

SPRINGFIELD

J O G G E R ' S J O U R N A L

NO. 1

MARCH 28, 1973

YOU, THE READERS

Eighty-five people are receiving this first issue of the JOGGER'S JOURNAL. Each of you has participated ten times or more with the group, or you are 18 years old (or older) and have jogged at least onetime during our first year. We encourage more adult participation, especially from neighboring communities of Delaware County.

Thanks go to Joe Kirkpatrick for supplying the printed address labels. We hope you will enjoy receiving this newsletter.

ONE YEAR OLD

From February 25, 1972 through December 31, 1972; our club held a total of 73 group runs with an average turnout of 18 people. A distance of over 3200 miles represents the accumulated mileage run by 243 different individuals who participated at least once in 1972. These figures do not include the Cake Race in September which attracted 72 runners.

Since January 1, 1973, we have had 24 outings on Wednesdays and Sundays. The average turnout has been 24 people, and 90 newcomers have jogged. We have logged over 1400 miles already, and with winter behind, and fair weather ahead, our 1973 goal of 10,000 miles is clearly attainable. On Sunday, March 25, there was a record turnout of 61 participants including 28 newcomers! Turnouts are expected to average 60 people for the next 6 months!

AWARDS

All Awards are based on participation. Every newcomer receives a gold ribbon or sticker. After 5 times with the group, every participant receives the 6-inch, iron-on emblem. After 10 times, he receives a large gold ribbon with his (or her) name printed on it. After 20 times (2.4 mile course), the T-shirt is awarded. After 40 times, a 100-mile club plaque is awarded. The 2nd time, sticker award will no longer be presented due to administrative difficulties involved.

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PARTICIPATION LEADERS

The following people have earned T-shirts by jogging 20 times or more with the group. Each name is followed by the person's present age, then the date the award was earned.

JOHN McCABE	20-Aug. 72	BOB BERGER	13-Nov. 72
DORIS ANZALONE	14-Aug. 72	MIKE KOERNER	12-Nov. 72
SCOTT THORNTON	14-Aug. 72	GEORGE KOERNER	10-Dec. 72
KATHY HOATH	20-Aug. 72	KELLY HARDCASTLE	13-Dec. 72
BYRON MUNDY	25-Aug. 72	JOHN KALLOZ	21-Dec. 72
MARY HOATH	10-Sept. 72	ART DELL	28-Jan. 73
BOB KOERNER	39-Sept. 72	JACK MCKEEVER	16-Jan. 73
JOE FRATTARI	15-Oct. 72	HELEN SENISCH	34-Jan. 73
LARRY LIVINGSTON	12-Oct. 72	BILL THORNTON	10-Jan. 73
ANDREA SENISCH	9-Feb. 73	SUSAN JAWORSKI	10-Feb. 73
DONNA SENISCH	12-Feb. 73	LOIS JAWORSKI	12-Feb. 73
JEFF BARASATIAN	14-Feb. 73	STEPHEN JAWORSKI	9-Feb. 73
GEOFF STITELER	14-Feb. 73	PAULINE KOERNER	9-April 73
LINDA GOLDMAN	13-Feb. 73		

The following people have also earned the 100-mile club plaque award by jogging 40 times or more with the group:

JOHN McCABE	Oct. 72	JOE FRATTARI	Nov. 72
DORIS ANZALONE	Oct. 72	BOB BERGER	Feb. 73
BYRON MUNDY	Nov. 72	MARY HOATH	Mar. 73
SCOTT THORNTON	Nov. 72	LARRY LIVINGSTON	Mar. 73

YOUR NAME IN THE PAPER

Many thanks go to Reese Crowe, publisher, and Bettye Bresser, editor, of the SPRINGFIELD PRESS for giving us terrific coverage. There will now be a separate "Springfield Joggers" column every week in the PRESS that will contain results of each group run including: turnout, newcomers, personal records (only for those having run 5 times or more), and special awards, as well as announcements of races, etc.

PREDICTION RACES

On the Sundays of April 22, May 20, and June 17, our club will hold prediction races instead of the normal group run. What are they? The course will probably be one lap of the short (1.6 miles) course, followed by one lap of the regular course (2.4 miles) for a total of 4 miles. Each participant will predict his or her time for this distance before the race. The winners are those whose actual times are closest to their predicted times. Special award ribbons will be mailed to the best 50 predictions.

Rules: (1) all age groups are combined in one race.

(2) watches may not be worn by participants, nor may they be coached from the sidelines.

(3) Predicted times cannot be higher than 38:00

Race begins at 4:00. Come out by 3:30 to register.

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FINANCIAL REPORT

<u>EXPENDITURES</u>		<u>INCOME</u>	
FEB. 72 through MAR. 73			
400 stickers	\$100.	summer donations	\$28.
125 6" emblems	95.	other donations	20.
60 10 time ribbons	30.	John McCabe	10.
52 T-shirts	91.	Bob Koerner	<u>40.</u>
9 plaques	38.		
150 newcomer ribbons	28.		
1 group photo	<u>20.</u>		
	TOTAL \$402.00		TOTAL \$ 98.00

As you can see, most of the expenses were for participation awards. We charge no dues. Anyone wishing to make a donation should contact Byron Mundy (LU3-4472), Art Dell (KI3-6743), or Bob KOERER (KI3-3213). All contributions of \$5 or more will be acknowledged in the next finance report. Also a donation box will be available at all group runs starting April 1.

Here are the predicted expenditures for the remainder of 1973:

500 more newcomer ribbons	\$100.
200 more emblems	150.
100 more 10 time ribbons	50.
50 more T-shirts	90.
25 more plaques	100.
200 prediction race ribbons	40.
postage-500 letters	<u>40.</u>
	TOTAL \$570.00

The "investment" of funds is very small when you consider how many people of all ages benefit. Just think of how one, 2-week stay in the hospital can easily cost \$1000 or more for one person! Preventative medicine is cheap. Our "investment" pays huge dividends.

NEWS-IN-BRIEF

Eric Beam, Springfield H.S. senior, set a new, 2.4 mile course record with a fantastic time of 11:37 on March 4. The previous record was 12:50 by Byron Mundy.

Our club's official motto is RUN FOR FUN AND FITNESS.

Geoff Stiteler, 8th grader at Woodland Avenue Jr. H.S., has shown remarkable improvement over the 2.4 mile course since his first outing in Oct. 72 when he clocked 19:25. His personal records to date are: 18:55-11/12/72, 18:30-11/15/72, 17:40-11/29/72, 17:35-1/28/73, 17:13-1/31/73, 16:15-2/14/73, and 15:31-3/25/73. Keep it up Geoff!

Our oldest participant to date is still Chief Lester Forrester, age 65, who completed the Cake Race last September. We have many 6-year olds run with us. They Are The Youngest. Morris Blodgett, of Barry Rd., Springfield, recently earned his ten time ribbon. He is 54 years old.

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The Delaware County March of Dime's March-a-thon will be held April 29. The 20 mile hike starts in Media and is tons of fun with 3000 others to keep you company. Contact Byron Mundy for forms and information.

Meet Bob Koerner - Bob lives at 533 E. Springfield Road and is the proud father of 3 other regular joggers-Mike, George, and Pauline. Bob, his wife Paula, and the family are ski enthusiasts during the winter months. Bob is a professor at Drexel University, where he is a member of the Civil Engineering Department.

Several people will be running in a 13 mile race in Wilmington, Delaware, this April 1. They include Larry Livingston, Kelly Hardcastle, Byron Mundy, Dave Dennis, And Scott Thornton. Good Luck, fellows!

The 77th annual Boston Marathon(26 miles) will be held April 16 in Boston. Byron Mundy and Dave Dennis will participate, while Art Dell may go along to watch and offer assistance. A crowd of more than 1500 runners from across the country is expected.

Copies of the group photo taken on Feb. 27(1st Anniversary) by the library, are available. Contact Byron Mundy if you want one.

HAPPY RUNNING!
BYRON MUNDY, EDITOR
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Lu3-4472

CALENDAR - 1973

Regular group runs - now through June 13
Wed. 4:30 P.M.
Sunday 4:00 P.M.

Prediction Races - April 22
May 20
June 17

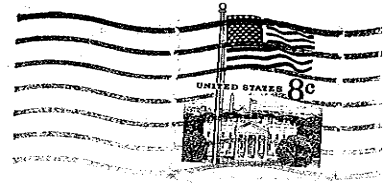
Summer Group runs - June 19 through Sept. 13
Tuesday & Thursday evenings 8 P.M.

8-10 mile trophy race - July 4

2nd annual Cake Race - September 16

Letter
in a
envelope

BYRON MUNDY
1008 MacDADE BLVD.
COLLINGDALE, PA. 19023



KOERNER FAMILY

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