

Keeping Contact

Issue 12

Published by the Delaware County Road Runners Club

December 1996

Achilles Track Club

by Isabel Bohn, Exec. Dir.

On July 1, 1996, we started a chapter of the Achilles Track Club in Philadelphia. The Achilles Track Club is a New York based world wide running organization for people with disabilities. 220 disabled runners, walkers and wheelchair racers entered the New York Marathon on November 3rd, under Achilles' sponsorship. Four members from the Philadelphia chapter participated. Three guide runners and one visually impaired runner, **David Block**, who finished in 5 hours and 46 minutes.

Members of Achilles/Philadelphia meet Saturday mornings and Monday evenings to run and walk along Kelly Drive. Our members range from beginning walkers to elite runners. Disabilities, so far, include visual impairments, amputations, stroke, cerebral palsy and head injuries. If you know anyone who would benefit, please let them know. If you are interested in becoming a volunteer with our program please call Isabel Bohn at the Pennsylvania Center for Adapted Sports, (215) 765-5118.

Michael McGillian finishes 5k

Many of you remember **Michael McGillian**. Michael ran marathons, ualtra marathons, some short races and many fun runs with Delco RRC, from 1978 to 1990. On April 7, 1990 he suffered a stroke, which left him partially paralyzed. As part of his rehabilitation he works out 4 to 5 hours per day. He walks, uses an exercise bike and a rowing machine and does 450 sit-ups. On September 28th he finished his first 5k since his injury. Cheered on by fellow walkers and his guide **Andy Jarmoluk** he participated in the appropriately named "You've gotta have guts race," a fund-raiser for Crohn and Colitis Foundation. Michael and eight other members of Achilles competed in this race, some on crutches, some in racing wheelchairs and some on their own two legs. Well done, Michael!

Dawn To Dusk Ultras

by Bill Schultz

The 13th annual Dawn To Dusk Ultras were held May 4th, at Academy Park High School's Knight Park. The overcast skies enabled the runners the most ideal conditions in the history of the event. The Delco Road Runners Club once again sponsored the event.

In the 50 Kilometer (31.1 miles) division, co-race director **Bill Schultz** of Collingdale won in the time of 4:34:36. In the longer race, **Neil Weygandt** of Pilgram Gardens won with a total of 73 miles. This marked the 9th time in the last 12 years that Neil has come in first.

Other area runners participating in the 12 hour race were **Bob Huey** and **Jack Corcoran** of Springfield and **Tom Allison** of Haverford.

Place	50k	50m	100k	12 hrs	
1	Bill Schultz	4:34:36			
2	Ed Scioli	4:38:45			
				Miles	
1	Neil Weygandt	5:02:21	8:08:50	10:11:53	73:00
2	Dieter Dauberman	5:20:08	8:37:47	10:45:27	69:25
3	Janet Johnson *	5:27:29	9:04:07	11:49:20	63:00
4	Bill Piper	5:59:29	9:50:44		60:00
5	Tom Allison	5:39:55	9:59:58		59:00
6	Clive Johnson	5:57:06	9:58:02		58:50
7	Deb Robertson *	5:43:17	9:45:15		50:25
8	Harry Berkowitz	7:19:56			46:00
9	Bob Huey	5:25:37			41:00
10	Jack Corcoran				28:25

* 1st and 2nd Woman

People News

Who'd a thunk it? The word these days is that **Bob Huey** is quite the baker. Breads, sweet rolls, cakes. Maybe there's a second career here someday. But will he really want to wake up to make the donuts?

"Fast & Fancy" restaurant was Media's hot spot on a recent Sunday morning. Several group of joggers, and former joggers, drifted in: **Tom Hirsch** and **Beth Fellona** (more on those two later), **Amy Binder**, **Mary & Mike Metague**, **Joe Nolan**, **Paul Straube**, **Sam & Ellen Brattini**. It's getting to be a place "where everybody knows your name"!

Sam Brattini and **John Greenstine** recently competed for the "Who's More Jet-Lagged" award. Both returned from the far reaches of Asia on the same weekend in early November. When Sam, who was in Manila, found out that John had been

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in Singapore, he said: "Gee, I should have called him for dinner."

Steve Whitmore is on the long, slow road to recovery from plantar fasciitis. He explains that it can take up to five years from injury. His secret to success: stretching, stretching, and more stretching. He's now taking a much more laid-back and saner approach to running. Again: Who'd a thunk it? The "Wild Midnight Ride of Paul Revere" was recently reenacted by this writer. It seems that the 1:00 a.m. solo drive to the emergency room is the most impressive athletic feat I've accomplished in years. It's good to know that migraine relief is only an injection away. As it happens, John was out of the country at the time; isn't that always the way.

If I hide this next item deep with this column, maybe the editor won't notice. CONGRATULATIONS to **Tom Hirsch** and **Beth Fellona** who consolidated their households (*got married*) on November 12. Marryin' Bob Dimond, jogging mayor of East Lansdowne, was on the scene. He came highly recommended, after doing such fine work at the two M&M weddings (Mary & Mike Metague and Mary Lou & Mike Bogdash). A small, but tasteful reception was held the following Sunday after the Springfield run. Nothing too elaborate, just a little wedding cake and bubbly. ^{aaaaa}

"Our little girl is growing up. In two years, she qualifies for social security!" So say the **Sanners**, whose "kids" range in age from 44 (the baby) to 60. **Lu** was 21 when he persuaded **Bea**, 17, to marry him. That was 64 years ago. Bea says Lu "had a way with children." In order to put shoes on his reluctant two-year-old, he sat her on the bed, then SAT ON HER, reached back and forced the issue. (That'll learn 'em.) Hey **Pete Belfi**, what's with the pig? Saw the front of the t-shirt, saw the back. Is there a story there?

Tony Belfiglio was so surprised to see his name in the last issue that he wrote to give us the latest. He's on sabbatical this year from the Haverford Township School District and intends to stay active since he won't "have 'work' to interfere with the more important things in life." On October 6, he came in third overall in the Iron Man Class of the Marshalton Triathlon. Two days later, he hiked/jogged/climbed Mt. Washington in New Hampshire. It took him about five hours, which is three hours faster than the official estimated time. On October 27, he was second in his age group in a difficult biathlon in Maryland; the course started with a 4-mile run, followed by a 37-mile bike leg, finishing with another 4-mile run. Tony is looking for suggestions for December/ January in a warmer climate. Drop him a line at 1598 Old Elk Neck Rd., Elkton, MD 21921. I'll bet after a year of bi's and tri's, he'll be ready to go back to work.

Hey, who has e-mail? We'd like to run an e-mail directory for Delco members. Now we just need your addresses. E-mail them (pretty clever, huh) to abinder@herc.com.

--Amy Binder

Heard on the Run...This space intentionally left blank while John finishes his P.T. after arthroscopic ankle surgery.

So what's with you? Drop a line to Binder/Greenstine @ 340 Kirk Lane, Media, PA 19063 or e-mail abinder@herc.com.

All Bicycles (Schwinn, Mongoose, Giant and more), all accessories are priced to **SELL!!!**

Great Christmas Buys For The Early Shoppers
Providence Rd. (Rt. 252) and State Rd. in Media (5



Points)

Store Phone: (610) 566-4555 or call **Bob Huey** for more information (610) 544-2849

DELCO CLASSIFIED

HELP WANTED:

Assistant Coach for a high school track team. Experience not needed but some previous coaching would benefit this position.

Only needed a few afternoons a week and some nights when indoor track meets are scheduled. **This position is primarily for coaching distance runners.** Track distance runners complete in the mile (1600 meters), 2 mile (3200 meters) and 800 meters.

Please contact **John Ashton, (610) 544-7094**

FOR SALE:

PC for Sale! \$500.00 !!!

Compudyne 486/33c with:
4 MB Ram / Exp 64 MB...64K Cache Exp 256K
Super VGA Monitor...DOS 5.0, Windows 3.1
Fax / Modem with Winfax...Mouse

If interested, or for more information, contact **Mary Lou Bogdash** at work (215) 209-7423 or home (610) 623-8264. Or see Mary Lou at the fun runs.



UPCOMING EVENTS



**CLUB MEETING:
December 30, 1996**

Location: **Tom Hirsch
97 Powell Rd.
Springfield, PA 19064**

The shack by the tracks is on the corner of Powell and Brock Rds. Look for a flashing pedestrian light across from Williams Park, on Powell Rd between Saxer and Springfield Rds. So for a good deal, come to the Springfield fun run at 6:30 PM, then the **meeting at 7:30 PM** (refreshments included). Run and attend.

Ladies and Gentlemen of Delco RRC

You are cordially invited to join in the production of club events. Your suggestions and support are always greatly appreciated. We look forward to hearing from you.

- 4-5-97 Tyler Arboretum Trail Run**
Tom Hirsch, (610) 544-2280
- 6-97 Junior Development Track Meet**
- 6-97 Media 5 Miler**
Rita Jordan, (610) 565-1416

Please don't hesitate to call, one more volunteer is always needed.

Club meetings are open to all Delco RRC members. Try to attend and express your ideas. This is your club and how it is run is how you want it. See you at the next club meeting on December 30, 1996.

**Philadelphia Marathon and 8K Runs
Delco RRC Aid Station**

Thanks to the Delco RRC volunteers, who put in a long but rewarding day at the aid station. We received 1000 runners in the 8k twice in their round trip adventure on Kelly Drive and 2900 plus runners in the marathon, so if you were tired on Monday we all know why. On behalf of Delco RRC, I wish to say "Thank You" for representing the club and being a vital part of the Philadelphia Marathon and 8k runs.

Kathi Clatterbaugh, Mark Clatterbaugh, Amy Binder, John Greenstine, Peg Bobeck, Bill Morgan, Sam Brattini, Paul Isaac, Joe Farrel, Byrun Mundy, Bob Huggins, Phyllis Botson, Ron Grace, Ryan Grace,

Tom Midwood, Bob McKinney, Bob Huey, Gina Weber, Mike Metague, Dennis Pleasants, Mike Pleasants, Jim Cooper, Francis Kirk, George Jacques, Carol M. Jackson, Dean Dennis, and Tom Hirsch.

If I miss anyone I am truly sorry, you all did a great job and many thanks from Delco RRC,
Tom Hirsch

Impressions of Marathon Day--Nov. 24

A few thoughts from one who worked the 8K race and Delco RRC water stop at the Philadelphia Marathon.

0The day starts very early. And no matter what time you arrive, the police have already closed the river drives. Be prepared to move at least one traffic barricade.

0The runners were incredibly polite, especially in the 8K, thanking the road marshals just for being there.

0There seemed to be a never-ending string of runners in both races. At almost no point did we see a dense "pack" of runners pass the water stop.

0The "werssd spellink" award went to XLR8 energy drink, which was being handed out in addition to water.

0John Greenstine's personal pet peeve was having the runners throw their used water cups back into the fresh-water pails, mistaking them for trash bins.

0The most disgusting garbage that runners dropped was sticky foil packages with "gu" leaking out of them. *And they eat that stuff! Gross!*

0As always, Kathi Clatterbaugh's hot drinks were a hit, especially with the slower runners. The best line of the day came from a petite woman who, when asked if she cared for a hot cider, replied: "Do you mind if I don't?"

0A key moment was catching Phyllis Botson and Frances Kirk doing the macarena.

0Something to be thankful for: the worst injury we saw was a cramped muscle.

0Tom Hirsch thought of--and brought--virtually everything. And still runners asked for the two things we didn't have: Vaseline and muscle cream. I say those are things runners need to carry themselves. It's kind of personal, you know...

0The absolute first thing volunteers should do after getting home from marathon day is slip into a hot bath, simmer for 30 minutes, and then curl up for a nap. You'll need your strength for next year.

--Amy Binder

I Can't Run Metric Miles
by Amy Binder

On a recent Saturday, I was sitting down to breakfast with

my running buddies after finishing an easy four-and-a-half-mile jog. The topic of discussion was the Philadelphia marathon and its companion race, an 8K. The question was asked: "Hey Amy, why don't you run the 8K tomorrow?"

"No way," I said. "That's too far for me. I can't run 8 kilometers." Or could I? I was stumped. What's 8 times .62? Who's got a calculator? After doing some mental figuring--*I can run a 5K, which is 3.1 miles; a 10K is 6.2 miles, so an 8K is...is...well, it's somewhere in between*--I finally decided to bag the race. I could do the miles, but not the math.

Later, I did my homework and found an 8K equals 4.96 miles; a distance I can handle. But the thought of running in metric was another story. One that didn't really interest me. Would I have to run on the other side of the road? Would I start running with an accent?

It was beginning to get complicated. I run to relax, not to practice metric conversions. I'm more of a words person; I just tolerate numbers.

In the lexicon of our language, miles rule!

The beach resort of Avalon, New Jersey, advertises itself as "Cooler by a mile."

If you know a little bit about a lot of things, you're said to be "A mile wide and an inch deep."

If you want to really get to know someone, you've got to "Walk a mile in their shoes."

If you do much more than is expected, you "Go the extra mile."

It just wouldn't be the same in kilometers. There's no frame of reference.

Is winning by a kilometer better than winning by a mile?

Do condemned prisoners gain or lose time by walking the last kilometer?

Nobody knows. At least not without thinking it through.

The very question causes people to scratch their heads and wonder why metric measures never caught on in the United States anyway.

In running circles, the only rationale I can think of for using kilometers in races is so entrants can set more personal records. They can have both a 5-mile PR and an 8K PR. Never mind that they're virtually the same distance. There are sticklers who will argue that the .04-mile difference really matters!

For the rational runners among us--and that may be an oxymoron--why don't we join together and start a movement to "deep-six" kilometers and go back to miles.

Who are we trying to impress anyway? A marathon will always be 26 miles and 385 yards. What's THAT in kilometers? Quick. Who's got a calculator?

Minutes of the Delco Road Runners Club Meeting November 1996

Date of meeting: November 26, 1996

In attendance: **Tom Hirsch, Ron Grace, Kathi Clatterbaugh,**

Paul Isaac, George Jacques, Phyllis Botson, Beth Fellona, Tom Midwood.

The meeting convened at 8:00 PM.

Membership Report: Kathi Clatterbaugh presented a sample wristband which she suggested be distributed to Delco members. Kathi suggested ordering enough to send two to each house hold, including all new members signed up through this year. These wrist bands are available from Road Runner Sports and will included an ID card for a safety precaution while out running. Kathi reviewed the total expenses. A motion was made and passed to allocate funds for purchasing.

Treasurer Report: Bob Huey N/P

Newsletter Report: Tom Hirsch, Sorry folks, if you have not renewed your club membership after four notices, the December newsletter will be your last.

Old Business:

Elections: The nominations for president are **Tom Midwood** and **Byron Mundy**. It was agreed between the candidates that whoever receives the second number of votes for president will serve as vice president. **Paul Isaac** is candidate for club secretary. As of the meeting date there are no new prospects for treasurer. A ballot will go out in the next newsletter and the results will be announced at the next club meeting.

Marathon Water Station: Tom Hirsch thanks the approx. 28 volunteers who worked at the water stop. There were 1000 runners in the Rothman 8k as well as the 2900+ who ran the marathon, which amounts to approx. 7800 people went by on their round trip. Tom mentioned that Kelly Drive was closed earlier than what was scheduled which meant volunteers had difficulty getting to the water station. Another problem were some "official" cars that were speeding on the course.

Volkswanderung: As of the meeting, 46 entry confirmations.

Run to the Lights: Tuesday, December 17th. The fun run will start at 6:30 PM from the library. The party starts at 7:30 PM at the **Clatterbaughs**. Call (610) 328-4987 for information.

New Business:

Tom Hirsch attended the RRCA meeting which was held in Philadelphia on Nov. 23rd. A topic discussed was how to improve volunteerism in affiliated clubs. This seems to be a problem common with other clubs as well as Delco. Tom came out of the meeting with ideas for generating more support in this area. One other idea discussed was revamping the structure of club government, perhaps having a board of directors.

Club Meetings: The club probably will revert to using a public meeting place for the next year such as the Springfield

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Community Room located at the high school or library. Any suggestion of a possible meeting location, call Ron Grace (610) 623-3069.

Next month's meeting will be at **Tom Hirsch's** house on **Monday, December 30th, 7:30 PM.**

The meeting was called to a close at 9:10 PM.

Minutes submitted by **George Jacques.**

Delco RRC Elections, 1996

Duties of Officers

President: To preside over meetings, call special meetings, appoint committees and chair thereof, and oversee all aspects of the club.

Vice president: To chair the volunteer and fun-run committees, work with the race directors in getting volunteers to help out at Delco RRC supported events, coordinate fun-run schedule, standardize and order awards, and oversee all other aspects of the fun-run program. The vice president shall assume the duties of the president in the case of absence or resignation of the president.

Treasurer: To keep accurate records of all financial matters and furnish a financial statement at each membership meeting. The treasurer has the authority to disburse funds as authorized. The treasurer will assume the duties of the president in the case of absence or resignation of both the president and vice president.

Secretary: To record minutes at meetings, to keep a running record of the minutes, and to accept assignments involving correspondence.

We have just a few days remaining in 96 to elect our club officers for the upcoming year. So please, place your votes and return it in the stamped, addressed envelope provided to: Kathy and Terry Adamson, 5 Waterford Way, Wallingford, PA 19086 We would like to have all ballots returned by December 30, 1996. Thank you

*** NOMINATIONS ***

PRESIDENT:

TOM MIDWOOD has been married to Rose Ann for 12 years, two daughters, Jessica 8 and Sara 6. Tom has

been running on and off for the last 25 years, consistently for the last 6 years. A 5 year member of Delco RRC, he is committed to the continued health and vitality of Delco RRC. Standing for an increase in club membership, he believes in strength through numbers.

BYRON MUNDY lives in Collingdale with his wife Mary Beth and their three children Myung 12, Bridget 14, and Eric 16. Byron founded the Springfield and Collingdale Joggers in 1972 for the purpose of getting people of all ages to run together for fun and fitness. He served as Delco RRC's first president in 1979. If elected to serve as president next year or not, Byron would like to like to contribute more time to help maintain the club's great running programs, traditions, and social activities that he has enjoyed so much for the past 24 years.

VICE PRESIDENT:

We received no nominations for vice president. Which ever presidential candidate receives less votes will fill the vice presidents position.

TREASURER:

BOB HUEY has been an active volunteer with Delco RRC for seven years, treasurer for three years. His plans for 96 are to keep Delco RRC fiscally sound, develop strategy to wisely utilize club finances. His running goals are to complete the Boston marathon, 50K trail run, Dawn to Dusk and survive his fourth Conestoga Trail Run. Bob has agreed to serve one last year but this will be his last.

SECRETARY:

PAUL ISAAC Though only a member of Delco RRC since 1995, Paul has been running more than half his life. He was a member with the Lehigh Valley Road Runners Club from 1987-1993 and has run in over 100 road races, including eight marathons. Most recently, Paul worked as a Sales Assistant / Management Trainee in Norristown. He holds a Bachelor of Arts degree in Psychology from Wilkes University and lives in Upper Darby

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Thank You

Kathy Adamson, Terry Adamson and Tom Hirsch
Election Committee.

!#!#*****

OFFICIAL BALLOT

PRESIDENT:

TOM MIDWOOD ___/___ BYRON MUNDY ___/___

VICE-PRESIDENT:

OPEN ___/___ OPEN ___/___

TREASURER:

BOB HUEY ___/___ OPEN ___/___

SECRETARY:

PAUL ISAAC ___/___ OPEN ___/___

PRINT FIRST MEMBER'S NAME: _____

SIGNATURE: _____ CLUB REG. # _____

PRINT SECOND MEMBER'S NAME: _____

SIGNATURE: _____ CLUB REG.# _____

Your Comments about Delco RRC:

RACE CALENDAR:

DECEMBER:

8 **BRIAN'S RUN 10K**, two and one mile run for ages 12 and under, two mile walk, West Chester University, West Chester, PA; Contact Dick Fitch or Bob Remkis at (610) 436-1000

ARTHRITIS FOUNDATION JINGLE BELL 5K RUN, New Hope, PA; Contact Arthritis Foundation, 117 S. 17th St, Phila, PA 19103, (215) 776-6632

14 **ATHLETES CLOSET WINTER SERIES 5K**, West Chester, PA; Contact Athletes Closet, 11 N. Five Points Rd, West Chester, PA 19380; (610) 692-4922

15 **CHRISTMAS is for GIVING 5K**, Phila, PA; Contact NERRC, 517 Oreland Mill Rd, Oreland, PA 19075; Info call Joe Kraher (215) 245-1849

ARTHRITIS FOUNDATION JINGLE BELL 5K RUN, Manayunk Farmers Market, Phila, PA; Contact Arthritis Foundation, 117 S. 17th St, Phila, PA 19103; (215) 665-9200

BOARDWALK RUNNERS SANTA SCAMPER, Contact (609) 822-6911

PHILADELPHIA MASTER TRACK CLUB INDOOR DEVELOPMENTAL MEET, Haverford College, Haverford, PA, 9:30 AM ; Contact Marie Kirkpatrick, (610) 828-5528

22 **SHIVER BY THE RIVER #1, 5K/10k**, Reading PA, Contact Ron Horn, 112 W. 36th St, Reading PA 19606; (610) 779-2668

HOLIDAY 5K AT THE JCC, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

31 **NEW YEAR'S EVE RUN 5K**, Berwyn, PA; Contact Upper Main line YMCA, 1416 Berwyn-Paoli Rd, Berwyn, PA 19312; (610) 647-0770 3 h w

AMERIHEALTH FIRST NIGHT 5K, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400 7 w h

JANUARY

1 **15th ANNUAL HAMILTON HANGOVER FIVE MILER** and one mile fun run, Hamilton, NJ; Contact Larry Baldasari, Hangover Run, 3448 Nottingham Way, Hamilton, NJ 08690; (609) 890-8343 q

15th ANNUAL NEW YEAR'S DAY 5K, Kelly Dr, Phila, PA; Contact Runners Advocate, c/o Mike McCloskey, 2005 Country Club Dr, Doylestown, PA 18901; (215) 343-7908 4 e

4 **PHILADELPHIA MASTER INDOOR DEVELOPMENTAL MEET**, Swarthmore College, Swarthmore, PA; Contact Marie Kirkpatrick; (610) 828-5528

ATHLETES' CLOSET WINTER SERIES 5K, West Chester, PA; Contact Athletes' Closet, 11 N. Five Points Rd, West Chester, PA 19380; (610) 692-4922

5 **SHIVER BY THE RIVER #2, 5K/10k**, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; (610) 779-2668

19 **20th ANNUAL TEN MILE ICICLE RUN** and 5k walk, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

26 **POST PROM 5K**. Linwood, NJ, Contact Patti Jordan, Mainland Regional High School, 1301 Oak Ave, Linwood, NJ 08221

BOTTLECAPS SUPER BOWL 5K, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302)654-6400 i

FEBRUARY

1 **ATHLETES' CLOSET WINTER SERIES 5K**, West Chester, PA; Contact Athletes' Closet, 11 N. Five Points Rd, West Chester, PA 19380; (610) 692-4922

2 **14th ANNUAL SNOWBALL FIVE MILE RUN/WALK** and one mile fun

run Wilmington, DE; Contact JCC, 101 Garden of Eden RD, Wilmington, DE 19803; Attn. Scott Katz; (302) 478-5660

SHIVER BY THE RIVER # 3, 5K /10K, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; (610) 779-2668

MARCH

1 **ATHLETES CLOSET WINTER SERIES 5 MILE**, West Chester, PA; Contact Athletes Closet, 11 N. Five Points Rd, West Chester, PA 19380; (610) 692-4922

2 **15th ANNUAL NERRC WINTER 10K**, Kelly Drive, Phila, PA; Contact NERRC, 517 Oreland Mill Rd, Oreland, PA 19075; (215) 245-1849

SHIVER BY THE RIVER # 4, 5K/10K, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; (610) 779-2668

22 **16th ANNUAL BANCROFT RACE 5k**, one mile, one mile fun run/walk and 40 yard dash for children five and under; Haddonfield, NJ; Contact (800) 966-0096

APRIL

5 **TYLER ARBORETUM TRAIL RUN, 10K**, Media, PA; Contact Tom Hirsch, 97 Powell Rd, Springfield, PA 19064; (610) 544-2280

16 **MILLVILLE SPRING THAW RUN 10K/ 5K** and two mile run/walk, Millville, NJ; Contact Bruce Willson or Kathleen Campion, c/o Center for Health and Fitness, 1430 W Sherman Ave, Vineland, NJ 08360; (609) 696-3924



DELCO RRC Officers:

President Ron Grace (610) 623-3069
 Vice President Tom Hirsch (610) 544-2280
 Treasurer Bob Huey (610) 544-2849
 Secretary George Jacques (610) 353-0865
 Membership Kathi Clatterbaugh (610) 328-4987
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 Team Coordinator Larry Filtz (610) 565-6957

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 Isabel Bohn Bill Schultz
 George Jacques

DELCO RRC FUN RUN/WALK SCHEDULE**(subject to change without notice)****SUNDAY * SPRINGFIELD ***

Library, Powell Road * 9:00 a.m.

MONDAY * ALDAN *

Police Station, Clifton Ave. & Providence Rd. * 6:30 p.m.

TUESDAY * SPRINGFIELD *

Library, Powell Road * 6:30 p.m.

WEDNESDAY: * SWARTHMORE *Swarthmore Presbyterian Church parking lot,
Harvard Ave. near Rt. 320. * 6:30 p.m.**THURSDAY * SPRINGFIELD * Same as Tuesday****FRIDAY * MEDIA, during Daylight Savings Time ***Ridley Creek State Park, Bishop Hollow
and Barren Road parking lot * 6:30 p.m.**SATURDAY * COLLINGDALE ***

Harris Elementary School, Sharon & Bartram Aves. 9:00 a.m.

Delco RRC Keeping Contact**NEXT DEADLINE: December 20, 1996****NEXT MAILING DATE: January 10, 1997**

Articles, race report, letters, calendar listing, and photographs
 are welcome; material sent on disks (IBM, Microsoft Word etc;
 please enclose printed copy also) is especially welcome.

97 Powell Rd. Springfield, PA. 19064

Keeping Contact

DELCO RRC**P.O. Box 206****Springfield, PA. 19064**

Run For Fun And Fitness....

