
Keeping Contact

Issue 15

Published by the Delaware County Road Runners Club

March 1997

FUN-RUN AWARD WINNERS

Twenty-four members of our club have earned special T-shirts for having run 25 times or more at Delco RRC fun-runs in 1996. Also, four women and four men out of this group will also receive a special plaque award for being in the top four women and men participants for the year. They are **Kathi Clatterbaugh, Phyllis Botson, Kathy Adamson, Dot Kracht, Jim Smith, Bill Morgan, Pete Belfi, and Terry Adamson**. T-shirt winners were **Amy Binder, Peg Bobeck, Mark Clatterbaugh, Joe Freiberg, John Greenstine, Sam Hill, Tom Hirsch, Bob Huey, Bob Huggins, Paul Isaac, Phil Kline, Jim Miccolis, Byron Mundy, Mary Beth Mundy, Bea Sanner, and Lu Sanner**. Come out to the Delco fun-runs, you get more for your runs.

These awards will be given out at the dinner dance on March 8th. Attendance was recorded at 164 fun-runs last year in Aldan, Springfield, and Collingdale.

Byron Mundy

BOAT BOAT BOAT

**Act Two,
Place, Summer vacation at the shore.**



Bea and Deb decided to stay at our rented apartment, the Nautilus, while the boys and myself went to continue our boating adventure. First, I must tell you about the apartment because it is involved in our boating plan, The building was on pilings on the beach. High tide brought the water under the building. Scary! The hurricane the next fall devastated the New Jersey coast and made the Nautilus a submarine like its namesake.

We decided to take the boat out the inlet and down the coast, so we could hail Bea and Deb. The sea was starting to lift the back of the boat up and our destination was not in sight. "Boys, I think something is stirring up this ocean, let's go back!" was my exclamation. So we made a 180 degree turn. Surprise! Waves were breaking over the bow and spraying the windshield, cutting visibility to zero. Rich climbed over the windshield to wipe it. The danger of his falling overboard was too great, so I called him back. We finally made it back to the inlet. Another surprise! White water stretched across the mouth of the inlet. How could all this happen in such a short

time? Other boats were coming in, so we laid back to watch how they made it through. The captain would hold the boat on the back of the wave and ride it through the white water, with no trouble at all. Well there was no other way, so I picked a wave and went for it, The boat began to slip sideways, which I knew was wrong. I tried to straighten it by increasing throttle speed, but this put us on the crest of the wave. Wow! It was like the first downhill of a roller coaster. Over we went, by sheer luck we made it to calm waters. The Coast Guard had been watching us and gave a thumbs up as if we knew what we were doing. Fool them. "Boys, let's take this boat back before we see our names on the obituary page," was all I could say.

This was the finale of one summer vacation out of sixteen summers.

Bea and Lu Sanner

PENN RELAYS and BOSTON MARATHON

Hey Delco RRC! Want to put a team in the famed Penn Relays? Yes! Anyone interested in being on Delco's relay team for the 1/4, 1/2, 3/4, and mile on April 20th give Team Coordinator, **Larry Filtz** a call.

Are you going to the Boston Marathon? Would you like to run as a Delco RRC team member, call Delco's "Man About Teams," **Larry Filtz, (610)565-6957**.

PEOPLE NEWS

A recent morning found joggers and hikers sniping at each other from nearby breakfast tables. **Terry and Kathy Adamson, Mary Metague, John Greenstine, Jim Miccolis and Tom Hirsch** had no sooner sat down in the restaurant when hikers **Tom Weber, Joe Nolan, Larry Ryan** and their pal **Andy Lapin** moseyed in. Weber reported that he's leading a group of hikers to the wilds of Montana in August, to which Mary Metague snickered that the Rockies would never be the same. She likened the hikers' Saturday morning rambles in Ridley Creek State Park to "slow moving frat parties" that can be heard from the other side of the ridge. Other petty insults were



(Continued on page 2)

exchanged, but Nolan and company felt impervious to such abuse while wearing their snappy, customized Polarfleece jackets, so war was not declared.

The two competing Hollywood movies about 70's running legend Steve Prefontaine were dismissed loudly by Kathy Adamson: "Two movies about a runner?! How boring!" To which **Marian Filtz**--at a nearby table with her daughter--just about snorted coffee out her nose.

Thank you to **Byron Mundy and Tom Hirsch** for running the old pictures of joggers including correspondent **John Greenstine**. His wife **Amy Binder** declared that Greenstine looked "fruity" in the photo.

Mike Metague is looking for "medium" runners these days. He says the problem with Delco is that there are only fast or slow runners, no mediums to be found.

Bill and Maureen Meyer have joined the e-mail revolution. They can be found at <BandMMeyer@msn.com>. Maureen ran a 3:30:55 in the 1996 Marine Corps Marathon, which earned her fourth place for women 45-49. She didn't know she had done so well until she received her award by mail. Bill also reports that **Becky Yancharis**, that doyenne of women joggers, ran the Iron City Marathon in 6+ hours. Quite a role model for us rapidly aging Baby Boomers.

An Amy story: I thought I was doing pretty okay with my weight lifting until Bill Meyer set the bar a huge step higher. He asked if I could bench press 60% of my body weight. *Sure, if I only weighed 70 pounds.* The better answer: I go for body shaping through reps, not bulk through weight. *What else can I say, I'm still lifting only between 5 and 20 pounds.*

Another Amy story: Well, while the rest of you were shoveling snow on the weekend of February 8, I was swimming laps under palm trees in 80°+ weather. Actually, that was the best part of my 26-hour visit to Fort Myers, Florida. The occasion for the trip was hip surgery for my mom, who had fallen and broken a bone. I'm happy to report that Mom's hip and my jetlag are recovering nicely.

Speaking of warm climes, **Tony Belfiglio** sends a postcard from the Bahamas. "I found a warm place to do some winter training, getting ready for an indoor triathlon in February," he writes. While only there for one week, he is spending another couple of weeks in Florida and doesn't look forward to his return to cold weather.

Last month, we told you that **Bill Schultz** is leading the computer charge in the classrooms. He has since replied with a very nice e-mail message. Please note that he is switching his online service and has a new address: <bschultz@itrc.dcu.k12.pa.us>. Too bad, because his old address was friendlier to use: <SMILEADAM@aol.com> But, you can't fault anyone for leaving AOL these days.

Other cyber-pals: **Richard Webb** <rwebb@ravenet.com> and **Frances Kirk** <fkirk@ravenet.com>. In answer to the musical question: how can one resolve Frances' sore back and slow Sunday jogs with her winning races? She has been

hobbling to Schweitzer's Therapy in New Castle, Delaware. Now she has a routine of lifts, runs, and stretches. She and Richard found round-trip flights to Tampa, Florida, for \$24, thanks to a computer glitch). They both ran the Gasparilla Distance Classic 15K in January. Frances ran a 1:01:59; Richard, with 54:18, won his age group and set a new PR/state age-group record. Even more congratulations are in order. At the USATF Mid-Atlantic Awards lunch, Richard was named Masters Athlete of the Year, Masters Track Athlete of the Year, and Overall Grand Prix Winner. *A real running celebrity in our midst.* He reports being "honored, thrilled, and excited to own all this heavy hardware." *And if he were Bob Koerner, he would sleep with those trophies cradled in his arms.*

--John Greenstine & Amy Binder

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

E-Mail Addresses (What's yours?)

Amy Binder abinder@herc.com
Phyllis Botson Pbotson911@aol.com
Frances Kirk fkirk@ravenet.com
Bob Koerner Robert.Koerner@coe.drexel.edu
Diane McManus dianemcm@vm.temple.edu
Bill, Maureen Meyer BandMMeyer@msn.com
Greg Mitchell Gnhmitchel@aol.com
Lu Sanner LSanner@aol.com
Bill Schultz bschultz@itrc.dcu.k12.pa.us
Richard Webb rwebb@ravenet.com

DELCO AT THE RACES

Brians' Run Dec. 8, 1996

Jerome Dorsey	37:16	3rd in age group
Richard Webb	38:54	2nd in age group
Byron Mundy	40:29	
Nick Sacchetti	41:24	
Eric Mundy	43:25	
Art Brown	45:24	
Phil Kline	48:43	
Rita Jordan	51:55	
M. Mundy	80:46	

Call **Phil Kline (610) 485-4321 at 4:30 PM**, to list your race results in the newsletter. Call and get your times listed.

Phil Kline

In Memory

It is with deep regret that I inform our club members of the passing of Rick Jones. He was killed in early January in an altercation with some youths in California after a traffic incident. I was contacted by his brother Jeff Jones and asked to inform his friends and fellow club members of this tragedy. I expressed condolences to both him and his family on behalf of all club members as Rick was a long standing member of the club and came to fun runs whenever he was in town. Rick had moved to California with his wife Sheri and their young son along with his children by his first marriage. A trust fund has been set up for the children and contributions would be gratefully accepted. That address is:

THE JONES FAMILY
 c/o Alameda First National Bank
 21700 Redwood Road
 Castro Valley, CA 94546

Kathi Clatterbaugh, Membership Chairperson

**Minutes of the Delco RRC Meeting.
 February 25, 1997**

In attendance: **Byron Mundy, Tom Midwood, Bill Schultz, Paul Isaac, and Eric Mundy.**

The meeting convened at 8:00 PM.
 The minutes of the January 28th meeting were changed to read, Byron said we might have a better turnout with just track events. Minutes were then accepted.

Membership Report: Kathi Clatterbaugh, N/P

Treasurer Report: Bob Huey, N/P

Newsletter Report: Tom Hirsch, N/P

Public Relations: Tom Midwood reported a lot of Delco RRC fliers are in local stores. The upcoming events, Trail 10k State Championship and Dawn to Dusk, are good for club recognition.

Old Business:

Winter Social: Byron reported returns are going well for the dinner dance. It starts at 7:00 PM.

Insurance papers are needed for the Trail Run and Dawn to Dusk.

T-Shirts will be given to club members who participated in 25 or more fun-runs and plaques to the top four male and female participants.

There was a discussion on a master team for the Boston Marathon.

The meeting was adjourned at 8:50 PM.

Minutes submitted by **Paul Isaac.**

**PHILA. MASTERS INDOOR MEETS,
 DELCO MEMBERS**

Haverford, PA. December 15, 1996
 200m, M55 **Bob Fuhrman** 28.4
 400m, M55 **Bob Fuhrman** 1:03.5
 800m, W45 **Diane McManus** 3:29.0

Swarthmore, PA. January 5, 1997
 800m, M50 **Rich Webb** 2:17.9
 800m, W45 **Diane McManus** 3:32.4
 500m, M55 **Bob Fuhrman** 1:24.1
 500m, W45 **Diane McManus** 2:01.9

**Phila. Masters Track Association
 1997 SUMMER SCHEDULE**

Sunday, May 18th, 9 AM- Noon, Developmental Meet,
 Swarthmore College, Swarthmore, PA

Wednesday, June 11th & 25th, 6 PM-8 PM,
 Developmental Meets, Germantown Academy, Ft.
 Washington, PA

Wednesday, July 9th & 16th, 6 PM-8 PM, Development
 Meets, Swarthmore College, Swarthmore, PA

Wednesday, July 23rd, 30th & Aug. 6th, 6 PM- 8 PM,
 Developmental Meets, Swarthmore College, Swarthmore, PA

Sunday, August 17th, 10 AM-4 PM, Championship Meet,
 Swarthmore College, Swarthmore, PA

Note: In developmental meets, athletes of any and all ages are welcome to compete, we are not restricted to masters, except for the championship when competition starts at age 30 in 5 year age categories.

For Information: P.M.T.A., c/o Claude Hills, 510 E.
 Valley Green Rd, Flourtown, PA 19031

Bob Fuhrman

NEWS FLASH!!

On Sunday, February 23rd, The Drexel Hill Middle School took the Mellon PSFS Bank's 1019 steps for Cystic Fibrosis vertical challenge. **Phyllis Botson**, who teaches at DHMS, won her age group with a time of 8:13. **Jackie Hines**, a student at DHMS, won the 16 and under age group in a time of 9:46.

RACE CALENDAR:**MARCH:**

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 Kathleen Stone, c/o American Lung Assoc., 1021 Gilpin Ave, Suite 202, Wilmington, DE 19806; (302) 655-7258

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

2nd ANNUAL YOUGH RIVER TRAIL HALF MARATHON & 5k, Yough River Park, Connellsville, PA; Contact Yough River Trail Council, PO Box 988, Connellsville, PA 15425

29 **6th ANNUAL SHAMROCK FOUR MILER**, Mt. Holly, NJ; Contact Buzz's Tavern, 100 Rancocas Rd, Mt. Holly, NJ 08060; (609) 265-8344

HINTE-ANDERSON TRAIL RUN 50km, 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 15 Championship**. Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; (610) 779-2668

6th ANNUAL SAUDER'S EASTER EGG RUN, 5 MILES; Chickies Rock County Park, Marietta, PA; Contact Schreiber Pediatric Rehab Center, 625 Community Way, Lancaster, PA 17603; (717) 393-0425; e-mail- schreiber@wide world.net

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

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

19 **MILLVILLE SPRING THAW RUN 10K/ 5K** and two mile run/walk, Millville, NJ; Contact Bruce Willson or Kathleen Campion, c/o Center for Health and Fitness, 1430 W Sherman Ave, Vineland, NJ 08360; (609) 696-3924

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

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

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

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

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

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

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

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

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

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

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

MAY:

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

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

(Continued on page 5)

(Continued from page 4)

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

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

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

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

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

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

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

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

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

JUNE:

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

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

ORIENTEERING MARCH

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

Tri-Biathlons

May

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

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

Mid-Atlantic Assoc. of USATF 1997 Championship & Grand Prix Circuit

***Mid-Atlantic Championship Races**

3-16-97, Caesar Rodney, Wilmington, DE, 1/2 Marathon.

4-20-97, *Penn Relays Distance Classic, Phila, PA; 20k.

5-4-97, Broad St. Run, Phila, PA, 10 mile

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

6-7-97, *Moorestown Rotary, Mount Laurel, NJ, 8k.

6-22-97, *Schuylkill River 5k, Phila, PA.

9-28-97, Phila, Distance Run, Phila, PA, 1/2 Marathon

10-12-97, *Delaware Distance Classic, Newark, DE, 15k

11-2-97, *A to Z Run, Phila, PA, 10k

11-23-97, Phila. Marathon or Rothman Institute Run, Marathon/ 8k

For a brochure providing additional circuit details, individual race director's names, address, phone numbers, and an application for Mid-Atlantic USATF membership, write to Mid-Atlantic USATF, P.O. Box 884, Southeastern, PA, 19399-0884 (include a S.A.S.E.) or call Norm Green, (610) 644-

4053, fax (6100 407-0632 or Jerry Nolan (215) 535-7335

UPCOMING EVENTS

CLUB MEETING:

March 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 **March 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

5-3-97 Dawn to Dusk Ultras
Bill Schultz, (610) 534-2979

6-97 Junior Development Track Meet.
Director Needed.

6-97 Media 5 Miler
Rita Jordan, (610) 565-1416
Please don't hesitate to call, one more volunteer is always needed.

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 Phil Kline
 Paul Isaac Larry Filtz
 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: March 20, 1997
NEXT MAILING DATE: April 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....

