



Keeping Contact

Newsletter of the Delaware County Road Runners Club

September, 1992

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

LOCAL RACES: ANYONE WITH HALF A BRAIN CAN ENTER

(AND THEY OFTEN DO)

By Amy Binder

I love working races. More than running them. More than watching them. More than training for them. Over the past six years I've been associated with the DELCO ROAD RUNNERS CLUB, I've worked race registrations, water stops, traffic control, and finish chutes. I've worked the defunct Philadelphia Marathon, the Philadelphia Distance Run, the Women's Distance Festival, and (my favorite) the Media Five Miler, among others.

It's during these races that legends are created. Stories that will be told and retold for years to come. I'll never forget the kid who ate a full dinner before an evening race, only to deposit it on my shoes at the finish line. Better yet, he had a buddy who did the same thing not three minutes later. Two direct hits in one night. Then there was the middle-aged guy who got right in my face to say he needed to know where the bathroom was because, as he so delicately put it: "I need to go number two REAL BAD!"

But not all legends are so crass. Some are actually sympathetic. One friend tells of a poor, tired woman running a ten-mile race. She was midway through and wanted to walk a few blocks, but she was afraid she'd be disqualified. Luckily, my friend is knowledgeable about racing and told her walking was perfectly acceptable. You can walk across the finish line. You can crawl across it. You can even roll across it in a wheelchair. The only thing that's not acceptable is hopping on the subway for half the race and then jumping back in at the finish.

When I work registration tables, I'm always amazed at the number of people who have trouble distinguishing between pre-registration and post-registration. Could it be that pre-registration means any time up to the beginning of the race? Then post-registration would be for people who want to run first, then decide if the race was worth paying for. Whenever this "pre-post" question causes confusion, I find it helpful to simplify the matter. Did you already pay money to enter? No? Then pay me now and consider yourself a runner.

Granted, some people are new to racing. They don't yet know all the conventions. There are those who pick up their number, tear off the bottom portion containing their name and age group, and then hand it back to you like a prize. After you stop pulling your hair out, you try to explain they need that stub to hand in at the finish line. You'd be surprised how many people make this mistake, but they only do it once. After several miles of clutching a small, sweaty piece of paper in a hot, clammy fist, they learn pretty fast to leave their number alone.

Even so, there are always some number-related dilemmas at the finish line. Several people manage to lose their number either on their body or out on the course. They'll cross the finish line and walk through the chute to where you're collecting numbers. A quick once-over tells you there's no number readily available. While the rest of the runners are piling up in the chute, they'll reach down into the nether regions of their shorts and pull out a crumbled piece of paper. Too bad, buddy, I know I'm a volunteer, but they couldn't pay me enough to handle that number.

Then there are those who can't find their number, period. Often they'll say, "I'm Bob from Media and I'm 42." That's nice to know, Bob, but it's not going to get you a place in the final results. Once or twice a "Bob" will even turn up after the race with his number in hand. "I just found this," he'll say, "What do I do now?" Well, Bobs-of-the-world, my best advice is to go home and take a nice, long shower. You won't be seeing your name in any list of finishers for this race.

One thing you'll notice when you work a finish line is there are many types of runners. Some end a race with a smile on their face, barely breathing hard. Others are grimacing and literally foaming at the mouth. There are the dramatic runners who cross the finish line, stop their watch, and then faint. And let's not forget the perky runners who go through the chute patting workers on the back for holding such a great race.

As you can see, there's more to racing than pounding the pavement. If your knees have given out and your asthma's acting up, that doesn't mean you have to give up races. Just say no to running and volunteer to help instead. That way, you get a front row seat on all the action -- and the best part is there's no training required.

THE VINCENTOWN MULE

(you read it right, mule not mile)

By Bob Huggins

Those of you who enjoy cycling will no doubt remember an early Kevin Costner film called "American Flyers" in which Costner and his younger brother train together for a grueling 3 day stage race in the Colorado Rockies. There's a scene in the movie where Costner tells his brother that the two of them are going to meet a guy named Eddie who, as Costner assures his brother, will give them

the hardest workout they've ever had. As it turned out, Eddie was a ferocious (and fast) bulldog, who gives chase to the brothers as they are out on a training ride. I mention this only because of a bizzare experience I had while competing in a local triathlon in New Jersey in July.

After a little prodding by fellow DELCO RRC member Gene Martenson, I decided to compete in the Vincentown Sprint Triathlon, which featured a 1/4 mile swim, 15 mile bike and 5K run. I had already competed in 4 triathlons prior to the Vincentown event, and had already signed up for a one mile ocean swim in Sea Isle City later that same day, so I really wasn't interested in entering this first-time event. But what the heck, the distances were short and, if nothing else, the race would provide a nice training exercise for some longer events which I planned on doing later in the season. So with that, Gene and I drove over to rural Vincentown, NJ which is about an hour's drive from my home in Collingdale.

The race started and I had a decent swim, despite the fact that the race director sent out all of the 200+ males on the swim at the same time. I did have some trouble with my toe strap set-up (opting not to use clipless pedals and cycling shoes for the 15 mile ride), but once on the bike I was in my element and passing people like crazy. The bike course was out and back with two large loops.

Near the end of the first loop, the cyclists were directed onto a narrow country road. As I was passing a farm, cranking along merrily at 22 mph, I noticed something out of the corner of my right eye. It was big, brown and moving! Lo and behold, a mule had escaped from the farm and, in an instant, was chasing those cyclists in front of him down the road. I was about 15 yards behind the animal and had to slow down to 19-20 mph. Because the animal was so big and the road so narrow, I was deathly afraid of passing it for fear that it might knock me off my bike. By now, several other cyclists had caught me; none of us wanted to pass the mule. After about a quarter mile or so, the cyclists in front of the mule made a sharp right hand turn. Without missing a beat, so did the mule. After making the turn, the road widened considerably and the mule moved into the left lane. I decided that there was enough room on the right to slip by the mule, and so I began sprinting like a madman. After a little time had passed, I could no longer hear the clip-clop of the galloping mule chasing after me. I had "dropped" the mule, but what was in store for the second loop? Fortunately, the mule was nowhere in sight and I was able to complete the cycling portion of the race. After that experience, the 5K run proved to be uneventful and a mere afterthought of my encounter with the Vincentown Mule.

By the way, this race is an excellent, small-town rural race, although the mass swim start for the men could have been alleviated by breaking the group into smaller waves. The women's wave, with fewer competitors, was a much safer start. Both the bike and run courses were flat and fast.

DELCO members participating included Gene Martenson, Amos Mincin, Peggy Bobeck (age group winner) and, of course, yours truly.



DR. LEE S. COHEN ASSOCIATES

PRACTICE LIMITED TO TREATMENT OF THE FOOT AND ANKLE

BOARD CERTIFIED ♦ AMERICAN BOARD OF PODIATRIC SURGERY
FELLOW ♦ AMERICAN COLLEGE OF FOOT SURGEONS

JULY 6, 1992

DELCO ROADRUNNERS
C/O 100 COLONIAL PARK DRIVE
SPRINGFIELD, PA 19034

DEAR FRIENDS AT THE DELCO ROADRUNNERS,

WE DID IT! THE DR. LEE COHEN RADICAL RUN THROUGH RIDLEY PARK
RAISED \$5000 TO BENEFIT THE ABUSED CHILDREN SUMMER CAMP PROGRAM
IN DELAWARE COUNTY.

WITH OUR CONTRIBUTION, WE ARE HELPING TO SEND 180 CHILDREN TO
SUMMER CAMP. THIS IS AN OPPORTUNITY THESE CHILDREN WOULD NEVER
HAVE WITHOUT YOUR SUPPORT.

WE LOOK FORWARD TO YOUR CONTINUED SUPPORT IN THE YEARS TO COME.
YOU ARE THE CHAMPIONS, THE CHARTER MEMBERS OF A NEW DELAWARE
COUNTY TRADITION FOR ONE OF THE MOST HUMANITARIAN CAUSES OF OUR
TIME.

THANK YOU !

SINCERELY,

DR. LEE S. COHEN

JOAN M. COLEMAN
GROUP PRACTICE ADMINISTRATOR

P.S. WITHOUT YOU THIS WOULD NOT HAVE BEEN POSSIBLE.

RUN FOR THE RAREST '92
by Elaine Russell

On Saturday, June 20, 1992, the Wildlife Preservation Trust International's 2nd Annual Run for the Rarest 10K was held. The goal of the Run is to raise funds for endangered animal species which are threatened with extinction. The ten species selected for conservation action and deemed the Rarest of the Rare are:

Angonoka Tortoise	Lemurs of Madagascar
Black-footed Ferret	Thick-billed Parrot
Cotton-top Tamarin	Lion Tamarins
Mauritius Kestrel	Echo Parakeet
Jaguar	Baird's Tapir

Two-hundred and forty-eight runners participated. This was a fairly decent number considering the fact that many brave souls (or should I say "real runners"?) went to the Glen Mills Firecracker Run instead!

The race began outside Memorial Hall with the course consisting of two loops through Fairmount Park, with the second loop being slightly longer than the first. Conditions were pleasant with a light breeze which counterbalanced the humidity. It was very well organized with many water stops along the way. As one who experiences difficulty with heat, I greatly appreciated it.

Race results are as follows:

Overall Winner-Eric Lorenz, age 22	31:58:49
1st Female & 18th Overall-Elizabeth Andrews, age 29	39:41:51

DELCO Members included:

Larry Filtz - 11th overall	37:45:69
Bill Meyer	47:54:76
Maureen Meyer	48:53:88
Terry De Angelis	58:54:83
Elaine Russell (UGH!)	59:53:13

P.S. The race was not the same without Dave Ferguson (WOW!) and Rita Jordan (frequent "Memorial Hall" runners)! I wish Rita a speedy recovery. I'm sure it will be no time at all before the two of them are back and winning awards!

P.P.S. Before I could finish this article, Dave Ferguson placed 9th overall in a field of 180 at the American Red Cross 10K on June 21 with a time of 37:31. WOW!

GE RUNNER-UP IN CORPORATE TRACK CHAMPIONSHIP

Submitted By Joan Potterfield

General Electric finished second to a much larger team from AT&T in the 1992 US Corporate Athletic Association (USCAA) National Track & Field Championships. The meet was held at the University of California, Irvine on the weekend of July 11th and 12th. Among the other thirty-one companies competing were Westinghouse, Coca Cola, Exxon, IBM and Boeing.

DELCO runners were Joan Potterfield (GE) and Bob Fuhrman (AT&T), who qualified to participate in the national meet by running well in local and regional races. There are events from 200 meters to 2 miles on the track, 5 and 10 kilometer road races, as well as shotput, high jump, and long jump. All these events have competition for both men and women from under 20 to 55 and over, so a wide variety of people are needed. The GE women were from under 20 to 55 and over, so a wide variety of people are needed. The GE team draws people from all over the US and several foreign countries. This year's GE team numbered about eighty-five and included runners from Canada, England and France. GE is proud to be part of the USCAA and feels the regional and national events do much to promote company spirit and a positive team attitude.

GE has competed in the "Corporate Cup" since its inception in 1978. During that time, GE has finished first in the national event four times, second seven times and third three times. GE and AT&T are perennial rivals and always field strong teams. GE, for instance, had a sub-four minute miler. The 10K qualifying times for the GE team are as follows.

Age	Men	Women
18-24	32:30	40:30
25-29	32:30	40:30
30-34	33:00	40:30
35-39	34:00	42:30
40-44	36:00	45:30
45-49	37:00	48:30
50-54	38:30	51:30
55-59	40:00	54:30

There is also an annual USCAA Marathon Championship, which GE has won for the past two years. AT&T was third to a surprisingly strong team from the Church of Scientology. Twenty-six teams participated in this year's corporate marathon competition, which was contended in March at the Los Angeles Marathon. Joan Potterfield won her division for the third year in a row and also received an age group award. Last year she was the first female corporate finisher. The 1993 Corporate Marathon Championship will again be in Los Angeles.

BERNIE Z'S 420 T-SHIRT GRAB BAG 5K RUN/WALK

by Elaine Russell

Ever wonder what to do with all those race T-shirts you've acquired? I'm fairly new to this game, yet already my closet is overflowing. Extra-large for some women make nice nightshirts (sorry, guys!) and beach cover-ups for those lucky enough to get to the beach. I guess cleaning rags are always an option. I've seen it advertised in some magazines that a quilt can be made from your favorite T's - sounds a little bizarre to me - but who am I to say - and it is quite expensive.

The "neatest" thing I've seen so far is the photograph Ron Finley designed, made up of him posing in many different race shirts, all superimposed onto one composite photo. He deserves a prize for that one! I don't know what became of the shirts, but the photo sure was a winner!

Well, one fellow runner, Bernie Zelenak (a frequent racer on the Delaware running scene) asked his friends to come up with an idea about what to do with his numerous shirts. Born of this was the 1st Annual Bernie Z's 420 T-shirt Grab Bag 5K Run/Walk. A prize was awarded to the person who came up with the idea. What followed was a TAC certified race to which Bernie donated 420+ never-worn T-shirts as a fundraiser for the Ronald McDonald House of Delaware. An entry fee was waived. In lieu of a fee, participants were asked to make a contribution to the Ronald McDonald House. T-shirts were packaged according to size and runners and walkers grabbed a bag of their choice. No one knew what he was getting, which proved entertaining. Awards were eventually given for the "best" and "ugliest" T-shirts.

Another novel idea included in this unique race was distribution of awards according to horoscope. Exact birthdates were required on the entry forms. In addition to the overall top male and female, prizes were presented to the top 2 finishers in each astrological sign, separately by male and female. This made it difficult to know whom you were competing against and enabled some participants to get awards who might not have the opportunity to under ordinary racing circumstances.

All in all the event was delightful and raised over \$1,000. Many thanks to Bernie Z for his generosity and to Marathon Sports of Wilmington for assisting with such a worthwhile cause.

Results: Overall Male - Paul Miller, age 26 16:53
Overall Female - Mary Hampton, age 27 19:47

DELCO Members: Carolyn Di Giambatista, age 50 22:37
Bill Meyer, age 45 24:03
Maureen Meyer, age 45 24:03
Elaine Russell, age 38 29:30

I'D RATHER BE JOGGING

by Elaine Russell

Did you ever see those bumper stickers that say, "I'd rather be SAILING! I'd rather be ...(this or that)?"

Well, any die hard runner/jogger knows that nothing else is quite the same when it comes to our sport. All you need to do is be injured, even just once, to find out that swimming, riding a bike, treading water, or simply walking just won't cut it. This is when you discover you are an addict.

Having sustained yet another injury (ok, so I enter too many races - I admit, I'm an addict!), on the advice of my physician, I refrained from jogging a few weeks. I decided if I couldn't jog every day, the least I could do was race on the weekends (does this sound like Byron Mundy logic?). After all, I do them for fun, not for time. Trying to comply with the doctor's orders, I decided to enter the Glasgow High School 5K Walk instead of the accompanying run. Well...

I started off just thinking I would walk as I normally walk. You know, just a comfortable stroll - take in the scenery, talk to fellow participants. Besides, it was an extremely hot, sunny day and I was roasting just standing around. Well after a few seconds of this, I found everyone was "flying" by me. Not to be left alone, I picked up my pace. After about five minutes of this I had the uncontrollable urge to break into a jog. Since this is not "kosher" I could not. Another few minutes pass and by this time I can't stand it anymore. I'm walking as fast as I can, arms flying, looking crazy! I can't stand it another minute, but I have no choice. The faster I walk, the sooner this will be over.

By the time I was finished, my pace averaged out to about 12 minutes per mile. Embarrassing but true, I remember beginning jogging at that pace. I've improved somewhat, but one thing I know. No matter how slow I am, I'D RATHER BE JOGGING!

TEAM NEWS

By Bob Huggins

There seems to be some confusion about team races and who can or cannot compete for the teams. Hopefully, this will clear the air.

Team competitions are open to all DELCO members, regardless of their ability. In those instances where we have more than enough members for one team, we may try to create A and B teams, with the A team "stacked" with the faster runners to improve our chances of placing in the overall standings.

In most cases, team entries must be submitted as a group and not individually. Once you have submitted an individual entry, you compete as an individual...you will not be counted in team scoring, regardless of your ability. In the interest of fairness to all club members, DELCO does not pay individual fees; rather it pays the difference between what the individual runner's fee is and the team fee (if any).

DELCO has traditionally fielded teams at the area's larger races such as the Distance Run, Broad Street, Caesar Rodney, and Middle Atlantic Road Runners Club team competitions. We will be happy to consider other races where team competition is included, however, there must be a sufficient number of runners attending for scoring purposes before the club will pay the team fee, e.g., if a minimum of three runners are necessary for scoring purposes, then at least 3 DELCO runners must express interest in entering as a team. Team members are welcome and highly encouraged to recruit fellow DELCO members to be part of a competitive team.

I hope this answers most of the questions about DELCO's team. Please don't hesitate to contact me at 565-5466 (days) or 583-0610 (evenings) if you have questions or comments about team competition.

SPEED, STRENGTH AND ENDURANCE

By Bob Fuhrman

(Asst. Track & X-Country Coach, Penn Wood H.S.)

Runners require all of the above, but the most neglected is certainly strength, especially in the upper body. A lot of runners in our club run lots of long distance and some of us actually do speed work but very few of us do anything to increase our overall upper body strength.

The ability to maintain good body posture when running, especially long distance, is paramount. The body sag that takes place shortens the stride length and the over all fatigue limits the leg turn over.

A good upper body weight program is one that strengthens the tendons and muscles of the shoulders and upper arms, not one that will build large quantities of layered muscle. The former program could do wonders for some of the runners in our club and can be accomplished by utilizing light weights, preferably dumb-bells, twice a week.

BLUEBERRY FESTIVAL TRIATHLON

By Bob Huggins

First time races are always something of a question mark. You never know how well or poorly things will go until you've actually competed. After having competed in the first annual Blueberry Festival Triathlon, I can wholeheartedly tell you that the race came off extremely well in almost all respects. The race obviously had good publicity going for it, as it completely sold out in its first year and even took registrations above its 300 competitor limit.

The race's focal point was Hammonton (New Jersey) Lake Park which is just under an hour's drive from Delaware County. Three waves of swimmers contested the out & back half mile swim course which was in very shallow water (I was scraping the bottom for about a quarter of the swim). Next was one of the fastest bike courses I've been on, although it was a tad short of the advertised 19.4 miles. Finally, competitors ran a mostly flat out and back four mile course. The race was unfortunately marred by large groups of riders drafting one another. For those of you unfamiliar with the cycling leg of triathlon, riding directly behind another rider (drafting) is considered an unfair advantage and is illegal, resulting in penalty times, and possible disqualifications. Other than the drafting problem, this was one of the best triathlons in which I've participated and is a great race for novice and experienced triathletes alike. In fact, the presence of a number of Middle Atlantic All-Americans and Honorable Mentions made this a hotly contested race. DELCO's own Peggy Robeck took second place in her age group.

DELCO CROSS COUNTRY CHAMPIONSHIPS

The annual Delco Cross Country Championships for high schools in Delaware County will take place on Saturday, October 10th. As of this writing, the races will be held in the afternoon at 1:00 P.M. To make this a successful event, we need lots of volunteers. Contact Martin Deeney, Byron Mundy, Ron Grace, Bob Fuhrman, Rita Jordan or Tom Hirsch if you would like to help out. If you haven't volunteered to help out on this event, you're missing an exciting event! Volunteer today!

RUNNING SHORTS

- * Following in the footsteps of Tom Tolan, Tony Belfiglio is yet another DELCO member who has moved to Maryland. Tony reports that he's doing well and recently placed 3rd in the men's 50+ age group in the national Education Association 5K held in Washington, D.C. Tony hopes to be back in the area for the Marshalton Canoe Triathlon in the Fall.
- * Speaking of Tom Tolan, a belated congratulations to Tom and his wife on the birth of their first child this past Spring. Tom runs with the Annapolis Striders.
- * And speaking of yet another DELCO Transplant, yet another belated congratulations goes out to Rick Jones (now living in Oakland, California) on his marriage to wife Sherry this past June.
- * Bill and Joan Boselli have moved to Mullica Hills, New Jersey. Joan recently accepted a sales position with a large pharmaceutical company. Her territory will be in South Jersey. Meanwhile, Bill will make the commute to the club's favorite eatery, Boselli's Buon Appetite in Upper Darby.
- * Gene Martenson has an interesting idea which combines running and recycling. When you're out running, wear a backpack and pick-up old aluminum cans for recycling. Gene claims that as the pack gets heavier, you work a little bit harder and do your bit for ecology at the same time. Everybody wins!
- * Club members John Albright and Bob Huggins recently participated in open water ocean swims "down the shore." Bob completed the inaugural one mile ocean swim in Sea Isle City (in 66 degree water without a wetsuit), while John completed the longer 1.4 mile swim in Ocean City. Both are planning to swim in the 1.5 mile Miss America Pageant Swim in Atlantic City in September.
- * Check out the September issue of Runner's World. A brief description of Bill Schultz's preparation for his transcontinental run in 1990 is referred to as part of an answer to a reader's inquiry about transcontinental runs.
- * DELCO's open team (consisting of mostly "old guys") placed 5th among 9 teams at the Broad Street Run. Team members included Steve Whitmore, Marc Oleynick, John Greenstine, Mike Metague and Bob Huggins. The first three runner's from each 5-man team scored.
- * Mary & Ronnie Levy have booked a Runner's Island Cruise from November 15th to the 22nd. On board will be John Treacy, Bill Rodgers and Joan Benoit-Samuelson. If you're interested in joining the Levy's or need more information about the cruise, call them at 236-6944.

EARLY FALL ROAD RACE SCHEDULE

Compiled by Bob Huggins

Editor's Note: At the time this listing was compiled, there were very few listings regarding races in September...seems like everything revolves around the Distance Run. Those of you not competing in the area's largest Half Marathon may want to check out the Chichester Business Association's 5 Miler which will be held the following week (application is enclosed).

- Sept. 2 2nd Annual Legends 5K - Wilmington, DE
 Contact: Marathon Sports
 302-654-6400
- Sept. 12 Groundhog Fall 50 mile Endurance Run
 Punxsutawney, PA
 Contact: Gary Buffington
 2357 Greenbriar Road
 Pensacola, FL 32514
- Sept. 20 Philadelphia Distance Run
 Contact: Application forms are available at
 Mellon/PSFS and at Club Fun Runs
- Sept. 25 Chichester Business Association 5 Miler
 Race Application enclosed
 Contact: Call 485-4640 if you need more information
- Sept. 26 CORA Services 5K Celebration Run - Pennypack Park
 Contact: Bob Mc Elhenney
 CORA Services - 5K
 733 Susquehanna Road
 Philadelphia, PA 19111
 342-7660 X216 (days)
- Oct. 4 Delaware Distance Classic 15K & 5K - Wilmington
 Contact: Doug White
 16 Pine Grove Lane
 Hockessin, DE 19707
 302-234-1189
- Jersey Shore Half Marathon - Asbury Park, NJ
 Contact: 908-264-1692
- Oct. 10 Fenton Carey Classic 8K - Ocean City, NJ
 Contact: 609-399-6111 X246
- Oct. 17 Sports Club's "Move Your Muscles for MDA" 5 Miler
 Ridley Park
 Contact: Regina Hardy
 833-2000

MULTI-SPORT SCHEDULE

BIATHLONS

- Sept. 12 Lancaster YMCA Duathlon - Speedwell Forge Lake, PA
Run: 5K, Bike: 40K, Run: 5K
Contact: Jeff Kenderdine
Lancaster YMCA
572 N. Queen St.
Lancaster, PA 17603
717-397-7474 (days)
- Sept. 26 Ambler Area YMCA Biathlon - Ambler
Swim: .5 miles, Run: 5K Cross Country
Contact: Ray Kitch
Ambler YMCA
Box 428
Ambler, PA 19002
628-9950 (days)
- Sept. 27 Cooper River Biathlon Series - Pennsauken, NJ
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Chuck Sellers
RMI
P.O. Box 462
Collingswood, NJ 08108
- Oct. 11 Peddlers Village Biathlon - Lahaska, PA
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Pam Hamilton
P.O. Box 2
Lahaska, PA 18914
340-2526 (days)
- Oct. 25 Naval Station Fall Classic - Phila. Naval Base
Run: 2.5 miles, Bike: 12 miles, Run: 2.5 miles
Contact: L & M computerized Sports
7 Westwood Drive
Mantua, NJ 08051
609-468-0010 (days)
- Oct. 31 Season of the Witch Biathlon - Reading, PA
Run: 3.6 miles, Bike: 10.8 miles
Contact: Precision Road Racing
P.O. Box 252
Leesport, PA 19533
926-4303 (days)

TRIATHLONS

- Sept. 12 Montgomery County Triathlon - Green Lake, PA
Swim: .25 miles, Bike: 15 miles, Run: 5 miles
Contact: Nancy Kupferschmidt
Beech & Penn Sts.
Pottstown, PA 19464
970-6607 (days)

- Sept. 13 Lancaster YMCA Triathlon - Speedwell Forge Lake, PA
Swim: .5 miles, Bike: 12 miles, Run: 3 miles
Contact: John Hall
Brandywine Sports Medicine
460 Creamery Way
Oakland Corporate Center
Exton, PA 19341
363-3328 (days)
- Sept. 27 Greate Bay Tay Triathlon - Somers Point, NJ
Swim: .8K, Bike: 30K, Run: 5K
Contact: Carl A. Geiger
38 Gulphmill Road
Somers Point, NJ 08244
609-343-4068 (days)
609-927-2702 (evenings)
- Oct. 3 French Creek/Mavic Triathlon - French Creek State Park
Swim: .6 miles, Bike: 17.5 miles, Run: 5K
Contact: John Hall
RR4 Fellowship Farms
Chester Springs, PA 19425
458-5534 (days)
- Oct. 25 Batzer Triathlon - Margate, NJ
Swim: .5K (Pool swim), Bike: 20K, Run: 7K
Contact: Marilyn Falkow
c/o Jewish Community Center
501 N. Jerome Ave
Margate, NJ 08402
609-822-1167

DELCO RRC MEMBERSHIP MEETING

Wednesday, August 26, 1992

Attendees: Tom Hirsch, President
Sam Brattini, Vice-President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
Ron Grace Bob McElhinney
Rita Jordan Tom Watkins
Stan Cherium John Greenstine
Joe Freiberg Bill Schultz

Meeting was called to order at 7:53 P.M. by President Tom Hirsch.

Minutes from last meeting were read and accepted as read. Bill Schultz/ Ron Grace

Treasurer's Report/ Fred Senderoff
Mellon/PSFS account \$5,700. There is an issue of extra T-shirts ordered and not being distributed to runners which has reduced race income by approximately \$800.00 over last year. Additionally, the T-shirts may be over priced.

CBA

**CHICHESTER BUSINESS ASSOCIATION
5 MILE CHARITY RUN AND 3 MILE WALK
9:00 AM SATURDAY SEPT. 26, 1992**

5 MILE RUN

COURSE: 5 Mile Rolling Course Through The Most Scenic Areas of Upper Chi, 1 Mile Downhill Finish
WALK 3 MILE ROLLING COURSE

AWARDS: T-Shirt To First 200 Registrations

Prizes for 5 Mile Race

- 1st Prize: \$200.00 (Male & Female)
- 2nd Prize: \$100.00 (Male & Female)
- 3rd Prize: \$50.00 (Male & Female)
- 1st Chi Resident (M & F) - \$25.00 Gift Certificate to any CBA Members Business

Prize for 3 Mile Fun Walk

- 1st Prize: \$25.00 (Male & Female)

**Race Starts at 9:00 AM SHARP at Maximillian's on Naamans Creek Road
Post Registered Start 7:00 AM - 8:45 AM**

**FEE: Pre Register \$10.00
Post Register \$12.00**

PRE REGISTER- Make checks payable to: CHICHESTER BUSINESS ASSOCIATION
495 Bethel Avenue
Aston, PA 19014
485-4640

..... ✂
ENTRY FORM-Please Print

Name: _____ T-Shirt Size: S M L XL
Address: _____ Male Female
City, State, Zip: _____
Phone: _____ Age on day of race: _____

Male: 18 & Under 19-29 30-39 40-49 50-59 60+ (Males)

Female: 18 & Under 19-29 30-39 40-49 50+

In consideration of the entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, value and release any and all rights I may have against the organization holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race.

Signature

Date

Signature of Parent
(If Under 18 Years Of Age)

Date

Membership Report/ Marylou Long N/P

Fred Senderoff raised the issue of long-time members who are not technically registered, due to not returning membership forms signed, regarding their voting status in club elections and voting on club issues at meetings.

Newsletter Editor/ Bob Huggins

Next newsletter out in early September.

Team Coordinator/ Bob Huggins

Two teams for Distance Run.

Men's Open: Steve Whitmore, Mark Oleynick, Joe Freiberg,
Mike Metague.

Women's Open: Marianne Grace, Joan Potterfield, D.A. Lewis,
Diane Mc Manus

Grand Prix/ Tim Wade N/P

Old Business

Rita Jordan reported on the Women's Distance Festival. 38 entries to date. Issue: Having the Domestic Abuse Project linked with the Women's Distance Festival and charities and proceeds from races was discussed. Two questions regarding fundamental issues pertinent to the WDF were raised...club support of WDF and club support of charitable organizations. The club will support the Women's Distance Festival but a resolution on charitable organizations was not made due to the need of more information and study.

John Greenstine recommended that the club mail, first class, a reminder notice for the club's Pasta Dinner to be held on September 18th, mailing to go out the week of August 31st.

Sam Brattini, Bill Schultz and John Greenstine made a presentation to the Springfield Rotary Club regarding the Rotary Club's St. Patrick Race. DELCO RRC has not committed to any assistance beyond the initial meeting.

Ron Grace reported on the Delco Cross Country Championship Races. Everything seems to be moving along fairly well. The time of the race will be shifted to 1:00 P.M. on Saturday, October 10th. Volunteers are needed to help at this club event.

New Business

The club has obtained 10 boxes of safety pins to be used for club events, according to Tom Hirsch. Call him if you need pins for club races, etc.

Tom Hirsch brought up the issue of club support for Bob and Paula Korner's Thanksgiving Day Run. John Greenstine made a motion to support the event, Ron Grace seconded the motion. 7 voted in favor, 3 opposed. The event will continue to be a Fun Run type event, held on Thanksgiving Day at 9:00 A.M.

Motion was made to adjourn meeting at 9:45 P.M. by Bill Schultz/
Ron Grace.

Next meeting will be Wednesday, September 30, 1992 at Springfield H.S. community room.

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

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

DELCO ROAD RUNNERS CLUB
POST OFFICE BOX 145
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