
Keeping Contact

Issue 18

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The Wind and The Water: A Windsurfing Primer

by Bob Huggins



One of the major plusses of running is that it gives you a great cardiovascular workout and develops your leg muscles. The minus is that it does little, if anything, for your upper body strength. If I told you that there's a great upper body workout that combines equal parts of skill and fun, would you be interested? If so, welcome to the world of windsurfing, or sail boarding as it is sometimes known.

Although a relatively young sport (about 20 years old), windsurfing has been in the last few Olympic Games as part of the yachting competition. However, the vast majority of windsurfers don't race; they do it purely for the fun and exhilaration which can be achieved. Also, it's a sport which you can continue to learn and improve in over time as you become more proficient.

The sport is more akin to sailing than surfing, in that you must have a good sense of the wind direction and move the sail accordingly so you reach whatever destination you have established for yourself. Unless you are a "wave" sailor, the only connection with surfing is that the board looks like a surfboard and there is a certain amount of balance required to stay on the board. The good news for runners is that your strong leg muscles are definitely an advantage, particularly for foot steering and turning; also, you're able to stay on the board for longer periods of time thanks to the endurance which you've built up.

One common misconception about windsurfing is that it is really only for very strong, muscular men. The images which you see on television and in magazines contribute to this misunderstanding. People of all ages and sizes can learn to windsurf. The real key to sailing comfortably is the size of the sail, which you select relative to your body size, weight, and wind conditions. Generally speaking, the smaller and lighter you are and the windier the conditions, a smaller sail size should be selected. On light wind days, a larger sail should be selected. Larger and heavier sailors can also select larger sails.

Your first experience with windsurfing will probably be a lot like the first time you laced up your running shoes...you'll probably hate it and swear off it altogether. you're likely to spend more time in the water than on the board and you may

end up becoming very frustrated, just like the first time you went out your door and thought you could run five miles and ended up sore and gasping for air after only a few blocks. It's like most sports, the more you practice, the better you will become. Unless you have some sailing experience, i.e. you know the "points of wind," and what tacking and jibing are, you're probably going to be better off with some lessons. I have watched "learn to sail" instructional videos, and while they have their place, there is simply no substitute for "on the water" lessons.

At this point you're probably thinking, "where can I sail around here?" While there are no real good spots in Delaware County, Marsh Creek State Park in neighboring Chester County is great place to sail. Located near the Downingtown exit of the Pennsylvania Turnpike off Route 100. The lake is sizable enough that you'll see sailors of all abilities, from novice to advanced. You do share the lake with sailboats, canoes, and kayaks. The good news is that motor boats and jet skis are not permitted (only the park rangers are permitted motor boats). The only downside is, the park is very popular during the summer months that you will need to arrive no later than 10:30 AM on weekends to assure yourself a parking spot near the launch sites; additionally, a yearly \$6.00 state park launch permit is required if you sail your own equipment. The Marsh Creek Sailboard Shop is located right at the dock and offers lessons, rentals, and new equipment for sale. Lake Nockamixon, in Bucks County, is another popular spot for windsurfers in Southeastern Pennsylvania, but it's tough to beat Marsh Creek for sheer convenience (less than an hour's drive from my home in Collingdale). Speaking of equipment, what do you need and what does it cost? You'll need a board and rig, which consists of the mast to hold the sail up vertically, a boom to hold the sail horizontally (the boom also is your handhold and directional control of the sail), and a mastfoot which connects the entire rig to your board. Equipment can get expensive and is roughly comparable to the cost of a good racing bike. A basic rig and board will start at around \$800; of course used equipment will be less costly and is not difficult to find as experienced sailors move up to newer more advanced equipment. Regardless of whether you choose to buy new or used equipment, beginners and even intermediates (including yours truly) are well-advised to get a board that is stable and won't sink under your weight. I also recommend that you get a board that includes a daggerboard or centerboard which is a long fin located in the center of the

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board that helps improve stability and also helps you steer better in light winds. These boards are called long boards, course boards, fun boards or “floaters.” Smaller boards or “sinkers” are used in higher wind conditions and are definitely not recommended for beginners. There are some significant differences in sails which would take too much space to discuss in this article; suffice to say that if you are buying a new board and rig, the shop will help you determine what a good “all around” sail will be for your size and weight. You need to be a bit more cautious if you are buying used equipment, since used sails may not be properly sized for you. Wet suits are used if you sail in early spring and late fall months and are largely a matter of how long you want to extend your sailing season and your body’s tolerance to colder water. At Marsh Creek, for example, the lake tends to get warm by mid-May and stay that way right through the end of September primarily because it is a fairly shallow lake, so there is little need for a wet suit for most of the season.

A few words about safety are in order. Most places where I’ve sailed require that you wear a life jacket or personal flotation device (PFD) as they are formally known. Even if you are a strong swimmer, you should always wear a PFD. Two summers ago, I was sailing in the bay at Gateway National Park at Sandy Hook, NJ. The winds were fairly brisk and, by chance, another windsurfer was heading straight at me. His experience level was fairly low and he didn’t know how to move to the right (starboard) to avoid me. I was able to move out of his way but, in the process, I fell off my board and the mast hit me in the forehead. For a brief instant I was stunned, but fortunately I had no problems staying afloat thanks to my PFD.

I hope you’ll have the opportunity to try this unique and fun sport. If you can get past the initial “balancing act” that most beginners encounter, your learning curve will improve quickly and you’ll be well on your way to enjoying the combination of two of Mother Nature’s greatest natural resources...the wind and the water.

For more information about windsurfing, feel free to call Bob in the evenings at 610-583-0610.

People News

May 3 was the 14th annual Dawn to Dusk Ultras/50K. Too bad it wasn’t billed as a biathlon.

I understand that early in the day, the participants could easily have participated in a swimming event--around the track. The day also was a reunion of sorts: coming by with greetings for race director **Bill Schultz** was a couple from Stroud, Oklahoma. **Betty and Arthur Thompson** had hosted Bill



when he ran past their town during his “transcon” run. Betty is **John Greenstine’s** older sister.

Tony Belfiglio continues his sabbatical year and his practice of keeping in touch via postcards. In April, he spent some time in Herndon, Virginia, where he had a PR in the Bonzai Biathlon and took first place in his age group. Tony writes that there are some advantages to getting old because there are not many people left to compete against. *Talk about silver linings.*

Condolences to **Phyllis Botson** on the death of her father, **Bud**. Our thoughts are with you in this difficult time.

Richard Webb is very good about sending in e-mail reports about the races that he and **Frances Kirk** have run. But I was more interested in his “P.S.” that mentioned his last day on the job. Seems he started a new job in May as director, Sales & Marketing, for Electro-Science Labs, Inc., in King of Prussia. His new company makes thick film materials, which he describes as the stuff used in integrated circuits that is screen printed onto the ceramic support for the components base that then completes the circuits. *I’m sold, how about you?* As for running times: Frances: Penn Relays 20 K, she set a new Delaware state age group record with 1:19:34; Broad Street, second place age group 1:03:33. Richard: Penn Relays 20K, age group winner with 1:14:23; Cherry Blossom 10M in D.C. , third place age group with 59:09; Jersey Shore McMarathon, third overall with 2:48:13; Broad Street, first place age group with 58:50.

Frank Dewan and his young son, **Brian Dewan**, have been seen on successive Sundays at the Springfield run. They’re not running, just spectating, but someday...

I thought there were newcomers at Springfield recently. I just didn’t recognize **Joan and Bill Boselli** who were visiting from Rochester, New York. *It’s been awhile.* Joan reports that she’s taking golfing lessons.

This next item is only tangentially related to running, and I almost choked on my morning coffee when I read about it in the “Philadelphia Inquirer.” Adrienne Barbeau, 51, gave birth to identical twins in March. She is married to TV writer-producer Billy Van Zandt, 39. Previously, Billy was famous for being the brother of (Miami) Steve Van Zandt, formerly Springsteen’s guitarist in the E Street Band. Both are from Middletown, New Jersey, my hometown; in fact, I was in school plays with Billy. What my husband, **John Greenstine**, found most amusing was his choice of wife. Anyone who has seen the TV series “Maude” or “Swamp Thing” usually remembers two things about Adrienne Barbeau. And it’s those two things (certain body parts, left and right) that are part of a larger subject (sex), which is often discussed while running--hence, the *very strained* connection between this news and running.

If you thought this last item was *too* far a stretch, send me your news. I print what I’ve got--otherwise, you take what you

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get.
--Amy Binder

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

Genchlik ve Spor

by Stan Cherim

The spelling of the first word in the title is phonetic. But who cares? It's Turkish anyway and it means "youth and sports." Now, if you're not braindead you've got to be asking, "Why Turkish and what connection does this old geezer have with youth?" Well, it just happens, smarty, that I'm only a 26-year-old runner. Just somehow trapped in a much older body. But that's my problem. The Turkish part is a sweet memory of long ago, from 1954 to 1957, I was teaching at the American College in Tarsus, Turkey. Those were my days of basketball glory with the city of Tarsus basketball team where, as captain, it was my duty to walk to the center of the arena and shout "Genchlik ve spor!!" The crowd of spectators and players, standing at attention, would shout a response that meant "So be it!!" What a weird and wonderful experience. It was that kind of stuff that made me happy about the Draft Board sending me there to do my service, That's what they did to us troublemaking Quakers during the post-Korean War period- just to get rid of us for a few years.

The youth part of this essay is about what running is doing for me. I mean forget the calendar, My 67 years is a mere technicality. The effective age of a person is all mental. (Yeah, so I'm certifiable.) Youth is a addy-tood. It's how you feel, what you do, and how you interact with people who are chronologically still in the Springtime of life. I just keep forgetting to turn the pages of my own calendar. I like it that way. It feels just right, and I don't plan to get any older.

OK, here's my secret. The fountain of youth is the Hash, on the trails, and at the road races. It's the company of a wonderful bunch of people known far and wide as hard-core runners and the Hash House Harriers. This is where you find the exuberance and camaraderie that the truly youthful mentality can generate. We have the tired, sweaty, wet, and scratched bodies of the adventurous hashers gathering to revel in the pure and simple joy of living. Relating to each other with warmth and affection. Experiencing the laughter and banter unfettered by inhibitions, rules, and phony politeness. Always exhibiting a loving and caring acceptance among us that includes those who are "different." How amazing it is that we can be rude and crude in a way that subtracts nothing from the dignity of any individual. And it's

on roads and trails where most of us, most of the time, keep the competitive aspect of running in a sensible perspective that places the greater emphasis on participation and camaraderie. The Delco RRC motto, "Running for fun and fitness," is right on target.

I think the Hockessin Hash House Harriers, Delco RRC, and the world-wide assemblage of hashing and running clubs have discovered the essential difference between mindless hedonism and *joie de vivre* that characterizes the Hash and the race and the lifestyle in which we never have to grow old.

I'm always filled with such a great sense of exuberance and feeling of belonging to wonderful organizations like the Hockessin Hash and Delco RRC, who contribute so much to the youthful identity of all of us.

UPCOMING EVENTS

CLUB MEETING:

June 24, 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 **June 24, 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.

6-27-97 Media 5 Miler

Rita Jordan, (610) 565-1416

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

DELCO AT THE RACES

by Phil Kline

Included in this issue are members names omitted from last report on the Penn Relays and a complete list for Broad Street. Keep your race results coming in we like to hear from you.

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Name	Age/Sex	Place	Time
Penn Relays 20k, 4-20-97, 511 Finishers			
Amos Mincin	46/M	135	1:29:38
Ann Tierney	33/F	140	1:29:54 9th Women
Broad Street 10mi, 5-5-97, 5441 Finishers, 3924 M, 1517 F			
George Jacques	43/M	59	57:45
Richard Webb	52/M	85	58:50 1st age group
Richard Hoopes	42/M	99	59:25
Michael S. Tuohey	22/M	148	1:01:25
Frances Kirk	35/F	13	1:03:33 2nd age group
Larry Filtz	43/M	278	1:04:28
Bob White	44/M	348	1:05:52
Amos Mincin	46/M	468	1:08:00
Byron Mundy	49/M	493	1:08:10
Phil Kline	47/M	575	1:09:03
Ann Tierney	33/F	57	1:09:26
Steve Whitmore	42/M	614	1:09:32
Gina Martinelli	25/F	60	1:09:38
Nick Sacchetti	46/M	631	1:09:41
Mike Tuohey	50/M	642	1:09:46
Joan Potterfield	43/F	68	1:10:31
Thomas Midwood	40/M	764	1:11:11
Arthur Brown	52/M	927	1:13:07
Phyllis Botson	31/F	113	1:13:43
Beth Amoroso	26/F	126	1:14:17
George Kennedy	48/M	1159	1:15:02
Cathie Cooper	50/F	196	1:16:45
Bill Kreider	47/M	1731	1:19:29
Jodi Erb	25/F	346	1:21:04
Jim Seaman	38/M	2131	1:23:08
David Manuel	47/M	2132	1:23:09
Rita Jordan	46/F	491	1:24:18
Bob Koerner	63/M	2552	1:27:09
Meg Nilan	32/F	732	1:28:44
Stan Cherim	67/M	3175	1:30:06
Joe Farrell Jr.	49/M	3620	1:38:01
Nan Sharpless	60/F	1318	1:43:16

University of Penn Health Sys 3 mi, 5-10-97, 157 finishers
Chris Verica 32/M 42 22:40

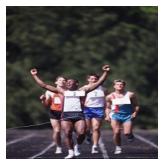
Race for the Cure 5k, 5-11-97, 11,000 plus finishers

Bill Morgan 62/M 27:40
Paul Isaac 33/M 32:10

Due to the mob scene, neither racer has a clue as to where they finished.

Kennett Square Run 10k, 5-17-97

Ann Tierney 33/F 41:34
4th Women



Voorhees Challenge 5k, 5-17-97, 131

Finishers
Phil Kline 47/M 23 20:49

Viet Nam Veterans 10k, 5-18-97, 511 Finishers

Bill Morgan 62/M 49:41

Phila. Bar Assoc. 10k, 5-18-97

Richard Webb 52/M 35:57 1st Age Group
Complete results next month.

Mid-Atlantic Assoc. of USATF LDR's Grand Prix

After 2 events in the 1997 Mid-Atlantic Grand Prix LDR circuit, Jennifer Flint and Richard Webb again lead the pack. Both athletes won their respective divisions in 1996. With the Caesar Rodney Half Marathon and the Penn Relays Distance Classic 20k completed, the age-graded standings are as follows:

Females		Males	
Jennifer Flint	40	Richard Webb	30
Frances Kirk	36	Chis Mason	22
Terri Handy	24	Herb Townsend	22
Diane O'Connor	22	Brendan Hilliard	20
Lorraine Jasper	16	Daniel Foran	20
Joan Potterfield	16	Patrick Seaney	20
Barbara Gorka	14	Norman Green	18
Joy Hampton	14	Timothy Dunlap	16
Andrea Gerbstadt	12	Kevin Siek	14
Denise O'Brien	12	George Jacques	12
Susan Raridon	6	Brian Driscoll	10
Robin Jefferis	4	Lee Kaufman	10
Ann Tierney	4	Stuart Madres	4
		Charles Bettler	2

Reprinted from Mid-Atlantic Assoc. of USATF May 1997 Newsletter.

PA. Track & Field Championships

by Bob Fuhrman, Penn Wood Asst. Track Coach

On May 24 & 25 the PA. Track & Field Championships were held at Shippensburg University. Penn Wood High School finished 2nd in both the boys and girls AAA team totals.

Penn Wood boys placed 3rd in the 4X800 relay with the time of 7:48:57 and 2nd in 4X400 in the time of 3:17:60. Tenth grader Jon Mungen won the 110 meter hurdles in 14:03 and placed 2nd in the 300 hurdles in 38:32. Senior Jermaine Halsey did a very tough triple running in the 4X400, 4X800 relays and the 800 on Friday and coming

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back on Saturday in the same events finishing 5th in the 800 in 156:17

Penn Wood girls were second in team points to North Penn 44 to 43, Penncrest was third with 39. Penn Wood was led by sophomore Molly Logan with a 14:10 1st place finish in the 100 meter hurdles and a 2nd place by Afia Brown in the 200 meter dash in the time of 25:37.

Wet and Wetter

by Carol Mackenzie Jackson

The first Rocky Run Duathlon on May 24, 1997, sponsored by the Rocky Run Community YMCA, was planned as a half-mile swim and a five mile cross country run. However, the torrential rains that morning made the event feel more like two swims.



Joining twenty other deranged souls that morning were Delco RRC members **Phil Kline** and **Carol Mackenzie Jackson**. Phil turned in an overall time of 48:44, combining an impressive 13:36 swim and a 34:24 run on the muddy, rain-soaked fields behind Garnet Valley Middle School, coming away with the gold in his age division. Carol captured the silver in her age division and first biathlon. Better get a pair of prescription goggles, Carol - that red thing at the end of the pool is the kickboard the race official uses to tell you it's your last lap.

Special note to Mark Oleynick and Phyllis Botson: you were sorely missed! - except by the competition. Hopefully more Delco RRC members will venture out of the closet and give the "bi" thing a try. Rocky Run YMCA race director Mike Donnelly promises another duathlon - and better weather - later this year.

**Minutes of the Delco RRC Meeting
May 27, 1997**

In Attendance: ~~Byron Mundy, Paul Isaac, Rita Jordan, Bob McElhenney, Bob Huey, Bob Fuhman, and Tom Hirsch~~

The meeting convened at 7:42 PM.
Minutes from last meeting were accepted.

Membership Report: Kathi Clatterbaugh, membership dues are not mandatory; please send in renewals as soon as possible.

Treasurer Report: Bob Huey, there is \$7836.00 in the club's account. **This is Bob Huey's last year at club treasurer, all parties interested in running for the treasurer position contact Byron Mundy or Bob Huey. Bob's term ends in**

December, so there is time for people to contact Bob and learn what the position consists of before he leaves office. Call today. Bob needs a break.

Public Relations Report: Tom Midwood, N/P

Team Coordinator: Larry Filtz, Sea Isle City 10 miler, to enter as Delco RRC team member, mark appropriate area on race application form and send it in.

Newsletter Report: Tom Hirsch, please keep those articles, race results or any other info you would like to see in the newsletter coming in. This your club's communicator.

Old Business: We can't use Cardinal O'Hara's track for the proposed summer track meets. The whole idea is on hold.

New Business: Media 5 Miler, there are 4000 names on the mailing list. The race applications have been mailed. New finish for the Media race will be at 3rd & Jackson Streets at the Media Community Center. The Suburban Water Co will have a water tank truck at the finish. Town Talk will run an ad for runners and volunteers. All club members are invited to help put on another great Media race, whether it's to run or work, come out on June 27th to show your support for Delco and the Media 5 Miler. **To Volunteer at Media, call Bob McElhenney 610-623-7075.** *Women's Distance Festival*, the date is set for Sept. 13, 1997. *Water Co: Run for Heroes*, they would like Delco RRC to be involved again. Ridley High School is planning a 5k race with Taylor Hospital as a sponsor, They have ask Delco to give advice. The Master's Track Meets will be held at Swarthmore College.

Next Meeting: June 24, 1997, 7:00 PM Springfield Library.
Meeting adjourned at 8:40 PM

Minutes submitted by Paul Isaac.

Jokes and Jokers

I don't know jokes; I just watch the government and report the facts.

Will Rogers (1879-1935), U.S. humorist. "A Rogers Thesaurus," in *Saturday Review* (25 Aug. 1962).

RACE CALENDAR:**JUNE:**

- 7 **7th ANNUAL FRONTRUNNERS PHILA. PRIDE RACE**, Five miles and two mile fun run/walk, Phila, PA; Contact Frontrunners Phila, PO Box 30115, Phila, PA 19103, Attn: Pride Race Director; 215-545-6990
- REEDY POINT BRIDGE 10k/5k**, Delaware City, DE; Contact Junior Achievement of Delaware, Inc, 522 S. Walnut St, Wilmington, DE 19801-5230; 302-654-4510
- TWO for the ROAD PARTNERS 5 MILE**, Forbidden Dr, Phila, PA; Contact 215-627-8789
- ASBURY 5k RUN FOR SHELTER & Healthwalk** competition to benefit Habitat for Humanity, Woodstown, NJ; Contact Asbury United Methodist Church, 149 S. Main St, Woodstown, NJ 08098; 609-769-2484
- 8 **9th ANNUAL JUNE FETE 5k RUN/WALK**, Penn State Ogontz Campus, Abington, PA; Contact 215-576-2500
- ST. ANTHONYS ITALIAN FESTIVAL 5k**, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400
- 10 **WEST CHESTER X-COUNTRY SUMMER SERIES**, West Chester, PA. Contact 610-696-3956
- 12 **CELEBRATION of LIFE 5K Walk/Run**, Christiana Hospital Campus, DE; Contact 302-654-6400
- RUN for HEALTH** First Corporate Challenge 5K, Malvern, PA; Contact 610-647-2940
- 14 **CALN DAY 5k**, Thorndale, PA; Contact 610-384-0600
- CAPE MAY POINT 5 MILE**, Cape May Point, NJ; Contact 609-884-2269
- CHALFONT BOROUGH 5k RUN/WALK**; Chalfont, PA; Contact 215-822-7295
- 15 **SMITH'S CHALLENGE 10K TRAIL RUN**, Lancaster, PA; Contact Bill Smith, 509

Big Bend Rd., Lancaster, PA 17603; 717-394-7812

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

AMBLER AREA YMCA 5K, Ambler, PA; Contact Terry Horstman, Ambler YMCA, Box 428, 400 N. Bethlehem Pike, Ambler, PA 19002

BACHMANN TAVERN 5K RUN & fun walk, Easton, PA; Contact Easton Heritage Alliance, 610-258-1612

- 22 **SCHUYLKILL RIVER 5K**, Phila, PA; Contact Maggie Mund, 2314 South St, Phila, PA 19146; 215-985-9393

TROT FOR TOTS 5 MILE RUN & 1/2 mile kids run, Wyomissing, PA; Contact Pretzel City Sports, 112 W. 36th St, Reading, PA 19606; Ron Horn, 610-779-2668, fax: 610-779-3790, e-mail: pretzelprez2bigfoot.com

- 24 **WEST CHESTER X-COUNTRY SUMMER SERIES**, West Chester, PA; Contact 610-696-3956

- 25 **MID SUMMER'S EVE RUN 5K**, Lionville, PA; Contact 610-458-9090

- 27 **WAWA MARKET STREET MILE**, Phila, PA; (12 Special evening races-fun for all) Different age groups and team competitions; Contact SASE to PO Box 43371, Phila, PA 19129 610-429-3494

MEDIA 5 MILER, Media, PA; Contact Rita Jordan, 311 South Ave, Media, PA 19063; 610-565-1416; **Delco RRC Event**

- 28 **NUN RUN 5K**, Avalon, NJ; Contact 609-456-2082

MUSHROOM RUN 5K, Avon Grove, PA; Contact 610-869-7385

- WHITESBOG BLUEBERRY FESTIVAL 10K X-C** and two mile fun run, Whitesbog Village, Browns Mills, NJ; Contact Race Director, Whitesbog

Preservation Trust, 120-24A Whitesbog Rd, Browns Mills, NJ 08060; 609-893-4646

- 29 **QUAKERTOWN FIVE MILER**, Quakertown, PA; Contact Brian Schaffer, 215-538-5757

JULY:

- 2 **16th ANNUAL WALK/RUN for PEOPLE with DISABILITIES 5K** and 1 mile fun run, Dupont Hospital for Children, Wilmington, DE; Contact 302-654-6400

- 4 **PITMAN FREEDOM 4 MILER**, Pitman, NJ; Contact 609-589-4665

FIRECRACKER 5K WALK/RUN, Wilmington, DE; Contact 302-654-6400

DAVID DOUGLAS 5K at TWILIGHT Villas, NJ; Contact 609-898-1269

GOOD NEIGHBOR DAY RUN FOR LIFE 10K/5K, Downingtown, PA; Contact 610-873-5253

GRAND OLD FLAG 10K STREET RUN, Pottstown, PA; Contact 610-323-8521

- 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-COUNTRY SUMMER SERIES**, 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



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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

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-COUNTRY
SUMMER SERIES**, 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 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

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

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 SUMMER
SERIES**, 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

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

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

28 **MARATHON SPORTS SUMMER
SERIES**, Wilmington, DE; Contact
Marathon Sports, 302-654-6400

SEPTEMBER:

14 **HALF-WIT HALF, 13.1 MI. TRAIL
RUN**, Reading, PA; Contact Pretzel City
Sports; 610-779-2668

28 **PHILA. DISTANCE RUN**, Phila, PA
Contact Mark S. Stewart, 215-864-8225

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
 Bob Huggins Stan Cherim
 Phil Kline Paul Isaac
 Carol Jackson Bob Fuhrman

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: June 20, 1997****NEXT MAILING DATE: July 4, 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....

