

SPRINGFIELD-COLLINGDALE

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

No. 9

June 21, 1975

Summer Schedule in Progress

Group runs in Springfield take place every Tuesday and Thursday evening from the public library at 7:15 and 8 p.m. Many people run both sessions, using the time between runs to socialize. Awards are presented just before the 8 o'clock run.

In Collingdale, runs are held every Wednesday evening at 7:15 and 8 p.m. and on Saturdays at 9 a.m.

Both summer schedules will continue until mid-September (the summer season ends with the Cake Race on September 14).

July 4th Race - 4 Miles

There will be a 4-mile race on July 4th for men and women, starting at 6 p.m. sharp at the Springfield Library. The course will follow the regular 2.4-mile loop up to the 2-mile point at Bennett Road and Springfield Road, where everyone will do an about-face and return to the starting point. Last year's race was 6.3 miles for men and 2.4 miles for women, but this year it will be 4 miles for everyone. We hope it will be cooler than it's been the past two years.

Trophies, paid for by the Springfield Jaycees, will be presented as follows:

<u>Men</u>	<u>Women</u>
Open: 1st to 5th places	Open: 1st to 4th places
30 to 39: 1st and 2nd places	12-and-under: 1st place
40 to 49: 1st and 2nd places	30-and-over: 1st place
50-and over: 1st place	
13-and-under: 1st and 2nd places	

Special ribbons will go to all other finishers.

Participants should report no later than 5:30 p.m. to register.

July 4th Run-for-Fun

There will be a one-mile Run-for-Fun on July 4th at Springfield Memorial Park at approximately 11 a.m. Colorful ribbons go to the first 300 finishers.

Swarthmore Joggers Club

Sam Hill and Gene Martenson recently founded the Swarthmore Joggers. They meet on Wednesdays at 6:30 p.m. and on Saturdays at 4 p.m., all year round, at the Presbyterian Church parking lot on Harvard Avenue in Swarthmore (just behind the Swarthmore College outdoor track). The course is a hilly but pleasant 2.5-mile jaunt through the college campus. Bright red T-shirts are awarded to those who run 10 times with the group.

Collingdale Nips Springfield 616 to 660 in Mob Match

The First Annual Challenge Race on March 22 was a lot of fun, as 28 runners on the Collingdale team just edged 27 Springfield runners 616 to 660 on the 2-mile course in Collingdale. Each runner scored points according to his place of finish, with the lower total score winning. The competitiveness of the event produced 14 PR's. Collingdale had more male runners than Springfield - 22 to 16. Four of them (J.G., S.H., R.H., and B.M.) were falsely accused of being "traitors" because they ran on the Collingdale team. Springfield was disadvantaged by the absence of some of its top runners (including Steve Whitmore). Oh well, next year Springfield will have another chance, but your editor feels that Collingdale will win again by an even wider margin.

The Challenge Race trophy is now being passed among the twelve Collingdale team members who have run most often with the club: Byron Mundy, Frank Dugan, George Barnes, Sam Hill, Ed Germer, the Finley Family (Ron, Debbie, Dawn, and Ronny), Ray Hedrick, John McCormack, John McHugh, Mike Nestor, John Greenstine, and Ed Morris.

Caesar Rodney Results

Thirty-two of us completed the grueling 13-mile course in Wilmington last April 6. There were 244 starters. Our team finished in fourth place for the second year in a row. It was a windy but clear day with a 65° temperature.

1:18 - Byron Mundy*	1:37 - Hal Heckman	1:54 - Maridel Walsh*
1:22 - Steve Whitmore*	1:39 - Mike Fowler	1:58 - Dawn Finley
1:28 - John Shields	1:40 - John McCormack	1:59 - Mike Nestor
1:29 - John McHugh	1:40 - Dave Dennis	2:01 - Mike Koerner
1:30 - John Greenstine	1:42 - Bob Berger	2:03 - George Barnes
1:31 - Frank Dugan*	1:42 - Bill Kracht	2:07 - Ray Hedrick
1:31 - Mark Clatterbaugh	1:42 - John Ashton	2:17 - Ronny Finley
1:32 - Jim Burke	1:43 - Tom Tallon	2:17 - Ron Finley
1:34 - Joe Wilkes	1:48 - George Koerner	2:17 - Robbie Chambers
1:35 - Sam Hill	1:50 - Jim Kelly	3:00 - Craig Thompson
1:35 - Bob Koerner	1:53 - Debbie Finley*	3:30 p.m. - Ed Germer

*Medal Winners

Participation Awards

At both Collingdale and Springfield, these awards are presented for the number of times a runner participates:

- 1 time: Ribbon
- 10 times: Circular Emblem
- 20 times: T-shirt
- 40 times: Plaque with runner's name engraved on it
- 80 times: 1 year's subscription to "Runner's World" magazine

We need ideas for awards to present to runners reaching participation marks of 120, 160, and 200 times.

Springfield Awards Since January 10

In the past six months there have been 80 newcomers at Springfield, bringing total "membership" to 1006 (the number of different individuals who have run at least one time with the club).

There are now 251 persons who have run 10 times to earn the emblem award, the latest being:

Brian Stanley, 15	John McDougall, 42	Bob Lawson, 16
Doug Netting, 4	John McCormack, 12	Jim Doughty, 18
Tom Tallon, 31	Jonathan Stanley, 11	George Naylor, 48
Jack Monaghan, 27	Dale Hamlin, 21	Steve Mooney, 14

There are now 148 T-shirt members, including:

Christine Weber, 11	Jonathan Stanley, 11	Brian Stanley, 15
Hank Perm, 17	Larry Sage, 17	Andy Hartline, 10
Jim Burke, 16	George Naylor, 48	

94 persons have now run 40 times to earn the engraved plaque award, including:

David Knight, 36	Charley Hoover, 58	Rosemary Clatterbaugh, 16
Ron Finley, 36	Joyce Adams, 11	Bill Robb, 24
Ronny Finley, 8	Debbie Finley, 15	Kristen Aronson, 8
Pat Heckman, 24	Art Lord, 39	Tommy Lynch, 9
Dawn Finley, 13	Jim Kelly, 35	Fred Cox, 56
John Greenstine, 23	Morris Blodgett, 57	

There are now 37 persons who have run 80 times, including:

Sharon Barclay, 14 (2/23/75)	Kathi Clatterbaugh, 24 (4/23/75)
Jack McKeever, 18 (3/2/75)	Dave Adams, 22 (5/21/75)
Ray Hedrick, 22 (3/23/75)	

Bob Berger, Mark Clatterbaugh, and Byron Mundy have all passed the 200-times mark for participation at Springfield.

Collingdale Awards

Since the printing of the last newsletter on January 10, 1975, there have been 83 newcomers at Collingdale, bringing total "membership" to 460. There are now 114 persons who have run 10 times, including:

Pat Battista, 32	Kelly O'Brien, 17	Kathy Shiller, 16
Paul Hurst, 39	Joanne Magowan, 9	Leo O'hara, 9
Brian McCormack, 9	Bob Berger, 14	Mary Jane Nestor, 24
Bill Kracht, 39	Bill Forchielli, 27	Frank Dewan, 16
Bridget O'Doherty, 10	Becky Faix, 9	Steve Chimiowski, 12
Mike Fowler, 15	George Naylor, 48	Jerry O'Hara, 13
Mike Schramm, 16	Cathi Straube, 13	Jim Munro, 11
Bob Driscoll, 16	Harry Mirra, 41	Betty MacGuire, 35
Bob Koerner, 41		

There are now 51 members who have run 20 times to earn the T-shirt award, including:

Mary Magowan, 10	George Naylor, 48	Steve Whitmore, 20
Marie Magee, 14	Joe Kennedy, 10	Becky Faix, 9
Frank Tallon, 26	Kerr Graham, 46	Steve Ropski, 10
Bridget O'Doherty, 11	Paul O'Connell, 9	Bob Driscoll, 16
Mike Schramm, 16		

23 persons have earned engraved plaques for running 40 times, including:

Dawn Finley, 13	Mike Nestor, 26	Tom Tallon, 32
Ray Hedrick, 22	Bets Flowers, 44	Mary Magowan, 11
John McHugh, 15	Debbie Finley, 15	Linda Finnegan, 21

The 80-time members of the Collingdale Joggers Club are:

George Barnes, 44	Ronny Finley, 8	Byron Mundy, 27
Frank Dugan, 51	Sam Hill, 30	Paul Straube, 35

Financial Report

All funds come from personal individual contributions. Expenses at present exceed income, so please try to give if you have not done so already this year. We would like to give awards for participation marks of 120, 160, and 200, but we need money to do so.

Springfield expenditures since January 10 total about \$366, as shown below:

\$100 - 19 plaques	35 - Half of Challenge Race costs
80 - 60 "birthday" photos	35 - 7 "Runner's World" subscriptions
54 - 2 newsletters	27 - Advertisements (cards)
35 - 200 newcomer ribbons	\$366 - TOTAL

Contributions since January 10 for Springfield total \$280. \$5 contributors were Sharon Johnson, Joe Wilkes, Frank Dugan, Don Overall, Lew Gill, Gene Martenson, and Dave Netting. \$10 contributors were John Greenstine, Morris Blodgett, Bill and Dot Kracht, Art Dell, Ed Germer, and Paul Straube. John McDougall and Ray Hedrick each gave \$20. George Naylor gave \$15, and Mark and Kathi Clatterbaugh gave \$30. Bob and Paula Koerner generously donated \$100.

Collingdale Club expenditures since January 10 total \$190, as shown below:

\$37 - 7 plaques	10 - 2 "Runner's World" subscriptions
40 - 50 emblems	35 - Half of Challenge Race costs
27 - 2 newsletters	12 - 500 cards
29 - 150 ribbons	\$190 - TOTAL

Collingdale contributions since January 10 total \$105. Contributing \$5 were George Barnes, Jim Finnegan, Bets Flowers, Frank Dugan, Art Dell, and Mike Nestor. John McLoughlin and Ed Germer each gave \$10, George Naylor gave \$15, and Ray Hedrick and Paul Straube each gave \$20.

Running Shorts

Maridel Walsh is again keeping the attendance records for Springfield. Maridel is working at Bill Battey's and having just completed her freshman year at Bloomsburg, she will enter Villanova University this fall (look out Eamon Coughlin!).

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Dawn and Debbie Finley will keep attendance records for Collingdale this summer. Both girls set PR's for the 2-mile run June 12 at the Junior Olympics. Dawn did 13:20 and Debbie 14:08.

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Many thanks go to all the joggers and Jaycees who worked at the Junior Olympics Track Meet June 12, 13, and 14. More than 630 boys and girls from Delaware County participated. Special thanks to Dave Adams, clerk of entries, who spent many hours collecting and filing entry blanks and contributions in the two weeks preceding the meet. Dave also helped line the track and worked at the awards table during the entire three days of competition.

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The Third Annual 24-Hour Relay is tentatively set to start at 10 a.m., Saturday August 16. It will end Sunday, August 17, at 10 a.m. Last year pleasant weather helped make the event a lot of fun for all 28 participants. Steve Whitmore's team established a club record of 233 miles.

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The annual Avalon 6-mile beach race, sponsored by the Mid-Atlantic Road Runners Club, will be held Sunday, July 27, in Avalon, N.J. Last year about 30 of us ran and then dove into the ocean to cool off. There were 100 starters altogether.

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Schedule of Regular Group Runs (until September 14)

Springfield (at the public library) - Tuesdays and Thursdays 7:15 and 8 p.m.

Collingdale (at Harris School) -- Wednesdays 7:15 and 8 p.m. and Saturdays 9 a.m.

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Coming Events

Friday, July 4 (11 a.m.).....1-Mile Run-for-Fun...Springfield Memorial Park
Friday, July 4 (6 p.m.).....4-Mile Races.....Springfield Library
Saturday, July 27 (1 p.m.).....6-Mile Beach Run.....Avalon, New Jersey
Saturday, August 16 (10 a.m.)...24-Hour Relay.....Springfield High School Track
Sunday, September 14 (5 p.m.)...Cake Race.....Springfield Library

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CLUB MOTTO: Run for Fun and Fitness

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