
DELCO RRC Keeping Contact

Issue 22

Published by the Delaware County Road Runners Club
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MEMBERSHIP UPDATE

Renewal

If the label on this newsletter doesn't have a number underneath your name, you have not renewed your membership and this will be your last newsletter unless you return the membership renewal form in this newsletter. Please do this immediately! There are two important reasons to keep the listing updated: (1) to insure correct addresses, thereby keeping down postage costs, and (2) this listing is used for insurance premium information and needs to be updated yearly to keep costs down. It is not necessary to send a donation with the renewal application, so take a minute and return the form to me.

To-date I have sent out 211 membership cards. Approximately 35 members have not renewed.

New Members

We have three new members to our club: **Elizabeth Bradley, Kevin Jeral, Kathy Freeman and Mary Lou Long** Welcome to DELCO RRC, and we hope to see you at a Fun Run soon!

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

Thanks to Delco Members!!!!

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. We will have women's cut and men's cut shirts. So what **we need is your shirt size** and also your shorts size for future reference. So far I have received 31 replies with shirt sizes; please reply so I can order the shirts. Please contact **Tom Hirsch** at 610-544-2280, mail to: 97 Powell Rd, Springfield, PA 19064 or e-mail: TRHirsch@aol.com

1997 Delco RRC Women's Distance Festival

by Marianne Grace and Ron Grace

The Women's Distance Festival, sponsored by the Road Runners Club of America and the Delco Road Runners Club, was held this year in Delaware County, PA, on September 13, a sparkling late summer day. The event was once again staged at Ridley Creek State Park, which, as always, provided a superb backdrop for this fun race.

This year 46 women entered, which was a record number. The national sponsors supplied great raffle prizes, to which Delco RRC added great sweatshirts. The sweatshirts had the same beautiful logo as the T-shirts, which were designed by club member **Beth Fellona**.

Muffins, bagels and juice provided the post-race refreshments where many of the women renewed old friendships and others made new ones.

The race presented a great opportunity for area runners to learn more about the Delco RRC. Having a girlfriend to run with can make a good run a great run!

Place	Runner	Time
1	Mary Beth Bittles	19:50.5
2	Jodi Erb	20:49.9
3	Joelle Fair	20:57.4
4	Sandra Fleck	21:34.3
5	Marianne Grace	21:49.6
6	Judi Buchakjian	22:33.1
7	Beth Fellona	22:57.4
8	Joke Bradt	23:02.8
9	Danielle Hensil	23:38.6
10	Kerstin Miessner	24:09.8
11	Marlena Hill	24:15.8
12	Linda Pollum	24:20.6
13	Bernadette McNulty	24:24.1
14	Karen Byrne	24:30.0
15	Margaret Latcham	24:33.8
16	Pamela Currie	24:34.6
17	Kathy Freeman	24:45.8
18	Heidi Misselhona	24:47.0
19	Kristine Ward	24:53.4
20	Kristen Horner	25:01.1
21	Carol Bigas	25:07.3
22	Mary McCoy	25:21.4
23	Linda Trout	25:22.8
24	Janice Miller	25:47.2

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25 Rita Jordan	26:05.2
26 Bonnie Muetterties	26:05.7
27 Susan Becker	26:11.2
28 Kelly Pennoni	26:33.9
29 Nicolo Fries	26:42.4
30 Julie Schnakenberg	27:10.2
31 Jeanette Kobb	27:34.0
32 Elizabeth Zack	27:56.3
33 Crissi Saddler	28:37.5
34 Debbi Fair	30:24.0
35 Betsy Bradley	31:39.5
36 Mary Tipping	32:34.1
37 Beth Dewson	32:37.8
38 Robin Zappacosta	34:43.5
39 Charlene Moyer	34:44.2
40 Kathryn Buckley	39:08.2
41 Mary Beth Mundy	49:05.4

CYCLING PROVENCE: NO MERE TRUFFLE

by Carol Mackenzie Jackson



Truffles, that gourmet delicacy from southern France, go for \$500 a pound, which seems absurd. No less absurd (or so I thought) is the idea of a runner spending an entire week on a bike in the hilly French countryside, where the roads are narrow, the drivers are fast, and many of them drink wine with breakfast. Why would I do such a thing? Because my sister Pat (the cyclist) asked me to.

I had many apprehensions. My cycling skills, like my French, are choppy and unreliable. Add that to my runner's bias that a bike is really an assisting device disguised as sports equipment. And the darn things are just so complicated. Use the wrong brake on a downhill and you will get to the bottom before the bike does. Get into the wrong gear ratio and the derailleur will arrest you -- just like a French gendarme.

The touring bikes we rented were very stable, but seemed to gain weight on long climbs. We soon decided to get rid of the big red bike bags mounted on the handlebars and carried only what our waistpacks would hold. This lightened the effort immensely -- and reduced our shopping to the charming and reasonable.

It took me until day two to really begin appreciating the scenery -- endless miles of vineyards, olive trees, and sunflowers -- arranged in tidy rows under a bright blue sky. In the distance were the lace-topped Dentelle mountains, and behind them the regal Mount Ventoux. Slowly, I began to relax and take it all in. Fortunately my only flat occurred right outside a wine cellar, where we tasted some wondrous local wines while waiting for the support van. It is amazing what good wine can do for sore quads!

The rest of the week only deepened my appreciation for the Provencaux people and their love of life's good things, especially food. Each dinner was a savory and social adventure, lasting at least three hours. Although I could feel my cholesterol rising, it was easy to convince myself that all that exercise and red wine would surely even things out. If not, what a way to go!

By the end of the week, I had fallen in love with the Provencaux people and their simple but elegant way of living. I had also learned to appreciate the bike. Like running, cycling offers not just the sights, but also the sounds and the scents of a place. However, the bike allowed us to take in a vast amount of country in a week's time and to visit several small villages in a single day. It was an amazing experience.

My purpose in sharing this account is to encourage other runners, even the most dubious (like myself) to try "le velo." It is not just a great cross-training tool, but a wonderful way to see the world. Thanks, Pat!

PEOPLE NEWS

We always knew that **Eric Mundy** was star material. Now he's transferring his running talents to the stage as the male lead in a play at Prendie (yes, the girl's school). Sister **Bridgette** (Eric's sister, not the nun) also made the cast.

Congratulations to **Bill Erb**. He's now senior vice president at Downington National Bank. (If there are any corrections to this item, like the proper name of the bank, see **Jimmy Smith**.)

Nothing stops **Kathy Adamson** these days. Not even a fractured foot. She was out on the Tyler Arboretum trails recently manicuring the bushes. Kathy was joined by husband **Terry, Mark and Kathi Clatterbaugh, Bob Huey, and Pat Armstrong** in a volunteer effort to maintain the trails.

The above mentioned Bob and Pat have yet another vacation scheduled. This time it's off to Switzerland and Austria in October.

New club member **Doris Hoopes** knows how to have a good time. When her husband **Richard** makes a duty visit to the ancestral home in Kansas later this month, she plans to watch videotapes of Princess Diana's funeral and eat macaroni and cheese. (The amazing thing is, **Beth Fellona** would love to join her.)

Mary Lou Bogdash is a busy girl these days: studying, working, and packing. She's well into her graduate work and has taken on a part-time research position with Girard College. At the same time, she and husband **Mike** are getting ready to move. They sold their house in Drexel Hill and will be renting- -for now- -a brand new townhouse near Ambler.

By the time you read this, **Dave Covey** will have been here and gone already. He's flying in from San Francisco to

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run the Connestoga 10-Mile Trail Run--and to visit family. (Or is it the other way around?)

There's still time to sign up for Pumpkin Day. Everyone--that is, everyone except **Mary Metague**--is invited to volunteer or just attend the two-day fall extravaganza at Tyler Arboretum. The dates are October 18 & 19. You can call the arboretum directly, but if you want the really good jobs, talk to **Kathi Clatterbaugh**.

Frances Ironwoman Kirk has been on the slightly injured reserved list. Seems she continues to have trouble with her back. The good news is that she's talking to all the experts and doing her stretching and strengthening exercises. She's even running some, although she needs to balance her running days with rest days (don't we all?).

The **Binder/Greenstine** consortium spent their recent vacation poking around the Southwest. A few days in San Diego, then a round-about trek in Arizona. (No, we didn't see the Grand Canyon.) I'll let you in on a little secret. When people say: "It's not the heat, it's the humidity that's so uncomfortable," they lie. It IS the heat- -100+ degrees is HOT no matter how dry it is.

--Amy Binder

P.S. How are you adjusting to the Fall? Read any good books lately? Let us know what you've been up to. Send your stuff to 340 Kirk Lane, Media, PA 19063 or e-mail abinder@herc.com.

UPCOMING EVENTS

CLUB MEETING:

October 28, 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 **October 28, 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.

10-10-97 Delco X-C Championship
 Byron Mundy 610-534-2833

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!!

West Chester Summer Series

by Phyllis Botson

The **West Chester Summer Series** is over and the results are in! **Anne Tierney** completed all but one run, finishing first in almost all the runs and winning the series title, along with a cash award. She ran faster and faster each event, finally completing the hilly course in 19:46!!! Congratulations to Anne for an excellent summer, and good luck in training for the Philadelphia Marathon. **Phyllis Botson** also competed in the W. Chester Series and, even after missing two races, still finished 4th overall and won some pocket change. Phyllis ran her fastest time at the Sept. 2nd run, crossing the line at 20:39. Congratulations to **John Grube** and **Phil Kline** who also finished the Sept. 2nd run in 22:36 and 23:26 respectively. Phil commented that the Tyler Arboretum run is much tougher!!!

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
Kennett Square 10k , Kennett Sq, PA; 5-17-97			
<i>Sandi Robers</i>	55/F	5	29
			2nd age group

Old Dominion 100 Mile Run , Woodstock, VA; 5-31-97,			
Bill Koppenheffer	43/M	45	26:35:43

Firecracker 5k , Wilmington, DE; 7-4-97			
<i>Sandi Robers</i>	53/F		23:42
			1st age group

Vincent Town Tri , NJ, 7-26-97, 1/4mi. S, 15mi. B, 3.1mi. R			
Phil Kline	47/M	20/112	1:09:21
			1st age group

Brigantine Tri , NJ, 8-2-97, 1/4mi. S, 11mi. B, 4mi. R			
Phil Kline	47/M	42/470	1:08:29
			2nd age group

National Cities Tri , Cleveland, OH, 8-10-97; 1mi. S, 23mi. B, 6.2mi R.			
Phil Kline	47/M	81/427	2:19:04

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*(Continued from page 3)***Twilight 5k, YMCA Berwyn, PA; 8-13-97**

Chet Lubecki	41/M	21:43	
Justin Lubecki	12/M	24:10	1st age group

Belle Vue SP 5k XC Wilmington, DE; 8-19-97

Richard Webb	53/M	18:17	
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Latin American 5k, Wilmington, DE; 8-22-97

Richard Webb	53/M	17:44	1st age group
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Marathon Sports S.S. 5k, Wilmington, DE; 8-28-97

Richard Webb	53/M	17:47	1st age group
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Rockford Park 5k, Wilmington, DE; 8-30-97

Richard Webb	53/M	17:41	1st age group
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Do the Tri, Try the Du, Pensauken, NJ, 8-30-97; 2mi. R or S, 15mi B, 3.1mi R

Phil Kline	47/M	68/358	1:16:57 Tri.
Kristie Robson	23/F	241/358	1:32:04 Tri.

Connections 5k, Delaware City, DE; 9-1-97

Richard Webb	53/M	17:53	1st age group
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Point Reyes 50k, CA, 9-6-97, 191 Finishers, Trails/4,000ft.

Dave Covey	36/M	84:27:19	
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Bottle & Cork 10mi, Dewey Beach, DE; 9-6-97

Richard Webb	53/M	1:01:27	2nd age group
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Seattle AC Annual 5k, Seattle, WA; 9-6-97

Sandi Robers	53/F	23:38	1st age group
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Roman Run 5 Miler, Phila, PA, 9-21-97

Paul Isaac	32/M	46:53	
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Delaware County Hospital 5k, PA; 9-27-97;

Marianne Grace	46/F	4	22:05	
Bob Fuhrman	55/M		23:02	
Mark Clatterbaugh	49/M		23:04	
Meg Nilan	32/F		23:57	3rd age group
Paul Isaac	32/M		27:06	
Kathi Clatterbaugh	46/F		30:15	
Dot Kracht	61/F		32:10	1st age group
Bill Kracht (Walk)	62/M		35:05	1st age group

Brandywine Fox Hunt Tri, Chester County, PA, 9-27-97, 1/2mi. S, 15mi. B, 3.mi. X-C R.

Phil Kline	47/M	45/219	1:25:04	3rd. age group
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Phila. Distance Run, PA, 9-28-97, Delco RRC Open Mixed Team placed 5th. with a score of 4:27:21

Douglas Smith	31/M	177	1:19:10	38th age group
John Carroll	34/M	188	1:19:58	44th age group
Richard Hoopes	43/M	270	1:22:34	40th age group
Sandra Fleck	33/F	28561	48:13	125th age group

Conestoga Trail Run, 10 miles, Lancaster, PA; 135 Finishers. 9-28-97

Nick Dvca	27/M	1	1:31:05	1st Male
Dave Covey		36/M		51:40:52 4th age group
Cassy Bradley	31/F		1:44:55	1st Female
Bob Huey	42/M	26	1:55:25	9th age group
Mike Metague	49/M	27	1:56:54	10th age group
Bob Kern	53/M	41	2:03:48	14th age group
Tom Hirsch	50/M	111	2:47:08	Tooo Slowww!!

The Half-Wit Half Marathon

by Stan Cherim

Almost 300 slightly demented runners showed up for the Half-wit half marathon on a beautiful Sunday morning on September 14, 1997. This "trail" run is appropriately named. If the participants weren't after high adventure, they had to be nutty or, in a more sinister vein, consumed by a death wish. Possibly a blend of all these motives and then some.

Anyway, the site of the event was up on Mt. Penn, just outside of Reading, PA. It is a very lovely area and the hills are intimidating. After some darkly humorous remarks by Ron Horn, the race director, about our being mentally prepared for loss of life and limb, we blasted off shortly after 10 AM. About 100 yards of asphalt and we were into the woodland trails.

This was no walk in the park. Anyone who has done the Conestoga Trail Run should have a very clear mental picture of the nature of the Half-wit half. The steep hills are not as high as they are in the Conestoga run, but we do three more miles. You can be sure that after you've busted your butt for 10 miles, the additional 5km starts to pound you into a gelatinous mass. Runners were falling all over the place. The sight of bloody hands and knees was all too common, and it took courage for many of the runners to gut it out. The whole trail was covered by rocks, stones, gullies, tree roots, and treacherous footing throughout. As I said, it was no walk in the park. There were numerous long and exhausting uphill and very slick downhill without branches and small tree trunks to help you out. It was like sledding on mud without a sled. You might say it was a "seat of the pants" operation.

The "elite" runners among the crazed multitude managed to speed along at about a 10 min/mi pace (don't laugh!), while the rest of us more cautious nut-cases took 2 and 3 hours to reach the finish line. The refreshments were good and plentiful

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--bagels, hoagies, bananas, etc. and we had our appetites fine-tuned to take us up to the awards ceremony.

The trail was a beast, but I loved it. (Hey, I never claimed to be sane). I'll recommend the Half-wit half to friends and enemies alike. Sign up next year for a real adventure. Just put your brain, or more accurately, your half a brain, on hold.

Delco RRC Membership Meeting

Tuesday September 30, 1997

Attendees: **Byron Mundy, Tom Midwood, Richard Hoopes, Paul Isaac, Rita Jordan, Bob Fuhrman, Kathi Clatterbaugh, Dan Curran, Bob Huey and Tom Hirsch**

Meeting called to order at 7:33 PM by Byron Mundy.

Bob Fuhrman made a motion to move the Delco X-C Championships from 10-11-97 to 10-10-97, to move the event off the holiday of Yom Kippur. Motion seconded and passed. There will be 5 races starting at 3:00 PM; meet will be sanction by PIAA.

Minutes from last meeting approved.

Membership Report/ Kathi Clatterbaugh, Your membership number appears on the newsletter mailing labels, 35 members have not renewed. If your number is not on the label this is your last newsletter.

Treasurer Report/ Bob Huey, \$19,600 in checking, Media will be receiving their check soon for the Media run.

Public Relations Report/ Tom Midwood, Tom is receiving calls about the club and is mailing fliers.

Team Coordinator/ Larry Filtz, Delco's mixed team at the Phila Distance Run came in 5th with a score of 04:27:21.

Douglas J Smith 38th in males 30-34, **John E Carroll** 44th in males 30-34, **Richard K Hoopes** 40th in males 40-44, **Sandra L Fleck** 125th in females 30-34. Great running by all team members, Delco is proud of you.

Newsletter/ Tom Hirsch, Keep articles coming and send in race results and listings. E-mail responses have been very good.

Old Business: Media 5 Miler debriefing meeting, course will remain the same. There will be more sponsors.

Club singlets, Tom has received 43 replies on shirt sizes. He needs all club members' (12 yrs of age and older) shirt sizes to order shirts, please contact Tom at 610-544-2280, e-mail: TRHirsch@aol.com Please call so we can get these shirts out to club members soon.

New Business: Delco RRC will be handling an aid station at the Phila. Marathon, so as always we will need lots of help and a sound system. This is an all-day event, so the more help we have, the easier it is on everyone. Call **Ron Grace 610-623-3069** or **Tom Hirsch 610-544-2280**. Thank you.

Thank you to **Marianne Grace** for her work on the Women's Distance Festival.

Motion to adjourn at 8:43 PM

Minutes recorded by **Paul Isaac**

Special Request

Anyone looking for a good home for their computer.

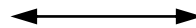
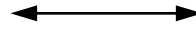
Harris Elementary School, Collingdale, PA is interested in anyone willing to donate their computer, especially Apple computers any age/condition. Contact Bill Schultz 610-534-2979, e-mail: Bschultz@itrc.dciu.k12.pa.us

Deep Thoughts

by Jack Handey



It's easy to sit there and say you'd like to have more money. And I guess that's what I like about it. It's easy. Just sitting there, rocking back and forth, wanting that money.



1998 Delco RRC Officers.
We need people to run for club officers
If you are interested call Byron Mundy 610-534-2833
Positions open are President, Vice-President
Treasurer, Membership, Public Relations and Secretary

RACE CALENDAR:

OCTOBER:

- 10 DELCO X-C CHAMPIONSHIP**, Rose Tree Park, Media, PA; **Delco RRC event for area high schools**; To volunteer contact Byron Mundy, 610-534-2833

- CHESTERBROOK 10K, Wayne, PA; Contact Upper Main Line YMCA, 1416 Berwyn-Paoli Rd, Berwyn, PA 19312; 610-647-0770

- 12 DELAWARE DISTANCE CLASSIC**, 15k & 5k Wilmington, DE; Contact Chip Bixler; 410-398-7482

- BOWTREE RUN 5K, West Chester, PA Contact Duncan Smith, 1713 Bowtree Dr, West Chester, PA 19380; 610-436-8265

- OLEY VALLEY COUNTRY CLASSIC 10 MILE, Oley, PA; Contact Barry Goodhart, Box 227, Robesonia, PA 19551; 610-589-5374

- STEAMTOWN MARATHON, Scranton, PA; Contact PA8 NE Territory Visitor's Bureau, 100 Terminal Rd, Suite 216, Wilkes-Barre Int'l Airport, Avoca, PA 18641

- LONG BEACH ISLAND 18 MILE, Long Beach Isle, NJ; Contact 609-494-8861

- RUN FOR HEROES 5k, Media, PA; Contact 609-468-0010

- 7th ANNUAL YARDLEY-MAKEFIELD 10k FALL CLASSIC, Yardley, PA; Contact Yardley-Makefield Fire Co. PO Box 221, Yardley, PA 19067; Greg Kobol 215-321-9753 between 6-8PM

- 18 6th ANNUAL COVERED BRIDGE CLASSIC-10 MILES**, 5k Run/walk/ racewalk, Atglen, PA; Contact Covered Bridge Classic, 888 Bush Rd, Atglen, PA 19310; 610-593-6538

- SHUT UP AND RUN 5K, Bryn Mawr, PA; Contact 610-527-5510

- RACE AGAINST DOMESTIC VIOLENCE 5k, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

- 19 A WOMEN'S RACE AGAINST BREAST CANCER 5k, Women Only,**

- Wilmington, DE; Contact Women's Sports Specialties, 5335-B Limestone Rd, Wilmington, DE 19808; 302-239-0838

- VILLAGES of SPRING RIDGE SPRINT, 10k, 1 mile fun run & 1/2 mile kids run Wyomissing, PA; Contact Pretzel City Sports, 112 W. 36th St, Reading, PA 19606; 610-779-2668

- 38th ANNUAL ATLANTIC CITY MARATHON, 10k, 5k plus 2 mile walk, Atlantic City, NJ; Contact Barbara Altman, PO Box 2181, Ventnor, NJ 08406-0181; 609-822-6911

- NORTH PENN RUGBY CLUB RUN 5k & 1mi, Skippack Village, PA; Contact North Penn Rugby Club, Box 285, Lansdale, PA 19446; 215-699-3239

- CHERISH THE CHILDREN 5k, Hamilton, NJ; Contact 609-989-6982

- 25 THE LEHIGH VALLEY ROAD RUNNERS WOMEN'S 5k**, Allentown, PA; Contact Lehigh Valley Road Runners, PO Box 592, Allentown, PA 18105; 610-402-CARE

- 26 10th ANNUAL FALL TRAIL RUN**, Frances Slocum State Park, Kingston Township, PA; Contact Vince Wojnar, 295 S. Mountain Blvd, Mountaintop, PA 18707; 717-474-5363

- LUPUS LOOP 5 MILER, Phila, PA; Contact 215-743-7171

- 3rd ANNUAL NEWTOWN LIONS CLUB RUN FOR SIGHT 10k, Tyler State Park, Newtown, PA; Contact 215-536-8304 or 215-598-3404

- NOVEMBER:**
- 1 READ & RUN 5 MI & 1 MI**, Malvern, PA; Contact Denney Magee 610-647-5207

- 2 HISTORIC READING RUN 10k**, Reading, PA; Contact Ron Horn, Pretzel City Sports, 112 W. 36th St, Reading, PA 19606; 610-779-2668

- A TO Z 10K RUN FOR WILDLIFE,

- Phila, PA Contact 215-234-5375

- TATNALL SCHOOL BARLEY MILL RUN 5k, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

- 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**, 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 John Hofmann, 420 Walnut St, Catasauqua, PA 18032-1703; 610-264-9255

- 15 HAMMONTON X-C 5K**, Hammonton, NJ; Contact 609-561-4441

- 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

- 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**,
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Try to attend.

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

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

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

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

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

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

DECEMBER:

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

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

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

BRIAN'S RUN 10k, 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

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

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

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

OCTOBER:

18 WARWICK COUNTY PARK, Chester County, PA; Courses W, Y, O, G, R; Event Director: Dale Parsons 610-978-9432; Color Map: 1:10,000

19 RIDLEY CREEK STATE PARK, Delaware County, PA; Courses: W, Y, O, G, R; Event Director Steve Aronson 610-626-5195; 5 Color Map: 1:15,000

25 TYLER STATE PARK, Bucks County, PA; Instructional Courses W, Y; Great event for first timers. Event Director: Ron Cook 215-968-5397; 5 Color Map: 1:15,000

NOVEMBER:

1 VALLEY FORGE HISTORICAL PARK, Valley Forge, PA; Courses: W, Y, O, Br, G, R, BI; **NATIONAL EVENT DAY, NEW MAP;** Come join the fun and help celebrate 30 years. Preregistration required. Event Director: Mary Frank 610-792-0502, Registrar: Sandy Fillebrown 215-242-0911. 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 or Tom Hirsch 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: October 20, 1997****NEXT MAILING DATE: November 7, 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....

