

WELCOME HOME !

SPRINGFIELD

JOGGER'S JOURNAL

No. 3

August 14, 1973

STARTING TIME - 7:30 P.M.

Due to shorter daylight hours, the starting time for the regular Tuesday-Thursday evening runs will be 7:30 pm. beginning Tuesday, August 21 and continuing through Thursday, September 13 from the library.

FALL-WINTER SCHEDULE

The Joggers meet twice a week through out the entire year. Starting September 19, the regular group runs will be held every Wednesday at 4:30 pm. and every Sunday at 9 pm. from the library.

"GROUP" PACE - RUNS

Can you run the 2.4-mile long course in 18 minutes or less? If so, then you can easily earn a bright new ribbon award for running the course in exactly 18 minutes! The idea is to get a large group of joggers to stay together during the regular group runs - it triples the fun! Ribbons will be presented to everyone who crosses the finish line between 18:00 and 18:30 only. Anyone who runs faster will get no award! And watches may be worn. The first 18-minute pace run will be held Tuesday, August 21. If the event is successful, 15-minute and 21-minute pace ribbons will be ordered.

CAKE RACE

The second annual Cake Race will be held on Sunday, September 16, at 6 pm. Last year 71 people ran, and 44 home-made cakes were awarded to the top finishers in each age group. This year we are expecting a turnout of 150 to 200 runners. There will be 5 different age groups for men - (10 and under, 11 to 14, 15 to 25, 26 to 39, and 40+) and 3 age groups for women - (11 and under, 12 to 19, and 20+). The race course will be two loops (4.8 miles) for men 11 and over, and one loop (2.4 miles) for boys 10 and under and all the women. Anyone wishing to donate a cake should contact Byron Mundy.

STATISTICS OF 1973

Since January 1, a total of nearly 5400 miles have been logged over the joggers' course during the regular group runs. This is well past our first year mark of 3200 miles, but it looks like we'll fall a little short of the 10,000-mile goal.

Total turnout for 1973 thus far is 2131, the number of loops jogged. Average turnouts for each month were: Jan. - 20; Feb. - 21; March - 38; April - 41; May - 23; June - 31; and July - 52. August will probably be the best month yet with an average of nearly 60.

The largest single turnout thus far was 71 people on July 17, and 18 personal records were set that evening!

More women have been participating this year. Nearly 30% of the total turnout has been women. Since Jan. 1, 210 newcomers have joined the group runs at least once. And since the first group run was held in Feb. 1972, 507 different individuals have participated.

RECENT AWARDS

Since June 1, over 80 newcomers have each received the newcomer ribbon. Also, more than 50 fifth-time patches have been earned. Large, gold 10th-time ribbons were mailed to the following people (age):

Joan Kmetz (34)	Maureen Barry (12)
Skip Netting (9)	Kathi Boos (22)
Jeff Collins (6)	John Ashton (13)
Rich Durbano (21)	John McNicholas (12)
John Wileczek (16)	Greg Kantner (14)
Danny Netting (7)	Kenny Kantner (11)
Steve Whitmore (18)	Bobby Simons (9)
John King (28)	Susanne Ryan (13)
Bob Kantner (15)	Wayne Congar (23)
Tom Wimer (23)	Jere Mazzini (16)
Tom Lynch, Jr. (7)	Maridel Walsh (16)
Jack Wright (23)	Tim Owens (16)
Tom McNicholas (11)	Joe McNicholas (13)

T-shirts (20 times) have been awarded to the following people (age) since June 1:

Jon Contompasis (24)	Kermit (K.C.) Bamey (41)
Susie Louderback (9)	Patty Barry (9)
Dave Lini (35)	Chris Woodworth (10)
Mark Clatterbaugh (25)	Carole Woodworth (10)
Bob Collins (32)	John King (28)
Dave Netting (33)	Dave Dennis (34)

Engraved plaques for running 40 times with the group recently went to:

Bob Koerner (39)	Art Dell (28)
Kathy Noath (20)	Jack McKeever (16)
Geoff Stiteler (14)	Joe Wilkes (43)
Jeff Barasatian (14)	

There are presently 41 people who have earned T-shirts, and 18 of them have earned the plaque award.

CONTRIBUTORS

The Joggers' Club is financed from personal donations only. No dues or fees are charged at any of our events. Cost of awards alone (ribbons, patches, T-shirts, and plaques) will be more than \$500 for 1973. Nearly \$200 has been donated so far. Since June 1, \$5 was contributed to the club by each of the following: John Greenstine, Ron Woodworth, Bob Simons, and Dave Netting.

Mark Clobberbaugh and Bob Collins each gave \$10, Joe Wilkes \$15, and Tom Lynch generously donated \$25.

There are plans being formed to make our Springfield Joggers Club into an official non-profit organization within the next year.

YOUR NAME IN THE PAPER

The Springfield Press continues to print a Springfield Joggers column every Thursday. The column contains the turnout of each group run, any newcomers present, and all personal records that were set, as well as timely announcements. A one-year subscription is \$5. Single copies can be purchased for 10¢ at many stores around Springfield.

DISCOUNT ON SHOES

Kirk Emmons, Manager of Bill Battey's Sporting Goods Shop in Media, is giving a 10% discount on running shoes and clothing to all Springfield Joggers named on the mailing list. The store is located at Front and Jackson Streets. There is a good selection of Adidas, Nike, and Tiger shoes. Just tell the clerk you're from the Springfield Joggers when you get waited on.

RUNNER'S WORLD MAGAZINE

The above is an excellent magazine published monthly in California. It is filled with interesting articles on long-distance running especially. The address is Runner's World, Box 366, Mountain View Calif. 94040, and the subscription rate is \$7. You can save \$2 by having a present subscriber subscribe for you (\$5). Contact Byron Mandy if interested.

24-HOUR RELAY RESULTS

This event, held August 10-11 at the Springfield High School track, was much more demanding than most of us thought it would be. Of course, the heat and humidity on Saturday didn't help. On the following page are listed every participant, along with miles he ran and average pace.

MAILING LIST

Everyone listed below receives a copy of this newsletter.

Doris

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|---------------------------|-----------------------|----------------------|
| — The Anzalone Family | Frank Johnston | The Scheerer Family |
| John Ashton | — John Kalloz | Frank Schray |
| Elliott Baker | The Kantner Family | Peter Senisch Family |
| Jeff Barasatian | — John King | Bob Simons Family |
| The Barry Family | Ted Kirkpatrick | Randy Snedley |
| — Linda Baxter | John Kmetz | The Smith Family |
| Eric Beam | The Knaff Family | Jim Smyth |
| George Bennett Family | Bob Koerner Family | Don Stewart |
| Bob Berger | Bill Kracht Family | Geoff Stiteler |
| — Morris Blodgett | Dan LaMarchesino | John Thornton Family |
| Kathi Boos | — David Lini | Jack Toner |
| Stan Brason | Larry Livingston | Chuck Utermohlen |
| ➤ The Clatterbaugh Family | ➤ Art Lord | The VanIngen Family |
| ➤ Bob Collins Family | — Tom Lynch Family | Sam Wallace |
| Wayne Congar | — John McCabe | Maridel Walsh |
| Brian Coyle | Mike McGonigle | Neil Weygant |
| Kim Crossley | Jack McKeever Family | — Ellen White |
| Frank Davis Family | The McNicholas Family | Steve Whitacre |
| Louis Deardon | The Mallon Family | John Wileczek |
| — Art Dell | The Mammino Family | — Joe Wilkes Family |
| Dave Dennis | The Marone Family | Tom Wisner |
| Larry DiBello Family | Mike Matsko | The Woodworth Family |
| Rich Durhano | The Monahan Family | Jack Wright |
| Joe Frattari | — The Mundy Family | Georgette Zawawski |
| ## The Ginn Family | John Mulhern | |
| Eileen Glenn | — Dave Netting Family | |
| Karl Goodman | Ed Nicholson Family | |
| Gary Grant | Don Overall | |
| John Greenstine | Tim Owens | |
| Kelly Hardcastle | Jim Phelan | |
| Liz Hendrixson | — Kermit Ramey | |
| — The Hoath Family | Susanne Ryan | |
| The Hoffman Family | John Sanders | |

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CALENDAR

August 21 - Starting time change to 7:30 pm.
18-minute pace run.

September 13 - Last Tuesday-Thursday run.

September 16 - Cake Race.

September 19 - Wednesday - Sunday afternoon runs begin.