

KEEPING CONTACT

THE DELCO ROADRUNNERS CLUB

DELCO RRC MEMBERSHIP MEETING

Monday, Sept. 26, 1994

Those present were: Steve Whitmore, Ron Grace, Martin Deeney, Tom Hirsch, Rita Jordan, Bob Furman, Byron Mundy, John Greenstein, Bill Kreider.

The meeting was called to order at 7:57 PM by Steve Whitmore. The minutes from the last meeting were read and accepted as read.

Old Business

Women's Distance Festival was held on September 24, at Ridley Creek State Park. There were 40 entrants with 36 runners. All expenses are not in, however to date we incurred \$328.66 for shirts and mailings. The race took in \$240.00. Thanks to Marianne Grace and Tom Hirsch for another fine race.

Philadelphia Marathon will be held November 20th at 8:30 AM. There will also be a 8K at 9:00 AM. Delco will be putting on a waterstop after the 13 mile point, which the runners will pass twice. We need 25 to 30 volunteers. So call Ron Grace at 623-3069 or Tom Hirsch at 544-2280 to sign up.

New Business

1. Amy Binder and John Greenstein submitted Delco Fun Run course maps in English for new members.
2. Tom Hirsch has the clubs wheel. If needed to measure a course give Tom a call.
3. On Sept. 21, a meeting was held to discuss the good and bad points of this year's Media Five Miler. Rita Jordan was elected as the race director for the 1995 event. There will be a meeting with the Media Recreation Committee to gain their thoughts, which will be reported at a future Delco meeting.

The Women's Distance Festival was held at Ridley Park on September 24th. This year we had a record number of 40 registrants with 36 women running the 5K course through the park. There were many first time competitors who reportedly enjoyed the event. Road Runner's Club of America, Saucony and others sponsored the Women's Distance Festival and supplied many prizes including the awards and great raffle items.

Special thanks go to Kathi Clatterbaugh for the wonderful refreshments, to Beth Fellona for the T-shirt design, to Tom Hirsch for tasks too numerous to mention, and to the following participants without whom we would have no race at all - thanks!

1	Jennifer Flint	19:35.3
2	Bonnie Muetterties	21:19.4
3	Marianne Grace	21:23.8
4	Sandra Rosem	23:01.3
5	Beth Fellona	23:14.5
6	Carolyn DiGiambatista	23:14.8
7	Rita Jordan	23:35.9
8	Carrie Patterson	24:14.9
9	Linda Trout	24:24.0
10	Diane McManus	25:00.8
11	Marcy Harper	25:27.0
12	Catherine Arnoux	25:36.3
13	Norma Gerrity	25:52.7
14	Janice Brown	26:24.5
15	Jean Smith	26:25.9
16	Jean Burke	26:34.4
17	Nancy Harter	27:02.5
18	Maura Higgins Sauarese	27:06.4
19	Judith Benner	28:08.3
20	Deborah Anne Freiberg	28:11.3
21	Laura Flynn	28:26.3
22	Margie Regouski	28:33.8
23	Carole Flounders	28:35.3
24	Kathy Adamson	28:41.6
25	Claire Mellman	28:59.1
26	Pamela Papadopolus	29:11.0
27	Agnes Cellerier	29:16.5
28	Terese Hetherington	29:26.2
29	Peggy Bobeck	29:29.0
30	Amy Binder	29:40.5
31	Mary Lou Bogdash	29:41.7
32	Linda Culbertson	30:32.9
33	Ann Datte	31:52.1
34	Dot Kracht	32:14.0
35	Carole Flounders	33:33.1
36	Bea Sanner	50:57.8

THE FALMOUTH ROAD RACE

BY Bob Furman
Your man in Falmouth

The Temperature was in the mid 80's, the humidity was close to 80% and the course was rolling hills. The distance is 7.1 miles; it's the Falmouth Road Race. At 10 AM sharp, on August 21, the gun went off and the elite runners left the starting line down a small two lane street in Woods Hole, Mass. A four foot high storm fence that separated the elite runners from the next group with orange numbers was removed and three minutes later this group started. Another fence was removed and the group with blue numbers moved up to the starting line and started six minutes after the first group and three minutes after the second. This continued for a very large green numbered group and an even larger red group. My group had blue numbers because I put down on my entry form, 43:00 as a best recent 10K time. The race started slowly for me; the field was packed. Runners were too tight to get a decent start. I went through the first mile in 8:05. The second mile was a little easier; we went up a long winding, hilly road, with a lighthouse at the crest. You could see for almost 3/4 of a mile ahead...packed with runners. The ocean and the beach were on our right and the view was spectacular. The race went into the woods and I ran an eight minute second mile.

At mile number three the field spread out a little and I was able to pick up the pace slightly. I ran a 7:55 third mile, but there were still hundreds of runners all around me. My next four miles averaged 7:52. One of the things that impressed me the most was the huge crowds that lined the roads and streets. In some areas they stood three and four deep. The last 1/4 mile of the race had a sharp incline of about 200 meters and a slight descent to the finish line. I made a big move at the finish and caught about 30 runners in the last 200 yards. There was a large American flag that all the runners ran under, which measured 45 x 90 feet.

All in all it was a great way to start a vacation; my wife and I spent the rest of the week enjoying the rest of Cape Cod.

Falmouth is a great road race! There were over 7000 starters in the field. I finished 1941 in the time of 56:12. Oh yes, 1941 was the year of my birth.

Delco RRC CC Meet
Results continued.

- 20. 21:08.2 Eric Mundy
- 21. 21:18.6 Kim Westergom
- 22. 21:34.2 Terry Adamson
- 25. 22:32.8 Dave Brightbill
- 26. 22:51.2 Mollie Stull
- 27. 23:09.0 Rachel Huxson
- 28. 23:09.4 Terasha Franklin
- 29. 23:10.2 Johanna Bowman
- 30. 23:17.7 Tanya Thomas
- 31. 23:21.9 Beth Ann Bonaventure
- 32. 23:23.0 Nicole Rayer
- 33. 23:31.1 Nick Bonaventure
- 34. 23:36.0 Brian Harris
- 35. 23:45.5 Larry Simmons
- 36. 23:47.7 Aylin Gulsoy
- 42. 24:58.1 Catherine Donahue
- 43. 25:09.4 Paul Zamostien
- 44. 25:14.3 Ken Ezzell
- 45. 25:22.9 Lauren Bruce
- 46. 25:33.9 Gina Bonaventure
- 47. 25:35.6 Laura Aeton
- 48. 25:44.6 Bob Sauter
- 49. 25:45.2 Jessie Miller
- 50. 25:56.2 Deniese Straniy
- 52. 26:08.4 Mary Lou Bogdash
- 54. 26:26.6 Angie DeMaio
- 59. 27:08.8 Pat Curran
- 60. 28:35.9 Gene Martinson
- 61. 30:05.9 DA Frieberg

Philadelphia Marathon

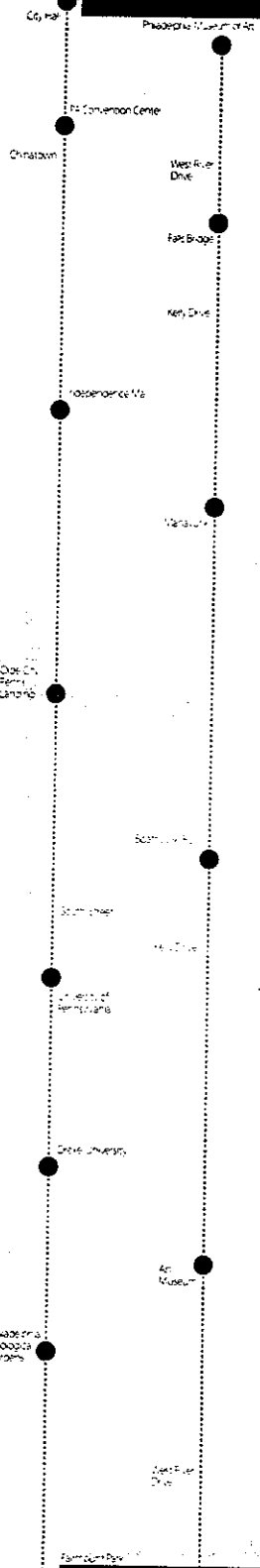
The city of Philadelphia is behind the Marathon '94. Sunday, November 20th at 8:30 AM, meet at the Art Museum. For those who do not want to beat themselves up over 26 miles 385 yards there is going to be the Parkway 8K at 9 AM. If you're not interested in either, but want to support your fellow runners there is going to be...The Delco Waterstop. At some point along Kelly Drive Delco RRC will once again be setting up the famed Delco Waterstop. The marathon runners will pass us twice after the 13 mile point.

Call Tom Hirsch (544-2280) or Ron Grace (623-3069) to volunteer.

1650 Arch Street - 19th Fl.
 Philadelphia, PA 19103
 215-686-5606



Philadelphia MARATHON 94



It's official - the city of Philadelphia is behind Marathon 94. Sunday, November 20th. at 8:30 am meet at the art museum. For those who do not want to beat themselves up over 26 miles 385 yards there is going to be the Parkway 8K at 9 am. If you're not interested in either, but want to support your fellow runners there is going to be... The Delco Waterstop. At some point along Kelly Drive Delco RRC will once again be setting up the famed Delco Waterstop. The marathon runners will pass us twice after the 13 mile point.

Call Tom Hirsch at (610)544-2280 or Ron Grace at (610)623-3069 to volunteer, and once again make it a water stop the runners won't forget. The more the merrier, (there is no such thing as to many volunteers). Beside handing out water we may be asked to marshall the center line keeping runners going out apart from the runners coming in.

If you're going to run - good training and good luck. If not then call Tom or Ron and sign up for the fun at The Delco Waterstop.

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