



Keeping Contact

Newsletter of the Delaware County Road Runners Club

JANUARY, 1994

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WHAT I DID ON MY SUMMER VACATION

By Amy Binder

My newest travelling companion, Dave Covey, recently reminded me that there had been nothing in this newsletter about our trip this summer to Switzerland for the Alpine Marathon. Well, I had left the reporting task in the hands of my long-time travelling companion (and husband) John Greenstine. John claims to be working on a piece, but he can't find the proper focus. Even so, I'm sure John's and my tales -- and those of fellow travellers Dave, Tom Hirsch, and Kathi & Mark Clatterbaugh -- would be markedly different.

Tom and Dave both successfully completed the "grand race," a mere 67 kilometers (42 miles) through the Swiss Alps in rain and snow (and that was in July). The Binder/Greenstines and Clatterbaughs successfully completed a different kind of marathon -- the race against time to see, eat, or buy everything worthwhile within reach by train, hike, or bus. Speaking only for myself, I could have spend a lot more time just smelling the wild-flowers.

A few memories that linger:

- Meeting two wild-and-crazy American guys named Jack.

After several days of seeing the "pair of Jacks," as they called themselves, pop up in the most unlikely places, we began referring to them as "the Waldos" (a parody of the "Where's Waldo" phenomenon). You could pick them out of a crowd in Saint Moritz, or the train station in Filisur, or a restaurant in Klosters.

- Seeing Switzerland by train. With the big picture windows on each rail car, it felt like you were watching a PBS travelogue on a wide-screen television.
- Watching how the Swiss do local fun runs. Several days before the marathon, the town of Davos held one of its weekly summer races around the town lake. Hundreds of people -- from kids to masters -- took part. Afterward it was chocolate or strawberry milk for all.
- Directing pedestrian traffic in the last mile of the Alpine Marathon. You just can't take the course marshal out of certain runners. John did a splendid job keeping runners and clueless pedestrians from colliding. While John knows only a smattering of German, he communicates eloquently in runner-ese. (I think it's the body language.)

One final observation: The marathon, like everything Swiss, went like clock-work. But there is one lesson the

Swiss could learn from American marathons: how to hold a pre-race expo. If you've ever been to the Boston or Marine Corps Marathon expos, you know what I'm talking about: running gear and supplies as far as the eye can see. But not so in Switzerland. It's clear that merchandising and commercialism hasn't been fully embraced by the Swiss. But then again, maybe that's what made the trip so refreshing in the first place.

For those with any interest in attending the 1994 Swiss Alpine Marathon, contact Marathon Tours & Travel (617) 242-7845.

HAPPY NEW YEAR!

CLUB MEMBER UPDATE

Many of you remember Dave Covey, formerly of Media, who now resides in Orange County, California. Since moving to California, Dave has taken

advantage of the canyons and mountains to become quite an accomplished ultra and trail runner. We received a note from Dave just before Christmas and thought we would share with you some of Dave's outstanding running accomplishments in 1993. In Dave's own words...What I've been up to since Delco RRC last saw me at the Dawn to Dusk Ultras.

RACE-TIME-PLACE/OVERALL-COMMENTS:

1. Shadow of the Giants 50K, Yosemite, CA (6/5/93) 4:54:55 10/176 - Rain, hail, 4" snow!
2. Swiss Alpine Marathon 67K(42 mi.), Switzerland (7/31/93) 7:54:38 339/1439 - Trail, 6,500 ft. of climb, 9,000 ft. elev.
3. Orange 12 HR. Track Run, Orange, CA (8/7/93) 65 miles 4/36 - 90 degrees, hot day.
4. Baldy Peaks 50K (32 mi.), Mt. Baldy, CA (8/28/93) 7:10 12/100 - 10,775 ft. of climb, 10,000 ft. elev.-toughest ranked 50K in nation.
5. Bulldog 50K(32 mi.), Malibu, CA (9/11/93) 4:16 10/129 - 6,600 ft. of climb, PR.
6. Mule Run 50K, Bishop, CA (10/2/93) 4:27:55, 3/134 - 4,000 - 8,000 ft. elev.
7. Claremont 12 HR. Track Run, Claremont, CA (10/23/93) 71.62 mi. 3/25 - 85 degrees, smoggy, PR. 8. San Juan Trail 50 Miler, Cleveland Nat'l Forest, CA (11/20/93) 8:50:42 19/71 - 8,500 ft. of climb.
9. Quadruple Dipsea, Millvalley, CA (11/27/93) 5:11:40 32/184 - 26.4 mi., 9,200 ft. of climb.
10. Dam tough 50K, Lake Isabella, CA

(12/4/93) 4:20:49 4/63 - 5,500 ft. of climb.

11. Ridgecrest 50K, Ridgecrest, CA (12/12/93) 4:11:13 6/70 - PR.

Total for year: 15 Ultras, 3 Marathons - All of the races were trail runs, except for the 12 HR. track runs. P.S. - No, my legs haven't fallen off yet!

WINTER RACE SCHEDULE

Compiled by Bob Huggins

Jan. 16 Snowball Series #6 5K - West Deptford Rec. Park, NJ Contact: Browning Ross 609-845-5061

Iceicle 10 Miler, Wilmington, DE Contact: 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 Contact: Mike McCloskey 2005 Country Club Dr. Doylestown, PA 18901 343-5838

Jan. 23 Snowball Series #7 5K, West Deptford Rec. Park, NJ Contact: Browning Ross 609-845-5061

Jan. 30 Super Bowl 5K, Wilmington, DE Contact: Marathon Sports 109 9th St. Plaza Wilmington, DE 19801 302-654-6400

Runners' Advocate Winter 4 Mile, Kelly Dr., Phila. Contact: Mike McCloskey Runners Advocate 2005 Country Club Dr. Doylestown, PA 18901 343-5838

Snowball Series #8 5K, West Deptford Rec. Park, NJ Contact: Browning Ross 609-845-5061

Feb. 6 Snowball Series #9 5K, West Deptford Rec. Park, NJ Contact: Browning Ross 609-845-5061

Snowball Run 5 Miler, 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 Contact: Browning Ross 609-845-56061

5th Annual Valentine's Day 5 Mile Couples Run Contact: For more info., send SASE to: A.D.K. 16 Pine Grove La Hookessin, DE 19707 302-234-0918

Feb. 20 25th Annual Glassboro 10 Miler, Parking lot next to Rowan College Football Field 1 Contact: Browning Ross 609-845-5061 Register at race only

Feb. 26 Phi Kappa Tau 5K for Bruce, Newark, DE Contact: 5K for Bruce 720 Academy Street Newark, DE 19711

Feb. 27 Snowball Series #12 5K, West Deptford Rec. Park, NJ Contact: Browning Ross 609-845-56061

Mar. 8 NERRO 10K, Phila. Contact: Northeast Roadrunners c/o Joe Kraher 815 Piermont St. Phila. PA 19116 535-6092

Annual "March Winds" 10K Run, Woodbury, NJ Contact: Browning Ross 306 W. Center St. Woodbury, NJ 08096 609-845-5061

Spring Thaw 5 Miler, Delcastle Rec. Cen. Contact: New Castle County Dept. of Parks & Rec. 302-995-7628

Mar. 12 Atlantic City St. Patty's 10 Mile, Mid-Atlantic USATF Grand Prix Contact: Bob Pantalena 124 West Oak Crest Ave Northfield, NJ 609-646-5741

Mar. 20 Caesar Rodney Half Marathon, Wilmington, DE Mid-Atlantic USATF Grand Prix Contact: Marathon Sports (see Jan. 30 listing)

Dec. 25, 1993

Dear DELCO RRC Club Members:

It's our distinct pleasure to report that we had a "modern record" for votes cast in this year's election for club officers, with 54 votes received. Taking into account our 180 or so confirmed members, this turnout percentage compares favorably with any general election in the public sector. We congratulate everyone who took the time to think about the candidates and cast his or her vote.

Now that we've decided who will lead the club in the year ahead, it's time to think about the issues before us. Nearly every club meeting is consumed with some or all of these issues: how to communicate with our members, how to advertise, publicize and communicate with the rest of the world, and how to lead the club in pursuit of our mission statement, "to promote running and racing as a leisure activity and sport," or something like that. You can be incredibly helpful, just by letting your officers know what you want from your club, volunteering for an activity, or maybe just attending a monthly meeting or two.

And now, as promised:

YOUR DELCO RRC OFFICERS FOR 1994!

President: Steve Whitmore
telephone # 544-3864

Vice President: Ron Grace
telephone # 623-3069

Treasurer: Bob Huey
telephone # 544-2849

We'd like to praise the other candidates for their willingness to help lead the club. Let's hear it for Tom Hirsch, Sam Hill and Fred Senderoff. We'd also be remiss in not noting that Fred has shouldered the burden of the treasury for many years without complaint. We all owe him a tremendous debt of gratitude.

Let's go DELCO in '94. See you at the meetings and fun runs!

John Greenstine & Marianne Grace
Election co-chairs

cut along this line and mail

Vote now for Man and Woman of 1993!

These candidates received the most nominating votes.

Choose one from each column.

Ron Grace
 Mike Metague
 Steve Whitmore

Phyllis Botson
 Elaine Williams
 Mary Metague

Your name _____ Your I.D. number _____
(From your membership card)

Mail your vote to: Delco Elections, c/o John Greenstine
340 Kirk Lane, Media, PA 19063

Votes must be received by February 1, 1994. Winners will be announced on Feb. 19
at the Mid Winter Mixer. Plan to attend!

WHAT DO: **CORN CHIPS**
COW CHIPS
SILVER BOOT TIPS
and the **DELCO RRC** have in common?

Well, pardners, they'll all come together at the 1994 **DELCO RRC**
MIDWINTER MIXER! 7 PM, FEBRUARY 19, 1994.

There'll be **COUNTRY AND WESTERN LINE DANCING** with music and expert
personal instruction by Nancy Sheppard of "Satin and Denim."

We'll serve up a steamin' **TEX-MEX BUFFET** by Culinary Travels, Inc., with all your
favorite two-steppin' foods, plus plenty of beer, wine, lemonade and sweet iced tea to
cool that parched windpipe.

And, of course, we'll announce the **DUDE AND DUDETTE OF THE YEAR** and honor
our new officers.

What's the **ENTRY FEE** for this **SOUTHWEST SOIREE**? Just \$22 per person!

Put away those Nikes, polish that **PAIR OF SPURS** and get ready to party at the
EAST LANSDOWNE BOROUGH HALL on Saturday night, **February 19, 7 pm.**

Send your checks to: **DELCO RRC** c/o John Greenstine, 340 Kirk Lane
Media, PA 19063

Don't miss the **ALL DANCIN', ALL EATIN' OCCASION OF THE YEAR. YEEHAH!**

DELCO RRC MEMBERSHIP MEETING

Monday, December 27, 1993

Attendees: Steve Whitmore, President
Ron Grace, Vice President
Fred Senderoff, Treasurer
Marianne Grace Amy Binder
Bob Huey Deborah Huey

Meeting was called to order at 7:52 P.M. by Steve Whitmore. Minutes from last meeting were
read by Steve and accepted with the following corrections: 1) Insurance cost is not to exceed
\$704.00 rather than \$504.00. 2) The next meeting date of Tuesday, December 28 should have
been Monday, December 27.

Treasurer's Report/Fred Senderoff - Checking account balance is \$3,336.00 with all bills paid
to date. Insurance and membership to RRC of \$512.00 has been paid for calendar year 1994.

Newsletter Editor/Bob Huggins - N/P November's newsletter went out first class mail.

Team Coordinator/Bob Huggins - N/P A masters team will be entered in the 1994 Boston Marathon.

Membership/Mary Lou Long - N/P A discussion was held about the membership form that will go out in June. It will contain information on the various costs to DELCO RRC and the benefits to membership.

Old Business

Election Committee/John Greenstine - A record voter turnout was reported with the following results:

President	Steve Whitmore	37 votes	Tom Hirsch	17 votes
Vice President	Ron Grace	39 votes	Sam Hill	15 votes
Treasurer	Bob Huey	33 votes	Fred Senderoff	21 votes

John Greenstine is preparing a letter to Fred thanking him for his 15 years as Treasurer (another record).

Nominees for Man and Woman of the Year are: Ron Grace, Mike Metague, Steve Whitmore, Phyllis Botson, Elaine Williams and Mary Metague. Ballots will go out shortly with votes due back to John by February 1, 1994. Winners will be announce at the Mid-Winter Mixer.

Also, a subcommittee has been formed to come up with different ideas for awarding Man & Woman of the Year. So far Mary Lou Bogdash has stepped forward to help John. Any ideas or volunteers contact John.

Tyler Arboretum Trail Race/Tom Hirsch - Will be held on April 2, 1994. Details to follow.

New Business

Coors Cutters is interested in sponsoring races. Steve will contact them. Details to follow.

Volunteers/Amy Binder - The vice president accepted the duties of coordinating volunteers for DELCO events and races. A subcommittee of Marianne Grace and Amy Binder was established to review the duties of the various DELCO positions with the possibility of adding Secretary, Membership, etc. as elected positions. Steve will send a copy of the by-laws to Marianne and Amy. The subcommittee will present its recommendation of by-laws revisions at a future meeting.

Newsletter/Amy Binder - Amy presented a cost analysis of continuing to print in house vs going to a print shop. Discussion followed. A decision to be made at the January 1994 meeting. Any suggestions contact Amy or Steve or come to the next meeting.

Mid-Winter Mixer/John Greenstine - The date is February 19, 1994. The place is the East Lansdowne Borough Hall. The cost is \$22.00 per person (same great deal as last year). Country Western music and dance instruction.

Motion was made to adjourn the meeting at 9:12 P.M.

Next meeting will be Monday, January 31, 1994 at the Springfield H.S. Community room at 7:30 P.M.

DELCO RAC

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Delaware County
Road Runners Club

P.O. Box 145
Holmes, PA 19043



TO:



RUN FOR FUN AND FITNESS...