
Keeping Contact

Issue 14

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February 1997



Happy 25th Birthday Delco RRC

by Byron Mundy

It's hard for me to believe that 25 years have gone by! We held the club's very first fun-run in Springfield on a Sunday afternoon in late February, 1972. It seems like only yesterday that about ten of us met at 4:00 PM and ran the 2:35 mile loop course that begins and ends at the public library on Powell Rd., the same place we meet today.

We called ourselves the Springfield Joggers back then and in the early years the Sunday 4:00 PM run was very popular, with average turnouts of 30 to 40 people. Often, in good weather, we would have 60 or more people running. In September, 1973, we started holding fun-runs in Collingdale, Saturdays at 9:00 AM where they continue today. About a year later, **Gene Martenson** organized club fun-runs on Saturday afternoons in Swarthmore, featuring a beautiful course through the college campus. Around 1976 or 1977, **Joe Nolan** started fun-runs in Aldan on Monday nights at 6:30. Large turnouts of 30 plus runners were common in Aldan for many years. Quite a few of our current members may not know that we even had fun-runs for a few years in Prospect Park and Darby! Just ask **Kathy Adamson**.

In 1978 our club became more organized, with a constitution, by-laws, and elected officers, under the name Delco Road Runners Club. Since 1972, I would estimate that more than 4000 different people have run at our fun-runs at one time or another. And of course, thousands more have participated in club events like Junior Olympics, Delco Cross Country Championships, Collingdale 5 Miler, Aldan 5 Miler, and Media 5 Miler. Who can forget the terrific social events our club has hosted over the years? The spaghetti dinners, winter dinners-dances and summer picnics. The support to area races such as the Philadelphia Marathons and Distance Runs.

I, for one, am very grateful to the hundreds of people who contributed their time, energy, and enthusiasm to help the club prosper. We should all be proud of our club's 25 year history and of the fact we are still going strong today. I look forward to our next 25 years being as successful and enjoyable as the first!

If anyone has ideas on how we might celebrate our anniversary, please contact **Byron Mundy (610) 534-2833**.

BOAT BOAT BOAT



My family and myself spent sixteen summers on the water and along the way, moved from boat to boat to boat.

IN THE BEGINNING!

Time- early September, the kids had not started school yet.

Place- our living room: Bea and I were reading; all was quiet; the television was off.

Bea broke the silence with this bit of news. "Upper Darby High school has evening class for six weeks on small boat handling, and since you are gung ho about boats I think you and David should go to it."

I knew immediately what Bea's gung ho bit referred to. The preceding summer vacation we had spent at the seashore. I had rented a boat so our family could join in my hunt for the secret island that called; "Come to me!"

Bea and Deb were seated in the back with big smiles. The boys and I were at the controls. Gee! This is the way to go. I assigned the boys to watch the markers while I played Captain Nemo. Everything was going OK, that is, until the boat came to a sudden stop. Bea and Deb came flying to the front, they just missed going overboard. "Dave what happened." "Dad we hit a sand bar." Well, I said, lets put this left hand lever in reverse and use the throttle to back us off; after five tries it did not budge. My next decision was for the boys to go overboard and push while I worked the controls. This finally broke us loose, but what an ordeal!

By a unanimous decision we took the boat back. Bea was very unanimous but the story dose not end here, because the boys and I went back for more. However this must wait for another time. You would not believe what we did anyway.

Au revoir from Bea, Lu, Deb, David and Rich
Bea and Lu Sanner

PS. David and I received our certificates from Upper Darby.

People News

Hi, Kristie! Turns out that **Kristie Robson**, my colleague on the Delaware County Women Commission, is also a member of Delco RRC and reader of "Keeping Contact." She even reads the race listings in the back of this newsletter to pick her next challenge. Seems she'll have an even bigger challenge next fall when she starts medical school (giving up the exciting life as a medical research scientist for Merck).

What's **Bill Schultz** doing these days? Just root through your recycling stack for the January 12 issue of the "Inquirer." There's a nice picture of Bill in a story called "Guiding teachers through cyberspace." Bill is a leading advocate for integrating computers into the classrooms at Harris Elementary.

Speaking of cyberspace, that's where I found quite a few Delco RRC members lately. **Phyllis Botson** sends her e-mail address: Pbotson911@aol.com. **Diane McManus** (dianemcm@vm.temple.edu) is flattered that someone's been reporting her racing times in this newsletter. Must be a fan, because her *real* times are slower than reported. To set the record straight, and to add a few more results, she reports: A to Z run, 53:14; Radical Run, 24:08, 2nd in her age group; Philadelphia 8K, 39:24, 4th in the 40-49 age group. Diane wonders if life is imitating art, as in the TV show "Early Edition." Maybe someone got hold of her future results and printed them as a prophesy she's destined to fulfill. (Stranger things....)

A mysterious e-mail "Delaware Correspondent" that we're pretty sure is **Richard Webb** (lanxcoat@ravenet.com) writes about sighting the new Hirsch-Iona family--**Tom Hirsch, Beth Fellona**, and her daughter **Danielle** (don't call her Bean!)--at the Wilmington First Night 5K. Tom and Danielle cheered Beth on to a first-place age group award (running gloves). Not to brag, Richard took home first-place age group award (running gloves) and the above mentioned Phyllis Botson took second-place age group award (a shoe bag), which she awarded to Danielle. **Frank Rispoli** completed the Delco contingent. On New Year's Day, **Frances Kirk** won the women's race, and beat most of the men, too, in 32:23 on a hilly, windy course. Richard took third overall and the Masters award in 20:17. Both won yet another Gore jacket.

Besides those 5K runners at Wilmington's First Night Celebration, there were several others Delco members who went for the party. While **John Greenstine, Amy Binder, and Mike and Mary Metague** have been there/done that before, they were outdone by newcomers **Bob and Paula Koerner and Bill and Dot Kracht**. Just ask Paula how it's possible to see the Russian Ballet without tickets. Ask Bob about the best place to watch the fireworks. As Bob says: Next year, we organize!

New Year's resolutions in the Binder/Greenstine household include fitter, trimmer profiles. Amy and John are

pumping iron using their new Atlas weight bench and free weights. (Isn't 'dumbbell' the more appropriate name, for several reasons.) Notice any difference?

Mark your calendar. March 22 is the 3rd annual Big City Ball, benefiting Big Brothers/Big Sisters. Executive Director **Tom "Head Biggie" Weber** assures us that it'll be a great party. Call (215) 557-8600, ask Evonne for more details.

Ridley Creek State Park is always a favorite with Delco runners. The hardest part is deciding whether to run the trails or "the loop." Seems the photogenic Bill Schultz organized a Saturday morning loop run recently, only to have most defect to the trails (that's you **Jerome Dorsey, Bob Kern, and Bob Huey**.) Only John Greenstine stuck with Bill; was it because John didn't want to muddy his new kicks?


I predict no big snow this year. In fact I'm doing my best to make sure of it. Recent purchases included an ergonomic snow shovel and a snow-removal roof rake (great buys at BJ's). It probably never will snow again. I may even be blamed for global warming.

If you have kids, you need a camcorder. The Metague's "kids" are just a big hairier than most, but their antics deserve recording anyway--especially as they train for fly ball and agility competitions. The Metagues two border collies were recently joined by a tail-free feline called--what else?--Bob. (It's Greenstine's fault--the name, not the missing tail.)

It's winter. It's cold. It's dark. Still, you run. Just remember, be careful out there. We've recently heard of several people meeting sidewalks up close and personal. Luckily only a few bruises and scrapes resulted. But it could be worse, so WATCH YOUR STEP!

Amy Binder

Heard on the Run

Tom Midwood is on the  roads again after fighting a long battle with a neuroma on his foot. He's trying to build mileage again, coming out to the Springfield fun runs in the evenings. His New Year's resolution is to beat his sore foot problem and return to his past form. Either **Frances Kirk** is really hurting or she's a master actress. How else to resolve her sore back and slow jogs with the club on Sundays with her winning races, as mentioned above? Is she just modest? Does she have an astounding resistance to pain, or has she just mastered the ancient art of sandbagging? She has a soul mate in the club in **George Jacques**, who often has some painful malady while running at the front. Congratulations to **Bob Huey**, who successfully sold off the MLE Bicycle Shop in Media. The well known bike shop had been in his family for decades, but the time had come for it to close. We're sure Bob's relieved to move on. Also relieved in a bittersweet way is Bob McIlhenny, whose kids

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Sean and Katie have gone back to college after the holidays. With the older kids now used to coming in and going out at any time, Bob and **Dianne** had to re-establish the old rules, in a grown up sort of way. I guess “passages” is a recurring theme in these columns.

The wife commented about running in the cold and dark, and I’ve been struck by the sight of the new **YMCA** facility in Wilmington. It features a huge glass-enclosed workout facility on the second floor, overlooking one of the main roads out of town. It’s an everyday experience to see a dozen runners on treadmills, facing the glass wall. The irony is that the Caesar Rodney course along the Brandywine is only a quarter of a mile away. Either we’re silly to brave the cold or our roads are safer, I don’t know. Maybe I just don’t like hamster pellets for dinner. I’ll run outside, thanks.

John Greenstine

And your excuse for not running (or writing) is? The Binder-stines, 340 Kirk Lane, Media PA 19063 or e-mail abinder@herc.com.

Members Comments

On this years election ballots, there was a section for member comments. We will review them at the club meeting, but I would like to reprint some of them. One was very interesting, this is how it went.

Need a new Treasurer!!! Bob Huey’s old & *!#@) 1/2 crazy. This ballot also included a write in vote for Terry Adamson for Treasurer. Most of the comments were not quite this spirited. Sorry Bob! Just one more year.

Another suggestion,asked if we could put **member’s registration number** on the newsletter mailing label. Sounds good and we are looking into it.

A few comments related to when the fun-runs are held. We should have current members fill out a survey and publish the results. The purpose is to identify when and where people do their training runs, so if we can not attend scheduled fun-runs, we could set up fun-runs at different times and places. Also have members identify their favorite races. Perhaps we could set up car pools or rent a van to go to races in NY or DC. Also one other on this subject. Most of the group runs are

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1974 PHOTOS



Rare photos were found recently, in the Mundy attic. All these young runners are still putting in the miles.

First photo features John Ashton, George Koerner, and Mark Clatterbaugh relaxing by a vintage VW after a winter Springfield fun-run. Notice the oak trees in front of the Springfield Township building, quite a bit smaller compared to now.

Second photo, we have a summer Collingdale fun-run with John Greenstine warming his hands and wondering how Sam Hill can run so well with his elbows extended, as shown in picture.

Anyone having photos or stories on Delco’s past 25 years, send them in and help us celebrate, we all would like to hear from you.

Tom

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in the evening; are any of the group run in the AM, during the week?

Anyone interested in group runs other than the scheduled ones or looking for a running buddy, drop us a line with places, times, days and how you can be contacted. There is a need for AM or early PM. We will publish the information in the newsletter. Also, car pool information to races, offering a ride or need a ride, send it in we will list it in upcoming events.

One on meetings, it's a good idea to hold meetings at public facilities. Maybe we can have them outside Springfield, or a fun-run outside Springfield. The Mayor of Prospect Park is thinking of having a 5K on the 4th of July.

The meetings are being moved to public facilities, right now its the Springfield Library but I will bring up, moving outside of Springfield at January's meeting. Delco fun-runs are held in Aldan, Collingdale, Swarthmore, and Springfield. We are always interested in new locations, if anyone is interested in holding fun-runs in their neighborhoods, let us know, we will be happy to help get them started. We have not heard anything on the 5K in Prospect Park, so keep us posted.

This one came from the CA kid, Great to see **Mike McGillian** participating in races again!!! I agree, Mike, Dawn to Dusk is coming up.

Thanks for all the great comments about the club and the newsletter. Keep those comments coming, folks, we are happy to hear from all of you.

Tom

UPCOMING EVENTS

CLUB MEETING:

February 25, 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. This is your club and how it is run is how you want it. See you at the next club meeting on February 25, 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.

4-5-97 Tyler Arboretum Trail Run

Tom Hirsch, (610) 544-2280

3-8-97 Winter Social

Mary Beth Mundy, (610) 534-2833

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.

Minutes of the Delco RRC Meeting. January 28, 1997

In attendance: Byron Mundy, Eric Mundy, Carol Jackson, Phyllis Botson, Bill Morgan, Ron Grace, Jim Watson, Linda Pollum, Bob Huey, Paul Isaac, and Tom Hirsch

The meeting convened at 7:33 PM.

Minutes accepted from last meeting.

Byron Mundy thanked last years officers for their work.

Membership Report: Kathi Clatterbaugh, N/P. Byron Mundy suggested club members advertised the club to their friends.

Treasurer Report: Bob Huey, Current balance in club's account is \$12,485.93. Delco's 1996 budget was presented and reviewed by Bob. The financial records of the club are due an audit, anyone who could perform this task, please call Bob Huey, 610-544-2849. Byron thanked bob for a good report.

Team Coordinator Report, Larry Filtz, N/P, Bob Huey reported Larry has been trying to contact the Penn Relays about entering a team but they have not return his calls. He will keep trying. Master team for the Boston Marathon, anyone interested contact Larry Filtz, 610-565-6957.

Newsletter Report: Tom Hirsch, This newsletter will include some of the comments that came in with the election ballots. Thanks to everyone who took the time to express their thoughts. Keep the articles or comments coming, we will print it whether long or short. Byron raised the idea of business advertising. This can be done if someone would like to advertise.

Public Relations: Tom Midwood, N/P. Byron brought up the idea of press release for the club's 25th anniversary.

Old Business:

Tyler Trail Run: Tom Hirsch reported the run is, officially, the RRCA Pa State 10k Trail Championship, according to State Rep. Joanne Smith. Approx. 275 fliers have been sent to runners, 17 race fliers packets to running stores and clubs, and

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17 News Releases to newspapers and publications. Club members are invited to help organize the club's first RRCA State Championship. Call Tom Hirsch, 610-544-2280.

March for Parks: Ron Grace reported on having a trail maintenance day at Ridley Creek State Park, Ron has been in contact with Mr. Graham, park director. The question of having non-club people helping on this project was brought up, Ron is contacting the club's insurance company on this matter. The tentative date is April 20, 1997, and this will be voted on at the next meeting. If you would like to support this good cause, contact Ron Grace, 610-623-3069.

Winter Social: Byron Mundy reported the date is March 8, 1997 at the Media Fire Hall. The fire hall rental is \$150 for the 1st hour and \$50 each additional hour for a total of \$550. The theme of the social this year will be the club's 25th anniversary. The social's budget was increased to \$1000. Cost per person will be \$16.00. Motion to support the social was passed.

New Business:

Byron Mundy passed out fun run attendance records starting from March of 1996. There was some debate on how to award members who participate at fun runs. The final consensus was to give out t-shirts to 25 times and up. People with 50 times and over will receive a plaque. A motion was made to accept this proposal and passed.

The Delco Track Meet was brought up by Tom Hirsch. Byron Mundy stated that we would get a larger turnout with just running events and doing away with the field events. This was debated among those present. The meet needs a director; anyone who would like to help organize the Junior Development Track Meet, Call Byron Mundy 610-534-2833 or Tom Midwood 610-358-2052.

Tom Hirsch asked about the Women's Distance Festival. Byron said that fun runs are important to the strength of the club; he also said club members' input is vital.

Ron Grace heard from the Water Run folks and the tentative date is October 12, 1997. This could conflict with Delco Cross Country, Byron is calling the park to get our permit. Ron will keep Delco informed of any more developments. Right now we are not sure if Delco will be involved with the Water Run.

Motion to adjourn the meeting was made by Tom Hirsch and seconded by Bill Morgan at 8:52 PM.

Minutes submitted by **Paul Isaac.**



 25th Anniversary
Dinner Dance
March 8, 1997



Please mark your calendars now for our upcoming winter dinner dance set for Saturday, March 8, 1997. The dance will be held at the Media Fire Hall, Front and Jackson Streets, Media, PA.

The theme this year will be "Remembering our first 25 Years" in honor of our club's 25th anniversary. Anyone with pictures or other club memorabilia, bring them along. So come and dance, eat and share memories with old and new friends

A night of dancing, food, drinks and picture show of Delco RRC "the past 25 years" can be yours for \$16.00 per person. So let's eat, drink, dance! Think of the past and look to the future of Delco RRC.

eTrq!*****

Make checks payable to Delco RRC and return to:

**Dinner Dance
Mary Beth Mundy
214 Blunston Ave.
Collingdale, PA 19023**

Name: _____

Number Attending: _____

RACE CALENDAR:**FEBRUARY**

- 16 **36th ANNUAL WASHINGTON BIRTHDAY MARATHON and MARATHON RELAY** (RRCA MD State Championship), Greenbelt, MD; Contact GWBM, c/o Jack McMahon, 5412 Marlin St. Rockville, Md 20853
- 23 **18th ANNUAL ANHEUSER-BUSH COLONIAL HALF MARATHON and 5K**, Williamsburg, VA; Contact Bonita Flesher, Colonial Half Marathon, PO Box 399, Williamsburg, VA 23187; (757) 221-3362

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
- 8 **CATOCTIN TRAIL RUN, 35 km & 50 km**, Frederick, MD; Limited to first 100 entries; Contact Rick & Nancy Hamilton, 8307 Mountain Laurel Road, Boonsboro, MD 21713 (301) 733-7814 (h)
- 9 **6th ANNUAL B & A TRAIL MARATHON and HALF MARATHON**, Severna Park, MD; Contact Tom Bradford, 746 Mimosa Court, Millersville, MD 21108; (410) 987-0674
- 15 **ST PAT'S TEN MILER, 5K** and one miler, Atlantic City, NJ; Contact (609) 926-0009
- 16 **CAESAR RODNEY HALF MARATHON**, Wilmington, DE; Contact Wayne S. Kursh, Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

14th ANNUAL CITY of ALLENTOWN

RODALE PRESS HALF**MARATHON** and Three Person Relay

- 5 miles, 5k, 5 miles, Allentown, PA (William Allen High School); Contact Half Marathon, LVRR-RG, PO Box 592, Allentown, PA 18105; (610) 433-9362

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

29 **6th ANNUAL SHAMROCK FOUR**

MILER, Mt. Holly, NJ; Contact Buzz's Tavern, 100 Rancocas Rd, Mt. Holly, NJ 08060; (609) 265-8344

29 **HINTE-ANDERSON TRAIL RUN**

50 km, Susquehanna State Park, MD; Contact Jeff Hinte, 521 Windermere Drive, Aberdeen, MD 21001; (410) 272-4775 (h) (410) 671-2901(w), or Phil Anderson (410) 879-7679 (h)

MUDFEST 15K TRAIL RUN, Reading, PA; **RRCA State Trail 15k Championship**. Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; (610) 779-2668

APRIL

5 **TYLER ARBORETUM TRAIL RUN, 10K**, Media, PA; **RRCA State Trail 10k Championship**. Limited to 150 entries; Contact Tom Hirsch, 97 Powell Rd, Springfield, PA 19064; (610) 544-2280; **DELCO RRC Event**.

FOOL'S RUN TEN MILER, 5k, Kutztown University, Kutztown, PA; Contact (610) 683-8860

RUNAWAY RUN for VOYAGE HOUSE 5K, Phila, PA; Contact (609) 468-0010

6 **DELAWARE COUNTY COMMUNITY COLLEGE 5k**, Media, PA; Contact Cindy Rodinson, c/o DCCC 5k, 901 S. Media Line Rd, RM. FH301, Media, PA 19063; (610) 359-7399

12 **20th ANNUAL CHERRY BLOSSOM FIVE MILER**, Wilmington, DE; Contact

Marathon Sports, PO Box 398, Wilmington, DE 19899; (302) 654-6400

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

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

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

ORIENTEERING**MARCH**

- 8 **NOLDE FOREST ENVIRONMENTAL EDUCATION CENTER**, Berks County, PA; South of Reading on Rt. 625, White course on trails. Indoor classroom instruction begin at 10:00 AM. Outdoor program begins at 11:00 AM. Program instructor Mary Frank (610) 792-0502. 5 Color Map, 1:7:500. A great place to introduce friends to orienteering.
- 15 **DANIEL BOONE HOMESTEAD**, Berks County, PA; Instructional Courses W,Y, From PA 422, 8 miles west of Pottstown, go north at Baumstown on Daniel Boone Road. Follow "O"- signs from Rt 422. Event director Ed Scott (610) 582-2128. 5 Color Map, 1:10,000



Happy Valentine's Day and
Happy Running

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
 Team Coordinator Larry Filtz (610) 565-6957

Newsletter Staff:
Publisher: Tom Hirsch
 97 Powell Rd. Springfield, PA. 19064
 (610) 544-2280

Copy Editors: Amy Binder Mike Metague
 John Greenstine Tim Wade

Contributors: Amy Binder John Greenstine
 Byron Mundy Lu Sanner
 Bea Sanner Paul Isaac

**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: February 20, 1997

NEXT MAILING DATE: March 7, 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....

