
Keeping Contact

Issue 16

Published by the Delaware County Road Runners Club

April 1997

People News

Where to start? It's been a month of running and dancing and analysis and e-mail and fame for many of our Delco members.

You read about it first in this newsletter, but did you happen to catch **Dave Covey's** Human Race on the National Geographic Explorer? There he was, big as life (as big as you can get on a 27" television) trekking across Australia--the "young endurance athlete from California." And we knew him when.

It seems the **Koerners** always have something wacky up their sleeves. Recently they tested several Delco members in order to plumb their psychological tendencies. As Peter Gabriel sings (no, he's not from Delco), we were "digging in the dirt." Maybe that's where **Bob** got his nickname "Dr. Dirt." If the name Myers-Briggs means anything to you, you'll understand what I mean when I say I'm an I (or E) NFP.

But enough psycho babble, runners aren't that deep to begin with.

Delco RRC recently celebrated 25 years of running....are we there yet? Starting the club was one of **Byron Mundy's** big (and pretty cool) ideas. So was this year's Mid-winter Mixer Birthday Bash. Some of the photos and slides and home movies he dug out were pretty outrageous. And even though we all looked younger, thinner, and faster back then, **Lu Sanner** proved that he can still cut a pretty mean rug. So can **Bill Kracht**. Hmmmm, neither Lu nor Bill run anymore, but they sure can move on the dance floor. (Hey Dr. Dirt, analyze that for us!)

Bill and his wife **Dot** didn't see much snow while they were in Austria and Germany in February, but they had a great time anyway. It seems the best prevention for cold weather is to pack your long johns. I know that I certainly had a hand in the warm winter we just had. Once I bought a roof rake for clearing snow, it was balmy weather ahead. Good thing the rake doubles as a window squeegee for those second and third-floor windows!

Congratulations to marryin' **Bob Dimond**, who has officiated at several joggers' weddings. He went and got himself hitched (wonder who conducted that ceremony?). Bob and his new wife **Dale** recently moved to Media, and he's already becoming involved in the political scene there. Who knows, maybe someday Media will have another running mayor.

Betty Perrone and **Bill Kopenheffer** haven't had a

vacation in years, and now they're on a roll. Jackson Hole, Wyoming, in January. Hawaii in March. And yet a third trip is already on the schedule.

Kristie Robson has been running hard these days, collecting awards and setting some personal records. She was the first woman in the inaugural Hadassah Purim 5k; 2nd in her age group in the Bottle Caps Superbowl 5k; 3rd in her age group for the Athlete's Closet 5 miler (winter series); and she completed her first-ever Caesar Rodney Half Marathon in 1:47. What's ahead for Kristie? Why, our own Tyler Arboretum Run on April 5th. Oh yeah, and med school, too, for this medical research scientist and doctor-in-training.

Tony Belfiglio continues to send postcards from places we wish we were. "Heavenly sunsets await you in the land of milk and honey. North Carolina has it all!"--or so the postcard makers say. What Tony says is: "The Carolinas are especially beautiful at this time of the year. I think that I would like to retire here someday." He ran a biathlon in Charlotte on March 16. His race number was 13, which turned out to be a lucky number since he took second place in his age group. Keep those cards and letters coming, Tony.

Stan Cherim e-mails this item for bragging: "After the most recent Mt. Everest Marathon, I maintain my claim to being the American record holder, and the world record holder, in my age group (65-69). Stan has recently expanded his retirement activities to become a professional courier, carrying important stuff by hand around the world. He's traveled to some really exotic places...maybe he'll keep a log and write an article some day.

Our Delaware correspondent, **Richard Webb**, sends a bunch of news. **George Jacques** ran all four races in the Athlete's Closet Winter Series (three 5Ks and a 5 miler). His excellent times on hilly courses won him the overall series Masters Award. Richard, who is sponsored by the Athlete's Closet in West Goshen ran three of the races. His excellent times have been winning him age group awards (50-59) in the Athlete's Closet 5 Miler on March 1, 28:46; NERRC 10K on Kelly Drive March 2, 36:18; and the Caesar Rodney Half Marathon in Wilmington (see below).

HEARD ON THE ROAD...

In one of the coldest and
Rodney's in years, DELCO runners



breeziest Caesar
had another fine
day. **Larry Filtz** lamented that so many familiar faces were

(Continued on page 2)

(Continued from page 1)

absent at the starting line, people like **George Jacques**. When informed that George had run a 1:18 for 2nd Master and 2nd 40-44, Larry laughed and claimed modestly that he'd been too far behind (1:20...not that far!) to see him. **Frances Kirk** entered at the last minute not even knowing if her back would let her complete the course. She came in third overall with a time of 1:22:30 and won her age group (35-39). She also won a prize in the Schweizer's Pump & Run. Note her significant other- **Rich Webb** -also excelled with a 1:20 for 1st in 50-55. **Phil Kline** (1:34) was kind enough to fill in with times and performances for these Delco members: **Joan Potterfield**, 2nd place 40-44, 1:28:49, another very good run against the wind for this seasoned racer. **Mike Tuohey, Jr.** did a 1:26, **Bill Schultz** must have been talking to him the entire way with a 1:27, **Nick Sacchetti** did a 1:30, **Geo Koerner** a 1:31, **Art Brown**, 1:36 and **Mike Tuohey Sr.** did a 1:38. While we don't have their times, we hear that **Jack Myer**, and **Bill** and **Maureen Meyer** ran while **Bob Street** cheered on the sidelines. And don't forget the Caesar Rodney 5K: **Nan Sharpless**, first place 60-69, 32:58; and **Becky Yencharis**, 70-over, 38:57.

--Amy Binder and John Greenstine

So, how's by you? Send your news to 340 Kirk Lane, Media, PA 19063 or e-mail abinder@herc.com.

Results of Crozer Keystone Healthplex 1st. Indoor Triathlon, March 1, 1997, Springfield PA, 65 finishers
Swim-15 minutes, total number of lengths, 25 yd. pool
Run-30 minutes, total number of laps, 1/5 mile track
Bike-30 minutes, total number of miles, stationary LifeCycle
Out of 65 finishers; 1st Overall- **Phil Kline**, 10th Overall- **Phyllis Botson**.

E-Mail Directory

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Hockessin Hash House Harriers

The Harriers have regular events every Saturday

afternoon. In late April we shift to Wednesday evenings. For specific directions, we have a hotline: (302) need fun. The Harriers can also be reached on the net: www.ravenet.com/hhhh/.

Stan Cherim

Minutes of the Delco RRC Meeting March 25, 1997

In attendance: Byron Mundy, Larry Filtz, Phyllis Botson, Bill Morgan, Ron Grace, Carol Jackson, Paul Isaac, and Bob Huey.

The meeting convened at 7:39 PM.

Minutes accepted from last meeting.

Team Coordinator Report, Larry Filtz, We will have an open and master teams at the Boston Marathon. One medley team at the Penn Relays is pending. There was a motion that the club would cover the Penn Relay entry fee, which passed.

Membership Report, Kathi Clatterbaugh, N/P. Byron reported Tom Midwood put an ad in the Phila. Inquirer for the club.

Treasurer Report, Bob Huey, Checking balance is \$9290.00. The USATF membership has been renewed for \$45.00. Wrist bands for club members was \$1650.00. The budget for 1997 was proposed and will be included in the newsletter.

Old Business:

Byron Mundy thanked the Diner Dance committee for all their work. The affair was attended by 85 people. A motion that the club cover the extra expenses for the diner dance was passed.

Ron Grace reported we have not received insurance approval for the March for Parks. he will be checking with the RRCA.

New Business:

Ron Grace reported that the Water Run would like Delco to supply technical advice again this year. A motion was made to supply technical services and insurance at \$1.00 per runner. Passed. The Lansdowne Rec 5k Run requested technical services and insurance from Delco. A motion was made to support the Lansdowne 5k. Passed.

Byron Mundy reported that Rose Tree Park has been contacted for the Delco Cross Country Championships. The Junior Development Track Meet has a budget of \$1000.00 but no director.

Meeting adjourned at 8:47 PM

Minutes submitted by **Paul Isaac**.

UPCOMING EVENTS

CLUB MEETING:

April 29, 1997

Location: **Springfield Library**
70 Powell Rd.
Springfield, PA 19064

The library is in Williams' Park between the tennis courts and the township building. The meeting will begin at **7:00 PM** in the lower community room. The fun run is at **6:30 PM**, so you can run, make the meeting for refreshments and share your views of the club now and in the future.

Club meetings are open to all Delco RRC members. Try to attend and express your ideas. See you at the next club meeting on **April 29, 1997**.

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.

5-3-97 Dawn to Dusk Ultras

Bill Schultz, (610) 534-2979

6-97 Junior Development Track Meet. Director Needed.

6-97 Media 5 Miler

Rita Jordan, (610) 565-1416

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

~~Mid-Atlantic Association of USA~~
TRACK & FIELD

Jim Fischer, Track & Field Coach at University of Delaware, will lead a Seminar for Runners

When: May 14, 1997 at 6:00 PM (to 7:15 PM)

Where: Carousel House, Belmont & N. Concourse, Phila, PA.

Topic: Recovering from and Preparing for Long Distance Races.

Whether you run the Caesar Rodney Half Marathon, Broad Street 10 miler, Penn Relays 20k, Philadelphia Distance Run (half Marathon), the Philadelphia Marathon, or stick with the shorter stuff (5k, 8k, 10ks), it is important to know how to taper for a race and what the body needs in recovery from a hard race effort. Jim will share insights needed particularly by all who train or race on hilly courses.

Be at the Carousel House at 6:00 on May 14. Participate in the seminar, ask your questions of Jim and others in

attendance and then "sick around" for the Mid-Atlantic Association Quarterly Meeting,

Sponsored by: Long Distance Running Committee, Mid-Atlantic Association.

1997 Junior Olympic Sites and Dates Set

The dates for the 1997 Junior Olympic Track & Field series have been set. The Association Championship will be held at West Chester University track, located in West Chester, PA. The meet will be held on Saturday and Sunday, June 14-15, 1997. The top 4 qualifiers in each event will advance to the Region 2 Championship also held at WCU July 10-13, 1997. The additional two days of competition will accommodate the Multi-Event competition which is held in conjunction with the regional meet. While the top three track & field competitors from the regional competition will advance to the national championship, new advancement rules will apply in the Multi-Event portion of the meet. While the top 2 qualifiers will still automatically qualify for the national meet, 3rd place finisher will only advance if a preset standard is achieved in the competition. All qualifiers will compete in the National Junior Olympic Championship meet being held at Southern University in Baton Rouge, LA July 22-27, 1997.

Additional information is on the Mid-Atlantic Association Home Page, contact them at: <http://www.wp.com/74586/ma-usatf.htm>

Fonshell wins Percival Award

Kate Fonshell was presented the 1996 Frank Percival Award as the outstanding athlete in Mid-Atlantic Association. Her award was given at the Award Lunch.

UAGTCA makes plans for 1997 Development Season

The United Age Group Track Coaches Association have currently scheduled all qualifying meets at Carl Lewis Stadium in Willingboro, NJ, with the championship to be held at Germantown Academy in Ft. Washington, PA.

The meets, while predominantly youth oriented, are open to all competitors including open men and women. The qualifying meets are scheduled May 3, 10, 17, 24 and the Championship for May 31. Once again, check the Mid-Atlantic Association's website for additional information.

Delco Race Results

3/22/97 Brancroft Race 5k, **Phil Kline, 20:40**

3/23/97 Beethoven 5th 5k, **Paul Isaac, 28:21**

RACE CALENDAR:**APRIL:**

12 **20th ANNUAL CHERRY BLOSSOM FIVE MILER**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

ED OFF RUN, FIVE MILES, 5K and one mile, General Wayne Middle School, Wayne, PA; Contact Brad Zerr, Upper Main Line YMCA, Box 637, Berwyn, PA 19312; (610) 647-0770

13 **15th ANNUAL INGLIS HOUSE FIVE MILER**, Phila, PA, Contact Inglis Five, 26 Belmont Ave, Phila, PA 19131; (215) 581-0703

THE MILL RACE RUN FOR THE FUTURE, Contact Diane Prost (215) 957-3523

19 **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

BRANDYWINE BREW PUB 10k/5k, Greenville, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

RUN FOR HEALTH, Five mile run & three mile walk, Valley Forge, PA; Contact Angie Williamson, WWDB Radio, 166 Levering Mill Rd, Bala Cynwyd, PA 19004; (610) 668-4400

FRIENDS MEETING SCHOOL 5K and one mile fun run/walk and kids sprints, Phila, PA; Contact (610) 828-2407

RACE AGAINST VIOLENCE 5K/10K, West Chester, PA; Contact Chester County Crime Victim's Center, 236 W. Market St, West Chester, PA 19380; (610) 692-1926

20 **PENN RELAYS DISTANCE CLASSIC 20k**, Phila, PA; Contact Trey Cassidy, 235 S. 33rd. St, PHila, PA 19104; (215) 898-6145

4th ANNUAL CHERRY BLOSSOM 5K, one mile fun run/walk & kids sprints, Cherry Hill NJ; Contact (215) 751-0500

PRESERVATION POTTSTOWN 5K, The Hill School, Pottstown, PA; Contact Gary DeRenzo, Pottstown Parks and Recreation, Beech and Penn Sts, Pottstown, PA 19464; (610) 970-6608

GEOLOGIC TIME 5k RUN, Delaware Museum of Natural History, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

26 **LADY WHITE ROSE 5K** for women only, York, PA; Contact Bobbi Kehr, 386 Spartan Rd, York, PA 17403; (717) 741-3836 days or Carolyn Darr (717) 741-3693 evenings

CHESTER COUNTY OPEN, 10k, 5k, and one mile, Reeves Park, Phoenixville, PA; Contact Citizen's Advocacy of Chester County, 205 Church St. Phoenixville, PA 19460; (610) 933-1299

HERITAGE CLASSIC 5K and one mile, Lampeter Fairgrounds, Lancaster, PA; Contact Dayspring Christian School, 139 E. Vine St, Lancaster, PA 17602; (717) 295-1694

27 **TRI-STATE BIRD RESCUE & RESEARCH 2nd ANNUAL 5k RUN/WALK**, Newark, DE; Contact (302) 737-9543

RUN FOR HOPE FIVE MILES and one mile, Wayne, PA; Contact Maria Latran, Club LaMaison, 215 Surgartown Rd, Wayne, PA 19087; (610) 964-8800

MAY:

1 **RONALD McDONALD HOUSE of DELAWARE 5k**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

3 **5th ANNUAL UNIVERSITY CITY 5K**, Phila, PA; Contact (215) 662-5000

DAWN to DUSK ULTRAS, 50 km to 12 hour, Sharon Hill, PA; Contact Bill Schultz, 1105 Clifton Ave, Collingdale, PA 19023; (610) 534-2979 (h), e-mail: bschultz@itrc,dciu.k12.pa.us.

DELCO RRC Event.

4 **UPMC/CITY of PITTSBURGH MARATHON and 10k**, Pittsburgh, PA; Contact UPMC/City of Pittsburgh Marathon & 10k, 511 Nese-Barkan Building, 3811 O'Hara St, Pittsburgh, PA 15213; (412) 647-RUNN (7866)

18th ANNUAL BROAD STREET TEN MILER, Phila, PA; no race day registration; Contact Broad Street Run, PO Box 18543, PHila, PA 19129; (215) 563-6184

ADIDAS 7SISTERS TRAIL RACE, 12 miles, Amherst, MA; Contact Fred Pilon, PO Box 2120, Amherst, MA 01004-2120; (413) 584-0823 (h), (413) 584-2640 (w), fax: (413) 584-2640

8 **HEALTHY HEART 5k**, USATF-NJ Masters' 5k Championship, Morristown, NJ; Contact 1-800-551-4664

10 **MAY DAY 10k**, The Vanguard School, Paoli, PA; Contact Rob Culp, The Vanguard School, 1777 N. Valley Rd, Paoli, PA 19301; (610) 296-6706

8th ANNUAL DON SMITH MEMORIAL 5k and one mile fun run, Port Republic, NJ; Contact Bill Smallwood, PO Box 86, Port Republic, NJ 08241; (609) 652-6154

11 **6th ANNUAL MOTHER'S DAY TRAIL RUN**, Frances Slocum State Park, Kingston Township, PA; Contact Vince Wojnar, 295 S. Mountain Blvd, Mountaintop, PA 18707; (717) 474-5363

RACE FOR THE CURE, 5k Run/ Walk, 1 mile walk and children's funfest, Phila, PA; Contact The Susan G. Komen Breast Cancer Foundation, (215) 829-1899

17 **KENNETT SQUARE RUN-10k, 5k, one mile, and 5k race walk**, Kennett Square, PA; Contact Kennett Square Run, PO Box 327, Kennett Square, PA 19348; (610) 388-1556

ARMED FORCES DAY 10k, two mile run/walk and kids sprints. Willow Grove Naval Air Station, Willow Grove, PA;

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Contact (215) 443-6082

18 **4th ANNUAL LIMERICK 5K**, Royersford, PA; Contact Wendell Koening; (610) 489-2848

DASH for DIABETES 5K, and 1.5 mile fun walk, West Chester, PA; Contact Tracy Alex, North Hill Fitness Center, 795 E. Marshall St, West Chester, PA 19380; (610) 436-8249

PHILA BAR ASSOC. 10K, Phila, PA; Contact Manny D. Pokitilow, Caesar, Rivise et al, 1635 Market St, 12th floor, Phila, PA 19103

24 **6th ANNUAL WILD RUN 5k/10k**, Manor Township near Lancaster, PA; Contact Bill Laudien, Manor Township Parks and Recreation, 950 Fairway Dr, Lancaster, PA 17603; (717) 397-4769

GLASGOW DRAGGIN' DRAGON 5k RUN/WALK, Newark, DE; Contact Chip Bixler, (410) 398-7482 (h), (302) 454-2381 (w)

25 **KEYBANK VERMONT CITY MARATHON** and Marathon Relay, Burlington, VT; Contact Andrea Riha, PO Box 152, Burlington, VT 05402; (802) 863-8412

TOM BUGLIOSI TRAIL RUNS, 10k, 20k, and 40k with 2600' and 5200' climb. Tuller Hill State Forest, Virgil, NY; Contact Audrey Balander, 2617 Clute Rd, RD 2, Cortland, NY 13045 (607) 835-6712

26 **PORT RICHMOND 5k RUN** and one mile fun run/walk; Port Richmond, Phila, PA; Contact (609) 468-0010

MEMORIAL DAY RACES, four miles/one mile, Ash Park, Coatesville, PA; Contact Jody Schmidt, Brandywine YMCA, 650 Hurley Rd, Coatesville, PA 19320; (610) 384-5084

31 **STRAWBERRY FESTIVAL 5k** Brandywine Hospital, Coatesville, PA; Contact The Professionals, Oaklands Fitness Center, 460 Creamery Way, Exton, PA 19341; (610)524-7300

FAMILY DAY in the PARK 5k, East

Brandywine Park, West Chester, PA; Contact Pete Ranalli; 145 Dowlin Forge Rd, Downingtown, PA 19335; (610)873-8969

JUNE:

1 **NIPMUCK TRAIL MARATHON**, 26.2 miles, Ashford, CT; Contact Dave Raczkowski, PO Box 285, Chaplin, CT 06235; (203) 455-1096

HISTORIC YELLOW SPRINGS 5k, Yellow Springs, PA; Contact (610) 827-7414

7 **REEDY POINT BRIDGE 10k/5k**, Delaware City, DE; Contact Junior Achievement of Delaware, Inc, 522 S. Walnut St, Wilmington, DE 19801-5230; (302) 654-4510

ASBURY 5k RUN FOR SHELTER & Healthwalk competition to benefit Habitat for Humanity, Woodstown, NJ; Contact Asbury United Methodist Church, 149 S. Main St, Woodstown, NJ 08098; (609) 769-2484

8 **9th ANNUAL JUNE FETE 5k RUN/WALK**, Abington, PA; Contact (215) 576-2500

ST. ANTHONYS ITALIAN FESTIVAL 5k, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

10 **WEST CHESTER CROSS COUNTRY SUMMER SERIES**, West Chester, PA. Contact (610) 696-3956

14 **CALN DAY 5k**, Thorndale, PA; Contact (610) 384-0600

21 **HILL OF LIFE 5 MILER**, Honeybrook, PA; Contact (610) 273-9333

ORIENTEERING

APRIL

12 **LEMON HILL**-Fairmount Park, Phila, PA; Courses: W,Y, O. Just north of the Art Museum, from Rt 76 go east on Girard Ave then south on Poplar Dr. Watch for "O" signs. Event director: Tim Walse (610) 446-3255. 5 Color map, 1:5,000

19 **MYRICK CENTER (BVA)**, west of West Chester, PA. Courses: W, Y. 5

Color map, 1:7,500. From Rt 202 take Paoli Pike exit west to West Chester, left onto High St. then three blocks to a right on W. Miner St. which becomes Rt 842. Follow Rt 842 west for about 6 miles to Brandywine Valley Asso. Event Dirs.: Marcia & Manny Menendez (610) 647-4354

20 **WARWICK COUNTY PARK**, Chester County, PA; Courses: W, Y, O, G, R. 5 Color map, 1:10,000. East of Morgantown, PA. Follow Rt 23 to Knauertown and watch for "O" signs. Event directors: Kent Shaw (610) 983-9751 or Jean O' Connor (610) 293-0181

27 **BRANDYWINE CREEK STATE PARK**, Wilmington, DE; Courses: W, Y, O, G, R. 5 Color map, 1:10,000. From intersection of DE Rt. 202 and DE Rt. 92, follow Rt 92 to Park entrance and watch for "O" signs. Event Dirs: Ron & Phyllis Wood (302) 475-5485

Tri-Biathlons

May

4 **CABIN FEVER DUATHLON**-2.4 mile run, 17 mile bike, 2 mile run, Delaware County High School, Hunterton County, NJ; Contact Lin-Mark (609) 468-0010

25 **SPRING FLING DUATHLON**- 1/2 mile swim, five mile run, Garnet Valley Middle School, Concordville, PA; Contact Mike Donnelly, Rocky Run YMCA, 1098 W. Baltimore Pike, Suite 3111, Media, PA 19063; (610) 361-5143

DELCO RRC Officers:

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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: April 20, 1997****NEXT MAILING DATE: May 9, 1997**

Articles, race report, letters, calendar listings, 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....

