

Keeping Contact



Newsletter of the Delaware County Road Runners Club

May, 1992

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

LOOKING FOR TRUTH IN ALL THE WRONG PLACES

By Amy Binder

Richard Gere went to Tibet to try and find the "Truth." Some people say there is no truth, only perception.

I'm more of a modernist myself. I find truth regularly. Little pearls of wisdom tucked in tasty packaging. I'm referring, of course, to fortune cookies.

Fortune cookies: now there's a novel concept. Food that feeds the body and the mind -- and brings a smile to your face all at the same time.

Now you may wonder: just what in the world do fortune cookies have to do with jogging? After all, this is a column for the DELCO ROAD RUNNERS CLUB. Trust me: there is a connection, however farfetched.

You see, my husband and I commute to Wilmington to work. Several nights a week, we join the evening runs around Delaware County -- mostly in Springfield, but sometimes Collingdale or Media. At the end of a very long day, dinner becomes an afterthought: something you can buy and consume quickly with little muss or fuss. Since there are only so many nights you can eat pizza (well, except for Terry Adamson), Chinese food becomes the next obvious choice. And so, two tired and sweaty joggers -- dressed for function, not fashion -- can often be seen terrorizing local Chinese eateries for take-out. By now, seeing a man in bright tights is no surprise to them.

Our new bad habit is to eat the fortune cookies first, as an appetizer, in the car, before we even get the meal home. Just like eating Oreos, there's a right way and a wrong way to eat your cookie. First you break it open. Next you read the fortune silently, switch fortunes with your partner, read that one silently, and then -- finally -- munch away.

There's another reason why I mention fortune cookies. It seems many fortunes have been written with joggers in mind:

"You are going to have some new clothes." (Coolmax? Supplex?)

"Your talents will be recognized and suitably rewarded." (Maybe an age-group award that actually has some value.)

"You are heading in the right direction." (Well, some people have been known to go off-course.)

"Long life is in store for you." (That's what the cardiovascular guys keep telling us.)

Honest to God, these are real fortunes that I've saved to share with you. I thought that since we all, from time to time, need motivation in our running, it might make sense to buy fortune cookies in bulk. Maybe we could get a club discount. Maybe we could get them silkscreened with the DELCO RRC logo.

Picture this. You're at the starting line for the Marine Corps Marathon. Thirteen thousand anxious runners surround you. Your support crew hands you something before going off to stake their position on the course. It's a DELCO fortune cookie. You crack it open and read: "Today you will go far." You're psyched. As the starting cannon is fired, you pop the crumbling remains into your mouth. Mmm, much tastier than a Power Bar.

Mile 7: you're back from the Pentagon and loosened up. The support crew's up ahead with another cookie. "What you work for will be yours." A confirmation of a solid finish or the promise of a personal record? You take a bite of the broken cookie shell and feel the sugar rush.

Mile 11: over the bridge and down to the monuments. You've picked up the pace and have beat the support crew to the rendezvous point. Penalty charged: no cookie.

Mile 17: just before Haines Point. You're a bit nervous now. You've heard how windy and cold it can be. Time for some Chinese philosophy. "There are challenges ahead, but none you can't manage." A good omen: you feel relieved. This time, you throw your cookie crumbs to the pigeons and decided to go the distance on brute strength only. (Ooh-rah!)

Mile 26: the last hill. Somehow, it doesn't seem fair to wait 26 miles before throwing in this mountain. You're working too hard to grab a cookie, but the support crew does it for you and yells out your fortune: "You will soon reach the top of your field." And you do!

Finally, the finish line. Then space blankets, a medal around your neck, and refreshments. You reach for the final cookie. The fortune: "You are admired for your achievements." The support crew moves in to take your picture. You savor the remaining cookie parts. Ahhh, the sweet taste of victory.

I can see it now. Fortune cookies, a menu addition for runners-in-training. The long-neglected, but eagerly awaited part of dinner: dessert. Now when you sit down to carbo-load with your pasta and power punch, save a little room for some brain food wrapped in a crunchy, tasty shell.

BROADENING YOUR HORIZONS

By Bob Huggins

As a runner for 13 years and a triathlete for eight, I've had many great competitive experiences over the years. However, I've found from personal experience that too much of any one thing is not so good...at least for me. And so, I'm constantly on the lookout for new and different competitive events that test my fitness and conditioning. I've found that by trying a variety of things that it keeps me sharp and broadens my horizons. In a very real sense, one thing leads to another.

My first exposure to trying something a bit removed from the friendly neighborhood 10K was a running scavenger hunt put on by the YM/YWCA in Philadelphia. Starting from the Y's building at Broad and Pine Streets, the scavenger hunt's race director, Dave Brier, had us running all over Fairmount Park searching for poker chips which could be redeemed for door prizes. I ran with Byron Mundy and we didn't fare too well but, what the heck, it was different and a good workout (I think I ran about 12 miles that day). A couple of years later, Byron and I would team up to do our first and, to this day, last canoe triathlon together. We had good running and cycling splits (9th place overall) after the first two events), but our complete lack of coordination in the canoe dropped us to something like 36th place at the end. Still, we had a good time and managed not to turn the canoe over.

In recent years, I've participated in open water ocean swims along the Jersey shore. This came as an offshoot of my involvement in triathlons. Five years ago, I would never have considered participation in such events. Now, I look forward to the special challenges, excitement, and sense of accomplishment provided by ocean swimming races. Looking ahead, I hope to try orienteering, a combination of cross country and trail running utilizing a map and compass to reach checkpoints along a course which is unknown to the participant. And, although local plans were cancelled last year, I still hope to participate in "Summer Biathlon" which combines running and shooting from prone and standing positions, a variation of the Winter Biathlon seen in the Olympic Games.

A number of our club members have long participated in cycling, and a few members of the club are making the switch to trail running. Club member Betty Perrone told me several years ago that she and a girl friend participated in a "ride and tie" in Maryland using a bicycle, rather than a horse. It sounded like a lot of fun and I only wish that race directors in our area would try some of these off-beat events occasionally. And for those of you long-term road runners who might be getting a little tired and stale from doing your 189th straight 10K, consider revitalizing your running by trying something different. Remember, variety is the spice of life!

*Certificate of
Appreciation*

Presented to

Delco Road Runners Club

In recognition of your continued commitment
to helping the people in our community.

Thank you for your support
of the 1991 United Way Campaign.



United Way
of Southeastern Pennsylvania

It brings out the best in all of us.

A TALE OF TWO CITIES
The Longport 10 and Caesar Rodney Half Marathon
by John Greenstine

They were the best of days, they were the worst of days. There were some good times, there were some bad times. Everybody suffered, and everybody enjoyed themselves. Where else could these things happen but at the annual early spring rites of self abuse called the St. Pat's 10 miler and Caesar Rodney, in scenic Atlantic City and Wilmington, one week apart.

For some reason, DELCO runners love these two races. The St. Pat's race, which begins in Longport but runs into the casino district on the A.C. boardwalk, has become a favorite of many who relish the flat course, colorful shirts and the pasta buffet afterwards. Caesar Rodney has a long history with DELCO, beginning with Byron Mundy's legendary exhortation "If you can run a 10K, you can run Caesar Rodney!" Who didn't begin their racing career without hearing such blarney from Byron? The two courses couldn't be more different; one a straight out and back, the other a twisting, hillclimbing challenge. Nevertheless, the turnouts at both are large and enthusiastic, and DELCO was there this year in force.

Longport lived up to its reputation as a weather-dominated race. As Bill Schultz put it, this race always provides runners with colorful excuses. This year, it was a cold, 20 mph tailwind for the first 5 miles, which meant that the next five were going to be much, much slower. Amazing how similar it felt to those frigid Sunday runs into the wind, up Foulke Lane, despite having a net elevation change of minus five feet. Schultz ran very well to lead all DELCO finishers. Stan Cherim ran to an award in his bracket, as did Maureen Meyer. Elaine Russel ran to a PR. Mike Tuohey Jr. placed in his bracket in the 5K on the same course. Bob Kern and Linda Long worked the race as course marshals for the Boardwalk RRC, and we got to find out if Jaimie Koerner's belly button is an "inny" or an "outie". The baked ziti and fresh vegetables tasted great afterwards. I gave this race three stars!

Caesar Rodney gave us what it often does; a tough course on a rough day. The runners faced the early stages of the only real snowstorm we had this winter, with a stiff breeze and temperatures that didn't make it much above freezing. Everyone reported severe face-frost, especially after the upwind leg on Rt.52. Nevertheless, DELCO put up a fine showing, with Joan Potterfield, Rita Jordan and Peg Bobeck placing in their brackets. On the men's side, Paul Magolon, this year's Collingdale Race champion, ran to 4th place overall in his first Caesar Rodney. Despite the seeming ease and speed of his race, he could only groan about the difficulty of the course. Join the club, Paul. Actually, Paul is a club member, and he anchored our mixed team to a third place finish. The team, which included Steve Whitmore, "Little Mark" Oleynick, Larry Filtz, Joan Potterfield and John Greenstine, got a solid effort from each member and was one of the best that we've fielded at Caesar Rodney. Now, who's afraid of Amish Country?

LONGFORT 10 MILE AND 5K RACE

Bill Schultz	1:01:00	Bill Meyer	1:22:00
John Greenstine	1:03:44	Elaine Russell	1:35:00
George Koerner	1:05:25	Peg Bobeck	1:36:00
Tim Wade	1:08:19	5K RACE	
Mike Tuohy	1:09:19	Mike Tuohy, Jr.	17:58
Stan Cherim	1:20:00	Jaimie Koerner	24:15

CAESAR RODNEY HALF MARATHON

Paul Magolon	1:11:20	Rita Jordan	1:40:00
Larry Filtz	1:21:49	Bill Meyer	1:40:00
Mark Oleynick	1:22:07	Sharon Bennett	1:42:30
Steve Whitmore	1:24:30	Steve Bennett	1:46:00
Bob Huey	1:24:46	Stan Cherim	1:51:00
John Greenstine	1:26:02	Bob Street	1:52:00
Steve Duffy	1:28:00	Mike Bogdash	1:53:00
Nick Sachetti	1:31:00	Elaine Russell	2:16:50
Mike Tuohy	1:33:00	Peg Bobeck	2:17:00
Joan Potterfield	1:34:00		

THE KUTZTOWN FOOLS' RUN

By Elaine Russell

The Kutztown area Chamber of Commerce sponsored The Fools' Run on Saturday, March 28, 1992. Included were a 1 Mile Fun Run, 5K, & 10 Miler.

The 1 Mile Fun Run was quite amusing as people were encouraged to costume themselves as best "fool" or "animal." Bugs Bunny, Peter Pan, a handsome cow, and a court jester were among the participants. Most amusing (that which appealed most to my sick sense of humor) was a pair of Siamese twins. Two young females shared one dress, appearing to have connected midsections, with 2 heads, 2 arms, and 4 legs. To watch these gangly girls run the mile was very comical.

Next to start was the 10 Mile Race. Several familiar faces from the Delaware racing scene were once again evident. I was surprised to hear from someone in the race that she recognized me from a previous race back in October in Embreeville, PA. (Small world, isn't it?)

Observing others is always entertaining to me. A woman who often races in Delaware ran with her Pomeranian. I don't know how the little creature manages to keep his tiny feet going that long. (He/she? completed Caesar Rodney last weekend!) Two people almost knocked each other over bending down for coins along the roadway.

One stated that she stopped at the 20 mile point of the New York City Marathon to pick up a quarter and almost couldn't straighten up! She said, "I make a contest of this because these are the only medals (did she mean metals?) I'll ever get!"

Somewhere in the 6th mile, as I approached a bridge, I heard a crackling sound overhead. I looked up in time to see a swaying tree on my left about to fall. At first I thought it was only some branches, but as I swiftly moved to the other side of the road, the entire tree came crashing down. Amazingly enough, it fell in the direction of the woods, instead of across the road. It was a bit startling. (I'm glad I stopped wearing headphones during races!)

A fairly challenging hill at approximately 8 1/2 miles kept the race interesting and made the approaching finish line a welcome sight.

Incidentally, present at the awards ceremony was Julie Isphording, She asked me to say hello to Joe Freiberg. (Only kidding, Joe!) Congratulations to Maureen Meyer who placed first in her age group. (Why don't you give someone else a chance, Maur?!!!)

All in all, it was a fun race along a beautiful course featuring farmland, streams, geese, and my personal favorite, cows!

SPRING CLASSIC BIATHLON

By Peggy Bobeck

The Philadelphia Triathlon Club and the Defense, Welfare and Morals Department of the Philadelphia Navy Yard held their annual Spring Classic Biathlon on Sunday, April 5th which turned out to be a cold and windy morning.

This race has a rather unique challenge. Getting to the race start on time. Race time is 8 A.M. on the Sunday morning following our losing an hour due to Day Light Savings time.

The running course is 2.5 miles on a flat and fast airport runway. On the return run I am looking forward to getting on the bike. I enter the transition area, put on my helmet, unrack my bike -- WHRIRRRR!!! What was that? NO! NOT A BIKE RIDER!!! - I've already been lapped and I am just getting on my bike. Bike course is three 4 mile loops which is like going in and out of a wind tunnel. After getting off the bike which I was grateful for - my legs don't want to move - forget a pace or stride. Maybe a shuffle I could manage. On the last 2.5 mile run I think I can do it (my legs and I).

We will start out slow and ease off. On the return run you can see the final turn which is only about 200 yards from the finish line. This final corner looks as though it is getting farther and farther away, not closer. Well, I did finish and managed to place first in my age group...making the early morning challenge worth the trip.

DELCO FINISHERS

Bob Huggins	1:12:46
Joe Stefanowicz	1:21:17
Peggy Bobeck	1:37:25

INGLIS HOUSE 5 MILE RUN

By Elaine Russell

Scenic Fairmount Park was the site for the 10th Annual Inglis House 5 Mile Run on Sunday, April 5, 1992. A parallel course of 2.5 miles was provided for those who preferred to do a shorter distance. The race began promptly at 10:00 A.M. under sunny skies. Once again the temperature was brisk (the ground hog must have been right!) and fairly strong winds added some challenge to the otherwise easy course.

First to take off were the wheelchair participants. An impressive number of entrants lined the course, featuring the latest technology, with chairs designed for the optimum performance in racing.

Approximately 200 runners/walker completed the 2.5 mile course and 283 finished the 5 mile course. Once again, Carolyn Di Giambatista took first place in her age group, followed secondly by Nan Sharpless, both of the DELCO RRC. Congratulations to all!

8TH ANNUAL PAUL SIMPSON SCHOLARSHIP 5K & 1 MILE FUN RUN

By Elaine Russell

As I've stated before, taking part in races offers many more rewards than just trophies and PR's. Case in point, the above mentioned run, co-sponsored by Family Sports Medicine and the Pilot School Incorporated, of Wilmington, Delaware. I had no idea when I stepped to the starting line of the 5K what a privilege it was to be associated with this race. The parents of Paul Simpson were the official starters of the race, as well as the awards presenters at the finish.

So, who is Paul Simpson, you might ask, as I did. Paul Simpson was a former student at the Pilot School which, I have learned, is an incredibly extraordinary private school for children with learning disabilities.* As with other Pilot School students, Paul developed from an insecure child to a young man with high self-esteem and a sense of purpose, that being a desire to do social work, particularly with the urban poor. Paul went on to Sanford School and the University of Delaware, where he earned a degree in Sociology, interned as an urban agent in its College of Urban Affairs, and was active regionally in the Lutheran Student Movement. Catastrophically, in 1985, at the age of 23, just three days before his graduation from the University of Delaware, Paul succumbed to testicular cancer. His degree was awarded posthumously.

A few months prior to his death, Paul visited the Pilot School. The race was in the planning stages, so to show Paul what an inspiration he was to anyone struggling against a handicap, he was asked to be the starter.

The race was named in his honor the following year and his parents, Jim and Nancy Simpson, assumed the role as starters, which they still maintain.

Athletic and physical activity play a significant role in the Pilot School approach to education.

I was especially touched by the students who participated in both the 1 Mile Fun Run and the 5K. I was informed that the School has a running club for students who spend part of their lunch time, every day, training, in pursuit of self-established distance goals. This race is a culmination of their year-long efforts. (What an inspiration to all runners, regardless of age or ability!)

Approximately 150 runners took part in the 5K. Carolyn Di Giambatista placed 1st in the 50-59 year age group, followed by Patricia Stockley, both DELCO RRC members. Amazingly, I received a trophy for 1st place in my age group (35-39)! It was quite a thrill for me, but hearing about Paul Simpson and the Pilot School students was my best reward.

The Paul Simpson Scholarship Run is TAC certified and a somewhat challenging course for a 5K. Proceeds go towards tuition assistance for the Pilot School. I'd like to encourage future participation on behalf of the club, and will provide application forms for next year's race as the time approaches, in the DELCO RRC Newsletter. To see the faces on the students as they completed the course, as well as know the money will help develop a child with learning disabilities, is truly worthwhile.

* Anyone interested in further information regarding the Pilot School may contact me.

PENN RELAYS DISTANCE CLASSIC

By Elaine Russell

The Penn Relays Distance Classic 20K (12.4 miles), which was also the first race of the 1992 Mid-Atlantic TAC Grand Prix, took place on Sunday, April 12 at 9:00 A.M. Approximately 650 runners (500 pre-registered) participated. The race began outside Franklin Field at 33rd and Spruce, proceeded north on 33rd Street to the Spring Garden Bridge, along West River Drive, across the Falls River Bridge, part way down Kelly Drive, and looped back around the same way, concluding with a lap around the track.

Moroccan El Mostafa Nedhchadi, now residing in Norristown, was the overall winner in 1:03:02, followed by Ardmore resident Brendan Hilliard, just one second behind. (Incidentally, Nedhchadi was the 1989 winner of the Philadelphia Distance Run.) First woman was Mary Mathews, also of Norristown, at 1:20:14.

Paul Magolon of DELCO RRC finished 6th in 1:03:54. Other DELCO participants included Rita Jordan, Nan Sharpless, Tim Wade, Dave Ferguson, Bill Schultz, and yours truly. I apologize for any DELCO members' names or awards received that I missed, but I was unable to stay for the entire awards ceremony.

Once again, congratulations to all!

MENTAL HEALTH ASSOCIATION OF DELAWARE AND EARTH DAY 5K'S

By Elaine Russell

The weekend of April 25-26 brought several races to the Delaware Valley, providing runners with at least seven different choices of which I was aware.

On Saturday, the Mental Health Association of Delaware in cooperation with Marathon Sports and the Delaware Sports Club sponsored a 5K Run/Walk beginning and ending at Rockford Park in Wilmington. A temperature cooler than during the previous few days and running on a small segment of the same course brought back brief memories of the Caesar Rodney Half Marathon. Seventy-five runners completed the course. A variety of home-baked goods, fruit, and drinks, as well as mental health literature were on-hand for the taking. Michael Tigani was the overall male winner in 17:00 even. (I'll try to get the names of the winners in future races for those of you who are interested.) Unfortunately, I didn't get the name of the overall female winner. Sorry! DELCO RRC member Carolyn Di Giambatista received 1st place in her age group.

On Sunday, the Run for the Earth "92" 5K was held in Fairmount Park, beginning and ending at Memorial Hall. Perhaps the foreboding sky and brisk temperature or the many other races available accounted for the small crowd of 125 runners. Luckily, the rain held off and by the time of the awards ceremony, the sun came out in time for this "Earth Week" celebration. Ray McClanahan was the 1st place male in 15:44. Rose Phipps was the 1st place female (time unavailable). All DELCO RRC participants received age group awards, except me! (Oh well, someone has to be the black sheep of the family!) Once again, Carolyn Di Giambatista took 1st place in the 50-59 year age group; Rita Jordan - 2nd, 40-49; and Dave Ferguson - 3rd, 40-49. Dave's time was just a tad over 18 minutes. (WOW!) Congratulations to you speedsters!

The 5K Earth race was but one event in a day of activities highlighting "Earth Week." Memorial Hall housed several environmentalist groups providing printed information on ways to "save the earth." Topics ranged from recycling to alternate energy sources to saving the rain forests. Many items were for sale, including beautiful T-shirts. Had I not already had so many from races, MasterCard and I would have had a field day!

ROAD RACES - LATE SPRING/EARLY SUMMER

Compiled by Bob Huggins

- May 21 Very Fine Briefcase Run - 2.5 Miles - Phila.
 Contact: The Runners' Advocate
 5 Country Club Drive
 Warrington, PA 18976
 877-1356
- Marathon Sports Summer Series 5K - Wilmington, DE
 Contact: Marathon Sports
 109 Ninth St. Plaza
 Wilmington, DE 19801
 302-654-6400
- May 25 Lansdowne Memorial 10K
 Contact: Charlie Sassaman or
 Lansdowne Recreation Dept.
- Brandywine YMCA 5 Mile Run - Coatesville, PA
 Contact: Jill Givler
 Brandywine YMCA
 650 Hurley Road
 Coatesville, PA 19320
 384-5084

- May 28 PAL of Delaware 5K Run - Wilmington, DE
 Contact: Marathon Sports
 See May 21
- May 30 Great Cape May 10K - Cape May, NJ
 Contact: Chamber of Commerce of Greater Cape May
 P.O. Box 109
 Cape May, NJ 08204
 609-884-5508
- May 31 Bar/Provident 10K - Phila. Art Museum
 Contact: Manny D. Pokotilow, Esq.
 Caesar, Rivise, et al
 1635 Market St.
 12th Floor
 Philadelphia, PA 19103
- The June Fete 10K - Willow Grove, PA
 Contact: June Fete Run/Walk
 Graystone Cottage
 Abington Memorial Hospital
 Abington, PA 19001
 576-2500
- May 31 Rollie's Run 5 Miler - Upper Darby
 Contact: American Lung Association of Delaware &
 Chester Counties
 1534 Mc Daniel Drive
 West Chester, PA 19380
 692-4233
- Winterhur 5K - Wilmington, DE
 Contact: 302-888-4600
- June 7 South Jersey Half Marathon - Cooper River Stadium
 Pennsauken, NJ
 Contact: Camden Co. Division of Parks
 P.O. Box 4210
 Cherry Hill, NJ 08002
 609-795-PARK
- June 13 Ambler YMCA 5K - Ambler, PA
 Contact: Ray Kitch
 Amber Area YMCA
 Box 428
 Bethlehem Pike
 Ambler, PA 19002
 628-9950

- June 14 Main Line 5 Mile Run - Radnor, PA
 Contact: American Cancer Society
 642-0300
- June 20 Elkins Park 12 Hour Relay & Ultramarathon
 Elkins Park, PA
 Contact: Bob Gamberg
 782-8811
- Run for the Rarest 10K - Phila.
 Contact: Wildlife Preservation Trust International
 3400 West Girard Ave
 Phila, PA 19104

MULTI-SPORT SCHEDULE - JULY 1992

Compiled by Bob Huggins

- July 5 Cooper River Biathlon Series - Pennsauken, NJ
 Run: 3.7 miles, Bike: 15 miles
 Contact: Chuck Sellers
 RMI
 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 18 Vincentown Sprint Triathlon - Vincentown, NJ
 Swim: .25 miles, Bike: 15 miles, Run: 5K
 Contact: Chuck Sellers
 See July 5
- American Red Cross Triathlon - Harrisburg, PA
 Swim: 05 miles, Bike: 10 miles, Run: 3 miles
 Contact: American Red Cross
 PA Capital Region Chapter
 P.O. Box 5184
 Harrisburg, PA 17110
 717-234-3101

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

Carbon County Triathlon - Jim Thorpe, PA
Swim: 1 mile, Bike: 30 miles, Run: 10 miles
Contact: Ed Vermillion
P.O. Box 154
Lehighton, PA 18235-0154
337-5905

July 25 Sunset Lake Sprint Triathlon - Bridgeton, NJ
Swim: 0.5 miles, Bike: 15.5 miles, Run: 5K
Contact: L & M Computerized Sports
7 Westwood Drive
Mantua, NJ 08051
609-468-0010

July 26 Be a Hero Triathlon - West Grove, PA
Swim: .25 miles, Bike: 15 miles, Run: 5 miles
Contact: Jim Kelly
YMCA
880 W. Baltimore
West Grove, PA 19390
869-8001

Editor's Note: Multi-Sport Events have field limits unlike most road races and fields tend to fill up early. Therefore, get your applications in early to avoid being "shut out."

August is triathlon month in Philadelphia! There are 3 triathlons scheduled for August within city limits including the Fairmount Park Tri Classic on August 2nd, The Philadelphia Cancer Society Triathlon on August 9th and the new Bud Light Philadelphia Triathlon on August 29th. Contact information for registration forms will be in the next issue of KEEPING CONTACT.

DELCO RRC MEMBERSHIP MEETING

Wednesday, April 29, 1992

Attendees: Tom Hirsch, President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Peggy Bobeck, Secretary
Elaine Russell Bill Schultz
John Greenstine Stan Cherim
Mark Clatterbaugh Diane Mc Manus
Bill Morgan Ron Grace
Tom Watkins

Meeting was called to order at 8:00 P.M. by Tom Hirsch, President.

Minutes from last meeting were read by the Secretary and accepted as read. Bill Schultz/Mark Clatterbaugh

Treasurer's Report/ Fred Senderoff

Mellon/PSFS Checking Account \$2800.

Newsletter Editor/ Bob Huggins

Everyone should have latest newsletter. Next edition of newsletter will be big. Elaine Russell has contributed many articles. Should be out the end of May.

Team Coordinator/ Bob Huggins

One team for Broad Street 10 Miler

John Greenstine	Mike Metague
Steve Whitmore	Marc Oleyneck
Bob Huggins	

No team for Race For the Cure 5K

United Way presented a certificate to DELCO RRC to thank them for their contribution this year.

Membership/ Mary Lou Long N/P

Old Business

Grand Prix Race Series

Bill Schultz related there are some new additions to the Race Series Circuit:

Dawn to Dusk Ultra
Women's Distance Festival

Discussion followed regarding a question on why no T-Shirts at the end of last year as promise???

Grand Prix Race Series is separate from club - can not use club money to purchase T-shirts.

9th Annual Dawn to Dusk Ultra Marathon/ Bill Schultz
No Ambulance Corp will be present, but we dial 911 if needed. They have been notified. Approximately 15 runners will participate. Don Choi of San Francisco will be running and running and running. Volunteers will be needed to count laps. John Greenstine made a motion DELCO RRC subsidize Grand Prix Race Series Fee to anyone who counts laps at Dawn to Dusk for an allotted time. Seconded Mark Clatterbaugh/ Passed - 1 no vote.

Women's Distance Festival - Sept. 12 discussion w/ regards to more publicity of race.

Radical 5 Miler Ridley Park - June 7
Bob & Tim will measure course. 10 Corporate Sponsors have been signed. 70 entries so far. Commercial to run on cable TV was made w/ Pierre Robert.

Jr. Olympics - Springfield H.S. Track May 29 - 30
Bill Schultz made a motion that DELCO RRC give Kathy C. same amount of seed money as last year for Jr. Olympics. /Seconded Bob Huggins

Clothing for Sale / John Greenstine
Collecting forms, get them in soon Folks!

New Business

April is the club's 19 year!!! Happy Birthday to all!!!
Pasta Dinner - Sept. 18, 1992
New - Delco Sports Page

Bill Morgan - A club member will be writing for the new Delco sports page newspaper. He will be writing articles w/ race results, up coming races, and feature on club members

Motion was made at 8:53 P.M. to adjourn by Bill Schultz / Seconded Bob Huggins

Next meeting will be on Wednesday, May 27, 1992 in the Community Room at Springfield High School. Meeting will begin at 7:30 P.M.

Respectfully submitted,
Peggy Eobeck



13th Annual!

MEDIA TOWN FAIR 5-Miler

Brought to you by
BUD LIGHT
&
BILL BATTEY'S

COURSE: Streets of Media (same as last year - counterclockwise).

ENTRY FEE: Pre-registration: \$8.00 if postmarked by **June 19, 1992.**
Post-registration: \$10.00 on Wednesday, **June 24,** from 6:30 to 8:30 p.m. at Bill Battey's. **Race party following.**
Race packets may be picked up at the post-registration or before the start of the race.

T-SHIRTS: Given to first 800 registrants.

AWARDS: (presented outside the Media Armory following the race):

MEN: Overall top 10, plus top 3 in groups: 13-18, 19-29, 30-39, 40-49, 50 and over.

WOMEN: Overall top 10, plus top 3 in groups: 13-18, 19-29, 30-39, 40-49, 50 and over.

SPECIAL: First man and woman from Media Borough. All finishers 12 and under.

DIRECTORS: Media Recreation Commission & DELCO Road Runners Club.

SPONSORS: Bud Light and Bill Battey's Sporting Goods.

PROCEEDS: All proceeds benefit the Media Recreation Commission.

INFORMATION: Call 566-4151.

NOTE NEW RACE DATE
Friday, June 26, 1992
7:00 p.m.
Media Fire House
Front & Jackson Streets Media, PA

MAIL ENTRY NOW!
REGISTRATION LIMITED TO 800!

RELEASE FORM

Make checks payable to "DELCO RRC". Mail checks to **DELCO RRC, Media 5 Miler, C/O 100 Colonial Park Drive, Springfield, PA 19064**

NAME _____

ADDRESS _____

PHONE _____

AGE ON RACE DAY _____ SEX _____

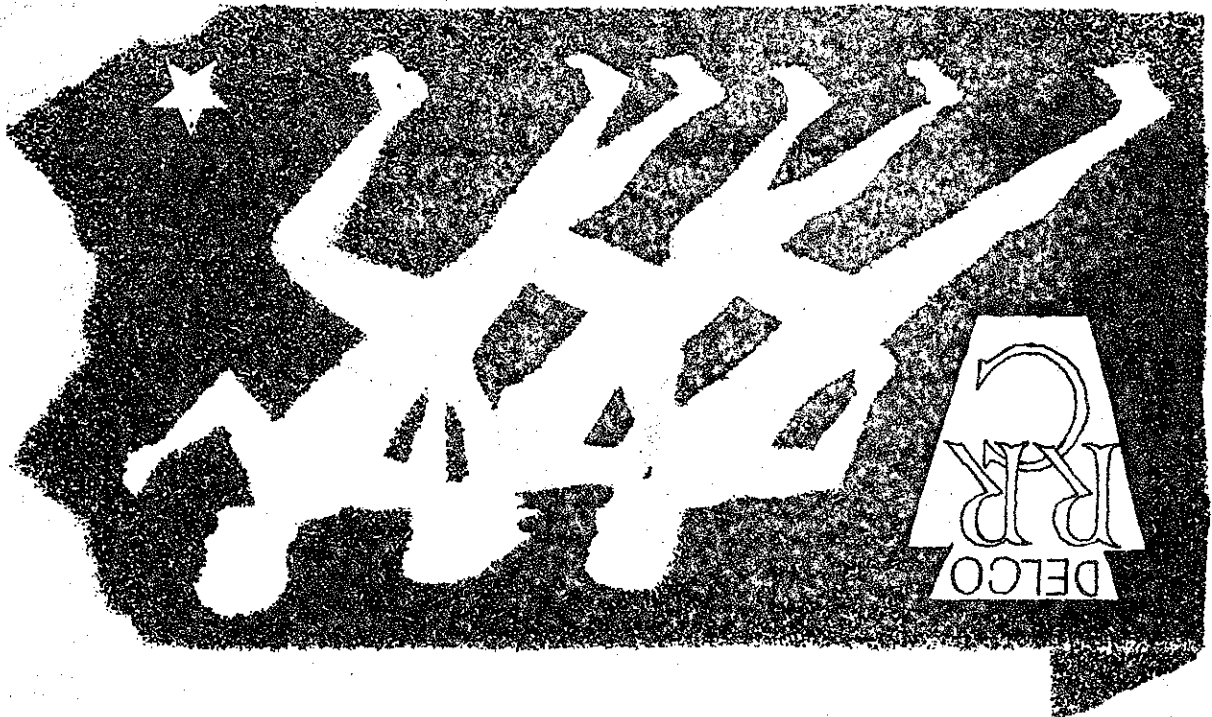
T-SHIRT SIZE XL L M

In consideration of your accepting this entry and granting permission for my participation in the Media Town Fair 5-Miler, 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 DELCO RRC, Media Borough, the Media Recreation Commission, the Media Town Fair 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!

SIGNATURE _____ DATE _____

PARENT OR GUARDIAN _____

(If runner under 18)



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

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

TO:



RUN FOR FUN AND FITNESS.....