
Keeping Contact

Issue 19

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July 1997

Spring Season Greetings

by Michael and Ann Shiber

As a new member of Delco RRC, I wanted to compliment you on your newsletter and the monthly running event schedule. I have been able to "get back on track" by using the Delco RRC race calendar. This spring my wife and I have participated in the Wilmington Cherry Blossom 5 Miler, Wilmington Christian School 5k, Ben Franklin Bridge 5k Challenge, Broad Street 10 Miler, The Race for the Cure 5k, and now look forward to the Media 5 Miler. Last year's membership began with the Media 5 Miler, and included the Run for Heroes, which we both enjoyed, in Rose Tree Park. Both events were very challenging, but also gave us a hookup to other events in Delaware and New Jersey. It has been a long road trying to get back into shape, but we now have a network of choices to select from when coordinating our schedule for group events.

We both work in the health care field, and our hours are not very consistent for any organized life style. We have a lot in common with everyone in that category. This is why we have a difficult time attending the meetings or even joining in on some of the scheduled fun runs. In the future, with proper planning, one of us hopes to be able to get more involved. As a member of several organizations, I realize that nothing gets accomplished without team work and group support. Although, at this time, what we may be able to contribute may be limited, you do have our continued support and appreciation.

As a precursor for the future, I offer the following personal record of our events...they are only a view or opinion from a local novice fun runner.

Wilmington's Brandywine Zoo Cherry Blossom 5 Miler, April 97. It was a cold day that would later end in rain. The 5 mile course contained many hills that would challenge many seasoned runners. For the fun runner (myself), it brought scenery of the Brandywine River and the park surrounding the zoo. The event was coordinated by Marathon Sports and supported a good cause, the Brandywine Zoo. There were over 250 entrants for the 5 miler and a walking event that started 5 minutes after the run. Unfortunately, rain came cold and hard at the finish for Ann and I, so we were unable to stay to record any results.

Wilmington's Christian School 5k, April 97. A beautiful day for a pleasant local run to support a community private school. The course was very hilly and challenging to an out-

of-shape runner. There was a 5k walk also included on the agenda, but the problem was the run and walk started at the same time, which made it hectic at the start. The event was community-based and a smaller turnout was enjoyed by both of us. The school had a fun day coordinated right after the run, which made for a nice day for all. As always, there were a number of seasoned runners who were no strangers to the awards that day.

Ben Franklin 5k Bridge Challenge, April 97. What a great idea...they closed the bridge for over an hour for the 5k and a fun run for Special Olympics. We lost count of how many runners competed, race numbers were seen to be over 1300. It was a bit windy, but the course was a very scenic overview of the river and historic Philadelphia. A most memorable event we both will not forget. One thing to remember though is that bridges are very steep both ways! The event was very well organized, even for an ex-Army sergeant's expectations. We did not stay for the race results, as there were just too many people. Results for us are finishing the race, enjoying the day out, seeing new things and meeting new people with something in common. We accomplished our goals and marked our schedules for next year.

Broad Street 10 Miler, May 97. A very large event that overwhelmed me. There were over 6000 people who ran in the race. When I received my number 6161, I thought I mailed my entry in early, didn't I??? The course was very organized and a scenic one of Philadelphia as well. Who would of thought Broad and Olney to Roosevelt Park was only 10 miles?? It wasn't too bad though, for a guy whose longest distance was only about 8-10 miles before the race. I was fortunate to pace myself, for about 7 miles, with a runner from Colorado. He got me through the worst of the run but had more in the end to finish ahead of me. My day started nervously early that morning, wondering if I could complete the run. The subway car I was on broke down a mile or so from the race start, with not a lot of time to waste. I thought to myself, as I jogged to the start, how will this effect me since I had to run a mile to get to the start...Thanks SEPTA! I had no time to stretch, but I was already warmed up. By the time I got to the bus to unload my drop bag and change, the starting line to the of the race was beyond eye sight. I crossed the starting line almost 2 minutes after the race started. Catch up to my pace was the name of the game and survive the distance. The beauty of this race was the great enthusiasm of the 6000+ runners and the

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people who came to cheer you on, which could motivate even the weakest runner. At the finish, I met several runners who are friends of mine and we enjoyed the glory of the challenge. I wore my Media 5 Miler shirt; I was not alone as I came across more Media runners on the subway and throughout the run. Although we missed the results, ours were very much accomplished and there were many Delaware County Runners represented.

Run for the Cure, May 97. Over 15,000 people...say no more...what a turnout. There was nowhere to run or hide. This year the walk began after the runners, but there were still more runners than the course could hold. A great sign of support and awareness for breast cancer, but not a fun run. It was definitely a running experience and if you didn't move you were pushed. The weather was beautiful for a run on a competitive course. The event was well organized and there were refreshments for everyone at the finish. I could not believe the refreshment tent...they had everything and plenty of it. Other events, even Broad Street, ran out of refreshments and alternatives but not the Run for the Cure. They still had T-shirts left, which we saw as we made our way home. Something you never see! Most of the runners were friendly and there were plenty of them to meet but not always by choice! The excitement, size and reason for the event made it worth the fight to attend and complete.

I have coordinated the Sharon Hill 4th of July Fun Run for the last 8 years with the assistance of Christopher Klein, a past local track favorite. The run itself is a 2.2 mile course of the town. We started putting this run on in 1980, this is our 17th year. We have a lot of fun and community spirit.

We hope you enjoyed this letter as much as we enjoyed the events. Thank you for your continued efforts in the Delco RRC as they are truly appreciated.

UPCOMING EVENTS →

CLUB MEETING:

July 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 **July 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.

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

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

4-4-98 Tyler Trail Run
 Tom Hirsch

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 50% of renewals. I have sent out 118 cards to 86 addresses. I anticipate sending out a **second and final notice** early in August. 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 are up to date and that people wish to remain members and 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. Please note your membership number for 1998 appears on the address label on your "Keeping Contact"

Sincerely,
 Kathi Clatterbaugh
 Membership

Welcome New Members

Jodi Erb, Jim Esham, Richard Gentile, Richard Hoopes, Bruce Everett Hunt, Bob Jeral, Anthony Keller, Linda Kodis, Matthew O'Connor, Michael and Ann Shiber, Douglas Smith, Kathleen Stillman, Harrison (Bud) Tyson

DELCO AT THE RACES

by Phil Kline

Keep your race results coming in; we like to hear from you.

Name	Age/Sex	Place	Time
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Cool Canyon Crawl, Trail 50k, CA, 3-15-97, 432 Finishers			
Dave Covey	35/M	30	4:23:56

San Juan Trail 50k, CA, 3-16-97, 150 Finishers			
Dave Covey	35/M	78	6:26:33

American River 50 Mile, CA, 5-5-97, 495 Finishers			
Dave Covey	35/M	67	7:49:25

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Broad Street 10mi, 5-5-97, 5441 Finishers, 3924 M, 1517 F

Jim Esham	51/M	1008	1:13:54
Eph Samit	48/M	2397	1:25:34
Linda Trout	47/F	602	1:26:12
Michael Shiber	30/M	3225	1:30:40
David Irving	61/M	3828	1:47:15

Kennett Square Run 10k, PA, 5-17-97, 280 Finishers

Richard Hoopes	42/M	13	37:03	2nd age group
Ann Tierney	33/F	44	41:34	4th Women

5k, 5-17-97, 295 Finishers

Mike Tuohey Jr.	22/M	10	17:00
Mike Tuohey Sr.	50/M	52	20:48

VHTRC Bull Run 50 Mile, VA, 5-19-97, 199 Finishers

Bill Koppenheffer	43/M	76	9:49:15
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Lansdowne 5k, PA, 5-26-97, 98 Finishers

George Jacques	43/M	1	15:42	Overall Winner
Larry Filtz	43/M	6	16:16	2nd age group
Marc Oleynick	35/M	7	16:19	1st home town
Tim Wade	43/M	12	17:06	
Jeff Crago	39/M	13	17:14	
Nick Sacchetti	46/M	21	18:06	
Bob McElhenney	48/M	23	18:15	
Marianne Grace	46/F	30	19:53	1st Women
Bob Fuhrman	55/M	36	19:59	1st age group
Mark Clatterbaugh	48/M	46	20:46	
Meg Nilan	32/F	52	21:21	
Bill Morgan	62/M	56	22:23	2nd age group
Bob Koerner	63/M	59	22:49	3rd age group
Kathleen Watson	40/F	71	23:45	
Ryan Grace	12/M	76	24:00	
Kathi Clatterbaugh	46/F	95	30:00	
Dot Kracht	61/F	96	30:00	1st age group

Cape May 10k, NJ, 5-31-97, 448 Finishers

Paul McElrone	47/M	68	42:30
Phil Kline	47/M	75	42:45
Jim Seaman	38/M	180	47:23
Linda Pollum	44/F	324	53:59

Morris Animal Sheltre 5k, Phila, PA, 6-1-97, 112

Finishers			
Bill Morgan	62/M		24:09 2nd age group

Marple Newtown L. S. 5k, PA, 6-14-97, 120 Finishers.

George Jacques	43/M	4	17:52
Phyllis Botson	31/F	10	1st Women Overall
Meg Nilan	32/F	35	23:52
Phil Kline	47/M	50	25:26

Stuart Kingston 5k, Wilmington, DE 6-3-97

Jim Esham	51/M	7	20:51	3rd age group
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Moorestown Rotary 8k, NJ 6-7-97, 571 Finishers

George Jacques	43/M	22	28:08	3rd age group
Richard Webb	52/M	39	29:35	2nd age group
Jeff Crago	39/M	46	30:04	
Ann Tierney	33/F	97	32:09	5th age group
Amos Mincin	47/M	119	33:03	
Phil Kline	47/M	137	33:39	
Carolyn DiGiambatista	55/F	248	36:58	3rd age group
Linda Pollum	44/F	403	41:27	

Family Fitness Adult 4 Miler, New York, NY, 6-15-96

Jim Esham	51/M	107	26:56
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Smith's Challenge, 10k Trail Run, Lancaster, PA, 6-15-97

Bob Huey	43/M	60	0:47:25
Mike Matague	49/M		0:54:40
Bill Meyer	50/M		1:08:00

In Remembrance

by Neil Weygandt

Thomas A. Sander, 67, a founder of the Philadelphia Marathon and director of the race for many years, passed away on May 16, 1997. Tom promoted the Penn Athletic Club Track Meet and Five Mile Handicap Run. He was past president of the Middle Atlantic AAU, coach of the Penn AC and a good friend since the late 60s.

Tom was also co-director of the 1969 National AAU Indoor Track Meet held at the Spectrum and director of the 1979 National AAU Cross Country held at Belmont Plateau. He attended 18 of my last 20 Boston Marathons and supported me with my streak. He even went as far as to issue press releases with my results!

Tom was a character and controversial at times, but his efforts on behalf of running were much appreciated. Our sport has suffered a real loss, but his memory will live on to inspire us.

Joe Kleineman 12 hour

On June 14th, I placed 6th in the Joe Kleineman 12 hr. at Crocheron Park, Queens, New York, with 68 miles, 1400 yards. It was an honor to take part in a race named after a running legend and a former respected coach of the Mellrose AA. To make it really special, Ted Corbitt, the father of American Ultra Running, completed and walked 45 miles at the age of 77 an incredible effort! David Luljak won with 75+ miles and Antana Locs, a Sri Chinmoy follower, was first women with 65 miles. Now I plan a short break before

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building up for the National 24 hour in Toledo on September 27th.

Just a Thought!

If a man speaks in the forest and there is no woman around to hear him, is he still wrong?



People News

Is the mail abnormally slow in New Jersey? I just received a 25-year-old postcard from **Tony Belfiglio**. To be fair, the card does carry a current postmark, but the photograph titled "A Campsite at Belleplain State Forest" carries a 1972 copyright. ~~Not that~~ I usually check for such things, but the photo had to have been from another time (or world). Tony writes: "I was in the Cape May Biathlon on June 8. This time, I did not place; in fact, I was not even close. It is good for me to have a race like this once in a while to keep things in perspective." *Sure. Who doesn't like a real bad race now and then. Way to rationalize.*

At least Tony sends postcards. **Frances Kirk** and **Richard Webb** were hoping to sneak their little trip to China past this writer. If you don't see a photo of Frances running in Tian'amen Square elsewhere in this newsletter, it's not for lack of trying. **Tom Hirsch** and I just have to figure out how to make computer graphics behave (JPEG anyone?).

It was good to see our Chicago affiliates, **Doug and Pauline Limburg**, at a Sunday run recently. Seems they had come in for an 8-week grandmother fix for **Paula Koerner**. She doesn't like to go too long without seeing the Limburg kiddies: **David** and baby **Paula**, her namesake. If you missed the Limburgs then, you can catch up with them and the rest of the Koerner clan in Sea Isle City at the 10 Mile Island Run. Mark you, calendars for Saturday, August 9, 5:30 p.m.

Other recent fun run "visitors" were **Betty Perrone** and **Bill Koppenheffer**, who came by for a Saturday Collingdale jog. They were down to pick up Betty's two nieces for the weekend. Betty played the good aunt by arranging for tennis lessons, an afternoon "home decor" project, and dinner at a nice restaurant. While running, Betty and **Bob Koerner** discussed the relative merits of older age groups. Betty, who last year loved the 50+ age group now hates it; seems she's gotten slower. Bob still loves his 60+ age group; he says there's basically no competition. All you have to do to place is finish...period. *And still be breathing.*

Here's some depressing news for you. Delaware County recently held its Senior Games. The newspaper carried the

typical pictures of little old ladies and elder gents. The kicker is: the games are for those **age 50** and over. *Gee, they could have held the event at one of our fun runs.*

Reactions from two first-time trail runners in the Tyler Arboretum Run. **Kristie Robson** still had a 4" scar on her knee weeks later, but said: "It was great!" **John Pedley** was motivated to enter based on the comments of his sister who last year was a first-timer. He finished exhausted but exhilarated...and now he wants to enter more trail runs.

Jim Miccolis used to work his butt off for Conrail. Now he's with Southwestern Signal, but still working his butt off for Conrail. Seems Southwestern got some big contracts from Conrail and they have tight deadlines. Must seem like *deja vu* all over again.

A brief note about this year's Media 5 miler. It was awesome! The race committee did another great job, and they also arranged for some perfect weather. Some interesting second-generation runners: **Josh Jordan** (similar running style to his mom, race director Rita); **Eric Mundy** (smoked dad Byron); **Adam** (ran in the kid's race while dad Bill Schultz marshaled the course).

--Amy Binder

HEARD ON THE ROAD

You know it's finally summer when you start planning your runs around shade and water on the course. The Saturday Collingdale regulars were using words like "melt" and "burn up" after their run. **Bob McIlhenny** dreads the stretch alongside Briarcliff Swimclub and the cemetery. **Amy Binder** and **Kathy Adamson** were talking about facing down the big dog who lives at the cemetery to get a drink from their fountain. **Byron Mundy** and **John Greenstine** had a serious discussion about moving some of the fun runs to cooler climes such as Ridley Creek on a rotating basis. The truth is, trail running was created just for conditions like these. **Jim Smith** could probably just take off a layer of long sleeve shirt and he'd be fine. He needs to be studied by a team of mad scientists to find out how to clone his cooling system. **Eric Mundy** (*now 17!*) and **Katie McIlhenny** didn't seem too fazed by the heat, but it must have something to do with age and their lack of it. Don't get me wrong, I love the beach and a sun tan, but if I've got my Reebok Infernos on, let the fire be just a figure of speech!

--John Greenstine

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

A Tough Loss

by Bill Kreider

I rarely look forward to a finish of consequence (relative to others) when I run. With about six years of running under my belt, I have come to realize that my expressed strategy of "carbing up" (with yo-yo diets) for over 20 years (while others were tearing apart their joints and tendons) did not guarantee success as a 'master' runner. Running obviated the need for yo-yo diets, but even long-pampered joints hit the dust when a post-first-marathon ~~running lapse~~ in the context of well-established patterns of bad eating--led to ill-advised speed work by one who should have been running as a Clydesdale. My only (and it IS cherished) individual age-group place was third (of eight in my age group, in a total field of about 55) in the first (of two, I think) Crushing 5K, a race in Thornbury through a quarry (ending at Sleighton School) somewhat distinguished by the oft-repeated references afterwards to "the ugliest course ever seen."

Linda, my wife, has been running for nearly 20 years. Virtually no running injuries, and while her raw time may not match mine, she often wins age-group awards (when in running shape, she usually finishes around the 10th percentile of females in her age group).

In this context, I enthusiastically entered last year's (1996) Epilepsy Foundation Couples Run (5 miles total, back & out from Northwestern to/from Valley Green along Forbidden Drive). Not only was this an opportunity to have my rank pulled up by her--we were competing in the Over-90 group (they add your ages). We won (versus four or five others in our age group) in 1996--this year we went back to defend our championship!

I finished about a minute ahead of my pace from last year, but it really was a better running day and we had to settle for second place (of four or five couples in our age group). Linda was upset---she didn't feel well and had run about the same as last year, but I pointed out that even my blistering pace (38:40) did not put me ahead of either member of the winning couple. When friends tried to comfort us that night with a reality check--we were, in fact, aging in that Over-90 group--we had to point out that the couple who won actually was about five years older than we are.

A tough loss! From the thrill of victory to the agony of defeat--how quickly success jades our perceptions. Can't do much other than keep lumbering around while looking forward to a re-match next year. If only we could just blame Terry Murray!

**“Carry on, always, until you are switched off.”
Jacques Cousteau, 1910-1997**

Minutes of the Delco RRC Meeting June 24, 1997

In Attendance: **Byron Mundy, Bill Morgan, Paul Isaac, Tom Hirsch and Tom Midwood** →

The meeting convened at 7:40 PM.

Minutes from last meeting accepted.

Membership Report: Kathi Clatterbaugh, the second and final membership renewal notice for 97-98 will go out early August.

Treasurer Report: Bob Huey, N/P ←

Team Coordinator: Larry Filtz, N/P. The question was raised about teams for the Phila. Distance Run.

Public Relations: Tom Midwood, printed 1000 Delco RRC flyers for the Media 5 Miler race packets.

Newsletter Report: Tom Hirsch, keep articles and race times coming in.

Old Business:

Women's Distance Festival will be held on September 13th. at 9:00 AM.

New Business:

Tom Hirsch proposed reducing the entry fees for the Women's Distance Festival and Delco Cross Country Championship, since the club has the extra money. The scheduled date for the Delco X-C is Oct. 11th, which is Yom Kippur. Two schools have already said they cannot race on this date due to the holiday. Another date is being looked at.

The meeting adjourned at 8:23 PM.

Minutes submitted by Paul Isaac.

RACE CALENDAR:

- JULY:**
- 5 **NOTTINGHAM FIRECRACKER 5K WALK/RUN**, Nottingham County Park, Nottingham, PA; Contact 302-654-6400
- 9th ANNUAL FINGER LAKES FIFTIES-** 50k/50 miles, Finger Lakes National Forest, Hector, NY; Contact FLRC, Box 321, Newfield, NY 14867; Joe Reynolds, 607-387-6281
- 6 **FIRECRACKER 5K**, Exton, PA; Contact 610-388-6351
- 8 **WEST CHESTER X-C S.S.** West Chester, PA; Contact 610-696-3956
- 9 **RUN for INDEPENDENCE 5K WALK/RUN**, Brandywine Park, DE; Contact 302-429-6693
- 10 **6th ANNUAL SERVICE MASTER 5K**, R.W. Johnson University Hospital, Hamilton Square, NJ; Contact Larry Baldasari, Service Master 5K, 3448 Nottingham Way, Hamilton Square, NJ 08690; 609-890-8343
- 12 **RATTLESNAKE TRAIL RUN 50K**, Charleston, WV; Contact Mickey Jones, PO Box 869, Institute, WV 25112; 304-836-8383
- FRESHBURST 5 MILE**, Lititz, PA; Contact Anne Knight, 717-627-9473 or HealthAmerica, 717-540-6359
- 13 **THE PRESS 5 MILE BEACH RUN in the Morning**, Ventnor, NJ; Contact The Press 5 Mile Beach Run, PO Box 2181, Ventnor, NJ 08406; 609-561-4441 or 609-601-1RUN
- 22nd ANNUAL NITTANY VALLEY ARTS FESTIVAL 10K ROAD RACE**, State College, PA; Contact LeAnn Myhre, 1026 Stratford Court, State College, PA 16801; 814-235-3090
- 19 **GREAT WYOMING BUFFALO STAMPEDE 10K/5K**, Wyoming Park, DE; Contact Downstate Delaware Striders, PO Box 1379, Dover, DE 19903-1379
- 20 **8th ANNUAL LEHIGH RIVER RELAY RUN-** 23miles, five person team or iron person, Allentown, PA; Contact Carla Hickey
- 610-865-4400 ext. 262
- 22 **WEST CHESTER X-C S.S.** West Chester, PA; Contact 610-696-3956
- 26 **RUN for the HILL of IT**, 5 Mile Trail Race/1mile, Forbidden Drive, Chestnut Hill, PA; Contact Linmark Computer Sports 609-468-0010
- CECIL COUNTY FAIR 5K RUN/WALK**, Fair Hill Natural Resource Center, MD; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; Info: Becky Anderson, 410-658-2701
- SANDBLAST 5 MILE**, North Wildwood, NJ; Contact 609-729-2225
- BILL KILE MEMORIAL 4 MILE**, Cooper River Park, Camden, NJ; Contact 609-985-7892 or 609-561-4441
- CHRISTMAS CITY CHALLENGE 10K**, Bethlehem, PA; Contact Bethlehem YMCA, 430 E. Brad St, Bethlehem, PA 18018; Brian Schaffer, 610-866-8300
- 27 **19th ANNUAL BON-TON/YORK NEWSPAPERERS FIVE MILE RACE**, York, PA; Contact The Bon-Ton, PO Box 2821, York, PA 17405; Clay Shaw, 717-764-1181
- 4th ANNUAL R.A.C.C. 10K RUN**, Reading, PA; Contact Pretzel City Sports, 112 W. 36th St, Reading, PA 19606; 610-779-2668; e-mail pretzelprez@bigfoot.com
- UPPER TOWNSHIP HOT FOOT 5K**, Upper Township, NJ; Contact 609-827-2797
- 31 **MARATHON SPORTS SUMMER SERIES**, Rockford Park, Wilmington, DE; Contact 302-654-6400
- AUGUST:**
- 2 **RACE & WALK of VALOR 5k/1MILE**, Gloucester County College, Deptford, NJ; Contact 609-468-0010
- EAST GREENVILLE DAYS 5k**, East Greenville, PA; 215-679-6175
- 3 **LEHIGH UNIVERSITY'S**
- DISTANCE RUNNING CAMP**, thru Aug 7th, kids age 13-18, Contact 610-758-4304
- 6 **MILES for SMILES 5k WALK/RUN**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400
- TWILIGHT 5K**, Berwyn, PA; Contact 610-647-0770
- 8 **14th ANNUAL ST. PETER'S NEW CASTLE HISTORIC 5 MILER**, New Castle, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400
- 9 **SEA ISLE CITY BEACH PATROL TEN MILE ISLAND RUN**, Sea Isle City, NJ; Contact Renny Steele, 44th St & Boardwalk, Sea Isle City, NJ 08243; 609-263-3655
- PEAL S. BUCK FOUNDATION WELCOME HOUSE 5k**, Perkasie, PA; Contact Janis Long, 215-249-0100
- 10 **VIRGIL MTN, MADNESS "CRAZY" TRAIL RUN-20.4 MILES**, Virgil, NY; Contact Barb Bellows, 607-256-2850
- 14 **THE MAYOR'S 5k RUN/WALK**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400
- 17 **OLD FASHIONED 5k**, Hammonton, NJ, Contact 609-561-4441
- 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
- 26 **BROWN BURTON WINCHESTER 5k**

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RUN/WALK, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, PA 19899; 302-654-6400

27 **RUN for TONY 5k**, Westmont, NJ; Contact 609-468-0010

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, RRC & 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

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

12 **DELAWARE DISTANCE CLASSIC**, Wilmington, DE; Contact Chip Bixler 410-398-7482

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 **38th ANNUAL ATLANTIC CITY MARATHON, 10k, 5k** plus 2 mile walk, Atlantic City, NJ; Contact AC Marathon, Dept FN, PO Box 2181, Ventnor, NJ 08406-0181; Jennifer, 609-822-6911, Fax 609-823-7694, e-mail: radio1450@aol.com

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:

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**

APRIL: 1998

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

PHILA. MASTERS TRACT MEETS

Wednesday, July 9, 16, 23, 30 and August 6, at 6:00 PM, Swarthmore College, Swarthmore, PA. 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

JULY:

12 **LAKE LENAPE TRIATHLON**, 1/4 mile swim, 11 mile bike, 3.5 mile swim, Mays Landing, NJ Contact PR Racing, PO Box 494, Northfield, NJ 08225: 609-391-8123

AUGUST:

2 **BRIGINTINE TRIATHLON**, 1/4 mile swim, 11 mile bike, 4 mile swim, Brigintine, NJ; Contact PR Racing, PO Box 494, Northfield, NJ 08225; 609-391-8123

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

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



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
 Michael Shiber Ann Shiber
 Phil Kline Neil Weyandt
 Bill Kreider Paul Isaac
 Kathi Clatterbaugh

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: July 20, 1997****NEXT MAILING DATE: August 8, 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....

