

Keeping Contact



Newsletter of the Delaware County Road Runners Club

September, 1986

Editor: Mary Lou Boselli President: Tom Hirsch Publisher: Rita Senderoff

DELCO RRC TRIATHLON

By Mary Lou Boselli

Judging from this newsletter, we may have to change our name to the Delco Triathlon Club. Well, that may be a little drastic, but it's obvious that more of our members are getting into cross training. And why not? After years of pounding the pavements, a little versatility offers relief for the knees, as well as a welcome change of pace.

The growing interest in multi-sport activities is evident in the number of participants in the Second Annual DELCO Triathlon. Last year, there were 18 entries while in 1986, 23 competitors rolled across the finish line at Ollies Restaurant.

DELCO'S version of the triathlon began at 7 A.M. on August 30 with a chilly 200 yard swim at Aldan pool. Next, a challenging bike ride to Ridley Creek State Park, followed by a 4.8 mile run. The last leg of the competition consisted of a tough ride back to Ollies in Springfield (total bike-approx. 15.6 miles).

Organizer Joe Nolan has purposely kept the length of the individual activities comparatively short in order to encourage participation by more middle-of-the-pack runners. Although there were several first time triathletes this year, we'd like to see more members give it a try. There are no prizes, so the competition is low key. Your \$8.00 entry fee buys your breakfast after the race and helps pay to feed the support crew.

DELCO stages this event with a minimal number of workers. Coach O'Keefe handled the start in his usual expert way and was assisted at the finish by Joe Farrell and Mary Lou Boselli. Mary Bergin, Tom Hirsch and Kathy Jackman were stationed at the park to help with the transition from bike to run (and back to bike again). Except for a minor accident which damaged Tom Weber's bike (and added at least 15 minutes to his time), there was no need for the sag wagon, competently manned by "the bike doctor," Tom Watkins.

DELCO'S Annual Triathlon is a really fun event geared especially for novice swimmers and average bikers. We all know you can run, but how is your breast-stroke and peddle-power? You'll never find a better introduction to the world of triathlon competition than the DELCO meet, so plan to give it a try next year. We'll be looking for you!

RESULTS OF DELCO TRIATHLON

1st Overall: George Koerner 1:30:10
 Fastest Swim: Bob Piotti 2:36

1st Woman: Margy Romano 2:17:55
 Run times not available.

	<u>1986</u>		<u>1985</u>	
	<u>OVERALL</u>	<u>SWIM</u>	<u>OVERALL</u>	<u>SWIM</u>
1. George Koerner	1:30:10	3:35		
2. Mickey Lobb	1:30:45	3:54		
3. Robert Piotti	1:30:48	2:36		
4. Steve Brusstar	1:32:09	3:36		
5. Joe Freiberg	1:33:05	5:55	1:35:40	5:01
6. Bob Huggins	1:37:00	4:18	1:35:27	4:33
7. Tom Scott	1:42:20	3:44		
8. Kenny Daws	1:42:34	4:15		
9. Torpey White	1:45:55	4:41	DNF	4:22
10. Gene Martenson	1:47:09	5:15		
11. Mike Metague	1:47:16	5:46		
12. Tom Weber	1:50:41	4:22	2:03:39	4:35
13. Bill Koppenheffer	1:50:58	9:10		
14. Bill Mc Cormick	1:51:05	5:11		
15. Bob Koerner	1:52:19	4:58		
16. Rick Jones	1:56:09	3:45	1:56:50	3:34
17. Byron Mundy	2:03:47	3:57	1:48:10	4:52
18. Frank Dewan	2:03:49	3:22	1:48:20	3:08
19. Jose Ariza	2:04:00	4:39	1:48:14	4:11
20. Joe Nolan	2:04:45	5:45	1:58:21	6:23
21. Margy Romano	2:17:55	5:10		
22. Jim Garrity	2:17:56	4:15		
23. Betty Perrone	2:21:53	5:40		
24. Bob Murphy	DNF	4:13		
25. Karen Murphy	DNF	5:13		

CARBON COUNTY TRIATHLON

By George Kennedy

Sunday, July 20, 1986

75 Degrees, Slight Drizzle

Course: 1 mile swim, 30 mile bike, 10 mile run for 250 competitors.

This challenging course, based in the Jim Thorpe-Mahoning Valley area, gives the back-of-the-pack triathlete (like myself and Dan Lang from DELCO) all he can handle. The swim was out & back in the beautiful man-made Manch Chunk Lake. The water was bath warm and after the usual anxiety at the swim start, the contestants got underway. Out of the water on a carpeted lane to the bike transition gave the swimmers a chance to get the legs moving before attacking the steep hills around Jim Thorpe. Several alpine climbs and harrowing descents (at over 50 MPH) separated several packs of triathletes and prevented much drafting to ease the workload.

The bike transition was well managed as bike valets helped the weary riders off their bikes and provided much needed assistance. The 10 mile run was not as hilly as the bike course and several water stops offered cups of ice cold water with ice cubes. A real nice touch!

Jogging in to the finish, many spectators offered lawn hose showers and much appreciated encouragement.

The race was won by top regional triathlete - Steve Fitch - with fellow Ironman Fred Klevan closing fast for second. As for yours truly and Dan Lang, we made our goals--don't drown, don't crash and finish. We stumbled in with a time in the 3 hour 40 minute range.

Free pizza and beer awaited triathletes, friends and family at the finish. The people of the Mahoning Valley were super and I strongly recommend this event to fellow DELCO runners as an alternative to the routine and flat Atlantic City bike hike held the same day. Give it a try!

AMERICAN CANCER SOCIETY / PHILADELPHIA TRIATHLON

By Bob Huggins

The third edition of this event saw new bike and run courses. Only the swimming portion in FDR Park's 150 feet by 230 feet pool remained the same. A half mile swim (actually, 800 yards) started the proceedings, followed by a 12 mile bike race (probably close to 11 1/2 miles) and then capped by a 4 mile run (probably accurate). A total of 326 triathletes competed with 314 finishing.

The event was highlighted by the surprise appearance of Joy Hansen, who is ranked among the top 10 women triathletes in the country. Were it not for only 4 men in front of her, the petite Texan would have won the race outright. As it was, long-time local triathlon standout Russ Jones smashed all competition with a blistering 1:03:04, over three minutes faster than the second place finisher. DELCO was well represented by a small, but growing contingent of triathlon crazies, including first timers Ken Daws and Barbara Moccia. Mickey Lobb was on a good pace when he suffered a rear tire blow out, costing him precious time. Still, it only took him about seven minutes to make the change and it enabled him to break an hour and a half. Tom Feehery had his running portion sidelined due to a running injury, but still competed aggressively in the swim and bike portions. DELCO RRC members and their times are listed below.

	NAME	SWIM	BIKE*	RUN**	TOTAL
1ST-Men	Russ Jones	11:51	30:40	20:33	1:03:04
1st-Woman	Joy Hansen	10:26	34:24	25:26	1:10:16
DELCO MEMBERS:	Bob Piotti	10:04	34:30	27:16	1:11:50
	Bruce Kelly	13:46	35:50	26:11	1:15:47
	Steve Brusstar	16:13	36:43	25:28	1:18:24
	Bob Huggins	18:59	37:10	25:54	1:22:03
	Ken Daws	17:39	37:32	28:10	1:23:21
	Mickey Lobb	16:47	43:01	29:26	1:29:14
(2nd-50 & over)	Gene Martenson	22:34	40:29	30:49	1:33:52
	Barbara Moccia	17:38	54:42	37:07	1:46:27
	Peggy Bobeck	23:52	50:56	40:23	1:55:11
	Tom Feehery	16:41	37:18	DNF	DNF

*Includes swim-to-bike transition time

**Includes Bike-to-Run transition time

MEDIA TOWN FAIR 5-MILER

By Joe Freiberg

In keeping with tradition, the Media Town Fair 5 Miler held on July 19 was hot and humid, but not as bad as it could have been. A brief shower before the race improved conditions slightly for the 900+ runners who decided to bear the heat. Vince Touey led from start to finish to win the men's division. His time of 25:43 was slower than previous winning times, but was a fine performance under the conditions, as evidenced by the quality runners who finished behind him (i.e. Rich DeSabastian in 26:51, et al). In the women's division, Sheryl Reid ran a tremendous 27:46, almost a minute ahead of her nearest rival, the previously perennial winner, Renie Shields. Sheryl's performance was sufficient to take 16th overall. The top DELCO woman was Frances Dagle, who took 6th place in 32:07, followed by Joan Potterfield Meyers in 33:40.

As usual, a large number of DELCO runners were on hand for the race. Below is a list of DELCO members (and a few others), and their times. As usual, our apologies to anyone who was omitted.

TOTAL MALE FINISHERS: 618

1. Vince Touey	25:43	168. Anthony Belfiglio	34:09
2. Phil Kircher	26:00	195. Claude Carrier	34:49
3. Brian DeUriarte	26:14	214. Bob Fuhrman	35:14
7. Joe Freiberg	27:10	225. Keith Richards	35:45
10. Don McNeal	27:27	236. Nick Crocetto	36:03
19. Mark Dehmel	28:09	239. Bill McCormick	36:06
35. Peter M. Vishton	29:04	245. Joe Santella	36:21
38. Larry Filtz	29:24	259. Hank Goldring	36:49
43. Mike Metague	29:35	286. Rolf Dehmel	37:21
48. Richard Kellerman	29:55	352. Mark Clatterbaugh	38:41
55. Torpey White	30:17	354. Bob Piotti	38:48
57. Bob Fortunato	30:29	359. Tony Crocetto	38:54
60. Frank Dewan	30:41	378. James Belgiorno	39:21
61. Dan Dillon	30:42	387. Meril Clouden	39:31
74. Craig Dehmel	31:04	389. Nick Pulcinella	39:33
84. Bruce Richards	31:18	404. Joe Farrell	39:52
97. Larry Tracy	31:40	443. Frank DiGiovachini	41:27
98. Terry Adamson	31:41	476. Lawrence Ryan	42:25
99. Tim Krakowski	31:46	506. Jim Garrity	43:24
110. Robert Paolino	32:09	508. Larry DiBello	43:25
120. Don Larson	32:30	520. Sam Brattini	44:03
122. Bob Rost	32:34	530. Paul Straube	44:34
125. Mike Hefferan	32:39	558. Chris Lamoureux	45:34
144. Peter T. Vishton	33:23	564. Mike Parsons	45:51

TOTAL FEMALE FINISHERS: 139

1. Sheryl Reid	27:46	63. Liz Miller	43:43
6. Frances Dagle	32:07	83. Dorothy Kracht	45:07
7. Joan Meyers	33:40	84. Mary Lou Boselli	45:11
35. Kathy Jackman	40:00	100. Peggy Bobeck	47:10
36. Joan Doherty	40:11	133. Rosemary Hyland	52:34
52. Helen Senisch	42:12		

DELCO CLUB MEETINGS

ATTENTION: DELCO RRC MEMBERS

The DELCO RRC holds a membership meeting the last Tuesday of every month at the community room of the Springfield High School. All club members are welcome to attend.

Meetings will be held after the Springfield Fun Run, starting at about 7:30 P.M. This year's schedule is listed below:

If you would like to become more involved in the planning process, or simply want to express your opinions, then by all means, plan to attend.

DELCO RRC MEMBERSHIP MEETING SCHEDULE

Tuesday - September 30, 1986	Tuesday - February 24, 1987
Tuesday - October 28, 1986	Tuesday - March 31, 1987
Tuesday - November 25, 1986	Tuesday - April 28, 1987
Tuesday - December 30, 1986	Tuesday - May 26, 1987
Tuesday - January 27, 1987	Tuesday - June 30, 1987

If you have any questions concerning our club meetings, contact Tom Hirsch at 544-2280.

RUNNING SHORTS

- * Good luck to Joan Doherty who will be entering Drexel University in September as a full-time graduate student majoring in Finance. After having lived two years in Rosemont (good-bye Chip, Biff and Muffy), Joan has moved to Primos, so we'll probably be seeing more of her at the fun runs.
- * Speaking of the Main Line, Bill Smith has left Wholesale Tire of Collingdale to work at BMW's on the Main Line. Sort of like a "Prep Boys. Home of Biff, Chip and Todd."
- * Another moving DELCO runner is Tony Marino. Tony and his family have moved from Aldan to Springfield. In fact, Tony's house is right on the 7 mile Sunday course. Also moving to Springfield this summer was much improved runner Joe Santella.
- * Talk about stamina. Marcie Harper is the proud owner of a new bike. One of her first rides was a hilly 35 mile ride (which actually turned out to be close to 39 miles).
- * Southern California was the summer vacation destination of speedsters Torpey White and Frank Dewan, both of whom managed to visit with star of road racing, cycling and triathlon -- the one, the only...Dave Covey.
- * Very best wishes are extended to Tim Bell and Mike Metague, both of whom have landed new jobs. Tim is working for the U.S. Postal Service at their 30th Street headquarters, while Mike is working at a printing company in Kensington.

- * DELCO will be entering teams in both the Radnor Race in October and the Marine Corps Marathon in November. If you plan to enter these events, why not sign up for the team? Get in touch with Team Coordinator, Bob Huggins (583-0410).
- * Miller Lite and Ridley Township Parks & Recreation Board are co-sponsoring a 5 mile run on Saturday, October 4. The 4th Annual Ridley Festival Race will begin at 9 A.M. in front of the Notre Dame de Lourdes School (take MacDade Blvd to Fairview Road. Corner of Michigan Ave & Fairview). Registration is \$5.00 before 10/3. Post-registration is \$7.00. For more information, contact Mike English (522-0557 or 534-4800).
- * Ginny Nicholson completed the Springfield Tricentennial Race on June 20th with a time of 53:12. She placed third in her age group with an overall place of 255. Our apologies for omitting Ginny's name from the results in our July issue, especially since she has been a member since the days of "Springfield Joggers."
- * Definition from The Devil's New Dictionary compiled by Richard Iannelli. Marathon - an event in which non-smokers demonstrate their superior ability to collapse in the street.

SPRINGFIELD FUN RUN REPORT

Attendance: July, 1986 - 211 August, 1986 - 202

Newcomers: David Baker Ron Grace Ed Fitzpatrick Maxianne Grace
 Jim Krokowski Bill Garvin Rich Libowitz Dave Mustin

20X:	Mike McGillian	Milestones:	150X Joe Santella
40X:	Sam Brattini		350X Bill McCormick
	Bob Fuhrman		600X Mark Clatterbaugh
			650X Kathi Clatterbaugh

(What was Mark doing on those 50 nights Kathi was running?)

DELCO RRC MEMBERSHIP MEETING

Monday August 25, 1986

Attendees:

Tom Hirsch, President	Mark Clatterbaugh
Fred Senderoff, Treasurer	Kathi Clatterbaugh
Bob Huggins, Team Coordinator	Terry Adamson
Mary Lou Roselli, Newsletter Editor	Kathy Adamson
Joe Nolan, Aldan Fun Run Leader	Betty Ferrone
Byron Mundy, Collingdale FRL	Bob Fuhrman
Jim Miccolis	Tom Weber
Frank Dewan	John Lawrence
Tom Watkins	Dot Kracht
Jean Hauck	Larry Ryan

Meeting was called to order at 7:17 P.M. by President, Tom Hirsch.



Springfield Federal

SAVINGS AND LOAN ASSOCIATION

153 SAXER AVENUE, SPRINGFIELD, PA 19064 543-6700
MARIANVILLE AND PENNEL ROADS, ASTON, PA 19014 485-8200



METROPOLITAN HOSPITAL
Springfield Division



Rotary Club of Springfield

10,000 Meter Classic and 1 Mile Fun Run

For the Benefit of the Springfield-Morton Alcohol-Drug Abuse Program
Organized by the ROTARY CLUB OF SPRINGFIELD
Sponsored by Springfield Federal Savings and Loan Association
Metropolitan Hospital, Springfield Division

WHEN: SUNDAY, November 9, 1986 WHERE: SPRINGFIELD HIGH SCHOOL
Prerace Registration 9:00 AM Leamy Avenue
10,000 Meter Run 10:00 AM Springfield, PA 19064

ENTRY FEE: Early registration \$6.00 (postmarked by November 1st)
Late registration \$8.00 (Day of Run)

Please make checks payable to ROTARY RUN--SPRINGFIELD

DIVISIONS: 10,000 Meter (Certified Course)

<u>Divisions</u>	<u>Male</u>	<u>Female</u>
Youth	15 & under	15 & under
Open	16-29	16-29
Sub-Masters	30-39	30-39
Masters	40-49	40-49
Golden Masters	50 & over	50 & over

AWARDS: Overall Male and Female Winners, each Division
One Mile Fun Run, Youngest and Oldest to finish
T-Shirts for 1st 300 entries. TEAM Trophies
1st overall fund raiser*: \$25 gift certificate for dinner at
RICHETTI'S SPRINGFIELD INN
2nd place fund raiser*: \$25 gift certificate for dinner at
LOUIS'S RESTAURANT, Clifton Hgts

*Sponsor Sheets Available

November 9, 1986

Dear Runner:

On behalf of The Rot
field and our sponsors
Federal Savings and Loan
The Metropolitan Hospital
Division, I would like
our 10,000 METER CLASSIC
RUN to benefit the Sprin
and Alcohol Abuse Task
Enclosed is a map for t
Fun Run. Water and orea
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PLEASE SEND IN SPONSOR
NOVEMBER 20th, 1986. H

10,000 Meter Race (Cert
Splits given at 1 mile
Water at 2.5 mile.

Cordially,

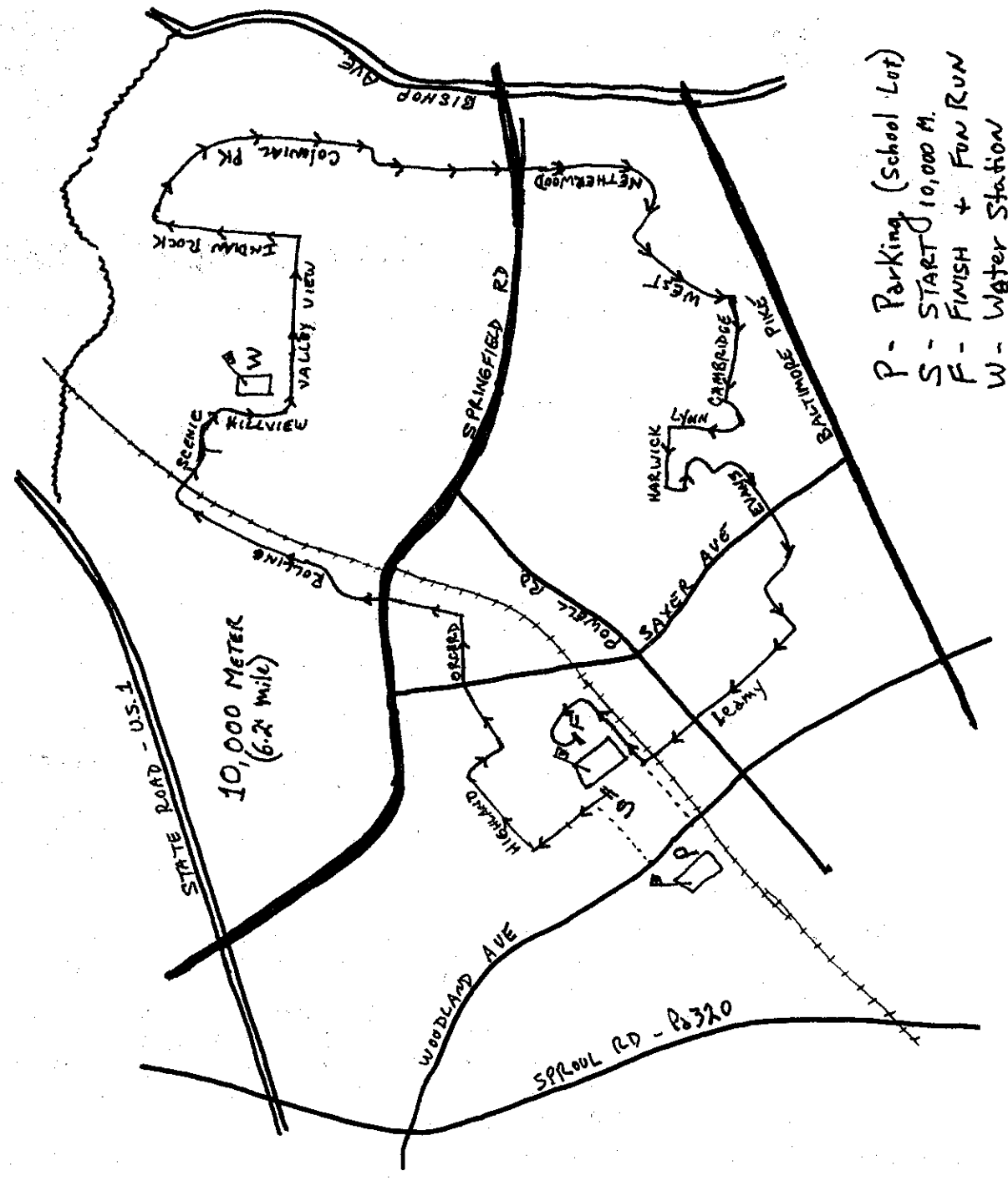
Charles M. Alexander

Charles M. Alexander
Chairman, Run Committee

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 The Springfield
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 to welcome you to
 C and 1 MILE FUN
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 Force Project.
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 assistance if needed.

PLEDGES BY
 AVE A GREAT RUN!

ified)
 and 3.1 miles.



P - Parking (School Lot)
 S - START 10,000 M.
 F - FINISH + FUN RUN
 W - Water Station

Minutes from the last meeting were read and accepted as read. Joe Nolan/ Jim Miccolis

Treasurer's Report/ Fred Senderoff

PSFS Super Now Account - \$4803.62

Major bills from the Media Race have been paid.

Springfield Tricentennial Race cost DELCO \$902.58 which was reimbursed by Metropolitan Hospital and Springfield Savings & Loan. Motion was made by Mary Lou Boselli that we accept Treasurer's report. /Peggy

Fun Run Report/ Marylou Long N/P

Team Coordinator/ Bob Huggins

Thanks to Joe Freiberg for all his help. We will have an open women's and maybe a master's team in the Philadelphia Distance Run. Team competition for Radnor, Oct. 12. Dick Beardsley racing team for non-runners. Contact Bob for more info.

Newsletter Editor/ Mary Lou Boselli

Nothing to report. Deadline August 31 for next newsletter.

Memberships/ Marylou Long

<u>YEAR</u>	<u>% CONTRIBUTIONS</u>	<u>AMOUNT</u>	<u># MEMBERS</u>
1986	96.5	\$940.00	85
1985	91.7	\$2002.00	230
1984	81.6	\$1937.00	282
1983	79.2	\$2369.00	404
1982	71.4	\$2291.00	392
1981		\$1998.00	371
1980		\$2414.00	524

Old Business

Spaghetti Dinner - Sept. 5. Betty needs help with tickets. 15 tickets have been purchased to date. Triathlon - 14 entries to date.

New Business

Cross Country Championships will be directed by Byron Mundy. Thanks for volunteering, Byron!

DELCO'S Annual Cake Race on Sept. 7 will be directed by Fred Senderoff. Also, we will run DELCO Challenge Race on the same morning. Larry Filtz director. Pick your fun run and challenge the rest.

Motion was made by Fred Senderoff that we of DELCO RRC allocate \$100.00 for Ken and Joanne Daws to show our appreciation for the excellent job they did on the Media Race. Bob Fuhrman/Passed.

Elections will be upon us soon. Committee to start with nominees.

Next Meeting - Tuesday, September 30, 1986 at the community room at the Springfield High School.

Motion was made to adjourn at 7:36 P.M. by Joe Nolan.

Respectfully submitted,
Peggy Bobeck

