

# *Keeping Contact*



President; Steve Whitmore    Editor; Bob Huggins  
Publisher; Maridel Whitmore    February 1995

Minutes from January 30th, 1995 meeting.

Present; John Greenstein, Dave Anderson, Bill Kreider, Rita Jordan, Stan Cherim, George Jacques, John Ashton, Robert Huey, Steve Whitmore, and Mike Metague.

Meeting was called to order by Steve Whitmore at 7:41 PM.

Minutes from last month were read and accepted.

**Treasure's Report:** Bon Huey, checkbook balance \$5200.00.

**Newsletter Editor's Report:**    Bob Huggins, N/P.

**Team Coordinator's Report:**    Bob Huggins, N/P

**Membership Coordinator's Report:** Kathi Clatterbaugh, N/P

## **OLD BUSINESS:**

**Midwinter Mixer** - John Greenstein reported on the upcoming Midwinter Mixer. Approximately 65 people will attend the February 4th event which is being held at the Lansdowne Borough Hall.

**Fun Run Course Maps** - John also reported that course maps of the club's "Fun Runs" are available by contacting: Kathi Clatterbaugh, 21 School Lane, Springfield, PA. 19064, 328-4987.

**Race Schedule** - Bill Kreider submitted a listing of future races for publication in the newsletter.

**Bus Charter** - Stan Cherim brought up the possibility of organizing a club charter bus for the 1996 Boston Marathon. A canvas of club members will be done to gauge interest in this.

**Radical Run** - Nick Sachetti has contacted Steve Whitmore regarding the Radical Run. The parameters for this year's race are the same as last year. It must be decided if the club will sanction this event again this year.

**Community Room Fee** - Steve reported that Springfield Township will be charging a fee of \$30.00 per hour usage fee for the Community Room. As a result of this, alternate locations for club meetings were discussed. Subsequent club meetings will be held at members' houses, rotating on a monthly basis.

**Junior Olympics** - John Ashton, director of this year's Junior Olympics, made a report. This year's events will be held on June 3rd or 4th (rain date). The track location has been finalized; this will be announced at the next club meeting. John stated that there will be several new events this year as well as the 100, 200, 400, 800, & 1600 meters, the long jump, the 800 relay and the Open Mile. A budget for award medals will be presented at the next club meeting. Volunteers will be needed for registration, marshaling, etc. Rita Jordan made a motion to thank John for assuming the leadership for this year's Junior Olympics.

**Club Minutes** - Steve Whitmore discussed the club minutes. The minutes from the club meetings are not meant to be edited or changed. The information given at meetings should be printed as such, as accurately as possible. Any corrections that need to be made are to be noted and brought up at the next meeting. Also, any articles for the upcoming newsletter need to be turned in by the close of the monthly meeting.

**Tyler Trail Run** - The Second Annual Tyler Arboretum Trail Run will be held on April 8th. Race applications will be forthcoming. Tom Hirsch is seeking sponsors for refreshments and awards, as well as race volunteers.

**RRCA Convention** - The idea of sending a Delco RRC Member to the Road Runners Club of America Convention was discussed. This year's convention will be held in Allentown, Pa.

**Volkswanderung** - Several meeting attendees brought up the idea of formally commending the Koerners for their effort in the club's Thanksgiving food drive.

**Media Five Miler** - Rita Jordan made a report on the Media race. Wayne and Barbara Kursh of Marathon Sports, Inc. attended the Media Race Committee's January 23rd meeting. Wayne's letter of service proposal will be reviewed by the race committee. Rita reported that a meeting with Media Borough representatives is planned for mid February. A letter soliciting sponsorship is going out to Media area businesses. Also, a top priority is completing the race application. A Children's Fun Run for this year is being worked on as well. Stan Cherim brought up the idea of having 5 year age groups for this year's race.

A move to adjourn was made and passed at 9:20.

Respectfully submitted,  
Steve Whitmore  
President

Note: The next club meeting will be held February 27, 1995  
At: Steve Whitmore's  
329 Prospect Road  
Springfield, PA. 19064

---

**Newsletter Short;**

Boston '96 Call;

The club is gaging interest for the possible leasing of transportation and acquiring accommodations for the 100th running of the BAA Boston Marathon, the 3rd Monday of April, 1996. If interested please contact Mike Metague at 561-4901 or 6 Foxlair Village, Media, Pa. 19063.

## JUST DON't *overdo* IT

I've finally discovered the secret to stronger, healthier running. It's not for everyone, but it works for me.

My tried and true training schedule starts on Saturday morning with an easy 3-5 mile run. On Sunday, I add another 3-4 miles. Then...rest. For the next 5 days. Come Saturday, it's time to start all over again. Simple. Easy. And it gets results. I'm so well rested after a week off that I really enjoy the few miles I do put in.

Actually, what I've discovered is the magic of cross training. Not the typical weights and cycling stuff, mind you, but I accomplish the same purpose. My chosen pursuits are dog walking (I'm serious) and teaching aerobics.

Each morning, just before sun-up, I awake to a cold, wet nose pushing against my hand. I tell my husband to cut it out, then I stumble out of bed and over a 50-pound canine pacing in the doorway. Together, dog and I cover 1.5 miles in a breathless 30 minutes (too much sniffing can cause hyperventilation, you know). That's 1.5 miles every day--and often twice a day when I pull double duty for morning and evening walks. Now we're talking serious mileage. At the same time, I'm becoming more familiar with my neighbors, even if I don't always catch their names. There's the 6 a.m. jogging couple, the drive-down-the-middle-of-the-street newspaper

delivery guy, the walking woman with hand weights, and the bike rider with flashing lights.

My other new pursuit is practicing aerobics non-stop for hours on end so I can learn the routines well enough to teach. The teaching business started many years ago (doesn't everything?). I used to teach aerobics back in the '80s for "the first aerobic instructor in Delaware County." That was before life and my day job conspired to leave no time for such nonsense. But old habits die hard, and so this summer I walked back into my old aerobics studio and re-established contact. When one of the instructors left, I was called to fill in. Now I find that two nights of "choreographed routines for cardiovascular fitness, endurance, total body exercises, and improved muscle tone..." provide good balance to walking and jogging. And I'm meeting a lot of nice, friendly people who like to exercise, but don't necessarily feel the need to break a sweat.

Maybe I'll return to a more taxing running schedule some day. Maybe not. In the meantime, I'm keeping busy, staying fit, and really looking forward to weekend runs. My exercise philosophy seems to take the Nike theme one step further. My new motto is: JUST DON't *overdo* IT.

*by Amy Binder*



**TYLER ARBORETUM  
TRAIL RUN  
DELCO RRC**

Date : Saturday April 8, 1995

Time : 9:00 am. Start.

7:45 am. Open for registration and race packet pick up.

9:00 am. Walking tour of Arboretum for guest of runners.

Place : The Tyler Arboretum 515 Painter Rd. Media, Pa. 19063-4424

Sponsors : The Tyler Arboretum and Delco RRC..

Limit for the Trail Run : First 150 Entries.

Entry Fee : \$ 11.00, \$15.00 After April 7, 1995

Make checks payable to Delco RRC.

Mail to : Delco RRC c/o Tom Hirsch 97 Powell Rd. Springfield, Pa. 19064

Amenities : T-shirt to all Runners

Refreshments after the Run for runners and guest.

Awards : First Three Male and Female Runners

First Master Male and Female Runners

A raffle will be held for all runners

Course : Approx. 6.2 miles. Narrow and wide hiking trails with rolling and climbing hills.

Four creek crossings (low). One water station you will hit twice. Trail will be marked with Bio-caulk arrows on the ground and painted blazes on trees and post with a few arrow signs where needed. NOTE : Two blazes of same color indicates that the trail turns. Blazes of different color on same tree or post indicates two or more trails on same pathway.

Trails and Blazes : Wilderness Trail-White Blaze.

Painter Brothers Trail- Red Blaze.

Dismal Run Trail- Orange Blaze.

Rocky Run Trail- Blue Blaze.

Directions or more information call : Tom Hirsch 610-544-2280

Registration Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age Day of Race \_\_\_\_\_ MUST BE 18 OR ABOVE TO ENTER. Phone number \_\_\_\_\_

WAIVER : I understand that running races are potentially hazardous activities. I agree to abide by any decision of race official about my ability to safely complete the run. I assume all risks with running this race, including, but not limited to, falls, contact with other participants, the effects of the weather, conditions of the trail or road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting this entry, I the undersigned, intending to be legally bound, here by, for myself, my heirs, executors and administrator waive and release any and all rights and claims for losses and damages I may have against Tyler Arboretum and Delco RRC and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I am medically able and properly train. WAIVER MUST BE SIGNED.

Signature \_\_\_\_\_ Date \_\_\_\_\_ 18 OR ABOVE ONLY.

# Women Runners

Qualify to be the VIP entry from this area to Freihofer's 5K Run for Women, Albany, New York, June 5, 1995.

- Enter April 8, 1995 Fool's Run 5K race in Kutztown, PA. (Send self-addressed, stamped envelope to Carl Ziegler, Kutztown Chamber of Commerce, P.O. Box 209, Kutztown, PA 19530 for entry form.)
- Run the best time of at least 19:14 but no personal best faster than 16:18
- Be a 1995 member of MidAtlantic USA Track and Field
- USA citizen and MidAtlantic USATF area resident
- At least 14 years old
- First time participant in this program

You'll receive from the Association Development Program:

- A Minimum of \$100 from Women's Long Distance Running/USATF
- Lodging for 2 nights (2 athletes per room) provided by Freihofer's Run for Women
- Championship entry fee waived
- Ground transportation while in Albany, New York
- Invitation to VIP/invited athlete dinner

Questions: call Ann Diaz, 610 783-6413, Siobhan Duffy, 215 675-4609, or Leora Johnson, 215 978-7393

# THE MIDDLE ATLANTIC ROAD RUNNERS CLUB RACE CALENDAR

## FEBRUARY

- 4 Athlete's Closet Winter Series 5 Mile/1 Mile (See Jan. 7) West Chester, PA 10 am Contact: The Athlete's Closet 610-692-4922
- 5 Snowball 5 Mile Run/5K Walk USATF Grand Prix Wilmington, DE 10:30am Contact: JCC, 101 Garden of Eden Rd., Wilmington, DE 19803 Eileen Wallach 302-478-5660
- 5 Philadelphia Masters Indoor Track Meet Lafayette Coll., Easton, PA 10 am Contact: Karl Castor 215-441-8584 before 8:30 pm
- 5 Snowball Series #11 5K West Deptford Rec. Park 1 pm (See Jan. 1) Contact: Browning Ross 609-845-5061 Register at Races only
- 5 Shiver by the River 5K/10K Race Series (See Jan. 8) Reading, PA Contact: Ron Horn 610-921-6260 days, or 610-779-2668 eves.
- 12 Valentine's Day 5 Mile Couples Run Wilmington, DE 11am Contact: Alpha Chapter ADK, 16 Pine Grove Ln., Hockessin, DE 19707 302-234-0918
- 12 Philadelphia Masters Indoor Track Schedule-New Jersey Indoor Champs. Fairleigh Dickenson University, Orange, NJ Contact: Jim Manno 201-261-7756
- 12 Snowball Series #12 5 Mile West Deptford Rec. Park 1 pm Contact: Browning Ross 609-845-5061
- 12 5th Annual Pomoco Group/Hampton Coliseum Half Marathon & 5K (RRCA Eastern-Regional Half Marathon Championship) Hampton, VA 1pm Contact: Hampton Coliseum Road Race, Hampton Planning Dept, 22 Lincoln St., Hampton, VA 23669 804-727-6140 9-5 day
- 19 Snowball Series #13, 26th Annual Glassboro 10 Miler (Report to parking lot next to Rowan Coll. Stadium) 1 pm Contact: Browning Ross, 308 W. Centre St., Woodbury, NJ 08096 609-845-5061
- 25 Run for the Cookies 10K Berwick, PA 10:30 am Contact: Margaret Livsey, Berwick Marathon Assoc. Box 856, Berwick, PA 18603 717-759-1300
- 26 Marathon Sports Winter Running/Walking Series 5K (Also March 12) JCC, Wilmington, DE 11am Contact: Marathon Sports 302-654-6400
- 26 Snowball Series #14 5K West Deptford Rec. Park, NJ 1 pm Contact: Browning Ross 609-845-5061
- 26 16th Annual Anheuser-Busch Colonial Half Marathon & 5K William & Mary Hall, Williamsburg, VA 1 pm Contact: Bonita Flesher, Colonial Half Marathon, PO Box 399, Williamsburg, VA 23817 804-221-3362

## MARCH

- 4 Athlete's Closet Winter Series 5 Mile/1 Mile West Chester, PA 10 am Contact: The Athlete's Closet 610-692-4922
- 4 Philadelphia Masters Indoor Track Meet-Philadelphia Track Indoor Championships Haverford College, Haverford, PA 3 pm Contact: Karl Castor 215-441-8584
- 5 NERRC 13th Annual Winter 10K Kelly Drive (1st boathouse), Phila., PA 10 am Contact: NERRC, 815 Piermont St., Phila., PA 19116 676-0199
- 5 Snowball Series #15 Annual "March Winds 10K" Woodbury, NJ 9:30 am (Report to front of Woodbury High School Gym) Contact: Browning Ross, 308 W. Centre St., Woodbury, NJ 08096 609-845-5061

- 5 Spring Thaw 5 Miller Delcastle Recreation Center, DE 10:30 am Contact: 302-995-7628
- 5 Shiver by the River 5K/10K Race Series (See Jan. 8) Contact: Ron Horn 610-921-6260 days or 610-779-2668 eves.
- 11 Atlantic City St. Patty's 10 Mile USATF Grand Prix Atlantic City Contact: Bob Pantalena, 124 W. Oak Crest Ave., Northfield, NJ 08225 609-646-5741
- 11 Phi Kappa Tau 5K for Bruce Newark, DE 10:30 am Contact: 5K for Bruce, 720 Academy St., Newark, DE 19711
- 12 Marathon Sports Winter Running/Walking Series 5K (See Feb. 26) 11 am Contact: Marathon Sports 302-654-6400
- 18 & 19 Philadelphia Masters Track Schedule-Eastern Indoor Champs. Delaware University, DE Contact: Karl Castor 215-441-8584
- 18 St. Patty's Day 15K/5K Allentown, PA (Fountain Park) 9:30 am Contact: PTC, PO Box 21332 Lehigh Valley, PA 18002 610-437-6237
- 19 Philadelphia Dietetic Association Run for Your Life 5K West River Dr., Phila., PA Contact: Philadelphia Dietetic Assoc. 215-646-7707
- 19 Caesar Rodney Half Marathon USATF Grand Prix Wilmington, DE 1 pm Contact: Marathon Sports, 109 Ninth St. Plaza, Wilmington, DE 19801 302-654-6400

## MARRC Race Calendar (continued)

### APRIL

- 2 Eagleville Hospital Run for Sobriety Eagleville, PA Contact: 610-539-6000 Ext. 122, or Eagleville Hospital, PR Dept., 100 Eagleville Rd., Eagleville, PA 19403
- 8 Fools' Run 5K USATF Champ. & Grand Prix Contact: Carl Ziegler, Kutztown Chamber of Commerce, PO Box 209, Kutztown, PA 19530 610-683-5592
- 23 Penn Relays Distance Classic 20K USATF Champ. & Grand Prix Contact: Trey Cassidy, Weightman Hall, Univ. of Penn, Phila., PA 19104 215-898-6154

## UPCOMING EVENTS

### MAY

- 7 Broad Street Run 10 Miler USATF Grand Prix Phila., PA Contact: Joe Cook, Dept. of Recreation, CASE Bldg., Belmont St. & South Concourse, Phila., PA 19131 215-877-1356
- 21 Philadelphia Bar/Provident 10K USATF Grand Prix Phila., PA Contact: Manny D. Pokotilow, Esq., Caesar, Revise, et. al., 1635 Market St., 12th Floor, Phila., PA 19103 215-567-2010

### JUNE

- 3 Moorestown Rotary 8K USATF Champ. & Grand Prix Contact: Scott Coffey, Moorestown Rotary Club, PO Box 105, Moorestown, NJ 08057 609-866-0893
- 18 Evergreen Lake Sprint Triathlon Bethlehem, PA, .3 Mi. Swim, 15 Mi. Bike, 3 Mi. Run Contact: S.A.S.E. to PTC, PO Box 21332, Lehigh Valley, PA 18002
- 25 Mt. Kilimanjaro Marathon/Half-Marathon Moshi, Tanzania 8:00 am Contact: Marie Frances Productions, 7603 New Market Dr., Bethesda, MD 20817 301-320-3663

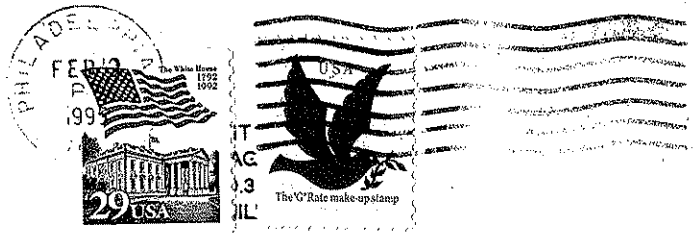
### JULY

- 30 Fairmount Park Classic Triathlon-2 Races Phila., PA No. 1 - Ironman Qualifier 1 M Swim, 55 Mi. Bike, 13 Mi. Run, No. 2 - 1 Mi. Swim, 22 Mi. Bike, 10K Run Contact: S.A.S.E. to PTC, PO BOX 21332, Lehigh Valley, PA 18002
- 30 The Swiss Alpine Marathon (Shorter Races & Hiking also offered) Contact: Concannon Travel, 15 W. Highland Ave., Phila., PA 19118 Nancy (wife of Grand High Tortuga) Pugh 215-242-9700

DELCO RRC

DELCO RRC

Delaware County  
Road Runners Club  
P.O. Box 206  
Springfield, PA 19064



TO:

*RUN FOR FUN AND FITNESS...*