
DELCO RRC Keeping Contact

Issue 27

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e-mail: DelcoRRC@aol.com

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Welcome!!

Delco RRC welcomes **Dean Dennis** as a new member.

I Hate To Ask!

On April 4th, I am getting together a few runners, about 150, for an easy run through the woods. Nothing too tough, unless you're talking to Jimmy Smith. If you're not planning on running the Tyler Trail Run, I could use your help. I guarantee runners, woods, some laughs, great coffee, doughnuts and a t-shirt. Give me a call, **Tom Hirsch 610-544-2280**. Thanks, happy runs, try a trail and have some fun.

Ramblings From The Roads, Mardi Gras Marathon by Richard Hoopes

As I ponder what race to feature this month, I realize that tomorrow is the day before Ash Wednesday, which means it's Mardi Gras time: an appropriate time to present the Mardi Gras Marathon in New Orleans. The race is actually held in mid January, at the beginning of the Mardi Gras season. You've missed this year's edition, but you've got a whole year to prepare for the next one. I've never been in New Orleans during the week leading up to Fat Tuesday, but I'm sure the decision to hold the race a month early is a wise one.

The race is presented by the New Orleans Track Club, which appears to be a very active, well-organized group. They definitely know how to do a race right. I have run this marathon twice, and both have been very positive experiences. This year was the 33rd anniversary of the marathon, so they have had plenty of time to get the bugs worked out.

The marathon course has endured several major changes. Years ago, it was a one-way run along the very long causeway across Lake Pontchartrain. Boredom and lack of any protection from the wind made it a miserable course. In recent years, the course has provided a scenic tour of New Orleans. The start and finish have been in City Park, featuring winding roads passing through tunnels of moss-draped oak trees. After a 5-mile loop through the park, a long, straight run down Esplanade Avenue transported you to a quick loop through the famous French Quarter.

A sprint back up the Esplanade brought you back to City park where you said goodbye to the wimps running the half marathon as you headed out on your last, and longest loop of

the day. The highlight of the last loop was the view of Lake Pontchartrain as you ran a couple of miles along its shoreline. Back at City Park, the finish was on the track in Tad Gormley Stadium, site of the track and field trials for the 1992 Olympics. It is a beautiful track and a thrill to run on.

I understand that the course was changed again for this year's race. I believe it included a tour of Audubon Park on the Mississippi River, but kept the loop through the French Quarter, I'm not sure about the details, but I would guess they substituted the Audubon Park section for the Lake Pontchartrain section, which would be a nice improvement.

Traffic control is terrific, resulting in lots of irate motorists, but safe and happy runners. The post-race refreshments included (in addition to the usual fruit and beverages) a Cajun touch of spicy jambalaya if your stomach could handle it. Unique medals hung on Mardi Gras beads are given to all marathon finishers, and the age-group awards continued the theme, with Mardi Gras masks mounted on wooden plaques.

The pre-race activities, usually held at a downtown hotel, are very basic. There is no runner's expo, just a location for registration and packet pickup. On my first trip, there was no carbo-loading dinner the night before the race. While there are plenty of restaurants in downtown New Orleans, plain old pasta is hard to find. For those of us who don't run well on spicy Cajun cooking, the addition of a carbo-loading dinner on my second visit was a big improvement.

The day's events usually include a 5K race and a half-marathon, in addition to the marathon. This is a nice feature for friends and family traveling with the marathoners. It allows those not prepared to go the full distance to still get in on the fun.

VOLUNTEERISM

By: Bob McElhenney

In April, 1997 our region was host to dignitaries from all over the country. The purpose of this gathering was to share in the enthusiasm generated by the "President's Summit". The reader may recall that the objective of this Summit was to jump-start volunteerism in America. Delegates arrived in Philadelphia in order to hear inspiring speeches and to participate in small groups to plan regional strategy.

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Participants left our area encouraged and optimistic about the future of volunteerism in this country. Everyone was to benefit - those individuals who were bursting with altruism but needing an outlet and those organizations, both large and small, that were hungry for an infusion of labor, love and enthusiasm.

So, how is it going? If one can believe a recent article appearing in the January, 1998 issue of the "Non-Profit Times", not very well. According to a national survey commissioned by the "Non-Profit Times" some seven months after the Summit, 46% of the respondents reported that they were aware of the Summit but did not call a non-profit organization in order to volunteer. And the survey revealed an even more discouraging statistic - 43% of the respondents were not even aware of the President's Summit. So much for the value of early enthusiasm! There were, of course, seeds of optimism sprinkled throughout the article, statements like "too early to tell" and "can't happen overnight", but the message was clear. The "Little Red Wagon", the Summit's symbol, seems to be headed for the back of the garage.

By now you are asking yourself, "What does this have to do with the **DELCO RRC**, an organization based on volunteerism?" As you may know, the Club supports many running-related activities for a variety of reasons: they are challenging (the Ultra), they are heartwarming (Volkswanderung), they are financially critical to the Club (Media 5-Miler), etc. Most importantly, these activities and the many others that we support are at the core of the Club itself; to paraphrase the Club's by-laws, our purpose is "to promote running activities".

With this in mind, I reviewed the activities of the Club during calendar year 1997. I gleaned information from the Club's newsletter, "Keeping Contact", as well as from interviews with various Club officers and race directors. Armed with this information, I prepared the following report for your consideration.

* As of January, 1998 there are 321 Club members; of these, 241 are adults.

* On our application there is a question: "I/we would like to do _____ volunteer work for the Club" 81 adult members, or 33.6%, responded "YES". 160, or 66.4%, left this question blank.

* Our Club sponsored various running activities in 1997. For these activities 59 adult members, or 18.3%, volunteered; 26 of these individuals volunteered for more than one event.

Note: In order to staff the various running activities sponsored by the Club in 1997, we needed a minimum of 127 volunteers. This was a bare minimum, which means that some races were dangerously under-staffed, others required over-taxing the few volunteers that did arrive, and others required the "filling-in" of critical volunteer positions with non-Club members. Our records reflect 26

such non-member volunteers.

* Our Club holds monthly meetings. These meetings are vital to the health of the Club; it is in these meetings that votes are taken regarding policy and the disbursement of funds. However, during 1997 only 26 different adult members, or 8%, attended the Club meetings.

Therefore, every decision regarding the spending of money, the changing of policy, etc. was decided by only 8% of the adult Club members. Meeting attendance varied from a high of 11 members to a low of 5.

* The Media 5-Miler is the biggest fund raiser for the Club; last summer's race attracted over 1300 runners. While 21% of the adult members of the Club ran in the race, only 9.9% of adult members volunteered to staff the race. In contrast, only 29% of Club revenue comes from membership donations; the Club receives approximately 64% of its total revenue from the Media 5-Miler.

The message from the President's Summit was clear but, to date, virtually unheeded: "Get involved. We need your help!" The message from your Club is equally clear: "Get involved. We need your help!" Please do not let this plea go unanswered.

How can you help? It is easy. Take a look at the following activities. If you see one, or more, that you like, call me at **610-623-7075** and I will put your name down as a potential volunteer. As we get closer to the event date, someone will call you to get a commitment. It is that easy. Volunteering is fun and it supports the Club.

- * Winter Social, 03/07/98
- * Tyler Trail Run, 04/04/98
- * Dawn to Dusk Ultras, 05/02/98
- * Delco Development Track Meet, 06/??/98
- * Media 5-Miler, 06/26/98
- * Women's Distance Festival, 09/??/98
- * Delco Cross-Country Championship, 10/??/98
- * Phila. Marathon Aid Station, 11/22/98
- * Thanksgiving Day Volkswanderung, 11/26/98

If you have any questions about my data, I would be happy to talk with you. Give me a call; I would welcome your involvement!

PEOPLE NEWS

Many Delco RRC members exercise at Ridley Creek State Park. Many Delco RRC members keep track of their workouts. So...it should be relatively easy for those people to figure out if they did 1,000 miles at the park in 1997. Who wants to know? **Anthony Potts** (Tony to his friends). He is keeper of the records and wants to know if you've run, walked, skated, biked, or otherwise covered 1,000 miles at Ridley Creek. Send your best mileage estimate to Tony at 6 Well Fleet Drive, Media, PA 19063.

And where did we run into Tony? At The Gilded Birdcage, a "decidedly upscale resale boutique" in the Media Mini Mall on State Street. **Beth Fellona** discovered this great store several months ago and has made converts out of quite a few runners, including yours truly.

This just in from **Bob McElhenney** about daughter **Katie**: You may have caught a glimpse of Katie's potential if you've seen her run at Collingdale, but when she needs to Katie can really move it...in more ways than one. This past season, Katie was named co-captain of her cross-country team while maintaining her 3.91 grade point average. For her efforts, Katie has been placed on the All Conference Honor Roll. She is a Deaf Education major studying at Marywood University.

Mary Beth Mundy has a new job these days; she's working at the Rainbow card store in Media. It was there that she spied rough-and-tumble **Tom Hirsch** with an armful of beanie babies. (There is a soft side to Mr. T. after all.)

A Delco RRC foursome recently headed west to Salt Lake, Utah, for a skiing vacation: **Kathy and Terry Adamson, Bob Huey, and Pat Armstrong**. Seems Pat grew up on skis, but Bob is a newbie. Terry was psyched to try some snowboarding, having been inspired by the Olympics. At the time of this writing, they had not yet returned, so there's no broken-bone count to report.

Mini-sympathies to **Sam Brattini** whose hard drive crashed and burned big time. I spent most of a run learning about electronics and grounding wires. It must be a guy thing. **Mark Clatterbaugh** and Tom Hirsch understood completely. **Kathy Adamson** and I were clueless.

Wanna buy a cream puff of a house in Springfield? The trolley is conveniently nearby, as is the Springfield fun run. See the **Clatterbaughs** if you're interested. (Ask about a runner's discount...not that there IS one, but it doesn't hurt to ask.)

At a rare Media Theater event--Richie Havens and Susan Werner--we spied **Bob McKinney**, who has become a regular volunteer at the Media Five Miler and Philadelphia Marathon water stop.

And who exactly is the Delco member who registers for races as "Buck Naked"? Buck recently beat **Mike Metague** at one of the West Chester 5K runs, which means something to Mike now that they're both in the same 50+ age bracket. Mr. Naked also runs as Al Dentay and Sam Francisco. Give up? He's none other than **Bob Kern**, who explains that Buck hails from an equatorial country where they pronounce his name Book N'Keed. Whatever!

--Amy Binder and John Greenstine

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

Penn Wood 2nd at Indoor Championships at Lehigh University

The Penn Wood H.S. boys Indoor Track Team equaled its 1997 outdoor place by again coming in second to Glen Mills. Senior Ernest Tymes, one the state's strongest jumpers, won the long jump in 23'3 1/2" and finished 3rd in the triple jump in 46' 6".

"This was a total team effort and I was very satisfied by the way everyone ran and jumped today" said Chris Smith, head coach of the boys team. Jon Mungen, boys outdoor 110m state champ, finished second in the 55m hurdles, losing by only .03 seconds. Two of Penn Wood's relay teams ran very strong. The 4x800 team of Kevin Cambell, Brian Kovkovki, Wasim Greaves and Mike Henley placed 4th in the time of 8:12.69. The 4x400 team of Ray Crooms, Mike Henley, Leroy Rhem and Wasim Greaves won the 2nd place medal with the time of 3:27.35. Mike Henley, also placed 5th in the 800m in the time of 1:59.26.

The girls indoor team, coached by Rich Guy has been plagued by injuries most of the year. They still managed three 6th place finishes. Selena Johnson in the long jump at 17'8" and Bentley Eskridge in the 400m with a time of 59.59. The 4x200 relay team, Selena Johnson, Bentley Eskridge, Kim Knickerson and Danielle BoBo placed 6th with a time of 1:46.43.

Bob Fuhrman,
Asst. Track Coach

Team-in-Training

by Bill Kreider and Linda Trout

'News' item--- as part of my continuing and thus far so-close-yet-so-far quest for completing a marathon in under 4 hours, Linda & I will be running this June as part of the Leukemia Society Team-in-Training in San Diego. While we'll probably be sending solicitations (to be filed with the reams of other requests we all get) to a few Delco RRC members with whom we are personally acquainted, the normally-suggested Team-in-Training fund-raising approach (we're doing "a marathon" !!!) isn't likely to particularly impress the average Delco RRC member.

We know that Bonnie is also committing herself as part of the team, and we suspect that other Delco RRC members might also be involved. Since we have huge fund-raising objectives, I hope we can be mentioned as a group in the newsletter.

Beyond a 'nice' word about us in the newsletter, other ways in which we may try to get member support ...

1). Bonnie mentioned the possibility of our running in (and setting up a table at) the Dawn-to-Dusk Ultras--- the timing is actually quite good in the context of scheduled 'long runs' leading up to a mid-June marathon. This might even serve to pump up participation in the event--- (un)fortunately (good for the event, but bad for personal fund-raising goals) we could probably get more than a few of the approximately 400 regional Team-in-Training runners interested in doing the Dawn-to-Dusk Ultras if we actively sought group involvement.

2). Some sort of formal solicitation letter as a group of Delco RRC members mailed with the (indirect use of list, but no financial) support of the club with any directed contributions split between participating members (if received by the RRC, the 'contribution' could probably be presented as a lump-sum to a group of Team-in-Training members on behalf of affiliated RRC members, thus allowing the RRC to be formally recognized as a "Team-in-Training" sponsor).

While we really do not like asking anyone for any money, we do like tying some of the incredible amount of time we spend running (especially when marathon training) to something larger than our personal goals.

Since Linda & I must raise \$ 5600, we fully expect to personally contribute at least as much as the cost of the plane fares & hotel stay we'll be receiving as a consequence of the efforts. We like the cause--- the Leukemia Society seems to be one of the more effective health charities--- so we'll personally continue to support (as we have in the past) other runners who seek our support in the future. As of now, I'm just trying to get a feel for what, if any, involvement Delco RRC as a group might consider reasonable vis-a-vis Team-in-Training runners--- since participation in the LSA fund-raiser seems to be growing fairly dramatically (400 Delaware Valley runners & walkers committed), anything done by the group now may well set the a precedent for annual support (in which case, some sort of tie-in between "Long Run" training and the Dawn-to-Dusk Ultras, could be mutually beneficial).

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 162 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 medium** and **men's large** singlets left. Sorry, all other sizes are gone. 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:

March 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, March 24, 1998.**

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

The Keeping Contact Connection

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.

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				
Snowball 5 Miler , Wilmington, DE, 2-1-98; 179 Finished.				
Richard Webb	53/M	3rd	29:16	1st in age group
Bob White	45/M	23rd	32:40	
Jed Smith 50k , Sacramento, CA, 2-7-98; 110 Finished.				
Dave Covey	36/M	10th	3:55:47	4th in age group (PR)
Athlete's Closet 5k , West Goshen, PA, 2-7-98; 147 Finished.				
George Jacques	44/M	11th	17:44	1st in age group
Richard Webb	53/M	14th	18:05	1st in age group
Mike Metague	50/M		20:04	3rd in age group
George Jackson	/M		24:30	
Paul Isaac	34/M		25:07	

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Motorola Austin Marathon, TX, 2-15-98; 2500 Finished
 Richard Webb 53/M 44th 2:47:00 1st in age group
 Francis Kirk 35/F 1:25:00 1/2 Marathon

Desert Classic Marathon, Phoenix, AZ, 2-15-98; 294 Finish.
 Richard Hoopes 43/M 4th 2:59:18 2nd master male
 Doris Hoopes 42/F 78th 3:42:29 7th female, 2nd master

Catalina Island 100k, CA, 2-21-98, trail, 71 Finished
 Dave Covey 36/M 5th 10:41:40 1st in age group
 Bill Kopenheffer 43/M 33rd 12:53

Two Delco Runners Placed at Youth Development Meets at Lehigh University!

Kaitlyn ————— **McShay**, age 7, came in first place in all three meets for sub-bantam at Lehigh University. The indoor youth athletics development meets are part of the Mid-Atlantic Association, USA Track & Field.

Ryan McShay, age 9, placed 5th in the bantam group.

Mid-Atlantic Youth Development Track Meets

Kaitlyn's results and times are:

1-10-98, 1500m 6:44 1st in sub-bantam
 1-18-98, 800m 3:21 1st in sub-bantam
 2-14-98, 1500m 6:18 1st in sub-bantam

Ryan's results and times:

2-14-98, 1500m 6:26 5th in bantam

Mid-Atlantic Youth Indoor Championship

Kaitlyn's results and times:

2-22-98, 800m 3:23 1st in sub-bantam
 2-22-98, 1500m 6:42 1st in sub-bantam

Ryan's results and times:

2-22-98 1500m 6:27 8th in bantam

Great running by up and coming track stars.

Congratulations.



RRCA Press Releases

RRCA COACHING CERTIFICATION PROGRAM KICKS OFF IN PEORIA

The Road Runners Club of America will initiate its coaching certification program at its annual meeting to be held in Peoria, Illinois, June 18 through June 20. The program, which has been developed by the RRCA Coaching Committee, will consist of a nine hour training workshop which incorporates principles of the American Sport Education Program.

The certification program is intended to provide RRCA member clubs with trained coaches to work with adult

distance runners, from beginners to experienced runners. For years, RRCA clubs have looked for ways to expand services to club members, and a coaching program is one of the means clubs have requested to accomplish this goal.

The certification consists of the following:

- Participation in the nine hour training workshop
- Satisfactory completion of a written examination
- Successful completion of a first aid/CPR course

The program will be presented over two days, June 18 and June 19. Advance registration is required, and the cost will be \$150 for the workshop and examination. Space is limited.

For additional information about the RRCA convention, check the RRCA website or contact the RRCA at 703/836-0558. It'll be a great weekend for runners, you won't want to miss it.

Avon Renews Emphasis on Fitness & Health

\$50,000 Avon Global Championship to Feature Richest Purse in History of Women's 10km Road Running. For those whose New Year's resolution is to establish and maintain a healthy lifestyle Avon Products, Inc. has launched the Avon Running -Global Women's Circuit, an international series of races and fitness walks.

The series of 10 km runs, 5 km walks and pre-race clinics is the only program that simultaneously reaches out to women of all ages with the opportunity to pursue elite racing, moderate running, or simple fitness in one unified international circuit.

The circuit will open in 16 countries in 1998 and will expand to new sites each year. These countries include Germany, Italy, UK, Hungary, Argentina, Chile, Brazil, Venezuela, Panama, Mexico, Canada, Thailand, China, Japan, the Philippines and the USA.

Races in the United States comprise 10 major events in Hartford, Baltimore, Atlanta, Cincinnati, Chicago, Sacramento, Denver, Dallas, Portland, OR and Kansas City, MO.

Winners in the elite and masters division at each United States venue will qualify for an all-expense paid trip to compete at the U.S. National Final. Winners from each international venue will be considered National Champions and will be flown, courtesy of Avon, to compete at the Avon Global Championship.

All of the events will culminate with the annual Avon Global Championship, a \$50,000 race that is the richest prize money 10 km race in the history of women's road running. The Avon Global Championship will be held for the first time in 1999 at a major international city yet to be determined.

To promote grassroots development in the United States, Avon has created a point system and applied it to each U.S. race so that runners who place well, but don't win, can still accumulate points in order to qualify for a trip to a major Avon championship event.

To enter Avon's Global Women's Circuit, go to <http://avon.com/running/> and fill out the online form or submit your entry via snail mail.

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A MESSAGE TO OUR MEMBERS ONE AND ALL

from Rita Jordan, Media 5 Mile Race Director

Running brings us many gifts. I have found that both my running and teaching lives are becoming seamless to each other, blurred with similar goals, shared philosophies, and a rewarding sense of having met challenges and accomplishing goals.

In and out of the classroom, on and off the running trails, the ideas of participation and commitment are essential in carrying out these goals. Once again, as race director this year for the Media 5 Mile Race, I am asking each and every one of you to help our running club carry out our goals and volunteer.

The 19th Media 5 Mile Race has a long and prestigious history. Some of us have been around since this upstart of a race began which has now become the biggest summer road running event in the Delaware Valley. This race has not happened by accident but has evolved into a great event because of the members who volunteer year after year after year.

Well, new and old members, we need you and we need you now. This is a mega event which requires many hands and hearts. It is not too early to consider lending us some of your most precious commodity, your time. Please seriously consider being a part of the Media 5 Mile Committee. We need your ideas, concerns and suggestions. We will be meeting at my house, **311 South Ave., Media**, on Thursday, March 12th at 7 PM to discuss preliminary work that needs to be done for the race. Please call, **610-565-1416**, if you can come or for directions. Also, there is a meeting with the borough of Media and their representatives on Wednesday, March 18th, 7 PM at the Media Community Center located at Third and Jackson St. in Media. If there is anyone who would like to attend this meeting, please come and join me. To volunteer for the Media 5 Mile Race, you may contact **Rita Jordan, 610-565-1416** or **Bob McElhenney, 610-623-7075**.

One final note of clarification is important to share with all of our members concerning the race this year. Several members of the Media Borough Council came to our January meeting to discuss a change in the beneficiary of the Media 5 Mile race. The beneficiary of this race now will be a non-profit organization called the Media Minutes Foundation. The Media Minutes Foundation has been established by Media to assist many diverse needs throughout the community of Media which includes youth recreation, youth scholarships, child care supplements and much more. Anyone who would like more information may contact the borough of Media or may direct their questions to Council Member, Paul Robinson in

Media. I urge all of you that have any question or concern about this change or anything else regarding the race to become informed and become involved.

Let's work TOGETHER and have a great race this year! Thanks.

Delco RRC Membership Meeting

Tuesday, February 24, 1998

Attendee: **Byron Mundy, Bob McElhenney, Kathi Clatterbaugh, Paul Isaac, Richard Hoopes, Bob Fuhrman, Bill Schultz and Tom Hirsch**

Meeting was called to order at 7:35 PM by Byron Mundy.

Minutes from last meeting were accepted.

Treasury Report, Kathi Clatterbaugh reported a bank balance of \$11,361. The 1998 budget proposal will be voted on at the March meeting. A motion was passed for Kathi to check on Bank Certificates. Report at next meeting.

Membership: Richard Hoopes is designing a new membership form, which will be completed shortly.

Old Business: Dinner dance is set for 3-7-98, contact Byron 610-534-2833.

A motion was passed to give Rita Jordan a "Vote Of Confidence" for her work with the Media 5 Miler. In addition, there will be a meeting for the Media 5 Mile committee at Rita Jordan's house, 311 South Ave., Media, PA. All are invited. Contact Rita at 610-565-1416.

The Junior Development Track Meet will be held June 13th at Swarthmore College Track. The meet will be sanctioned by the USATF, and a max. entry fee of \$1.00 will be charged for pre-entry, \$3.00 for post-entry. To help at this very important Delco RRC event contact Byron Mundy, 610-534-2833.

The 15th Dawn to Dusk will be held on May 2, 1998. Included again this year, will be the Delco RRC 50k Championship. A motion was passed to support the Dawn to Dusk Ultras.

Tyler Arboretum Trail Run has 28 entries, to date. Keep those articles and race results coming in for the newsletter.

A motion was passed to have Tom Hirsch act as Delco's Liaison with the Road Runners Club of America. This will help keep effective communications between Delco and the RRCA.

Motion was made to adjourn at 8:50 PM.

Minutes recorded by **Paul Isaac**.

RACE CALENDAR:

MARCH:

- 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

STRIDES OF MARCH 5k, Seaford, DE; Contact Lynn Irwin, 27 River's End Dr, Seaford, DE 19973; 302-629-8345
- 15 PURIM 5k AT JCC, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400

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; RRCA National 10 Mile Championship; Contact 732-431-2627
- 21 BANCROFT SCHOOL 5k, Haddonfield, NJ; Contact Tanya Barbarics, c/o Bancroft, Hopkins Lane, PO Box 20, Haddonfield, NJ 08033; 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

WVS WINTER'S END 4.5 MILE RUN, Lehman, PA; Contact Vince Wojnar, 717-474-5363

SEASIDE ISLAND BEACH-RED DOG HALF-MARATHON & 5k, Seaside Heights, NJ; Contact 609-48-68-0010 or 732-830-7260
- 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 Crottlestown 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@apea.army.mil.
- 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

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

- 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

RUN FOR HEALTH FIVE MILES, Valley Forge National Park, PA; Contact Angie Williamson, WWDB Radio, 166 Levering Mill Rd, Bala Cynwyd, PA 19004; 610-668-4400

RUN FOR LIFE 5k, Norristown Farm Park, Norristown, PA; Contact Jeanine Silks 610-630-9369
- 19 PENN RELAYS 20k & 5k DISTANCE CLASSIC, Franklin Field, Phila, PA; Contact 215-898-6145 or Norman Green, 610-644-4053

CHERRY BLOSSOM 5k ROAD RACE, 1 mile fun run/walk, kids sprints; WAZOOS Restaurant, Cherry Hill, NJ; Contact 610-660-8589 or 609-468-0010

PRESERVATION POTTSTOWN 5k, Pottstown, PA; Contact John Reber, Parks & Recreation, Beach and Penn St, Pottstown, PA 19464; 610-970-6608
- 25 THE LADY WHITE ROSE 5k, York, PA; Contact Bobbi Kehr, 386 Spartan Rd, York, PA 17403; 717-741-3836 before 5PM or Carolyn Darr 717-741-3693 after 5PM

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

EVESHAM FIRE-RESCUE 5k RUN & 1 mile fun run/walk, Marlton Fire Station, Evesham Twp, NJ; Contact Ron Snyder 609-983-2210 or Lin-Mark Sports 609-468-0010

(Continued from page 7)

<p>LEWISBURG FIVE MILER, Lewisburg, PA; Contact John Peeler, 129 Pine St, Lewisburg, PA 17837; 717-523-3820</p>	<p>Valley Rd, Paoli, PA 19301; 610-296-6706</p>	<p>DASH for DIABETES 5k & 1.5 mi walk, West Chester, PA; Contact Tracy Alex, North Hill Fitness Center, 795 E. Marshall St, West Chester, PA 19380; 610-436-8249</p>
<p>CHESTER COUNTY OPEN, 10k/5k, Phoenixville, PA; Contact Citizen's Advocacy of Chester County, 205 Church St, Phoenixville, PA 19460; 610-933-1299</p>	<p>3 BROAD STREET 10 MILER, Phila, PA; Contact Jim Marino, Dept of Recreation, 16th & Arch Sts, 5th Floor, Phila, PA 19103; 215-563-6184</p>	<p>LIMERICK 5k RUN, Limerick, PA; Contact Charles Koenig, 345 W. Ridge Pk, Limerick, PA 19468; 610-489-2848</p>
<p>RACE AGAINST VIOLENCE, 10k/5k, West Chester, PA; Contact Chester County Crime Victims Ctr, 236 W. Market St, West Chester, PA 19380; 610-692-1926</p>	<p>6 SPRING FLING 5k, Berwyn, PA; Contact Brad Zerr, Upper Main Line YMCA, Box 637, Berwyn, PA 19312, 610-647-9622</p>	<p>21 RUN for VITALITY, 5k & 2k, West Chester, PA; Contact Michele Johnson, Body Zone, 1502 West Chester Pk, West Chester, PA 19382; 610-918-2820</p>
<p>HERITAGE CLASSIC 5k, Lancaster, PA Contact Dayspring Christian School, 139 E. Vine St, Lancaster, PA 17602; 717-295-1694</p>	<p>9 9th ANNUAL DON SMITH MEMORIAL RUN 5k, Port Republic, NJ; Contact Bill Smallwood 609-652-6154</p>	<p>23 DOYLESTOWN ALLIANCE 5k, Doylestown, PA; Contact 215-230-0654</p>
<p>26 DOYLESTOWN YMCA 5k, Doylestown, PA; Contact 215-345-0806</p>	<p>MRS. SMITH'S CHALLENGE, Trail 5 MILES (women only); Lancaster, PA; Contact Bill Smith, 509 Big Bend Rd, Lancaster, PA 17603; 717-394-7812</p>	<p>24 CHARLIE HORSE 20k TRAIL RUN, Plowville, PA (near Reading); Contact Berks Co. Special Olympics, PO Box 939, Reading, PA 19603; 610-374-2021</p>
<p>4th ANNUAL BENJAMIN FRANKLIN BRIDGE CHALLENGE 4 MILER, Start & Finish on the NJ side of bridge; Contact 609-468-0010</p>	<p>PLYMOUTH MTG FRIENDS RUN 5k, Valley Forge Park, PA; Contact Terry Echlin, Plymouth Meeting Friends School, 2150 Butler Pike, Plymouth Mtg, PA 19462; 610-983-0443 (h)</p>	<p>25 PORT RICHMOND 5k ROLL & 5k RUN; Phila, PA; Contact 609-468-0010 or 215-425-1110</p>
<p>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</p>	<p>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</p>	<p>MEMORIAL DAY RACES, 1 & 4 mi runs, 2 & 15 mi bike, Coatesville, PA, Contact Brad Beddows, Brandywine YMCA, 650 Hurley Rd, Coatesville, PA 19320; 610-384-5084</p>
<p>RUN FOR HOPE 5 mile, Wayne, PA; Contact Club LaMaison, 215 Surgartown Rd, Wayne, PA 19087; 610-964-8800</p>	<p>7th SPRING TRAIL RUN, 5 miles, Frances Slocum State Park, Kingston Township, PA; Contact Vince Wojnar, 295 S. Mountain Blvd. Mountaintop, PA 18707; 717-474-5363</p>	<p>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</p>
<p>MOTHERS MILES FOR MS 5k run & 2k walk, West Chester, PA; Contact National MS Society, 1 Reed St, Suite 200, Phila, PA 19147; 800-883 WALK</p>	<p>13 CHESTER COUNTY SENIOR GAMES, for 50 & over runners & walkers, Church Farm School, Frazer, PA; Contact Alex Irvine, Chester County Offices, 601 Westtown Rd, Suite 320, West Chester, PA 19382; 610-344-6009</p>	<p>3rd ANNUAL SUBURBAN CABLE 24 HOUR RELAY for EASTER SEALS, Green Lane, PA; Contact 215-879-1000 Ext.224</p>
<p>30 CAPT. TOM MCDONNELL 5k RUN FOR LARK SCHOOL, 1 mile run/walk, kids sprints; LARC School, Bellmawr, NJ; Contact Lin-Mark Sports 609-468-0010</p>	<p>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</p>	<p>FAMILY DAY at the PARK 5k, West Chester, PA; Contact Pete Ranalli, 145 Dowlin Forge Rd, Downingtown, PA 19335; 610-873-8969</p>
<p>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.</p>	<p>KENNETT SQUARE RUN-10k, 5k & 1 mile, Kennett Square, PA; Contact K.Q. Run, Box 327, Kennett Square, PA 19348; 610-388-1556</p>	<p>SKIPPACK LIONS RUN 5k / 1mi, Skippack, PA; Contact Laurie Augustine, Skippack Lions, Box 373, Skippack, PA 19474; 610-584-4526</p>
<p>MAY DAY 10k, Paoli, PA; Contact Rob Culp, The Vanguard School, 1777 N.</p>	<p>17 PHILA. BAR ASSO 10k & 2 mile, Phila, PA; Contact Manny D. Pokitilow, Esq, Caesar, Rivise,etal, 1635 Market St, 12th Floor, Phila, PA 19103; 215-567-2010</p>	<p>31 SCHUYLKILL RIVER DEVELOPMENT 5k, Phila, PA; Contact Maggie Mund, Schuylkill River Development Council, 2314 South St, Phila, PA 19146;</p>

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215-985-9393, fax 215-985-0101

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

STRAWBERRY FESTIVAL 5k / 1mi, Coatesville, PA; Contact The Professionals, Oaklands Fitness Ctr, 460 Creamery Way, Exton, PA 19341; 800-325-9355

GAP RUN 5k, Gap, PA; Contact Leigh Daily, 635 Buchland Rd, Narvon, PA 17555; 717-354-2951

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

HISTORIC YELLOW SPRINGS 5k, Yellow Springs, PA; Contact Historic Yellow Springs, Box 62, Chester Springs, PA 19425; 610-827-7414

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

20 NUN RUN 5k run / 2 mile walk, 28th St & Avalon Ave., Avalon, NJ; Contact Lin-Mark Sports 609-468-0010

21 10th ANNUAL SMITH'S CHALLENGE, 10k / 20k (men only); Lancaster, PA; Contact Bill Smith, 509 Big Bend Rd, Lancaster, PA 17603; 717-394-7812

26 MEDIA 5 MILER, Media, PA; Contact Rita Jordan, 311 South Ave, Media, PA 19063; 610-565-1416 or Lin-Mark Sports 609-468-0010, **Delco RRC event.**

JULY:

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

3rd ANNUAL 5k FIRECRACKER, 4th & Station Ave, Haddon Heights, NJ; Contact Lin-Mark Sports 609-468-0010

11 ALBERT R. TAXIN 5k BOARD WALK RUN, Hilton Casino Resort, Atlantic City, NJ, Contact PA Hospice Program/ PA Hospital 215-829-7820 or 609-468-0010

25 RUN FOR THE HILL OF IT, 5 MILE TRAIL RACE, Fairmount Park, Chestnut Hill, PA (on Forbidden Dr); Contact Lin-Mark Sports 609-468-0010

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:

June:

13 THUNDERGUST TRIATHLON, Parvin State Park, Pittsgrove, NJ; .5 mi swim, 17 mi bike, 4 mi run; Contact Lin-Mark Sports 609-468-0010

28 BLUEBERRY FESTIVAL DUATHLON, Hammonton Lake Park, Hammonton, NJ; 5k run, 19 mi bike, 2 mi run; Contact Lin-Mark Sports 609-468-0010

JULY:

12 KING OF THE PIER 1 MILE OCEAN SWIM, Seaside Heights, NJ; Contact 732-830-7260 or 609-468-0010

18 SUNSET SPRINT TRIATHLON, Sunset Lake, Bridgeton, NJ; 1/2 mi lake swim, 16 mi bike, 5k run. Contact 609-696-3924 or 609-468-0010

26 SUMMER FESTIVAL TRIATHLON & DUATHLON, Cooper River Park, Cherry Hill, NJ; Tri. Dist: .50 swim, 15 mi bike, 5k run; Duathlon Dist: 2 mi run, 15 mi bike, 5k run; Contact Jim Hill 609-963-7988 or 609-468-0010

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

6-13-98 Delco Development Track Meet
Byron Mundy 610-534-2833

6-26-98 Media 5-Miler
Rita Jordan 610-565-1416

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 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 Richard Hoopes
 Bob McElhenney Rita Jordan
 Paul Isaac Bill Kreider
 Linda Trout Bob Fuhrman

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:DelcoRRC@aol.com****NEXT DEADLINE: March 20, 1997****NEXT MAILING DATE: April 10, 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....

