

Keeping Contact



Newsletter of the Delaware County Road Runners Club

April, 1989

Editor: Bob Huggins President: John Greenstine Publisher: Rita Senderoff
Submit articles for publication to: Bob Huggins, 408 Pershing Avenue,
Collingdale, PA 19023

FROM THE EDITOR...

First of all, I want to thank all of those good folks out there who contributed articles, ideas, race coverage, etc., over the last several issues...it's really made my job a lot easier. More importantly, there's a broader range of running and fitness topics for your reading pleasure. Again, thank you and keep those cards and letters coming, regardless of your writing ability.

Our new club president, John Greenstine, has a number of good ideas which he is trying to bring to our club to make it the very best it can possibly be. One of John's ideas is a more frequent publication of the newsletter, particularly as it relates to race listings, upcoming club meetings and events, etc. Some club members in the past have complained, with some justification, that information in the newsletter was received after events had already occurred. Since I first assumed editorial responsibilities for the newsletter several years ago, we have been publishing roughly 6-7 times a year. Beginning with this issue, we will attempt to publish approximately 10 to 12 times a year. We will alternate publication of shorter race listings, events, club information, etc. with our fuller feature publication which you are currently receiving. We hope that you'll like this approach.

AUDITOR WANTED

If there is someone out there who can spare an evening to go over the DELCO books, please contact Fred Senderoff at 328-2623.

ROAD RACE SCHEDULE

April 9 11th Annual Bud Light Cherry Blossom 5 Miler
Wilmington, DE
Contact: Marathon Sports
300 W. 9th Street Plaza
Wilmington, De 19801
(302)654-2354

April 16 Montessori Run for Excellence 5K - Wilmington, DE
(Bellevue State Park)
Contact: Marathon Sports (see April 9)

- April 17 Boston Marathon
Boston, MA (TAC Card Required; Qualifying Times)
Contact: Boston Marathon
17 Main St.
Hopkinton, MA 01748
(508)435-6905
- April 30 6th Annual Willow Grove Park 5 Miler
Willow Grove, PA
Contact: Cheryl Dougherty - 657-6000, or
Eileen O'Donnell - 963-0100
- April 30 New Jersey Waterfront Marathon & 10K
George Washington Bridge
Contact: New Jersey Waterfront Marathon
Harborside Financial Center, 200 Plaza III
Jersey City, NJ 07311
(201)432-5530
- May 6 Wissahickon Trail Run (7 miles)
Contact: Fairmount Park Commission
Recreation Division
Memorial Hall
Phila., PA 19131
686-0052
- May 7 Broad Street Run (10 Annual)
Contact: Broad Street Run
Dept. of Recreation
C.A.S.E. Building
Belmont & Parkside Avenues
Philadelphia, PA 19131
(DELCO's Race-of-the-Month; Tailgate Party in parking
lot after the race)
- May 13 After the Fox 5K Run
Middletown, DE
Contact: John LaRosch
The Broadmeadow School
500 South Broad Street
Middletown, DE 19709
(302)378-9859
- May 13 Dawn-to-Dusk Ultramarathons
Sharon Hill, PA
Contact: Bob Huggins
408 Pershing Ave.
Collingdale, PA 19023
583-0610
- May 13 5 Mile Fellowship Run
(Ridley Creek State Park)
Contact: 436-0807
- May 20 Middletown Twp. 5 Mile Dogwood Run
Indian Lane School, Middletown Twp. (near Granite Run Mall)
Contact: Middletown Township 5 Mile Run
P.O. Box 157
Lima, PA 19037-0157
565-2700 (9 A.M. - 4:30 P.M.)

- May 21 Run for Rich 5 Miler
Location: Upper Merion H.S., King of Prussia
Contact: 265-0171
- May 29 Lansdowne Memorial Day Race
Race will return to 10K Distance.
Details - next issue
- June 3 Great Cape May 10K Foot Race
Contact: Cape May Convention Hall
714 Beach Ave.
Cape May, NJ
(609)884-2761 or (609)884-9565
- June 4 Bar/Packard 10K Run
Course: West River Drive - out & back
Contact: (215)627-7718
- June 11 Main Line 5 Mile Run
Location: Lower Merion High School Athletic Field, Ardmore
Contact: 642-0300

MULTI-SPORT CALENDAR

TRIATHLONS

- May 6 A.H.A. of Delaware Gore Tex Triathlon
12.1 mile bike, 4.7 mile run, 3 mile canoe
Location: Wilmington, DE
Contact: Lisa Crkvenac
4-C Trolley Square
Wilmington, DE 19806
(302)654-5269 - days
- June 18 Marathon Sports Sprint Triathlon
.25 mile swim, 16 mile bike, 5K run
Location: Middletown, DE
Contact: Wayne Kursh
Marathon Sports
300 9th St. Plaza
Wilmington, DE 19801
(302)654-2354 - days
- June 25 Bud Light USTS Baltimore Triathlon
1.5K swim, 40K bike, 10K run
Location: Baltimore, MD
Contact: Bud Light USTS
5966 LaPlace Ct., Ste. 100
Carlsbad, CA 92008
(619)438-8080 - days
- July 4 Liberty to Liberty Triathlon & Biathlon
Tri: 1.5 mile swim, 100 mile bike, 5 mile run
Bi: 6.2 mile run, 100 mile bike, 5 mile run
Location: New York - Both races from New York to Phila.
Contact: Prestige Sports
P.O. Box 937
Green Brook, NJ 08812
(201)968-8258 - days

July 16

Carbon County Triathlon
1 mile swim, 32.2 mile bike, 10 mile run
Location: Lehighton, PA
Contact: Ed Wermillion
P.O. Box 154
Lehighton, PA 18235
(215)377-5905 - days

BIATHLONS

April 23

Community Y Biathlon
.5 mile swim, 5 mile run
Location: Lansdowne, PA
Contact: Cindi Phallen
Community Y
Lansdowne Ave. & Garrett Rd
Lansdowne, PA 19050
(215)259-1661

April 30

Cooper River Biathlon Series
2.5 mile run, 15 mile bike, 2.5 mile run
Location: Pennsauken, NJ
Contact: Chuck Sellars
33 Haddon Ave.
Westmont, NJ 08108
(609)858-9760 - days, race #1

May 7

Sunrise Run-Bike-Run
4 mile run, 14 mile bike, 4 mile run
Location: Long Branch, NJ
Contact: Andrew Spears
Monmouth County Park System
Newman Springs Road
Lincroft, NJ 07738
(201)542-1652 - days

May 28

Pretzel City Classic Staged Biathlon
13.1 mile run, 30 mile bike
Location: Reading, PA
Contact: Precision Road Racing, Inc.
P.O. Box 252 Leesport, PA 19533
(215)926-4303 - Days

July 9

Cooper River Biathlon Series
3.7 mile run, 11 mile bike, 3.7 mile run
Location: Pennsauken, NJ
Contact: Chuck Sellars
C.S. Running Center
33 Haddon Ave.
Westmont, NJ 08108
(609)858-9760 - days, race #2

July 23

YWCA of New Castle County Biathlon for the Homeless
4 mile run, 22 mile bike, 3 mile run
Location: Wilmington, DE
Contact: Sonia S. Sloan
YWCA of New Castle County
233 King Street
Wilmington, DE 19801
(302)658-7161 - days

DELCO RRC RUNNING ATTIRE

Show your true colors! Get your DELCO RRC singlets and T-Shirts in time for the Spring racing season. Here's what's available:

DESCRIPTION	QUANTITY REMAINING	PRICE
Men's Small "Dolfin" Singlets (100 % N)	7	\$7.00
Men's X-Large "Dolfin" Singlets (100 % N)	3	\$9.00
Men's Medium "The Finals" Singlets (100 % N*)	5	\$11.00
Men's Large "The Finals" Singlets (100 % N*)	5	\$11.00
*lower portion is mesh nylon		
Women's Small "Dolfin" Singlets (100 % N)	1	\$7.00
Women's Large "Dolfin" Singlets (100 % N)	1	\$7.00
Women's X-Large "Dolfin" Singlets (100 % N)	4	\$7.00
Unisex Children's "Sportswear" T-Shirts (50/50)	1	\$4.00
Unisex Medium "Sportswear" T-Shirts (50/50)	4	\$4.00
Unisex X-Large "Sportswear" T-Shirts (50/50)	5	\$4.00
Unisex Medium "Screen Stars" T-Shirts (50/50)	7	\$5.00
Unisex Large "Screen Stars" T-Shirts (50/50)	1	\$5.00
Unisex Small "Hanes" Over-the-Hill Gang T-Shirts (50/50)	3	\$4.00

- * All shirts/singlets imprinted with "DELCO RRC" except as noted (Over-the-Hill Gang).
- * Orders filled on "first come - first served" basis.

To order, contact Bob Huggins at one of the Fun Runs. Mail orders accepted, add \$1.00 additional to the cost shown for shipping/handling. Complete form below and send to:

DELCO RRC, c/o Bob Huggins, 408 Pershing Avenue, Collingdale, PA 19023

Please send me the following items:

Description	Size	Price
1. _____		
2. _____		
3. _____		

Add \$1.00 shipping/handling \$1.00
Total Order \$ _____

Make check/money order payable to "DELCO RRC." Do not send cash.

Got any ideas for things you'd like to see? Almost anything can be imprinted... running shorts, sweats, nylon windsuits, tights, etc. Let me know; if enough people are interested, we'll place an order. Just tell me what you'd like to see and how much you would expect to pay for it. The larger the quantity ordered, the cheaper each item will be. Remember, in most cases, a minimum order of 12 items is normally required for imprinting.

DELCO RRC MEMBERSHIP MEETING

Notes from 2/22/89

Convened 8 P.M., Springfield High School Community Room.

Present: John Greenstine, Bob Huggins, Tom Hirsch, Mark Clatterbaugh, and Bill Schultz.

Old Business

- : Collingdale Race, who would attend/compete/support. Greenstine, Huggins will support, Clatterbaugh will race. Byron has included \$1.00 extra for insurance contribution to club.
- : Greenstine received current insurance policy in mail from Marylou Long. Telephone call to Susan Triggiani confirmed that renewal process for policy is underway, in time for March expiration. Triggiani will send bill for yearly premium as soon as policy arrives, around March 7.
- : Tom Hirsch noted that Joe Nolan claims to have found the banners and Hirsch authorized him to have them cleaned.
- : Marylou Long noted to Greenstine that planning for the Junior Olympics is progressing with Byron Mundy, Martin Deeny (?) and herself. They hope to have a sponsor for T-shirts for all competitors and they plan to have the refreshment stand. Hirsch noted that Kathi Clatterbaugh had sent out letters asking for support to several local firms. No word on response. Marylou hoped to attend the February meeting but did not make it.

New Business

- : Greenstine began general discussion of club representation and support for club members at races. Greenstine wants to make an effort to make the popular but usually unofficial and informal racing by our members more of an official DELCO activity, and thereby get us some additional visibility and help with attracting new members. To that end, several themes were explored by the group.
- : Have the club "pick a race" each month to feature in the newsletter and with attendance. It might be as simple as designating a popular race like Broad Street or Caesar Rodney as the "Race of the Month", and list the "Official" DELCO meeting spot near the course for the after-race social corner. That way members who do not attend regularly will be informed and can participate with other members at the race.
- : Try to put up the DELCO banners at the featured races as a visibility gesture.

: Try to get all the DELCO racers, regardless of ability, to wear the DELCO singlets, for club esprit and visibility. Also discussed was the possibility of getting DELCO shorts, for the hot weather races and for the women who cannot wear the singlet. Greenstine subsequently got a price of \$14.95 inclusive from Marathon Sports in Wilmington, "Insport" brand.

: Team racing was discussed. The group recognized the changing character of DELCO, the slipping away of the most competitive element to age and lack of interest, leaving the rank and file racers running for enjoyment and personal accomplishment, not trophies. Huggins noted that there are women or open women team, which the group agreed would be formidable. Several discussions spun out of teams:

1. Lets have a team or teams, as many as can be created, at every popular team race.

2. Lets have anyone who wants to be a team member, regardless of relative ability, be a part of a team as often as possible. This would help make racing a club activity for everyone.

3. Consider hosting a team challenge race among the other big clubs... Northeast, Freedom Striders, etc.

4. Publish a more timely and comprehensive race calendar. This would be part of a regular monthly mailing, that would be either the currently bi-monthly newsletter or a two-page "bulletin" that would list the monthly meeting time and place, agenda, and race information. Greenstine and Huggins have begun compiling more race information for a projected April 1 flyer.

5. Discussion of Club covering additional fees for race teams, over regular registration; Huggins remarked that cost has been so minor of late (\$50.00) a year that it was inconsequential. Greenstine noted that an offer of some degree of sponsorship for DELCO teams has already been made by a member.

6. Schultz noted that some clubs award 'points' to their members for club activities, including races, volunteering help, regular run attendance, other achievements. All present agreed such a system would make 'member of the year' award more clear-cut and equitable.

Greenstine called for a motion to adjourn at 9:45 P.M., seconded by Bill Schultz.

Next month's meeting will be on March 29th at the community room unless otherwise noted.

..... RUN FOR FUN AND FITNESS

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TO:

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DELAWARE COUNTY ROAD RUNNERS CLUB

