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# Keeping Contact

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Issue 11

Published by the Delaware County Road Runners Club

November 1996

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## A Wild 24 Hours In Toledo

by Neil Weygandt

On September 13th, I flew to Toledo for the National USTAF 24-Hour Championship held 9/14. When we arrived for the noon start, it was 50 degrees and quite windy. It rained hard at times for the first 5 1/2 hours, making it tough going. However, it finely cleared up and we had good conditions for the rest of the race. The course is a 1.1 mile loop around a man-made lake in Olander Park located in the town of Sylvania, just outside of Toledo, Ohio.

Tom Johnson, former Western States 100 winner, attempted to run an American record for 100 miles. He ran 5:28 for 50 miles ( fastest by an American this year) and 7:02 for 100km. However, he stopped somewhere around 65 miles as he was feeling the cold. It was neat to see his light, efficient stride decked out in florescence green Fila!

Kevin Setnes, 24-hour American record holder with 160 miles, led for most of the day, but dropped out after 97 miles with a severe stiff neck. He runs with a loping stride, but takes frequent walking breaks. His wife, Kris, is a nationally ranked ultrarunner also.

John Geesler, 37, from New York, won with 147.13 miles. this was an outstanding effort! Tom Posser, 33, from Ohio, was second with 144.89 miles. The women's winner and third overall was Sue Ellen Trapp, 50, of Florida, setting an U.S. W50 record with 137.35 miles. She impressed me with her focus and toughness! Sue Olsen, 39, ran 117.81 miles for 2nd American women, 12th overall. Suzanne Gagnon, 35, ran 125.86 miles for a Canadian women's record and 7th overall. Sylvie Andonie, 40, of Mexico, 10th overall with 119.9 miles. All these women showed a lot of strength out there.

I managed 114.87 miles for 14th overall and third in the 45-49 age group. I received a national bronze medal! I was please to run 5 1/2 miles more than last year, particularly because I had a minor knee problem all summer. I ran well for 14 hours, but then my quads cramped and I was forced to walk most of the last 10 hours, no fun. In the last hour, I rallied a bit and felt better

Ed Dodd, 50, was 20th overall and 2nd in the 50-54 age group with 107.91 miles. Harry Berkowitz, 56, a veteran ultrarunner, ran 62.85 miles for 89th place.

My recovery went well except my left calf is a bit sore. I'm already looking forward to next year when I'll be 50!

## 1996 Delaware County Cross

## Country Championship

Sponsored by Delco RRC

The thirty-third annual Delaware County Championships were held on Saturday, October 12, at Rose Tree Park, Media. Five hundred and fifty-three runners from eighteen Delaware County high schools registered for the event. Three hundred and eighty-six finished the 3.1 mile course on a cool sunny day.

Thanks to all the Delco RRC volunteers for putting on another great event. Martin Deeney, Fran Deeney, Bryan Deeney, Byron Mundy, Mary Beth Mundy, Bob Fuhrman, Bob McElhenney, Mary Metague, Mike Metague, Larry Filtz, Kathi Clatterbaugh, Mark Clatterbaugh, Phyllis Botson, Rita Jordan, Pat Hicks, Sam Hill, Amy Binder, John Greenstine, Bob Huey, Sam Brattini, Meg Nilan, Mickey Lobb, Tom Brady, Jack Elliott, Bob Huggins, Marylou Long, John Ashton, Tom Weber, and Tom Hirsch. If I missed anyone, I am sorry.

### Girls' team results:

#### Varsity Girls:

Pencrest 67, Springfield 117, Archbishop Prendergast 140, Radnor 161, Upper Darby 168, Cardinal O'Hara 183, Haverford 188, Marple Newtown 195, Ridley 218, Interboro 226, Archbishop Carroll 313, Pen wood 324.

#### Junior Varsity Girls:

Haverford 25, Interboro 86, Radnor 124, Strath Haven 210.

### Individuals:

#### Varsity Girls:

- 1 Rachel Hixson, Senior, Pencrest, 18:33
- 2 Emily Furia, Senior, Marple Newtown, 19:21
- 3 Sheila Klick, Sophomore, Archbishop Prendergast, 19:39

#### Junior Varsity Girls:

- 1 Susan Spencer, Sophomore, Haverford, 22:18
- 2 Inez Coll, Sophomore, O'Hara, 22:31
- 3 Amanda Edmondson, Freshman, Haverford, 22:45

### Boys' team results:

#### Varsity Boys:

Penncrest 44, Interboro 74, Upper Darby 99, Cardinal O'Hara 106, Ridley 116, Strath Haven 171, Monsignor Bonner 180, Glen Mills 183, Radnor 210, Haverford 312, Archbishop

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Carroll 360, Marple Newtown 384.

### Junior Varsity Boys:

Glen Mills 55, Interboro 56, Upper Darby 70, Strath Haven 110, Bonner 110, Pencrest 199, O'Hara 201, Radnor 260, Haverford 368.

### Individuals:

#### Varsity Boys:

- 1 Colin Benner, Junior, Monsignor Bonner, 16:15
- 2 James Linton, Senior, Penncrest, 16:18
- 3 Joe Lanci, Senior, Ridley, 16:26

#### Junior Varsity Boys:

- 1 Carmine Gentile, Junior, Upper Darby, 18:10
- 2 Mike Robinson, Junior, Interboro, 18:17
- 3 Mike Peditto, Junior, Strath Haven, 18:33

#### Novice Boys:

- 1 Matt Williamson, Sophomore, Strath Haven, 18:15
- 2 Josh Jordan, Freshman, Penncrest, 18:39
- 3 Scott Burns, Sophomore, Strath Haven, 18:56

Martin Deeney

### Fun Runs

by Byron Mundy

**Jim Smith**, of Springfield, has run 64 times at club fun runs so far this year to lead all members, while **Bill Morgan**, of Glenolden, is in second place with 50 fun runs under his belt.

At the March club meeting a motion was passed to present participation awards to all members who attend a certain number of fun runs during the year. The number of times needed to qualify for an award is still pending. Three people volunteered to take attendance at various fun run locations.

**Bill Morgan** is doing Aldan, 6:30 PM on Mondays. **Phil Kline**, who live in New Jersey but works in Marcus Hook, has Springfield on Tuesdays and Thursdays, 5:30 and 6:30 PM. **Byron Mundy** is doing Collingdale on Saturdays 9:00 AM, and he is also tabulating the attendance records at all locations. We still need a volunteer for the Springfield 9:00 AM fun run on Sundays.

Total participation as of December 31, 1996, will qualify members to receive an award, possibly a special lapel pin or embroidered patch, which could be presented at our winter social in February.

The leaders through the end of September:

**Aldan, Mondays**, Bill Morgan-19 times, Peg Bobeck-17 times, Bob Huggins-16

**Collingdale, Saturdays**, Jim Miccolis-25 times, Byron Mundy-25 times, Lu Sanner-23, Bea Sanner-23, Jim Smith-20.

**Springfield, Tuesdays & Thursdays**, Jim Smith-30 times, Bill Morgan-30 times, Phil Kline-28 times, Pete Belfi-27 times,

Tom Hirsch-25 times.

**Springfield, Sundays**, Jim Smith-14 times, Byron Mundy-14 times, Tom Hirsch-13 times.

### DO theTri / Try the DU

by Phil Kline

On August 31 at the Cooper River Park, Pensauken, NJ, the race consisted of either a 1/2 mile swim or 2 mile run and a 15 mile bike and 3.1 mile run. **Phil** needed a 23mph bike split to narrowly escape certain defeat by **Phyllis** and her 6 minute mile run pace. **Phyllis**, **Tony** and **Phil** all placed in their age groups. Their awards were gift certificates to Danzizen and Quigley of Cherry Hill. Total entries were 275 people and 8 relays.

Tony Belfiglio DU 1:29:48

Phyllis Botson DU 1:18:54

Phil Kline TRI 1:18:27

### Phila. Distance Run, Delco Runners

Richard Webb 1:16:57

Jerome Dorsey ~~1:21:09~~

Frances Kirk 1:30

Phyllis Botson 1:30:15

Phil Kline 1:34:20

Art Brown 1:38:20

Bonnie Muetterues 1:54

Bill Schultz 1:54

Elaine Williams 2:07:55

### Portland Marathon, Portland, OR, Delco Runners

Denise DiPangrazio 3:28

### Marine Corp Marathon, Washington, DC, Delco Runners

Art Brown 3:41

Tony Cianci 4:47:01

### Delco RRC TRI. Geek News

by Phil Kline

**Mark Oleynick** finish 6th overall of 219 finishers in the Brandywine Fox Hunt Triathlon at Marsh Creek State Park on September 21. Race consisted of 1/2 mile swim, 15 mile bike, and 3.1 mile run. Mark's time was 1:13:05

**Mark Oleynick** and **Phil Kline** finished 6th and 12th respectively overall at the Pine Barrens Triathlon held in Warton State Park, Atsion, NJ on September 7. Distances were 1/2 swim, 24 mile bike, and 4 mile run. Mark finished 2nd in his age group, 1:44:49, Phil finished 1st in his age group, 1:52:04.

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### Run for Heroes

The Run for Heroes had an excellent turnout for the first running of this challenging 5k race. Over 400 entries with 355 finishers. Delco women took 1st and 3rd place.

Place	Name	Age	Time	
1	Joseph Mahney	24	16:42	
2	Chris Harkins	38	16:51	
3	Jared Colflesh	25	17:20	
Delco Runners				
24	Phyllis Botson	30	20:04	1st women
27	Ann Tierny	32	20:30	
30	Denise DiPangrazio	39	20:35	3rd women
41	Mike Metague	48	21:21	
43	Richard Libowitz	47	21:31	
68	Don Roberts	50	23:10	
81	Mickey Lobb	44	23:32	
92	Meg Nilan	32	24:10	
104	Bob Fuhrman	54	24:23	
118	Rita Jordan	46	25:00	
159	Stan Cherim	67	26:50	
160	Gene Cepetelli	52	26:51	

### THE ECO-BARBARIANS

by Stan "Himalaya" Cherim

What does this mean? Who are these obviously dreadful people? Eco-barbarians, also called "enviro-savages," are but two labels among many other equally defamatory expressions used to describe the **Hockessin Hash House Harriers**. The "hashers" as they are called, set out on a course of action that will despoil a small bit of the gaudy trappings of mother nature. The hashers are men and women of all ages who have lost their minds and their inhibitions. Beer-swilling and infantile, they define the concept of hedonistic pursuit. They need fun. They have fun. And in the process, mother nature ends up with gas pains.

Yes, the hashers are a drinking club with a running problem. They must run, and like most true runners they are obsessed and compulsive. But hashers eschew the track, reject the asphalt, and sneer at treadmills. Even the bike paths and manicured nature trails are held in mild contempt. Hashers like nature in the raw. And they will charge into raw nature to find the party at the end of the rainbow. Following true paths and false leads they go through rivers, forests, ice, mud, thorns, scale cliffs, and scare a stray moose.

At the appointed hour, the gathered hashers are transformed into a pack of hounds who, accompanied by the blaring of horns and the bloodcurdling shouts of "ON-ON!" take up the trail in search of their reward. The designated "hares" have plotted a course that will trample the guts out of mother nature. On the one hand, environmental clubs are

horror-stricken and on the other hand the N.R.A. gun crazies are really enraged because their game have fled in terror. Can you visualize totally spooked packs of deer running from the lewd and crude shouts of the hashers as they ravage the environment?

We go where the clues lead (or mislead) us. Usually spots of flour or strips of cloth tied to trees and bushes mark the trail replete with dead ends, wrong directions, and "check-backs." The leading hashers, Called "**FRBs**" (a snappy acronym for "Front Running B.....) check out the possible routes that can be taken at marked intersections on the trail. Eventually, in response to the hounds baying "**RU**" (i.e., are you on the right trail?) the FRBs restart the chorus of "ON-ON!" along with the blasts on the horn and tweets of the whistles.

Into the "**Shiggy**" (what we call the scruffy wilderness of mud and thorns) we go and weeds get pulverized, and the muddy bottoms of creeks and ponds get stirred-up into a murky-looking froth as several dozen hashers run their merry way. Snakes and dragons get trampled. Burrs and stickers get ripped from their natural moorings and are carried far and wide by a crazed mob charging through the woods. Peaceful and defenseless rocks, stones, and lumps of doggie-doo or horse-biscuit are displaced by the lethal runners as they climb the next steep hill. Beautiful sprigs of poison ivy are traumatized by the bare-legged horde. And wonderful, long branches of thorns are attacked by the skin of these eco-barbarians. The songs of birds are drowned out by the raunchy limericks of the joyous hashers. All of these gorgeous weeds, thorns, and poison ivy left in pathetic disarray.

We are a fearless band of fun-seekers. Hashing is not for wimps or the fainthearted. We tramp through the ice and snow of winter, charging up the icy hills so that we can promptly lose our footing and slip down into ravines, kiss tree trunks, and scare the pucky out of more wildlife. The Horny Tofu in particular is often paralyzed by the destructive antics of the hashers. But let's keep this in perspective by noting that the inherent strength, intelligence, and optimism of your typical hasher takes him or her well beyond the pale of ordinary hazards. We scoff at danger. When I ran with the hashers in the jungles of Thailand, not one of us was eaten by a tiger or got a bite on the rump from a cobra. So there!

Hashing is living. Hashing is joy. We are free of the stresses and costly entry fees for road races. No starting line, bibs, trophies, chutes, and all that. In the hash, everyone is a winner. We compete only with mother nature. While your elite road racers are covered with glory and adulation, we are covered with the real fruits of life-thorns, sweat, mud, poison ivy, and rivulets of beer following the pull of gravity from our guzzle down to our zorch.

It is our time for comraderies, along with serious eating and drinking that arrives after about an hour or so of eco-

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barbarism. We gather for our "Apres" at a saloon or hasher's home to enjoy, as we have rightfully earned, our raunchy time to party. The festivities are inaugurated by the grand Master ("Cribsnatcher") and suitably irreverent remarks from the Religious Advisor ("Village Idiot") who lead us laughing into the realm of the obscene and profane. Oh, I didn't mention that hashers have nicknames that kind of symbolize the spirit of a crowd that doesn't take itself too seriously. This is a time to get away from the up-tight world of rules, decorum, and run of the mill sanity. At the Apres, we initiate the "Cherries" (i.e., virgin hashers), punish the FRBs, reward the SCBs (Short-cutting B.....), and snag anyone for real or imagined infractions such as wearing a runners T-shirt or looking too neat and clean. And this is the time to punish the "Hares" for plotting a truly crappy course that let us give mother nature the shaft once again.

We line up these virgins and sinners and give them mugs of beer (or non-alcoholic drinks upon request) and they have to chug-a-lug the brew or, as we say, do a "Down-down" following the chanting of the hashers. And the lyrics go:

Why was he (or she) born so beautiful?  
 Why was he born at all? At all?  
 He's no use to anyone,  
 He's no use at all.

He oughta be publicly P.o..  
 He oughta be publicly shot. (Bang! Bang!)  
 He oughta be tied to a urinal,  
 And kept there to fester and rot!

If the "down-down" is not completed, the remaining beverage in the mug gets poured over the head. Oh, what a punishment! So that's part of the raunchy and revelry of the "Apres." That's also part of the joy of hashing and it naturally becomes a cherished component of the joy of life. We don't drink to a state of drunkenness, and that should be emphasized. A clear sense of responsibility is the base that supports our visible structure of fun and comradeship.

Try it, you'll love it. See me, call me, or E-mail (<stansol@worldnet.att.net>) or get the news on the web <www.@ravenet.com/hhhh/>, or call 1-302-NEED FUN.

**ON-ON!**

## People News

"Some day." Some day I'll get around to cleaning the basement. Some day my prince will come. Some day we'll see **Frank Dewan** at a fun run again. At least that's what Frank claims whenever spotted by a Delco RRC member. This last sighting was at the Media Food Festival Oct. 6. Frank and

family were out enjoying the day.

**John Greenstine** gets the medal for the quickest recovery from arthroscopic surgery in recent memory. John had some scar tissue removed from his ankle on Oct. 4; a week later, the cast was removed and, hours after that, so were the crutches. After week two, he took his first, easy run. I tell you, there's no keeping that guy planted on the couch, like most post-surgical cases would be. Maybe he's gearing up for all the chasing around he'll have to do in Singapore. Can you believe that DuPont, his employer, is sending him all the way to "Disney Asia" to make a video? Ask him all about it after he returns in early November.

The recent Delco Cross-Country Championships provided a good opportunity to catch up with club members. **Byron Mundy** estimated that 40 Delco RRC members volunteered their time. **Phyllis Botson** and **John Ashton**, both former competitors in this event, had some kind words about the club to tell the kids as they gathered for the awards ceremony. During the day, a strange phenomenon was noted among the men. **Mark Clatterbaugh**, **Bob McIlhenney**, and **Sam Brattini** were seen staring into space and, occasionally, letting out a strangely timed yell. It was the headphone that gave it away. Football!

**Sam Hill** seemed quite interested in John Greenstine's recent surgical escapades. Seems Sam's battling an injured Achilles and looking for a good doctor. John had only the highest marks for his surgeon, Lee Techner.

Another Sam also had some news to report. **Sam Brattini** was just back from a week in Korea. Next up, a two-week trip to Manila. He says he's bringing his running shoes.

**Tom Weber** ambled across the street from his townhouse to Rose Tree Park for the finish of the XC championships. He's fresh from his latest trek to the White Mountains with **Joe Nolan** and a small group of people foolish enough to travel with these two. Tom reminds everyone that Big Brothers/Big Sisters of Philadelphia is donor option #0008 for United Way donations.

While I'll leave it to elsewhere in this newsletter to talk about the XC runners, I must mention that **Rita Jordan** is bursting with pride over son **Josh**'s performance. He placed second in the novice category, with a time of 18:39. John is a freshman at Penncrest.

**Bob McIlhenney** is a little nervous about mentioning this...so I will. Keep your eyes open for "The Devil's Own," which should hit the movie theaters in November or December. Bob's son, **Robert III**, has a small part...and he's just worried that it's so small a part, it will end up on the cutting room floor.

Remember, you heard it here first. *Then*, Steve Levy picked up on a good thing and reviewed "The Vega Grill" on the Channel 10 morning news. Vega is the hot new restaurant in Manayunk (4141 Main Street) run by Gene Martenson's

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daughter **Lisa Martenson** and her husband **Greg Pauwels**.

It looked like a DELCO RRC meeting at Tyler Arboretum on Sunday, October 22. Quite a few members volunteered (or were volunteered by **Kathi Clatterbaugh**) for Pumpkin Day. Kathi does great work...and runs a mean food tent! **Mary Lou Bogdash** was in charge of making pine-cone critters with the kids. She reports that her brother, **Michael Boselli**, and his wife **Flo** had their first child on Oct. 9. **Nicholas Tavio** weighed in at a healthy 8 lbs 3 oz. It seems like ages ago that Friday nights were spent at Boselli's Bon Appetite pizza parlor in Upper Darby. Now Michael is with ARCO Chemical and partner/brother **Bill Boselli** is a stock broker in New York State.

In other Mary Lou news, she and husband **Mike** played in the Conrail Golf League this summer, competing against 14 other teams. They finished in first place and took home the top prize of \$210. ML also won the closest-to-the-pin contest at the last outing, for an extra \$25.

**Elaine Williams** writes that it looks like the New York Marathon is still on for her. And, if she survives, may attempt Philadelphia. She ran a PR in the Distance Run, with a time of 2:07:55. (*While that may be slow for some of our members, it sure beats my record for that race. A.*) As an encore, she did the Atlantic City Half Marathon in 2:05:13.

Spy versus spy. These reporters spent an enjoyable Friday night at Borders recently, listening to singer/songwriter Matt Sevier...and watching all the Delco RRC members go about their business. **Joe Freiburg** was (where else) in the computer-book section. Later, **Bill and Maureen Meyer** walked by the front window with **Sam and Ellen Brattini**. From the "doggie bags" in their hands, I'd say they probably tried out the new restaurant on the corner.

Looks like **Frances Kirk** did the Philadelphia Distance Run as a warm up for the Delaware Distance Classic, which she won: First women, 60:48. She's also returned to the track, after an absence of 20 years. She recently completed in the Philadelphia Master Track Pentathlon in Swarthmore, and her 800 meters is faster today than it ever was in high school.

Amy Binder

*What's doing in your corner of the world? Write to Amy Binder/John Greenstine, 340 Kirk Lane, Media, PA 19063 or e-mail abinder@herc.com.*

### 5K Walk/Run to Fight Cancer

I just wanted to say thanks again for the support the Delco Road Runners gave to our 5K Walk/Run to Fight Cancer.

We were thrilled to have 333 participants (our largest number to date), including 21 kids who participated in the "12 and under" 5K. This is the best ever for us, and I'm sure it has

a lot to do with the promotional assistance the club provided.

This event raised over \$15,000 for cancer patients and their families at Delaware County Memorial Hospital. DCMH and Eagle National Bank thank Delco Road Runners for their support in making our 5th Annual 5K to Fight Cancer the biggest and best one yet.

Carol Mackenzie Jackson, Ph.D.  
5K Walk/Run to Fight Cancer Committee

### Membership Renewals

The Fourth and final membership renewal notice will be sent soon. Approx. 45 member have not renewed this year. When you receive this notice, please fill out, sign and return to Kathi Clatterbaugh. Thank you for returning your completed membership forms. Please don't hesitate, the December newsletter could be your last.

### Reprinted from the Delco Joggers Journal November 10, 1977

#### Collingdale-Swarthmore Challenge Race

It was bound to happen, a competitive mob match between the two youngest clubs of the Delco Joggers, Collingdale and Swarthmore. Actually, two things have led to the formation of this race. First, the recent growth of the Swarthmore club in participation, Secondly, the return of **Sam Hill** to serious training (he's been caught sharpening his elbows several times lately).

The race will take place on the Swarthmore 3-mile course on Sunday, March 25, at 4 PM. There must be at least 15 runners on each team, and only those who have run 10 times with the club they represent are eligible. A challenge cup trophy will be kept for one year by the winning team.

#### Just a short look at some Delco RRC Memories.

## The Club Elections!!

November is here, but where oh where can new club officers be? I know you are out there, please send your profiles to me by November 20th so I can put the election form in the next newsletter. No Officers, No Club!!!



New members! Don't be shy; fresh ideas and new leadership is what this club needs.

So, if you are interested in keeping Delco RRC in the running business, send a profile of yourself to **Tom Hirsch, 97 Powell Rd, Springfield, PA 19064**. I will include the election forms, profile, and a return envelop in the December newsletter. Remember, we can never have too many candidates, so take some time, write some facts about yourself, send it in and you're on your way to a fun-filled year as a Delco RRC officer. It doesn't get any better than that.

### Duties of Officers

**President:** To preside over meetings, call special meetings, appoint committees and chair thereof, and oversee all aspects of the club.

**Vice president:** To chair the volunteer and fun-run committees, work with the race directors in getting volunteers to help out at Delco RRC supported events, coordinate fun-run schedule, standardize and order awards, and oversee all other aspects of the fun-run program. The vice president shall assume the duties of the president in the case of absence or resignation of the president.

**Treasurer:** To keep accurate records of all financial matters and furnish a financial statement at each membership meeting. The treasurer has the authority to disburse funds as authorized. The treasurer will assume the duties of the president in the case of absence or resignation of both the president and vice president.

**Secretary:** To record minutes at meetings, to keep a running record of the minutes, and to accept assignments involving correspondence.

See an office you would like to lend your talents to, send your profile in, it's that easy. And a profile doesn't have to be much more than the briefest of descriptions about yourself. Go ahead do it today.

Tom Hirsch



All Bicycles (Schwinn, Mongoose, Giant and more), all accessories are priced to **SELL!!!**

**Great Christmas Buys For The Early Shoppers**  
Providence Rd. (Rt. 252) and State Rd. in Media (5 Points)

Store Phone: (610) 566-4555 or call **Bob Huey** for more information (610) 544-2849

## MINUTES OF THE DELCO ROADRUNNERS CLUB MEETING October 1996

Date Of Meeting: October 29, 1996

**In Attendance:** Kathi Clatterbaugh, Phyllis Botson, Bob Huey, Bill Schultz, Mark Clatterbaugh, Eric Mundy, Ron Grace, Paul Isaac, George Jacques, Chris Verica, Byron Mundy, Tom Midwood, Rita Jordan, Phil Kline, Tom Hirsch.

The meeting was called to order at 7:53 by Ron Grace.

**Membership Report:** **Kathi Clatterbaugh** reported that there are 200 addresses in the data base, and she has sent out 195 cards. Kathi suggested the club issue identification badges to all members, the type that can be carried while running. **Bill Schultz** made a motion that Kathi be given the go-ahead to look into ordering them. This was passed.

**Newsletter Editor Report:** **Tom Hirsch** reported that he is acquiring a new computer system which will enhance publication of the newsletter and facilitate receiving text via the phone lines.

**Treasurer Report:** **Bob Huey** reported the club's account balance at \$19,100.00. The largest payable is \$5300.00, due to Media for their portion of the race proceeds. A check for that amount was given to Race Director **Rita Jordan** to deliver to the appropriate party. Bob also distributed the Income & Expense Report For Media. Also, Bob stated that the WDF 5K was completed within the cost parameters.

**Old Business**

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**Delco RRC Elections** Warm bodies are needed to serve as club officers! If you want to run for office, please have your resume/profile to **Tom Hirsch** by 11/20. Also, if you are interested in being on one of the following committees: Junior Development Track Meet, Media, Delco Championship XC, please have your name submitted to Tom by the end of the year.

**Volkswanderung** - Thanksgiving is approaching quickly; don't forget to register for this worthwhile event.

**Delco Fun Runs - Byron Mundy** has been keeping a log of attendance for the club fun runs. He is in the process of finalizing these records for the purpose of granting participant awards.

**Run For Heroes** - Indications are that the inaugural running of this event was successful, with 400-plus entries and 355 finishers. Byron pointed out that the club was omitted on the list of supporters which appeared in the Del. County Daily Times. Congratulations to **Phyllis Botson** for being the overall female winner.

**Marathon Water Stop** - The Philadelphia Marathon is Sunday, 11/24. If you are interested in helping out, which also enables you to see the race from a great perspective, call **Tom Hirsch**, 610-544-2280 or **Ron Grace**, 610-623-3069 for information. The club is also seeking a musical sound system/DJ for use at the marathon. Bill Schultz made a motion to cap this expense at approx. 150.00.

**New Business**

**The Road Runners Club Of America State Meeting** will take place on November 23rd at the Philadelphia Marathon Race Expo.

**Run To The Lights** - This annual holiday fun run will be held **December 17th** with a party at the **Clatterbaughs** afterwards.

**New Arrival** - Congratulations and best wishes to **Joe and DA Freiberg** on the new addition to their family, **Vincent Louis**.

The meeting was called to a close at 9:15

The next Delco RRC Club Meeting will be held Tuesday 11/26 at Tom Hirsch's.

Minutes submitted by **George Jacques, Secretary**.

**UPCOMING EVENTS**



**CLUB MEETING:  
November 26, 1996**

Location: **Tom Hirsch**  
**97 Powell Rd.**  
**Springfield, PA 19064**

The shack by the tracks is on the corner of Powell and Brock Rds. Look for a flashing pedestrian light across from Williams Park, on Powell Rd between Saxer and Springfield Rds. 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.**

**11-24-96 PHILA. MARATHON & 8K WATER STATION**  
Tom Hirsch, (610) 544-2280

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

**RRCA Pennsylvania State Meeting**

**When:** Saturday, November 23rd at 2:00 PM

**Where:** At the Philadelphia Marathon Headquarters, Memorial Hall in Fairmount Park.

**Hosts:** The Northeast Road Runners Club. The meeting will be held in conjunction with the Health and Fitness Expo at Memorial Hall on Phila. Marathon and 8K weekend.

**What:** Informational presentations for RRCA Clubs. News you can use!

**PA State Rep. Joanne Smith** is accepting nominations for the following PA Club awards.

- Outstanding PA Club President
- Outstanding PA Club Volunteer
- Best PA Club Newsletter
- PA Runner of the Year

Please submit nominations, with supporting material (i.e. letter), to Joanne Smith no later than October 20th.

RRCA in PA  
Joanne Smith  
351 Longstreet Drive  
Gettysburg, PA 17325

**RACE CALENDAR:  
NOVEMBER:**

- 9 **YORK WHITE ROSE FIVE MILER**, York, PA; Contact Clay Shaw, 3035 Raintree Rd, York, PA 17404; (717) 764-1181
- WINTER WARMUP FIVE MILE** and kids mile, West Chester, PA; Contact West Chester YMCA, 1 E. Chestnut St, West Chester, PA 19380; (610) 692-8440
- 10 **VIETNAM VETERANS of AMERICA, VALLEY FORGE CHAPTER # 349, 5K RUN** and one mile health walk, Norristown Farm Park, PA; Contact Ed Bean, The Runner's Edge, 25 Paoli Plaza, Paoli, PA 19301; (610)296-2869
- DEBBIE ROMANO SMILE for MILES FIVE MILE RUN/THREE MILE WALK**, Kelly Dr, Phila, PA; Contact Debbie Romano Memorial Foundation, 213 Crooked Ln, King of Prussia, PA 19406; (610) 275-7923
- 16 **RUN FOR HUNGER 5K** and kids fun run, Lutheran Church of the Good Shepard, Coatesville, PA; Contact Church office, 107 S. 17th St, Coatesville, PA 19320; (610) 384-2035 or Judy Zwick (610) 857-3790
- 23 **JFK 50 MILE**, Boonsboro, MD; Contact Mike Spinnler, C. V. A. C., 1012 Valleybrook Dr. Hagerstown, MD 21713; (301) 733-0097
- RUN for COMMUNITY PRIDE 10K/ONE MILE**, Upper Providence, PA; Contact Al Baumgartner, 226 Union St, Royersford, PA 19468; (610) 687-1500 office
- 23rd ANNUAL TURKEY TROT 10K/5K**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400
- 24 **PHILA MARATHON & PARKWAY 8K**, Contact SASE to Phila Marathon, Memorial Hall, PO Box 21601, Phila, PA 19131; (215) 685-0054
- Delco RRC Members! The Best Aid Station at the Phila Marathon is Delco's of course. If you have heard about it and**

**want to get in on the fun call Tom Hirsch (610) 544-2280**

- 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, **Delco RRC Event**
- 87th ANNUAL RUN for the DIAMONDS, 9miles**, Berwick, PA; Contact Margaret Livsey, Berwick Marathon Assoc, Box 856, Berwick, PA 18603; (717) 759-1300
- PNC BANK RUN/WALK for MS**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400
- 30 **NOTHERN CENTRAL TRAIL MARATHON and TWO PERSON RELAY**, Sparks, MD; Contact NCTM, PO Box 5464, Towson, MD 21285; Dave Cooley (410) 377-8882 or Fax (410) 372-0560
- DEVON PREP CHALLENGE 5K**, Devon Prep School, Devon, PA; Contact Bill Donahue, 1105 Blythe Ave, Drexel Hill, PA 19026; (610) 789-4806
- DECEMBER:**
- 1 **TIM KERR RIVER LOOP 5K RUN/WALK, TEAM RIVER LOOP RELAY and 8.4 MILE RUN**, Phila, PA; Contact Tim Kerr Phila. Loop Run, Runner's Advocate, 2005 Country club Dr, Doyelstown, PA 18901; Mike McCloskey (215) 343-7908 or Dave Thomas (215) 745-0103
- 7 **NITTANY VALLEY HALF MARATHON**, State College, PA; Contact David Boger, 445 Waupelani Dr, #F-32, State College, PA 16801; (814) 867-4807; e-mail-david-boger@psu.edu
- HOLLY CITY JINGLE BELL 5K RUN** and two mile fun run/walk, Millville, NJ; Contact Bruce Willson, Center for Health and Fitness, Sherman Ave and Orchard

Rd, Vineland, NJ 08360; (609) 696-3924

- 8 **BRIAN'S RUN 10K**, two and one mile run for ages 12 and under, two mile walk, West Chester University, West Chester, PA; Contact Dick Fitch or Bob Remkis at (610) 436-1000
- 15 **CHRISTMAS is for GIVING 5K**, Phila, PA; Contact NERRC, 517 Oreland Mill Rd, Oreland, PA 19075; Info call Joe Kraher (215) 245-1849

**JANUARY**

- 1 **15th ANNUAL HAMILTON HANGOVER FIVE MILER** and one mile fun run, Hamilton, NJ; Contact Larry Baldasari, Hangover Run, 3448 Nottingham Way, Hamilton, NJ 08690; (609) 890-8343
- 19 **20th ANNUAL TEN MILE ICICLE RUN** and 5k walk, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

**FEBRUARY**

- 2 **14th ANNUAL SNOWBALL FIVE MILE RUN/WALK** and one mile fun run, Wilmington, DE; Contact JCC, 101 Garden of Eden RD, Wilmington, DE 19803; Attn. Scott Katz; (302) 478-5660

**DELCO CLASSIFIED****Trail Clean Up.**

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

**Club meetings** are open to all Delco RRC members. Try to attend and express your ideas. This is your club and how it is run is how you want it. See you at the next club meeting on November 26, 1996.



# Koerner's Thanksgiving Day Volkswanderung *CARING TO SHARE '96*

**What:** Run, bike or walk on Thanksgiving morning to benefit the hungry.

**When:** Thursday, November 28, 1996

**Place:** Ridley Creek State Park.

We will meet at the park office parking lot. Providence Rd. (N.W.) to Gradyville Rd. (make left turn) to Sandy Flash Dr. (bear left) park office will be on your right.

**Time:** 9:00 a.m. start; 8:00 a.m. open for check in.

**Sponsors:** Bob and Paula Koerner and Delco RRC.

**Director:** Tom Hirsch. (610) 544-2280

This event will benefit the Delaware County Emergency Food Centers, who distribute nonperishable food to the needy people of Delaware County. A donation of \$10.00 worth of nonperishable goods (canned vegetables, soups, meats, fruits, pasta, cereal, etc.) or a cash donation should start the holiday season off right. Donations will be collected at the run or you may drop them off at Tom Hirsch's house (97 Powell Rd. Springfield, Pa. 19064. Flashing pedestrian light in front of house, corner of Powell and Brock Rds.) anytime from now until Nov. 27. **Use front porch, please leave a note, I will register you for the shirt and raffle.**

**If you feel you will not make it to the park on Thanksgiving let me know, I will reserve a shirt for you.**

**The specially designed long sleeve shirt will be back with a new design by Joan Peters for '96**

After your endeavor in the park (run, walk, bike, etc.) we will have refreshments and a raffle for BIG PRIZES at the park office parking lot. Bring your families and friends and join the Koerners for some fun in the park.

**This is not a Race.**

Please sign the waiver below and return to Tom Hirsch by mail, hand, or rock through window prior to Thursday November 28

\*\*\*\*\*

**Release Form**

Print Name: \_\_\_\_\_

Street: \_\_\_\_\_ Shirt Size: M L XL

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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 Ridley Creek State Park, Bob and Paula Koerner, Delco RRC 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 \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

(signature of parent if under 18)



**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  
 Team Coordinator Larry Filtz (610) 565-6957

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 Stan Cherim Carol Jackson  
 George Jacques

**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. &amp; Providence Rd. \* 6:30 p.m.

**TUESDAY \* SPRINGFIELD \***

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

**WEDNESDAY: \* 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 &amp; Bartram Aves. 9:00 a.m.

**Delco RRC Keeping Contact****NEXT DEADLINE: November 20, 1996****NEXT MAILING DATE: December 6, 1996**

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**

## Keeping Contact

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

Run For Fun And Fitness....

