

# *Keeping Contact*



## *Newsletter of the Delaware County Road Runners Club*

September, 1991

Editor: Bob Huggins President: Bill Schultz Publisher: Rita Senderoff  
Submit articles to: Bob Huggins 408 Pershing Avenue Collingdale, PA 19023

### RISE AND...STRETCH?

By Amy Binder

When I was a kid, I spent countless hours watching Jack LaLanne's exercise program on TV. He was the athletic version of Dick Clark - never changing, never aging over the years. In those pre-spandex days, how did he ever find such body-hugging, muscle-revealing outfits?

As for his actual exercise routine, I remember very little. A few jumping jacks, maybe some squats and trunk twist. What sticks in my mind is Jack's devotion to stretching. He was almost religious in championing a proper warm-up.

But the stuff was boring, and I never paid attention. Now I wish I had taken notes.

These days, I drag myself out of bed every morning and literally hit the floor. Several minutes of stretching and I feel almost virtuous. On running days, there's another stretching session before I go out the door. I may be getting old, but I'm very flexible.

I'm hoping this dedication will keep me off the injured-reserved list. I'm tired of spending time in those high-priced sports rehab centers. I'm tired of working out in front of incessantly cheerful fitness "trainers." I'm tired of paying for what is, essentially, advice about stretching, with a few strengthening exercises thrown in for fun.

After my last rehab session, I received a lovely parting gift: the home version of "Hold that Stretch." Now I can relive the memories - just a former game-show contestant - armed with my exercise flash cards containing pictograms of men in funny positions. I feel compelled to continue the routine, having invested so much sweat equity in the program.

Like any new disciple, I've also become an advocate. I've bought, lent, and given away several "how-to" books. I've coerced friends into stretching with me before races. I badger my husband about proper technique and posture.

While some may say I'm a borderline fanatic, I contend I'm just this side of healthy attitude. What keeps me in place is the fact that my favorite warm-ups cannot be done in public. I, for one, do not feel comfortable doing hip thrusts for the viewing pleasure of passers-by. For the sake of propriety, I limit my stretching either to the privacy of my home or a crowded aerobics class where everyone else is lying on their backs with legs akimbo.

I expect both short and long-term payoffs for all this dedication. Today, injury-free. Later, when I reach venerable senior status, I want to remain flexible enough to touch my palms to the floor. My grandmother can still do it, but maybe that's because she's shrunken over the years and the ground is a lot closer.

There has been one unusual benefit from all my floor activity. My house is much cleaner than it used to be. While lying down, counting out a stretch, I get a close-up view of what's collecting under the couch. After a few days, I'm so distracted by dirt that it's better to start cleaning than be constantly reminded of chores that need doing. Of course, I could accomplish tow tasks at once if I sprayed myself with Endust before rolling around on the hardwood floors. But, like I said before, I'm trying to avoid becoming a fanatic.

With Jack LaLanne as my role model, I see a few possible scenarios for the future: 1) I retain my youth through good health and clean living; or 2) I become a senile old lady who can really give the nursing home staff a run for their money. In either case, I expect to remain a devotee of the fit and firm.

## THOUGHTS FROM THE WHITE HOUSE

(Just a little BS) By Bill Schultz

TAC/USA National Masters 10K Cross-Country Championships

Anyone interested in running in the Championships on October 26, 1991, can contact Bill Schultz for an application. This year's race will be held in Louisville, Kentucky.

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### SEPTEMBER CLUB MEETING

This month's meeting will be held September 25, 1991 at the home of Stan & Solveig Cherim in Media. TRY AND MAKE IT!

Directions: South on Rt. 252 from Baltimore Pike (About 1/2 mile).  
Right on Wallingford Ave. #213 is on the left.

Phone: 566-6932

Agenda: 6:30 P.M. - YOUR CHOICE

- 1) 5K trail run (only one hill)
- 2) POOL TIME - Bring a towel

7:30 P.M. - Pot-Luck Dinner starts - Bring something!

7:45 P.M. - DELCO CLUB MEETING

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MORE THOUGHTS FROM THE WHITE HOUSE  
(more BS)

MAJOR UPCOMING CLUB EVENTS

October DELCO CROSS COUNTRY CHAMPIONSHIPS  
10-12-91 Rose Tree Park  
Volunteers NEEDED  
Contact: Byron Mundy

TOUR de BLUE - Oct. 20 - Volunteers needed

HALLOWEEN RUN at Springfield Run (date TBA)

November THANKSGIVING DAY RUN at Ridley Creek State Park  
(date TBA)

December DELCO CLUB MEETING/ HOLIDAY PARTY (date TBA)

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JOB WANTED - SOCIAL DIRECTOR(S)

By now I'm sure some of you noticed there was no SPAGHETTI DINNER this year before the Distance Run. Several people have commented to me on how much it was missed and wondered why the club didn't have it.

Well,...this is YOUR club and there were no volunteers to arrange it! The topic of the dinner had been brought up at more than one club meeting over the summer and no one in attendance wanted to take on the job. Nor did anyone else offer to take on the responsibility.

With that in mind, I'd like to suggest a new cabinet post for 1992 - that of SOCIAL DIRECTOR(S). It would be the job of this person/committee to suggest, arrange, and/or come up with the social events for the year. Some of those might include, but not be limited to:

1. Spring Social (club awards)
2. Fall Social (Spaghetti Dinner)
3. Picnic(s)
4. other specials

If you have any comments and/or suggestions, PLEASE, contact me or one of the other club officers, and let them know. You might even come to the next meeting and GET INVOLVED!!!

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## MARATHON MADNESS

The fall season is here and, whether your down the Drives, running a double Foulk, or headed to the park, marathon training seems to be in full swing. For what it's worth, consider some of the following:

1. Hydrate well the day before your long workout.
2. Experiment with what your eating the night before your workout and find what works best.
3. Don't increase your mileage too fast.
4. Don't increase your pace too fast.
5. Break in new shoes, shocks, etc.
6. Experiment with different types of clothing
7. Experiment with different drinks on your long runs.
8. Do at least one weekend run at a quicker pace, but NOT race pace.
9. Try to find as much info about your race's course as possible and try to visualize it.

Finally, on race day, run smart! If the weather isn't right or you just don't "feel" right, adjust your goal. Treat it like a long workout. There's probably another marathon in the area, so wait a week or two, regroup, and try it again!

## MULTI-SPORTS ROUNDUP

By Bob Huggins

Several members have placed well in recent multi-sport competitions.

Bonnie Muetterties placed 2nd in the women's 35-39 age category at the YMCA Biathlon for the Homeless held in Wilmington in July.

One of the club's veteran triathletes, Rolf Dehmel has fared well over the years and the 1991 season was no exception. Rolf likes 'em tough and he again raced the technically difficult Endless Mountains Triathlon where he placed 3rd in his age group. A little closer to home, he placed 2nd in his age group at the Greater Delaware Valley Triathlon held at the Hatboro YMCA in June. At press time Rolf was racing on another tough course in Wilkes-Barre.

In addition to the Bud Light U.S. Triathlon National Championship race which he qualified for in August, Bob Huggins also qualified for the U.S. Biathlon Federation's championship race in New York City in November.

Philadelphia Modern Biathlon Series - Race #3  
(2.5 mile run, 15 mile bike, 2.5 mile run)

Bob Huggins	1:13:41
Gene Martenson	1:33:24
Peggy Bobeck	1:40:39 - 1st, women's 50 - 55

With the 1991 local Triathlon season just about finished, multi-sport athletes still have a few races remaining during October.

- October 6 Lakehurst, NJ Biathlon  
(Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles)
- October 13 Ed Jerome Biathlon - Belleplain State Forest, NJ  
(Run: 4 miles, Bike: 24 miles, Run: 4 miles)
- October 20 War at the Shore Biathlon - Sandy Hook, NJ  
(Run: 2.3 miles, Bike: 12 miles, Run: 2.3 miles)
- October 26 Season of the Witch Biathlon - Reading, PA  
(Run: 3.6 miles, Bike: 10.8 miles)
- October 27 Naval Station Fall Biathlon - Reading, PA  
(Run: 2.5 miles, Bike: 12 miles, Run: 2.5 miles)
- October 27 Morris Batzer Triathlon - Margate, NJ (indoor swim)

For more information on any of these races, contact Bob Huggins (583-0610, evenings).

## TOUR de BLUE

PennDot has given the OK for the Blue Route opening celebration and the DELCO ROAD RUNNERS CLUB will be staging a 10K. Race applications are enclosed. More importantly, we will need as many people as possible to help make this one-time commemorative event be a success. To volunteer see anyone of the following club members:

Sam Brattini  
Bob Huggins  
Bill Schultz  
Tim Wade

## RACE ANNOUNCEMENT

THIRD ANNUAL CHRISTMAS CITY CLASSIC 5 MILE RUN & 2 MILE FUN RUN

Date of Race: Sunday, December 8th, 1991

Distance: 5 Miles & 2 Mile Fun Run

Held: Bethlehem, PA  
Starts & Finishes at Bethlehem YMCA

Time: 5 Miler - 11:00 A.M.  
2 Miler - 11:05 A.M.

Contact: Bart Yasso  
27 Garman Rd.  
Kutztown, PA 19530  
215-967-8276 (Day) 215-683-6181 (Night)

## FALL RACE LISTING

Compiled by Bob Huggins

- Sept. 28      Run for the Sun 10K - Hatboro, PA  
                    Contact: Peter Price  
                            440 S. York Rd.  
                            Hatboro, PA 19040  
                            674-4545
- Mortonville Cow Chase 5 Mile - Mortonville, PA  
                    10 A.M. Start  
                    Contact: Bob Ferna  
                            44 Sheffield La.  
                            West Chester, PA 19380  
                            696-8666
- Beach Front Run 4.4 Miler - Cape May, NJ  
                    9 A.M. Start  
                    Contact: Civic Affairs Dept.  
                            Beach Front Run  
                            643 Washington St.  
                            Cape May, NJ 08204  
                            (609) 884-9565
- Terry Fox Run 5 Miler - Four Seasons Hotel, Phila.  
                    8:30 Start  
                    Contact: Ruth Hirshey  
                            963-1500 (ext. 167)
- Sept. 29      Bent Elbo 5K - Pennypack Park, Phila.  
                    Noon Start  
                    Contact: Joe Kraher  
                            NERRC  
                            815 Piermont St.  
                            Phila., PA 19116  
                            535-6092
- Run for Adoption 10K - West River Drive, Phila.  
                    10:00 A.M. Start  
                    Contact: Steve Brody  
                            P.O. Box 366  
                            Bala Cynwyd, PA 19004
- Pennsylvania School for the Deaf 5 K  
                    Contact: Club Member Joe Freiberg or Joe Farrell  
                            for more information.
- Oct. 5         Woodbury POW/MIA Race for Freedom - Woodbury, NJ  
                    6:00 P.M. Start - 4 Miles  
                    Contact: Browning Ross  
                            240 S. Broad Street  
                            Woodbury, NJ 08096  
                            (609) 845-1894

- Oct. 5 City of Camden Street Run 10K - City of Camden  
Over \$9,000 in prizes.  
Contact: Office of Rec.  
2nd floor  
City Hall  
Camden, NJ 08101  
(609) 757-7096
- Oct. 6 Delaware Distance Classic 15K & 5K Runs - New Castle  
9:00 A.M. Start  
Contact: Doug White  
16 Pine Grove La.  
Hockessin, De 19707  
(302) 234-1189
- Long Beach Island 18 Mile Run - Holgate, NJ to  
Barnegat Light, NJ  
Contact: St. Francis Center  
4700 Long Beach Blvd.  
Brant Beach, NJ 08008
- Best Dam Run 10K - Peace Valley Park, Doylestown, PA  
10:00 A.M. Start  
Contact: American Cancer Society  
43 S. Main St.  
Doylestown, PA 18901  
345-7810
- 5 Mile Radnor Run - Radnor, PA  
10:00 A.M. Start.  
Entry Fees: \$10 by 10/3, \$12 D.D.R.  
Contact: Radnor Run  
c/o American Lung Association  
1534 Mc Daniel Dr.  
West Chester, PA 19380  
692-4233
- Oct. 12 Sports Club 5 Miler  
Contact: Club Member Regina Hardy  
833-2000 days
- Chichester Business Association 5 Miler  
Contact: Club Member Tom Brazill  
566-4254 days  
494-4322 evenings
- Oct 13 9th Annual Historic Reading Run 10K - Reading, PA  
6.2 Miles, 10K Team Challenge & 3K Fun Run  
1:00 P.M. Start  
Contact: Room 202A  
City Hall  
815 Washington St.  
Reading, PA 19601  
478-6371

- Oct. 13      Montgomery Fitness Center 10K  
 9:00 Start  
 Contact: Candi Lebo  
 Montgomery Fitness Center  
 1330 Powell St.  
 Norristown, PA 19401
- Rohm & Haas 10K - Springhouse, PA  
 Contact: Race Committee  
 Rohm & Haas Company  
 727 Norristown Rd.  
 Springhouse, PA 19477  
 283-2749
- Oct. 19      The Polo Club 5K - Greenville, DE  
 9:00 A.M. Start  
 Contact: Wayne Kursh  
 300 9th Street Plaza  
 Wilmington, DE 19801  
 (302) 654-2354
- Oct. 20      Tour de Blue 10K - Blue Route Inaugural Run  
 Contact: Sam Brattini, Bob Huggins or Bill Schultz  
 for more information.  
 Race entry form in this newsletter.
- Commodore Challenge '91 - Chester - 10K run, 5K walk  
 9:00 A.M. Start  
 Contact: Scared Heart Medical Center  
 9th & Wilson St.  
 Chester, PA 19013  
 497-7701
- Northeast Roadrunners 25K - Phila., PA  
 Contact: Joe Kraher  
 815 Piermont St.  
 Phila., PA 19116  
 535-6092
- Oct. 26      3rd Annual Trick or Treat Trek 5K Run - West Chester  
 12:00 Noon Start - 3.1 Miles & 1.5 Mile Fun Walk  
 Contact: Tracy Sikora  
 North Hills Medical Bldg.  
 795 East Marshall St.  
 West Chester, PA 19380  
 436-8249
- Oct. 27      Lower Bucks YMCA 5 Mile - Core Creek Park  
 8:00 A.M. Start  
 Contact: Family YMCA of Bucks County  
 Oxford Valley Rd.  
 Fairless Hills, PA 19030  
 949-3400

- Nov. 3            Run Wild at the Zoo 10K - Philadelphia Zoo  
                   9:30 A.M. Start - Entry Fee: \$10, \$12 D.O.R.  
                   Contact: Mary Heider  
                             Race Manager  
                             Philadelphia Zoo  
                             3400 Girard Ave.  
                             Phila., PA 19104  
                             243-1100, ext. 331
- Nov. 10            YM/YWCA 8.4 Mile Loop Race - Plaisted Hall  
                   MARRC Hall Of Fame Induction  
                   Contact: David Brier  
                             545-4400

## DELCO RRC MEMBERSHIP MEETING

Wednesday, August 28, 1991

Attendees: Bill Schultz, President  
 Fred Senderoff, Treasurer  
 Bob Huggins, Newsletter Editor/Team Coordinator  
 John Greenstine, Public Relations  
 Joe Nolan, Aldan Fun Run Leader  
 Mary Lou Boselli            Mike Bogdash (our hosts)  
 Kathy Clatterbaugh        Mark Clatterbaugh  
 Terry Adamson              Pete Belfi  
 Joe Farrell                  Joe Freiberg  
 Peggy Bobeck                Joe Mc Ginnis

Meeting was called to order at 7:46 P.M. by President Bill Schultz.

Minutes from last meeting were read and accepted as read. Bob Huggins/Fred Senderoff

Treasurer's Report/ Fred Senderoff

PSFS/Mellon Account \$10,011. Larger than normal balance due to Media Race.

Newsletter Editor/ Bob Huggins

Recent newsletter is out. Send in articles and race results. I would like the next newsletter to list fall races - Keep articles coming. They are critical.

Team Coordinator/ Bob Huggins

Phila. Distance Run will have 2 men's open teams. Bob has spoken with Chris Mason in regards to a local Team competition for Phila. Distance Run - No local area teams except the Phila. Harriers ever place.

DELCO Grand Prix Race Series/ Tim Wade N/P

## Old Business

### Women's Distance Festival/ Rita Jordan

Rita's plans are progressing well. Volunteers to help on Sept. 7th at Ridley Creek State Park. Contact Rita.

### Blue Route Race/Bill Schultz

Related Sam was at a meeting with committee tonite. No formal approval has been given for the race because no written plans have been submitted. Sam would like a flyer to go out in two weeks, he is working toward that goal. We have lost sponsor - beverage company. Good news - we have received a donation from Haverford Hospital for \$5000. October 20th is race date, rain or shine.

### Delco Cross Country Championship

Bill spoke with Byron Mundy. He related Martin and Fran Deeney are on top of it. Reminder, Oct. 12 at Rose Tree Park. BE THERE!!!

### PA School for the Deaf 5K

September 29, 1991. Campus old PA School for the Deaf, Germantown Ave & Allen Lane. Volunteers will be needed again this year. Contact Joe Freiberg.

## New Business

Bob Huggins made a motion that DELCO RRC show their appreciation to Ken and Joanne Daws for the time and work put into the Media Race with a check in the amount of \$150. Seconded John Greenstine. Vote unanimous.

Is there a Social Director out there?? DELCO RRC is looking for one. Anyone interested contact Bill Schultz. Suggestion was made we distribute flyers about DELCO RRC at local races and events. Fred will print some forms to be distributed.

Next Meeting will be on Sept. 25 at Stan Cherim's house.

Motion was made at 8:21 P.M. to adjourn by Peggy Bobeck. Second Bob Huggins.

Thanks to our hosts for sharing the evening and their good food with us.

Respectfully submitted,  
Peggy Bobeck