
DELCO RRC Keeping Contact

Issue 23

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MEMBERSHIP UPDATE

As of October 29th, we have 230 members at 185 addresses. Thank you for returning your forms, this helps us to keep our records up to date. I am still looking for someone to volunteer to take over the Membership Chair position. If I become Treasurer I can no longer be in charge of membership also. See Help Wanted below.

New Members, Welcome to DELCO RRC

We acquired three new members in October. If you see **Julie Schnakenberg, Laura Wildman, John Grant or Daniel Cuddhy** during a run please welcome them to the club.

Help Wanted

I have volunteered to run for club treasurer and therefore need someone to take over as membership chair. The post only takes a few hours a year. Basically, it entails keeping an updated list for mailing labels for the newsletter and for insurance purposes. I would be glad to show anyone interested "the ropes." Please contact me at 610-328-4987 if you can help out.

Kathi Clatterbaugh
Membership Chair

Hey! Delco RRC Members!! Free! Shirts, I have ordered the shirts; now I need your shirt size to mail the proper size shirt to you.

Delco RRC is buying 100% cotton singlets with the Delco RRC logo on it. Every club member 12 yrs. of age or older will receive a shirt **free!** We have women's cut and men's cut singlets in Medium, Large and X-Large. So what **we need is your shirt size** and also your shorts size for future reference. So far I have received 85 replies. If I haven't heard from you, **please** contact me, so I can mail your shirt before we run out of your size. Please contact **Tom Hirsch** at 610-544-2280, mail to: 97 Powell Rd, Springfield, PA 19064 or e-mail: TRHirsch@aol.com

Club Elections!!!!

Election time is here again; it seems like only yesterday we were asking for people to run for club office, but no, it was a year ago. So here we go again.

Elected offices that are open are, president, vice-president,

treasurer and secretary.

Appointed offices that are open are, membership chair and public relations.

If **YOU** would like to lend your special talents to one of these positions, please call **Bob Huey, 610-544-2849** or the Delco RRC e-mail TRHirsch@aol.com

THE ROAD TO FITNESS

by Amy Binder

It's always hard to fit a decent workout into the weekday. And it certainly doesn't help that the days are getting shorter. So you would think that a business trip would present an ideal opportunity to fit in a few quality workouts. After all, you're removed from your normal environment, and all chores are suddenly suspended: dog walking, cat feeding, laundry, dishes, bill-paying, cooking, food shopping and everything else that crowds the evening hours. Once the business meetings are over, you've got the whole night ahead of you. Well, let me tell you about the best laid plans for fitness on the road.

BOSTON: Nice hotel, bad part of town. Okay, so I won't run around the neighborhood. Maybe I'll just check out the health club. Or should I say health hallway. I guess a wall of mirrors and a few treadmills and stationary bicycles constitute an exercise area of sorts. But a 6 ft. by 40 ft. hallway is not an aerobics workout room. It's an afterthought, at best.

ST. MICHAELS, MARYLAND: I guess it's too much to expect a high-priced hotel that advertises a pool in winter would mean one that is heated or indoors or both. But outdoors it is and closed at that. Not even the polar bears among us can take a dip. So, forget the swimming, there's a health club on the second floor. At least there WILL be a health club, when they're through with renovations. Never mind.

CHICAGO: This hotel has a pretty decent indoor swimming pool. It even has a hot tub. Better yet, I have the whole place to myself. Then I see the signs. Lone individuals are not allowed to even think about getting wet unless there is another person with them. Well, I often travel alone, and the majority of other lone travelers are men. I can just picture the response if I walk up to one of them and say: "Hi. Are you alone? Would you like to go swimming with me?"

CINCINNATI: A new twist! The hotel advertises an incredibly extensive health club. But it's not in the hotel. It's

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three blocks away. So I make the trek to find out what's available. For a small fee, they'll set me up with a trainer who will map out my exercise program for the next week. Well, I'm not really looking for a relationship, just a one-time fling with the Stairmaster. I politely decline the hands-on approach and ask about running trails nearby. The receptionist tells me about a great 4-mile course, but she can't tell me how to get there. She tries, but she has no sense of direction. She draws detailed maps, writes out directions, tells me about landmarks, but it's harder to find the course than it is getting to Cincinnati in the first place. So I stumble around town and head toward the river -and there it is. Easy. A direct shot from the hotel. And so, despite her helpfulness, I find what I'm looking for after all.

SAN DIEGO: Another incredibly over-priced hotel that charges a mini-membership for your few minutes of sweat. Maybe that's why the perfect rows of gleaming exercise machines are so empty. Or is it the plate glass windows and "mirrors-R-us" decor? It's both disconcerting and intimidating to be so-o-o visible to passers-by when you're using Nautilus machines for the first time. I quickly decide to bag the "spa" and head for the pool. But I'm back within minutes to sign out a towel. That's right. You just can't trust guests with those thin terry rags they call pool towels. You've got to make them show their identification first.

DENVER: Now here's a pool. And a hot tub. And an exercise room with a multi-station weight-training machine. So what if it needs maintenance. So what if some of the equipment is wobbly or misaligned or even loose. I figure the hotel management must know about the deplorable condition of this place because there is a big, red emergency phone on the wall. "Help! I've fallen, and I can't get up!" There must be a lesson here somewhere. Maybe instead of loading my suitcase down with running shoes, workout clothes, and swimsuits, I should leave everything at home. I could use the extra packing space for all those books and magazines I've been meaning to read. Or I could raid the mini-bar and order an evening's worth of in-room movies. I could even go shopping, something I never have the time or energy to do at home. The real answer would be to consider working out a chore. With that mindset, it's so much easier to leave exercise behind with all the other obligations that await my return home.

To borrow a phrase from Scarlett O'Hara: "I'll think about that tomorrow."

**PEDALING THE
ILIAC AND THE**
By Carol Mackenzie



**PINELANDS: THE
ODYSSEY**
Jackson

It took my husband three years to convince me to ride with him in the MS 150, the Annual City to Shore Bike Tour sponsored by the National Multiple Sclerosis Society. That is almost exactly how long it took me to get him to go to the dentist. It turned out to be an even trade -- equally painful at *both* ends!

So it was that on September 27th my husband and I joined several hundred other sleepy cyclists in Cherry Hill and headed south and east for Ocean City. The route was well marked and carefully planned to avoid traffic. It also took us "inside" the fragrant and fragile Pinelands, a journey usually reserved for locals. In fact, the scented scenery is almost enough to anesthetize the sorest, um...body parts. After about 50 miles, *all* of mine were speaking to me, and not politely.

So I decided to distract myself by observing my fellow riders from time to time. This is how I arrived at the self-evident conclusion that CYCLISTS (as they prefer to be called) ARE DIFFERENT FROM RUNNERS. For one thing, cyclists *talk* a lot, in a two-syllable language decipherable only to them. I was able to pick out utterances such as "CAR LEFT," "VAN BACK," and "TRACKS UP." Not comprehending, I did what I do in similar situations: I just smiled and nodded. Runners are a less vocal species, but more verbal. When we do communicate it's usually in full, even if breathless, sentences, such as, "When's the next rest stop?"

Cyclists appear to be much more involved with their equipment than runners are. After all, runners only need to worry about whether they have their orthotics in the right shoes. A bike provides endless possibilities for fixation: the chain, derailleur, brake cables, seat height, handlebar adjustment and the ever-present possibility of a flat. A flat is a community experience, attended by a ritual involving at least four other cyclists, all proffering a high-tech tool, expert advice, and empathic story-telling. Runners are less social, but no less compassionate, when things go wrong. We make sure the other guy is OK but respect the solitary nature of the struggle.

Along the way, I passed a few runners, and immediately felt like a traitor. Here I am, gliding along, while he or she trudges bravely on without so much as a small breeze. I'm being melodramatic here but it does demonstrate the old axiom that you can take the runner off the road but you can't take the road out of the runner (or something like that). Seeing runners actually made me feel *more* like one, not less. As the journey wore on, I longed for home, and my good old running route.

The MS Society does everything it can to lighten the adventure, with festive rest stops, cheering volunteers, and a colorful fanfare in Ocean City. It was there that I met the gaze of a woman about my age in a wheelchair. I can only assume that she has MS because her hand-painted sign said simply, "Thank you."

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We smiled at each other from our respective sets of wheels, and even my iliac knew that the odyssey had been worthwhile.

A Memorable 24 hours in Toledo!

by Neil Weygandt

As we gathered for the pre-race meeting at 11:30 AM on 9-27-97, you could tell by the excitement in the air that it would be a special race. The Olander Park USATF National 24-Hour Run was held for the fifth consecutive year on a 1.1 mile loop around a man-made lake in Sylvania, Ohio, just outside of Toledo. They announced there were 175 starters from 27 states and Canada, with many elite runners trying for big mileage.

The race conditions were relatively cool and sunny during the day and refreshingly cool at night. I ran a decent first 25 miles in a about 4 hours, but then I had some tightness in the quad muscles. After a bit of a bad patch, I reach 50 miles in about 8:52, a little slower than I wanted.

At 12 hours I passed 63 miles but my quads were quite sore. Basically, I walked most of the last 12 hours—not much fun, but it was all I could accomplish. During the last half hour I rallied and managed to get 3rd in the 50-54 Division the last 15 minutes. Too close for comfort! I placed 24th overall. It was somewhat disappointing after my 14th and 114.8 miles last year. My final mileage was 108.6 miles, which put me .8 mile ahead of 4th in my age group, so I was very thankful I was able to keep moving at the end! It was a bit of an off day for me, but that is the challenge of ultrarunning.

David Laljak, 41, of New York won with 156.3 miles, 4th best American effort ever! Roy Pirrung, 49, of Wisconsin placed 2nd with 153.7 miles. Both guys just hammered all day and night, incredible performances. Mary Hanudel-Larsson, 37, a Toledo native but living in Sweden, won the Women's with 132.7 miles! Sue Olsen, 40, of Minnesota was 2nd with 128.8 miles. They both were very impressive and earned everyone's respect.

I should mention that Andy Jones, 35, of Canada ran an outstanding 100 miles in 12:05:43 for what will be accepted as a World Road Record. He looked strong the whole way, averaging a 8:16 mile pace—really incredible. He earned my total respect, and I feel privileged to have witnessed such an effort.

Now I'll take a short break and get ready for the Phila. Marathon. One 24-hour a year is enough at age 50!

PEOPLE NEWS

The news this month looks more like the patient charts in a hospital. **Tim Wade**, late of an ACL operation on his knee, reports he's finally begun to one-foot up and down stairs instead of "clump-clump" on each step. Tim's been counseling

Bill Schultz on Bill's sore foot. No, Tim, it's not a "planted fascist," at least foot doc Lee Techner doesn't think so. In any case, Bill's in serious rest and anti-inflammatory mode, hoping to ramp up later for Boston.

Bill's son **Adam** ran the kid's run at the Distance Run for the second year; now he's a veteran and Bill couldn't be more proud.

Kathy Adamson's nearly ready to run every day after healing her multi-metatarsal fractures.

D.A. Freiberg is out of her cast after foot surgery and should be putting in the miles about now, probably behind a stroller with one of her kids.

Sam Brattini's hands are healing nicely after a recent Sunday fall-and-skid that really hurt as badly as it looked. It didn't help when **John Greenstine** tried his country doctoring with an alcohol pad. Men like that stuff.

Tom Hirsch and friends **Mike Metague**, **Dave Covey**, **Bob Huey** and **Bob Kern** survived the infamous Conestoga Trail Run, but Tom had to find a way to hide an angry, stinging bee in his sock for a few miles, just for old time's sake. Covey proclaimed the race "pretty run-able" and finished fifth with a time of 1:40:52, a terrific performance. Huey and Metague also broke two hours.

Congrats to **Phyllis Botson**, ladies' winner at the inaugural Run for the Health of It in Springfield. \$100 cash prize, very nice. Coach Phyllis' Upper Darby girls X-C team went 6-3 in the Central League and she's thrilled.

Congratulations also to **Doug Smith** on his 1:19 to lead the Delco RRC team to its fifth place finish at the Distance Run. Been a long time since we had a good team in such a competitive field. It was Doug's personal best, despite getting a start that saw him jogging for :45 seconds before he got to the starting line. Doug, here's some advice. Never start a race behind anyone wearing a Walkman or a house-arrest transmitter on her leg!

This story occurred in a suburb of Phoenix and was reported in the Arizona Republic while we were recently there on vacation. Seems an early morning dog walker discovered mysterious, white powder streaks on the streets of his neighborhood. His dog licked the powder and became nauseous. Alarmed, he contacted the authorities, and within hours the entire community was under siege from teams of hazmat experts, firemen and police. The residents were kept indoors, the streets were sealed, and men in protective suits moved in for the cleanup. At the end of the day the all-clear had still not been given and the mysterious white powder, laid along the streets in strange, arrow like patterns, had not yet been chemically identified. Finally an anonymous call came in. A woman sheepishly told the 911 operator that she had marked a race course for her running club with flour, and she was really, really sorry! Click! Yeah, organizing a race is easy, all you need is flyers and a trophy—you bet!

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-John Greenstine for his under-the-weather wife Amy Binder. Send your news to 340 Kirk Lane, Media PA 19063 or e-mail to abinder@herc.com.

UPCOMING EVENTS

CLUB MEETING:

November 25, 1997

Location: **Springfield Library**
70 Powell Rd.

Springfield, PA 19064

The library is in Williams' Park between the tennis courts and the township building. The meeting will begin at **7:00 PM** in the lower community room. The fun run is at **6:30 PM**, so you can run, make the meeting for refreshments and share your views of the club now and in the future.

Club meetings are open to all Delco RRC members. Try to attend and express your ideas. See you at the next club meeting on **November 25, 1997**.

Ladies and Gentlemen of Delco RRC:

You are cordially invited to join in the production of club events. Your suggestions and support are always greatly appreciated. We look forward to hearing from you.

11-23-97 Phila. Marathon Aid Station
 Ron Grace 610-623-3069
 Tom Hirsch 610-544-2280

11-27-97 Volkswanderung "Caring to Share"
 Tom Hirsch 610-544-2280

4-4-98 Tyler Trail Run
 Tom Hirsch 610-544-2280

Please call, we need your help!!

Delco Classified:

Club Member seeking non-smoking, employed person to share a two bedroom apt. in the Lansdowne area. Please contact Paul Isaac at 610-352-5308. If I am not home, leave a message I will call you back. Thank You.

DELCO AT THE RACES

by Phil Kline

If we missed you, please call. Keep your race results coming in; we like to hear from you. Phil Kline 609-751-2089 or Tom Hirsch 610-544-2280, e-mail: TRHirsch@aol.com

Name	Age/Sex	Place	Time
Joe Kleinerman	12 hr. Run	Queens, NY; 48 Finishers	
Neil Weygandt	50/M 6	68 mi. 1483 yds.	
		100k split 10:47:57	

Skyline 50K, Castro Valley, CA, 8-3-97, 201 Finishers.

Dave Covey 36/M 26 4:45:47

14th Annual Pine Barrens Tri. Atsion, NJ; 9-6-97, 106 Finishers; 1/4 mi. Swim, 24 mi. Bike, 4 mi. X-C Run

Phil Kline 47/M 18 1:45:31

West Chester University X-C Alumni 5k, PA; 9-7-97

John Grube 49/M 21:18

Dewey Beach Sprint Tri. DE; 9-13-97, 218 Finishers; 3/8 mi. Swim, 15 mi. Bike, 3.1 mi. Run

Marc Oleynick 36/M 13 1:12:25 2nd in age group

Eriesistible Marathon, Erie, PA; 9-14-97

Doris Hoopes 41/F 4 3:35:28 1st Master Woman

Brandywine Fox Hunt Tri. Marsh Creek State Park, PA; 9-27-97; 1/2 mi. Swim, 15 mi. Bike, 3 mi. X-C Run

Amos Mincin 47/M 1:59:45

Radnor Run, 5 miler, PA, 10-5-97

Sandi Robers 53/F 39:58 2nd in age group

Phila. Distance Run, PA; 9-28-97, 6507 Finishers, 13.1 mi.

Richard Webb	53/M 170	1:19:00	1st in age group
Doug Smith	31/M 177	1:19:10	38th in age group
Jerome Dorsey	44/M 175	1:19:25	19th in age group
John Carroll	34/M 188	1:19:58	44th in age group
Larry Filtz	43/M 256	1:22:11	37th in age group
Richard Hoopes	43/M 270	1:22:34	40th in age group
Nick Sacchetti	47/M 750	1:30:41	58th in age group
Bill Schultz	45/M 835	1:31:42	64th in age group
Phil Kline	47/M 916	1:32:32	76th in age group
Jim Eshan	51/M 1438	1:37:46	62nd in age group
Art Brown	53/M 1457	1:37:56	63rd in age group
Tm Midwood	40/M 1867	1:41:11	322nd in age group
Byron Mundy		1:44	
Dean Dennis	32/M 1773	1:40:27	267th in age group
Carolyn DiGiambatista	55/F 2338	1:44:34	1st in age group
Bill Kreider	48/M 2387	1:44:51	246th in age group
Sandra Rosen	29/F	1:45	
Sandra Fleck	33/F 2856	1:48:13	125th in age group
Bonnie Muettert	44/F 2967	1:48:57	67th in age group
Linda Pollum	45/F 3070	1:49:44	26th in age group
Linda Trout	48/F 3278	1:51:01	34th in age group
Sue Shaffer	33/F 3421	1:52:07	165th in age group
Jody Erb	25/F 3516	1:52:43	165th in age group
Rita Jordan		1:59	
Teresa Dorsey	33/F 4542	1:59:48	245th in age group
Bob Koerner	63/M 4948	2:00:21	47th in age group
Michael Shiber	31/M 5351	2:07:19	614th in age group
Diane McManus	46/F 5794	2:13:24	115th in age group

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Betty Perrone 51/F 59952:16:46 55th in age group
 Bud Tyson 56/M 62692:26:56 150th in age group

Stan and Dan's 25/50k, Mt. Gretna, PA; 10-5-97

Bill Koppenheffer 43/M 5:50 for the 50k

Rocky Run YMCA Duathlon, Garnett Valley, PA; 10-5-97

1/2 mi. Swim, 5 mi. X-C Run

Phil Kline 47/M 49:21 1st in age group

Firetrails 50 mile Trail Run, San Leandro, CA. 10-11-97

101 Finishers, 7,000ft. climb

Dave Covey 36/M 7 7:54:26 4th in age group

Steam Town Marathon, Scranton, PA 10-12-97; 911

Finished

Art Brown 53/M 3:37:12

Athletes Closet 5k, West Chester, PA; 10-12-97

Phyllis Botson 31/F 19:48 1st Woman

Run for Heroes 5k, Rose Tree, PA, 10-12-97, 291 finishers.

Geoge Jacques 44/M 5 18:24 1st in age group
 Jeff Crago 39/M 10 18:49 4th in age group
 Mike Metague 49/M 21 19:45 6th in age group
 Denise Dipangrazio 40F 27 20:30 2nd Woman
 Jodi Erb 25/F 36 21:15 3rd Woman
 Charles Miller 45/M 71 23:18 14th in age group
 Michael Shiber 31/M 89 24:06 35th in age group
 Bob Fuhrman 55/M 90 24:09 5th in age group
 David Manuel 48/M 98 24:18 20th in age group
 Jim Seaman 39/M 99 24:20 36th in age group
 Meg Nilan 33/F 145 26:02 11th in age group
 Tony Cianci 42/M 152 26:14 31st in age group
 Bill Morgan 62/M 176 27:22 2nd in age group
 Robert Spence 41/M 238 29:54 48th in age group
 Daniel Cuddy 37/M 246 30:21 65th in age group
 Anthony Potts Jr 71/M 271 32:37 5th in age group

SORRY I DON'T HAVE WALKER RESULTS.

Delaware Distance Classic, DE, 10-12-97

Richard Webb 53/M 58.07 1st in age group
 Linda Pollum 45/F 1:17:09 1st in age group
 Chris Verica 31/M 1:17:20
 Phil Kline 47/M 1:17:58
 Jennifer Kline 2/F 1:17:58

Cover Bridge 10 miler, Atglen, PA; 10-18-97

Richard Webb 53/M 1:02:28 1st. in age group

5k Run for the Health Of It, Springfield, PA; 10-18-97

Larry Filtz 43/M 18:43 4th overall

Phyllis Botson 31/F 20:08 1st Woman
 Phil Kline 47/M 21:18 1st in age group
 Meg Nilan 33/F 24:57 2nd in age group
 Rita Jordan 47/F 24:59 1st in age group
 Bob Koerner 64/M 26:14 1st in age group
 Paul Isaac 34/M 28:05 3rd in age group

Jonas Catel 10 miler, Haddonfield, NJ; 10-19-97, 77

Finishers

Sandra Rosen 29/F 1:19

Chicago Marathon, Ill; 10-19-97, 1400 Finishers

Richard Hoopes 43/M 361 2:54:36 40th in age group

LaSalle Univ. 2.8 miler, Phila, PA; 10-25-97

Sandra Rosen 29/F 20:42 1st. Woman

Vertical Challenge 5k + 22 flights of stairs, Wilmington, DE; 10-25-97

Richard Webb 53/M 5 22:01 1st. in age group

Kansas City Marathon, Kans., 10-26-97, 370 Finishers.

Doris Hoopes 41/F 19/W 3:40:58 1st Master Woman

Commodore Barry Bridge 10k Run/5k Walk, Chester, PA 10-26-97; 131 Finishers

Mike Mitchell 37/M 2 34:54
 George Jacques 44/M 3 35:10
 Marc Oleynick 36/M 4 35:45
 Phyllis Botson 32/F 15 39:15 1st. Woman
 Bob Kern 53/M 16 39:40
 Phil Kline 47/M 26 41:29
 Laura Osmigh 17/F 31 42:34
 Bob Jeral /M 36 43:02
 Jody Erb 25/F 40 43:40 2nd. in age group
 Leigh Mitchell 32/F 48 44:59
 Sue Shaffer 33/F 71 48:04 2nd. in age group
 Linda Pollum 45/F 73 48:24 3rd. in age group
 Stan Cherim 68/M 106 53:00
5k Walk, 197 Finishers.
 Bill Erb /M 30 52:44

Phila. Masters Runners' Pentathlon, Ft. Washington, PA; 10-26-97

Richard Webb 53/M 1st 3,000m 10:05.5
 1st 1,500m 4:53.3
 1st 800m 2:21.4
 1st 400m 1:04.4
 1st 200m 29.0

Delco X-C Meet Goes Well

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By Byron Mundy

Our club did another excellent job directing the 34th annual Delco high school cross-country meet on Friday, October 10th, at Rose Tree Park. It was a beautiful sunny afternoon, though slightly warm, for the 20 high school teams that took part in the 5 races, approximately 400 runners total.

Even though the meet was moved up from Saturday to avoid conflict with Yom Kippur, a nice crowd of about 200 spectators turned out to see the Ridley H.S. boys' team win their first ever Delco championship. Last year's champions, Penncrest, finish a solid second. Former Ridley runner and Delco member, Mickey Lobb, who was a course spotter, was very happy for his alma mater.

The Penncrest girls' team won their 5th straight Delco championship. Their team had several freshman and sophomores on it, so their streak may be hard to break next year.

Haverford senior Aaron Rich won the boy's varsity race in 16:01- 3.1 miles, while Prendie junior Sheila Klick was the girls' champion in 18:44. Penncrest soph Josh Jordan won an award for placing 15th in the varsity race. (He's Rita's son. No wonder he's so fast!)

Many thanks to all the Delco RRC members, and others, who volunteered to help at the meet: **Martin Deeney, Pat Hicks, Kathi Clatterbaugh, Bob McElhenney, Rita Jordan, Doug Lapapa** (3rd place-1981), **Bob Campbell** (Penncrest Ass't Coach), **Don Rich** (Aaron's dad), **Bob Fuhrman, Deanna Burr** (Interboro student), **Ken Daws, Dean Dennis, Bev Hunter, Mary Beth Mundy, Cindy Nesvetter**, (German student), and **Byron Mundy**.

Delco RRC Membership Meeting

Tuesday October 28, 1997

Attendees: **Byron Mundy, Bob McElhenny, Kathi Clatterbaugh, Paul Isaac, Bill Morgan, Bob Huey and Tom Hirsch**

Meeting called to order at 7:45 PM by Byron Mundy.

Minutes from last meeting accepted.

Membership Report: **Kathi Clatterbaugh** reported 230 membership cards were sent out. Thank you for responding.

Treasurer Report: **Bob Huey** reported checking balance is \$20,800, a check for \$5,250 will be sent to Media Borough.

Team Coordinator: **Larry Filtz** N/P

Newsletter Report: **Tom Hirsch** asked, keep the articles and race results coming in.

Old Business:

Marathon aid station, we need lots of help and a sound system. We are trying to get the road passes early, but the recommended route to our area, Kelly Dr by the Grant Statue, is across the Falls bridge and up Kelly Dr. The Art Museum area will be closed off early.

A one year membership for Internet access was approved.

Ballots for 1998 club officers will be in the December newsletter. Club members interested in running for a club office, contact **Bob Huey** at **610-544-2280** or e-mail **TRHirsch@aol.com**

Delco X-C had 402 high school runners finish, which was a good turn out. Thanks to all the club members who volunteered at the Delco X-C Championship.

Run to the lights, the annual Delco RRC Christmas event, will be December 16th. The run will start at 6:30 PM from the Springfield fun run area, Library, and proceed to Drexel Hill and back, approx 7 mi round trip. Arrangements can be made for one way runs. After the run there will be a party at Kathi and Mark Clatterbaugh's house. Try to attend.

Motion to adjourn at 8:50 PM.

Minutes recorded by **Paul Isaac**.

Hey Delco RRC, come share your Thanksgiving morning with a gaggle of good folks and help the people in need in Delaware County. Send your Volkswanderung forms in today.



DELCO RRC
Koerner's Thanksgiving Day
Volkswanderung
Caring To Share 1997

RACE CALENDAR:

NOVEMBER:

8 WINTER WARMUP 5 MI, West Chester, PA; Contact W. Chester YMCA 610-692-8440

ARBY'S RUN FOR KIDS SAKE 5k, Brandywine Park, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

9 MILES FOR SMILES 5 MILE, West River Drive, Phila, PA; Contact 610-275-7923

2nd ANNUAL 5K RUN & 1 MI HEALTH WALK, Phila, PA, Contact 610-277-8663

5k/10k NOTTINGHAM PARK TRAIL RUN, Nottingham, PA; Contact Marathon Sports, 302-654-6400

VIETNAM VETERANS OF AMERICA 5K, Norristown, PA; Contact MARM, Suite 1, 650 Sentry Parkway, Blue Bell, PA 19422; D Bean 610-296-2868

21th ANNIVERSARY SOUTH MOUNTAIN 10 MILE & 5k, Bethlehem, PA; Contact Nancy Hofmann, 420 Walnut St, Catasauqua, PA 18032-1703; 610-264-9255

GLOUCESTER TOWNSHIP SCHOLARSHIP 5k, Gloucester Township, NJ; Contact 609-468-0010

15 5k TURKEY TROT X-C RUN & 1/2 MI. YOUTH RUN , Hammonton, NJ; Contact 609-561-4441

SPARKLE ISLAND 8k, Cedar Crest College, Allentown, PA; Contact Girl's Club of Allentown, 1302 Turner St, Allentown 18102; 610-433-0093

KIDS INDOOR DECATHLON, Boys and Girls- -Ages 5-17, Pike Creek Fitness Club, DE; Contact Shanna Cunningham 302-239-6688

RUN FOR HUNGER 5k & Kids Run, Coatesville, PA; Contact Church office 610-384-2035 or Judy Zwick 610-857-3790

THE SICK TRAIL RUN- -5 mile race, Millville, PA; Contact Scott and Ann Sick, Box 89 RD #2, Millville, PA 17846; 717-458-

6508

CAMDEN CITY STREET RUN 10k, Camden, NJ; Contact Lin-Mark Sports, 7 Westwood Dr Mantua, NJ 08051; 609-468-0010; e-mail: lin.mark.com

JINGLE BELL RUN FOR ARTHRITIS 5K RUN/WALK, Wilmington, DE; Contact 302-764-8254

16 MUHLENBERG TWP TURKEY TROT 10k, Reading, PA; Contact Muhlenberg Parks & Rec Office, 555 Raymond St, Reading, PA 19605; 610-929-1503

22 JESSE MARTIN MEMORIAL RUN, **RRCA PA State 5k X-C Championship**, Gettysburg, PA; Contact Joanne Smith 717-337-1931. **RRCA PA State Meeting**,

TURKEY TROT 10K/5K, Newark, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

23 PHILADELPHIA MARATHON and ROTHMAN INSTITUTE 8k, Phila, PA; Contact Phila. Marathon, Memorial Hall, PO Box 21601, Phila, PA 19131; 215-685-0054

SHINING STARS ISLAND 5k, Bethlehem, PA; Contact Girls Inc. 938 Main St, Bethlehem, PA 18018; 610-866-7906

27 KOERNER'S VOLKSWANDERUNG CARING TO SHARE '97, Ridley Creek State Park, Media, Pa; Contact Tom Hirsch, 97 Powell Rd, Springfield, PA 19064; 610-544-2280. **Delco RRC Event**

FAIRMOUNT PARK 5 MILER TURKEY TROT, Phila, PA; Contact 215-685-0052

TURKEY DAY 5K, Cooper River, NJ; Contact 609-561-4441

9th ANNUAL SILVERSTEIN CHIROPRACTIC RUN FOR YOUR HEALTH FIVE MILE, Langhorne, PA; Contact 215-860-0450

PNC BANK RUN/WALK FOR MS 10k/5k, Wilmington, DE; Contact MS Society DE Chapter, 2 Mill Rd Suite 106, Wilmington, DE 19806; 302-655-5610

88th ANNUAL RUN FOR THE DIAMONDS - 9 mile, Berwick, PA Contact Margaret Livsey, box 856, Berwick, PA 18603717-759-1300

28 JOLLY HOLLY 5k RUN, Millville, NJ; Contact Bruce Willson, Center for Health & Fitness, Sherman Ave, Vineland, NJ 08360; 609-696-3924

29 NORTHERN CENTRAL TRAIL MARATHON & RELAY, Sparks, MD; Contact NCTM, PO Box 5464, Towson, MD 21285; 410-377-8882

DEVON PREP CHALLENGE 5K, Devon, PA; Contact Bill Donahue 610-789-4806

DELAWARE OPEN 5k X-C CHAMPIONSHIP, 1mi kids x-c race, Brandywine Creek State Park, DE; Contact Jim Walsh 119 Drummond Dr, Wilmington, DE 19808; 302-892-2828 or Doug McKillip 302-454-1007

30 TIM KERR 8.4 MILE LOOP RACE, Phila, PA Contact 215-343-7908

PADUA ACADEMY'S TURKEY BURNER 5k, Wilmington, DE; Contact 302-421-3766 or Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

DECEMBER:

6 CHRISTMAS SEAL 5k RUN/WALK, Lewes, DE ; Contact 302-947-1772

JINGLE BELL 5k RUN/WALK FOR ARTHRITIS, Northampton Community College, Bethlehem, PA; Contact Zennie Jackson, 610-776-6632

NITTANY VALLEY HALF-MARATHON, University Park, PA; Contact David Boger, 455 Waupelani Dr, #F-32, State College, PA 16801; 814-867-4807; e-mail: david-boger@psu.edu

8th ANNUAL SLEIGH BELL 5k RUN, WALK and WHEEL, Newark, DE; Contact NCCL, 401 Phillips Ave, Newark, DE 19711; 302-456-0494

(Continued on page 8)

(Continued from page 7)

7 PMRI DELWARE MARATHON & RELAY, Middletown, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-664-6400

BRIAN'S RUN 10k, 2mi, 1mi & 12 & under runs, West Chester, PA; Contact WCU 610-436-1000

13 ATHLETE'S CLOSET WINTER SERIES 5K, West Chester, PA; Contact The Athlete's Closet 610-692-4922 or 800-487-4699

21 SHIVER BY THE RIVER 5K & 10K, Winter Series Race #1, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; 610-779-2668

MARATHON SPORTS HOLIDAY 5k, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

31 FIRST NIGHT 5k RUN/WALK RACE AGAINST TIME, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

NEW YEAR'S EVE RUN 5k, Berwyn, PA; Contact U.M.L. YMCA 610-647-0770

JANUARY: 1998

1 RUNNERS' ADVOCATE NEW YEAR'S 5K: Phila, PA; Contact 215-343-5838

SCHWEIZER'S NEW YEAR'S RESOLUTION 5 MILE/2.5 MI WALK, Wilmington, DE; Contact 302-324-1112

LVRRC NEW YEAR'S 5 MILE RUN & SOCIAL, Emmaus Community Park, Allentown, PA; Contact Neal Novak 610-434-9133

3 ATHLETE'S CLOSET WINTER SERIES 5k, West Chester, PA; Contact The Athlete's Closet 610-692-4922 or 800-487-4699

4 SHIVER BY THE RIVER 5k & 10k, Winter Series #2, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; 610-779-2668

18 ICICLE 10 MILE RUN and 5k WALK, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

25 SUPER BOWL 5k RUN & WALK, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

FEBRUARY:

1 15th ANNUAL SNOWBALL RUN, 5 mile run, wheelchair and 5k walk; Wilmington, DE; Contact Scott Katz, Jewish Community Center, 101 Garden of Eden Rd, Wilmington, DE 198; 302-478-5660

SHIVER BY THE RIVER 5k & 10k, Winter Series # 3, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; 610-779-2668

7 ATHLETE'S CLOSET WINTER SERIES 5k, West Chester, PA; Contact The Athlete's Closet 610-692-4922 or 800-487-4699

ST. JOES'S MIDDLETOWN 5k, DE; Contact Carol Bracken 302-378-2522

MARCH:

1 SHIVER BY THE RIVER 5k & 10k, Winter Series # 4, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; 610-779-2668

7 ATHLETE'S CLOSET WINTER SERIES 5 MILER, West Chester, PA; Contact The Athlete's Closet 610-692-4922 or 800-487-4699

15 PURIM 5k AT JCC, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

22 CAESAR RODNEY HALF MARATHON, Wilmington, DE; Contact 302-655-7258

29 DCCC 5k CHALLENGE, Media, PA; Contact Cindy Robinson 610-359-7399

APRIL:

4 TYLER ARBORETUM TRAIL RUN 10k, Media, PA; Contact Tom Hirsch, 97 Powell Rd, Springfield, PA 19064; 610-544-2280, **Delco event & RRCA PA State 10k Trail Championship**

ORIENTEERING

NOVEMBER:

9 FRENCH CREEK STATE PARK (North), Berks County, PA; Courses W, Y, O, G, R. Follow PA Rt 23 to PA Rt 345 north and watch for "O"-signs; Event Director: Al Dotts 610-326-0317. **5 COLOR MAP**, 1:15,000

23 WHITE CLAY CREEK, Newark, DE; Courses: W, Y, O, G, R; From PA Rt 1 take PA Rt 896 south towards Newark, DE and watch for "O"-signs; Event Director: Flo Williams 610-444-2972; **5 COLOR MAP**, 1:10,000

*Delco RRC's Aid Station
at the Phila. Marathon & 8k*



needs your help!!!
Call Ron Grace 610-623-3069



Tom Hirsch or 610-544-2280

DELCO RRC Officers:

President Byron Mundy (610) 534-2833
 Vice President Tom Midwood (610) 358-2052
 Treasurer Bob Huey (610) 544-2849
 Secretary Paul Isaac (610) 352-5308
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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 * 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, e-mail: TRHirsch@aol.com

NEXT DEADLINE: November 20, 1997

NEXT MAILING DATE: December 5, 1997

Articles, race reports, letters, calendar listings, and photographs are welcome; material sent on disks (IBM, Microsoft Word, etc; please enclose printed copy also) is especially welcome.

97 Powell Rd. Springfield, PA. 19064

Keeping Contact

DELCO RRC

P.O. Box 206

Springfield, PA. 19064

Run For Fun And Fitness....

