

DELCO RRC Keeping Contact



Issue 9

Published by the Delaware County Road Runners Club

September 1996

"The Human Race" an Australian Adventure

by Dave Covey

Howdy fellow Delco RRCers,

I just got back to the States a few weeks ago, and have been slowly readjusting to my "normal" life again. It's good to be back! As many of you may have known, I had the opportunity to travel down to Australia in June and participate in a filmed documentary/ athletic event called "The Human Race."

The race was a 600k wilderness survival trek across the Kimberley region of Western Australia. There were three competitors: Jack Jugarre, an Aboriginal man who has lived his entire life in that area; Rudiger Nehberg, a German survivalist whose previous exploits included walking the entire length of both the Blue Nile and Amazon rivers, and rafting across the Atlantic ocean (twice!); and myself, Dave Covey, an American ultradistance runner.

The pre-race rules were simple: Each man was allowed to start with only a week's worth (or less) of food; and after that, had to rely on finding, hunting or foraging for his own food. (Or, as they call it down there, "bush tucker.") No one was allowed to travel by use of vehicle or animal. The route must be completely over land--no vehicle tracks or roads allowed. We were not allowed assistance of any kind by anyone else, except in case of dire medical emergency. The first man to reach the town of Wyndham would be declared the winner, and the other two would be rounded up and brought in to the finish.

I went into this event with NO wilderness survival or multi-day trekking experience. I was by far the least experienced of the three men. My background is in running and cycling. I've been running for about 20 years, with over 400 races and 80+ marathons and ultras under my belt. This was going to be a new and difficult challenge for me! One advantage (or disadvantage, depending upon how you look at it) was that I was much younger than my competitors. Jack's age was not clear, but he was somewhere around 70 years old, while Rudi is 61. You'd never know that Rudi is that old, however, the man is a definite force of nature! Strong as a bull, and an irrepressible zest for life. I was the young pup of the three at age 35.

Before the event started, Rudi and I joked that we could compare ourselves to certain animals. I was the greyhound, he

was the pack mule, and Jack was the black swan. Little did we know how appropriate those analogies would later turn out to be!

Rudi and I were flown to Perth about two weeks before the actual start of the event. We spent the next 15 days traveling to, and familiarizing ourselves with, the area that we would be trekking through. The Kimberley region of Western Australia is one of the most rugged and inhospitable areas in the world. They call it "The Last Frontier" down there.

The trek started at Wolfe Creek Crater, (second largest meteorite-impact crater in the world--1/2 mile across) and would proceed in a northerly direction towards the coastal town of Wyndham. The crater is on the edge of the Great Sandy Desert, so the terrain and environment were very dry. As the course headed north, there were more sources of water--a few small pools, some dried up rivers that still had a little bit of moisture in them, but generally the entire region was pretty dry, as this was their winter--the dry season. Water sources were few and far between.

Since this was the dry season, that also meant there was very little bush tucker available to find. Rudi and I went out for a couple of days before the trek with some local Aboriginal people who showed us some of the edible things to eat out in the bush. Even they had trouble finding things to live on! And some of the food sources were very impractical to try and acquire, such as bush honey, which was located inside of tree trunks. Basically, you had to chop down an entire tree to find just a small amount of honey inside. Delicious, yes, but not worth the energy expenditure to carry an axe and fell the tree. But we did learn a few things about some of the edible plants in the area. We were also indoctrinated by the local government land management agency as to which animals we were allowed to kill to eat, (there are many endangered species living in the area) and which animals were the most dangerous. By far, the biggest concern was with the crocodiles that inhabited the second half of the route.

There are two types of crocs indigenous to the Kimberleys; the freshwater crocodile (freshies), and the saltwater crocodile (salties). The freshies grow to a size of about 3 meters, and generally are not considered aggressive or dangerous, unless directly threatened or stepped on. The salties, however, are VERY dangerous. They grow to a size of 7 meters, are definitely aggressive, and very cunning predators. They, like the

(Continued on page 2)

(Continued from page 1)

great white shark, are one of nature's perfect killing machines. Once every couple of years or so, you hear of some person who met up with an untimely end because they had gotten too close to the waters' edge. These monsters are truly scary.

Now armed with a little knowledge of the region, Rudi and I were ready to start the trek with Jack. Jack is an Aboriginal elder from Halls Creek, W.A., a small community about 150k northwest of Wolfe Creek Crater. He is an Aboriginal "lawman," the leader of his tribe, or as they call it, "mob." To the best of my knowledge, there are no more Aboriginals that actually live and survive out in the bush, running around in loin cloths and throwing spears, a la Crocodile Dundee. At least in this region, anyway.

Most, if not all, of the native peoples live in communities that are loosely administered and monitored by the Australian government. The current state of the Aboriginal in modern-day Australia is appalling. The situation is much like our own Native American problems, with rampant alcoholism, sub-standard living conditions, and almost total lack of self-worth. In fact, I'd have to say that the situation is much worse. The government subsidizes the Aboriginals with money, but most of the people just go out and spend it on "grog" (booze). There don't appear to be any serious social programs to assist the native people in maintaining a dignified or productive way of life. Once again, the white man has gone in and destroyed what was once a beautiful and thriving culture by stealing the land and identity of these fine people.

Fortunately, there are people in the Aboriginal community like Jack Jugarre, who is one of the most amazing, and dignified people I have ever met. Jack claims to have never touched a drop of alcohol in his life, and he is understandably distressed to see the Aboriginal generations that follow him waste their lives away in an uneducated, self-loathing, alcoholic haze. This trek was going to be a chance for him to send a message to the younger people to show what they could do in life if they would apply themselves. Jack is a kind and gentle man, with a great sense of humor. It was a little hard for me to understand him at times, as he spoke a sort of creole-type English, but I did enjoy talking to him before and after the trek, and I feel we definitely formed a bond of mutual love and respect.

I also bonded well with Rudi, we spent a lot of time together before the trek started. He too, has a great sense of humor, and is definitely a showman, as you will all see if you view the documentary when it airs. Rudi is heavily involved with bringing to light the plight of the Yanomami Indians of Brazil, a tribe of native peoples in the rain forests of Brazil that are being enslaved or exterminated by gold miners that are plundering their lands. Rudi is very famous in Germany. He has written many books on his experiences over the years, (unfortunately they are written only in German) and before the

trek we were approached by quite a few admiring German tourists who wished to speak to Rudi about his adventures. It was a hoot, I tell you, to personally know such a famous bloke! Rudi's biggest desire was to get really up close and personal with some of the salties that he would see later on in his trek. I'm not going to say that the man has a death wish, but he really does push that envelope of safety every now and then! I, too, wanted to see the crocs, but from a reasonably safe distance. I think if Rudi had his druthers, he would surf some of those buggers down the river!

In the days before the trek started, Jack, Rudi and I were sequestered at a station house (ranch) about 10k from the crater and the start of the race. There were three film crews (one for each walker) busily scurrying about, making their preparations, checking equipment, learning how to ride horses. The plan was for the film crews to follow their respective walker through the bush for as long as possible with four-wheel drive vehicles, then switch to horse teams when the terrain got too rough for the vehicles. There was a tremendous amount of logistical problems, confusion and tension, as something like this had never been attempted before.

Prior to flying down to Australia, I had asked the producer if they had some sort of "agenda" in mind for their film, such as, was there a particular person they wanted to win, or were they going to portray each walker (character) in a certain (and possibly inaccurate) way, etc. He assured me that they would not. When they started filming the pre-race interviews with us, it was apparent that the main director had other ideas. He wanted to portray me as the "Future Man," using all of the latest modern technology and gadgetry to help me navigate my way through the bush. Fair enough, I was using a GPS unit, lightweight Gore-Tex materials on some of my equipment, and some other "modern" amenities. But the questions asked of me were definitely trying to steer me in a direction that would make me appear to be boastful and cocky, which I feel is definitely contrary to my nature. I think I successfully answered the questions without "trash-talking" my fellow competitors.

The night before the trek started, the main director told me that, "In a perfect world, Dave, you would struggle on this trek, and Jack would win." Hmm. No agenda, eh? As if it weren't going to be hard enough to walk 600k through the wilderness, now I had to worry about coming across as a boastful jerk on film to the 30 million+ people around the globe that would be viewing this documentary, not to mention any "surprises" the film makers might throw my way. Ah well, no sense in overly stressing about it, let's just get started!

As you might imagine, I could type up pages and pages of material detailing the adventures of the trek, but for the sake of time, I'll just mention some of the details and highlights (and lowlights).

(Continued on page 3)

(Continued from page 2)

The trek started on June 26, at about 8am, after trudging up and down the side of the crater about a dozen times for the cameramen who were filming us from a helicopter. (film making can be a very laborious and repetitive process...) Rudi, Jack and I were starting at the same place, and finishing at the same place, but we were each taking different routes to get there. Rudi would be taking the Western route, which would eventually lead him up through the Chamberlain river valley towards Wyndham, Jack would be heading up the Central Valley, basically paralleling the only main highway in this region, and I was taking the Eastern route, which would take me through the Bungle Bungle and Ragged Range areas. It was generally acknowledged that I had the toughest route of the three, with Jack's route being the easiest and most direct.

I had to make a 35-kilometer detour right from the beginning to go around a "muster" (roundup) of ten-thousand head of cattle that was being conducted along my route. The producers felt it would not be a good idea to spook those cows and start a range war! (I agreed.) The first water source I was heading for was a water bore (well) about 37k away. Using only map and compass, I managed to come within 200 meters of the bore. Not bad for a bloke who had never even used a compass before. I couldn't use the GPS quite yet, as we did not have any detailed maps of this area. I must also note that the maps we were using were last updated in 1966-30 years old! So throughout the trek, it was never a sure thing that any of the bores or water tanks that were marked on the maps were still functional. Hence, I was usually carrying a fair amount of water with me at all times. Can you say HEAVY pack?

I knew that pack weight would be an important consideration, as I am not the biggest and burliest ultradude around. (6'1", 145 lbs.) When I was acquiring my equipment before the trek started, I was trying to get the lightest-weight items available. Unfortunately, all of those high-tech lightweight items added up to one helluva heavy pack. At the beginning of the trek, fully loaded with water, my pack weighed 25 kilos, or about 55 pounds. A lot of weight for this skinny lad! The pack, an Ultimate Direction Escape model, was fairly uncomfortable for the first 4 or 5 days, especially on my shoulders. After I tweaked and fiddled around with the adjustment straps on the pack, and my body "broke in" to the pack, it was actually quite comfortable. The fact that I was able to transport such a large amount of weight for so many days speaks for the good design of the pack, I think. I also jettisoned some things in the pack that I didn't think I would use. That helped a bit.

I was definitely unprepared for the severity of the terrain--much tougher and slower going than I had anticipated. There was a tremendous amount of vegetation, especially spinifex, (grassy clumps of spiny grass that would poke right through

your pants) to bushwhack over, through and around. Also lots and lots of gullies to climb in and out of. Since there was so much harp brush to go through, I had to wear long pants all of the time, and heavy nylon gaitors most of the time. Combining these two articles of clothing with the warm temperatures meant that I had a large amount of sweat dripping down my legs and into my boots. If you add together soaking wet feet and hiking around on very rugged and uneven terrain all day, you can imagine what happened to my feet! Blisters on my blisters on my blisters! Ugh. I went through three sets of skin on six of my toes, and one of them became badly infected. About the best thing I could do to try and alleviate the pain was wrap the toes in duct tape, which helped a little.

By the end of the eighth day, blood was starting to show up in my urine. I was so exhausted, and my feet were so shredded, I decided that I had had enough. I had gone down to Australia to do this trek for the challenge and adventure, but I also wanted to enjoy at least some of it, and have some fun. Mostly what I was doing for trek days four through eight was suffering terribly and feeling miserable. The decision to put an end to my journey was not an easy one. I've been running and participating in athletic events for twenty years, and have *never ever* dropped out of one. (Oh no, not this thread again!)

If I dropped out, it would also mean quitting on a GLOBAL scale, as people around the world would see this wimpy American stopping because of some "measly blisters." I felt lower than low when I told my film crew that I couldn't go on. To a man, they were very understanding, and didn't give me a hard time with my decision. They saw how much I had been struggling the previous days. Since we were so far from the nearest town, they decided to stay the night by where I had stopped, by the side of a partially dried-up river, then we would drive back to town the next day.

This river-pool had quite a few fish in it (catfish and bream), and I was able to feast on quite a bit of the fishies that night. After a good night's sleep, and a dip in the river the next day, wouldn't you know it, I started to consider the notion of continuing on. (Typical knucklehead ultrarunner, eh?) The decision to quit was really gnawing away at me inside, and I figured that maybe I could go on just one or two more days. I also felt an obligation to my film crew for all of their support. We really became a close-knit group out there. So I adopted a "one day at a time" philosophy and would try to continue as long as I could, and we would see how much further that would get me. I had to try and heal up my feet, however! I ended up resting at that river for four days, eating plenty of fish, and drying out those blisters.

During the "rest" days, the film crew still continued to transport me around the area in order to film me doing certain things out in the bush that I had previously done while they

(Continued on page 4)

(Continued from page 3)

were not around to film. One memorable morning I was catapulted over the front end of our four wheel drive vehicle and nearly run over. I had been lying on top of the equipment rack that was mounted on top of the truck, and when we hit a very large bump, I went flying--bouncing off the corner of the windshield and sustaining a pretty nasty gash on my ass before landing head-first in a clump of spinifex. It hurt! After hobbling around in pain for a few seconds, and determining that nothing was broken, all I could do was laugh. What the hell else could happen to me?

On day thirteen, I resumed my trek. Jack and Rudi were now almost 100k north and ahead of me. In the nearly two weeks that the trek had been going on, my film crew had been receiving information that the other two competitors were not exactly sticking to the pre-race rules. All three of us had had extremely difficult starts, and the producers of the film, in a panic and fearing that none of us would finish, decided to let Jack and Rudi both use vehicle tracks to walk on. This way, the footing was much easier, and they were able to cover much more mileage per day.

Jack reportedly was doing most of his walking within 300 meters of the main highway that traveled northward to Wyndham, and somehow covering 10-15k's at night! (?) I was the only walker of the three that was sticking to the rules of traveling strictly over land. (And it was killing me and my feet!) The film makers, in an effort to equalize things a bit, said they wouldn't mind if I used some vehicle tracks if I came upon them. I finally came upon some tracks moving in my direction on the 15th day, and using them did help a little bit. Quite honestly, these vehicle tracks were very primitive and rugged, and most hadn't been used in almost 20 years. Sometimes I could see them, sometimes I couldn't. But at least there was a little less thrashing about through the brush.

By now, Rudi was also having severe blister problems, and he had to stop for a few days to heal his feet. This adventure was taking it's toll on all of us.

Starting the third week of the trek saw me move through the Purnululu National Park area, or as it is commonly called, the Bungle Bungles. The Bungles are a geological treasure of beautiful rounded rock towers, striped like tigers in alternate bands of orange (silica) and blackish-green (lichen). The whole Bungles massif is a plateau which is more than 200 meters above the surrounding plain and at its edges are the curious striped beehive domes, dozens of meters high. The whole Bungles area is considered an aboriginal sacred site, although you'd never know it, with all of the tourists crawling around. (The area was not "discovered" by tourists until filmed by a television crew in 1982.) Walking through some of the deep gorges in the Bungles was where I saw my only snakes on the

trek, both Australian Death Adders. (Very deadly, and thankfully not interested in me...)

Winding my way through the Bungles, and now heading mainly northward toward Wyndham, I was starting to get into cattle country. I was able to start finding some good level cattle paths, and make good mileage during the long, hot days. Going into the large cattle station of Lissadell, I was walked my longest day of the trek, 42 kilometers. I was inspired to get to Lissadell that day, because I knew that I would be fed there. One of the pre-race stipulations was that each of the competitors would be allowed one meal and a night's sleep at a location along their route. Lissadell station was to be my oasis! I arrived at dusk, dirty and smelly, looking haggard from the combined effects of heat, hunger, and effort. (Most of you ultrarunners will recognize that glazed eyes, hollow-cheeked look at the end of some hundred mile runs, I suspect.) After a shower (Oooh!), I was treated to a feast of steaks, ribs and gobs of potatoes and veggies, washed down with copious quantities of milk and ice cream (Ahhh!). I got to sleep in an actual bed with a soft pillow (Heaven!), and I was asleep almost instantly when my head hit the pillow.

After my all too brief encounter with civilization, I hit the trail the next day with renewed vigor and confidence that I could now make it all the way to Wyndham. Things were looking up. Most of my blisters were now finally forming into callouses, and I was starting to catch up to Jack and Rudi, latitude-wise. I figured I had about seven or eight more days of walking ahead of me until I reached Wyndham. Would I be able to catch them in that amount of time?

There was only one more major obstacle between me and the finish, and that was traversing the Ragged Ranges, a range of hills and small jagged mountains and sandstone massifs that were extremely difficult to get through. The Ranges are very similar to the mountains in the Sedona and Grand Canyon areas of Arizona. It was through here that I actually had to do some rock climbing, as it was the only way to navigate to the river valley leading to Wyndham. Fortunately, I did not need any climbing equipment to get up and over the Ranges, just a lot of patience, resolve and luck. Some of those climbs were pretty hairy, as that sandstone rock tended to break away in my hands disturbingly a few too many times!

Climbing over the Ranges was also really sapping my strength. The meal at Lissadell helped my energy stores a bit, but I was now running on fumes. I started experiencing blood in my urine again, and it was a major effort for me to do anything except walk. Lifting my pack, drawing water from a stream, or even getting out of my sleeping bag in the morning was exhausting. My planned 45 minute mid-day breaks were turning into 1 1/2 hour naps. I was definitely was not the strongest cat

(Continued on page 5)

(Continued from page 4)

in the jungle at this point!

I had started out the trek with a week's worth of food, and had managed to stretch it almost all the way to the end. What I had brought with me was a sort of emergency rations kit called Mainstay, used by the Coast Guard. I had five 3,600 calorie blocks of this stuff (1.5 lbs. each), one Power Bar, a few packets of beef jerky, beef bouillon cubes, some tea, and a small bag of dried fruit.

The body can go a long way without food, but not without water. Finding water didn't prove to be a major difficulty, but I did run a bit short on the precious fluid a couple of times. (But not completely out.) The bush food I was able to find out in this dry land was (listed in order of highest calorie consumption): fish, (catfish, bream, perch, and a single, huge barramundi) boab nuts, (which kept me alive for most of the last four days), termites (no taste, honest), water lilies, bush tomatoes, bloodwood nuts, and bush coconuts. I figure during the last five days of the trek, I was walking 8-10 hours a day on about 300-500 calories a day. I was one tired and hungry dude!

Sixty kilometers from Wyndham, I was walking through a valley cut into some hills about a kilometer from a highway. I thought I saw a yellow trash can off in the distance towards the road, so I wandered over to it. It was a trash can in a roadside picnic area, and after rooting around in the bottom of the can, I found a half a loaf of slightly moldy wheat bread. Gold, baby, gold!!! Nothing has ever tasted so good to me in my life! That 600 or so calories I got from that moldy bread that someone discarded was a lifesaver! It's amazing what had become important to me in my life at that point. My film crew asked me if I could relate to what hungry homeless people went through. I replied yes, perhaps a bit, except that after this trek was over, I had a home to go back to. Homeless folks don't have that. I truly am a lucky man.

Now just two days walk from Wyndham, my crew told me that sometime in the last 48 hours, I had overtaken Jack for the lead of the race. His route and mine had converged the previous day, and now I was a short distance ahead. Rudi had fallen behind, as the toughest part of his route was in the latter stages of the trek. I couldn't believe I was in the lead! The competitive aspect of the race was never all that strong in me to begin with, however. Rudi and I had talked before the trek about how it would be great to be able to finish together, but we both acknowledged that it would be a very remote possibility of that happening, given the length of the trek, the severity of the terrain, etc. It would be highly unlikely that any of the competitors would approach the finish near each other. Also to be considered was the fact that the film makers wanted a real "competition", with an exciting race to the finish, to keep the viewers on the edge of their seats. Who will win?

Jack Jugarre was now just behind me. He is a man of somewhere around 70 years of age, with failing eyesight. He walked this great distance over rugged terrain with very little food and water, with a new backpack that was uncomfortable on him, with thin leather shoes. (Even though he had some brand new boots that he kept in his pack and didn't use.) He used no maps, no compass, no fancy GPS, only his memory and instinct to guide him. He walked slowly and steadily, never really seeming to have any truly bad patches, although he did start to tire a bit near the end. He patiently endured the delays the film makers put him through (as did we all), and maintained a great sense of dignity throughout the entire ordeal. And that old bugger led nearly three-quarters of the race! Even though I was not able to personally witness it, I still consider it one of the most amazing personal and athletic achievements I have ever heard of. There was no way I wanted to "beat" this man, I had entirely too much respect for him. The fact that he was only a short distance behind me so close to the finish was too good to be true. I decided I would wait for him, and if possible, Rudi, at the outskirts of Wyndham. Then, if it was agreeable to them, we would finish together. This race meant much more to me than vanquishing my foes; for me it was struggle, introspection, revelation, transformation, resurrection, self-redemption, camaraderie. This may sound strange, but it was extremely important for me to NOT be the first over the finish line in Wyndham. I wanted to finish with my friends. I may never be able to fully explain my decision to anyone, I guess, but I'm at peace with it.

I stopped at the bottom of a hill on the edge of some salt flats about 5km from the finish line in Wyndham to wait for Jack. I found out through the film crew that he was about 12km behind me, and would meet me the next morning. It would be good to see him. Rudi's progress through the rugged Chamberlain River Valley had been drastically slowed by his film crew's struggling horse team. They probably cost him several days of walking time, so theoretically he would have been very close to finishing, also. The main director was not pleased by my and Jack's decision to finish together with Rudi. (Jack and I decided to wait for the crazy German.) He wanted a more exciting finish for the audience. He even went so far as to suggest that once Rudi arrived, we three would discuss amongst ourselves and "agree" to sprint for the finish in Wyndham. After I basically told him that it was a stupid idea and that the audience would never buy it, I told him politely and diplomatically, of course! He resigned himself to the fact that we would finish together, and would film it as such.

The next day, rather than have Jack and I wait for several days for Rudi to meet us, the film makers decided to go out and bring Rudi in to meet us on the edge of town, where we would walk in together. It was a heartfelt reunion (caught on film, of

(Continued on page 6)

(Continued from page 5)

course), and 26 days after the trek had started, we three scruffy guys crossed a makeshift finish line together in downtown Wyndham to the cheers of well, dozens, anyway. (Wyndham is one small town, bub.) I'm not going to say I cried, but I'm glad that I was wearing those sunglasses. (Look closely for the quivering lip, though, when you watch the film.) It was over, and we had all won.

I'm not sure if the viewing audience will feel cheated when they watch the documentary, a lot of people nowadays want a clear-cut winner, so the fact that we all finished together might come off as corny and trite. Hopefully the film makers will be able to convey the true difficulty of our struggles out in the wilderness, the sheer stupendous beauty of the landscape, the nature of sportsmanship and camaraderie that occurred.

I've been lucky enough to do some pretty cool things in my life, and this adventure was one of the coolest. I've also been very lucky in that I received a lot of support going into the trek. Various equipment companies donated product to me. Thanks to Ultimate Direction Packs (especially fellow ultrarunner Dana Miller), Vasque Boots, Leki walking poles, Patagonia Clothing, Magellan GPS, Mainstay Emergency Rations from Survivor Industries, and Any Mountain Ltd.

Thanks also go to my friends and family, and the Tamalpa Runners. And lastly, I'd like to THANK my girlfriend **Michelle Holman** who has been an unbelievable source of support.

I'll keep you all posted as to when the documentary airs here in the States. It should air sometime in November or December on the National Geographic Channel (Discovery or TBS?). Until then, I'll see you on the trails!



People News

Loved reading **Joe's World** in the last newsletter. Hearing about the adventures of **Joe Nolan** and his band of merry retirees and retiree-wannabees almost makes me wish I had a few more birthdays under my belt. I happened to experience a first-hand sighting back in July, as Joe and his entourage were riding out of Ridley Creek State Park. Joe, the lead biker, was flanked by his two buddy-ettes "from the gym," and **Tom Watkins** brought up the rear. (*There are those who would say that Tom was the smarter of the two, having a much better view.*) Who would have guessed the golden years could be so much fun?

Another runner who loves getting older is **Betty Perrone**. She called recently to say she *loves* being 50. She recently won her age group in two races: Run for the Hill of It, a 5 miler in Valley Green on July 27; and Dr. Marino's 5K in North Wales on July 3. Better yet, both races awarded merchandise prizes—

or, as we like to say, "lovely parting gifts."

If I were a detective, I would surmise that Delco RRC members did a lot of traveling this summer. Only a few have been able to make it out to the Tuesday/Thursday runs at Springfield. Maybe as the weather turns cooler, more people will show. I know I'll try harder. And speaking of traveling members, **Phyllis Botson** got a great tan, and a great haircut, while in Hawaii this summer. She visited there a week after returning from San Francisco. She re-appeared at a Saturday Collingdale run in mid-August, as other teased her about having 17 more days before heading back to the classroom to teach middle school in Drexel Hill. Those of us who do the 9-5 year-round had little sympathy for her short-lived freedom.

Sue and Don Larson seem to be having a wonderful time in Europe. As they wrote in their postcard, Don followed the Tour de France through southern France, the Pyrenees, Spain, and back to Paris. He cycled ahead of the pros and then pretended to be the same. After the tour, he and Sue did some casual cycling in the Burgundy region and the Loire Valley. As Don says, "France is great for cycling, with no litter or billboards along the roads."

I knew I wasn't the only one! Others in the club are closet twinkie-eaters, too. **Paula Koerner** called to give me what-for because I re-introduced the dreaded word, twinkie, into her household. (*Earned me the nickname "little rat"; quite an honor coming from Paula.*) It seems husband **Bob** fondly remembers those cream-filled wonders and wanted to try them again. **Byron Mundy** did more than remember, he recently bought a box of low-fat twinkies for the family. Too bad twinkies taste better in memory than in real life—or maybe it was just the low-fat variety didn't make the grade.

I don't think the **Clatterbaugh's** resorted to twinkies, but they did entertain **Kathi's** nieces for two weeks this summer. **Kylie**, 10½, and **Casey**, 8½, had a great visit. Even **Mary Lou Bogdash** misses them; seems they rode bikes alongside a jogging Mary Lou one night and entertained her the entire time.

If you saw a familiar face at the Jumping Cow in Swarthmore this summer, it was **Katie Adamson**, **Terry's** daughter. She spent the summer with Terry and **Kathy**, before returning to Indiana University (Pennsylvania) recently to start her junior year.

We all heard that security was serious business at the Olympics in Atlanta. Well, **Sam Brattini, Jr.**, experienced it first-hand. Before he could get to work videotaping the field hockey events in Marietta, Georgia, security had to sweep the field for land mines. (*Watch that first step!*)

Sam Brattini, the elder, was trading stories about being a grandfather with **Jack Bryson** just the other day. Jack now has a second granddaughter to Sam's one. But Sam's

(Continued on page 7)

(Continued from page 6)

granddaughter had her picture in the *Springfield Press* in mid-August just for being a cute baby in sunglasses.

As for babies, Mike and Mary Koerner had their first child, **Adeline**, in August. Mom was up and about in no time, even with Adeline being 8-plus pounds and quite tall (*for her age...after all, we're talking inches here*). The baby was named after Mary's grandmother. Also, new Delco RRC member **Sue Shaffer** gave birth to a 7 lb. 1 oz. baby boy, **Brian Glenn**, on July 23. Mom, Dad, and baby are doing well. Sue says she can't wait to get back to running.

The annual Sea Isle City 10-Mile Island Run was held on August 3. Just a few Delco RRC members were there (*those that counted*), and many of them were related, connected, or invited by the **Koerners**. **John Greenstine** started out with the intent to run only 5 miles, and that's just what he did. **George Koerner** looked great, as usual, with a 72:10. **Doug Limberg**, another hunk, did 75:37. **Bob Koerner**, the biggest hunk, ran in with **Rita Jordan**, both completed the race in 90:54. **Bob Kern** was reported at about 73 minutes. And Pete "Prince Rainier of Monaco" **Belfi** probably had the best time; he was sighted on the balcony of a boardwalk condo with drink in hand.

The **Koerners** were barely back from their week in Sea Isle before rushing off to see **Jenny Kracht** marry **Greg McDivit** on a glorious Saturday in August. The couple will reside in a Baltimore suburb. As the **Clatterbaughs** say about Greg: "That boy can boogie. Seems he and his two sisters do a great rap routine. (*Vanilla Ice in disguise?*) After the wedding, Jenny and Greg were off to Europe for their honeymoon.

You never know who you'll run into at Borders. In July, singer-songwriter **Gretchen Peters** brought out **Amy Binder** and **John Greenstine**, **Bill** and **Maureen Meyer**, and even **Leo Foley**. Seems John and the Meyers are avid fans of **MST3K** (*Ok, I'll spell it out: Mystery Science Theater 3000.*) While waiting for the show to begin, they reminisced about their favorite episodes. --ALB

Heard on the Roads

Several DELCO members were seen at the recent Fairmount Park Classic Triathlon. **Phil Kline** and **Mark Oleynick** did great jobs in their respective events. Phil competed in the "Olympic" distance; 1 mile swim (in the Schuylkill!), 24 mile bike, and 10K run, finishing 87th with a 2:13. Mark competed in the "1/2 Ironman" and qualified for the granddaddy event in Hawaii with a 4:45. That took completing a 1.2 mile swim, 56 mile bike, and 13.1 mile run. Terrific work, men! Seen on the sidelines was **Phyllis Botson**...How about it, Phyl? Next year, you're swimming with those mutant catfish, too! Back on the roads and building up mileage are **Larry Filtz** and **Bonny Muertitties**; Larry recovering from an achilles injury and Bonny from arthroscopic ankle surgery. Nice to see

you back! Out at the fun runs and getting ready for the high school fall cross country seasons are **Brian Fox** (Devon Prep) and **Eric Mundy** (Bonner). **Bob McIlhenny** reports that he's had a busy summer with scant time for running; he's been active with a kid's camp that his social-agency employer operates. Seems they lost a bunch of their senior counselors. Bob swears it's a great job for responsible 17-year-olds. Call him for information about summer jobs next year. Seen at Ridley Creek on a recent Sunday morning, **Jerome Dorsey**, **Bill Schultz**, and **George Jacques**, finishing an 8-mile loop way too fast for this reporter's taste. George typically reported that the pace wasn't his idea. Yeah, right. Seen just afterward on bicycles (but not together) lapping the park were **Steve Whitmore** and **Ron Grace**.

-JSG

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



Distance Runners Running Short Fast Stuff Why???

Why does a distance runner run 100, 200, and 400 meter intervals? There are two reasons for this, the first one is very obvious. We are teaching the body to run in an anaerobic state (functioning in the absence of free oxygen). The other reason is a lot more obscure. Most distance runners get into good cadence when they run, but in some cases their stride length suffers. Running short fast stuff will force the legs to extend further and could possibly make you faster. If you decide to try this, make sure you warm-up well and do it on a soft surface such as grass, flat trails, or a track.

Bob Fuhrman
Asst. Track & Cross Country
Coach Penn Wood HS



BEATEN BUT NOT DEFEATED

This letter is to lift up the egos of men-sorry, women! **John Brusco** is back and he's in rare form. He's been spotted on Tuesday nights with the 5:20 PM crowd, and at the Wednesday runs at Swarthmore. He's only running 1-2 miles at a time right now, but he vows to be back soon to beat me and **Phil Kline**...we'll see about that! Anyway, John and I started a

(Continued on page 8)

(Continued from page 7)

friendly game of PIG; the basketball game, not a new running technique. Soon it became a battle of the sexes. John won the first (and supposedly the last) game, but being the sore loser I am I wanted to play another game. A game which I humbly state **I WON!!!** So, of course, a tie breaker round was in order. The first "P" went to John in which he displayed his hook shot. But not to worry, I had "P" soon after and we were tied again. I guess I choked or something because before I knew it John was doing a victory dance all over the court-not a pretty sight! So girls, I'm sorry I couldn't defend our place on the courts, but I'm lacing up my running shoes, and in shape or not John, **WATCH OUT!**- Phyllis Botson



The Club Elections!!

Yes! The club elections are fast approaching. But first, we need a election committee. The committee seeks candidates for president, vice president, treasurer, and secretary. They mail the ballots, tally the returns and announce the winners at the December club meeting. Bill Clinton and Bob Dole can build the bridge to the year 2000 but we'll run over it.

If you would like to volunteer to be on this committee or perhaps you would like to run for a club offices, call **Ron Grace (610) 623-3069**.



Ladies, Ladies !!!

The Women's Distance Festival will be held Saturday September 21, 1996.

So send your entry forms in, don't be left out of this great women's run. You will receive a race singlet, with a new logo, medals to the 1st, 2nd, and 3rd place female finishers and big raffle prizes. See you at Ridley Creek State Park!!!

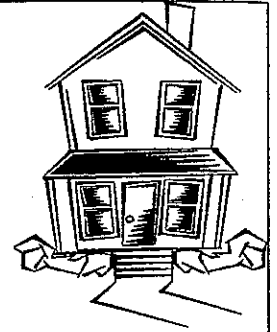
UPCOMING EVENTS

CLUB MEETING: September 24, 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.

9-21-96 **WOMEN'S DISTANCE FESTIVAL**

Marianne Grace, (610) 623-3069

10-12-96 **DELCO CROSS COUNTRY
CHAMPIONSHIP**

Tom Hirsch, (610) 544-2280

10-13-96 **PSWC RUNNING WATER RACE**

Ron Grace, (610) 623-3069

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

DELCO CLASSIFIED

Trail Clean Up.

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

OCTOBER 12, 1996

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

11:30 AM TO 4:30 PM

CALL (610) 544-2280

RACE CALENDAR:

SEPTEMBER:

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

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

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

22 **PHILADELPHIA DISTANCE RUN**, Phila, PA; Contact Mark Stewart, PO Box 43111, Phila, PA 19129; (610) 293-0786

CONESTOGA TRAIL RUN 10 Miles, Lancaster, PA; Contact Bill Smith, 509 Big Ben Rd, Lancaster, PA 17603; (717) 394- 7812

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

OCTOBER:

6 **5th ANNUAL HARVEST CLASSIC 5k Run / Health Walk & Baederwood Mile**, Jenkintown, PA; Contact Harvest Classic Kiwanis, PO Box 335, Jenkintown, PA 19046; Bob Gamberg (215) 887-2848

WYETH-AYERST FIVE MILE RADNOR RUN, Wayne, PA; Contact Roger Conduit, American Lung Assoc, One Lafayette Place, Norristown, PA 19401

ALZHEIMERS MEMORY WALK/5K RUN, Art Museum of Philadelphia. Contact (215) 568-6430

12 **DELCO CROSS COUNTRY CHAMPIONSHIP**, Delco RRC Event,

Rose Tree Park, Media, PA; Needs **Volunteers**, Contact Tom Hirsch, (610) 544-2280

13 **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 5k, Delcastle Recreation Area, Wilmington, DE; Contact (302) 737-5489

19 **COVERED BRIDGE CLASSIC TENMILE 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

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

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

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

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

NOVEMBER:

3 **A to Z RUN FOR WILDLIFE SURVIVAL**, 10k Run from the NJ Aquarium to the Phila. Zoo, Contact SASE to Wildlife Run, Phila Zoo, 3400 W. Girard Ave, Phila, PA 19104; (215) 243-5375

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

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

DECEMBER:

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

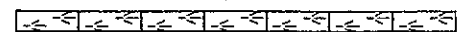
ORIENTEERING

SEPTEMBER:

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

28 **CORE CREEK COUNTY PARK**, Bucks County, PA; Contact Ed Scott (610) 582-2128

29 **FRENCH CREEK STATE PARK**, (North), Berks County, PA; Contact Elisabeth Olvas (610) 666-7110



5th Annual Eagle National Bank 5k / Walk Run to Fight Cancer, Saturday, September 28 at 10:00 AM. Delaware County Memorial Hospital 501 N. Lansdowne Ave, Drexel Hill, PA. 19026 Registration fee: \$10.00 pre-registration, \$15.00 post- registration. Free registration for all those with sponsor funds of \$25.00 or more. For more information or an entry form call Carol Mackenzie Jackson at DCMH: (610) 284-8577.

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

SAUCONY



DELCO RRC



presents the 1996

Women's Distance Festival

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

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

Where: Park Office at Ridley Creek State Park

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

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

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

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

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

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

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

Name: _____

Address: _____

Release Form -must be signed-

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

Signed: _____ Date: _____

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

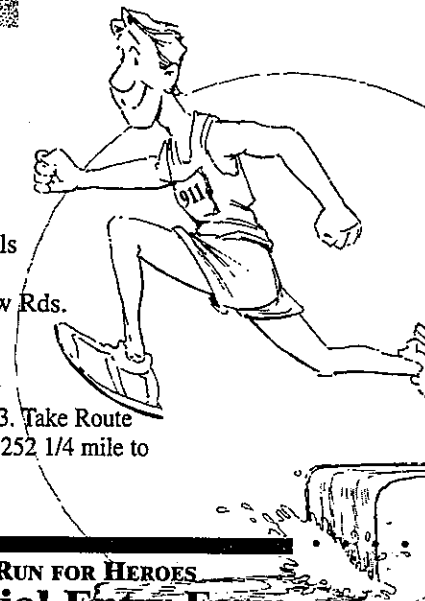
Signed: _____ Date: _____



PHILADELPHIA-SUBURBAN WATER

Run for Heroes

- ▶ **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
- ▶ **Course:** A challenging 5K run with hills and a cross country finish via Dog Kennel and Paxon Hollow Rds.
- ▶ **Entry Fee:** \$15 early registration
\$17 day of race
- ▶ **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+

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 Philadelphia Suburban Water Company and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event, and my physical condition has been verified by a licensed medical doctor. No one may enter this event without signing this official waiver.

Signed: _____ Date: _____
Parent or Guardian if under 18

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

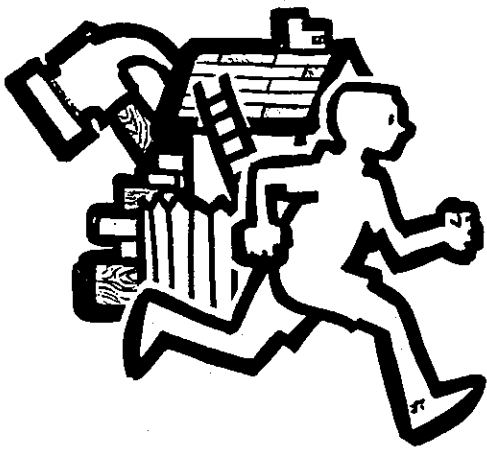
October Five Mile Run to Benefit Chester Housing, Youth

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

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

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

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



Rebuilding old housing...

Rebuilding young lives...

RUN TO REBUILD CHESTER

Saturday, October 19, 1996



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: _____

WINNERS' CIRCLE

Awards and Prizes

All participants receive:

Walk/Run T-shirts & Water Bottle

Run Finishers:

First Place (13 and over)

Ross Chimera Hybrid Bikes

Male and Female

First Place (12 and under)

\$100 Gift Certificate

for the Bicycle Chain

Male and Female

Gold, Silver and Bronze Medals

for male and female in each age classification.

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

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

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

Walk Finishers:

Prizes for First Place - male and female
(in each age classification)

29 and under • 30-49 • 50 and over

Additional - Raise Pledges and Win:
All walkers/runners, with pledges of \$300 or more, are eligible for a drawing which includes:

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

Special Bonus:

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

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

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

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

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

REMEMBER:

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

HOW TO PARTICIPATE

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

Mailing Address:

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

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

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

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

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

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

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

Golden Eagle Sponsors

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

Event Sponsors

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

Patrons

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

Printing donated by:

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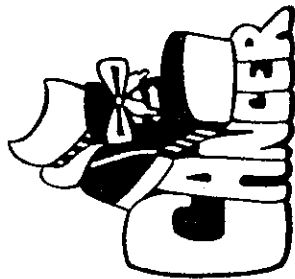
7573 Haverford Avenue • Philadelphia, PA 19151
215.877.8888 • Fax: 215.877.2718

5th Annual

Eagle National Bank
We put the *Edge* in Community Banking

5K

Walk/Run
to Fight Cancer



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

at

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

Benefitting

DELAWARE COUNTY
REGIONAL CANCER CENTER

at

Delaware County Memorial Hospital

Entry Form

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

Send immediately to:

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

Please print:

Name _____

Age _____ Last _____ Sex _____ First _____ Middle _____

Address _____

Number and Street _____

City _____ State _____ Zip _____

Phone _____

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

Signature (Parent or Guardian for those under 18) _____

Early registration fee (postmarked by Sept. 25)

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

Day of the race registration fee:

(8:30 a.m. registration)

Adults: \$15.00 • 12 and under: \$5.00

Please check if you are a member

of Delco RRC _____

Any money submitting \$25.00 or more in pledge money will have registration fee waived.

(must be submitted by the day of the race)

Join the Fight!

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

Delaware County Regional Cancer Center at Delaware County Memorial Hospital

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

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

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

To learn more about cancer care at DCMH, call (610) 284-8182.

Before the Event

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

	NAME OF SPONSOR	ADDRESS	PHONE	PLEDGE PER Km	TOTAL Km	TOTAL AMOUNT
1						
2						
3						
4						
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	Grand Total					

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

After the Event

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

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 Joni 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

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 Dave Covey Bob Fuhrman
 Phyllis Botson

Delco RRC KEEPING CONTACT

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

DELCO RRC FUN RUN/WALK SCHEDULE

(subject to change without notice)

SUNDAY * SPRINGFIELD *

Library, Powell Road * 9:00 a.m.

MONDAY * ALDAN *

Police Station, Clifton Ave. & Providence Rd. * 6:30 p.m.

TUESDAY * SPRINGFIELD *

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

WEDNESDAY: * COLLINGDALE *

Harris Elementary School, Sharon Ave. * 6:30 p.m.

*** SWARTHMORE ***

Swarthmore Presbyterian Church parking lot,
Harvard Ave. near Rt. 320. * 6:30 p.m.

THURSDAY * SPRINGFIELD * Same as Tuesday

FRIDAY * MEDIA, during Daylight Savings Time *

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

SATURDAY * COLLINGDALE *

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

Delco RRC Keeping Contact

NEXT DEADLINE: September 20, 1996

NEXT MAILING DATE: October 4, 1996

Keeping Contact

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

PHILA PA 17:12 09/05/96 #25



Run For Fun And Fitness....

