

DELCO RRC Keeping Contact



Issue 10

Published by the Delaware County Road Runners Club

October 1996

The Club Elections!!

As October shakes the leaves from the trees, we were not overwhelmed by folks with the desire to be on the election committee. So we will try another approach. Kathy and Terry Adamson have volunteered to tally the returned ballots and announce the new officers at the December club meeting. But the biggy is to find club members who would like to run for office. WAIT! Don't turn the page yet, please read on. We need nominees for president, vice president, treasurer, and secretary. These jobs are not as tough as they sound; just think, it's only for a year. That's a lot better than the Federal Government: four years in office and they have primaries to weed out the number of candidates and the campaigning goes on and on and on.

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 biography of yourself to Tom Hirsch, 97 Powell Rd, Springfield, PA 19064. I will include the election forms, biography, 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 biography in, it's that easy.

Tom Hirsch



The Race Less Traveled: The Women's Distance Festival

by Amy L. Binder

One weekend, two premier running events. Each named a "distance" run. My favorite is the lesser known of the two: the Women's Distance Festival hosted by the Delaware County Road Runners Club on Saturday, September 21. That *other* race, the Philadelphia Distance Run, was held on Sunday.

This year, I had the best of both races. On Friday night, I enjoyed a Distance Run event by shopping the Runners Expo at the Wyndham Franklin Plaza Hotel. On Saturday, I ran the Women's Distance Festival: a low-key, 5 kilometer (3.1 mile) race through beautiful Ridley Creek State Park on a crisp, sunny fall day. Then Sunday, while thousands of runners were lining up at 18th and Market Streets for the Philadelphia Distance Run, I was still in bed, listening to the steady downfall of rain.

It's true, I have been called "wimp" in my life. But I think my approach to distance--indeed, to fitness--makes a lot of sense. Say "yes" to running; say "never mind" to

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too much of a good thing. I prefer to mix my recreation. I call it cross-training. On "distance weekend," my cross training involved shopping, running, and late-morning sleeping.

Over the years, I have run both the Philadelphia Distance Run and the Women's Distance Festival. Correction: I've run the Distance Run once and the Distance Festival just about every year since it's inception in 1980. The Philadelphia race is a half-marathon--13.1 miles--that starts in Center City and loops around the river drives. On the positive side, it's a well-run race that attracts top-flight runners from all over the world, and, for most of the race, you're running along the river enjoying the scenery. On the negative side, it's 13.1 miles! Some people get tired *driving* that far. It was during my one and only Distance Run that I truly grasped the meaning of "mind freeze." Step after step after step after step. Whaddaya mean there's six more miles to go? And I'll tell you something about that beautiful river scenery; it can be maddening for slower runners like myself who, on our way out, can look across to see the lead runners already heading back toward the finish line.

Now the Women's Distance Festival is another story. The distance is much more friendly. It's not that we can't run farther than a 5K, it's just: Why would we want to? Actually, the Distance Festival was started by the Road Runners Club of America to promote running for women and to highlight the fact that the Olympics did not have a marathon, 10K, or 5K for women. These events have since been added to the women's competition...and still we run.

This year, as the last several years, the Distance Festival was an out-and-back course on the bike trail at Ridley Creek State Park. We ran past historic houses, a gently flowing creek, and an abundance of greenery. Thirty women participated in the race; every one, a winner. Although the day was nominally for women, there was a special place for men, too. They marshaled the course, ran the water stop, and performed myriad other tasks that are so needed, and welcomed, by the runners.

The Distance Festival will never have the draw of the Distance Run. All the better for those of us who know the preferred alternative for "distance weekend." You can still go to the Runners Expo to shop. Just don't brag too much about the fun of the Distance Festival. Then everyone will want to come.

Botson Wins Women's Distance Festival

Phyllis Botson is fast becoming Delco's 1st Lady of the Races. This is Phyllis' second win of a Delco event this year with a time of 18:37. **Amy Pylles** was not allowing an easy win, taking second with 18:44. New Delco member **Ann Tierney** was third, with a time of 20:22.

Thanks to race director, **Marianne Grace**, and her merry band of volunteers for putting on another fine Women's Distance Festival. The weather was great and the refreshments were enjoyed by all. The WDF will be back next year, and we hope you all come back to run and tell a friend.

Tom Hirsch



Women's Distance Festival Results September 21, 1996

Place	Name	Time
1	Phyllis Botson	18:37
2	Amy Pylles	18:44
3	Ann Tierney	20:22
4	Jodi Erb	23:08
5	Beth Fellona	23:21
6	Pamela Currie	23:30
7	Eilizabeth King	24:03
8	Meg Nilan	24:25
9	Linda Trout	24:41
10	Dawn Cassidy	25:01
11	Dierdra Mazurek	25:21
12	Susan Oakley	25:24
13	Marcy Harper	26:33
14	Katherine Sibley	27:26
15	Elaine Williams	27:29
16	Linda Culbertson	27:56
17	Jan Buckley	28:05
18	Janet Marlin	28:37
19	Susan Wenger	29:34
20	Kathy Adamson	29:40
21	Amy Binder	29:48
22	Diane McManus	30:09
23	Meegan Reilly	30:10
24	Margo Szabunia	31:09

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25	Peggy Bobeck	31:55
26	Alison Harriman	32:02
27	Joanne Stow	32:02
28	Clare Kelly	34:17
29	Helga Criner	40:47
30	Pat Armstrong	49:22



Conestoga Trail Run, Delco Runners, September 22, 1996

1	George Jacques	2:04:00
2	Bob Kern	2:11:00
3	Bob Huey	2:16:00
4	Tom Hirsch	3:05:00



Phila Distance Run, Delco Runners, September 22, 1996

1	Phyllis Botson	1:30:00
2	Tony Cianci	1:49:11



5th Annual Eagle Natl. Bank 5K, Delco Runners, September 28, 1996

1	George Jacques	17:40
2	Dave Fergeson	20:00
3	Neil Weygandt	20:06
4	Bill Erb	22:40
5	Jodi Erb	22:47
6	Bob Fuhrman	23:17
7	Meg Nilan	23:20
8	Don Roberts	23:23
9	Beth Fellona	23:56
10	Kathy Watson	26:04
11	Gene Martenson	27:00
12	Elaine Williams	27:38
13	Joe Farrell	30:07
14	Paul Isaac	32:00
15	Peggy Bobeck	33:23



People News

Distance Run weekend: At Ridley Creek State Park, 30 runners in the Women's Distance Festival enjoyed

beautiful weather, refreshments, numerous raffle prizes, and warm camaraderie. The following day, thousands of runners in the Philadelphia Distance Run suffered rain, crowds, city streets, and a much, much longer course. Wanna tip for next year? Come on out to the best-kept secret "distance" race: the Women's Distance Festival. Great job, **Marianne Grace**, race director. It was especially exciting to read a promo for the race in the Sept. 18 *Philadelphia Inquirer* Neighbor's "News in Brief" section. And congratulations to **Phyllis Botson**, faster than fast, who won the race. **Beth Fellona** also had a strong showing. She would have been fourth, but at the last minute was passed by **Jodi Erb** with her dog, **Cody**. I guess that makes Beth the sixth-place finisher.

Keep those cards and letters coming. We recently received newsy letters from **Elaine Williams** and **Gene Martenson**. Elaine credits this newsletter for bringing her "body art out of the closet." She also reports that after 8 years of neglecting the Jersey Shore, she spent several weekends in Ocean City, NJ, this summer. A familiar sight on her morning boardwalk runs was **Pat Croce**, fitness impresario and new Sixers owner. Elaine fulfilled quite a few running dreams by completing the Sea Isle City 10-Miler, the Falmouth (MA) Road Race, the Tim Kerr 10K (Avalon), and a 20-mile run from Ocean City to Stone Harbor. After completing that last run, she had some time to kill before catching the bus back to Ocean City. Good thing she never leaves home without her Visa card--came in quite handy for those cute little shops in Stone Harbor.

Elaine closed her letter by mentioning **Dave Covey's** article in the last newsletter about "The Human Race" in Australia. She writes: "He's incredible! Congrats to him!" On a differing note, **Joe Nolan's** reaction was more pragmatic. Showing his true parental colors, Joe wondered about Dave's mother and what she thinks when she reads her son is eating termites and scrounging moldy bread for survival. (*I tend to agree with them both. It is an incredible feat...and he does this for fun?*)

Gene Martenson sends his thanks to all who have responded to Wil Richan's request for help with his new Chester race on October 19. Two names in particular that Wil mentioned are **Steve Whitmore** and **Bob Huggins**. On a personal note, Gene says, "I still know running to be the best exercise if only the knees hold out, and I stop falling while roller blading and banging up my shoulder." He's also been "bare-boating" in the Caribbean several

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times in the last few years. *(I hope that isn't what it sounds like, otherwise he could scare little children.)* Gene's also become certified in scuba diving and reports that it's a "revelation to see what's under the half of the horizon we don't normally see." Gene's daughter **Lisa Martenson** and her husband **Greg Pauwels** have both a brand new baby and a brand new restaurant. The Vega Grill serves Latino food at 4141 Main Street in Manayunk. *(We'd love to see a restaurant review from a Delco RRC member in this newsletter...anyone?)*

She's b-a-a-c-c-k. For a few months, at least.

Kathy Jackman has been sighted around town--Ridley Creek State Park and the Media Pet Center. She's here until March, when she returns to California. Kathy's preparing for her dentistry exams so she can practice out there.

Congratulations to **Rounder** and **Mary Metague**. All that agility training sure is paying off! Rounder, a border collie, recently won his first title and a blue ribbon. An agility prodigy, that one! By the time you read this, Rounder and his handler, Mary, will have completed a Maryland competition and yet another week in doggie boot camp. **Mike Metague** and sibling border collie **Rolex** will also be tagging along on the canine vacation.

HEARD ON THE ROAD The Distance Run and the Women's Distance Festival were not the only races of note on the weekend of September 21-22. The Conestoga Trail run was also scheduled for Sunday morning. It's a measure of the experience that our club runners have with the Distance Run and the novelty of the Conestoga Trail that some people believe there were more DELCO runners signed up for Conestoga than the other race. Two more different races might never be run at the same moment: the lightning fast and flat Distance Run and the rocky, mountainous and nasty Conestoga.

George Jacques, Bob Kern and Bob Huey warmed up for Conestoga by running the "Half-Wit Half-Marathon" in Reading the week before. A new race, the Half-Wit is trying to compete with the three-year-old Conestoga with the same sort of course, only longer. Jacques showed that he's been training for just such a race by running a superb 1:53, finishing 10th overall, but only 3rd Master, a testament to the toughness of the older runners on the trails. Huey ran a fine 2:09 with only a few puncture wounds and juicy scrapes, and Bob Kern ran well and was eager to get to Conestoga the following week. It's

revealing that after the Half-Wit Jacques and Huey were ready to pass up their registrations for Conestoga, especially in light of the hard rain that fell the day of the race. Conestoga is plenty hazardous in dry conditions, and it's virtually lethal in the wet! Nevertheless, the three ran without major injury, and were joined by **Tom Hirsch** making his triumphant return to trail racing after a long battle with knee problems. Speaking of wet, the above mentioned **Phyllis Botson** got just that in her inaugural multi-event race on the Cooper River last month. She teamed with **Phil Kline** in a Duathlon-Triathlon partner race, and according to Phil her times put her near the 4th or 5th woman, if the complicated scoring had permitted such a breakdown. And just to put the wet theme to rest **Diane McManus** joined Phyllis, Phil and 8000-plus damp diehards at the Distance Run. Can't keep some people from answering the starting gun!

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.



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

MINUTES OF THE DELCO ROADRUNNERS CLUB MEETING

September 96

Date Of Meeting: 8/27/96

In Attendance: Paul Isaac, Phyllis Botson, Ron Grace, Beth Fellona, Mark Clatterbaugh, George Jacques, Bob Huey, Kathi Clatterbaugh.

The meeting was called to order at 8:10 by **Ron Grace**.

Membership Report: Kathi Clatterbaugh - 130 membership cards have been sent; there are 193 addresses on file. Seven new members have signed on from the Media race fliers and 17 new members from the fliers which **Tom Midwood** has circulated. A second mailing will go out after Labor Day.

Treasurer Report: Bob Huey - The account balance is \$20,009.00. The biggest current payable is approx. \$5,700.00 due to Media Borough.

Newsletter Editor Report: Tom Hirsch N/P.

Public Relations Committee Report: Tom Midwood N/P. PR Note: Ron Grace distributed for review a letter which **John Ashton** has sent to area newspapers publicizing the club, and a letter that John sent to local school coaches regarding the Delco Cross Country Race.

Race Coordinator Report: Bob Huey for Larry Filtz Larry would like to receive ideas from Delco members which will generate interest in team participation. One possibility is for the club to help out with entry fees and race singlets. **Mark Clatterbaugh** proposed setting aside \$500.00 to help subsidize team singlets and shorts. This was seconded by **Phyllis Botson** and passed.

Old Business

Women's Distance Festival: Entry application are continuing to come in to **Marianne Grace**. The response to this event seems to be up from last year.

Delaware Memorial 5K: For more information on this 9/28 race, contact **Carol Jackson** at 610-284-8577. Come out to race or to volunteer.

Delco Cross Country: **Ron Grace** spoke to **Byron Mundy**. The club has a permit from Rose Tree Park for the date of October 12th. Call **Tom Hirsch** if you want to volunteer.

Election Committee: Volunteers are needed to serve on the election committee. For more information, call Ron

Grace.

Media 5 Mile Race: It has been the club's policy to remunerate the Media Race Director as token thanks for staging this event. **Bob Huey** made a motion to award **Rita Jordan** \$300.00 for her handling of the job this past year. This motion was passed.

The meeting was called to a close at at 9:00 PM
The next meeting will be 9/28 at Tom Hirsch's.
Minutes submitted by **George Jacques**.



**Minutes of the Delco RRC Meeting
September 24, 1996**

In Attendance: Phyllis Botson, Bob Fuhrman, Bob Huey, Paul Isaac, Tom Midwood, Tom Hirsch

The meeting was called to order at 8:07 PM by club vice president Tom Hirsch.

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

Membership Report: Kathi Clatterbaugh N/P. Report made by **Bob Huey**, final notice for membership renewal has been sent out, please sign and return.

Treasurer Report: Bob Huey, current account balance is \$19,700. The largest accounts payable is Media, \$6000 outstanding.

Pubic Relations Report: Tom Midwood, there will be a "stuffing party" of the "thank you" mailing to the Media 5 Miler runners on October 8, 1996 at **Bob Huey's** house, all are invited, a lot of help is needed. 34 Rose Lane, Springfield, PA 19064; (610) 544-2849. Try to attend.

Newsletter Editor Report: Tom Hirsch, we need to receive race results, if someone at each race would jot down the Delco members' times and pass them on to the newsletter staff, we will print them in the following newsletter.

Team Coordinator Report: Larry Filtz N/P. There have been numerous inquiries from club members about the possibility of putting Delco relay team(s) in the Penn Relays. Any responses on this contact Larry (610) 565-6957.

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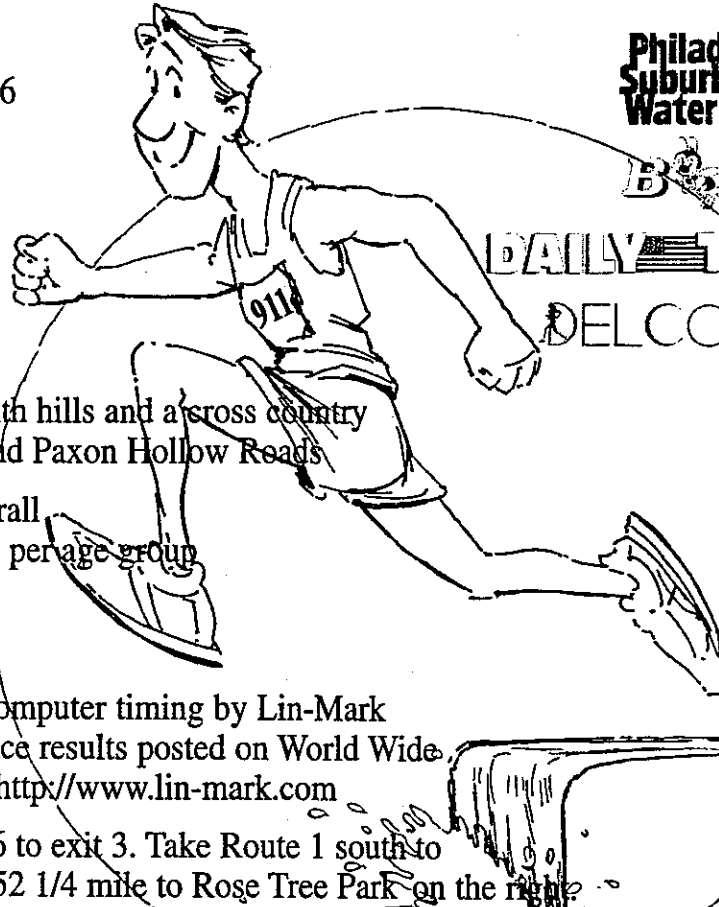
Run for Heroes

Philadelphia Suburban Water Company

B&O 101.1

DAILY TIMES

DELCO RAC



► **Date:** Sunday, October 13, 1996

► **Time:** Registration - 7:30 am
Runners Start - 9:00 am
Walkers start - 9:10 am

► **Start:** Rose Tree Park, Media

► **Registration:** Park gazebo

► **Course:** A challenging 5K run with hills and a cross country finish via Dog Kennel and Paxon Hollow Roads

► **Awards:** 1st male and female overall
Top 3 males and females per age group

► **Entry Fee:** \$15 early registration
\$17 day of race

► **Amenities:** T-Shirts, refreshments, computer timing by Lin-Mark Computer Sports. Full race results posted on World Wide Web by 5 pm, race day: <http://www.lin-mark.com>

► **Directions:** I-95 or I-76 to Route 476 to exit 3. Take Route 1 south to Route 252 north. Take 252 1/4 mile to Rose Tree Park on the right

The Philadelphia Suburban Water Run for Heroes was founded this year by Philadelphia Suburban Water Company to support the Delaware County Hero Scholarship Fund. The Fund provides educational scholarships for the children of firefighters, police officers and emergency medical services personnel who gave their lives during the call of duty.

RUN FOR HEROES Official Entry Form

Make checks payable to: Philadelphia Suburban Water Run for Heroes, c/o Lin-Mark Computer Sports
7 Westwood Drive, Mantua, NJ 08051

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Team _____

Age: _____

Gender: _____

Shirt Size: M L XL

Run Walk

Age Group:

- 14 and under 30-39
- 15-19 40-49
- 20-29 50-59
- 60+

Signed: _____ Date: _____

Parent or Guardian if under 18

► I am unable to participate, but please accept my donation of \$ _____

*(Continued from page 5)***Old Business:**

Women's Distance Festival: 35 women signed up, with 30 women finishing the race. **Phyllis Botson** came in first with a time of 18:37. This is not a large race, but it's a race the women who attend enjoy. Many thanks to **Marianne Grace** and her support team for putting on a fine race. Thanks to **Kathi Clatterbaugh** for picking up the refreshment, they went quickly.

Club Elections: We received no volunteers for the election committee, but **Kathy and Terry Adamson** will tally the returned ballots and report the results at the December meeting. All persons interested in running for club office should send a short biography of themselves to the newsletter editor by **November 20, 1996**. The ballots will be sent out with the December newsletter with a return envelope.

Delco Cross Country: New race numbers were ordered. The meet committee will be meeting the week prior to October 12th to finalized all assignments. If you would like to volunteer to help on the 12th call Tom Hirsch, (610) 544-2280. Please call, we need to know how many course marshals we will have on the day of the meet.

Water Run: October 13, 1996, there is a volunteer meeting October 9th at the Rose Tree Fire Hall. Anyone who would like to help at this race can attend.

5K Radical Run: The run is now being held in Springfield on October 19th.

Phila. Marathon & 8K: Tom Hirsch will attend a meeting with the race organizers on September 25th. A report will be in next newsletter.

Volkswanderung: Caring to Share '96, November 28th. Fliers have gone out with newsletter.

Next Meeting: October 29th at Tom Hirsch's 97 Powell Rd. Springfield.

The meeting was adjourned at 9:10 PM
Minutes submitted by Paul Isaac.



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 and all meetings.

UPCOMING EVENTS**CLUB MEETING:****October 29, 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.

10-12-96 DELCO CROSS COUNTRY CHAMPIONSHIP

Tom Hirsch, (610) 544-2280

10-13-96 PSWC RUNNING WATER RACE

Ron Grace, (610) 623-3069

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.

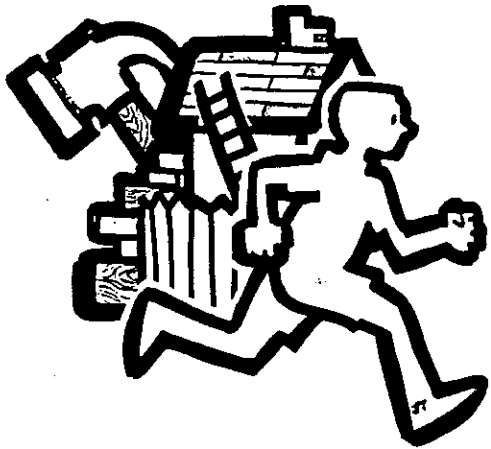
DELCO CLASSIFIED**Trail Clean Up.**

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

OCTOBER 12, 1996

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

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



Rebuilding old housing...

Rebuilding young lives...

RUN TO REBUILD CHESTER

Saturday, October 19, 1996

Sanctioned by



Five-mile road race. One-mile fun walk. Starting time: 8:30 A.M.

9th & Penn Streets, Chester (next to Chester High School).

How to get there: From I-95 South - Exit 6, left to 3rd stop sign, right on Morton Ave. to traffic light, right on 9th St. for six traffic lights. From I-95 North - Exit 6 to traffic light, right on Avenue of the States to traffic light, right on 9th St. to second traffic light. From 320 or 352 South - Avenue of the States across I-95 to third traffic light, right on 9th St. to second traffic light.

All proceeds to benefit housing and youth development work in Chester.

Sponsored by: Chester Partners, Chester Community Improvement Project*, Chester YouthBuild*, Community Action Agency of Delaware County, Inc.*, Habitat for Humanity of Delaware County*, and the City of Chester. (*share in proceeds.)

Run to Rebuild Chester / Official Entry Blank
(Please print)

Name: _____ Age (as of 10/19/96): _____ Male ___ Female ___

Address: _____ T-shirt size: M ___ L ___ XL ___

City, State, Zip: _____ 5-mile run ___ Fun walk ___

Phone: _____ Sorry, I can't be there, but I want to contribute anyway ___

Age group: Under 14 ___ 14-19 ___ 20-29 ___ 30-39 ___ 40-49 ___ 50-59 ___ 60-69 ___ 70+ ___

Entry fee: (by Oct. 12) \$12.00 - (after Oct. 12) \$15.00. Amount enclosed: \$ _____

Make checks payable to Chester Community Improvement Project, c/o Chester Partners, P.O. Box 303, Chester, PA 19016. For further information, call (610) 543-5498.

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 the sponsors of Run to Rebuild Chester, USATF, Mid-Atlantic Association, 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.

No one may enter this event without signing this official waiver.

Signed: _____
(Parent or guardian if under 18)

Date: _____

RACE CALENDAR:

OCTOBER;

- 12 DELCO CROSS COUNTRY CHAMPIONSHIP, Delco RRC Event,** Rose Tree Park, Media, PA; Needs Volunteers, Contact Tom Hirsch, (610) 544-2280
- CHERISH THE CHILDREN FIVE MILE RACE,** Hamilton Veterans Park, Hamilton, NJ; Contact (609) 989-6982
- CHESTERBROOK 10K,** Wayne, PA; Contact Upper Main Line YMCA, 1416 Berwyn-Paoli RD, Berwyn, PA 19312; (610) 647-0770
- 13 STAN and DAN'S 50K TRAIL RUN,** Mt. Gretna, PA; Contact Dan Pertley, 1701 S. 5th Ave, Lebanon, PA 17042; (717) 228-6173 (W) or (717) 272-7157 (H)
- RUN FOR HEROES 5k,** Rose Tree Park, Media, PA; Contact Lin-Mark Computer Sports, 7 Westwood Dr, Mantua, NJ 08051
- VILLAGES OF SPRING RIDGE SPRINT-10k,** Reading, PA, Contact Ron Horn, c/o Pretzel City Sports, 112 W. 36th St, Reading, PA 19606, (610) 779-2668
- DELAWARE DISTANCE CLASSIC** Gore 15k & Happy Harry's Healthcare 5k, Delcastle Recreation Area, Wilmington, DE; Contact (302) 737-5489
- 19 RUN TO REBUILD CHESTER,** Five Mile Run, Chester, PA; Contact Chester Partners, PO Box 303, Chester, PA 19016; (610) 543-5498
- COVERED BRIDGE CLASSIC TEN MILE RUN,** 5k & One mile run, Atglen, PA; Contact Covered Bridge Classic, 20 Bush Rd, Atglen, PA 19310 (610) 593-6538
- RADICAL RUN 5k,** Springfield, PA; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400
- SEASIDE 10 MILER & 5K,** Ocean City, MD; Contact Les Kinion, (410) 882-5455 or Ocean City Parks, (410) 250-0125

- 20 OLEY VALLEY COUNTRY CLASSIC 10 MILE RUN,** Oley, PA Contact Barry Goodhart, c/o Pagoda Pacers, PO Box 227, Robesonia, PA 19551 (610) 589-5374
- SWITCHBACK SCAMPER 10K,** Summit Hill, PA; Contact Drew Benyo, 116 South St, Jim Thorpe, PA 18229; Susan Gallagher (717) 645-8597
- 26 VERTICAL CHALLENGE RUN 5K/CLIME** 23 flights of steps, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400
- 6th ANNUAL GREAT PUMPKIN CHASE 5K,** Atco, NJ; Contact Linda Toretzky (609) 468-0010 or Mark Hatoff (609) 753-2969
- ROMAN RUN IX 5MILER,** Phila, PA; Contact Roman Run IX, PO Box 26014, Phila, PA 19128; (215) 627-5487, (215) 627-5488
- 27 OUTDOOR DEVELOPMENTAL MEET,** Runners Pentathlon, 9:00 AM/ 12:00 PM, Swarthmore College, Swarthmore, PA; Contact Karl Castor (215) 441-8584 (before 8:30 PM)
- 21st MARINE CORP MARATHON,** Washington, DC, Contact Marine Corps Marathon, PO Box 188, Quantico, VA 22134; (800) RUN-USMC or (703) 784-2225
- FRANFORD OPTIMIST TRAIL FESTIVAL,** 10k, Half Marathon, Marathon, Phila, PA; Contact Frank Clark, 8614 Pennsylvania Ave, Stone Harbor, NJ 08247; (609) 368-2648
- THE AUGUST E. FISCHER MEMORIAL COMMODORE BARRY BRIDGE 10K RUN,** Chester, PA; Contact CDSP, PO Box 1498, Media, PA 19063; (610) 566-7710
- NOVEMBER:**
- 2 TATNALL SCHOOL ALUMNI 5K RUN,** Wilmington, DE; Contact

- Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400
- 3 A to Z RUN FOR WILDLIFE SURVIVAL,** 10k Run from the NJ Aquarium to the Phila. Zoo, Contact SASE to Wildlife Run, Phila Zoo, 3400 W. Girard Ave, Phila, PA 19104; (215) 243-5375
- 9 YORK WHITE ROSE FIVE MILER,** York, PA; Contact Clay Shaw, 3035 Raintree Rd, York, PA 17404; (717) 764-1181
- 23 JFK 50 MILE,** Boonsboro, MD; Contact Mike Spinnler, C. V. A. C., 1012 Valleybrook Dr. Hagerstown, MD 21713; (301) 733-0097
- 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

DECEMBER;

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

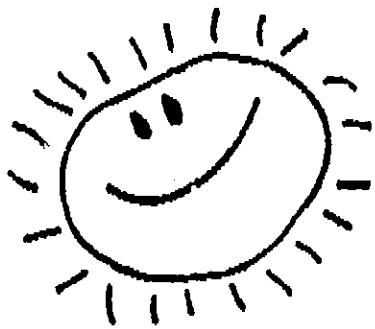


Pumpkin Day at Tyler Arboretum, Saturday, October 19, 1996 10:00 AM to 5:00 PM



Fun for the whole family!!!

Tyler Arboretum, 515 Painter Rd, Media, PA 19063; (610) 566-5431



CROZER-KEYSTONE HEALTH SYSTEM
AND DR. LEE S. COHEN ASSOCIATES
PRESENT
THE 5K RADICAL RUN AT THE
HEALTHPLEX

SATURDAY, OCTOBER 19, 1996

START: 8:25 AM (Kid's 12 and under fun run)
8:30 AM (5K runners and walkers)
COURSE: 5k (3.1 miles) course starts and ends at the new *Crozer-Keystone Healthplex (Rt 320 in Springfield, PA)* and winds through the beautiful streets of Springfield
ENTRY FEE: \$12.00 Pre-registration (if received before October 16, 1996)
\$15.00 Day of race
Kid's Fun Run **FREE**

PRE-REGISTRATION: Make checks payable to *The Radical Run* and mail to:

Marathon Sports
P.O. Box 398
Wilmington, DE 19899

FOR INFORMATION, CONTACT MARATHON SPORTS @ 302-654-6400

PROCEEDS: All Proceeds to benefit Children & Youth Services of Delaware County

T-SHIRTS: Guaranteed to all PRE-REGISTRANTS

AWARDS PRESENTED TO: Top 5 men and women overall
Top 2 men and women in each age group:
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-69, 70+



RADICAL RUN AT THE HEALTHPLEX ENTRY FORM

(Please print neatly and fill out form completely)

Name

Address

City State Zip Code

Telephone Age (on race day) Sex I would like to be a volunteer

T-Shirt Size M L XL (Please circle one) 5K Run 5K Walk

Signature _____
(Parent's signature required if less than 18 years old)

Please discourage unofficial entrants (bandits) from competing in our races. Bandits consume scarce resources and can delay or inhibit accurate race results. Unregistered runners, running with dogs, strollers, rollerblades, bicycles and the wearing of headphones are prohibited on the race course at any time to ensure runners' safety and to comply with liability insurance standards.

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race.