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# DELCO RRC Keeping Contact

Issue 25

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e-mail: DelcoRRC@aol.com

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## Delco RRC Officers for '98

Please give a warm welcome and all your support to our club officers for 1998, **Byron Mundy** as **President**, **Bob McElhenney** as **Vice-President**, **Kathi Clatterbaugh** as **Treasurer**, **Paul Isaac** as **Secretary**, **Richard Hoopes** as **Membership Chair** and **Larry Filtz** as **Team Coordinator**.

We would like to thank the club officers for 1997, **Byron Mundy**, **Tom Midwood**, **Bob Huey**, **Kathi Clatterbaugh**, **Paul Isaac** and **Larry Filtz**, Delco RRC appreciates all your hard work.

## Membership Update

To-date I have sent out 231 membership cards to 192 addresses. As I mentioned in last month's newsletter once my supply of membership cards is depleted they will no longer be sent out. Your membership number appears on the mailing label on your newsletter each month or you can call me for the number should you need it.

A big Thank You to **Richard Hoopes** for volunteering to take over the membership post. The transition will be made as soon as possible. Membership renewal will take place in July 1998 so that the RRCA roster can be updated. This update is due each year in September and determines our dues in the RRCA and insurance premium so it is important you respond to the renewal application.

Two new members joined our club in December. **Catherine Donnelly** and **Mark Kern**. Welcome to all and hope to see you at a fun run in 1998.

Kathi Clatterbaugh  
Membership Chair

**"AND WE HAD SUCH A GOOD TIME ....."**  
says Richard Webb

Ever been somewhere and had such a good time, you're sorry all your friends missed it?

For three years now, I've run in an event and wondered at the dearth of Delco competitors, given that it is usually held in our own back yard. Even better, for just \$10 you get to run in five races. Each year, I meant to spread the good news. This year, with just one finger extended, and a mouse, voila!



Mark your 1998 calendars now. Sometime in late October, look out for the Philadelphia Masters' Runners' Pentathlon. Usually it's at Swarthmore College, this year we had to go a little further up the Blue Route to Fort Washington. It is a Sunday morning track meet that pits man against woman, master against college freshman, sprinter against ultramarathoner. Thanks to incredible organization by the Philadelphia Masters, the event runs smoothly, on time, with computer-generated results within minutes. So how is it done?

Just show up 15 minutes before the start, no pre-registration required. The first event is the 3,000m, at 9:00 AM sharp. With about 40 entries, this gets split into two heats, each race seven and a half laps, but, throughout the competition, everyone is competing against everyone else, on an age-graded basis. I'll try to explain this later, but, as road runners, don't be intimidated by all these track technicalities. Just follow the instructions from the USATF-qualified officials, and even the least experienced will feel very welcome. There's no need to be embarrassed by any level of performance; just like any 5K, the field is very mixed!

For us distance runners, the first event, 3,000m, is likely to be our best. For those less numerate, just think of it as a 5K in which the last mile can be spent recovering horizontally. For the sprinters, and there is always a strong contingent from the Philadelphia Masters, some wearing medals from National competition, this opening event is shear hell. It takes the speed out of their legs before they get chance to flex those bulging bellies, whoops, thigh muscles.

After exactly thirty minutes rest, we line up in our designated lanes for the 800m. For many of us, lane discipline is something novel, even on I 95. The rules for the 800m, as explained to us at the starting line, seem to translate to "stay in lane till the gun, then go for it". By the bell lap, the sprinters have found to their discomfort that even 800m is three bends too many. As they decelerate, and the marathoners show the benefits of those 10 x 800 repeats, our chief concern is whether our role is that of Mary or of Zola.

Thirty minutes later, the gun goes off again. For a 200m dash, we must stay in lane all the way. Two more unfamiliar experiences with which to cope: crouched and staggered starts. For most of us, fingering the starting line is about as much use as spikes or starting blocks, but at least the stagger momentarily fools us into thinking we can keep it close. Some chance! The sprinters, supposedly out of gas, instead find another gear, even overdrive, as they flash past us. At least the

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margin is only one of a few yards or seconds, but this is their event, and we are suitably impressed.

Another thirty minutes, and it's our turn again, the mile, four laps give or take a yard. Whom are we kidding? After a lap, marathoners and sprinters alike, our legs are Jell-O. It's a war of survival now, hang in there, and let's find out for whom the bell tolls on that last lap. Advantage, marathoners. At least running on tired legs is a familiar if unwelcome feeling, and in this, the fourth event, stamina wins over speed.

About two and a half hours after we started, it's time for the last event, the 400m. It's short enough that we can give it all we've got left, and though the speedsters come out on top, it's certainly closer than it would have been earlier in the day.

There is hardly time to put on our sweats before the results are announced. In the first three overall, sprinters, road racers, and both sexes are all represented, truly a politically correct conclusion to an exciting morning.

So how does the scoring work? Into the computer is loaded what in essence is a series of graph curves, with time plotted against age at each distance to be run. Each point on the curve defines a theoretical world best time for the sex, age and distance. These curves were computed from a very few actual performances which are considered to represent true world bests in the 1990's. For example, for Becky, a hypothetical 78-year-old woman running the mile, the curve says the world best is 6:55.15. In the pentathlon, Becky finishes the mile in 8:46.23. This is 78.89% of the "world best", so for that event she scores 78.89 points. Bob, who is 32, runs the mile in 4:51.19, which is 77.06% of the "world best" for his age, 3:44.39. When all five events were scored and the totals added, we had our first three. For anyone who enjoys statistics, the results for all runners, sent out by mail, make interesting reading. For most, the event itself is a highlight of their running season, and statistics prove nothing, just lies, damn lies.

## 1997 Volkswanderung

by Jim Seaman

Thanks to all who participated in the annual Thanksgiving Day Event. This was ~~my first year~~ participating, and I had a terrific time! I started out with a group of heavy hitting "trail runners" and it was just what the doctor ordered for a middle of the road runner like myself. I had trouble keeping pace with them, but trying to do so acted as a great training tool.

The interesting part of the run started when I lost them on one of the trails. I ended up in the woods all by myself hoping the trail led back to civilization...boy was it exhilarating! Well, the trail did lead back to the road, and the road was filled with fellow DRRers. So I hooked up with a new group and finished with about 5 miles under my belt.

All that fun, and for a good cause. Thanks again, everyone was extremely pleasant and helpful. Hope to see you all at the next race (Brian's Run for me).

## PEOPLE NEWS

Thank goodness the holidays are over! Let's pack away Santa and hope he doesn't surface again until at least the third-quarter of 1998. (Fat chance, considering I saw him creeping into shopping catalogs in August.) But while we're on the subject, let's recap some notable moments of the holiday season:

\* "Run to the Lights" and the **Clatterbaugh's** cool-down party afterwards. Always a hit. For those of you who like to shop early, **Mark** and **Kathi** could use some new holiday music for next year (you can listen to reggae Christmas tunes only so long).

\* At press time, it looks like quite a few runners will be ringing in the New Year at First Night in Wilmington. It's a relatively new tradition (six years young) that has been attracting more Delco members each year. For a small fee, you get to wander into different entertainment venues all night long: jazz, rock, folk and bluegrass, big band, classical, opera, country music, dance, ethnic and world music, gospel, new age, poets and storytellers...well, you get the idea. Don't forget Genelle's restaurant for casual Caribbean fare (and some great oxtail stew).

\* The WORST Santa picture: a typically roly-poly bearded man in hat and boots--and that's all. Thankfully, he was posed belly down on a bear-skin rug. Fetching? I don't think so.

\* The **Adamsons**: going for the record of consecutive weekends traveling away from home for the holidays. Besides Indiana, PA, to see **Ma & Pa Adamson**, they traveled to Augusta, ME, to see **Ma & Pa Stevens** and also to New York State to meet **Bill** and **Joan Boselli** for a New Year's ski weekend.

\* **Byron** and **Mary Beth Mundy** held their annual holiday sing-along. Could hear them all the way from Collingdale to Media. Quite the handsome family, those Mundys...and they sent pics in their Christmas cards to remind everyone.

\* **Bob Huey** also sent cards with his family pics. **Granite**, **Carl**, and dearly departed **Moses** (black labs, all).

\* Heard from those warm-weather folks, **Marlene** and **Dick White**, who now live in Florida. They were in the area over the holidays visiting Marlene's parental units. They also came north for the Marine Corps Marathon and, like true Floridians, complained about the cold. (Something about your

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blood thinning when you live in warm climes, making you intolerant to cold weather.) With triathlon season over, they're back into marathon training. Look for them at the Disney Marathon; they'll be the ones without the mouse ears.

And now some not-at-all-related-to-Christmas items. I finally cleaned off my desk and found some notes that I meant to include in the November "People" column. I ran into **Carolyn DiGiambatista** on election day--also her birthday. We met at Michael Christopher Design, THE beauty salon in Delaware (can you see the difference?). Besides beauty tips, Carolyn revealed that she's just entered a new age group: who would believe 56? She's been on the road lately: Florida, Arizona, and a few others. Instead of worrying about layoffs and early retirements, she's busier than she's been in awhile. Her husband, **Kenny**, also has been hired full-time by the same company, so they're a Boeing couple.

If you want to reach **Jimmy Miccolis** by e-mail, just use his radio address: N2EY@aol.com. Shows his dedication to being a ham-ster. Seems initials are big with Jim; he ended a recent e-mail with "BCNU." I was puzzled, but **John Greenstine** got it right away. Just say each letter aloud--Duh!

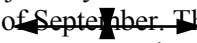
Timing is everything, and apparently mine is off. I bought a long-awaited pair of inline skates just as the outdoor season was ending-or so said the skating expert/sales guy. I guess he doesn't know from runners. We don't let a little weather stop us. In fact, with the mild winter we've had so far, I've been able to get practice sessions in just about every weekend. The good news is it has helped my running. (Yes, **Beth Fellona**, I'll be careful.)

--Amy Binder

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

### A Real Cross Country Trip

by Michael and Ann Shiber

We have been on a different type of "cross country" this fall. My wife and I journeyed across our beautiful country for most of the month of ~~September~~  This country of ours is so vast and diverse, we recommend, to anyone who has pondered a state to state vacation, to definitely do it. Our trip was a trip of a lifetime.



Along the way, I managed to run in the Las Vegas Stampede in Nevada. The start of the run was 7:30 AM, which I thought was a bit early, especially being on vacation?? As I found out, it was almost 100 degrees by race time, and over 106 degrees after the race! Needless to say I was a bit hot and

out of my natural habitat of the Northeast. All in all, I survived running in the desert and managed to go to Las Vegas and leave with some money because I wasn't gambling (maybe with my life). We departed Las Vegas and headed for cooler climate and another race in Seattle, WA, but we missed race by a half day. Time management can be difficult when traveling by car. We settled for a micro-brewery tour of the Red Hook Brewery instead....major disappointment.

I was able to coordinate both events through Runner's World magazine, which has running events by region. It was great to be able to run competitively while on vacation in another part of the country. Next time, I make the event in Seattle and by-pass the run in Las Vegas (I'll just gamble, thank you very much!)

It was important to keep fit because when we returned to Philadelphia, we had a number of events to run. I ran the Philadelphia Distance Run, my longest competitive run. I survived, thanks to the desert run. We also ran in the Run for Heroes and The Commodore Barry Bridge Run (scenic but very windy this year). Ann won awards in the Heroes and Bridge Runs. Sorry, I do not have specific times but they were nothing spectacular, maybe that is why I don't remember them...perhaps next year I need to train harder to match my wife's accomplishments. We hope everyone had healthy and happy holidays.

### Jacksonville Marathon

by Richard Hoopes

I enjoyed my time in Jacksonville. It seems like a nice place. The weather was perfect. I was expecting to be too warm, but it was just about right, plus course had a lot of shade, so that helped as sun got higher. The course was an out-and-back in residential areas south of the city (Baymeadows area).



I did have a few gripes. There was one tricky turn where you turned off the main road to do a loop of about 3/4 mile in a park, then came back out the same park entrance road and continued on down the mainroad. This turn came quickly after another turn, and when you looked ahead, you could see people going on down the road ahead of you, that had presumably already done the park loop. They had no one monitoring this turn, just a sign with an arrow on it, and it was off on the side of the road. If I hadn't driven the course the night before, I think I would have missed the turn. As I was coming back along the main road (the halfway turnaround was just another half mile down the road) I saw a pack of about a dozen runners on the outbound leg go right by the turn, thus cutting about 3/4 mile off the course. I yelled at them that they had missed a turn, but I don't think they understood. I imagine

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there were a number of p.r.'s. set that day! Unfortunately, it may have really messed up the age-group results as some people ran 26.2 and others only ran 25.5.

**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 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:**

**January 27, 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, January 27, 1998.**

- |                            |                         |
|----------------------------|-------------------------|
| 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.**

- 4-4-98 Tyler Trail Run**  
Tom Hirsch 610-544-2280
- 5-2-98 Dawn To Dusk Ultras**  
Bill Schultz 610-534-2979
- 6-98 Delco Development Track Meet**
- 6-98 Media 5-Miler**
- 9-98 Women's Distance Festival**

- 10-98 Delco X-c Championships**
- 10-98 Run for Heroes**
- 11-98 Phila. Marathon Aid Station**
- 11-26-98 Thanksgiving Day Volkswanderung**

**Please call, we need your help!!**

**JUST A THOUGHT OR LACK OF?**

As I look over the names of the club officers, this year and the upcoming year, they all, are so familiar. I believe the health of the club is hinged on new concepts and leadership. I feel we should look for ways to inspire new members to help or even take over club events or offices. So my challenge to the '98 officers and all club members: let's bring this club back to life. Delco RRC directs or is involved with with these yearly events: Delco Development Track Meet, Tyler Trail Run, Dawn to Dusk Ultra, Media 5-Miler, Women's Distance Festival, Delco X-C Championships, Run for Heroes, Phila. Marathon Aid Station and Thanksgiving Day Volkswanderung. We are contacted every year to help at new races, but due to the lack of personnel, we have to turn them down. If you are interested in being more involved with these events call one of the club officers; numbers are listed on the last page, or come to the monthly meetings; they are open to all club members. Thanks for listening and as always have long and good runs.

Tom Hirsch

**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: **TRHirsch@aol.com**

Name	Age/Sex	Place	Time	Age Group	Place
<b>Philadelphia Marathon, PA 11-28-97</b>					
Jesse Tucker	38/M	1726	4:05:35	527th	in age group

**PNC Run for MS, 10k/5k, Wilmington, DE; 11-27-97**

**10k, 480 Finishers**

Richard Webb	52/M	8	37:51	1st	in age group
Larry Filtz	43/M	17	39:29		
Phil Kline	47/M	80	43:29	1st	Clydesdale
<i>Phyllis Botson</i>	32/F	144	46:51	2nd	in age group
Peter Belfi	56/M	215	49:30		

**5k, 470 Finishers**

Richard Webb	52/M	17	19:19	1st	in age group
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**Tim Kerr River 5k, Phila, PA; 11-30-97, 45 Finishers.**

Paul Isaac	33/M	15	26:22	3rd	in age group
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**Almost Heaven Marathon**, Charleston, WV; 11-30-97  
 Richard Hoopes 43/M 7 2:58:21 2nd in age group  
 Doris Hoopes 42/F 3(F) 3:40:28 1st in age group

**Delaware Marathon**, Middletown, DE; 12-7-97, 176 Finishers  
 Richard Webb 53/M 8 2:56:58 1st in age group

**Brian's Run, 10k**, West Chester, PA; 12-7-97, 1309 Finishers.

**361 Women Finishers.**

Phyllis Botson 32/F 21 40:47  
 Ann Tierney 34/F 22 40:56  
 Jody Erb 25/F 42 45:13  
 Rita Jordan 47/F 123 52:21  
 Bonnie Muetterties 44/F 124 52:23  
 Kathi Clatterbaugh 46/F 313 65:52  
 Dot Kracht 61/F 336 69:55

**948 Men Finishers.**

Josh Jordan 15/M 125 41:16  
 Jim Eshan 51/M 222 44:28  
 Phil Kline 47/M 227 44:36  
 Amos Mincin 47/M 232 44:39  
 Jim Seaman 39/M 419 49:17  
 John Bryson 58/M 741 57:23  
 David Irving 61/M 851 61:46  
 Dan Cuddhy 37/M 864 62:16

**Jacksonville Marathon**, FL; 12-20-97, 564 Finishers  
 Richard Hoopes 43/M 17 2:56:16 1st in age group

**First Night 5k**, Wilmington, DE; 12-31-97, 304 Finishers.  
 Richard Webb 53/M 9 17:56 1st in age group  
 Mike Metague 50/M 22 19:32 2nd in age group

**Hacking Through the Computer Jargon Jungle**

submitted by Dave Covey

**Alpha:** Software undergoes alpha testing as a first step in getting user feedback. Alpha is Latin for "doesn't work."  
**Beta:** Software undergoes beta testing shortly before it's released. Beta is Latin for "still doesn't work."  
**Computer:** Instrument of torture. The first computer was invented by Roger "Duffy" Billingsly, a British scientist. In a plot to overthrow Adolf Hitler, Duffy disguised himself as a German ally and offered his invention as a gift to the surly dictator. The plot worked. On April 8, 1945, Adolf became so enraged at the "Incompatible File Format" error message that he shot himself. The war ended soon after Hitler's death, and Duffy began working for IBM.

**CPU:** Central propulsion unit. The CPU is the computer's engine. It consists of a hard drive, an interface card and a tiny spinning wheel that's powered by a running rodent - a gerbil if the machine is a 286, a ferret if it's a 386 and a ferret on speed if it's a 486.

**Default Directory:** Black hole. Default directory is where all files that you need disappear to.

**Error message:** Terse, baffling remark used by programmers to place blame on users for the program's shortcomings.

**File:** A document that has been saved with an unidentifiable name. It helps to think of a file as something stored in a file cabinet - except when you try to remove the file, the cabinet gives you an electric shock and tells you the file format is unknown.

**Hardware:** Collective term for any computer-related object that can be kicked or battered.

**Help:** The feature that assists in generating more questions. When the help feature is used correctly, users are able to navigate through a series of Help screens and end up where they started from without learning anything.

**Input/Output:** Information is input from the keyboard as intelligible data and output to the printer as unrecognizable junk.

**Interim Release:** A programmer's feeble attempt at repentance.

**Memory:** Of computer components, the most generous in terms of variety, and the skimpiest in terms of quantity.

**Printer:** A joke in poor taste. A printer consists of three main parts: the case, the jammed paper tray and the blinking red light.

**Programmers:** Computer avengers. Once members of that group of high school nerds who wore tape on their glasses, played Dungeons and Dragons, and memorized Star Trek episodes; now millionaires who create "user-friendly" software to get revenge on whoever gave them noogies.

**Reference Manual:** Object that raises the monitor to eye level. Also used to compensate for that short table leg.

**Scheduled Release Date:** A carefully calculated date determined by estimating the actual shipping date and subtracting six months from it.

**User-Friendly:** Of or pertaining to any feature, device or concept that makes perfect sense to a programmer.

**Users:** Collective term for those who stare vacantly at a monitor.

**Users are divided into three types:** novice, intermediate and expert.

**-Novice Users:** People who are afraid that simply pressing a key might break their computer.

**-Intermediate Users:** People who don't know how to fix their computer after they've just pressed a key that broke it.

**-Expert Users:** People who break other people's computers.

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### Ladies and Gentleman of Delco

We are trying something a little bit different with teams. We now have a Women's Team Coordinator and a Men's Team Coordinator. What we would like to do is compile a list of Delco members who are interested in team competition and what races our members would be like to see Delco teams competing in. Our teams are open to everyone in Delco so contact one of the team coordinators. Women, contact **Phyllis Botson**, 610-449-4958, e-mail [Pbotson911@aol.com](mailto:Pbotson911@aol.com). Men, contact **Larry Filtz**, 610-565-6957.

Also, if you would like to have Delco coordinate a weekly or bi-weekly track workouts, let us know. We will try to put together a central location and time.

### Highlights of Delco's December Meeting

A big, big thank you went out to **Kathi and Mark Clatterbaugh** for hosting the party after the Run to the Lights on December 16th. The run was great but the party was the best.

The club officers for 1998 are **Byron Mundy**, president, **Bob McElhenney**, vice-president, **Kathi Clatterbaugh**, treasurer, **Paul Isaac**, secretary. Let's give them all the support we can and keep Delco going forward.

Delco will be sponsoring the Junior Development Track Meet, with the possibility of being held at Swarthmore's track and being sanctioned by USA Track and Field. A committee is being formed to organize the meet, anyone interested in helping bring the track meet back to reality, contact **Byron Mundy 610-534-2833**. The meet will be held tentatively on Saturday June 6th. So mark your calendars for this is always a great event to help young athletes and to keep the spirit of running alive.

The holidays are over and it is time to plan Delco's dinner dance. A chairperson for the committee is needed, all party folk who would be interested in planing the club's annual merrymaking, contact **Byron Mundy 610-534-2833**. This event always, helps shake off the winter blues.

To date 144 club singlets have been handed out. If you don't have your new club singlet contact **Tom Hirsch, 610-544-2280** before we are out of your size.

Byron Mundy mentioned that **Rita Jordon** and a Media Borough committee person would be attending the January meeting to discuss the Media 5 Miler.

We would like to thank all who attended the December 30th meeting; they include **Byron Mundy, Bob McElhenney, Paul Isaac, Kathi Clatterbaugh, Sam Brattini, Bob Huey, Tom Hirsch.**

The next club meeting will be Tuesday, January 27, 1998. Try to attend; club meetings are open to all club members and everyone is welcome.

### Delco RRC Members Profile

As a reader of UltraRunning magazine, I have always enjoyed the feature UR Profile. A different runner, every month, answers basic questions which gives the reader an understanding of how different or alike we runners really are. Rich Hoopes mentioned, he has seen runners profile in other clubs' newsletter. So I thought I would list the questions used by UR, if the response is good we'll start running this feature in Keeping Contact. This could be fun and help us to get to know each other, give it a try.

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Place of birth: \_\_\_\_\_

Current address: \_\_\_\_\_

Job (s) \_\_\_\_\_

Marital status: \_\_\_\_\_

Children: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Shoe size: \_\_\_\_\_

Best feature (physical): \_\_\_\_\_

Worst feature: \_\_\_\_\_

Educational background: \_\_\_\_\_

Favorite non-running magazine: \_\_\_\_\_

Favorite television show: \_\_\_\_\_

Favorite actor/actress: \_\_\_\_\_

Favorite music: \_\_\_\_\_

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Favorite musical performer: \_\_\_\_\_

Favorite quotation: \_\_\_\_\_

Book, you are currently reading: \_\_\_\_\_

Hobbies: \_\_\_\_\_

Make of car you drive: \_\_\_\_\_

Make of car you would like to drive: \_\_\_\_\_

Greatest adventure: \_\_\_\_\_

Favorite spectator sport: \_\_\_\_\_

Favorite vacation destination: \_\_\_\_\_

Favorite time of day: \_\_\_\_\_

Favorite time of day: \_\_\_\_\_

Short-term goal: \_\_\_\_\_

Long -term goal: \_\_\_\_\_

Favorite subject in school: \_\_\_\_\_

Least-liked subject: \_\_\_\_\_

Least-liked household chore: \_\_\_\_\_

Favorite non-running leisure activity: \_\_\_\_\_

Greatest fear: \_\_\_\_\_

Secret ambition/fantasy: \_\_\_\_\_

Personal strengths: \_\_\_\_\_

Personal weaknesses: \_\_\_\_\_

Years running: \_\_\_\_\_

Number of races finished: \_\_\_\_\_

Best race performance: \_\_\_\_\_

Most memorable race performance, and why: \_\_\_\_\_

Typical training week: \_\_\_\_\_

\_\_\_\_\_  
Typical training week a month or two before a major race: \_\_\_\_\_

\_\_\_\_\_  
Injuries: \_\_\_\_\_

\_\_\_\_\_  
Favorite food/drinks: \_\_\_\_\_

\_\_\_\_\_  
Favorite place to run: \_\_\_\_\_

\_\_\_\_\_  
Favorite type of running surface: \_\_\_\_\_

\_\_\_\_\_  
Why do you run: \_\_\_\_\_

\_\_\_\_\_  
Any advice you would give other runners: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
OK now, send to Tom Hirsch, 97 Powell Rd, Springfield, PA 19064 or e-mail TRHirsch@aol.com. I'll start publishing the profiles as I receive them. Who knows, this might lead to new fun runs or running buddies.

**Have a great  
running year!!**

<p><b>RACE CALENDAR:</b>  <b>JANUARY: 1998</b>  <b>11</b> 28th ANNUAL SNOWBALL ROAD RACE SERIES 5K, West Deptford Park, NJ; Contact 609-845-5061</p> <p>Wrightsville 10k, Wrightsville, PA; Contact David and Connie Radziewicz 717-252-1210</p> <p><b>12</b> PHILA. MASTERS DEVELOPMENTAL INDOOR MEET, Swarthmore College, Swarthmore, PA; Contact 610-828-5528</p> <p><b>18</b> ICICLE 10 MILE RUN and 5k WALK, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400</p> <p>28th ANNUAL SNOWBALL ROAD RACE SERIES 5k, West Deptford Park, NJ; Contact 609-845-5061</p> <p>THE GREAT VALLEY 10 MILE &amp; 5 MILE RUN, Chambersburg, PA; Contact Cliff Cole 717-261-9504</p> <p><b>24</b> ELIZABETHTOWN COLLEGE FROZEN FOOT 5k SERIES #1, Elizabethtown, PA; Contact Dave Salmon 717-361-1157</p> <p><b>25</b> SUPER BOWL 5k RUN &amp; WALK, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400</p> <p>28th ANNUAL SNOWBALL ROAD RACE SERIES 5k, West Deptford Park, NJ; Contact 609-845-5061</p> <p><b>31</b> DAVE WHITNEY FIVE MILE SNOW STOMP, Ridgway, PA; Contact Ben Zappa, 504 Mercer St, Ridgway, PA 15853; 814-776-2413</p> <p>MANCHESTER 10k, Manchester, PA; Contact Dave Black 717-767-1402</p> <p><b>FEBRUARY:</b>  <b>1</b> 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 19899; 302-478-5660  SHIVER BY THE RIVER 5k &amp; 10k, Winter Series # 3, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA</p>	<p>19606; 610-779-2668</p> <p>28th ANNUAL SNOWBALL ROAD RACE SREIES 5k, West Deptford Park, NJ; Contact 609-845-5061</p> <p><b>7</b> ATHLETE'S CLOSET WINTER SERIES 5k, West Chester, PA; Contact The Athlete's Closet 610-692-4922 or 800-487-4699</p> <p><b>8</b> 28th ANNUAL SNOWBALL ROAD RACE SERIES 5 MILER, West Deptford Park, NJ; Contact 609-845-5061</p> <p><b>14</b> WINTER BAGEL RUNS, Schnecksville, PA; Contact Ed Eppler, 7097 Limerick Sq, Bethlehem, PA 18017; 610-799-1584 days or 610-837-8464 evenings</p> <p>JACOBUS 5 MILER, Jacobus, PA; Contact Barb Black 717-755-4248</p> <p><b>15</b> 28th ANNUAL SNOWBALL ROAD RACE SERIES 10 MILER, Glassboro, NJ; Contact 609-845-5061</p> <p>WASHINGTON BIRTHDAY MARATHON &amp; RELAY, Greenbelt, MD; Contact GWBM, c/o Jack McMahon, 5412 Marlin St, Rockville, MD 20853; DCRRC- 703-241-0395</p> <p><b>22</b> USA TRACK &amp; FIELD INDOOR CHAMPIONSHIP, Rauch Fieldhouse, Lehigh University, Lehigh, PA; Contact 215-247-3175</p> <p>19th ANNUAL ANHEUSER-BUSCH COLONIAL HALF-MARATHON &amp; 5k, Williamsburg, VA; Contact Colonial Half-Marathon, PO Box 399, Williamsburg, VA 23187; William and Mary Special Events, 757-221-3362</p> <p>KLEES MILLER LIGHT CHILL OUT TEN MILER &amp; 5k, Seaside Heights, NJ; Contact 609-468-0010</p> <p><b>22</b> 28th ANNUAL SNOWBALL ROAD RACE SERIES 5K, West Deptford Park, NJ; Contact 609-845-5061</p> <p><b>28</b> ELIZABETHTOWN COLLEGE FROZEN FOOT 5k SERIES #2, Elizabethtown, PA; Contact Dave Salmon 717-361-1157</p> <p><b>MARCH:</b></p>	<p><b>1</b> SHIVER BY THE RIVER 5k &amp; 10k, Winter Series # 4, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; 610-779-2668</p> <p>NORTHEAST ROADRUNNERS 10k, Kelly Drive, Phila, PA; Contact NERRC 2005 Country Club Ln, Doylestown, PA18901; 215-343-7908</p> <p>28th ANNUAL SNOWBALL ROAD RACE SERIES 5k, West Deptford Park, NJ; Contact 609-845-5061</p> <p><b>7</b> ATHLETE'S CLOSET WINTER SERIES 5 MILER, West Chester, PA; Contact The Athlete's Closet 610-692-4922 or 800-487-4699</p> <p>ST. JOES'S MIDDLETOWN 5k, DE; Contact Carol Bracken 302-378-2522</p> <p><b>14</b> BOARDWALK RUNNERS ST. PATS 10 MILE, Margate, NJ; Contact 609-601-1RUN</p> <p><b>15</b> PURIM 5k AT JCC, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400</p> <p><b>15</b> RODALE PRESS HALF-MARATHON, 5 mile, 5k, Allentown, PA; Contact Half-Marathon, LVRR-RG, PO Box 592, Allentown, PA 18105; 610-433-9362</p> <p><b>16</b> NESTLE ST. PADDY'S TEN MILE RACE &amp; 5k, Freehold, NJ; contact 908-758-4931</p> <p><b>21</b> BANCROFT SCHOOL 5k, Haddonfield, NJ; Contact 800-966-0096</p> <p><b>22</b> CAESAR RODNEY HALF-MARATHON, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-655-7258</p> <p>SEASIDE ISLAND BEACH-RED DOG HALF-MARATHON &amp; 5k, Seaside Heights, NJ; Contact 609-48-68-0010 or 908-830-7260</p> <p><b>28</b> CHAMBERSBURG HALF-MARATHON Chambersburg, PA; Contact Merrilynn Kessler, Chambersburg R R C, 1759 Crottletown Rd, Chambersburg, PA 17201; 717-264-3775</p>
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ELIZABETHTOWN COLLEGE  
FROZEN FOOT 5k SERIES #3,  
Elizabethtown, NJ; Contact Dave Salmon  
717-361-1157

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

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

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

**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**

DOYLESTOWN HOSPITAL 5k,  
Doylestown, PA; Contact 215-345-2832

RUNAWAY 5k, Phila, PA; Contact 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

**18** CLEAN AIR COUNCIL 5k, Phila, PA;  
Contact 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

**19** PENN RELAYS 20k & 5k DISTANCE  
CLASSIC, Franklin Field, Phila, PA;  
Contact 215-898-6145

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

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

**3** BROAD STREET 10 MILER, Phila, PA;  
Contact 215-563-6184

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

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

**31** SCHUYLKILL RIVER  
DEVELOPMENT 5k, Phila, PA; Contact 215-  
-985-9393

**Happy New Year!!**



We wish all Delco RRC  
members and their  
families, a happy and  
safe 1998. We are hoping  
your road runs are long  
and fast, your trail runs  
uphill and rocky.

**By The Way!!**

All you hikers, campers, trail runners  
or anyone who would like to be one of  
the above. If you're interested, there is a  
new camping supply store in Springfield,  
the name is easy to remember, Just  
Camping, located at the Springfield  
Shopping Center, Rt 320 & Rt 1.

**Get Rid of that Old  
Computer!**

Tired of dusting that old computer,  
how about moving it to a good home.  
Young hands will make that keyboard  
sing with each keystroke, everyday! The  
input will be inquiring and the output will  
be a learning experience for the kids of  
Harris School in Collingdale. If you have  
a old computer, you would like to donate,  
contact, Bill Schultz, 1105 Clifton Ave,  
Collingdale, PA 19023; 610-534-2979.  
The kids will thank you forever.

**Delco RRC Members**  
**Spread the word to race organizers**  
**and race directors to send their race info to:**  
**Keeping Contact**  
**c/o Tom Hirsch, 97 Powell Rd**  
**Springfield, PA 19064.**  
**e-mail TRHirsch@aol.com**  
**We'll include their race in our**  
**race calendar**

**DELCO RRC Officers:**

President Byron Mundy 610-534-2833  
 Vice President Bob McElhenney 610-623-7075  
 Treasurer Kathi Clatterbaugh 610-328-4987  
 Secretary Paul Isaac 610-352-5308  
 Membership Richard Hoopes 610-399-0343  
 Public Relations  
 Womens Team Coordinator Phyllis Botson 610-449-4958  
 Mens Team Coordinator Larry Filtz 610-565-6957

**Newsletter Staff:**

Publisher/Editor: Tom Hirsch  
 97 Powell Rd. Springfield, PA. 19064  
 (610) 544-2280  
 e-mail: Delco RRC@aol.com

Copy Editors: Amy Binder Mike Metague  
 John Greenstine

Contributors: Amy Binder John Greenstine  
 Phil Kline Kathi Clatterbaugh  
 Richard Webb Jim Seaman  
 Michael Shiber Ann Shiber  
 Tom Hirsch Dave Covey  
 Richard Hoopes Paul Isaac

**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: January 20, 1997****NEXT MAILING DATE: February 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....

