

DELCO RRC Keeping Contact

Issue 8

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August 1996

A Veteran's View of the 100th Boston

By Neil Weygand

As a veteran of 29 consecutive Boston Marathons, I had been looking forward to the 100th running since finishing the 1995 race. The excitement started the week before when I was interviewed over the phone by the Inquirer, Daily News, and Daily Times. On Friday April 12th, I was interviewed by Bill Wardel of Channel 10 at the Springfield High School's track and I ran 3 laps for the camera!

I flew to Boston on Saturday morning and stayed at The Lenox, the closest hotel to the finish line. That afternoon I went to the Expo where I was overwhelmed by the size of the crowds. While there, I was invited by **Amby Burfoot** (the 1968 winner) to be on the Runner's World panel. It was hosted by Amby and **Don Kardong** (4th - 1976 Olympic marathon), distinguished company indeed!

Michael Dunn of Utah was clearly the highlight of the panel. He was attacked by a grizzly bear while running alone in the Grand Tetons in 1994. His story sent chills through the audience when he said he survived by playing dead and then dragging himself to a clearing where he was found and evacuated by helicopter! After a long recovery, he is fine now and ran Boston, but I don't know how he did.

On Sunday I went to two RW seminars, The Legends and Former Champions. It was very interesting to hear the two **Kelleys** tell how they won Boston in 1935, 1945, and 1957. Also, the former champions told the audience about the defining moment in their running careers, whether it was when they were young or already world class.

As for the race itself, it was very exciting to finally arrive in Hopkinton. I waited for one hour in line to get into the Athletes Village, which did not help my time. It took 6:04 minutes to cross the starting line! This was incredible to experience, especially as I first ran in 1967 when there were only 600 starters.

I had no real problems during the race other than dealing with a very slow start due to the sheer numbers of runners. I actually felt better than usual on the hills. Every year I have trouble with the last 10k and this year was not different. It usually takes 46 minutes or more to cover that distance. I think it's the downhill mile from 21 to 22 miles that really takes it toll on the quads. Anyhow I ran 3:26:49 (less 6:04) for a 3:20:45 adjusted time for 7,742nd place.

All in all it was a memorable experience and I consider it an honor to have taken part in the 100th running of the world's greatest marathon! I was pleased to complete my 30th Boston and I am already looking forward to next year.

Media 5 Miler And Then Some..

By Rita Jordan

On Friday, June 28, under beautiful sunset skies and comfortable temperatures, thousands of peoples joined our own "Delco RRC family" to watch nearly 1300 runners in the 17th annual Media 5 Mile Run. This has proven to be one of the most popular and much anticipated summer road racing events in the tri-state area.

This year, the Media 5 Mile Run received an Olympian send-off with the presence of **Kate Fonshell**, the 10,000 meter Olympic Trial winner, who was the official starter. In the past, Kate has participated in the Media 5 Mile Race as a student at Penncrest High School and later while attending Villanova University. At a special awards ceremony, Kate was honored by the mayor of Media, **Bob McMahon**, with a plaque recognizing her achievements. Moreover, Kate was honored by the Delco Road Runners Club and bestowed with an honorary club "membership", flowers, and an official Media 5 Mile Race staff shirt.

This year's race was won by **Kevin Kelly**, 31, a former winner of the Media race and presently cross-country coach at West Chester University, in a blistering time of 24:49, a new course record. **Lauren Gubicza**, 26, of Norristown won the female overall by besting the rest of the field in a time of 29:04. Athletes of all ages participated in this year's race, from 7-year-old **Daniel Walls** of Media to 76-years-young **Becky Yencharis**. Becky is from Delaware and returns every year because of "the wonderful cheering crowds and warm reception from the Media community."

Many of our own running club members also went the distance and turned in stellar performances. To highlight a few members, super runner **Frances Dagle** came in second overall female with a time of 30:26. Both Delco RRC master runners **Dave Ferguson** and **Maryanne Grace** each took first in the 45-49 age division. In the "when will they ever slow down" age

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division of 60+, **Bill Morgan** and **Bob Koerner** blazed their way to first and second respectively. Our forever young **Dot Kracht** turn in a great time and placed second in the 60+, while **Betty Perrone**, looking great, placed second in the 50-54 age division. Way to go, folks, and congratulations to all of our club members who participated.

On a personal note, as race director, it has been my privilege to work closely with some of the best members of our running club. Many people do not realize the behind-the-scenes work that must go into laying the groundwork for a race of this magnitude. Throughout the year, the members of the Race Committee meet, and it is important to have them recognized for their dedication, commitment and most of all, for their great sense of humor when it counts the most. These folks are **Bob McElhenny**, **George Jacques**, **Ken Ezzel**, **Bill Kreider**, **Bob Huey**, **Steve Whitmore**, and **Bob and Sue McKenney**. Also, special thanks must go to **Peter Devaney**, who has coordinated our Children's Race for the past two years. For the rest of those wonderful folks who came that night to volunteer and give their time, energy and laughter, my warmest gratitude. You guys are the best.

The Race Committee had a post-race debriefing meeting on Tuesday, August 6th, at 7:00 PM at Rita Jordan's house, 311 South Ave, Media, PA. All members are invited to serve on the 1997 Media race committee or to express their comments and concerns on how to make this an even better race. Please contact me at (610) 565-1416 or write to the above address.

Just a reminder, post race information and complete results may be obtained by accessing the Internet at the following address, www.lin-mark.com. Race postcards have been sent to all official runners listing time, overall finish and age category finish.

Again my sincere appreciation to all those who helped in any way, but especially to my son, who knows just how crazy and not so perfect his Mom truly is. Thanks, **Josh**, you'll always be my favorite son!

Top 3 Male Winners:

1. Kevin Kelly 24:49
2. Brendan Hilliard 25:00
3. Bart Wasiolek 25:40

Top Male Master Winner:

1. Chris Mason 27:26

1st Media Male Resident

1. Matt O'Neill 28:10

Top 3 Female Winners:

1. Lauren Gubicza 29:04
2. Frances Dagle 30:26
3. Lynne Anderson 31:28

Top Female Master Winner:

1. Leah Whippie 35:37

1st Media Female Resident

1. Katie Henderson 35:16

Age Group winners

Male

14 and under

1. Scott Baxter 30:47

Female

1. Courtney Smith 38:35

2. Stephan Hanlon 34:28

3. Chris Eberly 34:50

15-18

1. James Linton 27:16

2. Louis Pastore 28:28

3. Mark McLamon 28:50

19-24

1. Frank Nesko 25:58

2. Jeffrey Prata 26:40

3. Craig Moyer 26:48

25-29

1. Chris Cook 26:58

2. Kevin Wood 27:25

3. Brandon Hamilton 28:30

30-34

1. Rich McGarry 26:38

2. Michael Halpem 29:46

3. John Curran 29:55

35-39

1. John Kelly 26:52

2. Brian Driscoll 27:32

3. Jeffrey Painter 27:45

40-44

1. Patrick Seaney 28:05

2. Rich Jacovini 29:58

3. Richard Hoopes 30:16

45-49

1. David Ferguson 30:42

2. Richard Green 30:54

3. Kevin McGetrick 31:21

50-54

1. Richard Webb 28:23

2. Durant John 34:07

3. Art Brown 35:28

55-59

1. Frank Hamilton 34:59

2. Richard Flint 36:26

3. Paul Floyd 37:48

60 and above

1. Bill Morgan 42:07

2. Bob Koerner 42:20

3. Rolf Dehmel 43:20

2. Chiara Best 41:34

3. Shannon Reath 43:14

1. Katie Henderson 35:16

2. Melissa Egolf 36:47

3. Gina Bonaventure 38:06

1. Shannon Grady 32:16

2. Kim Westergom 33:05

3. Aylin Gulsay 35:24

1. Beth Amoroso 34:25

2. Chris Logan 36:03

3. Jennifer Isham 36:04

1. Lorraine Jasper 31:44

2. Julie Hankin 32:33

3. Ginger Lewis 33:38

1. Mary Bourke 34:59

2. Mary McCabe 37:17

3. Denise Gentile 38:18

1. Pamela Musselman 36:32

2. Ree Cassidy 38:37

3. Eileen Jarrell 38:42

1. Marianne Grace 35:55

2. Donna Lee Murphy 39:38

3. Sheila Martin 40:07

1. Sandi Robers 40:58

2. Betty Perrone 42:47

3. Janice Brown 43:44

1. Patricia Stockley 54:32

People News

Elaine Williams makes a comeback. Spotted at Bill Battey's picking up race numbers for the Media Five Miler, she looked lean, tan, and--most important--healthy. After a racing hiatus, Elaine is at it again. (She probably was running low on

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fresh t-shirts—at least that s my motivation for racing. -AB) In her summer wear, Elaine showed some colorful tattoos. Now all the girls will want them. *(Eh, Beth and Mary?)*

Speaking of the Media race, it was great to see so many pre-adults pitching in and doing such a good job both nights: race pick-up on Wednesday, and the race on Friday. Those **Mutterties girls—Lindsay and Julie**—are dedicated workers, although the jury's still out on brother **Adam**, who's nearing four and prefers to play. And let s not forget **Josh Jordan**, who's been the behind-the-scenes support for his mom, race director **Rita**. On the t-shirt pick-up line, Josh sure knows his stuff. Just graduated from high school and a great race-day registration volunteer was **Katie McIlhenny**, daughter of **Bob and Diane**.

This wasn't supposed to be a Media Five Miler column, but that's been the biggest club news since last writing. **Rita**, a.k.a. **Josh's mom**, pulled off another great race with the help, as she's quick to point out, of the race committee, **Delco RRC**, Media borough, the sponsors, etc., etc. *(I'm sure she'd have a better list than this of who to remember.)* Even **Kenny Daws** made an appearance: after being the first, and continuing, race director for many, many, many years, he still volunteers his time and efforts. The event was quite a success. There were plenty of runners, volunteers, spectators, good weather, prizes, and socializing afterwards.

Too bad **Bob Koerner** went home before hearing that he'd come in second in his age group. He claims he would have slept with that trophy all night. The race, it seems, was a family affair for the **Koerners**. Son **George** ran well and looked mah-velous, as usual. Daughter **Pauline** ran with those **Broad Street Broads**, **Dot Kracht** and **Kathi Clatterbaugh**. *(They were even recognized as BSBs by a spectator with a good memory.)* **Pauline's husband Doug Limburg** also made a decent showing. Their kids **David** (2+ years) and **Paula** (3 months) were there with proud grandma **Paula**, who was also hosting family from Germany: sister **Friedel** and brother-in-law **Helmut**. Speaking of trophy winning, **Dot Kracht** and **Bill Morgan** also did the club proud in their age groups, as did the scintillating **Frances Kirk Dagle**, who was the second woman finisher overall!

T-shirts for race participants this year came in large, very large, and immense. It must have something to do with the growing trend of growing Americans. Seems each generations gets taller and heavier than the one before. *(How s that for broad generalization?)* The only other explanation for sizing creep on t-shirts would be the anticipation of poor laundering habits among runners. Even with significant shrinkage, these shirts will always be roomy.

One thing we all learned from Media—at least those who hung around for the awards ceremony—is that it s dangerous to

give **John Greenstine** a microphone. Enough said.

Heard on the Road. Most runners can attest that every now and then the road will reach up and bite you. A rash of recent injuries is proof. The durable **Larry Filtz** is on the recovery list for a leg injury. He was recently spotted rehabbing with swimming at Hidden Hollow Swim Club in Media. **George Jacques** fell heavily on a trail run with **Bob Kern** and **Jerome Dorsey** at Ridley Creek. Good thing **Jerome**, a physician's assistant was there to minister to **George's** injuries, as **George** went out a week or so later and finished fourth at the Schuylkill Valley Trail race, running 35 something for 5.5 in the pouring rain. Not to be outdone, "Little" **Mark Oleynick** collided with a car on a long bicycle ride, training for an upcoming Ironman-qualifier triathlon. **Mark** flew over the hood of the car, trashed his bike but suffered only scrapes and bruises. Now he's in dire need of a competitive bike for his ride. Can anyone help?

Not injured but temporarily distracted from running with the club is **Tim Wade**. **Tim** is off again to the South Pacific on another atmospheric study with his work team from Drexel. This time **Tim** will be flying 12 hour missions on a NASA jet, looking for sulphur compounds in the air around Tahiti, Easter Island, Christchurch, NZ and Fiji Island. Wife **Abby** wonders aloud how her husband became an analytical chemist and now spends his summers under the Southern Cross. **Tim** is carrying a suitcase of running shoes, a computer to send back E-Mail and hopefully his writer's knack for capturing the flavor of running in unusual places. Good Luck, **Tim!**

Enjoy hearing about club members? How about letting them hear about you? Send your news to Amy Binder/John Greenstine, 340 Kirk Lane, Media, PA 19064 or abinder@herc.com.

Delco RRC Knew Olympian Back When

If you took part in the Media Five Miler, as a runner or spectator, you probably saw **Kate Fonshell**. She was the official starter for the race. She was part of the awards ceremony. And, by the time you read this, **Kate** will have competed in the Atlanta Olympics in the 10,000-meter race.

Kate, a Penncrest graduate, earned her spot on the U.S. Olympic team at age 26. Many **Delco RRC** members remember her earlier running feats. They remember seeing **Kate** shine in **Delco RRC** running events over the years, including the Cross Country Championships, Junior Olympics, and the Media Five Miler.

"It s great when a local runner can make it to the Olympics," said **Tom Hirsch**, former club president. And when that Olympian is someone who has taken part in **Delco RRC**

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events, you feel a sense of pride. We always talk about the club's role in developing young, talented runners in the area. When these runners grow up to be a Kate Fonshell, or a track coach like John Ashton, or someone who makes running a lifelong interest, you can see the value that Delco RRC provides to the community.

Amy Binder

News Flash!

July 20, 1996, Dave Covey finish 1st in an endurance hike of 400 + miles across the Australia Outback. This unsupported hike was filmed for a National Geographic Special titled "The Human Race". So watch for this show to be aired on a TV close to you and we hope to hear more about this adventure from Delco's own "Frank Buck", Dave Covey.

Good one Dave! We all wish you well, fast recovery, good meals and a big congratulations from Delco RRC.

MINUTES OF THE DELCO RRC MEETING JULY 1996

Date of meeting: July 30, 1996

In attendance: Paul Isaac, Phyllis Botson, John Ashton, Tom Midwood, Ron Grace, Tom Hirsch, Rita Jordan, Bob Huey, Carol Jackson.

The meeting was called to order at 8:05 p.m. by Ron Grace. The minutes of the June meeting were read and passed.

Membership Report: Tom Hirsch reported for Kathi Clatterbaugh. In total there are 12 new memberships from the Media Five Miler. Using "color coded" membership flyers for each event lets us know the source of new members. A space for telephone number will be added to the flyer.

Newsletter Editor Report: Tom Hirsch reported that we are looking for a new printer. It was agreed to make extra copies of the newsletter to have on hand at events. Keep sending those articles in! The August issue will go out on the 9th.

Public Relations Report: Tom Midwood noted that the "PR" effort needs broader support from Club members. A team effort will be applied to send out a letter and membership flyer to the approximately 1200 people who registered for the Media Five Miler. Motion APPROVED to spend \$500 for copying, envelopes and postage. The "stuffing party" will also be a brainstorming session on how to increase membership for Delco RRC 2000. Contact Tom Midwood (610) 358-2052.

Treasurer Report: Bob Huey will give a budget report next month, after expenses from the Media Five Miler are met.

OLD BUSINESS:

Water Run: Ron Grace reported that flyers for this October 13th event are now being sent out by Philadelphia Surburban Water Company. Ron and Tom will mark the course in early September.

Media Five Miler: Rita Jordan thanks EVERYONE who helped out with this very successful event, which had 1187 "official" runners. Lin Mark posted a very positive review on the Internet: "They (the Media Five Miler Race Committee) should be studied by others on how to produce a first class event."

Every runner got a results postcard. The finish line worked out especially well and Rita will meet with Media officials to see how it can be further improved for next year. The Race Committee will "de-brief" at Rita's at 7:00 p.m. on Tuesday, August 6th. ANYONE with comments or suggestions is welcome to attend, or to call or send them into the Race Committee.

Women's Distance Festival: Ron Grace reported that registrations are coming in. Timers are being selected.

Team Coordinator: Larry Filtz has volunteered to be the Delco RRC Team Coordinator. We will look into the possibility of entering the Penn Relays and other team events.

YEAR 2000: The Delco RRC Year 2000 Committee now includes: Phyllis Botson, Marianne Grace, Bob Huey, Kathy Watson, Rita Jordan and Sam Brattini. We also need to get some other Club members on the Committee, who can help with ways to attract "young" members to the Club. One idea is to sponsor weekly track workouts and make a special effort to attract high school runners. Rita will distribute a letter (to be written by John Ashton) about Delco RRC to coaches at the October 12th, Delco Cross Country Meet.

NEW BUSINESS:

Delaware County Memorial Hospital 5K to Fight Cancer: Carol Jackson, a new member and DCMH employee, thanked the Club for helping to publicize this event, which will be held at the hospital on September 28. VOLUNTEERS ARE NEEDED for the finish line. If you can help out, please call Carol at (610) 284-8577.

Delco Cross Country: This October 12 event also NEEDS VOLUNTEERS to make it a success. If you can help out, please call Tom Hirsch (610) 544-2280

Philadelphia Marathon and 8K: Will take place on

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November 24. Delco RRC will sponsor a water stop again this year, which will also need volunteers.

Membership List: Are we losing members by "purging" the list every year of people who don't send in the membership form or respond to follow-up letters? Perhaps we should place them on an "inactive" list that receives only an annual membership application? Ron will discuss this idea with Kathi before the August meeting.

Election Committee: A notice will go in the next newsletter. There are several vacancies this year.

Stepping Down But Not Out: The club reluctantly accepts the resignation of John Ashton as director of the Junior Developmental Track Meet. John will prepare an outline of all the event procedures for his successor, and will be available to help out.

NEXT MEETING: August 27th at Kathi Clatterbaugh's: 21 School Lane, Springfield.

The meeting was adjourned at 9:45 p.m.

Minutes submitted by Carol M. Jackson.

Market Street Mile: July 2, 1996

The road mile, unlike its more distinguished cousin, the track mile, was the Rodney Dangerfield of racing. You know the drill: "Mega-race 10k and One-Mile Fun Run." A great way to introduce kids and reluctant friends to racing. If by some chance you find yourself in such a race, you have your excuse ready: "I'm just doing it with my kids"; "I pulled my quad last week. Don't want to chance it in the 10k." Or . . . "I'm just using it as a warm-up." All right, you can stop hiding in shadows like the adults too embarrassed to admit they like Frosted Flakes. Run your mile proudly. It's respectable now.

Last year, during the week leading to Independence Day, Wawa hosted a new running event: the Market Street Mile, an out-and-back course starting from 6th and Market, with a turn-around between 11th and 12th. This race brings together serious running and street theatre. Instead of a single start and finish for everyone, there is a menu of competitions: the Elite Olympic Development Mile (by invitation only--and I'm still waiting . . . and waiting . . . for my invitation), the open miles for women (19 and over), men (19-39), and master's men (40+), notice that they considered the (40+) women among us fit enough to run with the younger set--the fact that we were a smaller field has, I'm sure, *nothing* to do with our running as one group!), the celebrity mile (such luminaries as Pat Croce,

Mayor Rendell, and local TV news broadcasters have been sighted here. I tried to explain to them the celebrity status of newsletter article writers, but . . .), youth, costume, and corporate miles (briefcase and suit optional; one participant ran carrying a giant tennis racket). Last year, there was a mile in which participants dribbled basketballs the whole way. The winner broke six minutes! I was hoping this year to break seven--sans basketball.

I came away happy--but not because of my time. What the Market Street Mile has in common with the average mile fun run is . . . fun. True, I registered with the hope of a PR, but an injury forced several days off and I needed to adjust my expectations. This was not to say I'd be satisfied just jogging the race. I'm as afflicted with the "once you pin a number on" syndrome as any other PR-pursuing runner. Still, it didn't worry me when at the quarter mile mark, I noticed that I was ten seconds behind last year's pace. Sure I'd have liked to break seven minutes again, but as I passed the finish clock, and "7:11" flashed back at me, I enjoyed the irony of this in a Wawa sponsored race.

The miracle was that I'd run the race without the injury acting up. I jogged my cooldown along the sidewalks, cheering on friends and perfect strangers in the men's races, chatting with spectators, and getting Kate Fonshell's autograph--she was there to run the elite women's mile, and win, as it turned out! Having her name on my number, I felt as if I carried a piece of her triumph home with me. I also had a triumph of my own: I was feeling absurdly happy with the whole celebration--the race (I'd run the best race possible for me that day), the friends, the food (a bag for each runner, including a slice of a mile-long hoagie), the dark green fluorescent lettered t-shirt, the injury that quieted enough to allow me to run, to allow me to play. Well, I'd better wrap it up here. I have miles to go (and Frosted Flakes to eat) before I sleep.

Diane McManus

Ladies! Ladies! Ladies!
 September 21, 1996
 Delco RRC Presents
 Women's Distance Festival
 See Race Flier.

UPCOMING EVENTS

CLUB MEETING:

August 27, 1996

Location:

Kathi Clatterbaugh
21 School Ln.
Springfield, PA 19064

Springfield Rd. to Brookside Rd. to School Ln. Look for two Pizza Refreshment Centers and the Springfield Post Office on Brookside Rd, School Ln. is before the Post Office to the right. So for a good deal, come to the Springfield fun run at 6:30 PM, then the meeting at 7:30 PM (refreshments included). Run and attend.



**VOLUNTEERS
 NEEDED FOR
 DELCO RRC EVENTS**

Lend us a hand and the smiles, the runners will go the extra miles.

- 9-21-96 WOMEN'S DISTANCE FESTIVAL**
 Marianne Grace, (610) 623-3069
- 10-12-96 DELCO CROSS COUNTRY CHAMPIONSHIP**
 Tom Hirsch, (610) 544-2280
- 10-13-96 PSWC RUNNING WATER RACE**
 Ron Grace, (610) 623-3069

Please don't hesitate to call, one more volunteer is always needed.

DELCO CLASSIFIED

Trail Clean Up.

Help with trail clean up at Tyler Arboretum on August 24th and November 16th. For more information contact Tyler Arboretum at (610) 566-5431

OCTOBER 12, 1996

**DELCO CROSS COUNTRY CHAMPIONSHIP!!!
 ALL HIGH SCHOOLS IN DELAWARE COUNTY
 VOLUNTEER TO KEEP KIDS IN RUNNING.**

**11:30 AM TO 4:30 PM
 CALL (610) 544-2280**

Joe's World

Several things have transpired, most of them as successful as anything we have tried. First, our rafting trip was a lot of fun. Especially enjoyed the part where **Larry Ryan** exposed **Tom Weber** and **Paul Straube** for what they are made of. It seems Tom and Paul consumed a few to many beers and on the ride home, Larry is driving, the boys needed to make an emergency pit stop. The roadside was their only port of call. As Tom and Paul were as inconspicuous as possible Larry, their buddy with Joe's suggestion, drove the van away. The rush was on.

Also **Andy Lappin's** mini canoe trip with **Diane** (the water is always over my head) **Dibeler** and myself. Diane's kayak flipped and she was trapped, Andy did a superman trick and rescued her. The following week was the real event and a great time was had by all. This was my turn to shine and I did. Twice! I turned the canoe into a submarine. On this trip **Larry Ryan**, who cannot swim, showed great courage being on the river with **Peggy Bobeck**, who turned our canoe over two times.

And now a word about our recent trip on the C&O Canal bike / hike.

First! We were promised great weather by the National Weather Service and a woman fisherperson (hereafter referred to as that lying "B"). Weather was good for the first part of the day then became overcast. We biked about 30 miles on the trail towing our gear in **Joe Frieberg's** baby coach, then we set up camp. The campsite was just off the trail so when you first turned in you came to a portapotty. About 25 yards further was a picnic table and our site. **THE RAINS CAME** about 10:30 that night, at first we were sure it would amount to nothing and then positive it would quickly pass. **WRONG** it continued, it intensified, until **Eric** leaped out of his hi/tech., recently purchased, one man tent (that tells something about him) and installed his rain shield. **Andy Lappin**, who seemed to have less equipment than any of us, sprang up (a little exaggeration) and said I'm going somewhere dry. **Joe Nolan** just snickered. At 3:30 am **Joe Nolan** screamed turn it off. Now we get to the good part. **The Phantom of the Poopera**. At 4:45 am poor soaking wet **Joe** (snickers) went to find **Andy**, in passing the portapotty he heard what sounded like growling, fearless he open the door and found the **Phantom of the Poopera** a sleep. **THE PHANTOM WAS DRY AND NOTHING ELSE WAS!**

On a world note, **Larry Ryan** went to Ireland for 15 days on the 5th of July. Lets hope he and his lovely bride have a great time (and the Irish will still talk to us).

Joe Nolan



RACE CALENDAR:

AUGUST:

- 14 **GIRLS INC. 5K**, Wilmington, DE; Contact Wayne Kursh, Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400
- 17 **ANIMAL HOUSE 5K**, Cape May County Park, Cape May, NJ; Contact Animal House 5k, Box 626, Marmora, NJ. 08223
- BAY TO OCEAN ONE MILE RUN**, Ocean City, NJ; (609) 525-5294
- UNITY WEEKEND 10K RUN**, 1996 Grand Prix Event, Contact Vince Faust, PO Box 53443, Phila, PA 19105; (215) 581-2127. Norman Green (610) 644-3326
- 18 **DOG DAY ROAD RACE 5 MILE**, Harvey Cedars, Long Beach Island, NJ; Contact Dog Day Race, c/o High Point Volunteer Fire Co, PO Box 3044, Harvey Cedars, NJ 08008; (609) 361-9364

- 25 **1996 SPCA DOG DAYS 5K RACE**, West Chester, PA; Contact Rich Fazio, 126 East Virginia Ave, West Chester, PA 19380, (610) 436-9992 or Michael Bodary (610)942-4340

21st ANNUAL ANNAPOLIS TEN MILE ROAD RACE, Annapolis, MD; Contact Annapolis Striders-ATM, PO Box 187, Annapolis, MD. 21404-0187

OUTDOOR DEVELOPMENTAL MEET, Championship with Awards, 10 AM to 4 PM. Swarthmore College, Contact Karl Castor (215) 441-8584

TIM KERR 10K, Avalon, NJ; Avalon Community Hall, 30th St & Avalon Ave; (609) 967-3066

- 31 **ATLANTIC CITY RESCUE MISSION END OF SUMMER 5K**, Atlantic City, NJ; Convention Center, Missouri Ave & the Boardwalk; (609) 345-5517

SEPTEMBER:

- 2 **MAYOR'S LABOR DAY 5 MILE BEACH RUN**, Ocean City, NJ; beach at 23d St; (609) 398-6900

- 7 **PAPER MILL RUN 5K**, Phila, PA; Contact Andrew A. Zellers- Frederick, 206 Lincoln Dr; Phila, PA 19144; (215) 438-5711

6th ANNUAL DEVEREUX RACE DAY- 10k, 5k, one mile fun run and kids races, Eagleview Corporate Center, Exton, PA; Contact Ellen Donohoe, Devereux Race Day, c/o The Devereux Foundation, 15 Maple Ave, Paoli, PA 19301; (610) 296-6948

5 MILE RUN, Barnegat, NJ; Barnegat Municipal Dock at the end of East Bay Ave; (609) 698-6351

- 8 **MARATHON of the ROSES** and four person relay, York, PA to Lancaster, PA; Contact Marathon of the Roses c/o Engle- Hamright and Davies, Inc, PO Box 83080, Lancaster, PA 17608; Clay Shaw (717) 764-1181 between 4 PM- 8 PM.

SJAC 5K and TEAM CHALLENGE individual or mixed teams, Haddon Heights, NJ; Contact Bill Alford, SJAC, PO Box 563, Haddonfield, NJ 08033; (800) 367-9051

- 15 **HALF WIT HALF MARATHON**, 13.1 mile trail run, Reading , PA, Contact Ron Horn, c/o Pretzel City Sports, 112 W. 36th St., Reading, PA 19606, (610) 779-2668

- 21 **TOP of the MOUNTAIN SIX MILE TRAIL RUN**, Chambersburg, PA; Contact Dennis Robertson, 5980 Milky Way, Waynesboro, PA 17268; (717) 765-8752

SAUCONY / RRCA WOMEN'S DISTANCE FESTIVAL 5K, Ridley Creek State Park, Media, PA; Contact Marianne Grace, 254 Bryn Mawr Ave, Lansdowne, PA 19050; (610) 623-3069

- 22 **PHILADELPHIA DISTANCE RUN**, Phila, PA; Contact Mark S. Stewart, PO Box 53443, Phila, PA 191129; (215) 864-8225

- 28 **5th ANNUAL EAGLE NAT'L BANK 5K RUN**, Drexel Hill, PA; Contact John R. Long, Eagle Nat'l Bank, 8045 West Chester Pike, Upper Darby, PA 19082; (610) 853-4800 ext. 1224; Fax (610) 853-2562

OCTOBER;

- 6 **ALZHEIMERS MEMORY WALK/SK RUN**, Art Museum of Philadelphia. Contact (215) 568-6430

- 13 **VILLAGES OF SPRING RIDGE SPRINT 10k**, Reading, PA, Contact Ron Horn, c/o Pretzel City Sports, 112 W. 36th St, Reading, PA 19606, (610) 779-2668

- 19 **COVERED BRIDGE CLASSIC**, 1996 Grand Prix Circuit (10M), Contact Sally Stees, 740 Valley, Atglen, PA 19310. (610) 593-5425

- 20 **OLEY VALLEY COUNTRY CLASSIC 10 MILE RUN**, Oley, PA (Berks Co.), Contact Barry Goodhart, c/o Pagoda Pacers, PO Box 227, Robesonia, PA 19551 (610) 589-5374

- 27 **OUTDOOR DEVELOPMENTAL MEET**, Runners Pentathlon, 9:00 AM / 12:00 PM , Swarthmore College, Swarthmore, PA; Contact Karl Castor (215) 441-8584 (before 8:30 PM)

21st MARINE CORP MARATHON, Washington, DC, Contact Marine Corps Marathon, PO Box 188, Quantico, VA 22134; (800) RUN- USMC or (703) 784-2225

FRANFORD OPTIMIST TRAIL FESTIVAL, 10k, Half Marathon, Marathon, Phila, PA; Contact Frank Clark, 8614 Pennsylvania Ave, Stone Harbor, NJ 08247; (609) 368-2648

NOVEMBER:

- 3 **A to Z RUN FOR WILDLIFE SURVIVAL**, 10k Run from the NJ Aquarium to the Phila. Zoo, Contact SASE to Wildlife Run, Phila Zoo, 34th & Girard Ave, Phila, PA 19104; (215) 243-5375

(Continued from page 7)

24 **PHILA MARATHON & PARKWAY 8K**, Contact SASE to Phila Marathon, Memorial Hall, PO Box 21601, Phila, PA 19131; (215) 685-0054

28 **KOERNER'S VOLKSWANDERUNG CARING TO SHARE '96**, Ridley Creek State Park, Media, PA; Contact Tom Hirsch, 97 Powell Rd, Springfield, PA 19064; (610) 544-2280

DECEMBER:

8 **BRIAN'S RUN 10K**, Contact Dick Fitch or Bob Remkis at (610) 436-1000

FUN RUNS

BOARDWALK RUNNERS CLUB, each Sunday, 7:00 am, Cornwall Ave & the Boardwalk, Ventnor, NJ; (609) 822-6911

OCEAN CITY, NJ; Sprints of 50 to 800 yards each Tuesday 6:00pm (6/18 - 8/13) and Runs of 1 to 3 miles each Thursday 6:00 pm (6/20 - 8/15). Both at Carey Stadium, 6th St & Atlantic Ave, Ocean City, NJ; (609)525-5294

SUMMER SERIES:

WEST CHESTER SUMMER X-C SERIES: Tuesday, August 20 and September 3 at 7pm, 5K Open Race, one mile race for children under twelve at 6:45 and one mile walk at 6:30, West Chester, PA. Contact: Kevin Kelly, Track and X-C Office, West Chester University, West Chester, PA 19383; (610) 696-3956

ORIENTEERING**AUGUST:**

31 **NOLDE FOREST EDUCATION CENTER**, Berks County, PA; South of Reading on Rt 625. White course all on trails. Indoor classroom instructions begin at 10:00 AM. Outdoor program begins at 11:00 AM. Program Instructor: Mary Frank (610) 792-0502. A great place to introduce friends to orienteering

SEPTEMBER:

7 **EVANSBURG STATE PARK**, Montgomery County, PA; Courses: W,

Y, O. Contact Ken Blackledge (215) 723-7240

8 **RIDLEY CREEK STATE PARK**, Delaware County, PA; Courses: W, Y, O, G, R. Contact Ed Scott (610) 582-2128

15 **FRENCH CREEK STATE PARK**, (West) Berks County, PA; Courses: W, Y, O, G, R. Contact Steve Reeps (610) 489-0696

Special Notice: Club Meeting**August 27, 1996**

Due to Tom Hirsch being away on business in August, the Delco RRC Club Meeting will be held at Kathi and Mark Clatterbaugh's house, 21 School Lane, Springfield, PA 19064.

5th Annual Eagle National Bank 5k / Walk Run to Fight Cancer, Saturday, September 28 at 10:00 AM. Delaware County Memorial Hospital 501 N. Lansdowne Ave, Drexel Hill, PA. 19026

Registration fee: \$10.00 pre-registration, \$15.00 post-registration.

Free registration for all those with sponsor funds of \$25.00 or more.

For more information or an entry form call Carol Mackenzie Jackson at DCMH: (610) 284-8577.

Enter the whole family and stay around for the DCMH Fall Fitness Festival! Mention you're a member of Delco RRC

October Five Mile Run to Benefit Chester Housing, Youth

A first-ever **Run to Rebuild Chester** will take place in that Delaware County city on the morning of **Saturday, October 19**. The five mile event will begin at the corner of **9th and Penn Streets**, next to **Chester High School**. Also featured will be a non-competitive walk over a shorter course.

Proceeds from the **Run to Rebuild Chester** will be shared equally by **Chester Community Improvement Project, Community Action Agency of Delaware County, and Habitat for Humanity of Delaware County**, all doing housing rehabilitation in Chester. **Chester Youth Build**, which helps high school drop-outs complete their education while learning construction and other work-related skills by renovating old houses in the community.

"We're rebuilding Chester housing and Chester youth" says **Will Richan**, head of **Chester Partners** which is organizing the event. The **Run to Rebuild Chester** has the full backing of the city's government. **Mayor Aaron Wilson** has mobilized the full support of his city departments behind this effort.

For a registration form or additional information, contact **Chester Partners, PO Box 303, Chester, PA 19016** or call **Will Richan (610) 543-5498**

WINNERS' CIRCLE

Awards and Prizes

All participants receive:

Walk/Run T-shirts & Water Bottle

Run Finishers:

First Place (13 and over)

Ross Chimera Hybrid Bikes

Male and Female

First Place (12 and under)

\$100 Gift Certificate

for the Bicycle Chain

Male and Female

Gold, Silver and Bronze Medals

for male and female in each age classification.

13-19 • 20-29 • 30-39 • 40-49 • 50 and over

The First Place runner (male and female) in each age classification will also receive a \$50 Gift Certificate from a local sporting goods store.

Runners (12 and under) will receive a trophy for the top 3 finishes (male and female).

Walk Finishers:

Prizes for First Place - male and female

(in each age classification)

29 and under • 30-49 • 50 and over

Additional - Raise Pledges and Win:

All walkers/runners, with pledges of \$300 or more, are eligible for a drawing which includes:

A Weekend Getaway to Historic Annapolis Lodging Friday and Saturday nights in restored guest rooms. Chilled champagne upon arrival, candlelight dinner for two on Friday in 18th Century Treaty of Paris restaurant, Friday night admission to King of France Tavern, Continental Breakfast on Saturday, Sunday Brunch at the Maryland Inn's famous Hunt Board buffet.

Special Bonus:

The runner or walker who raises the most pledge money will receive:

Three days/two nights in Boston which includes: Hotel, tax, Beantown Trolley Pass and Sightseeing Tour.

Blackout dates apply. Extra nights available at an additional cost (transportation not included).

All walkers/runners with pledges of \$100 or more are entered in a drawing for:

- Sweatshirts
- Massage Gift Certificates
- Gift Certificates
- Dinner or lunch for two at local restaurants
- Gift Certificates - local Sporting Goods Stores
- Philadelphia Eagles Football Tickets
- More prizes to come

REMEMBER:

To be eligible for pledge-related prizes, all money must be received no later than October 15, 1996.

HOW TO PARTICIPATE

1. Complete the registration form and return it to Delaware County Regional Cancer Center with your registration fee. Pre-registration is encouraged; however, you may sign up the morning of September 28, 1996.

Mailing Address:

Eagle National Bank - 5K Walk/Run
8045 West Chester Pike
Upper Darby, PA 19082
Attention: John R. Long

2. Next, ask friends, family members, neighbors, co-workers and colleagues to sponsor you or to join you in the race. All participants are asked to secure sponsors; we recommend a donation of \$5 per sponsor or more.

3. Keep a record of your sponsors by recording their names, addresses, phone numbers and the amount of their pledges on the attached "Sponsor Sheet."

4. Check-in on Saturday, September 28, beginning at 8:30 a.m. at DCMH. Come rain or shine. Plan on staying for the Awards Ceremony at the conclusion of the event, followed by the Fall Fitness Festival. Refreshments will be served. The race will end in Delaware County Memorial Hospital's open-air parking facility, at the rear of the institution.

5. Collect and return your pledges by Tuesday, October 15, to be eligible for prizes. You may, of course, bring your pledges and sponsor sheet the day of the race.

For more information, call Eagle National Bank at (610) 853-4800, ext. 1224

The fight against cancer is being won because of the generous support of the following:

Golden Eagle Sponsors

- Dollar Financial Group
- Eagle National Bank
- Emily M. Travel
- Lifetime Video Memories
- Mattleman, Greenberg, Shmerelson, Weinroth & Miller
- McLoughlin Plumbing & Heating Co.
- Pfalmer Distributors, Inc.
- Rudolph Palitz LLP, CPAs
- Stelwagon Manufacturing Company
- Q102 FM Radio

Event Sponsors

- Action Fuel Oil, Inc.
- American Business Financial Services, Inc.
- A.R.I. Investments
- Bicycle Chain
- Cawley's Restaurant & Tavern
- CBA Information Services
- Express Clean
- G & M Beer Distributors
- Geographics
- Group Housing Consultants, Inc.
- Lane Auto Body
- Marino's Catering
- Med-Design Corp.
- Neer's Professional Carpet Cleaning
- Philly Steak & Gyro Company
- Plaza West 8600 West Chester Pike
- Raymond F. Rizzo Appraisers
- RJS Pacific Associates
- Roosevelt's Pub
- The Marketing Edge
- Trans Union Corporation

Patrons

- Acordia
- Anthony Amen Auto Taxis
- Bay Street Investors
- Busty's Tavern
- Cedar Point Construction
- Drexel Park Homeowners Association
- Kids Care Preschool & Day Care Center II, Inc.
- L.G. Financial Consultants
- Ray-Amato, Inc.

Printing donated by:

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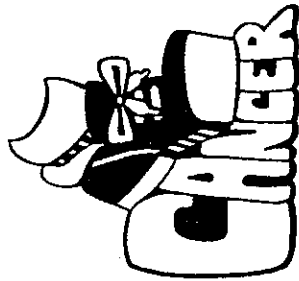
7573 Haverford Avenue • Philadelphia, PA 19151
215.877.8888 • Fax: 215.877.2718

5th Annual

Eagle National Bank
We put the *lygt.* in Community Banking

5K

Walk/Run
to Fight Cancer



Saturday, September 28, 1996
5K Run - 10:00 a.m. (13 & up)
5K Run - 10:05 a.m. (12 & under)
5K Walk - 10:10 a.m.

at

Delaware County Memorial Hospital
501 North Lansdowne Avenue
Drexel Hill, PA 19026

Benefiting

DELAWARE COUNTY

REGIONAL CANCER CENTER

at

Delaware County Memorial Hospital

Entry Form

**Eagle National Bank's
Walk/Run to Fight Cancer**

Said immediately to:
Eagle National Bank - 5K Walk/Run
8045 West Chester Pike
Upper Darby, PA 19082
Attention: John R. Long

Please print:

Name _____ Last _____ First _____ Middle _____

Age _____ Sex _____

Address _____
Number and Street _____

City _____ State _____ Zip _____

Phone _____

Waiver - In consideration of being permitted to participate in this event, I hereby for myself, my heirs and personal representatives assume any and all risks which might be associated with the event and I further agree, release, discharge and covenant not to sue sponsors, officials, contributors, organizers, volunteers and beneficiaries or their successors and assignees for any and all injuries or damages of any kind whatsoever suffered by me as a result of taking part in the event and any related activities. I also give permission for the free use of my name and picture in any broadcast, telecast or other accounts of the event.

Signature (Parent or Guardian for those under 18) _____

Early registration fee (postmarked by Sept. 25)

Adults: \$10.00 • 12 and under: \$5.00

Day of the race registration fee:

(8:30 a.m. registration)
Adults: \$15.00 • 12 and under: \$5.00

Please check if you are a member
of Delco RRC _____

Anyone submitting \$25.00 or more in pledge money will have registration fee waived.
(must be submitted by the day of the race)

Join the Fight!

Be part of Eagle National Bank's Walk/Run sponsorship program and help raise the much needed funds to fight cancer. The money you save will be used, right here, in Delaware County to save lives.

**Delaware County
Regional Cancer Center at
Delaware County Memorial Hospital**

The Delaware County Regional Cancer (DCRCC) at Delaware County Memorial Hospital provides the most advanced diagnostic and treatment services available in a patient-centered environment, close to home. The DCRCC, an accredited, comprehensive cancer center, is a member of the Fox Chase Cancer Network.

The DCRCC program includes state-of-the-art screening and diagnostic facilities, chemotherapy and radiation treatment, nutritional support and rehabilitation therapies, home care and hospice services. All are designed to meet the needs of the individual patient and his or her family. In addition, the DCRCC offers free cancer screenings, genetic education and family risk assessments, and cancer awareness programs for high school students, senior citizens and the general community.

Delaware County Memorial Hospital is committed to cancer care, education and research and has undertaken a three-year campaign to renovate and upgrade its cancer facilities. We welcome your support in this effort!

To learn more about cancer care at DCMH, call (610) 294-8182.

Before the Event

Now that you've agreed to join us, it's a simple task of gathering as many sponsors as possible — friends, relatives, colleagues, students, athletes — all who are willing to pledge money for your participation in this event. All donations are tax-deductible and will be used to fight cancer. We recommend a minimum of \$5 per sponsor. Don't forget, if you submit \$25 or more in pledges (check or cash) with your entry form, we'll waive your registration fee (Must be submitted by the day of the race). Feel free to use additional sheets if necessary. (Photocopies are acceptable.)

NAME OF SPONSOR	ADDRESS	PHONE	PLEDGE PER Km	TOTAL Km	TOTAL AMOUNT
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
Grand Total					

You did it! Now it's time to collect those promised donations. Checks should be made payable to "ENB-Walk/Run." DEADLINE TO QUALIFY FOR PRIZES IS TUESDAY, OCTOBER 15, 1996. If submitting sponsorship after the race, send or bring to Eagle National Bank, 8045 West Chester Pike, Upper Darby, PA 19082. Any questions call (610) 853-4800, ext. 1224.

After the Event

Don't miss the Fall Fitness Festival, sponsored by Delaware County Community Hospital, immediately following the race. Many exciting events are planned for the entire family — health fair, craft fair, fun festival foods, children's activities, continuous entertainment and much more. Mark your calendars now! This is the one event you won't want to miss! For more information, please call (610) 284-8372.

SAUCONY



DELCO RRC



presents the 1996

Women's Distance Festival

What: A 5K run (3.1 miles) through Ridley Creek State Park

When: Saturday, September 21, 1996, 9:00 a.m. start

Where: Park Office at Ridley Creek State Park

Cost: \$6.00 (checks payable to Delco RRC)

The Women's Distance Festivals were originally founded in 1979 as a way to promote long-distance running for women and to highlight the fact that the Olympics still did not have a women's marathon and 5K. Years later, the Olympics now have a women's marathon but no 5K. We still have a way to go, but thanks to you and your commitment to running, we're getting there.

Come out to celebrate women's running and to make new friends.

Medals to the 1st, 2nd and 3rd place female finishers. Race singlet and great raffle prizes to all participants.

To get to Ridley Creek State Park, follow Providence Road Northwest to Gradyville Road. Left on Gradyville to Sandy Flash Drive. Bear left onto Sandy Flash Drive and the Park Office will be on your right. For more information or directions call Tom at (610) 544-2280 or Marianne at (610) 623-3069.

To enter, send your check and signed entry form to:

Marianne Grace c/o Delco RRC, 254 Bryn Mawr Ave., Lansdowne, PA 19050

Name: _____

Address: _____

Release Form -must be signed-

In consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against Delco RRC, Ridley Creek State Park and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event, and my physical condition has been verified by a licensed medical doctor. No one may enter this event without signing this official waiver.

Signed: _____ Date: _____

Parent or Guardian if runner is under 18 years of age:

Signed: _____ Date: _____



DELCO RRC Officers:

President Ron Grace (610) 623-3069
 Vice President Tom Hirsch (610) 544-2280
 Treasurer Bob Huey (610) 544-2849
 Secretary George Jacques (610) 353-0865
 Membership Kathi Clatterbaugh (610) 328-4987
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 Neil Weygandt Joe Nolan
 Rita Jordan George Jacques
 Diane McManus Carol M. Jackson

Delco RRC KEEPING CONTACT

Articles, race report, letters, calendar listing, and photographs are welcome; material sent on disks (IBM, Microsoft Works etc., please enclose printed copy also) is especially welcome.
 97 Powell Rd. Springfield, PA. 19064

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. * 6:30 p.m.

THURSDAY * SPRINGFIELD * Same as Tuesday

FRIDAY * MEDIA, during Daylight Savings Time *

Ridley Creek State Park, Bishop Hollow
and Barren Road parking lot * 6:30 p.m.

SATURDAY * COLLINGDALE *

Harris Elementary School, Sharon & Bartram Aves. 9:00 a.m.

Delco RRC Keeping Contact

NEXT DEADLINE: August 20, 1996

NEXT MAILING DATE: September 6, 1996

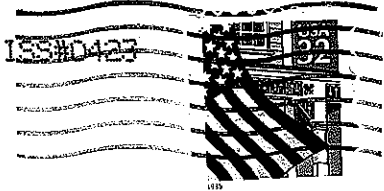
Keeping Contact

DELCO RRC
P.O. Box 206
Springfield, PA. 19064

PHILA PA 191



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Run For Fun And Fitness....

