
Keeping Contact

Issue 20

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August 1997

Postscripts from a race director...

by Rita Jordan

It's been a few weeks since this running club's mega event known far and wide now as the Media 5 Miler took place. It's been just enough time for me to recover a bit, relax on the beaches of Stone Harbor and even travel out west from the hilly roads of Media to the majestic mountains of the Rockies.

One...People can be as warm and generous with their time, energy, and enthusiasm close to home or anywhere you travel.

Two...It can be just as hot in San Francisco as it is in Media on a Friday evening in June.

Three...Don't sweat the small stuff. Whether it's not enough juice for 1300 runners or being 15 minutes late as the keynote speaker for an education conference.

(California freeways gave new meaning to gridlock for me) Things always work out.

Four...Contrary to popular belief, airplane food is not that bad provided that you are really hungry or really tired.

Five...Do unto others as you would have them do unto you. Especially those who volunteer their valuable time and energy. These folks are gold!!!

Six...The key to living the good life is to PARTICIPATE. Whether it is handing out water at the half way mark of a race, teaching kids from impoverished communities, running with friends on a dusty trail, or making countless phone calls for volunteers long into the night, being involved is essential to being alive.

There are a few other bedrock truths pertinent to this wonderful community of people that we call the Delaware County Road Runners Club. One truth is also the best well kept secret of this running club and that is **Bob McElhenney** and his countless hours of assistance with the Media 5 Miler. I keep threatening Bob with retiring as race director because simply put... he is the BEST.

All of us owe a great deal to ALL the volunteers who helped out with this incredibly successful and wonderful running event. Our continued success with this high quality race depends on ALL OF US. Help us help you continue this wonderful sport. Give back a little bit of what running has given to you and volunteer for any of our running events.

The Media 5 Miler Race Committee for 1998 will be meeting September. Please join us. We'd love to have you!

Thanks to the Volunteers

Media 5 Miler, June 27, 1997

All things are possible when willing hearts and hands come together. Much gratitude to these folks who willingly gave their time, energy and smiles to the Media 5 Miler this year. **Bob McElhenney** and I will not forget your enthusiasm and endurance. If you were a volunteer and did not get a race shirt, please contact me at 610-565-1416.

Lin-Mark received many comments via e-mail concerning the exuberant attitude of the volunteers and the orderly and highly organized manner of registration. I will share some of them with you in the future. You folks make this premier running event possible.

John Ashton, Dave Anderson, Amy Binder, Jack Bryson, Jim Cooper, Frank Deady, Gigi Deady, Gemma Deady, Dale Dimond, Bob Dimond, Jerome Dorsey, Therese Dorsey, Ken Ezzell, John Greenstine, Marcy Harper, Tom Hirsch, Beth Kaufmann, Tom Faulkner, Katie Keller, Suzie Keller, Mike Keller, John King, Liz King, Don Larson, Sue Larson, Diane McElhenney, Bob McElhenney, Sue McKenney, Bob Mckenney, Mary Metague, Mike Metague, Bonnie Muetterties, Lindsay Muetterties, Mary Beth Mundy, Myung Mundy, Byron Mundy, Linda Pollum, Tony Kennedy, Bill Schultz, Heinz, and Joyce Wolf.

If there is anyone that I have inadvertently left out, please forgive me and let me know.

Media 5 Miler Debriefing Meeting Wednesday, Sept. 17, 1997

There will be a Media 5 Miler debriefing meeting on Wednesday, **September 17, 1997** at 7 PM at **Rita Jordan's** house. Please come with your thoughts, suggestions, and ideas with regard to the continued growth of this event. What was done well this past year? What could be improved? If you ran, what could be done differently? What worked? What didn't?

As a volunteer...what worked for us? What could be changed? (A lot less sun and more shade...I hear you!) Again to all who help with the race. You folks are great!!!

Rita Jordan RD

IS IT EVER TOO HOT TO RUN?

By Amy Binder

Not too long ago, I swore that I'd never complain about running in hot weather. But that was way early in the year when it took three layers of clothing to ward off sub-freezing temperatures.

Just getting ready to run in the cold was a major effort. You had to wear mittens and glove liners, a hat pulled down low, a scarf pulled up high, warm socks, and various fleece-lined tops and bottoms. The dressing and undressing alone was a workout, not to mention doing all that laundry.

And so I vowed "no complaints" when warmer weather rolled around. I have just two words to say about that: "I lied."

Man, it's hot! Even an early evening three-mile run brings more than roses to my cheeks. I look like I'm ready to stroke out. I feel like I'm a nuclear fuel rod radiating enough heat for a melt down.

If I were smart, I'd turn on the air conditioner and get on the NordicTrack. Or, I'd park myself under the ceiling fan and watch other people work-out on videos.

Instead, I wear myself out running endless loops around Delaware County. It's not so bad in the evenings. Afterwards, all that's left to do is shower, brush my teeth, and fall into bed.

But on weekends, I get up early, walk the dog, and take a run. Then I'm done for the day. Literally. After running in this heat, I'm toast.

There are those who argue that mornings are the best for running because it's cooler. There are those who argue that afternoons are better because even though the sun is hotter, there's less humidity. There are those who argue that instead of running in the heat, you should be cycling or rowing or swimming. And, of course, there are those who just like to argue.

My point is: there are no real guidelines. So the best you can do is follow the advice that best suits your needs. If your schedule only allows for morning runs, then, obviously, that's the best time. If you just bought a new mountain bike, then, hey, who needs to run?

The real key to exercising in hot weather is to pick a path forward and go. Don't let anyone or anything dissuade you from your course of action. As long as you can cobble together some justification for your chosen workout, you're in the clear.

If it works for you, then it works just fine.

PEOPLE NEWS

Welcome home to Sam Brattini who spent three weeks in Manila in June/July. At least that was his excuse for missing the Media 5 Miler. He dropped us an e-note from overseas saying that it was monsoon season over there—hot and humid during the day, followed by severe thunder storms in late

afternoon, with rain often lasting the rest of the night. Not to mention typhoon warnings. (Hmmm. Don't think I'll book my flight just yet.) He mentioned a field trip to a substation and dam about 40 miles north of Manila. The roads were flooded, the traffic was heavy, and driving through the villages required swerving around people, dogs, and chickens. It took Sam over an hour to travel 40 miles, and then he had to spend the time outside in 90-degree heat with 95% humidity. (You'll get little sympathy here, Sam, where we spent quite a few days near the triple digits.)

It's vacation time for the Mundy family. With Bridget and Myung joining their dance class for an exhibition in Disney World, Mary Beth decided she should go along to chaperone. Then Eric decided to tag along, and finally Byron said, "Why not?" (So, Byron's going to visit Goofy—but I repeat myself.)

Bill Schultz is chillin' this summer. Maybe a few delayed house projects, but not much else. He's got some day trips planned with Adam, perhaps to Dutch Wonderland. He probably should call Jim and Margy Miccolis who have already "been there, done that" with Rachel and Sara.

John Greenstine spent some time watching the corn grow recently. A short business trip to Iowa had him videotaping farmers and cornfields to assess which combination of DuPont pesticides and herbicides were most effective in promoting growth. (What they won't do for fun in the heartland.)

Two of Delco's own not only ran but won their age groups in the July 9 "Run for Independence 5K" in Wilmington. Richard Webb had a time of 17:52; Beth Fellona, let's just say, had a time. The clock read 23:03, but her watch was in the 22s when she crossed the finish line. But that wasn't the only screw-up. Seems the trophy she took home was inscribed for the second-place winner. Aughhhhhhhh!

Richard also reports that he and Frances Kirk ran the scorching hot 19th Great Wyoming Buffalo Stampede 10K in Wyoming, Delaware. Frances, as usual, was a last-minute entrant, and was first woman in a time of 39:57. She was 21st overall out of 200+. Richard won his age group, 50-54, in 37:41. Richard writes: "Before noon, at the after-race party, I was drinking the free beer while Frances was dancing to the live band. They really know how to party in (s)lower Delaware!"

- -Amy Binder

Heard on the Road

When you mention **Richard Webb** and **Frances Kirk**, you have to keep in mind that they're among a group of DELCO runners who are active and successful in racing all across the region. In the latest issue of the Mid-Atlantic USATF newsletter, Frances is recognized as #3 female runner in Long Distance Racing Grand Prix and Richard is #2 male in

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the series. **George Jacques** is ranked 11th, behind such luminaries as the legendary **Norm Green** (#1), but ahead of well-known locals such as **Chris Mason** and **Gary Fanelli**. Obviously, this group has not let the heat and humidity slow them much.

How about some of the rest of you? Been racing lately? Send editor **Tom Hirsch** your results or call 610-544-2280.

- John Greenstine

Send your news to 340 Kirk Lane, Media, PA 19063 or e-mail abinder@herc.com.

UPCOMING EVENTS →

CLUB MEETING:

August 26, 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 **August 26, 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.

9-13-97 Women's Distance Festival 5k
 Marianne Grace 610-623-3069

10-97 Delco X-C Championship
 Byron Mundy 610-534-2833

11-27-97 Volkswanderung "Caring to Share"
 Tom Hirsch 610-544-2280

4-4-98 Tyler Trail Run
 Tom Hirsch 610-544-2280

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

Update on 97/98 Delco RRC Membership

To date, I have received approximately 65% of renewals. I have sent out 145 cards to 113 addresses. I am sending out a **second and final notice** the first week in August. Please note your membership number for 1998 appears on the address label of your newsletter. If your number is not on your August newsletter, you probably need to send in your renewal or if you do not receive October's newsletter, you will know you did not return your renewal. Please take a minute to fill in the form. A contribution is not necessary to stay on the mailing list. I just want to be sure addresses and phone numbers are up to date and that people who wish to remain members receive the newsletter. If you aren't sure if you returned your renewal, please call me at 610-328-4987 and I'll be happy to send a form to you.

Welcome New Members!!

Tara Beech, John E. Carroll, Justin Lubecki, and Michael Stankavage.

Sincerely,
 Kathi Clatterbaugh
 Membership

DELCO AT THE RACES

by Phil Kline

After a great turnout ~~by Delco RRC~~ at the Broad Street 10 miler on May 5th with 41 members finishing, club members again participated in record numbers at our own Media Five Miler, the area premier summer classic. The race was supported by over half our members as volunteers, runners and some being a combination of both. Thanks again to Rita Jordan for a fine job as race director. If we miss you, please call. Keep your race results coming in; we like to hear from you. Phil Kline 609-751-2089.

Name	Age/Sex	Place	Time	
Phila. Bar 10k , Pa, 5-18-97, 634 Finishers.				
George Jacques	43/M	14	35:27	3rd age group
Richard Webb	52/M	19	35:57	1st age group
James Tyler	39/M	64	39:02	
Phil Kline	47/M	148	42:24	
Amos Mincin	46/M	155	42:32	
Bill Krieder	47/M	260	46:52	
Art Brown	52/M	306	48:44	
Linda Trout	47/F	74	51:02	2nd age group
Linda Pollum	44/F	100	52:44	
Bar 2 miler , 272 Finishers.				
Susan Levy	56/F	21	16:15	1st Age Group
Marvin Levy	74/M	143	24:29	1st age group

Shadow of the Giants 50k, Calif. 5-31-97, 103 Finishers
 Dave Covey 36/M 2 4:40:28 2nd overall

Smith's Challenge, 20k Trail Run, PA, 6-15-97, 49 Finishers
 Richard Hoopes 42/M 16 1:40:10 2nd age group

Breezy Point Tri, Norfolk, VA, 6-8-97, 1k Swim, 20k Bike, 5k Run.
 Mark Oleynick, Swim 12:32, Bike 34:28, Run 19:28 6th of 61

Marathon Sports Sprint Tri, Middletown, DE, 6-15-97
 1/4mi Swim, 16mi Bike, 3mi X-C Run, 211 Finishers.
 Phil Kline 47/M 28 1:17:28 3rd age group
 Kristie Robson 23/F 153 1:39:15 3rd age group
Schuylkill River 5k, Phila, PA, 6-22-97, 268 Finishers
 George Jacques 44/M 9 17:47 1st age group
 Richard Webb 52/M 11 17:57 1st age group
 Richard Zack 29/M 22 18:34

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Jeff Crago	39/M	31	19:03	
Frances Kirk	35/F	50	20:11	2nd age group
Anthony Keller	38/M	51	20:13	
Anne Tierney	33/F	60	20:27	
Phil Kline	47/M	90	21:39	
Amos Mincin	47/M	107	22:46	
Morrigan Crago	30/F	157	26:19	
Art Brown	52/M	160	26:23	
Linda Pollum	44/F	165	26:39	
Stan Cherim	67/M	170	27:00	
Elizabeth Zack	28/F	215	30:15	
Diane McManus	46/F	239	32:45	
Paul Isaac	33/M	246	33:20	
Media 5 Miler , Media, PA, 6-27-97, 1136 Finishers.				
Michael Fox	20/M	27	29:10	
Richard Webb	52/M	36	29:42	1st age group
Rich Jacovini	44/M	40	29:57	1st age group
Marc Oleynick	36/M	41	30:04	
Richard Zack	29/M	46	30:42	
Larry Filtz	43/M	52	30:57	
Matthew O'Connor	16/M	65	31:34	
Jeff Crago	39/M	70	31:45	
Eric Mundy	17/M	76	31:52	
James Tyler	39/M	78	31:54	
Bob White	44/M	85	32:05	
Josh Jordan	14/M	87	32:15	2nd age group
Steve Balmer	42/M	89	32:23	
Bob Huey	42/M	92	32:46	
Frances Kirk	35/F	103	33:06	1st age group
Byron Mundy	49/M	104	33:06	3rd age group
Larry Ehmer	37/M	112	33:28	
Anne Tierney	33/F	125	33:47	1st age group
Denise Dipangrazio	40/F	132	33:53	1st age group
John Ashton	37/M	143	34:09	
Kristie Robson	23/F	152	34:19	3rd age group
Tom Midwood	40/M	156	34:26	
Nick Sacchetti	46/M	168	34:40	
Jim Esham	51/M	172	34:44	
Phil Kline	47/M	176	34:49	
Art Brown	52/M	229	36:11	
Sanda Fleck	32/F	244	36:33	
Jim Smith	49/M	252	36:44	
Charles Miller	45/M	273	37:01	
Joe Freiberg	34/M	308	37:31	
Mike Kirk	23/M	329	37:52	
Michael Stankavage	31/M	346	38:10	
David Manuel	48/M	371	38:30	
Peter Vishton	50/M	377	38:40	
Beth Fellona	40/F	380	38:44	
Bill Erb	58/M	391	38:51	3rd age group
Pete Belfi	56/M	393	38:52	
Chet Lubecki	41/M	400	38:55	

Chris Verica	31/M	408	39:01	
Carolyn Digiambatis	55/F	455	39:39	1st age group
Jodi Erb	25/F	458	39:39	
Sandi Robers	53/F	461	39:42	2nd age group
Bill Kreider	47/M	468	39:46	
Meg Nilan	32/F	483	39:52	
Michael Shiber	31/M	525	40:27	
Jesse Tucker Jr.	38/M	540	40:41	
Christine Petruzzo	35/F	597	41:40	
Mickey Lobb	45/M	603	41:47	
Linda Trout	48/F	604	41:47	
Tony Cianci	41/M	605	41:48	
Katie McElhenney	18/F	627	42:03	
Frances Sheehan	40/F	634	42:10	
Justin Lubecki	12/M	665	42:42	
Paul Pierangeli	34/M	692	43:01	
Thomas Beese	52/M	707	43:13	
Jack Kirk	52/M	744	43:42	
Bill Morgan	62/M	757	43:56	
Joseph Schneider	39/M	791	44:33	
Suzette Piotti	30/F	927	47:23	
Linda Kodis	26/F	978	48:47	
Anthony Potts Jr.	71/M	992	49:23	1st age group
Elizabeth Zack	28/F	999	49:41	
Bud Tyson	55/M	1048	52:02	
Dot Kracht	61/F	1100	54:46	1st age group
George Savastano	61/M	1110	55:49	
Tara Beech	30/F	1111	55:51	

Market Street Mile, Phila, PA, 6-27-97 *Upper Darby JH

Joe Bateman *	M	11	5:25	15-18 yrs. age group
Phyllis Botson	F	1	5:43	30-39 yrs. age group
Mary Faris *	F	5	6:10	15-18 yrs. age group
Caitlin Kohler *	F	5	6:18	11-14 yrs. age group
Sarah Brill *	F	6	6:20	15-18 yrs. age group

Blueberry Festival Tri., Hammonton, NJ, 6-29-97, 415 Finishers, 1/2 mi. Swim, 19 mi. Bike, 4 mi. Run.

Phil Kline	47/M	95	137:21	
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Belle Vue 5k XC, Wilm. DE, 7-1-97

Richard Webb	52/M	4	18:50	4th overall
Frances Kirk	35/F		19:55	1st Woman Overall

E.I. DuPont Hospital 5k, Wilm. DE, 7-2-97

Richard Webb	52/M		18:48	1st age group
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Rockhall Flat 5 Miler, Rockhall, MD, 7-4-97, 103 Finishers.

Jack Bryson	55/M	48	43:00	4th age group
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Firecracker 5k, Wilm. DE, 7-4-97

Richard Webb	52/M		17:48	1st age group
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<i>Frances Kirk</i>	35/F	19:08	1st Woman Overall
Firecracker 5k XC , Nottingham, PA, 7-5-97			
Richard Webb	52/M	19:55	1st age group
<i>Frances Kirk</i>	35/F	20:50	2nd Woman Overall

Run for Independence 5k, Wilm. DE, 7-9-97, 300 Finishers.

Richard Webb	52/M	17:52	1st age group
Jim Eshem	51/M	20:49	2nd age group
<i>Beth Fellona</i>	40/F	23:03	1st age group

Lake Lenape Sprint Tri., Mays Landing, NJ, 7-12-97, 290 Finishers. 1/4 mi. Swim, 10 mi. Bike, 3.2 mi. Run.

Phil Kline	47/M	37	59:00	2nd age group
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Sunset Sprint Tri, Bridgeton, NJ, 7-19-97, 351 Finishers
.5 mi. Swim, 16 mi. Bike, 3.1 mi. Run

Marc Oleynick	36/M	32	1:18:44
Phil Kline	47/M	110	1:25:57

Senior Games

On June 20, 1997, **Bob Fuhrman** age 55, became Delaware County Senior Games Champion. Bob ran 100 yds. in 13:86 and 440 yds. in 63:66, beating all competitors at age 50 and above.

**HI-TEC ADVENTURE SERIES
BIKING, KAYAKING, TRAIL RUN**
by Phyllis Botson

In Hartford, Conn., on July 13th, Team Hammer: **Marc Oleynick, Phyllis Botson** and **Mike Carroll** spent 2 hours, 40 minutes competing in the triathlon of the future. The exhilaration of triathlons has left some wondering if there could be anything more thrilling. Well, there is! It's the special tests (filling a flat tire, crawling through the mud, and throwing one of the teams' members through the web) and the more technical side of this triathlon that causes the excitement. The competition started with trail biking through Connecticut woods. We tried to dodge trees and fallen logs on the trail while negotiating the ups and downs of the mountains. We crossed a river with our bikes on our backs and tried to pass other teams on narrow paths with cliffs on one side. But, out of the biking event we were in a poor position (9th place) due to a flat tire and lack of teamwork (you see this was our first time together). So we had a lot of work ahead of us in the kayaking and running events. The river sent many teams roaming, but our team "hammered" through the water and came out of the water in third place, narrowing our gap between the leaders to 7 minutes. Last came the trail run, our best event! We took off slow through the trails but still passed the second place team with only the

leaders left to get. We narrowed the gap between 1st and 2nd place to only 5 minutes but there was one more mystery event left. Well, if the run had been longer we might have had the chance, but needless to say we finished 2nd after climbing the rope course and running to our 2:40.35 finish, just 4 minutes behind the leaders.

These things can cause a thrill (for some) and it definitely did for Team Hammer.

DELCO RRC MEMBERSHIP MEETING

Tuesday July 29, 1997

Attendees: **Byron Mundy, Bob Huey, Larry Filtz, Tom Hirsch, Bob Fuhrman, Richard Hoopes, Bob Jeral, Mike Shiber, Bob McElhenney**

Meeting was called to order at 7:35 P.M. by Byron Mundy, President

Minutes from last meeting were read by Tom Hirsch and accepted as read.

Membership Report/ Kathy Clatterbaugh - N/P - Second renewal notices will be sent out soon. Anyone not responding to this notice will be dropped from the Club's official membership/ mailing list (report given by Byron Mundy).

Treasurer's Report/ Bob Huey - Checking account balance \$24,500. This is an inflated balance due to the fact that not all issues have been settled with regard to the Media Race. These issues include an outstanding receivable of \$2,500 from Bud Lite (a sponsor) as well as several payables (most notable to Bill Battey's for tee shirts and to Lin-Mark for timing services). A final report to the club will be made as soon as all outstanding issues are resolved.

The Dawn to Dusk final budget was submitted. Cost to the Club was \$300, the amount pledged.

Public Relations Report/ Tom Midwood - N/P

Team Coordinator Report/ Larry Filtz

Sea Isle Race, August 9, 1997. Anyone interested in running as a member of the club team should register as normal, however, indicate on the registration form that you are running as a member of the Delco RRC team. Registration as a team member is \$3.00 extra.

Philadelphia Distance Run, September 28, 1997. Anyone interested in running in this race, as a member of the Delco RRC team, or for team information, should contact Larry Filtz, as soon as possible. You can contact Larry at: Larry Filtz, 118 Walter Drive, Media, PA 19063, (610-565-6957)

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Newsletter Report/ Tom Hirsch - People like to read about race results. Send any race results or accompanying information for inclusion in the Newsletter. All articles are appreciated and can be mailed, faxed, transmitted or "floppy" to Tom

Old Business - Byron complimented Mike Shiber on the success of the Sharon Hill 4th of July Fun Run (2.2 miles). Mike reported that he and the race committee were very pleased with the turn out, are optimistic about the race's future and are looking for ways to increase participation.

The Woman's Distance Festival will be held on September 13, 1997. Volunteers are being sought. If interested please contact Marianne Grace at 623-3069.

New Business - Discussion Topics:

Mailing Lists - On behalf of Marianne Grace, Byron asked if the club could have access to the list of female runners in the Media Race. It is hoped that these runners can receive an application to the Woman's Distance Festival. Subsequent to this request, a discussion ensued centering on the acquisition of the whole list as well as other local race lists, which can be used for promotion of the Club events and activities. A suggestion was made to send each Media race participant a complimentary copy of the Club Newsletter, along with a club application. **Richard Hoopes** generously volunteered to establish a data-base for this purpose.

Delco Cross Country Championship - History - The Delco High School Cross Country Championship is held on the 2nd Saturday in October. All area high school teams are invited to participate. The meet itself dates back to about 1964 when it was originated by the Springfield J.C.s. However, the Delco RRC has directed the race for the past 20 + years.

Problem - This year the meet falls on October 11th, which also happens to be Yom Kippur. Two schools have contacted Byron citing school policy which prohibits them from participating in events on the religious holiday. Options were explored, for example moving the event to the preceding Friday or the following Sunday; however both these options were deemed to be less than optimal because of the unavailability of volunteers for Friday afternoons and a conflict with the Suburban Water Run and public school policies against running on Sundays. Other suggested dates conflict with previously scheduled high school races.

Course of Action - All participating coaches will be contacted via phone call and through a special mailing (letter to be written by Byron Mundy, Bob Fuhrman and Tom Hirsch). These coaches will be made aware of the situation and be invited to the August meeting. During this meeting a

decision will be made regarding how to proceed. All interested club members are encouraged to attend. Any club member not able to attend but who would like to comment is encouraged to contact Byron (534-2833) prior to the club meeting.

Suburban Water Run - As of the date of the club meeting, no one from the race committee has contacted us regarding the extent of the Delco RRC's participation. Byron will be in touch with someone from Suburban H2O on either 7/31 or 8/1.

Election Committee - Tom Hirsch indicated that it is time to form an Election Committee in order to nominate officers for next term. Anyone interested in serving the Club in the capacity of an Election Committee member is enthusiastically invited - contact Byron. Also, it's not too early to begin thinking about becoming an officer. (Remember: Think Summit. Think Volunteerism. Think Resume.)

Looking Ahead to Events that are Good for Body and Soul - Tom Hirsch reminded everyone that the Volkwanderung "Caring to Share" Thanksgiving Day Race is once again scheduled for the last Thursday in November. Additionally, the Tyler Trail Run (4/4/98) will, for the second consecutive year, be the PA RRCA State 10 K Trail Championship. Volunteers and participants are sought. Call Tom at 544-2280 for more information.

Next Membership meeting will be on Tuesday, August 26, 1997 in the Library. The meeting will begin at 7:30 p.m. All are encouraged to attend.

Motion was made to adjourn at 8:40 p.m.
Minutes recorded by Bob McElhenney

In Memoriam

As this newsletter goes to press, we are saddened to hear of and report the following two deaths:

R. Bette (Finke) Coulston,
Aug. 1, 1997, in Scottsdale, AZ, and
William Jackson,
Aug. 1, 1997, in State College, PA.

We extend our deepest sympathies to their families.

RACE CALENDAR:

AUGUST:

- 8 **ST PETER'S HISTORIC 5 MILER**, New Castle, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400
- 9 **SEA ISLE CITY 10 MILE ISLAND RUN**, Sea Isle City, NJ; Contact Renny Steele, 44th St & Boardwalk, Sea Isle City, NJ 08243; 609-263-3655
- 13 **TWILIGHT 5k**, Upper Main Line YMCA, Berwyn, PA; Contact 610-647-0770
- 14 **THE MAYOR'S 5k RUN/WALK**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400
- 16 **UNITY WEEKEND 10k**, Art Museum, Phila, PA; Contact 610-617-2588
- 17 **OLD FASHIONED 5k**, Hammonton, NJ, Contact 609-561-4441
- XIX ANNUAL DOG DAY ROAD RACE, 5 MILE**, Harvey Cedars, Long Beach Island, NJ; Contact Dog Day Race c/o High Point Volunteer Fire Co, PO Box 3073, Havey Cedars, NJ 08008
- 19 **WEST CHESTER X-C S.S.** West Chester, PA; Contact 610-696-3956
- 20 **WESTSIDE HEALTH SERVICES LATIN AMERICAN 5k**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400
- GROVE RUN 5k**, Pottstown, PA; Contact 610-384-4814
- 24 **DOG DAYS 4 MILER**, West Chester, PA; Contact 610-436-9992
- TIM KERR 10k**, Avalon, NJ; Contact 215-343-7908
- WEDDING BELLS RUN 5k**, Bailey's Restaurant, Whiteland Town Center, Exton, PA; Contact 610-458-8868
- 26 **BROWN BURTON WINCHESTER 5k RUN/WALK**, Wilmington, DE; Contact

- Marathon Sports, PO Box 398, Wilmington, PA 19899; 302-654-6400
- 27 **RUN for TONY 5k**, Westmont, NJ; Cntact 609-468-0010
- FLYING PIG 5K**, Pennington, NJ; Contact Flying Pig 5k, c/o Pennington School, 112 West Delaware Ave, Pennington, NJ 08534; 609-737-1838
- 28 **MARATHON SPORTS SUMMER SERIES**, Wilmington, DE; Contact Marathon Sports, 302-654-6400
- 30 **UPPER BUCKS YMCA ANNUAL LABOR DAY 5k**, Quakertown, PA; Contact Upper Bucks YMCA, 451 California Rd, Quakertown, PA 18951; 215-536-8841
- ROCKFORD PARK 5k RUN WALK** Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400
- SEPTEMBER:**
- 2 **WEST CHESTER X-C S.S.** West Chester, PA; Contact 610-696-3956
- 13 **WOMEN'S DISTANCE FESTIVAL 5k**, Ridley Creek State Park, Media, PA; Sponsors: Moving Comfort, Runner's World, RRCA & Delco RRC; Contact Marianne Grace, 254 Bryn Mawr Ave, Lansdowne, PA 19050; 610-623-3069
- 14 **HALF-WIT HALF, 13.1 MI. TRAIL RUN**, Reading, PA; Contact Pretzel City Sports; 610-779-2668
- MARATHON of the ROSES**, York to Lancaster, PA; Contact Clay Shaw, 3035 Raintree Rd, York, PA 17404; 717-764-1181
- 20 **CORA CELEBRATION 5k**, Pennypack Park, Phila, PA; Contact Bob McElhenny, CORA Services, 733 Susquehanna Rd, Phila, PA 19111; 215-342-7660 ext 216
- RACE FOR THE CHILDREN 5k**, Westgate Hills, Havertown, PA; Contact Sue Defeo, 610-758-9578 or Carol Lewis, 610-446-3708

- 27 **6th ANNUAL EAGLE NAT'L BANK 5k/WALK TO FLIGHT CANCER**, Delaware County Memorial Hospital, Drexel Hill, PA; Contact John Long, 8045 West Chester Pike, Upper Darby, PA 19082; 610-853-4800 ext. 1224
- 28 **PHILA. DISTANCE RUN**, Phila, PA Contact Mark S. Stewart, 215-864-8225
- CONESTOGA TRAIL RUN**, 10 MI, Lancaster, PA; Contact Bill Smith, 509 Big Bend Rd, Lancaster, PA 17603; 717-394-7812
- OCTOBER:**
- 5 **16th ANNUAL WINEGLASS MARATHON and TEAM RELAY**, Corning, NY; Contact Wineglass Marathon, PO Box 117, Corning, NY 14830; 607-937-6184, fax 607-974-4627; e-mail-landin@corning.com
- STAN and DAN'S 25/50K CHALLENGE TRAIL RUN**, Mt. Gretna, PA; Contact Dan Petlet, 1701 S. 5th Ave, Lebanon, PA 17042; 717-272-7157 (h), 717-228-6173 (w), e-mail: dapetley@nbn.net.
- 12 **DELAWARE DISTANCE CLASSIC**, Wilmington, DE; Contact Chip Bixler 410-398-7482
- OLEY VALLEY COUNTRY CLASSIC 10 MILE**, Oley, PA; Contact Barry Goodhart, box 227, Robesonia, PA 19551; 610-589-5374
- STEAMTOWN MARATHON**, Scranton, PA; Contact PA8 NE Territory Visitor's Bureau, 100 Terminal Rd, Suite 216, Wilkes-Barre Int'l Airport, Avoca, PA 18641
- 18 **6th ANNUAL COVERED BRIDGE CLASSIC-10 MILES, 5K** Run/walk/ racewalk, Atglen, PA; Contact Covered Bridge Classic, 888 bush Rd, Atglen, PA 19310
- 19 **VILLAGES of SPRING RIDGE SPRINT, 10K**, 1 mile fun run & 1/2 mile kids run Wyomissing, PA; Contact Pretzel City Sports, 112 W. 36th St, Reading, PA 19606; 610-779-2668
- 38th ANNUAL ATLANTIC CITY MARATHON, 10k, 5k** plus 2 mile walk, *(Continued on page 8)*

(Continued from page 7)

Atlantic City, NJ; Contact ACMarathon, Dept FN, PO Box 2181, Ventnor, NJ 08406-0181; Jennifer, 609-822-6911, Fax 609-823-7694, e-mail:radio1450@aol.com

21 **ROMAN RUN X 5 MILER**, Phila, PA; Contact Roman Catholic HS Alumni Office; 215-627-5487 or 215-627-5488

26 **10th ANNUAL FALL TRAIL RUN**, Frances Slocum State Park, Kingston Township, PA; Contact Vince Wojnar, 295 S. Mountain Blvd, Mountaintop, PA 18707; 717-474-5363

NOVEMBER:

2 **HISTORIC READING RUN 10k**, Reading, PA; Contact Ron Horn, Pretzel City Sports, 112 W. 36th St, Reading, PA 19606; 610-779-2668

16 **MUHLENBERG TWP TURKEY TROT 10k**, Reading, PA; Contact Muhlenberg Parks & Rec Office, 555 Raymond St, Reading, PA 19605; 610-929-1503

23 **PHILADELPHIA MARATHON and ROTHMAN INSTITUTE 8k**, Phila, PA; Contact Phil. Marathon, Memorial Hall, PO Box 21601, Phila, PA 19131; 215-685-0054

27 **KOERNER'S VOLKSWANDERUNG CARING TO SHARE '97**, Ridley Creek State Park, Media, Pa; Contact Tom Hirsch, 97 Powell Rd, Springfield, PA 19064; 610-544-2280. **Delco RRC Event**

29 **NORTHERN CENTRAL TRAIL MARATHON & RELAY**, Sparks, MD; Contact NCTM, PO Box 5464, Towson, MD 21285; 410-377-8882

DECEMBER:

7 **PMRI DELWARE MARATHON & RELAY**, Middletown, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-664-6400

APRIL: 1998

4 **TYLER ARBORETUM TRAIL RUN 10k**, Media, PA; Contact Tom Hirsch, 97 Powell Rd, Springfield, PA 19064; 610-544-2280

PHILA. MASTERS TRACK MEETS

Sunday, August 17 at 10:00 AM, Championship Meet, Swarthmore College, Swarthmore, PA. Contact Phila. Masters Track Assoc., c/o Claude Hills, 510 E. Green Valley Rd, Flourtown, PA 19031

TRI-BIATHLONS**AUGUST:**

10 **WILKES-BERRE TRIATHLON**, 1 1/2 mile swim, 40k bike, 11k run; Harvey's Lake, Wilkes-Barre, PA; Contact 609-468-0010

17 **GREAT BAY TRIATHLON**, 1/2 mile swim, 17 mile bike, 5k run, Somers Point, NJ, Contact PR Racing, PO Box 494, Northfield, NJ 08225; 609-391-8123

24 **LIGHTER THAN AIR BIATHLON**, 3 mile run, 20 mile bike, 2 mile run; Lakehurst Naval Air Station, Lakehurst, NJ; Contact 609-468-0010

30 **DO THE TRI / TRY THE DU** Triathlon, Duathlon, 4-mile In-line Skate Race, Cherry Hill, NJ; TRI: 1/2 mile swim, 15 mile bike, 5k run; Du: 2 mile run, 15 mile bike, 5k bike. Contact LinMark Computer Sports, 7 Westwood Dr, Mantua, NJ 08051; 609-468-0010

ORIENTEERING**SEPTEMBER:**

6 **CORE CREEK COUNTY PARK**, Bucks County, PA; Instructional Courses, Courses W, Y; Event Director Glenn Bykowski, 215-643-3937; 5 color map, 1:10,000 Great event to introduce freinds to orienteering.

13 **THE WILLOWS**, Villanova, PA; Only Beginner's Courses, Courses W, Y; Event Directors: Debbie Samans 610-356-5341 or Tim Walsh 610-446-3255; Color Map: 1:10,000

27 **MYRICK CENTER (BVA)**; West Chester, PA; Course: W, Y; Event Director Mary Frank 610-792-0502; 5 Color Map: 1:7.500

28 **VALLEY FORGE- NORTH "FLATLANDS"**, Montgomery County, PA; Courses: W, Y, O, G, R; Event Directors: Kent Shaw and Jean O'Conor

610-983-9751. 5 Color Map: 1:10.000

OCTOBER:

4 **LEMON HILL-FAIRMOUNT PARK**, Phila, PA; Courses: W, Y, O; Event Director: Elisabeth Otvos 610-666-7110. 5 Color Map: 1:5,000

18 **WARWICK COUNTY PARK**, Chester County, PA; Courses W, Y, O, G, R; Event Director: Dale Parsons 610-978-9432; Color Map: 1:10,000

19 **RIDLEY CREEK STATE PARK**, Delaware County, PA; Courses: W, Y, O, G, R; Event Director Steve Aronson 610-626-5195; 5 Color Map: 1:15,000

25 **TYLER STATE PARK**, Bucks County, PA; Instructional Courses W, Y; Great event for first timers. Event Director: Ron Cook 215-968-5397; 5 Color Map: 1:15,000

NOVEMBER:

1 **VALLEY FORGE HISTORICAL PARK**, Valley Forge, PA; Courses: W, Y, O, Br, G, R, BI; **NATIONAL EVENT DAY, NEW MAP**; Come join the fun and help celebrate 30 years. Preregistration required. Event Director: Mary Frank 610-792-0502, Registrar: Sandy Fillebrown 215-242-0911. 5 Color Map: 1:10,000

LADIES! LADIES!
Women's Distance Festival
Sept. 13, 1997
Contact Marianne Grace
610-623-3069

DELCO RRC Officers:

President Byron Mundy (610) 534-2833
 Vice President Tom Midwood (610) 358-2052
 Treasurer Bob Huey (610) 544-2849
 Secretary Paul Isaac (610) 352-5308
 Membership Kathi Clatterbaugh (610) 328-4987
 Public Relations Tom Midwood (610) 358-2052
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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: August 20, 1997

NEXT MAILING DATE: September 5, 1997

Articles, race reports, 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....

