



KEEPING CONTACT...

THE NEWSLETTER OF THE DELAWARE COUNTY ROAD RUNNERS CLUB

OCTOBER, 1983

Editor: Mary Lou Boselli

President: Ken Daws

Publisher: Helen Weber

A MARATHONER

- by Cindy Rost (age 11) -

A marathon is hard on your feet.
And many miles have to be beat.
But to be on the run
And to have some fun
Is hard, but must be done.

My dad is in training and records every mile.
Some days are good and others are mild.
A marathon is not easy and if you try it you're in for
Months of training in all kinds of weather.
But when you've finished and look at what you've done
The feeling is like no other one.

SPONSORS WANTED FOR ULTRA MARATHON

Attached to this newsletter you will find a sponsor sheet for the Philadelphia to Atlantic City Ultra Marathon on November 12. Tom Beese will be attempting this feat. If you would like to sponsor him in this race, (e.g., 10¢ per mile) complete the form and mail it to Tom. His address is on the flyer.

All proceeds benefit the Elwyn Institute.

THE GEMUTLICHKEIT

- by Bob Kern -

The Gemutlichkeit or Bierfest, as it is more popularly known, was indeed a festive occasion on Saturday, August 6, for half a dozen hearty Delco RRC members. On this day, the Adamstown Lions Club sponsored its annual 10 kilometer run through the beautiful, gently rolling hillside surrounding the festival area. They also held a 2-mile fun run, in which two of our newest colleagues participated. Certificates were given to all fun run participants, which we all thought was a nice touch, especially since this was their first

official run. Both ladies finished together in PR times of 17:30. Congratulations to Donna and Linda on a great run on a very challenging course. Within the 2 mile run, they had a hill equivalent to the .65 mile hill on the Ridley Creek 4.5 mile course. Now that's a heck of a hill for any runner on a 90 degree day and 80% humidity. Thank goodness the day was overcast during the running events or this could have been real trouble.

The 10K run went off at 9:00 A. M. before the temperature rose to about 85 degrees. There was plenty of water available, via hoses and cups, and the road marshalls did an excellent job with traffic and direction. Massive amounts of encouragement were given to runners along the entire course. The spectators were very friendly, cheerful and helpful. The only problem that was encountered by the runners was how to handle the one 1/4 mile flat area on the course. The advertised "Gentle Rolling Hills" was slightly misleading - they must have left out some additional wording such as "and Killer Mountains."

At the 1 1/2 mile point the runners made a left turn onto the Swiss Alps Mountain climb. I didn't see it, but I heard several people exclaim that a tow bar and chair lift were just around the next bend. The hill rose at about a 45-55 degree slope for approximately 1 mile. I've never seen so many people walking/crawling so early in a run before. The middle portion of the course was gentle rolling hills again, until the 4 1/2 mile point, at which time the runners encountered another 3/4 mile hill. Upon reaching the top you thought this had to be the last test of strength and that it should be down hill from here. Boy, were we mistaken. Approximately 1/4 mile further along we made a sharp left and faced A Mountain. This hill was so steep you could reach out and touch the road surface in front of you. We should have suspected something when we saw the mountain goats sliding down the hill past us and the buzzards circling overhead. This ordeal lasted another 1/2 mile. From the top it was down hill to the finish line.

Now I know why they had so many ambulances spaced out along the run. I think they made use of them all. This course made Glen Mills and Caesar Rodney look like wimp practice courses. We completed the run several minutes behind our normal 10K running times. Doug Shumaker, Joe Freiberg and Betty Perrone were heard to exclaim things like: "Unbelievable; Am I still alive; Is it finally over - thank the good Lord; Never again!"

The post-race endeavors proved more fulfilling as we made stops at the showers, then onto a local winery, a church picnic for some homemade chicken-corn soup, a dairy for some ice cream, a chocolate factory, a pretzel factory and finally to the Good & Plenty Pennsylvania Dutch Family Style Restaurant where we pigged out on great food. Will have to run twice as far next week to lose that added poundage.

All in all, we had a fantastic time at a very challenging run which was done very well. We enjoyed excellent food, a beautiful countryside, and, of course, the company of good friends.

PHILADELPHIA DISTANCE RUN

Sunday, September 18

RACE RESULTS

- by Mary Lou Boselli -

Bill Godschall	1:09:00	Gene Ceppetelli	1:34:21
Larry Garner	1:10:30	Bill McCormick	1:35:06
Francis Dewan	1:14:34	Gene Martenson	1:37:07
John Krajek	1:16:10	Mike McGillian	1:37:18
Bill Schultz	1:16:53	Bob Street	1:38:00
Larry Filtz	1:19:37	Jack Emmert	1:40:00
Dave Covey	1:20:32	Tom Hirsch	1:41:35
Tim Bell	1:21:00	Mike Fox	1:45:15
Ken Daws	1:21:20	Joe Santella	1:45:18
Guisepe Porri	1:23:23	Helen Senisch	1:45:30
Joe Holton	1:23:24	Rosemary Hyland	1:45:40
George Kennedy	1:24:40	Tom Watkins	1:45:45
Tony Marino	1:26:10	Georgie Ladd	1:46:31
Byron Mundy	1:27:05	Larry Ryan	1:47:13
Bob Huggins	1:27:07	Bill Smith	1:47:47
Bob Rost	1:27:10	Jim Miccolis	1:47:48
Bob Koerner	1:27:40	Joe Nolan	1:48:09
Terry Adamson	1:28:01	Maureen Meyer	1:51:00
Norma Grau	1:28:09	Bill Meyer	1:51:00
Rick Jones	1:29:38	Barb Krehnbrink	1:52:00
Torpey White	1:29:50	Joan Stuhltrager	1:55:00
Dan Lang	1:30:15	Don Lewis	1:58:10
Bill Boselli	1:34:15	Chuck Wallace	1:58:12

TWIN CITIES MARATHON

- by Gene Martenson -

On Sunday, October 2, I ran the Twin Cities Marathon from downtown Minneapolis to St. Paul, Minnesota. They describe it as "The Most Beautiful Urban Marathon in America." They may be right.

It begins at 7:15 A. M. with twin starting lanes. Women and men over 40 are on one street and everyone else is the next block over. They merge smoothly at the 1 mile mark. Everyone is seeded by their best marathon or 10K times with runners in chutes by PR's. The course flows around Minneapolis' several beautiful lakes, across the Mississippi River into St. Paul. Twenty plus miles wind through parks near neighborhoods, making it very convenient for the most enthusiastic crowds I have ever seen. They had about eight bands, who were super also.

You have probably heard how clean the area is. Well, it's true. No graffiti, little trash, people seem to really care. Corporations manned the water stops. The runners were asked to vote on which stop was best. They often had gay helium-filled balloons, bands, corporate tee shirts and it was a challenge to pick out one crew to vote on, as they were all so good. The winning team receives a banquet at a sponsoring restaurant.

This is a new Marathon, only its second year, and they have brightly picked many of the best ideas from all the top races. It really is one fine experience. Now why did I, in my 10th Marathon, have to go soft and develop a blister on the ball of my left foot? - excuse for a 3:38:55 time.

The Saturday before, I ran in a 10K race in my hometown, Jamestown, New York, and did a 42:00, one of my best times in years. My Philadelphia Distance Run was 1:37:07, slower than my 1:30:30 last year. Sea Isle's 13+ miles was 1:30:40 in a crazy steeplechase condition.

I must get more consistent. Well, there's always the next race, one of the many advantages of our sport!

PHILADELPHIA ULTRA MARATHON

- by Linda Bell -

October 2, 1983

7:00 A. M. - Philadelphia Art Museum

Weather Conditions: muggy, mid-60's, hot in the afternoon

<u>37 1/2 miles</u>		<u>40 miles</u>	
Winner	John Greenplate	4:11:53	
2nd place	Neil Weygndt	4:30:29	Winner
1st woman	Liz Bender	5:41:37	4:58:04

DELCO MEMBERS

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Time</u>
5	Bill Schultz	5:00:04		
7	Tim Bell	5:13:48	4	5:32:39
11	Dennis Kennedy	5:41:21	6	6:24:21
13	Bob Huggins	5:49:41	5	6:22:10
15	Tom Beese	6:09:57	8	6:37:58
20	Bill Koppenheffer	6:13:00		
23	Mike McGillian	6:38:56		7:13:00

Thanks to the Delco Support Crew: Pat Kennedy and Betsy. We know that Jim Kenny was there, too...somewhere. And wasn't that Linda Bell climbing out of the "Meat Wagon" at the finish line, carrying her bicycle behind her?

PHILADELPHIA DANNON TEN MILE RACE

- by Leo Uzych -

I had the good fortune to run in the Dannon Ten Mile Race on October 15. Weather conditions were terrific: sunny, cool, with a slight breeze. The course was also refreshing. The race started, and ended, at Memorial Hall. At times, I felt I was running in the October version of the Philadelphia Distance Run as the course looped along the East and West River Drives. The course location was changed this year, and the rather infamous hill (mountain) awaiting runners in the past was replaced by a far less challenging hill occurring about nine miles into the race.

The Dannon people put on this race as part of a national series of road races, and they certainly do a good job. For the rather amazingly low entry fee of \$1.00, all entrants receive a Dannon tote bag and patch. Award ribbons are to be sent out to all finishers of the race.

Somewhat to my surprise and disappointment, there were not really that many runners in this year's race - perhaps about 300. It seems, in fact, that Dannon is even considering discontinuing its sponsorship of the series. It would be a shame to see this fine race - with its probably unparalleled low entry fee - discontinued. I would strongly urge Delco Road Runners to let Dannon know of their support for the Dannon series of races, and to get out in numbers for future Dannon races.

FENTON CAREY

- by Bob Huggins -

October 22, 1983

9:30 A. M. - 5K

10:30 A. M. - Half Marathon

Ocean City, New Jersey

Weather conditions: cool, 50's, breezy

Women's 5K

Total of 147 finishers

Winner: Elaine McBride 19:12.0

<u>Place</u>	<u>Name</u>	<u>Time</u>
29	Joan Stuhltrager	23:14 (1st in age group)
41	Mary Lou Boselli	23:45
42	Betty Perrone	23:46 (age group winner)
54	Joanne Daws	25:01
108	Marie Barrie	29:15

Half Marathon

Total of 486 finishers

Winner: Ken Glah 1:08:04.1

1st Woman: Colleen Troy 1:24:57.2

<u>Place</u>	<u>Name</u>	<u>Time</u>
2	Bill Godschall	1:08:16.9 (won "a piece of the walk")
14	Bill Schultz	1:15:34.9 (2nd in age group)
49	Ken Daws	1:21:30.9
73	Torpey White	1:23:35.3
82	Ed Cope	1:24:17.7
94	Bill Koppenheffer	1:24:59.2
135	Tom Scott	1:28:32.7
139	Jack Elliott	1:28:50.6
141	Dennis Kennedy	1:28:55.5
146	Norma Grau	1:29:35.6
162	Fred Marvel	1:31:13.2
168	Tony Marino	1:31:38.1
172	Joe Farrell	1:32:00.3
199	Dave Covey	1:34:08.3
210	Leo Foley	1:35:01.1
213	Bill McCormick	1:35:28.9
218	Bob Huggins	1:36:05.6

<u>Place</u>	<u>Name</u>	<u>Time</u>
226	Jack Emmert	1:36:41.3
232	Denise DiPangrazio	1:37:03.8
233	Bob Koerner	1:37:04.4
235	Mike McGillian	1:37:07.3
241	Bob Kern	1:37:47.1
249	Jim Miccolis	1:37:59.4
260	Doug Shumaker	1:38:59.2
274	Larry Ryan	1:40:20.8
296	Helen Senisch	1:41:43.0 (1st in age group)
349	Joe Nolan	1:45:47.6
371	Tom Watkins	1:47:44.6 (3rd in age group)
382	Rosemary Hyland	1:49:25.5
419	Ron Finley	1:53:52.0
459	Bernie Reilly	2:05:00.7

RECIPE RECIPE RECIPE RECIPE

Good nutrition is a major part of your shape-up program. You need all those vitamins and minerals in fresh vegetables and meats. Here's a recipe for a delicious and healthy dish courtesy of Robin Rifkin of The Heart Felt Cooking School. She specializes in low-fat, low-cholesterol, low-sodium meals.

Curry Vegetables with Chick Peas

- | | |
|---|---------------------------------|
| 1 cup cooked chick peas | 2 teaspoons curry powder |
| 2 carrots, diced | 1/4 cup apple juice concentrate |
| 1 large onion, diced | lemon juice |
| 1 cup green beans, cut into bitesize pieces | ginger |
| 1/2 potato, diced | 1 teaspoon tamari |
| 1 clove garlic, minced | pepper to taste |

Saute onion, garlic, ginger, curry powder in a little water stock. Add potato and carrots and cook until partially soft. Then add green beans and chick peas. Cook until all vegetables are done. Mix in the lemon juice and apple juice, pepper and tamari. Serves 4 as a side dish.

FUN RUN REPORT FROM UPPER DARBY

- by Tom Beese -

Newcomer: Jeanne Houck 10X Charles Briddes

Lloyd Armor and Jeanne Houck took first place in their respective age groups at the U.S.S. Forestal Navy Day 5.9 mile race at the Navy Yard. Also completing the race were Donald Finan and James McIlhenney. Don and Jim also turned in excellent times at the Haverford 4-Miler:

Don Finan	27:30
James McIlhenney	33:10

Good luck to Brad and Chris Franz in their efforts at the Marine Corps Marathon.

RUNNING SHORTS

1. Marie Barrie was presented with a beautiful plaque from the Philadelphia Masters Track and Field Association on October 21 expressing their gratitude for her "culinary efforts and friendship." Congratulations, Marie! The praise could not be more fitting or deserved.
2. Congratulations to the McElrone's on the birth of their son, Paul, Jr. Also, best of luck to the Farrell's, who celebrated the birth of Kevin Joseph on October 8.
3. Best wishes to Steve and Maridel Whitmore who are expecting their first child in the spring.
4. Good luck to our engaged running couples: Kathy Stevens and Terry Adamson and Jack Myers and Joan Potterfield.
5. Thanks to Bill Boselli and Joe Nolan for organizing such a successful spaghetti dinner. Special thanks to Mrs. Boselli for devoting so much time to the preparation of the meal. Our cooks - Jim Miccolis and Tim "Chef" Bell - did a fine job in the kitchen and our award presentation committee - Tom Weber, Bill McCormick and Linda Bell - once again kept the audience well entertained. Heartfelt thanks go out to our servers - Joan Doherty, Mary Lou Boselli and Michelle; our bartender - Tom Hirsch; our clean-up crew, led by Mark and Kathi Clatterbaugh who can clean more dishes faster than a Kitchen-Aid; and Larry Ryan, Tom Watkins, Dave Covey and everyone else who took time out of their busy schedules to make our annual pasta dinner bigger and better than any Club around!
6. Delco will be manning two water stops again this year at the Philadelphia Independence Marathon on November 27. We need volunteers, so if you want to help, call Joe Nolan (622-3350) or Mary Lou Boselli (623-2260). Our locations are (1) the Pumping Station at Montgomery Avenue and East River Drive and (2) Eakins Circle in front of the Art Museum. We will receive 15 jackets per water stop for workers.
7. Congratulations to Mickey Lobb, Mike Tuohy and Linda Bell who completed the Muddy Run Triathlon. Springfield's Bob Scheerer participated in the East Coast Triathlon held on Long Beach Island. This event featured a one mile swim, 25 mile bicycle ride and 10 mile run.
8. Several of our top runners won races recently: John Krajek won the hilly Haverford Sports Medicine Clinic 4 Miler, while Rich Jacovini won the inaugural Wallingford 5 Miler in his own home town. Meanwhile, Jack Myers won the Crozer-Chester Medical Center 5 Miler, despite some nagging injuries.
9. Clifton Heights resident, Joe Holton, has been burning up the roads in the early Fall. His 1:23 half marathon time recorded at the Distance Run was a bright spot on a day when few PR's were recorded by Club members. Joe also took 4th place overall in the Swarthmore 5 Miler on a course reputed to be about a quarter mile long.
10. Former Sun Valley High School distance ace, Gina Procaccio, has been running some very fast times. Running Times reports that Gina ran a 34:59 10K at the Asbury Park, New Jersey classic and a 5 Miler in the low 28 minute range at an all women's race in North Jersey this past summer.

11. Lansdowne's Torpey White ran with running guru Dr. George Sheehan for a good part of the Philadelphia Distance Run. Torpey reports that "Doc" Sheehan was moaning and groaning about his aches and pains before taking off like a lightning bolt with less than two miles to go. Torpey recorded a fine sub-1:30 effort in his first attempt at the half marathon distance.
12. As usual, the Club held a very successful Delco Cross Country Championship. The race was directed by Ken Daws and Byron Mundy with Martin Deeney and family providing their usual outstanding support for this event. Thanks to all Club members who volunteered their time.
13. Former Swarthmore resident and Club member, Brian Savilonis, took 7th place overall in the TAC national 40 kilometer racewalking championships held in Asbury Park. Brian now runs er...walks for the Central Massachusetts Striders.
14. Speaking of Massachusetts, it was nice to see Bill and Diane Hannon at the Distance Run. The Hannon's now reside in Concord, Massachusetts.
15. According to statistics published by the National Running Data Center in Arizona, Vince Touey's and Bill Godschall's performances in the 1982 Distance Run earned them the distinction of being nationally ranked at the half marathon distance in 1982. Bill Godschall ran with Joan Benoit for a good part of this year's Distance Run in which she established an American Record. Tell us Bill, what's it like running with the world record holder for the marathon?
16. Best wishes to Sean McCormick who is Captain of the Cross Country team at Carleton College in Northfield, Minn. this year. The top twelve runners from the school will be going to the Nationals and we're hoping that Sean will be among them. With a goal of running the 5K in under 20 minutes and injuries behind her, Sean is ready for her fourth year with the Cross Country Team. Good luck, Sean, and please write to let us know all about your accomplishments - on and off the track.
17. Although the weekly aerobics classes were not attended by as many as we expected, the Body in Motion instructors did a fine job and the exercises were thoroughly enjoyed by those few members who did attend.
18. Let's start thinking about our nominees for the annual Delco Man and Woman of the Year awards. This yearly tribute goes to the members who best exemplify our motto, "Run for fun and fitness."
19. We're still compiling a list of names of members interested in purchasing warm-up suits. Also, long-sleeved T-shirts are still available in large and extra-large sizes (\$8). These are great Christmas gifts for the runner in your life, so place your orders today. Call Linda Bell at 237-9027.
20. Good luck to Jim Smith who will soon be moving into a house in Springfield.
21. Only a week after completing 40 miles in the Philadelphia Ultra Marathon, Mike McGillian traveled to Washington, D.C. to compete in the Twin Bridges 36 miler. His time was approximately 5:45 and the overall winner of the event was Charlie Thayer.

ULTRA MARATHON 60 MILE RUN



sponsored by

Tom Beese
136 N. Fairview Ave.
Upper Darby, PA

Start: City Hall

Finish: Atlantic City

on NOVEMBER 12, 1983



To Benefit
THE DEVELOPMENT CENTER PRESCHOOL
OF
ELWYN INSTITUTE

Sponsors: \$.10 a mile (\$6.00)
or any donation appreciated

Name: _____

Address: _____

Amount Enclosed: _____

Please make checks payable to: **Elwyn Development Center**
120 East Front Street
Media, PA 19063

"Thank You For Your Support"

22. Well, it was bound to happen. Not satisfied with his first two children (a '57 Cadillac and a beautiful robin) Tim Bell has acquired a third addition to his happy home - a cute, fuzzy rabbit who seems to share Tim's eating habits. Rumor has it that Linda has packed her bags and is now looking for a place to stay where's it's not so crowded.
23. Our apologies to Don Lewis for not mentioning his times at the Media 5-Miler (41:55) and Broad Street (85:18). If we overlooked any of our members' race results, please forgive us. Usually these lists are compiled by one or two devoted members who know most, but not all, of our runners' names. After a race, look for the DELCO banner or for an officer of the Club to report your time. If all else fails, please write to me and let me know about your efforts. (While you're at it, write me an article. I'm always looking for new material.) Once again, here's my address:

Mary Lou Boselli
70 W. Berkley Avenue
Clifton Heights, Pa. 19018
24. There is a correction to the Winter Running Schedule published in the last issue of KEEPING CONTACT. There is no longer a 1:00 P. M. run on Saturdays at Prospect Park.
25. Delco membership meetings will be held on November 10 and December 8. The November meeting will feature speakers on physical therapy and nutrition. Also, nominations for officers will be made. On December 8, a sports' podiatrist will speak.
26. Get well wishes to Jim Kenny, who had his appendix removed October 24. Also wishing a speedy recovery to Jack Myers and Vince Touey who are suffering from running injuries. Hope to see you all back on the roads soon.

The membership of the Delco RRC mourns the passing of Tom King. Whether you saw him making his way along the Colingdale course, or helping out at the Aldan Race, he always had a ready smile and a kind word. He will be greatly missed by us all.

MOLLYAN
5155

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