

# *Keeping Contact*



President; Steve Whitmore

Editor; Bob Huggins    January 1995  
Publisher; Maridel Whitmore

12/27/94

Minutes from December 1994 club meeting of Delco RRC

Meeting called to order at 7:45pm by Steve Whitmore. Present: John Greenstine, Rita Jordan, Tom Hirsch, Dave Covey.

**Minutes were read but not accepted due to various inaccuracies in the reporting.**

Treasurer's Report: Bob Huey, N/P

Newsletter Editor's Report: Bob Huggins, N/P

Team Coordinator's Report: Bob Huggins, N/P

Membership Coordinator's Report: Kathi Clatterbaugh, N/P

## **OLD BUSINESS:**

**Nominations/Elections Chairman's Report:** John Greenstine reported that the ballots for officers' elections have been coming in from the club, and that he would prepare a final report on the elections and announce the new officers in the January newsletter. Steve requested that the new officers attend the January meeting to begin their terms.

**(NOTE TO EDITOR: THE FOLLOWING REPORTS ON THE PHILADELPHIA MARATHON, MARATHON WATERSTOP, MEDIA 5 MILER AND MID-WINTER MIXER CORRECTS ANY REPORTING ERRORS IN THE PREVIOUS MONTH'S NEWSLETTER)**

**Philadelphia Marathon:** Congratulations to all the DELCO runners who competed in the race. (We'd love to have a club member write up a report on the race and the runners who competed.)

**Philadelphia Marathon Waterstop:** Tom Hirsch reported that the DELCO waterstop at the Marathon was a success in the eyes of the approximately 1700 competitors, (we received many compliments) but there are improvements to be made for next year. This year we had approximately 20 volunteers; more would be greatly appreciated next year, especially in light of our waterstop having to service both

the 8k and marathon races twice each. Tom noted that many items should be increased or added to the race-supplied list next year. For example, we ran out of Gatorade early, and we barely had enough water. Space blankets, walkie-talkie communications with race officials and better medical support should also be added by the organizers. Hot, sweet drinks were in big demand near the end of the race; fortunately the club brought supplies of those, and Tom noted and thanked the many contributions made by club members, including Kathi Clatterbaugh for her donation of donuts, Jimmy Miccolis for his electrical generator and John Greenstine for the sound system and hoagies for the DELCO crew.

**Koerner's Thanksgiving Volkswanderung:** Tom Hirsch reported that the club raised \$670 in cash and at least \$1500 in food items at the 4th annual event, held on Thanksgiving Day at Ridley Creek State Park. The proceeds went to the Central Delaware County Emergency Food Center. Over 145 donations were received, and at least 100 runners and walkers turned out for the event and the long sleeve t-shirts with Joan Peter's original design. Bob and Paula Koerner have indicated that they are looking forward to sponsoring the event again next year. The cost breakdown for the event was: \$1000 donated by the Koerners, \$300 by DELCO RRC, and \$35.95 by Tom Hirsch.

**Media Five Miler:** Race Committee chairperson Rita Jordan reports that there will be a meeting in January with medical and police support representatives to go over the plans for this year. She reported progress with obtaining the original artwork for the t-shirt from local artist Debbie Yoder, in time to include on the front of the race application which committee member Amy Binder will be working on. Discussions continue around changing the finish line timing and scoring to permit immediate results; she intends to discuss with Bob Huggins.

**Course maps:** Ken Ezzell delivered graphic maps of the various club fun-run courses to Amy Binder, who combined them with her text-based course instructions to form one-page maps. Amy has given the master maps to Kathi Clatterbaugh for distribution to all new members. There was agreement around the table to mailing the map sets to all members by 3rd class mail in the near future.

**Newsletter Publisher Needed!! Steve Whitmore urgently seeks someone to publish the DELCO RRC newsletter "KEEPING CONTACT." Person must be able to work with newsletter editor to combine articles, news and event notices, submitted on computer disk, into a simple multiple-column page format, then deliver master pages to a local printer for photocopying and assembly. Anyone with the necessary skills, computer hardware and interest should contact Steve directly.**

**Meeting was moved to adjourn at 9:15pm by John Greenstine, seconded by Dave Covey.**

Next meeting 1/30/95 at 7:30 pm at the Springfield High School community room.

## **HELP WANTED: SHORT HOURS, MEET INTERESTING PEOPLE**

If you're used to seeing the same old faces at club events, it's because they're the ones who volunteer on a regular basis. Since we don't want to wear out the faithful few, we're soliciting our membership to get more people involved.

In the coming year, as in years past, DELCO RRC has a busy schedule -- one full of fun runs, races, and social events. What we need most to make things happen is YOU.

Why not make 1995 the year that your involvement with the club extends beyond a few fun runs or just reading the newsletter. You don't have to be fast or even in shape to volunteer. You just have to want to help.

If communications is your strong suit, maybe you can help with our newsletter (we're always looking for articles) or with publicity for our special events. If social gatherings are more your thing, how about lending a hand (or some ideas) in planning the one or two events we have each year.

A more typical volunteer effort is race support. Each event has a race director who needs a committee or group of willing arms and legs to do everything from race flyers to t-shirts (before race day) and registration and course marshalling (on race day). Below is a list

of annual events; if you see something you'd like to work on, let us know now (this way, we can better plan our events).

\* **RADICAL RUN**, Spring, Ridley Township  
\* **TRAIL RACE, 5K WALK**, Spring, Tyler Arboretum

\* **DAWN TO DUSK ULTRA**, May 7-8, Sharon Hill

\* **JUNIOR OLYMPICS**, June, Springfield

\* **MEDIA 5-MILER**, June, Media

\* **WOMEN'S DISTANCE FESTIVAL**, summer/fall, Springfield

\* **SUMMER RACE SERIES**, Delaware County

\* **DELCO CROSS COUNTRY**, October, Rose Tree Park

\* **THANKSGIVING VOLKSWANDERUNG**, November, Ridley Creek State Park

If anything here catches your eye...if you want to chair a committee or just lend a hand...or if you have any new ideas for things we should be doing...write to DELCO RRC (attention Vice President), P.O. Box 206, Springfield, PA 19064. If you're the type who needs some coaxing to volunteer, consider this a bended-knee plea. We'd like to do more for our members, and that means getting more *from* our members in the bargain.

— by Amy Binder

If you attend only one party this winter, make it DELCO RRC's Mid-winter Mixer!

# Swingin' in '95

**February 4, 7-11 p.m.**

Put this date on the calendar. What are you waiting for?

East Lansdowne Borough Hall  
(yup, same place as last year) on the corner of Emerson and Lexington Aves.,  
just north of Baltimore Pike

Featuring Swing Dancing (*a.k.a. East Coast Jitterbug*) instruction and music  
by Warren Schloss of *Shut Up and Dance*  
Hot & cold dinner buffet--and, most important, desserts--  
by Clemens Mayer of *Culinary Travels Inc.* (yup, same guy)  
...PLUS...Beer, wine, and non-alcoholic refreshments

**Only \$15 per person!!!**

Dancing partners not required...singles welcome (adults only)  
Sign up *today*...all checks must be received by January 28

Yes, I'm swingin' kind of folk. Count me in for February 4!

NAME(S)

PHONE NUMBER

x \$15 =

NUMBER OF PEOPLE

AMOUNT OF ENCLOSED CHECK

Payable to "Delco RRC"

Send to John Greenstine, 340 Kirk Lane, Media PA 19063-2218

## 1995 DELCO RRC CLUB ELECTIONS RESULTS

*Officers Promise a New "Contract With America's Running Nuts?"*

Congratulations. You pulled the ballot out of the newsletter, got out a pencil, thought it through, marked it up and mailed it back to me. I got your votes, counted them with all the others, and now I present to you your new club officers!

**PRESIDENT: STEVE WHITMORE**

telephone number: 544-3864

**VICE PRESIDENT: MIKE METAGUE**

telephone number: 565-4901

**TREASURER: BOB HUEY**

telephone number: 543-2849

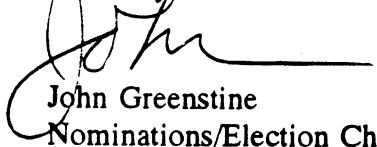
**SECRETARY: GEORGE JACQUES**

telephone number: 353-0865

All in all, 21 votes were cast, out of a pool of 203 active members of the club. Not the biggest ballot turnout we've ever had, but a good indication that many of you believe the election of officers is an important club activity. I urge you to copy these phone numbers, talk to your officers about your concerns and interests regarding DELCO RRC, and come out to a club meeting or two to express your opinions.

Running is by its nature a fairly solitary sport, but it's remarkable how much pride and energy we receive by coming to the starting line in a DELCO singlet, volunteering at a club-sponsored race or dancing up a good time at the Mixer. Your participation, even if just by being a member, makes it all possible. I thank you!

Sincerely,



John Greenstine  
Nominations/Election Chairman

**Running the Grand Canyon**  
**an Experience of a Lifetime**  
by Dave Covey

On September 23, four members of OCTC and three of their running friends traveled to north central Arizona to participate in a run through the Grand Canyon. The group consisted of members, Tony Cannon, Mike McDonald, Harry Hunt, Dave Covey and their friends, Pilar Gordillo, Paul Rudman, and Larry Harlan.

The idea for this run came from Renee Gardner, one of Dave and Paul's ultra-marathon buddies. Renee's wife Lydia is a member of something called the Eco-challenge Team, a 5 person group consisting of three men and two women who will be participating in the Eco-challenge next April.

The Eco-challenge, modeled after the Raid Gauloises, is an eight to ten day, non-stop three hundred mile race which includes trail running, mountain biking, kayaking, rock climbing, rappelling, horse back riding, hiking and white water rafting. Each five person team must finish the race together. Lydia and her teammates figured a training run across the Grand Canyon would be a good workout for the team. Renee was going to tag along, so he invited Paul and I. After talking to various members in the running club, we got commitments from seven people. (The eco-challenge group also had seven people going.)

Leaving Orange County in a rental van on Friday, our group made it to the south rim of the Canyon after about eight hours driving. We set up camp in Mather campground, about one and a half miles from the Bright Angel trailhead.

After a pasta dinner in town, (Grand Canyon, AZ) we drove to Mather Point to get a first look at the canyon. Even at night, the immensity of the canyon was inspiring to all of us. We could see the lights of the lodge on the far rim, ten miles away. It was also interesting to feel the difference in temperature the closer we got to the canyon. It must have been at least fifteen degrees warmer on those rocks even though the sun had been down for a long time.

The group plan was to start out at five thirty Saturday morning in order to get in as much running as possible before it got hot. After too much farting around, (Those water bottles should have been filled the night before!) we finally hit the Bright Angel Trail at six thirty.

The Eco-challenge group had gotten out at four thirty. They had asked that no one from our group run with their team because they thought it might disrupt "team unity". (A nice way of saying they didn't think we could keep up and didn't want us to slow them down.)

Four of us, Tony, Paul, Larry and I, intended to run across the canyon and back, by way of the Bright Angel Trail - a round trip of forty-seven miles with over twenty-two thousand feet of elevation change. The others, Harry, Pilar and Mike were going to run down to Phantom Ranch at the canyon bottom, a few miles in the canyon and run back up the south rim.

Since we had gotten a late start, and were concerned about getting back before dark, Paul, Larry and I proceeded at a fairly crisp pace down the trail. It was difficult trying to enjoy the magnificent scenery as well as navigate the demanding trail. The first several miles of descent from the south rim were pretty steep, with many steps carved into the rocks, switchbacks, and "interesting" drop offs.

After approximately four and a half miles the trail leveled out a bit and came to a small camping area known as Indian Gardens. The "Gardens" were comprised of various species of cacti. It was a pleasant area with plenty of shade trees and a water pump to replenish our water supplies. We also spotted several deer while passing through.

Onward and down, the trail became steep and rocky again as we ran along the base of the Tonto Plateau, heading toward the Colorado River at canyon bottom. The Colorado is one of the great river systems in the United States and is over one thousand four hundred miles long. At the river gauging station near the Kaibab suspension bridge in Grand Canyon, the river averages three hundred feet in width and one hundred feet deep and travels four miles per hour. We reached the river after about one and a half hours running, crossed over and came into Phantom Ranch for our second water stop. Distance to this point was about ten miles.

The ranch is a small camp/ranch that has a ranger station, camping cabins, pack mule stables, and even a small cafe. Our entire group stocked up on water and took a few pictures. Tony, Larry, Paul and I headed up the trail out of the ranch into the Bright Angel Canyon with towering vertical walls. This was gradual climb for about three miles, all runnable. After exiting the canyon, the trail opened up a bit and took us out into the sunshine. It was starting to warm up a bit, but was not too oppressively hot. Actually the weather for the entire day was very good. It never got above eight-five degrees.

Running past geological formations called Brahma Temple, Buddha Temple, and Ribbon Falls, we made our way to the next campsite and water stop, Cottonwood. We were six miles out of Phantom Ranch, with about seven and a half miles to get to the top of the North rim. Two miles past Cottonwood, the trail started getting much steeper, with running now being reduced to about half the time. We were still paralleling the Bright Angel Creek and passed by Roaring Springs, a waterfall that seemed to spring directly out of a hole in the side of a cliff wall.

The trail, becoming steeper all the time, now clung to the sheer rock walls and afforded some magnificent views. We were in a box canyon with red sandstone walls that rose straight up over us for hundreds of feet. We dubbed that area the "echo chamber" for obvious reasons. Looking to the one open end of this canyon, we could see limestone rock formations miles away. The contrasting red and green colors were truly beautiful.

About three miles from the top, who should appear but two members of the Eco-challenge team. As I passed them, they informed me that the rest of the team was about fifteen minutes ahead. Duly inspired, I hammered for a while, powerhiking at a good pace, as running was nearly

impossible because of the steepness of the trail. After another two miles, I caught up to their front group and walked with them for a while.

One of their women member, Robin, a professional mountain-bike rider, was having problems with the altitude and was moving rather slowly. (The elevation at the north rim is eight thousand two hundred and fifty feet.) I told the group I would meet them at the top, and went on my way. Those last three miles were a good workout! I had make it across in about six hours, with a running time of five and a half hours.

Larry and Paul got to the top a short while later and we discussed whether we should just head right back, or go to the lodge at the north rim one and a half miles away and get something to eat. Outvoted, I jogged with Larry and Paul toward the lodge. We were in the "weenie mode" and tried to hitch rides with the cars that passed by. Can you believe it, no one wanted three stinking sweaty runners in their car so we had to jog the whole way.

I was glad to be out voted, the turkey sandwich was really good! So, after taking some pictures at the north rim, we actually got someone to give us a ride back to the Bright Angel trailhead for the run back. Heading down the trail, I noticed sights I had missed on the way up. (Probably because I was concentrating too hard on not stepping on my dragging tongue on the ascent!)

Six of the seven climatic belts recognized in the world, are represented in the Grand Canyon region. They vary from the Mexican desert at the canyon bottom to the Arctic-Alpine type of the San Francisco peaks on the north rim side. Animal life in the Grand canyon region includes about seventy species of mammals, two hundred fifty species of birds, twenty five reptiles. It was on the descent from the north side that we first encountered the well-known mule trains, on their way up from Phantom Ranch.

There was not enough room on the narrow trail for the mules and us, so we had to cling to the walls as they passed by. To give you an idea of the difficulty of the trail, it takes the mule trains all day to get from the canyon rim to Phantom Ranch at canyon bottom. We were attempting four times that distance in the same amount of time. (Editorial note: I've found a new appreciation for the intelligence of mules.)

We continued down, passing through groves of trees that were displaying their beautiful fall foliage. The colors make us wonder if we were running in Arizona or New Hampshire. Once again, past Roaring springs, and down to a family dwelling, (Yes, someone actually lives way down there.) nestled deep in the canyon. We came upon several members of the Eco-team who were resting and replenishing their water supplies there.

Though it was late afternoon when we reached the next water at Cottonwood, the temperatures were still rising. We filled our bottles and, acting on the advice of a passing hiker, started on a side trip to Ribbon Falls. We didn't make it to the base of the Falls because it was taking longer than we expected and we could see it was going to get dark before we got back if messed around too much.

Back through the narrow canyon above Phantom Ranch, Larry was feeling spunky and decided to stretch out the pace a bit. Because the trail in the canyon was shaded, I was hoping for a break from the heat, but there was still a lot of heat coming off the canyon walls.

Coming into Phantom Ranch at twilight, Larry and I hunkered down on some rocks and munched power bars while waiting for Paul to arrive. Wild deer were all over the place. We chatted with a park ranger who has also done many ultra-trail runs, and he told us how he much enjoyed running in the canyons at night. He must have known what we were about to go through.

At dusk, we made our way back across the river and started the long, steep, ten mile climb back up to the south rim. Originally, it was thought that we would be able to finish the run before it got completely dark. So we had only brought one small flashlight for the three of us, and had only brought that one because Harry had suggested it might be a good idea. Wanting to conserve the batteries, we used the light as little as possible for the first mile or so. I have fairly good night vision, and was still feeling strong, so I was able to maintain a good power hike pace up the canyon trail. Larry and Paul had the flashlight, so I figured they would be OK.

There was no moon out, so in some of the box canyons it was really, really dark. Running was out of the question since a wrong step could mean falling several hundred feet. Sometimes, I had to stop and poke my foot out in front of me, searching for the trail, it was that dark! In retrospect, it really wasn't very wise or safe to separate myself from the others, but at the same time, it was exhilarating being alone and vulnerable. I felt very connected to nature out there. It's a feeling I don't think many of us get to have very often.

I eventually came into Indian Gardens and decided to wait for Paul and Larry for the last trek together to the top, four and a half miles above us. As I lay down on a bench in the balmy evening, I could hear the various creatures of the night that inhabit the canyon. Above me were billions of stars in the night sky, the clouds of the milky way clearly visible. When Larry and Paul arrived they filled their bottles and we were on our way. The final three miles, like on the north rim were very steep. We passed some young hikers several miles from the top who were too exhausted to continue. We helped them locate a place to sleep. (They would make it to the top in the morning.)

Very close to the top on the south rim side, I stopped to give a holler to Larry and Paul, who were on some switchbacks below me. When I shouted, I had the bejeezus scared out of me by a bighorn sheep that was perched on a ledge about ten feet behind me, as it skittered away. With that adrenaline rush going, I make it to the top to meet Harry, Pilar and Mike, who had been back for several hours. We finished around ten-thirty P.M. - on the trail for sixteen hours with about twelve to thirteen hours of actual running/hiking.

Tony, after running a strong, steady pace all day, finished with some of the Eco-challenge team at about one thirty in the morning. The rest of their team got in around five thirty.

Total distance for the day was forty nine and one half miles for Larry, Paul and I, fifty one miles for Tony, since he had run to the lodge on the north side and back. Harry had run thirty-three miles while Mike and Pilar had run twenty-six.

We all underestimated the difficulty of the trail, but it didn't matter, this wasn't a race, time wasn't important. It was a fantastic experience for all of us. I personally feel very lucky to be able to do something like this - not many people do.

I'm planning a return trip to the canyon for another run next year, if anyone wants to join in, please call. I'll try to let everyone know when the time gets nearer.

A final note:: Please forgive me if this article seems too subjective, this run was a very personal and wonderful experience. If you can join me next year, you'll see what I mean. Thanks. - Dave Covey

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The following is a list on the dates that we will hold our monthly meetings. PLease make a note of them and try to attend. They are held at the Springfield High School community room.

1/30/95

8/28/95

2/27/95

9/25/95

3/27/95

10/30/95

4/24/95

11/27/95

5/31/95

12/17/95

6/26/95

7/31/95

## Running Shorts

Our Long distance California based club member, Dave Covey, had a stellar 1994, with a marathon PR of 2:54:22 at Boston. Here are Dave's '94 highlights:

<u>RACE</u>	<u>TIME</u>	<u>PLACE</u>	<u>COMMENTS</u>
San Diego Marathon	3:09:04	-	training run
Long Beach Marathon	3:18:12	-	training run
Los Angeles Marathon	3:38:51	-	paced a friend
Catalina Marathon	3:16:26	19/660	3,500ft of climb
San Juan Trail 50K	6:20:45	-	paced a friend
American River 50 miler	7:54:21	-	-training run
Leona Divide 50 mi. Trial	8:31:1	-	training run
Boston Marathon	2:54:22	-	PR!
Malibu Trail 50 miler	8:28:55	-	9,500ft of climb
Shadow of the Giants 50K	4:06:32	7/130	3,000ft climb
Vermont 100mi Trial Run	19:19:12	11/230	1st 100m race
Mule Run 50K Trail Run	4:38:28	5/81	5,000ft climb
California Int'l Marathon	3:06:48	-	died big time

Editor's Note: 3:06:48 is dying big time?? Most of us would want to be dead and buried for that time. See Dave's excellent article on running the Grand Canyon, in this newsletter.

### "LAST TRAIN TO BOSTON" MARATHON

Saturday, March 4, 1995

Aberdeen Proving Ground, MD - 11:00 a.m.

TAC Sanctioned, certified, 4 loop course, relatively flat. First time marathoners and veterans welcome. Can also be used as a qualifier for April '95 and '96 Boston Marathons. Sponsored by Renaissance Allsports Athletic Club (RASAC). Call Brad Roberts, 410-638-1091, for info.

# THE MIDDLE ATLANTIC ROAD RUNNERS CLUB RACE CALENDAR

## FEBRUARY

- 4 Athlete's Closet Winter Series 5 Mile/1 Mile (See Jan. 7)** West Chester, PA 10 am Contact: The Athlete's Closet 610-692-4922
- 5 Snowball 5 Mile Run/5K Walk USATF Grand Prix** Wilmington, DE 10:30am Contact: JCC, 101 Garden of Eden Rd., Wilmington, DE 19803 Eileen Wallach 302-478-5660
- 5 Philadelphia Masters Indoor Track Meet Lafayette Coll.,** Easton, PA 10 am Contact: Karl Castor 215-441-8584 before 8:30 pm
- 5 Snowball Series #11 5K** West Deptford Rec. Park 1 pm (See Jan. 1) Contact: Browning Ross 609-845-5061 Register at Races only
- 5 Shiver by the River 5K/10K Race Series (See Jan. 8)** Reading, PA Contact: Ron Horn 610-921-6260 days, or 610-779-2668 eves.
- 12 Valentine's Day 5 Mile Couples Run** Wilmington, DE 11am Contact: Alpha Chapter ADK, 16 Pine Grove La., Hockessin, DE 19707 302-234-0918
- 12 Philadelphia Masters Indoor Track Schedule-New Jersey Indoor Champs.** Fairleigh Dickenson University, Orange, NJ Contact: Jim Manno 201-261-7756
- 12 Snowball Series #12 5 Mile** West Deptford Rec. Park 1 pm Contact: Browning Ross 609-845-5061
- 12 5th Annual Pomoco Group/Hampton Coliseum Half Marathon & 5K (RRCA Eastern-Regional Half Marathon Championship)** Hampton, VA 1pm Contact: Hampton Coliseum Road Race, Hampton Planning Dept. 22 Lincoln St., Hampton, VA 23669 804-727-6140 9-5 day
- 19 Snowball Series #13, 26th Annual Glassboro 10 Miler (Report to parking lot next to Rowan Coll. Stadium)** 1 pm Contact: Browning Ross, 308 W. Centre St., Woodbury, NJ 08096 609-845-5061
- 25 Run for the Cookies 10K** Berwick, PA 10:30 am Contact: Margaret Livsey, Berwick Marathon Assoc., Box 856, Berwick, PA 18603 717-759-1300
- 26 Marathon Sports Winter Running/Walking Series 5K (Also March 12)** JCC, Wilmington, DE 11am Contact: Marathon Sports 302-654-6400
- 26 Snowball Series #14 5K** West Deptford Rec. Park, NJ 1 pm Contact: Browning Ross 609-845-5061
- 26 16th Annual Anheuser-Busch Colonial Half Marathon & 5K** William & Mary Hall, Williamsburg, VA 1 pm Contact: Bonita Flesher, Colonial Half Marathon, PO Box 399, Williamsburg, VA 23187 804-221-3362

## MARCH

- 4 Athlete's Closet Winter Series 5 Mile/1 Mile** West Chester, PA 10 am Contact: The Athlete's Closet 610-692-4922
- 4 Philadelphia Masters Indoor Track Meet-Philadelphia Track Indoor Championships** Haverford College, Haverford, PA 3 pm Contact: Karl Castor 215-441-8584
- 5 NERRC 13th Annual Winter 10K** Kelly Drive (1st boathouse), Phila., PA 10 am Contact: NERRC, 815 Piermont St., Phila., PA 19116 676-0199
- 5 Snowball Series #15 Annual "March Winds 10K"** Woodbury, NJ 9:30 am (Report to front of Woodbury High School Gym) Contact: Browning Ross, 308 W. Centre St., Woodbury, NJ 08096 609-845-5061

- 5 Spring Thaw 5 Miler** Delcastle Recreation Center, DE 10:30 am Contact: 302-995-7628
- 5 Shiver by the River 5K/10K Race Series (See Jan. 8)** Contact: Ron Horn 610-921-6260 days or 610-779-2668 eves.
- 11 Atlantic City St. Patty's 10 Mile USATF Grand Prix** Atlantic City Contact: Bob Pantalena, 124 W. Oak Crest Ave., Northfield, NJ 08225 609-646-5741
- 11 Phi Kappa Tau 5K for Bruce** Newark, DE 10:30 am Contact: 5K for Bruce, 720 Academy St., Newark, DE 19711
- 12 Marathon Sports Winter Running/Walking Series 5K (See Feb. 26)** 11 am Contact: Marathon Sports 302-654-6400(X)
- 18 & 19 Philadelphia Masters Track Schedule-Eastern Indoor Champs.** Delaware University, DE Contact: Karl Castor 215-441-8584
- 18 St. Patty's Day 15K/5K** Allentown, PA (Fountain Park) 9:30 am Contact: PTC, PO Box 21332 Lehigh Valley, PA 18002 610-437-6237
- 19 Philadelphia Dietetic Association Run for Your Life 5K** West River Dr., Phila., PA Contact: Philadelphia Dietetic Assoc. 215-646-7707
- 19 Caesar Rodney Half Marathon USATF Grand Prix** Wilmington, DE 1 pm Contact: Marathon Sports, 109 Ninth St. Plaza, Wilmington, DE 19801 302-654-6400

## MARRC Race Calendar (continued)

### APRIL

- 2 Eagleville Hospital Run for Sobriety** Eagleville, PA Contact: 610-539-6000 Ext. 122. or Eagleville Hospital, PR Dept., 100 Eagleville Rd., Eagleville, PA 19403
- 8 Fools' Run 5K USATF Champ. & Grand Prix** Contact: Carl Ziegler, Kutztown Chamber of Commerce, PO Box 209, Kutztown, PA 19530 610-683-5592
- 23 Penn Relays Distance Classic 20K USATF Champ. & Grand Prix** Contact: Trey Cassidy, Weightman Hall, Univ. of Penn, Phila., PA 19104 215-898-6154

## UPCOMING EVENTS

### MAY

- 7 Broad Street Run 10 Miler USATF Grand Prix** Phila., PA Contact: Joe Cook, Dept. of Recreation, CASE Bldg., Belmont St. & South Concourse, Phila., PA 19131 215-877-1356
- 21 Philadelphia Bar/Provident 10K USATF Grand Prix** Phila., PA Contact: Manny D. Pokotilow, Esq., Caesar, Revise, et. al., 1635 Market St., 12th Floor, Phila., PA 19103 215-567-2010

### JUNE

- 3 Moorestown Rotary 8K USATF Champ. & Grand Prix** Contact: Scott Coffey, Moorestown Rotary Club, PO Box 105, Moorestown, NJ 08057 609-866-0893
- 18 Evergreen Lake Sprint Triathlon** Bethlehem, PA, .3 Mi. Swim, 15 Mi. Bike, 3 Mi. Run Contact: S.A.S.E. to PTC, PO Box 21332, Lehigh Valley, PA 18002
- 25 Mt. Kilimanjaro Marathon/Half-Marathon** Moshi, Tanzania 8:00 am Contact: Marie Frances Productions, 7603 New Market Dr., Bethesda, MD 20817 301-320-3663

### JULY

- 30 Fairmount Park Classic Triathlon-2 Races** Phila., PA No. 1 - Ironman Qualifier 1 M Swim, 55 Mi. Bike, 13 Mi. Run, No. 2 - 1 Mi. Swim, 22 Mi. Bike, 10K Run Contact: S.A.S.E. to PTC, PO BOX 21332, Lehigh Valley, PA 18002
- 30 The Swiss Alpine Marathon (Shorter Races & Hiking also offered)** Contact: Concannon Travel, 15 W. Highland Ave., Phila., PA 19118 Nancy (wife of Grand High Tortuga) Pugh 215-242-9700

# DELCO RRC FUN RUN/WALK SCHEDULE

(subject to change without notice)

SUNDAY \* SPRINGFIELD \* Library, Powell Road \* 9:00 a.m.

MONDAY \* ALDAN \* Police Station, Clifton Ave. & Providence Rd.  
\* 6:30 p.m.

TUESDAY \* SPRINGFIELD \* Library, Powell Road \* 6:30 p.m.

WEDNESDAY \* COLLINGDALE \* Harris Elementary School, Sharon Ave. 6:30 p.m. SWARTHMORE \* Swarthmore Presbyterian Church parking lot, Harvard Ave. near Rt. 320.

THURSDAY \* SPRINGFIELD \* Same as Tuesday

FRIDAY \* MEDIA, during Daylight Savings Time \* Ridley Creek State Park, Bishop Hollow and Barren Road parking lot.

SATURDAY \* COLLINGDALE \* Harris Elementary School, Sharon & Bartram Aves. 9:00 a.m.

*For more information, contact Tom Hirsch 544-2280*

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## DELCO RRC MEMBERSHIP WAIVER

I understand that running and volunteering to work at club races are potentially hazardous activities. I will not enter or run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official about my ability to safely complete the run. I assume all risks associated with running and volunteering at club races including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat and/or humidity), conditions of the road, and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I (for myself and anyone entitled to act on my behalf) waive and release the Road Runners Club of America, and the DELCO Road Runners, and all sponsors, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

Parent's signature if under 18 years old \_\_\_\_\_

DELCO RRC

DELCO RRC

Delaware County  
Road Runners Club

P.O. Box 206  
Springfield, PA 19064



TO:

*RUN FOR FUN AND FITNESS...*