

# *Keeping Contact*



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

DECEMBER, 1993

Editor: Bob Huggins    President: Steve Whitmore    Publisher: Rita Senderoff

### **IT'S MY RACE, AND I'LL CRY IF I WANT TO**

by Amy Binder

Some people get more out of running than others. Devotees go on at length about the many advantages, both physical and mental. A few even talk about a spiritual side of running. But you don't often hear about the crying.

I don't know whether crying makes you run faster or if it just takes your mind off the mindless repetition of left-right-left-right-left-right. I've never tried the crying technique because I've had such success with my "bitching and moaning" training program (where you run while complaining about everything and anything.)

I was first introduced to crying runs a few years back at the annual DELCO RRC Cross Country Championships at Rose Tree Park. Each year, I've seen the number of disciples grow until this year it reached a new high.

I'd like to avoid saying that crying is gender based, but so far only the high school girls have been spotted sobbing their way through the 5K course. (The boys have their own idiosyncracies: I've heard cursing in cadence and seen far too many "recycled" lunches.)

Not all the girls cry on the course, just a few. But those few are so good at it, it's like watching a new art form emerge. When they go by, you don't know whether to offer a tissue or applaud the effort.

I hope you don't get the impression that I'm hard-hearted or cruel. I do my duty as course marshall and make sure the runners are all right. But you have to stand in awe of a physically fit, well-built junior at the back of the pack who can crank up the decibels every time her male team members cheer her onward. That's what got me thinking this was more a theatrical performance than a physical phenomenon.

It also reminded me of my 18-month-old nephew who only likes to cry when he knows people are watching. He'll screw up his face, let out a few howls, take a few deep breaths, and then peek to see if he's got your attention.

One of the reasons I'm attracted to running is that anything goes. You can wear what you want, run when and where you want, and there's no single form that's right for everyone. So, if crying helps some people to run better, who am I to question? And if it becomes a trend, just remember where you heard it first.

626 Strath Haven Avenue  
Swarthmore, PA 19081  
October 12, 1993

Dear DELCO ROAD RUNNERS:

Recently the Fairmount Park Commission asked for support for the Commission's campaign to plant 10,000 new trees by the year 2000. This follows fellow runner Pete Hoskins', former Park Executive Director, and William E. Mifflin's, current Executive Director, lead to form a public/private partnership plan to restore the park.

The original trees must be replaced by a new generation of trees if the children of Philadelphia and the Delaware Valley, when they are grown, are to enjoy the verdant parks we see around us today. Trees will be planted throughout the park to restore the woodlands and landscapes acquired and developed since 1855. Among the largest of recent tree planting projects the Commission has completed, with private or public grant funds, are sections of Benjamin Franklin Parkway, Concourse Drive at Memorial Hall and Kelly Drive, all areas we have enjoyed as runners.

Over the years many of us have had the opportunity to run in and enjoy Fairmount Park.

Wouldn't it be great if each running club in the Delaware Valley could make a contribution? Even better perhaps we could sponsor a grove of trees in appreciation for the shade and cleaner air they provide us. \$200.00 buys one tree; \$1600.00 buys a grove of 10 trees - approximately 10 feet high each. More trees are needed. Contributions of all sizes are needed. If you and your running club or you as an individual would like to contribute to "Philadelphia Treemendous" call Johanna Cairo, Fairmount Park Development Office at 215-685-0046.

Thanks,  
Gene H. Martenson, Founder  
Philadelphia Distance Run

P.S. Remember the great shade on Kelly Drive as we "go for it" coming down the homestretch of the Distance Run? Let's keep it there.

#### NOTICE FOR ALL DELCO MEMBERS

Articles for the newsletter are needed and appreciated. Deadline for articles for each month's newsletter is the first of the month.

They can be handwritten or typed - but you get extra points if you can send it on a 3 1/2" computer disk in ASCII format.

Articles can be sent to Editor of the newsletter, Bob Huggins, 408 Pershing Avenue, Collingdale, PA 19023

## WINTER RACE SCHEDULE

**DEC**

**12 Runners' Advocate Holiday 5 Mile**  
Kelly Drive, Phila., 10 a.m. start Contact: Mike McCloskey, Runners' Advocate, 2005 Country Club Dr., Doylestown, PA 18901 (215)343-5838

**DEC**

**12 Jingle Bell Run for Arthritis 5K**  
Belmont Plateau, Phila., 11 a.m. start  
Contact: Philadelphia Chapter, Arthritis Foundation  
(215)665-9200

**DEC**

**12 Snowball Series #2 5 Mile**  
Bell Tract Lake, Woodbury, NJ 1p.m. Contact: Brown-  
ing Ross, 306 W. Center St., Woodbury, NJ 08096  
(609)845-5061

**DEC**

**19 Northeast Roadrunners Christmas is For Giving 5K**  
Pennypack Park, Phila., Contact: Northeast Roadrunners  
815 Piermont St., Phila., PA 19116 Joe Kraher  
(215)535-6092

**DEC**

**19 Marathon Sports Winter Series 5K**  
Wilmington, DE 11 a.m. start Contact: Marathon  
Sports, 109 9th St. Plaza, Wilmington, DE 19801 (302)  
654-6400

**DEC**

**19 Snowball Series #3 5K**  
Bell Tract Lake, NJ 1 p.m. Contact: Browing Ross  
(609)845-5061

**1994**

**JAN**

**1 Runners' Advocate New Year's Day 5K**  
Kelly Drive, Phila., 12 Noon Contact: Mike McCloskey,  
Runners' Advocate, 2005 Country Club  
Dr., Doylestown, PA 18901 (215)343-5838

**JAN**

**1 Schweizer's New Year Resolution Classic 5 Mile Run**  
New Castle, DE 10:30 a.m. start Contact: Marathon  
Sports, 109 9th St. Plaza, Wilmington, DE 19801 (302)  
654-6400

**JAN**

**1 Hamilton Hangover 5 Miler**  
Hamilton, NJ 12:30 p.m. start Contact: Larry Baldasari,  
3448 Nottingham Way, Hamilton Sq., NJ 08690 (609)  
890-8343

**JAN**

**2 Snowball Series #4 5K**  
West Deptford Rec. Park, NJ 1p.m. Contact: Browing  
Ross, 306 W. Center St., Woodbury, NJ 08096 (609)845-  
5061 Register at Races only

**JAN**

**8-9 Atlantic City 24 Hour Run**  
Contact: Jim Latz, 5511 Winchester Ave., Ventnor, NJ  
08406 (609)822-3841 or 823-8555

**JAN**

**9 Snowball Series #5 5K**  
West Deptford Rec. Park, NJ 1 p.m. Contact: Browing  
Ross (609)845-5061

**JAN**

**9 Marathon Sports Winter Series 5K**  
Wilmington, DE 11 a.m. start Contact: Marathon Sports,  
109 9th St. Plaza, Wilmington, DE 19801 (302)654-  
6400

**JAN**

**14-17 Bermuda Marathon, Half Marathon, 10K**  
Contact: Nancy (wife of Grand High Tortuga) Pugh,  
Concannon Travel Consultants, 15 W. Highland Ave.,  
Phila., PA 19118 (215) 242-9700

**JAN**

**16 Snowball Series #6 5K**  
West Deptford Rec. Park, NJ 1 p.m. Contact: Browing  
Ross (609)845-5061

**JAN**

**16 Icicle 10 Miler**  
Wilmington, DE 11 a.m. start Contact: Central  
YMCA, 501 W. 11th St., Wilmington DE 19801  
(302)571-6900

**JAN**

**22 King of Prussia 8K**  
Upper Merion Middle School, PA Mid-Atlantic USATF  
Champ., & Grand Prix Circuit 10 a.m. start Contact:  
Mike McCloskey, 2005 Country Club Dr., Doylestown,  
PA 18901 (215) 343-5838

**JAN**

**23 Snowball Series #7 5K**  
West Deptford Rec. Park, NJ 1 p.m. Contact: Browing  
Ross (609)845-6061

**JAN**

**30 Super Bowl 5K**  
Wilmington, DE 11 a.m. start Contact: Marathon Sports,  
109 9th St. Plaza, Wilmington, DE 19801 (302) 654-  
6400

**JAN**

**30 Runners' Advocate Winter 4 Mile**  
Kelly Dr., Phila., 10 a.m. start Contact: Mike  
McCloskey, Runners' Advocate, 2005 Country Club Dr.,  
Doylestown, PA 18901 (215)343-5838

**JAN**

**30 Snowball Series #8 5K**  
West Deptford Rec. Park, NJ 1 p.m. Contact: Browing  
Ross (609)845-5061

**FEB**

**6 Snowball Series #9 5 Mile**  
West Deptford Rec. Park, NJ 1p.m. Contact: Browing  
Ross (609)845-5061

**FEB**

**6 Snowball Run 5 Mile**  
USATF Grand Prix Contact: Eileen Wallach, Jewish  
Community Ctr., 101 Garden of Eden Rd., Wilmington,  
DE (302)478-5660

**FEB**

**13 Snowball Series #10 5K**  
West Deptford Rec. Park, NJ 1 p.m. Contact: Browing  
Ross (609)845-5061

## DELCO RRC MEMBERSHIP MEETING

Monday, November 29, 1993

Attendees: Steve Whitmore, President  
Fred Senderoff, Treasurer  
Bob Huggins, Newsletter Editor, Team Coordinator  
Tom Hirsch, Springfield FRL  
John Greenstine            Amy Binder            Tom Watkins  
Kathy Clatterbaugh        Bill Schultz            Bernie  
Peggy Bobeck

Meeting was called to order at 7:48 P.M. by Steve Whitmore, President.

Minutes from last meeting were read by secretary and accepted as read. Bill Schultz/Bob Huggins

Treasurer's Report/ Fred Senderoff

Mellon PSFS Checking Account - \$3700. All bills are up to date.

Newsletter Editor/ Bob Huggins

There was a problem with the last newsletter. Post office took 1 month to deliver. Another one will go out shortly

Team Coordinator/ Bob Huggins

Holiday 5 Miler - Team race. Trying to put together a team for Boston Marathon. We need a TAC#. Will check into it.

There are 2 Ultra marathon relays:

Jan 8-9 - 24 hour Atlantic City Convention Center

May 21 - 24 hour relay - American Cancer Society

Contact Bill Schultz for more info.

Membership/ Mary Lou Long N/P

Rita Senderoff has a current membership list with 172 registered runners til July '94.

Old Business

Thanksgiving Day Race - Volkswanderung

Even with a cold day and flurries 134 people contributed. \$475 cash another 10 checks. Canned goods filled Tom's truck high and Mike Metague's truck also filled to capacity. St Mark's Emergency Center was the beneficiary this year. Expenditures were approximately 1051. We have to order more large tee shirts. The Koerners were very appreciative.

Election Committee - John Greenstine

You should be receiving ballot nominations for officers and Man & Woman of the Year award. We have a good slate - "Vote Early - Vote Often." John Greenstine is soliciting ideas that are different from the way we award the Man & Woman of the year. If you have any ideas contact John.

Tyler Arboretum Trail Race - Tom Hirsch

There will be a 5K walk - race distance has not been determined yet. Two possible courses have been mapped out. Tom & Kathy Clatterbaugh are to meet with people at Tyler Arboretum on Tuesday, Nov. 30th. Tentative dates are Mar. 26th or April 2nd. There will be one water stop and 5 course Marshalls will be needed.

#### New Business

Dawn to Dusk May 7-8, 1994 at Academy Park track - Sharon Hill Motion was made by Bill Schultz that DELCO support Dawn to Dusk financially as in past years. Seconded Kathy Clatterbaugh. Passed (Unanimous).

Calling all volunteers!! - Motion was made by Amy Binder to incorporate as a duty of the Vice President to coordinate volunteers for DELCO events & races. We will ask incoming Vice President to assume the duties - but it would become effective Jan. '95. Second Steve Whitmore - Passed.

Newsletter - Estimated cost & timely delivery of DELCO newsletter has become a stumbling block. There are people who would like to help. What can we do? Current printing & mailing? New duplicating machine? Send to print shop? First Class vs. Third Class Bulk mailing. Printing with Graphics - better updates. Discussion followed. Motion was made by Amy Binder DELCO keep bulk rate (third class mailing) and send newsletter first class if less than 1 oz. Seconded Steve Whitmore - Passed. Motion was made by Fred Senderoff DELCO set date for newsletter deadline on mailing - Ten calendar days after monthly meeting. Second Bob Huggins - Passed. Tabled til next month - Cost of printing and purchasing new machine. Anyone with suggestions contact Amy Binder, Steve Whitmore or come to the next monthly meeting on Dec. 28th.

Insurance for registered members is due. Footnotes will be sent only to members who made a donation. Insurance is \$504.

Motion was made to adjourn meeting at 9:48 P.M. Seconded Bob Huggins.

Don't forget to vote for officers & Man & Woman of the Year!!!

Next meeting will be Tuesday, December 28th at Springfield H.S. Community room 7:30 P.M.

Respectfully submitted,  
Peggy Bobeck

RUN FOR FUN AND FITNESS...

Holmes, PA 19043

P.O. Box 145

Road Runners Club

Delaware County

DELCO RRC



DELCO RRC