PHONE** _____
CITY _____ **STATE** _____ **ZIP** _____
BEST 5 MILE RUN TIME _____ **SHIRT SIZE** S M L XL (These are men sizes)

In consideration for my participation in the Community YMCA Biathlon I hereby waive and
 discharge the sponsors, organizers, affiliates and employees from any and all claims
 that may accrue as the result of my participation. I will comply with all regulations
 as set forth by the Community YMCA Race Committee.

Signature

Signature of Parent if under 18

Signature

Signature of Parent if under 18

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

DELCO ROAD RUNNERS CLUB

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

