

# ◆ DELCO RRC Keeping Contact ◆

Issue 6

Published by the Delaware County Road Runners Club

June 1996

## AROUND THE BAY RUN HAMILTON, ONTARIO March 31, 1996 by Stan Cherim



The 102nd running (yes, older than Boston) of the 30 km race around Hamilton Bay was a dream for most of the 2000 runners, but a nightmare for the race directors and about 200 disqualified front-running competitors.

The dream part of this 18.6 miler (for you non-metric wonks) was the nearly ideal weather. A bit windy, but crystal clear skies and a temperature of 6 degrees Celsius (that's near 40 Fahrenheit). With appropriate fanfare and hoopla, the start went off as scheduled from Copp's Coliseum in downtown Hamilton where, incidentally, the Canadians were sweeping the men's and women's world curling championships. The course is nearly triangular. The first 10K leg is downright ugly from a scenic point of view. We go past the dock lands with their littered streets, grimy warehouses, and factories belching out a remarkable load of stinky gases. Throughout this leg, the bay was hardly visible, but here the course was at least flat and fast.

At about the 6K point, I was passed by a trio of beautiful young women dressed alike in black tights and flowing white tee-shirts. As they passed me, I thought of the energy I might derive from keeping the spectacular rear view in sight; however, better judgment ranked above lust. I kept my even pace and let them pull away. That wasn't the end of the story, but I'll get to that later.

The second 10K leg put us on the causeway that separated Lake Ontario from Hamilton Bay. The view here was much prettier. The wind gusts, however, were much stronger. It was about halfway on this leg, at the 15K point, that the race director's nightmare took place. The disaster was an unscheduled, unexpected raising of a drawbridge to allow passage of a tanker into Hamilton Bay. The elite runners had just made it to the other side. But the next 200 or so near front-pack runners decided to turn around and retrace the original 15K. Bad move! They were all disqualified because their unauthorized turnaround cut out the tough hills on the most beautiful third 10K leg of the great triangle. They should have waited for the drawbridge to go down, as 20-20 hindsight indicates clearly, but they panicked and the nightmare was on.

Soon we had a thousand runners stampeding toward the bridge, and we had the extraordinary sight of a multitude giving "the finger" to a sailing vessel. A refreshing change at least from blotto tourists waving and smiling at a cruise ship.

By the time I reached the bridge along with all the other midpack harriers, the race was back on course. As we rounded the corner on to the last 10K, the climb started. Hill after hill. But what a spectacular view of Hamilton Bay! And the neighborhood was lovely where folks sat on folding chairs and cheered us on. At about the 25K mark I was feeling strong and I started picking off the runners who started too fast and were almost running on empty in the hill country. Then it happened. I caught the gorgeous trio and soon passed them. But the sight left me supercharged. The mix of endorphins, adrenalin, and the awakened flow of rampaging hormones let me hammer the last 5K. Soon I blew past the famous Hal Higdon of Runner's World editorial fame. He must have wondered who the old geezer was that flashed by and let him eat dust. Oh, it felt good!

Soon it was through the chutes to pick up a finishers medal and lots of good food. It was a great race in general and for me in particular. The results are the big question. Although I either won my age division or at least placed, I won't know for a while. Because of the drawbridge debacle and a big mix-up in bib numbers for the other scheduled 5K race, the award ceremony was cancelled. All we can do now is wait for the tough-luck directors to sort it out. I'm home now with pleasant memories of a wonderful event. I can still see those triplets. And, Hal Higdon, eat your heart out.

## My Story: The Tyler Run

by Greg Mitchell

The Tyler Arboretum trail run rekindled a passion in me for cross-country running that has been out for 10 years. Since my college cross-country years, only running on the hill trails at Valley Forge has stirred the passion for trail running. And, of course, we all know racing them takes you to another level.

The weather was perfect, the course was in great condition. Just enough mud, loose rocks, down trees, sharp turns, dangerous downhills, and, yes, the streams were at

(Continued on page 2)

(Continued from page 1)

proper calf-high depth. I must admit my time at the finish proves I was no deer running through the forest. With sweat in my eyes and all the heavy breathing from those hills, everything was a blur, so it seemed as if I was moving fast.

The clock, being completely objective and always telling the truth, tells me that the course won this encounter, humbling me with a slow average mile time. But to quote Arnold Schwarzenegger: Next year, I'LL BE BACK.

It's true, the pain was temporary, but the experience will last forever. Here's hoping we all have a faster experience next year. Thanks to Tyler Arboretum, the club, and the volunteers for rekindling the passion and for the memory.



## What is The Zone?

by Mary Lou Bogdash

The New Webster's Expanded Dictionary defines a zone as "one of the five great divisions of the earth." To athletes, "the zone" refers to that mystical place where one reaches peak performance. But now, *The Zone* is also a popular new book that promises to change your life.

*The Zone*, written by Barry Sears, Ph.D., is currently on the *New York Times* Best-sellers List of How To books. And for good reason. *The Zone* is a fascinating, easy to read book assuring readers of a longer, healthier, more satisfying life. The author claims it will enhance your self-image, help you achieve greater clarity of thought, even improve athletic performance. And, he states, it will help you to ward off cancer, avoid heart disease, eliminate arthritis, and control diabetes.

For a truly in-depth understanding of what *The Zone* is all about, you really should read the book. But, here's a very brief summary of the theory behind entering "the zone," along with a few personal notes on the subject.

Dr. Barry Sears spent 20 years researching lipids, biological compounds that include cholesterol and those familiar lipoproteins HDL and LDL. He concentrated mainly on phospholipids and their effect on the treatment of heart disease. This research led him to the discovery of the eicosanoid (pronounced eye-KAH-sah-noid) hormone, which controls just about all human bodily functions. This hormone is produced naturally in the body's individual cells. By controlling eicosanoids, Dr. Sears believes, one can prevent heart disease, diabetes, arthritis, even cancer. By maintaining a perfect balance of this essential hormone, he truly believes a person can obtain a state of nearly perpetual good health and achieve a better quality of life. He calls this enigmatic state "the zone."

Dr. Sears has proven through various tests that we can use food to manipulate our eicosanoid balance. He spent six years researching his dietary program. And he cites very favorable results on tests done with world class athletes, including the Stanford University swim team, elite triathletes and various NFL and NBA players.

*The Zone* diet is unique because it includes far fewer carbohydrates than most of us currently eat. Dr. Sears believes that Americans' current fascination with the high-carbohydrate, low-fat diet is misguided, if not downright harmful. I think part of this is true. I don't know anyone who has been able to lose weight by eliminating fats and adding carbohydrates. Dr. Sears explains this by saying that fat doesn't add fat to our bodies, insulin does. And our bodies produce more insulin when we eat too large a portion, along with too many carbohydrates, at each meal.

*The Zone* outlines a quick way to determine just how much protein, carbohydrate and fat you should be consuming. Taking into consideration your body fat content, your age, sex and weight, Dr. Sears provides a formula to calculate how many "protein blocks" are ideal for you. One protein block consists of 7 grams of protein; a carbohydrate block has 9 grams of carbohydrate; and a fat block contains 1.5 grams of fat. The diet is based on the consumption of equal blocks of protein, carbohydrate and fat.

For example, I am supposed to eat 14 blocks of protein spread out over the course of the day. So, ideally, I should eat 98 grams of protein, 126 grams of carbohydrate and 21 grams of fat daily. This is a lot more protein and a lot less carbohydrate than I am used to eating. But, I made the change and I must admit, I feel great. I have more energy and don't seem to need that nap at around 3:00 PM like I used to.

I don't think *The Zone* is exactly a revolutionary nutritional concept. I can remember my freshman Health teacher at Archbishop Prendergast High School telling us the secret to good health is a balanced diet. That diet, she espoused, should consist of about 50 percent carbohydrate, 40 percent protein and 10 percent fat. (See, Mom, I really was paying attention in school.) This is very close to what is recommended by *The Zone* diet. But Americans have been lured away from a balanced diet and entered into an out of control carbohydrate craze.

If you think you may be in "carbohydrate hell" and you're looking for a better answer, I suggest you look into *The Zone*. As long as the book remains on the *NY Times* Best-sellers List, you will get 30 percent off the list price (\$23.00) at Borders. Good luck and let me know if you also decide to enter "the zone."

**People in the news**

**Power Woman Part II:** Frances Kirk Dagle does it again. She placed 11th among the women runners at the 10-mile Broad Street Run. This from a woman who, in the past, has avoided the longer runs. (Maybe age--and two sons--helps in developing endurance.) Along the way, she had time to poke **Byron Mundy** in the ribs as she flew by. Also worth noting: Frances started the race well behind the field, after spending a little too much time in the Portapot line. *Great, now she's accepting handicaps and still beating the rest of us!*

**Heard on the Road:** Eric, Myung and Bridget Mundy all had active and impressive spring sports seasons. Bridget was a catcher on her softball team. Myung ran the 100 (14:16) and long jumped; she may still qualify for the Archdiocese championships in that event (12'8"). Her brother Eric ran a 10:37 two mile and a number of excellent miles and relay splits. Daddy **Byron** ran a fine Boston Marathon (with very little training) and Mom **Marybeth** deserves a solid hurrah for holding the team together.

**Tom Hirsch** has a new hobby: go-cart racing. His Sun Company team came in second place at the Arthritis Association race. Tom was right at home in the pit crew. Mark your calendars now, Tom will turn "the big 5-0" next year (January 11) and is hoping to run another 50 miler to celebrate. Those of us who know Tom, and his cranky knees, believe a better idea would be to have 50 of his friends run 1 mile each. Maybe a relay. Maybe around a track. Tom is skeptical about finding 50 friends. We think he's just being modest. If you're interested in being a birthday buddy and running a mile in honor of Tom, please let us know.

Another birthday celebrant is **Pete Belfi**, who turned 55 (*nah, really?*) on May 17. *There's still time to send cards and presents.*

**A language update:** D.A. Freiburg is learning Croatian for the U.S. Army...although husband **Joe** claims she's not planning a tour of that country.

The dynamic duo, **Kathi and Kathy (Clatterbaugh and Adamson)** are incredibly busy these days looking at other people's houses. They swear they're just going to get design ideas...or learning about architecture. We think their husbands, **Mark and Terry**, should take note. Although we can't imagine **Kathy** moving out anytime soon--not with her own newly (and beautifully) decorated house. And **Kathi** already has a great place to get-togethers.

**Torpey White** has a good idea that he'd like to share with club members if he ever finds some spare time. In fact, making, and sharing, spare time is what his idea is all about. **Torpey** and wife **Carol** are, as you may know, parents of two young children. **Torpey** would like to hook up with other running parental units. Maybe they could take turns watching the kids

while the adults get in a run. If you see **Torpey**, let him know your interest. Or, maybe you want to take an organizing role.

**Mary Lou Bogdash** has made great strides in her golf game. She recently won \$25 in the "Closest to the Pin" contest in Conrail's golf league. She reports that husband **Mike** is spending time in the gym these days with racquetball and fitness workouts. Seems he can do 45 minutes on the Stairmaster without breathing hard. The secret, **Mary Lou** says, has to do with watching the "babes in bras" working out nearby. On the job front, **Mary Lou** and fellow Conrail-er **Jim Miccolis** were both accepted for the "early out"; **ML's** departure was delayed for one year, and **Jim** is scheduled to leave Conrail in June. The good news is, he leaves on a Friday and starts a new job on Monday. *Hey Jim, take the weekend off!*

**Sam Brattini** reports that "son of Sam," **Sam Jr.**, is Olympics-bound. He'll be one of a handful of video people from Philadelphia working in Atlanta. His event is field hockey. Stay tuned.

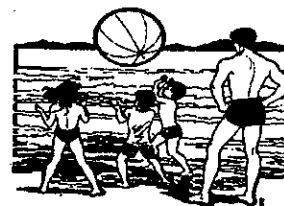
**Jimmy Smith** says he is leading the same "dull and boring" life; we beg to differ, he just seems to be wearing the same "dull and boring" **Joe Paterno/1994 Penn State** t-shirt. (*Jimmy, do you really think Penn State is the best university in the country?*) His son **Jeffrey** will be student teaching in the fall and graduating in December from West Chester with a degree in physical education.

**An early morning sighting:** **Tom Weber**. Not hiking, not biking. Just driving to the train station at 6:15 on a Monday morning. Maybe runners are normal people after all.

**Did you know?** There is a Springfield Trail Club that plans all-day hikes. Recent excursions were to Gunpowder Falls, Maryland, and Blue Marsh Lake. For information, call **Ed Grunwell** (610) 485-4331.

**Part II: Did you know?** Ridley Creek State Park has a "1,000 Miler" club. Recently, 14 walkers and joggers were awarded special caps for their miles. None were recognizable Delco RRC names. For all the running our members do at the park, we should all take note. *Town Talk* reports that Park Superintendent **Jack Graham** says all one needs to do is keep a personal record of miles walked or run and submit it by the end of December. Reporting is on the honor system. To learn more about the program, call the park headquarters (610) 892-3900.

*What's new? Contact Amy Binder or John Greenstine at 340 Kirk Lane, Media, PA 19063 or abinder@herc.com.*



## UPCOMING EVENTS

### CLUB MEETING: JUNE 25, 1996

Location:

Tom Hirsch  
97 Powell Rd.  
Springfield, PA. 19064

This old house is located on the corner of Powell and Brock Rds., between Springfield Rd. and Saxer Ave. across from Williams Park. Please use the side door, which faces Brock Rd. 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.

### 6-28-96 MEDIA 5 MILER,

Rita Jordan, (610) 565-1416

### 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. Thank You.

## DELCO CLASSIFIED

### Position Open

Team Coordinator for Delco RRC. Person / persons needed to coordinate Delco teams with upcoming races.

Interested parties should seek out Ron Grace (610) 623-3069

### For Sale

Take your bike with you. Rhode Gear Cycle Shuttle for sale. Fits two bikes comfortably and easily adjusts to the back of virtually any car. Folds flat for easy storage. Includes lock to

secure bikes. \$25.00. Call Amy or John @ 610-891-0806 or e-mail abinder @herc.com.

## MEDIA 5 Miler

Race Director, Rita Jordan

The 17th annual **Media 5 Miler** will be held on **Friday, June 28 at 7 PM**. Preceding the 5 mile race, there will be the **second annual children's run at 6:30 PM**. Both running events have become a summer happening for runners from all over the country.

The success of this road race is due mostly to the tireless energy and many hours given by members from our own running club, **Delco RRC**. Year after year, many familiar faces join us that night to share the challenge of making this road race a first class event.

If you are not running in the race, you are welcomed, invited and encouraged to join us for the **Media 5 Miler**. The rewards are many... good friends, good times and the satisfaction of being part of a great running club.

Please **volunteer** by calling **Bob McElhenney** at **(610) 623-7075**

## Call for Warm Bodies!!!!

Make a difference in the **Media 5 Miler**. Help stuff race packets, **Monday June 24, 7:00 PM** at **Rita Jordan's, 311 South Avenue, Media, PA 19063; (610) 565-1416**. Come and join the fun.

## Bill Morgan Racks Up The Age Group Awards

Bill's age group, as he puts it, is 60 to Infinity. He is running well and taking home the awards.

4/9/95	3rd Place	DCCC 5k Scholarship Run
6/23/95	2nd Place	Media 5 Miler
9/30/95	2nd Place	You Gotta Have Guts 5k
3/24/96	1st Place	Phila. Diabetic Assn. 5k
4/14/96	2nd Place	DCCC 5k Scholarship Run
4/21/96	2nd Place	10k Dash for Organ Donor Awareness
5/4/96	3rd Place	University City 5k

Great running Bill, keep us updated on your racing as the summer rolls along.



**RACE CALENDAR:**

**JUNE:**

15 **TRIENNIAL TRAIL RELAY-75 MILES**, Legs of 9-16 miles, Watkins Glen, NY to Caroline, NY; Contact: David Rossiter, 621 Utica St, Ithaca, NY 14850; (607) 273-0028

**PENNSYLVANIA STATE LAUREL FESTIVAL 10K RUN**, Wellsboro, PA  
Contact: Pa State Laurel Festival Races c/o Wellsboro Area Chamber of Commerce, P.O. Box 733, Wellsboro, PA 16901 (717) 724-1926

4th **ANNUAL MILES for MATT EIGHT HOUR RELAY**- eight person teams, one mile per leg, Bethlehem, PA; Contact: Dan Cruttenden, 4360 Vista Drive, Nazareth, PA 18064; (610) 759-7025

**AMBLE AREA YMCA FLAG DAY 5K RUN / WALK**, Ambler, PA; Contact Nancy Polson, c/o Ambler Area YMCA, 400 N. Bethlehem Pike, Ambler, PA 19002; (215) 628-9950

16 **SMITH'S CHALLENGE TRAIL RACES 10K / 20K**, Lancaster, PA; Contact Bill Smith, 509 Big Bend Rd. Lancaster, PA 17603; (717) 394-7812

22 **ATLANTIC CITY BEACHFEST 5K**, Atlantic City, NJ; Convention Center, Missouri Ave & the Boardwalk, (609) 645-7272

28 **MEDIA 5 MILER**, Media, PA; Contact: Rita Jordan, 311 South Ave, Media, PA 19063; (610) 565-1416

29 **13th ANNUAL WHITESBOG BLUEBERRY 10K X-C RUN/2 ML FUN RUN**, Whitesbog Village, Browns Mills, NJ; Contact: Janet Robbins, Whitesbog Preservation Trust, 120-24A Whitesbog Rd., Whitesbog Village, Browns Mills, NJ 08015; (609) 893-4646

4th **ANNUAL HOLY REDEEMER NUN RUN 5K/ 2 ML FUN RUN**, Avalon, NJ; Contact Holy Redeemer Visiting Nurse Agency, 1801 North

Route 9, Swainton, NJ 08210  
(609)465-2082 (D), (609) 967-8082(E)

**JULY:**

2 **15th ANNUAL RUN / WALK FOR PEOPLE WITH DISABILITIES 5K**, one mile fun run and 1k run for kids 10 and under, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

7 **JOHN R. SCHILLING MEMORIAL SCHOLARSHIP 5K RUN** and one mile fun run / walk, Deptford, NJ; Contact: (609) 468-0010

13 **ALBERT R. TAXIN 5K BOARDWALK RUN**, Atlantic City, NJ; Contact: Hospice Program / PA Hospital (215) 829-7820

6th **ANNUAL SPRIT OF GETTYSBURG 5K**, and one mile fun run / walk, Gettysburg, PA; Contact YMCA of Gettysburg and Adams County, 909 Fairfield Rd, Gettysburg, PA, 17325; (717) 334-9171

20 **18th ANNUAL GREAT WYOMING BUFFALO STAMPEDE 5K / 10K** and one mile fun run / walk, Wyoming, DE; Contact: Downstate Delaware Striders, PO Box 1379, Dover, DE 19903

**5 MILE RUN & 1 MILE FUN RUN**, Avalon, NJ.; Avalon Community Hall, 30th St & Avalon Ave; (609) 976-3066

21 **BOARDWALK RUNNERS CLUB 5 MILE BEACH RUN**, 1 mile fun run & 2 mile health walk, Atlantic City, NJ; Albany Ave & the Beach; (609) 561-4441

28 **AL MACKLER CANCER FOUNDATION 5K RUN**, Atlantic City, NJ; Boardwalk & Mississippi Ave; (609) 601-1786

**AUGUST:**

3 **EGG HARBOR TOWNSHIP 5K**, Egg Harbor Twp, NJ, Shore Mall, Rte 322; (609) 926-4041

**SEA ISLE CITY BEACH PATROL TEN MILE ISLAND RUN**. Sea Isle City, NJ; Contact Sea Isle Beach Patrol, 44th St. and Boardwalk, Sea Isle City, NJ. 08243; (601) 263-3655

4 **PATASPCO STUMBLE 10K TRAIL RUN**- river crossings, limited to 220 runners, Baltimore, MD; Contact Mike Strzelecki, 1502 Marshall St, Baltimore, MD. 21230; (410)727-2523

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

18 **DOG DAY ROAD RACE 5 MILE**, Harvey Cedars, NJ; Harvey Cedars Firehouse, 80th St & Compass Ave, (609) 361-9364

25 **21st ANNUAL ANNAPOLIS TEN MILE ROAD RACE**, Annapolis, MD; Contact Annapolis Striders-ATM, PO Box 187, Annapolis, MD. 21404-0187

**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

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

**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)

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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, June 11, 25 / Tuesday, July 9, 23 / Tuesday, August 6, 20 / 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, Tract and X-C Office, West Chester University, West Chester, PA 19383; (610) 696-3956

#### TRI-BIATHLONS

##### JUNE:

22 **9th ANNUAL MARATHON SPORTS SPRINT TRIATHLON**-1/4 mile swim, 16 mile bike, 5k run, Middletown, DE; Contact: Wayne S. Kursh, c/o Marathon Sports, Po Box 398, Wilmington, DE 19899; (302) 654-6400

##### 30 **BLUEBERRY FESTIVAL**

**TRIATHLON**- 1/2 mile lake swim, 19 mile bike, four mile run. **KIDS SPRINT BIATHLON**- 1/4 mile run, one mile bike, 1/4 mile run, Hammonton Lake Park, Hammonton, NJ; Contact: Linda Toretzky (609) 468-0010

##### JULY:

6 **OCEAN CITY BEACH PATROL BIATHLON**- one mile ocean swim and four mile beach run, Ocean City, NJ; Contact: Darren Hickman (609) 927-9588

##### 14 **BRANDYWINE BIATHLON to BENEFIT the WELLNESS**

**COMMUNITY**- four mile run, 22 mile bike, three mile run, Wilmington, DE; Contact: Jan Biddle, The Wellness Community-Delaware, PO Box 4665, Wilmington, DE 19807; (302) 656-8410

#### ORIENTEERING

##### JUNE:

23 **FRENCH CREEK STATE PARK** (East), Berks County, PA; Contact: John Durrant (610) 486-6364

## MINUTES OF THE DELCO ROADRUNNERS CLUB MEETING

May 1996

Date Of Meeting: May 28, 1996

**In Attendance:** Ron Grace, Tom Hirsch, Bill Morgan, Tom Midwood, Bill Schultz, Rita Jordan, George Jacques, Bob Huey.

The meeting was called to order at 7:46 by Vice President Tom Hirsch.

The minutes from the last meeting were read and passed with no corrections.

**Newsletter Editor Report:** TO ALL 100TH BOSTON MARATHON RUNNERS:

We want to hear from you- please drop us a few lines about your experience at Boston this year for publication in the newsletter.

**Public Relations Report:** Membership forms were discussed. Also write-ups for local publication concerning the Media 5 Miler.

**Membership Report:** Kathi Clatterbaugh N/P

**Treasurer Report:** Bob Huey the club account balance at \$6345.47.

The club advanced \$1600.00 to the Junior Development Meet for AAU cards.

#### Old Business:

**Junior Development Track Meet:** Tom Hirsch proposed that the club acquire a new bullhorn for this and future events. A motion was passed giving Tom proper authorization to purchase.

**Water Run:** Tom Hirsch and Sam Brattini are meeting with the "PR firm" and the Suburban Water Co. to work on this event, which is scheduled for October 13th. The race will be 5K distance on the roads, beginning and ending at Rose Tree Park. Tom stated that the course may be a challenging one.

**Media 5 Miler:** Approximately 2700 race applications are being mailed. There is a new finish line this year, The Media Community Center, which occupies a block between 3rd and 4th St. The race start is still on State Street.

Race Director Rita Jordan has a meeting on June 4th with Media Borough. Race volunteers from the club will be needed and can contact Bob McIlhenny (623-7075) or Rita Jordan (565-1416).

**Dawn To Dusk:** There were 12 runners competing in the 50 K and ultra. The weather conditions were ideal. Bill Schultz wishes to thank all the volunteers. The 14th D to D is scheduled for the first weekend of May 1997. Bill submitted for discussion making the Dawn To Dusk event the Delco RRC 50K Championship with the possibility of TAC certification. A motion was made and passed for the club to support the 14th annual Dawn To Dusk as a 12 hour run and Delco RRC 50K Championship race. A stipend of \$300.00 was allocated. The ayes carried the motion.

**Womans Distance Festival:** The WDF is scheduled for Saturday 9/21, at Ridley Creek State Park. An advertisement will be appearing in The Runners Gazette.

#### New Business:

**Philadelphia Marathon:** The club will soon need to discuss sponsoring a water station for this November event.

**Sea Isle City 10 Miler:** This event, which is run on the beach in August, has team entry categories. Numerous club members may be planning to participate; if anyone is interested in running as a team, contact George Jacques.

The meeting was called to a close at 9PM by President Ron Grace.

Minutes submitted by George Jacques, Secretary.

**Delco RRC members :** Look for the Delco RRC membership form in this newsletter. We hope you will make some copies and share them with your friends.

Also, your renewal forms will be mailed soon. Please sign and return them to Kathi Clatterbaugh. Thanks for a Delco RRC member.

# CONTRIBUTING SPONSORS

**TANCREDI CHIROPRACTORS**  
(see listing inside)

**PINOCCHIO'S**  
131 E. Baltimore Pike  
Media, PA 19063  
610-566-7767

**CUSTOM BAGELS**  
15 South Olive Street  
Media, PA 19063  
610-891-6761

**SATURN**  
Newark, DE  
West Chester, PA

**PowerBar**  
Fuel for Optimum Performance

**RUNNER'S**  
ROAD

**Event Will Be Held "Rain or Shine"**

**RACE HOTLINE**  
610-566-4151  
610-565-1416  
or LIN-MARK Computer Sports:  
609-468-0010 voice & fax

ART: ALVIN DEJAN & TYPSET BY LIN-MARK COMPUTER SPORTS

**17th Annual**

# MEDIA

# FIVE

# MILER

**Friday, June 28, 1996**

5 Mile Race, 7 pm  
Children's Run/Walk  
& Adult Citizen's Stride, 6:30 pm



**Race Hotline**  
(610)566-4151  
(610)565-1416

**Front and  
Jackson Streets  
Media, Pa**



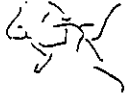
DELCO RRC/MEDIA 5 MILER  
c/o LIN-MARK Computer Sports  
7 Westwood Drive  
Mantua, NJ 08051

## MEDIA 5 MILER

Children's 1/2 Mile Run/Walk  
Adult Citizen's 1/2 Mile Stride

**FRIDAY, JUNE 28, 1996**

# REGISTRATION FORM



LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

STREET ADDRESS/P.O. BOX \_\_\_\_\_

CITY \_\_\_\_\_ CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

RACE DAY AGE: \_\_\_\_\_ SEX: M F T-SHIRT SIZE: M L XL XXL

EVENT ENTERED:

5 MILE RACE: \$15 by 6/21 \$18 6/22 to race day

CHILDREN'S 1/2 MILE RUN/WALK: NO FEE

ADULT CITIZEN'S 1/2 MILE STRIDE: NO FEE

CHECKS PAYABLE TO: DELCO RRC/MEDIA 5 MILLER  
 C/O LIN-MARK Computer Sports, Media 5  
 7 Westwood Drive  
 Mantua, NJ 08051

**RELEASE: ALL ENTRANTS MUST COMPLETE!**

In consideration of your accepting this entry and granting permission for my participation in the Media Town Fair 5 Miller/Children's Run/Adult Citizen Stride, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for losses and damages I may have against DELCO RRC, Media Borough, the Media Recreation Commission, the Media Town Fair and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I affirm that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings of any other record of this event for any purpose whatsoever. NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS WAIVER.

I also recognize that if the Winning Time Transponding Timing System is utilized, I am financially responsible for the return of the transponding timing band. If I do not return the band, I will be charged a \$10 loss/replacement fee.

SIGNATURE (PARENT/GUARDIAN SIGNATURE REQUIRED IF ENTRANT IS UNDER 18 YEARS OF AGE) \_\_\_\_\_

DATE: \_\_\_\_\_

# TO BENEFIT

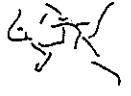


This successful ongoing event has become a fixture in the local running community drawing close to 1200 participants and over 3000 spectators. The annual Media Town Fair 5 Miller benefits the Media area youth through the Media Recreation Commission and also serves young athletes through the DELCO Road Runners Club which sponsors such annual events as the Delaware County Junior Cross Country Championship Series for area high school teams and the Junior Olympics.

## AWARDS

- 1st Male & Female Overall: \$100 cash
  - 2nd Male & Female Overall: \$50 cash
  - 3rd Male & Female Overall: \$25 cash
  - 1st Male & Female Overall Master 40+: \$50 cash
- Awards to 1st Male & Female from Media Borough
- AGE GROUPS: 1st three Male & Female**
- 14 & Under, 15-18, 19-24, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

For insurance purposes, no head phones, baby strollers, dogs, in-line skates, bicycles or unofficial runners allowed on course!



## TIMING

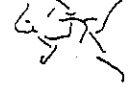
Timing, results & finishline by:  
**LIN-MARK COMPUTER SPORTS**  
 FULL ROSTER OF RESULTS POSTED ON WORLD WIDE WEB: <http://www.lin-mark.com>  
 Complete roster can be accessed and printed at no charge!

**POST REGISTRATION AND RACE PACKET PICK-UP**  
 Post Registration and Race Packets will be available for pick-up on Wednesday, June 26 at Bill Battey's Sporting Goods, Front and Jackson Streets in Media from 6:30 p.m. to 8:30 p.m. Day of race registration and packet pick-up will take place at the Media Community Center, 3rd and Jackson Streets, beginning at 5:30 p.m.

- Spinal exams and athletic injury analysis
- Massage Therapists available for FREE pre-race and post-race massages:

**TANCREDI CHIROPRACTIC & REHABILITATION CENTER**  
 920 W. Sproul Rd., Springfield, PA 610-544-8288

# TO PARTICIPATE



**WHERE:** Everybody's Hometown Media, PA

**WHEN:** Friday, June 28, 1996

**TIMES:** Children's 1/2 Mile Run and Adult Citizen's 1/2 Mile Stride  
**START: 6:30 p.m.**  
 5 Mile Race  
**START: 7 p.m.**

**COURSE:** Clockwise, original race course direction. NEW FINISH at 3rd and Jackson.  
**NOTE:** Due to possible State Road construction, the course may be altered on race day.

**ENTRIES:** T-shirts limited to first 1000 registered entrants.



## REGISTRATION INCLUDES:

- Media Town Fair 5 Miller T-Shirt
- Splits at 1 and 2.5 miles
- Water at 1.3, 2.5 and 3.7 miles
- Refreshments and awards at Media Community Center, 3rd and Jackson Streets
- Automatic registration for raffle prizes following race awards
- Result cards mailed within 2 days of event by LIN-MARK Computer Sports
- 5 Mile Race only will be scored with the Transponding Timing System. You will be given a wrist band which has been coded to your race day number. You will wear the band on your right wrist. There will be multiple chutes open on the finishline. You may enter any chute. AS YOU CROSS THE INDIVIDUAL FINISHLINE CHUTES, YOU BRUSH YOUR RIGHT WRIST ACROSS THE TOP OF THE TRANSPONDING TIMING BOX. TIMES ARE TAKEN TO 1/100 OF A SECOND. Volunteers will be at each box to remind you to brush your right wrist across the top of the box. Elite runners will be instructed to use the center chute which will utilize traditional stop timing also. They will additionally have their tags pulled. NOTE: THE RELEASE CONTAINED A STATEMENT THAT YOU ARE FINANCIALLY RESPONSIBLE FOR THE RETURN OF THE TIMING BAND AT THE END OF THE RACE. VOLUNTEERS WILL COLLECT THE BANDS AT THE FINISH. IF YOU DO NOT RETURN THE BAND YOU WILL BE CHARGED A \$10 REPLACEMENT FEE.



**DELAWARE COUNTY ROAD RUNNERS CLUB**

Thanks for your interest in the Delaware County Road Runners Club. What do you get as a DELCO RRC member?

- \* Daily fun runs (or walks)
  - \* "Keeping Contact" newsletter (published regularly by DELCO RRC)
  - \* "Footnotes" newsletter (published quarterly by the Road Runners Club of America)
  - \* Social events
- ...And much, much more.

Our running events include:

- \* TRAIL RACE, April, Tyler Arboretum
- \* DAWN TO DUSK ULTRA, in May, Sharon Hill
- \* DELCO RRC JUNIOR DEVELOPMENT TRACK & FIELD MEET- June, Ridley High School
- \* MEDIA 5-MILER, June, Media
- \* WOMEN'S DISTANCE FESTIVAL, Fall, Ridley Creek
- \* DELCO CROSS COUNTRY, October, Rose Tree Park
- \* THANKSGIVING VOLKSWANDERUNG, November, Ridley Creek State Park

**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 & THURSDAY - SPRINGFIELD - Library, Powell Road - 6:30 p.m.
- \* WEDNESDAY - SWARTHMORE - Swarthmore Presbyterian Church parking lot, Harvard Ave. near Rt. 320 - 6:30 p.m.
- \* FRIDAY - MEDIA - during Daylight Savings Time - Ridley Creek State Park, - Bishop Hollow and Barron Road parking lot - 6:30 p.m.
- \* SATURDAY - COLLINGDALE - Harris Elementary School, Sharon Ave & Bartram Ave 9:00 a.m.

*For more information, contact Tom Midwood 610-358-2052*

DETACH AND MAIL BACK TO:

**DELCO RRC, c/o Kathi Clatterbaugh, 21 School Lane, Springfield, PA 19064**

**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 \_\_\_\_\_ Date \_\_\_\_\_

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

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

Make a tax-deductible financial donation of: \$10 \_\_\_\_\_ \$15 \_\_\_\_\_ \$25 \_\_\_\_\_ Other \$ \_\_\_\_\_

I would like to volunteer \_\_\_\_\_ I would like to represent DELCO RRC at races \_\_\_\_\_

"If you want to get somewhere else, you must run at least twice as fast as that." Lewis Carroll, Through the Looking Glass

**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**

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

**NEXT DEADLINE: June 20, 1996**

**NEXT MAILING DATE: July 5, 1996**

**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  
Public Relations Tom Midwood (610) 358-2052  
Newsletter Staff:  
Publisher: Tom Hirsch  
97 Powell Rd. Springfield, PA. 19064  
(610) 544-2280

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**Keeping Contact**

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



Run For Fun And Fitness....

