

DELCO RRC Keeping Contact

Issue 5

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MAY 1996

TYLER ARBORETUM TRAIL RUN

As the winter of '96 came to a close, my thoughts were on the trails at Tyler and their condition. After a few hikes, I felt there were enough trees down and the creek crossings high enough to make this year's trail run interesting. The trails were dry and the normal bogs seem to have just the right amount of moisture. The course would be challenging and fun. The weather reports called for rain during the week with sun on Friday, but, oh no, rain on Saturday. It looked like this winter was not letting go.

The sun came up on April 13 and stayed all day. It was clear, dry and great; the weather folks were wrong! As the runners gathered for the start, **Rick Colbert**, the director of Tyler Arboretum, gave a brief talk on the history and future of the Arboretum. Rick is also the official starter of the run, so with a hearty ready, set, boat horn the runners were off and the clocks were started.

The finish line crew set up, enjoyed **Kathi Clatterbaugh** great coffee and waited for the runners to make their way back to the barn. The wait didn't seem too long, and we saw two runners along the white trail to the bridge below the finish.

James Alexander crossed the line first with a time of 0:38:27, that will stand as the course record, taking 15 seconds off last year's winning time of 0:38:42. **John Heller** was not going to let Jim take this race easily; John took second with a time of 0:38:43, just 16 seconds off the winning time. Third place was captured by **Neil Johnson** with a strong time of 0:40:56.

The "First Lady of Tyler" on April 13 was **Phyllis Botson**, twenty-first overall, with a time of 0:48:20. Phyllis has entered all three Tyler Trail Runs, but this is the first one she could attend. Great win, Phyllis. **Michelle Holman** flew in from northern California and ran a great time of 0:49:33, twenty-fifth overall, to win the second ladies medal before traveling to Boston for the 100th Boston Marathon. **Jodi Erb** didn't travel quite as far but ran a great run coming in twenty-eighth overall to take the third ladies award with a time of 0:50:24

The men's masters proved to be a very strong field with all award winners placing in the top ten overall. First men's master was **Tom Raub**, fourth overall, with a time of 0:41:15. **John Weitzel** took second men's master coming in eighth and a time of 0:45:28. Third men's master, **Carlos Rivera**, crossed the line at 0:46:19, placing tenth overall.

The women's masters ran great times. **Marianne Grace** placed forty-seventh overall to capture the first women's master award with a time of 0:54:04. **Dale Weitzel** finished seventieth overall and second women's master. Dale's time was 1:00:09. Third women's master and eighty-fifth overall was **Robin Kershaw** with a time of 1:04:29.

One hundred and twenty-one people signed up for the trail run. Eight runners received better offers and did not make the run. An estimated one hundred and thirteen runners started the run and one hundred and seven finished. We hope you enjoyed the run and that your finisher's plant will remind you of the fun you had on the trails of Tyler.

I would like to thank all the volunteers for a great job and putting up with the gnats that seemed to be everywhere that day. Special thanks to the water station crew. That hill up to Round Top doesn't get any lower and the water doesn't get lighter. Joe, what a great bunch of people. Thanks.

The '96 Tyler Trail Run is over, we have a new course record and some new friends to the Arboretum and Delco RRC. The '97 run is planned for April, so we hope to see you all there- and bring your friends. Thanks to all the runners and volunteers.

Tom Hirsch



Jim Alexander on a record run at Tyler.

Alexander James M.	37 / Male	001 / 0:38:27	Petersohn Heidi P.	31 / Female	057 / 0:56:39
Heller John F.	23 / Male	002 / 0:38:43	Vanderlinden Robert J.	33 / Male	058 / 0:56:51
Johnson Neil S.	31 / Male	003 / 0:40:56	Campbell Natalie D.	27 / Female	059 / 0:57:22
Raub Tom	40 / Male	004 / 0:41:15	Mulligan John P.	35 / Male	060 / 0:57:23
Covey Dave W.	34 / Male	005 / 0:42:59	Waller Paul J.	54 / Male	061 / 0:57:31
Dabundo Charles	35 / Male	006 / 0:44:29	Liu Jennie C.	28 / Female	062 / 0:58:06
King Bill	36 / Male	007 / 0:45:22	Vanderlinden Marleen H.	28 / Female	063 / 0:59:02
Weitzel John R.	44 / Male	008 / 0:45:28	O'Brien Daniel J.	37 / Male	064 / 0:59:24
Morris Tadd A.	28 / Male	009 / 0:45:47	Butler Earl S.	64 / Male	065 / 0:59:25
Rivera Carlos	47 / Male	010 / 0:46:19	Issertell Edward J.	33 / Male	066 / 0:59:51
Hopper Frank L.	52 / Male	011 / 0:46:25	Koerner Bob M.	62 / Male	067 / 0:59:53
Ocker Mike	37 / Male	012 / 0:46:33	Laye John M.	49 / Male	068 / 1:00:05
Roth Frank A.	38 / Male	013 / 0:46:38	Kleiman Michael L.	21 / Male	069 / 1:00:08
Keller James F.	41 / Male	014 / 0:46:46	Weitzel Dale	44 / Female	070 / 1:00:09
Shelmire Dave	48 / Male	015 / 0:46:56	Cianci Anthony J.	40 / Male	071 / 1:00:23
Wisniewski Donald	43 / Male	016 / 0:47:14	Stalford Ed	59 / Male	072 / 1:00:30
Midwood Thomas W.	39 / Male	017 / 0:47:32.2	Sullivan Tim K.	32 / Male	073 / 1:00:56
Greenstine John S.	44 / Male	018 / 0:47:32.5	Emanuel Mark G.	30 / Male	074 / 1:01:34
Keller Anthony S.	37 / Male	019 / 0:47:53	Sacchetti Nick	45 / Male	075 / 1:02:14
McCarthy Terence M.	31 / Male	020 / 0:48:03	Delate Edward M.	37 / Male	076 / 1:02:40
Botson Phyllis E.	30 / Female	021 / 0:48:20	Proulex Young Denise	37 / Female	077 / 1:02:41.0
Giacobetti John	29 / Male	022 / 0:48:58	Devaney Peter J.	52 / Male	078 / 1:02:41.5
Merena Peter M.	36 / Male	023 / 0:49:08	Stegena Roy T.	42 / Male	079 / 1:03:00
Deady Frank X.	45 / Male	024 / 0:49:23	Bryson Jack A.	57 / Male	080 / 1:03:22
Holman Michelle R.	30 / Female	025 / 0:49:33	Horn Ron E.	45 / Male	081 / 1:03:22
Rasato Thomas M.	39 / Male	026 / 0:49:52	Crescent Joe M.	39 / Male	082 / 1:03:29
Mitchell Greg	33 / Male	027 / 0:50:25	Brown Ken A.	52 / Male	083 / 1:03:55
Erb Jodi E.	24 / Female	028 / 0:50:24	Giardina Vincent	48 / Male	084 / 1:04:05
Yanak Phil	48 / Male	029 / 0:50:25	Kershaw Robin J.	42 / Female	085 / 1:04:29
Williams Jack	46 / Male	030 / 0:50:34	Stewart Karen M.	34 / Female	086 / 1:05:17
Kelly Christopher F.	28 / Male	031 / 0:50:34	Emanuel W. Britt	28 / Female	087 / 1:06:13
De Vegt Andre L.	34 / Male	032 / 0:50:47	Stephani Pam J.	43 / Female	088 / 1:06:16
Weber Bill J.	34 / Male	033 / 0:51:03	Watson James R.	44 / Male	089 / 1:06:18
Roncaglione Robert N.	44 / Male	034 / 0:51:41	Gaffney Mark	26 / Male	090 / 1:06:24
Creamer Don C.	40 / Male	035 / 0:51:48	Mendoza Maria C.	30 / Female	091 / 1:06:33
Metague Mike	48 / Male	036 / 0:51:52	Mitz Karen L.	31 / Female	092 / 1:06:49
Burke Janet K.	24 / Female	037 / 0:51:53	Ridge Gregg A.	30 / Male	093 / 1:07:01
Smith James J.	48 / Male	038 / 0:52:01	Morelli Richard M.	43 / Male	094 / 1:07:36
Rispoli Frank T.	45 / Male	039 / 0:52:18	Charlier Marc	32 / Male	095 / 1:08:50
Sheehan Tim F.	43 / Male	040 / 0:52:25	Brown Janice M.	51 / Female	096 / 1:09:00
Fowles Christopher A.	41 / Male	041 / 0:53:06	Clark Frank D.	42 / Male	097 / 1:09:09
Grace Ron	49 / Male	042 / 0:52:27	Owston Tom F.	45 / Male	098 / 1:09:55
Graeff James A.	37 / Male	043 / 0:53:38	Gleeson Raymond P.	50 / Male	099 / 1:10:01
Hunter Richard B.	49 / Male	044 / 0:53:56	Sortino Albert A.	64 / Male	100 / 1:10:30
Evans Karen	33 / Female	045 / 0:53:58	Bettine Erin A.	35 / Female	101 / 1:12:20
Recker Ed	43 / Male	046 / 0:54:02	Ernst Charles A.	54 / Male	102 / 1:12:43
Grace Marianne	45 / Female	047 / 0:54:04	Potts Anthony	60+ / Male	103 / 1:14:18.1
DeAngelo Paul	37 / Male	048 / 0:54:15	Werley Jim G.	56 / Male	104 / 1:14:18.6
Dougherty Mike F.	42 / Male	049 / 0:54:31	Radomile Eloise M.	39 / Female	105 / 1:22:05
Auer Robert C.	47 / Male	050 / 0:54:38	McCarthy MaryAnne B.	31 / Female	106 / 1:23:29
Keener Stewart W.	30 / Male	051 / 0:54:50	Ocker Roz M.	27 / Female	107 / 1:28:24
De Marco Joseph	42 / Male	052 / 0:55:05			
Coffua Colin C.	43 / Male	053 / 0:55:56			
Sly Vince E.	49 / Male	054 / 0:56:01			
McKinney Ralph C.	51 / Male	055 / 0:56:09			
Fleck Sandra L.	31 / Female	056 / 0:56:15			

People News

Hairstyles and attitudes. A song by Timbuk 3, yes. But also the rage around Delco RRC--at least that's what the Spring Fling revealed. A more aerodynamic **Jim Miccolis** is boldly embracing the high-forehead look. No comb-overs for him. **Carolyn DiGiambatista** has grown hers into a cute stylized pixie. **Amy Binder** had a run-in with the curling iron. And everyone else looked just swell.

Female "Dancers of the Night" award went to **Phyllis Botson** and **Frances Kirk-Dagle**. (Frances, along with **Marianne Grace**, organized the Spring Fling.) Phyllis attributed her unbelievable supply of energy to an overdose of caffeine (coffee and chocolate). Dancing with nearly every man present, Phyllis cut a fine rug with 80+-years-young **Lu Sanner** and broken-ribbed **Mike Metague**.

Several joggers were a bit more restrained in their dancing, having hiked 10 miles that afternoon in Tyler Arboretum. The hikers were **Tom Hirsch**, **Beth Fellona**, **Kathi Clatterbaugh** (who packs a great lunch), **Kathy Adamson**, and **Amy Binder**. Notice how nice **John Greenstine** is these days? It only took a week of intensive sensitivity and diversity training, courtesy of his employer DuPont.

Thanks to **Byron Mundy** for arranging some great pre-Boston press in the Philadelphia Inquirer and other local papers for Deco RRC participants. Byron really has a knack for getting ink in the papers. On another Byron note, he mailed us some info from the home page of the Twin City Track Club (Winston-Salem, N.C.). Just so happens that he talks every day with a guy who runs with the club. Also seen recently were pages from the Pike Creek Valley Runners Club (Delaware) home page. Seems if you can get on the World Wide Web, there are lots of running-related sites to peruse (WebRunner, Dead Runners Society, Road Runners Club of America, Running Research News, Runner's World Online, Running Tunes...and on and on). Just direct your Internet search engine to what interests you, and you're sure to find other like-minded souls. Elsewhere in this newsletter, there's bound to be info on finishing times for the Boston Marathon--you could also look it up on the Marathon's own home page.

Happy belated birthday to **Bill Schultz**, who celebrated his 44th at the Boston Marathon with a catered party for his friends, courtesy of **Bonnie Muertities**. Bill also notched his 100th marathon at Boston's 100th, a feat he has been working diligently toward for over two years.

Congrats to **Tom Hirsch** on another great Tyler Arboretum Trail Run. One hundred-plus runners, drawing entrants from as far away as Marin County, California. It was good to see **Dave Covey's** smiling face again. He brought along another Marin-er, **Michelle Holman**, who just so

happened to come in second overall for the women. After winning her silver medal and a raffle prize, she was overheard saying: "I really like this place." Both Californians did the trail race as a warm-up for Boston. I'll bet they didn't get as warm a welcome there. Also seen at the trail run were **Torpey** and **Carol White** with daughter **Colleen** and new son **Torpey** (continuing a long family tradition). A sincere apology from **Amy Binder** to **Robin Kershaw**, the third-place masters woman at the trail run. Amy's contacts were all foggy, so she miscalculated the bronze award winner. Tom is fixing it all with a new medal. Funny thing is, Amy doesn't even wear contacts.

Steve Whitmore is still struggling with a tenacious running injury. Yep, plantar fasciitis. It's been two years now, with varying degrees of relief. Many doctor visits and \$ later, he now understands much more about stretching than he ever cared to before. Now that he's on the other side of 40, Steve's got to be a little more careful about conditioning. His new project is trying to lengthen his stubborn heel tendons. Good luck.

John Ashton has started organizing in earnest for the Jr. Olympic--oops, Track & Field Day on June 1. He sure could use your help. Give him a call @ (610) 544-7094.

If you see **Bob McElhenney**, be sure to ask him what his kids are up to. With five offspring, he and **Diane** not only have their hands full, they've got a star in the house. We won't spill the beans here, but do ask about son Patrick, Harrison Ford, and Brad Pitt

Delco RRC member, former Havertown resident, **Tony Belfiglio** has been doing some interesting cross training recently. Last weekend he was seen sky diving. Do you think this will help his 5k times.

Got any news you'd like to share? Send it to Amy Binder: John Greenstine @ 340 Kirk Lane, Media, PA 19063 or abinder@herc.com.



Dale Weitzel passing through the Nolan & Co. water stop at Tyler Trail Run.

Snapshots from the 100th Boston Marathon

by Tim Wade

We're fooling around in the parking lot of a small industrial firm on the outskirts of Hopkinton five hours before the race starts. They had warned that all the lots would close early and there would be no place to park near the start. The factory butts up against I495. We can see a traffic jam forming on the exit ramps. There are a dozen breakfast tailgate parties taking place. But these are competitors not spectators huddled around raised trunk hoods and slid back minivan doors. We hop around to fight the early morning chill while downing bagels and bananas. There is a knee high rampart of remnant snow plowed from the lot which has to be scaled for several nervous trips to nearby bushes. Bumper stickers on three cars across from our makeshift kitchen sum up our mottoes for the day: "Take It Easy", "Let the First be First" and my favorite "Whatever."

The village of Hopkinton is only a few blocks square and it has been completely overwhelmed by an army of ... Port-a-Potty's. On the long walk to the high school we pass dozens of them in small groups of two and three guarding street corners and parking lots. There are several formations where phalanxes of a couple dozen are poised to handle any emergency. Someone quips that every construction site in New England has been stripped for today's event. Whoever was in charge of this aspect was determined to exceed all human expectations. It's only when I see this many of them that I realize how many different colors there are. At some point in the pitch, the salesman must say "And now would you like to look at our latest color swatches?"

Our starting corrals have been backed away from the starting line up a side street at a right angle to the race course. We've been lined up by our qualifying times. I look around at the few hundred surrounding me. These guys are all *exactly* as fast as I am. We start walking slowing forward after the official gun. All to be seen in front and behind is a thick river of heads beginning to gather momentum. There is a large maple at the corner of the town square where we turn to cross the actual starting line. It's boughs have been bare for all winter. Someone a few blocks ahead decides to lighten their load and throws a tee-shirt up into its stark branches. A jacket follows, then some sweatshirts. As I shuffle the distance to the turn, the tree is undergoing a time reversed autumn. Colors are jumping off the ground and the denuded limbs are being recovered. By the time I pass, the tree is fully clothed again.

Many of the marathoners have chosen their attire with great care. Some tee shirts announce the runner's name so bystanders will call personal encouragement. Others are wearing race shirts from exotic locales or their qualifying marathon. Two men run in suits and sunglasses as the Blues Brothers. There is a clown with a full bouquet of mylar balloons on strings and a hoop for a waistband that further extends his sail area. "Backwards Man" has stripped to his shorts and painted his body and face with rainbow colors. He's running to Boston backward with a bicyclist's rearview mirror strapped to his headband. I later learn that there was another Irishman who also ran backward. The largest costume goes to a fellow dressed as the North Church Tower from which Paul Revere was signaled on his famous ride. His costume steeple looms about ten feet tall and sways a bit ominously. As I pass him, marathon watchers who miss the historical reference are shouting: "Go Castle Man."

At about an hour into the race I see a gap in the otherwise unending dense pack of competitors. There is a line of male runners shoulder to shoulder from one side of the road to the other. A few paces in front of them is a woman runner dressed in a black lace jogbra and matching black lycra tights. There's no concealing the fact that she's wearing a thong under the tights. Repeatedly male runners from behind burst through the line to cross the gap, grateful for a chance to speed up. When they see the woman, their brakes come on and they slide backwards into rank. Their sense of urgency is distracted and they pause to catch their breath and take in the sights. After a brief respite I break formation and cross the gap like others before me. Also like them I give a quick glance backward to catch her race number. But of course I can't focus on it.

There are official water stops every mile along the course. The volunteers are great and the stations well manned but the race is a mob scene. Every time I try and get water I'm jostled or elbowed inadvertently by someone. Water spills everywhere. The road is slippery and waxpaper cups crunch under every step. I quickly learn the even mile stops are more crowded than the odd. I also find that, if I accelerate past the beginning, then I can dart into the middle of the line with little travail. By the second half I'm feeling that I'm at least elite at getting and chugging water. My confidence is shattered when I grab a cup of Gatorade and with one sly motion miss my mouth and splash the green concoction all over my face. A woman passing me volunteers sympathy: "Nice shot."

After the finish line there is a half mile walk to the baggage busses which are parked at the Boston Public Garden. The survivors stagger the route and only pause to get food or fluids handed out by ever present, ever smiling volunteers. They wrap

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us in tin foil blankets which the wind whips around our faces. I glance ahead and see what looks like a tottering horde of Hersey Kisses stretching for blocks. We're all shivering now and in a hurry to get changed out of our race gear. We pass a screen of medical types who are evaluating us dispassionately. Their eyes dance back and forth across performing triage on the weary stream. By the time I retrieve my bag my fingers are too numb to take off my gloves. Afraid to sit down because my legs might cramp, I hang my gym bag on one of the Garden's famed wrought iron fences and proceed to change my clothes despite the lack of concealment. When I glance around a little self consciously, the guy next to me says, "If anyone says anything, I'll tell them you're from France."

We rush to catch one of the last busses back to Hopkinton after the race. It appears that a final yellow school bus is now boarding to return runners to the start. Two of our group have hobbled to the finish after limping in the last ten miles. They're having trouble moving slowly. Feebly we stumble towards it but we're too loaded down with gym bags and our precious medals. The doors shut and the bus pulls away into Boston traffic. Miraculously a luxury bus pulls up for the next loading. It has reclining plush seats, armrests and even a lavatory! Sometimes the last will be first.

Hopkinton at dusk has been returned to a sleepy New England town. The army of Port-a-Potty's has retreated. Gone are the tents and banners. No police or news crews are milling about. The skies have emptied of helicopters and flying advertisements. A few young children in the streets have replaced the gangs of older ones there earlier. There is no trash or debris anywhere. Even the maple at the town square has been picked clean. It's only seven hours since the race started but now it's a year away.

The next day the rain is torrential on the drive home. We stop for lunch at the top of the Garden State Parkway about halfway back. We sit in the middle of the food court with our steaming piles of road food. Scanning the crowded rest stop, we begin the game of Pick Out the Marathoners. There's one of those B.A.A. jackets we didn't care for at the expo. There's a guy's rubbing his calf between eating French fries. A couple is moving slowing. The woman is looking worriedly at her partner. He winces at every step and is not wearing any shoes. There are dozens of us here, far from Boston, Hopkinton and home. We get up from our table like we're a hundred years old. We lean on the backs of our chairs for support and start limping slowly for the door. One of the guys says to me: "Will you pull the car up so we all don't have to walk across the lot?" We're looking to save steps after having spent our miles.

Boston Marathon Results (Club Members & Friends)

NAME	AGE	TOWN	TIME	PLACE
COVEY DAVE	34	FAIRFAX, CA.	02:59:27	
DORSEY JEROME	42	ASTON	03:03:19	2665
FILTZ LARRY	42	MEDIA	03:04:57	2899
DRISCOLL BRIAN	37	ASTON	03:12:14	4265
SCHULTZ WILLIAM	44	COLLINGDALE	03:25:58	7474
WEYGANDT NEIL	49	DREXEL HILL	03:26:49	7742
KLINE PHIL	44	VOORHEES, NJ.	03:29:24	
HUEY ROBERT	41	SPRINGFIELD	03:30:15	8699
FERGUSON DAVID	47	UPPER DARBY	03:30:27	8753
WADE TIM	42	UPPER DARBY	03:32:44	9410
HOLMAN MICHELLE	30	SAN RAFAEL, CA.	03:37:56	
MUNDY BYRON	48	COLLINGDALE	03:44:33	12998
DENNIS DEAN	30	MEDIA	03:46:18	13576
KERN ROBERT	52	BROOKHAVEN	03:47:18	13888
BRUSCO JOHN		SECANE	03:58:00	
DIGIAMBATISTA CAROLYN	54	FOLSOM	04:17:47	22811
MEYER BILL	49	CLIFTON HEIGHTS	04:25:46	24639
OLEYNICK MARC	34	LANSDOWNE	04:33:06	26208
MC MANUS DIANE	45	DREXEL HILL	04:39:35	27432
MEYER MAUREEN	48	CLIFTON HEIGHTS	04:41:57	27820
MUETTERTIES BONNIE	45	MEDIA	04:51:12	29405
COOPER JAMES	37	RIDLEY PARK	05:38:21	33984

**Upper Darby Girls Track Team
By Phyllis Botson**

The Upper Darby Girls Track Team has almost completed the spring outdoor season. The captains for this season are: **Stacey Wright** for the hurdles, **Julie Fisher** for the sprints, **Karen Giles** in field events and **Jessica George** for the distance. The Most Valuable Player would have to be **Stacey Wright** for her hurdling, sprinting, middle distance running and jumping ability. Since the Penn Relays just passed, our girls were very excited about qualifying in the 4x100 meter relay and the 4x400 meter relay teams. Some of the girls from the team that participated were **Rachel Shah, Meredith O'Doherty, Stacey Wright** and **Kathie Nguyen** in the 4x100 meter relay. **Marita McCormick, Stacey Wright, Meredith O'Doherty** and **Kathie Nguyen** in the 4x400 meter relay team. Some of the upcoming freshman are **Marita McCormick, Sarah Brill, Julie Luu, Stephanie Wisniewski, Kelly Dunn, Mindy Romero, Kate Foglio, Megan Moran** and **Suzanne Pohlig**. Lets say goodbye to the Seniors, **Jessica George, Julie Fisher, Moira Finnegan** and **Rachel Shah**. Congratulations to the girls who qualified for the district championships. **Julie Fisher** in the 100 meter and 200 meter run, **Stacey Wright** in the 300 meter hurdles and **Merdith O'Doherty** who just qualified in the 800 meter run.

UPCOMING EVENTS

CLUB MEETING:

May 28, 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.

6-1-96 JUNIOR DEVELOPMENT TRACK & FIELD MEET

John Ashton, (610) 544-7094

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

10-12-96 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. Easily adjusts to mount on virtually any car, van, or truck. Folds flat for easy storage. Includes lock to secure bikes. **Best offer.** Call Amy or John @ 610-891-0806 or e-mail abinder@herc.com.

IMPORTANT NOTICE

The 1996 Junior Development Track and Field Meet sponsored by Delco RRC is now AAU certified. This is a change from last year. The AAU or Amateur Athletic Union is a national organization that supports safe and organized athletic events around the country. The 1996 AAU Youth Track and Field series starts June 1st with the Delco meet.

All entrants must obtain a AAU card. The fee is \$10.00 per year (see flyer for details). AAU cards can be obtain at the Delco meet on June 1st starting at 7:30 a.m. Please come early. Contact John Ashton (610) 544-7094 for details.

The entry fee has been lowered to \$1.00 and more events have been added with more awards. We hope you find these changes as an advancement towards a more fulfilling and safe track and field meet.

Thank You,
John Ashton
Meet Director

Meeting of Volunteers for the Delco Junior Development Track and Field Meet.

May 21 at 7:00 p.m. at John Ashton's house.

706 Hood Rd.

Swarthmore, PA.

(610) 544-7094

Please call for directions.

Thank You,
John Ashton



RACE CALENDAR:

MAY:

- 12 **RACE FOR THE CURE**, Phila., PA.
Contact: The Breast Health Institute,
1015 Chestnut St., Ste. 510, Phila., PA.
19107 (215) 627-4447
- 18 **KENNETT SQUARE RUN, 10K / 5K &
1 MI / 5K WALK**. Kennett Square,
PA. Contact: Kennett Square Run, PO Box
327, Kennett Square, PA. 19348, (610)
388-1556
- 19 **PHILA. BAR ASSO. 10K**, Phila., PA;
Contact: Manny Pokitiilow, c/o Caesar
Rivise et al, 1635 Market St. 12th. floor,
Phila., PA. 19103; (215) 567-2010
- TOM BUGLIOSI TRAIL RUNS- 20k,
40k**, Tuller Hill State Forest, near
Ithaca, NY; Contact: Audrey Balander,
2617 Clute Rd, RD2, Cortland, NY. 13045
(607) 835-6712
- KID SELLEEN'S 10K/5K**, Wilmington,
DE; Contact: Wayne Kursh, c/o Marathon
Sports, PO Box 398, Wilmington, DE.
19899; (302) 654-6400
- 25 **5th ANNUAL WILD RUN RACE 10k/
5k**, Lancaster, PA; Contact: Christine
Brubaker, PO Box 42, Millersville, PA.
17551; (717) 872-8971
- GLASGOW DRAGGIN' DRAGON 5K
RUN / WALK**, Newark, DE; Contact:
Chip Bixler, (302) 454-2381 (W), (410)
398-7482 (H)
- COLLINGSWOOD MAY FAIR 5K
RACE**, Collingswood, NJ; Contact: (609)
468-0010

JUNE:

- 1 **JUNIOR DEVELOPMENT TRACK
AND FIELD MEET**, Ridley High School,
Folsom, PA; Contact: John Ashton c/o
Delco RRC, PO Box 206, Springfield, PA
19064; (610) 544-7094
- CROOKED BILLET RUN 5K**,
Warminster, PA; Contact: Craven Hall
Historical Society, c/o 620 Newtown Rd,
Warminster, PA. 18974; (215) 956-2309

**22nd ANNUAL POTTER COUNTY
GOD'S COUNTRY MARATHON**,
Galeton, PA. Contact: God's Country
Marathon, PO Box 245. Coundersport,
PA. 16915; (814) 435-2290

STRAWBERRY FESTIVAL 5K,
Brandywine Hospital & Trauma
Center, Coatesville, PA; Contact: The
Professionals. (610) 524-7300

**17TH ANNUAL GREAT CAPE
MAY 10,000 METER FOOT RACE**,
Cape May, NJ. Contact: Cape May
Chamber of Commerce, PO Box 556,
Cape May, NJ 08204; (609) 884-5508

2 **NIPMUCK TRAIL MARATHON**,
26.2 mi, Ashford, CT. Contact: Dave
Raczkowski, P.O.Box 285, Chaplin,
CT 06235 (203) 455-1096

**MORRIS ANIMAL REFUGE 5K
RUN and PLEDGE WALK**, Phila,
PA; Contact: Morris Animal Refuge,
1242 Lombard St. Phila, PA 19147
(215) 735-9570

4 **PENNSYLVANIA AVE. MILE**,
Contact: Marathon Sports, PO Box
398, Wilmington, DE 19899; (302)
654-6400

8 **LAUREL HIGHLANDS TRAIL 70
MI CHALLENGE RUN**, Ohio pyle,
PA. Contact: Ted Massa, 53 Orchard
Dr, Latrobe, PA 15650 (412) 539-5304

**LAUREL CLASSIC BICYCLE 18.8
MI RACE**, 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

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 Arca 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

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 MI.
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 MI. 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:

- 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
- 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
- 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.

(Continued on page 8)

(Continued from page 7)

West Chester, PA 19383; (610) 696-3956

TRI-BIATHLONS**JUNE;**

- 9 **SEASIDE HEIGHTS TRIATHLON-** 1.2 mile ocean swim, 46 mile bike, 13.1 mile run or sprint or 1/2 mile swim, 23 mile bike, 5 mile run. Field limited to 1,000 entrants. Seaside Heights, NJ; Contact: Eddie O'Kinsky (908) 506-6037 or Bill Erwin (908) 830-7260

- 229th **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**MAY:**

- 12 **SUSQUEHANNA STATE PARK,** Cecil County, MD; Contact: Ed Scott (610) 582-2128
- 19 **FRENCH CREEK STATE PARK** (Central), Berks County, PA; Contact: Fred Kruesi (610) 363-7459

JUNE:

- 2 **BRANDYWINE CREEK STATE PARK,** Wilmington, DE; Contact: Jeff Hanlon (302) 995-1255
- 9 **FORT WASHINGTON STATE PARK** Montgomery, County, PA; Contact: Nancy Koehler (203) 268-8504
- 23 **FRENCH CREEK STATE PARK** (East), Berks County, PA; Contact: John Durrant (610) 486-6364

MINUTES OF THE DELCO ROADRUNNERS CLUB MEETING

Date Of Meeting: April 30, 1996

In Attendance: Ron Grace, Tom Hirsch, Paul Isaac, George Jacques, Tom Midwood, Ken Ezzell, Phyllis Botson, Sam Brattini, Rita Jordan, Nick Sacchetti.

The meeting was called to order at 7:45 by Club President Ron Grace.

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

Newsletter Editor Report: Tom Hirsch would like to send the newsletter to all the people who entered the Tyler Trail Run, since the race results are printed in it. A club membership application will also be included. Remember to send in anything that you may want published in the newsletter to Tom by the twentieth of the month.

Public Relations Report: Tom Midwood presented a new membership application form. Membership fliers will be included in the Media race packets.

Membership Report: Kathi Clatterbaugh N/P

Treasurer Report: Bob Huey reported \$9,124.00 in the club account.

Old Business

Tyler Trail Run Tom Hirsch reported there were 121 entries, 113 starters, and 107 finishers. Jim Alexander and Phyllis Botson were the top male and female finishers. The Tyler Arboretum is very happy with this run

and they want to have it again. A motion was made and passed for the club to sponsor next year's event, which will probably be held the first weekend in April. Tom and his volunteers are to be commended for making this an ongoing successful event.

Midwinter Social A total of 60 people attended the mixer which was held at the Media Fire Hall. Thanks to Marianne Grace and the others who helped out.

Junior Development (Jr. Olympics) AAU cards will be picked up 5/01. Any unused cards can be returned. We need a lot of help, especially in the morning to help set things up. The date is Saturday June 1st.

Media 5 Miler Rita Jordan has been in contact with Media Borough. The construction work on State Street has necessitated laying out an alternate course. However, there is a possibility that the original course which starts and finishes up on State Street may be able to be used. Finish line management will be run by Winning Time Lin-Mark Computer Sports, formerly L & M. There will be a transponding timing system used, which will enable the race results to be tabulated very quickly. The Delco RRC logo will be on the race T shirts this year. Volunteers are needed.

New Business

Running Water Run 5K Sam Brattini and Ron Grace met with the people who are principally involved with this new event. They are excited about Delco RRC helping out. The tentative date is the morning of October 12th. A motion was made and passed for the club to help sponsor this race.

Dr. Cohen's Radical Run Rumor has it that the Radical Run will have a new date, September, and home, Springfield. Nick Sacchetti is planning to contact Dr. Cohen to find out meeting plans, etc.

The club meeting was called to a close at 9PM

Minutes submitted by George Jacques

**1996 Junior Development Track
and Field Meet
Directed By The
Delco Road Runners Club**

Date:
Saturday, June 1, 1996

Time:
8:00 A.M. To 5:00 P.M.

Location:
Ridley High School, Morton Avenue, Folsom, PA.

Eligibility: All boys and girls 18 years or younger. AAU certification, for individuals and teams, is required for this meet and to advance to the Middle Atlantic meet on June 7th and 8th. See 2nd page.

Meet Director: John Ashton (610) 544-7094

Sponsor: Delco Road Runners Club

Registration: All participants must fill out entry form. Entrant and Parent or Guardian must sign waiver. Mail entry form, \$1.00 entry fee and \$10.00 for AAU card, postmarked no later than May 26, 1996. Post entry \$2.00 and \$10.00 for AAU card on June 1, 1996. **Note:** If entrant already has 1996 AAU card, then entry fee of \$1.00 pre and \$2.00 post is only required. **Make checks payable to Delco RRC.**

Send To: Track and Field Meet, C/O Delco RRC, P.O. Box 206, Springfield, PA. 19064

Age Groups: Your age group is determined by the age you will be as of December 31, 1996. **Example:** If you are 10 now, but will be 11 on November 15, 1996, you must compete in the Midget class (11 and 12) even though you will be 10 on day of meet. **Note: Proof of age may be required (birth certificate).**

There are six age groups for girls and boys:

- | | |
|-----------------------------------|--|
| 1. Sub-Bantam, 8 and under (SB) | 4. Youth, 13 and 14 (Y) |
| 2. Bantam, 9 and 10 (B) | 5. Intermediate, 15 and 16 (I) |
| 3. Midget, 11 and 12 (M) | 6. Young Men and Women, 17 and 18 (MW) |

Awards: Medals go to first, second and third place winners. Ribbons go to fourth place winners.

Cut on dotted line. Pre Entry Fee: \$1.00 plus \$10.00 for AAU Card/ Post Entry Fee: \$2.00 plus \$10.00 for AAU Card.

First Name _____ M.I. _____ Last Name _____ Date Of Birth _____ Sex M / F

Address _____ Town _____ State _____ Zip Code _____

School / Team _____ Age as of December 31, 1996 _____ Age Division _____ AAU # _____

Events Entered: 1 _____ 2 _____ 3 _____ 4 _____ You may enter 1 to 4 but not more than 4 events.

Waiver: I understand that competing in track events are potentially hazardous activities. I agree to abide by any decision of race officials, about my ability to safely complete the run, jump or throw. I assume all risks with competing in this track event including, but not limited to falls, contact with other participants, effects of weather, conditions of the track, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting this entry, I the undersigned, intending to be legally bound, here by, for myself, my heirs, executors, and administrator waive and release any and all rights and claims for losses and damages I may have against Ridley School District and Delco RRC and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I am medically able and properly trained. **Waiver must be signed.**

Signature of Entrant _____

Date _____

Signature of Parent or Guardian _____

Date _____

Schedule of Events for Saturday, June 1, 1996

Facilities: Ridley High School All Weather Track, Morton Avenue, Folsom, PA. **No Spikes Allowed.** Rest Room will be available. **Competitors must bring their own starter blocks and batons.**

Participants must be ready 30 minutes prior to scheduled events. **Please check your eligibility to compete in events. Participants can enter a maximum of four events.**

Time:	Running Events:	Age Groups:
8:15 a.m.	Open Mile	Ages 19 and over, Men and Women
8:30 a.m.	110 m High Hurdles	(Y), (I), (MW) Boys Only
8:40 a.m.	100 m Intermed. Hurdles	(Y), (I), (MW) Girls Only
8:50 a.m.	3200 m Run	(M), (Y), (I), (MW)
9:45 a.m.	100 m Trials	(SB), (B), (M)
10:30 a.m.	100 m Trials	(MW), (I), (Y)
11:00 a.m.	200 m Trials	(SB), (B), (M)
11:45 a.m.	200 m Trials	(Y), (I), (MW)
12:15 a.m.	1500 m Run	(B), (M), (Y), (I), (MW)
1:00 a.m.	100 m Finals	(SB), (B), (M), (Y), (I), (MW)
1:30 a.m.	400 m Run	(SB), (B), (M), (Y), (I), (MW)
2:15 a.m.	800 m Run	(B), (M), (Y), (I), (MW)
3:00 a.m.	200 m Finals	(SB), (B), (M), (Y), (I), (MW)
3:30 a.m.	4 x 100 m Relay	Combined: (SB and B), (M and Y), (I and MW)
4:15 a.m.	4 x 400 m Relay	Combined: (SB, B and M), (Y, I and MW)

Note: Combined relay teams consist of runners from two age groups for the 4 x 100 relay and runners from three age groups for the 4 x 400 m relay. The runners with the seven fastest times will advance to the 100 m finals. The runners with the seven fastest times will go to the 200 m finals.

Time:	Field Events:	Age Groups
8:45 a.m.	High Jump	(M), (Y), (I), (MW)
9:15 a.m.	Long Jump	Starting with (MW), (I), (Y)
	Long Jump	(SB), (B), (M) will follow after 100 m Trials.
12:00 a.m.	Softball throw	(SB), (B), (M)
	Shot Put	(Y), (I), (MW)

Advancement: The Middle Atlantic Association Meet will be held June 7th and 8th. The meet is open to all competitors. For information, contact the meet director, **Larry Wilson (215) 424-8582** or **(215) 895-2199**. You do not have to qualify at the Delco meet to advance but you will need AAU Certification. Contact **Dave Mayor, (215) 477-8882** for AAU Certification. **Note: You need AAU Certification for the Delco Meet on June 1st and The Middle Atlantic Meet on June 7th and 8th. AAU certification fee is \$10.00 per year.**



Tyler Arboretum

515 Painter Road, Media, PA 19063-4424

Administration (610) 566-5431

April 17, 1996

Mr. Tom Hirsch
97 Powell Road
Springfield, PA 19064

Dear Tom:

On behalf of Tyler Arboretum, I would like to thank you for coordinating the 1996 trail run. This year's event was truly a success, and your willingness to accept the responsibilities of managing the race is greatly appreciated.

I would also like to extend my gratitude to all of the volunteers who assisted with the event. Each year I enjoy talking and working with them, and I hope that they enjoyed the spring day as well.

Once again, thanks for all of your support. If we can be of further assistance to you or the Delco Road Runners Club, please call.

Sincerely,

Richard A. Colbert
Director

RAC/mmb

"Let us run with patience the race that is set before us."
St. Paul

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: May 20, 1996
NEXT MAILING DATE: June 7, 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
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Springfield, PA. 19064

PHILA PA 191 20:03 05/11/96



Run For Fun And Fitness....

