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# DELCO RRC Keeping Contact

Issue 26

Published by the Delaware County Road Runners Club  
e-mail: DelcoRRC@aol.com

February 1998

## Newsletter Info:

**Correction:** Your last newsletter should have been labeled, Issue 25 and dated January 1998. Looks like some more of my brain cells have departed, I am sorry if you all thought we were still in December.

You can contact Delco RRC by two e-mail screen names:

**Delcorrc@aol.com** and **TRHirsch@aol.com**

Check out Delco RRC on the world wide web, our url is:

**http://members.aol.com/delcorrc/index.htm** let us know any suggestions to improve our web page.



## Welcome New Members

Four new members have joined us for a new year of running. Please welcome **Kaitlyn McShay, Ryan McShay, John McShay** and **George Jackson**

## Ramblings From The Roads

by Richard Hoopes

I just learned an embarrassing lesson about journalism. Be careful what you send to an editor. It may show up in print.

Last month when I sent my results from the Jacksonville Marathon to the editor, I attached a brief personal note in which I proceeded to rant and rave about problems with the race. I did this because I knew that Editor Tom was interested in the race, as he had spent time in Jacksonville during his military service. Also, I assumed that as a race director, he might be interested in some of the technical details of the race.

While I stand by my negative comments about the lack of course monitors, I would like to say that I did not intend to come off sounding like a whining complainer. I have helped put on a lot of road races and I know firsthand what a tremendous amount of work it takes by a lot of unpaid, under-appreciated volunteers. As a race director or volunteer, it hurts to hear criticism from runners, and I generally try not to be too critical. However, when details, fully under the control of the race director, jeopardize the integrity or the safety of the race, criticism is justified, though in a slightly more sensitive way than I did it.

I hope I didn't discourage anyone from running Jacksonville. In general, I had an enjoyable time and would recommend the run to anyone looking for a fast, flat marathon in the pleasant December weather northern Florida offers. Just be sure to familiarize yourself with the tricky twists and turns,

or you may find yourself running the shortest marathon of your racing career.

Since combined traveling/running is my main hobby, I have offered to write a (somewhat) monthly article about a race I have done. If you subscribe to any running magazines, you are already inundated with race profiles, and probably groan when faced with the prospect of another. Well, I won't force you to read it and you have my permission to skip to the minutes of the monthly board meeting.

I will try to emphasize races within a reasonable traveling distance, but be warned that I consider anything under 3000 miles a reasonable distance to travel for a marathon. Most races will be marathons, because that is primarily what I have done. I will try to sprinkle in some shorter races that I have enjoyed. I will avoid the big marathons such as New York and Boston, as they have already received more exposure than President Clinton's love life. You can expect to see reports from more exotic locations, such as Cairo, WV, and Kiawah, SC.

I will try to provide you with a feel for the atmosphere of the event, as well as some of the important details of when, where, how and how much. There will not be any boring coverage of the winners, at what mile they broke from the lead pack, etc. There also will not be any truly boring step-by-step accounts of my own personal effort.

There is one note of warning I must give. My reports will obviously be based on history. Races can change drastically from year-to-year due to such factors as new race directors, changes in sponsorship and financial support, and modifications to the course. If you go to a race I review, expect changes.

Check this space next month for episode number one.

## Smith and Clatterbaugh top Fun-Run Attendance in 1997

by Byron Mundy

For the second year in a row, Jim Smith and Kathi Clatterbaugh, both from Springfield, were the Delco RRC fun-run attendance leaders for men and women. Jim checked in at 147 sessions, while Kathi ran at 80 of the 260 fun-runs held last year in Collingdale, Aldan and Springfield.

Altogether, 105 different individuals participated in at

*(Continued on page 2)*

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least one fun-run. Special T-shirts or caps will be awarded to the 45 people who ran 10 or more runs. Thanks to Phil Kline, Bill Morgan and Byron Mundy for being fun-run recorders.

**Place, Name, Number of Fun-Runs (Ten or more times)**

- |                            |                          |
|----------------------------|--------------------------|
| 1- Jim Smith, 147          | 2- Bill Morgan, 133      |
| 3- Tom Hirsch, 107         | 4- Mark Clatterbaugh, 97 |
| 5- Pete Belfi, 82          | 6- Byron Mundy, 81       |
| 7- Kathi Clatterbaugh, 80  | 8- Paul Isaac, 79        |
| 9- Terry Adamson, 78       | 10- Phil Kline, 64       |
| 11- Steve Whitmore, 63     | 12- Dot Kracht, 61       |
| 13- John Greenstine, 52    | 14- Phyllis Botson, 45   |
| 15- Amy Binder, 44         | 16- Kathy Adamson, 41    |
| 17- Bob Huey, 40           | 18- Bob Huggins, 40      |
| 19- Bob McElhenney, 39     | 20- Sam Hill, 38         |
| 21- Mary Beth Mundy, 36    | 22- Bob Koerner, 33      |
| 23- Joe Freiberg, 29       | 24- Beth Fellona, 28     |
| 25- Lu Sanner, 27          | 26- Bea Sanner, 26       |
| 27- Jim Miccolis, 23       | 28- Mike Metague, 21     |
| 29- Lorraine Henderson, 21 | 30- Tom Midwood, 19      |
| 31- Chris Verica, 18       | 32- Eric Mundy, 18       |
| 33- Phil McCloskey, 17     | 34- Pat Armstrong, 17    |
| 35- Richard Hoopes, 17     | 36- Rita Jordan, 15      |
| 37- Meg Nilan, 14          | 38- Marcy Harper, 14     |
| 39- Nick Sachetti, 14      | 40- Sam Brattini, 13     |
| 41- Doug Smith, 13         | 42- Mary Lou Bogdash, 12 |
| 43- Mark Oleynick, 11      | 44- Larry Filtz, 10      |
| 45- Mike Hopkins, 10       |                          |

**PEOPLE NEWS**

Speedy recovery ~~wishes to~~ **Lu Sanner**, who recently got not a single, not a double, but a triple bypass right after the new year. It seems **Bea** noticed that he was short of breath, even during routine exercise. Two minutes into a stress test the cardiologist ordered him into the hospital. Now he's walking the hills near his home, and with his newly reconditioned ticker, he should be good for another 100,000 miles.

Condolences to **Jimmy Miccolis** on the passing of his mother...and to **Joan Boselli** on the passing of her sister. It's never easy to lose someone; we hope it makes things easier knowing you have friends behind you.

**Richard Webb** reports that it's great to see **Frances Kirk** running pain-free for the first time in 18 months. He also notes that he and **Doug Smith** are now close neighbors in Wilmington, a coincidence that is carrying over to races. They have run side-by-side in several events, including the Philadelphia Distance Run and Marathon and the Icicle 10M. "Of course, as the finishing line approaches, Doug courteously

concedes to age over beauty...so far," says Richard.

**Bill Schultz** is another runner back on his feet after battling a troublesome foot injury, running short intervals with fellow come-backer **Tim Wade**.

One final "sick call" note, yours truly had been running a mean streak until an unseen, but vicious, flu bug got me down. Knocked me out for a week and, I'll bet, put me back to 10-minute miles after I had finally broken the sub-9 barrier. I want a rebate on my flu shot.

--Amy Binder and John Greenstine

SO...what have you been up to? Lemme know and I'll spread the word. Write to [abinder@herc.com](mailto:abinder@herc.com) or 340 Kirk Lane, Media, PA 19063.

**Delco RRC Members!!**

**Free! Singlets, I have the singlets; now I need your shirt size to mail the proper size singlets to you. To date I have mailed 144 singlets, so if you don't have a new Delco RRC singlet in your running collection, I need to hear from**



**Delco RRC Presents**

**Square Dancing and Dinner  
On The Special Night Of  
Saturday, March 7, 1998  
7:00 PM to 11:00 PM**

**Media Fire Hall  
Front & Jackson St.  
Media, PA 19063**

**Make it a Date, Bring your Family  
and Friends, \$15.00 per person.**

**Send a check, payable to Delco RRC to:**

**Mary Beth Mundy  
214 Blunston Ave.  
Collingdale, PA 19023**

**For More Information Contact:  
610-534-2833**



you!!!

Delco RRC has a **free** 100% cotton singlet with the Delco RRC logo on it for every club member 12 yrs. of age or older! 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. If I haven't heard from you, **please** contact me, so I can mail your singlet 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**

**UPCOMING EVENTS**

**CLUB MEETING:**

**February 24, 1998**

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: **Tuesday, February 24, 1998**

Tuesday, March 24, 1998	Tuesday, April 28, 1998
Tuesday, May 26, 1998	Tuesday, June 30, 1998
Tuesday, July 28, 1998	Tuesday, August 25, 1998

**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.**

- 3-7-98 Dinner Dance**  
Mary Beth Mundy 610-534-2833
- 4-4-98 Tyler Trail Run**  
Tom Hirsch 610-544-2280
- 5-2-98 Dawn To Dusk Ultras**  
Bill Schultz 610-534-2979
- 6-26-98 Media 5-Miler**  
Rita Jordan 610-565-1416
- 6-98 Delco Development Track Meet**  
Byron Mundy 610-534-2833
- 9-98 Women's Distance Festival**  
Byron Mundy 610-534-2833
- 10-98 Delco X-C Championships**  
Byron Mundy 610-534-2833
- 10-98 Run for Heroes**  
Byron Mundy 610-534-2833
- 11-22-98 Phila. Marathon Aid Station**  
Ron Grace 610-623-3069  
Tom Hirsch 610-544-2280

**11-26-98 Thanksgiving Day Volkswanderung**  
Tom Hirsch 610-544-2280

**Please call, we need your help to put on top quality events. Delco's reputation is based on our events.**

**DELCO AT THE RACES**

by Phil Kline

If we missed you, please call with your race results, so we can post them in "Keeping Contact". **Phil Kline 609-751-2089** or **Tom Hirsch 610-544-2280**, e-mail: **Delcorrc@aol.com**

Name	Age/Sex	Place	Time	Age Group	Place
<b>Quadruple Dipsea</b> , Mill Valley, CA; 11-29-97, 28.4 miles on trails, 196 Finishers.					
Dave Covey	36/M	32	5:15:40		

**Runners Advocate New Year 5K**, Phila, PA 1-1-98; 200 Finishers.

<i>Phyllis Botson</i>	32/F	19:49	1st Female
Bill Morgan	62/M	25:11	
Paul Isaac	34/M	25:30	

**Charlotte Observer Marathon**, NC; 1-10-98; 1000 Finishers

Rick Hoopes	43/M	33	2:58:15	8th in age group
<i>Doris Hoopes</i>	42/F	247	3:37:40	4th in age group

**Icicle 10 Mile**, Wilmington, DE; 1-18-98,

George Jacques	44/M	11	59:33	2nd in age group
Richard Webb	53/M	16	1:01:24	1st in age group
Doug Smith	31/M	17	1:01:28	
Larry Filtz	43/M	24	1:03:36	
<i>France Kirk</i>	35/F		1:05:18	2nd Women overall
Phil Kline	47/M		1:11:59	
Jim Esham	51/M		1:14:01	

**Bottlecaps Superbowl 5k**, Wilmington, DE; 1-25-98, 266 Finishers.

Doug Smith	31/M	5	18:17	1st in age group
Richard Webb	53/M	6	18:21	1st in age group

**Delco RRC Members Profile**

**Stan Cherim** has traveled to various parts of the world to fulfill his quest to run. He has submitted a few articles to the newsletter on his travels.

*Name:* Stan Cherim  
*Date of birth:* September 13, 1929  
*Place of birth:* Philadelphia, PA  
*Current address:* Wallingford, PA  
*Job (s):* Retired Chemistry Professor

*Marital status:* Married, Solveig  
*Children:* Greg (38), Lise (35)  
*Height:* 5'8"  
*Weight:* 145 lbs  
*Shoe size:* 10 1/2  
*Best feature (physical):* ABS  
*Worst feature:* No Butt  
*Educational background:* Grad School  
*Favorite non-running magazine:* National Geographic  
*Favorite television show:* The Practice  
*Favorite actor/actress:* Michelle Pfeiffer  
*Favorite music:* Baroque  
*Favorite musical performer:* Jackson Browne  
*Favorite quotation:* "Go for it"  
*Book, you are currently reading:* An Affair of the Fez  
*Hobbies:* Carpentry, writing, running  
*Make of car you drive:* Chev. Van  
*Make of car you would like to drive:* Saturn  
*Greatest adventure:* Mt. Everest Marathon  
*Favorite spectator sport:* Football  
*Favorite vacation destination:* Nepal  
*Favorite time of day:* Morning, 7:00 AM  
*Short-term goal:* Run Copenhagen Marathon  
*Long-term goal:* Run the Great Wall of China  
*Favorite subject in school:* Theoretical Physics  
*Least-liked subject:* Statistics  
*Least-liked household chore:* Window washing  
*Favorite non-running leisure activity:* Carpentry  
*Greatest fear:* Physical disability  
*Secret ambition/fantasy:* Set world record for 800 meters  
*Personal strengths:* Optimist  
*Personal weaknesses:* Too trusting  
*Years running:* 11 years  
*Number of races finished:* 300 races  
*Best race performance:* 3:43 marathon  
*Most memorable race performance, and why:* Phila. Distance Run in 1996, I won my age group.  
*Typical training week:* Average 5 miles per day, 5 days a week  
*Typical training week a month or two before a major race:* 25 miles a week, mostly on trails.  
*Injuries:* Broken bones in foot.  
*Favorite food/drinks:* Lobster, beer, wine.  
*Favorite place to run:* Woodland trails  
*Favorite type of running surface:* Natural trails.  
*Why do you run:* Fun and fitness.  
*Any advice you would give other runners:* Try the Hash House Harriers.

## Humor

submitted by Richard Hoopes

Recently reported in the Massachusetts Bar Association

Lawyers Journal, the following are 22 questions actually asked of witnesses by attorneys during trials and, in certain cases, the responses given by insightful witnesses:

1. "Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?"
2. "The youngest son, the twenty-year old, how old is he?"
3. "Were you present when your picture was taken?"
4. "Were you alone or by yourself?"
5. "Was it you or your younger brother who was killed in the war?"
6. "Did he kill you?"
7. "How far apart were the vehicles at the time of the collision?"
8. "You were there until the time you left, is that true?"
9. "How many times have you committed suicide?"
10. Q: "So the date of conception (of the baby) was August 8th?"  
A: "Yes."  
Q: "And what were you doing at that time?"
11. Q: "She had three children, right?"  
A: "Yes."  
Q: "How many were boys?"  
A: "None."  
Q: "Were there any girls?"
12. Q: "You say the stairs went down to the basement?"  
A: "Yes."  
Q: "And these stairs, did they go up also?"
13. Q: "Mr. Slatery, you went on a rather elaborate honeymoon, didn't you?"  
A: "I went to Europe, Sir."  
Q: "And you took your new wife?"
14. Q: "How was your first marriage terminated?"  
A: "By death."  
Q: "And by who's death was it terminated?"
15. Q: "Can you describe the individual?"  
A: "He was about medium height and had a beard."  
Q: "Was this a male, or a female?"
16. Q: "Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?"  
A: "No, this is how I dress when I go to work."
17. Q: "Doctor, how many autopsies have you performed on dead people?"  
A: "All my autopsies are performed on dead people."
18. Q: "All your responses must be oral, OK? What school did you go to?"  
A: "Oral."
19. Q: "Do you recall the time that you examined the body?"  
A: "The autopsy started around 8:30 p.m."  
Q: "And Mr. Dennington was dead at the time?"  
A: "No, he was sitting on the table wondering why I was doing an autopsy."
20. Q: "You were not shot in the fracas?"

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A: "No, I was shot midway between the fracas and the navel."

21. Q: "Are you qualified to give a urine sample?"

A: "I have been since early childhood."

22. Q: "Doctor, before you performed the autopsy, did you check for a pulse?"

A: "No."

Q: "Did you check for blood pressure?"

A: "No."

Q: "Did you check for breathing?"

A: "No."

Q: "So, then it is possible that the patient was alive when you began the autopsy?"

A: "No."

Q: "How can you be so sure, Doctor?"

A: "Because his brain was sitting on my desk in a jar."

Q: "But could the patient have still been alive nevertheless?"

A: "It is possible that he could have been alive and practicing law somewhere."

## Road Runners Club of America News

### 1998 Convention News

The RRCA's 40th Anniversary Convention will take place in Peoria, Illinois from June 18-20th. The keynote speaker at the Annual Awards Banquet will be Olympian Billy Mills. The featured race is the Steamboat Classic 15k. For more information on the convention, call the National Office at 703-836-0558 or visit the website at <http://rrca.org>

### RRCA Women's 5k Series

The RRCA Women's 5k Series will be sponsored by Avon and will take the place of the Women's Distance Festival Series.

Avon is also sponsoring the Global Women's Circuit, a series of 10k races and 5k Fitness Walks to be held in the US and 15 foreign countries. US events coordinated by RRCA clubs in 1998 will take place in Atlanta, GA, Dallas, TX, Denver, CO, Portland, OR, Sacramento, CA, Baltimore, MD, Hartford, CT, Kansas City, MO, Cincinnati, OH, and Chicago, Ill. The RRCA Women's 5k Series goal is to hold an event in each of the remaining 40 states.

### RRCA "Women Going The Distance" Series

Another level of women's races is being established by the RRCA and Avon. This is an alternative to the larger Women's 5k Series, but still requires a minimum of 100 entrants.

## Highlights of Delco's January Meeting

**Phyllis Botson** is the new Women's Team Coordinator,

all women interested in running on Delco teams, in upcoming races, should contact Phyllis at **610-449-4958** or e-mail: [Pbotson@aol.com](mailto:Pbotson@aol.com).

**Larry Filtz** is the Men's Team Coordinator. Men, please contact Larry at **610-565-6957**, to be part of Delco's teams. At present, Delco is getting together teams for the Boston Marathon. So! Interested? Call your team coordinator and get with the team.

**Kathi Clatterbaugh** and **Bob Huey** are in the process of transferring the treasurer records and updating the account cards at the bank. **Bob will present** the 1998 budget at the next meeting, as his last official act as treasurer.

**Richard Hoopes** has received all membership records from **Kathi Clatterbaugh**. So, any updates on your membership should be directed to **Richard Hoopes**, 1023 Farm Ln, West Chester, PA 19382; **610-399-0343**, e-mail: [Rkhoopes@aol.com](mailto:Rkhoopes@aol.com)

Media 5 Miler: **Frank Daly** spoke about the history of the race. Proceeds had traditionally been split between Media Boro and Delco RRC. Media disbursed funds to the Recreation Dept. During a State audit, 3 years ago, Media Boro was told they should not take proceeds and distribute. Media Minutes took over distribution. In 1996, Media Minutes Foundation was formed. Its is a PA Non-Profit Corp, not a 501 (c3), its sole purpose is to distribute funds from the Media 5 Miler. None of their funds are solicited from the public. There is a bi-partisan panel of 25 members (although they are political). They distribute the money to a scholarship for a media residents, abuse shelter, sports facilities upkeep, etc. Daly said he would send a copy of the foundation's incorporation papers for our records. A motion was made rewrite the check to Media. Passed with one opposed and one abstained.

Thank you to all who attended the January meeting, they include: **Byron Mundy, Bob McElhenney, Kathi Clatterbaugh, Phyllis Botson, Paul Isaac, Mark Kern, Bob Huey, Richard Hoopes, Rita Jordan, Frank Daly and Paul Robinson.**

**RACE CALENDAR:****FEBRUARY:**

**14** WINTER BAGEL RUNS, Schnecksivle, PA; Contact Ed Eppler, 7097 Limerick Sq, Bethlehem, PA 18017; 610-799-1584 days or 610-837-8464 evenings

JACOBUS 5 MILER, Jacobus, PA; Contact Barb Black 717-755-4248

**15** 28th ANNUAL SNOWBALL ROAD RACE SERIES 10 MILER, Glassboro, NJ; Contact 609-845-5061

WASHINGTON BIRTHDAY MARATHON & RELAY, Greenbelt, MD; Contact GWBM, c/o Jack McMahan, 5412 Marlin St, Rockville, MD 20853; DCRRC- 703-241-0395

**22** KLEES MILLER LIGHT CHILL OUT TEN MILER & 5k, Seaside Heights, NJ; Contact 609-468-0010

USA TRACK & FIELD INDOOR CHAMPIONSHIP, Rauch Fieldhouse, Lehigh University, Lehigh, PA; Contact Ron Jackson 215-247-3175

19th ANNUAL ANHEUSER-BUSCH COLONIAL HALF-MARATHON & 5k, Williamsburg, VA; Contact Colonial Half-Marathon, PO Box 399, Williamsburg, VA 23187; William and Mary Special Events, 757-221-3362

28th ANNUAL SNOWBALL ROAD RACE SERIES 5K, West Deptford Park, NJ; Contact 609-845-5061

**28** ELIZABETHTOWN COLLEGE FROZEN FOOT 5k SERIES #2, Elizabethtown, PA; Contact Dave Salmon 717-361-1157

INDIAN ROCK 10K, York PA; Contact Tom and Linda Schaffstall 717-755-6806

**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

NORTHEAST ROADRUNNERS 10k, Kelly Drive, Phila, PA; Contact NERRC 2005 Country Club Ln, Doylestown, PA18901; 215-343-7908

28th ANNUAL SNOWBALL ROAD RACE SERIES 5k, West Deptford Park, NJ; Contact 609-845-5061

**7** ATHLETE'S CLOSET WINTER SERIES 5 MILER, 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

**8** B&A TRAIL MARATHON & HALF MARATHON, Severna Park, MD; Contact Tom Bradford, 746 Mimosa Ct, Millerville, MD 21108; 410-987-0647

**14** BOARDWALK RUNNERS ST. PATS 10 MILE, Margate, NJ; Contact 609-601-1RUN

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

**15** RODALE PRESS HALF-MARATHON, 5 mile, 5k, Allentown, PA; Contact Half-Marathon, LVRR-RG, PO Box 592, Allentown, PA 18105; 610-433-9362

**16** NESTLE ST. PADDY'S TEN MILE RACE & 5k, Freehold, NJ; contact 908-758-4931

**21** BANCROFT SCHOOL 5k, Haddonfield, NJ; Contact 800-966-0096

**22** CAESAR RODNEY HALF-MARATHON, Wilmington, DE; Contact Kathleen Stone, American Lung Asso, 1021 Gilpin Ave, Suite 202, Wilmington, DE 19806; 302-655-7258

SEASIDE ISLAND BEACH-RED DOG HALF-MARATHON & 5k, Seaside Heights, NJ; Contact 609-48-68-0010 or 908-830-7260

**28** HEALTH AWARENESS 5k, Ridley Township, PA; Contact Rita Jordan, 311 South ave, Media, PA 19063; 610-565-1416

CHAMBERSBURG HALF-MARATHON Chambersburg, PA; Contact Merrilynn Kessler, Chambersburg R R C, 1759 Crottletown Rd, Chambersburg, PA 17201; 717-264-3775

ELIZABETHTOWN COLLEGE FROZEN FOOT 5k SERIES #3, Elizabethtown, NJ; Contact Dave Salmon 717-361-1157

HINTE-ANDERSON TRAIL RUN 50K, Susquehanna State Park, MD; Contact Jeff Hinte, 521 Windermere Dr, Aberdeen, MD 21001; 410-272-4775, e-mail jlhinte@apega.army.mil.

**29** DCCC 5k CHALLENGE, Media, PA; Contact Cindy Robinson, DCCC Alumni Coordinator, 610-359-7399, Fax 610-325-2832, e-mail crobins@dccnet.dccc.edu

BUZZ'S TAVERN 6th ANNUAL SHAMROCK FOUR MILER, Mt Holly, NJ; Contact 609-265-8344

21st ANNUAL EMMAUS 4 MILE ROAD RACE, Emmaus, PA; Contact Emmaus Four Mile Classic, PO Box 592, Allentown, PA 18105

**APRIL:**

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

DOYLESTOWN HOSPITAL 5k, Doylestown, PA; Contact Kathy Ottinger, Doylestown Hospital, 595 W. State St, Doylestown, PA 18901; 215-345-2832

RUNAWAY 5k, Phila, PA; Contact Amelia Belardo-Cox, Voyage House, 1431 Lombard St, Phila, PA 19146; 215-545-2910

KUTZTOWN FOOLS RUN 10 MILER & 5k, Kutztown, PA; Contact 610-683-8860

**5** INGLIS HOUSE 5 MILER, Memorial Hall, Phila, PA; Contact 215-581-0703

**11** MOUNT PENN MUDFEST 15k TRAIL RUN, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606, 610-779-2668

**16** CAMDEN CO. POLICE ACADEMY'S 3RD ANNUAL LARC SCHOOL RUN for the KIDS 5k/1 mile run-walk, Bellmawr, NJ; 6:45 PM, Contact

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609-468-0010

**18 CLEAN AIR COUNCIL** 5k, Phila, PA;  
Contact Crissy Bowen, Clean Air  
Council, 135 S. 19 St, Suite 300, Phila,  
PA 19103; 215-567-4004 ext. 235

13th ANNUAL HOT PURSUIT 5k,  
Nazareth, PA; Contact Frank Frey,  
Nazareth YMCA, 33 S. Main St,  
Nazareth, PA 18064; 610-759-3440

VHTRC BULL RUN RUN,50 MILES,  
Bull Run, VA; Contact Scott Mills, 3504  
Cameron Mills Rd, Alexandria, VA  
22305-1103; 703-548-9466, e-mail:  
ilkrunn@aol.com

**19 PENN RELAYS** 20k & 5k DISTANCE  
CLASSIC, Franklin Field, Phila, PA;  
Contact 215-898-6145 or Norman Green,  
610-644-4053

**25 SPRING THAW** 5k/10k, Millville, NJ;  
Contact 609-696-3924

**26 DOYLESTOWN YMCA** 5k, Doylestown,  
PA; Contact 215-345-0806

4th ANNUAL BENJAMIN FRANKLIN  
BRIDGE CHALLENGE 4 MILER, Start  
& Finish on the NJ side of bridge; Contact  
609-468-0010

FRENCH CREEK "DIRTY THIRTY"  
30k TRAIL RUN, French Creek State  
Park, Elverson, PA; Contact Ron Horn,  
112 W. 36th St, Reading, PA 19606; 610-  
779-2668

**MAY:**

**2 DAWN TO DUSK ULTRAS**, 50k, 50m,  
100k, 12 hr; Sharon Hill, PA; Contact Bill  
Schultz, 1105 Clifton Ave, Collingdale, PA  
19023; 610-534-2979 **Delco RRC event.**

**3 BROAD STREET 10 MILER**, Phila, PA;  
Contact Jim Marino, Dept of Recreation,  
16th & Arch Sts, 5th Floor, Phila, PA  
19103; 215-563-6184

**10 RACE FOR THE CURE** 5k WALK/  
RUN, Phila, PA; Contact SASE Breast  
Health Institute, 1015 Chestnut St, Suite  
510, Phila, PA 19107; 215-829-1899

**16 ARMED FORCES DAY** 10k RUN/2  
MILE RUN-WALK, Willow Grove Naval  
Air Station, Willow Grove, PA; Contact

215-443-6082 or 609-468-0010

**17 PHILA. BAR ASSO** 10k & 2 mile, Phila,  
PA; Contact 610-828-5003

**23 DOYLESTOWN ALLIANCE** 5k,  
Doylestown, PA; Contact 215-230-0654

**25 PORT RICHMOND** 5k ROLL & 5k  
RUN; Phila, PA; Contact 609-468-0010  
or 215-425-1110

**30 GREAT CAPE MAY FOOT RACE** 10k/  
3k, Cape May, NJ; Contact John Bailey,  
Race Director, 609-864-5509 or Lin-  
Mark, 609-468-0010

**31 SCHUYLKILL RIVER**  
DEVELOPMENT 5k, Phila, PA; Contact  
Maggie Mund, Schuylkill River Development  
Council, 2314 South St, Phila, PA 19146;  
215-985-9393, fax 215-985-0101

PAWS & FEET- RUN for the ANIMALS,  
Cooper River Park, Cherry Hill, NJ;  
Contact Lin-Mark, 609-468-0010

**JUNE:**

**6 EPILEPSY FOUNDATION of**  
AMERICA 5 MILE, Phila, PA; Contact  
215-627-8789

MOORESTOWN ROTARY 8k RUN,  
Moorestown, NJ; Contact 609-235-6344

**7 SPECIAL EQUESTRIANS** 5k,  
Doylestown, PA; Contact 215-297-5549

**13 CHALFONT CHALLENGE** 5k, Chalfont,  
PA; Contact 215-822-7295

**26 MEDIA 5 MILER**, Media, PA; Contact  
Rita Jordan, 311 South Ave, Media, PA  
19063; 610-565-1416, **Delco RRC event.**

**JULY:**

**4 PITMAN FREEDOM 4 MILE**, Pitman,  
NJ; Contact 609-589-4665

**SEPTEMBER:**

**20 PHILADELPHIA DISTANCE RUN**,  
Phila, PA; Contact Mark S. Stewart, PO  
Box 43111, Phila, PA 19129;  
215-864-8225

**NOVEMBER:**

**22 PHILADELPHIA MARATHON**, Phila,  
PA; Contact Chris Tatreau, Memorial  
Hall, PO Box 21601, Phila, PA 19131-

0901; 215-685-0054

**26 THANKSGIVING DAY**  
VOLKSWANDERUNG, Ridley Creek  
State Park, Media, PA; Contact Tom  
Hirsch, 97 Powell Rd, Springfield, PA  
19064; 610-544-2280 **Delco RRC event.**

**TRI-BIATHLONS:**

**JULY:**

**18 SUNSET SPRINT TRIATHLON**,  
Bridgeton, NJ; 1/2 mi lake swim, 16 mi  
bike, 5k run. Contact 609-696-3924

Who has seen the wind?

Neither you nor I:

But when the trees bow down their  
heads,

The wind is passing by.

**Christina Rossetti** (1830–94), English poet,  
lyricist. *Who Has Seen the Wind?*, st. 2.<sup>1</sup>



**DELCO RRC Officers:**

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

**TUESDAY \* SPRINGFIELD \***

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

**WEDNESDAY \* SWARTHMORE \***Swarthmore Presbyterian Church parking lot,  
Harvard Ave. near Rt. 320. \* 6:30 p.m.**THURSDAY \* SPRINGFIELD \* Same as Tuesday****FRIDAY \* MEDIA, during Daylight Savings Time \***Ridley Creek State Park, Bishop Hollow  
and Barren Road parking lot \* 6:30 p.m.**SATURDAY \* COLLINGDALE \***

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

**Delco RRC Keeping Contact, e-mail: DelcoRRC@aol.com****NEXT DEADLINE: February 20, 1997****NEXT MAILING DATE: March 6, 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....

