

Keeping Contact

Issue 17

Published by the Delaware County Road Runners Club

May 1997

Tyler Arboretum Trail Run RRCA State Trail 10K Championship

The week of the run started with snow and rain on Monday and sun, high in the 70s on Friday. So what would Saturday bring. Ah! Overcast and cool, a good day to run trails. The course was dry with minimum mud. The creeks were a little higher this year, we understand Bob "Dr. Dirt" Koerner enjoyed the crossings and thought soaking the course marshals was part of the run.

All course records were broken with the first three men coming in under the previous men overall record of 38:27 and the first seven women breaking the women overall record of 48:20. The first men's master and women's master broke their previous records 41:15 and 54:04 respectively.

The run grew this year with a 147 entries, 139 took to the hills at the start and a 135 finished. We would like to thank all the runners for coming, the Delco RRC volunteers, RRCA and Gatorade for their support, and Tyler Arboretum. Together we held a great trail run.

Tom Hirsch

Results

Name & Age	Place	Time	
Men Overall			
1 Brendan Hilliard 39	1st	35:51	
2 Kevin Siek 25	2nd	36:00	
3 Greg Cauller 37	3rd	36:41	
Women Overall			
1 <i>Cassy Bradley</i> 31	13th	42:16	
2 <i>Ann Tierney</i> 33	20th	45:45	1st Delco RRC
3 <i>Frances Kirk</i> 35	22nd	45:52	Delco RRC
Men 18-29			
1 Andrew Geiszler 28	19th	45:38	
2 David Simpson 26	35th	47:46	
3 Billy Hawkes 23	77th	56:16	
Women 18-29			
1 <i>Jennifer Flint</i> 26	24th	46:08	
2 <i>Janet Burke</i> 25	31st	46:57	
3 <i>Jennifer Moyer</i> 26	34th	47:13	
Men 30-39			
1 Colin Funk 38	4th	39:09	
2 Michael Yonder 35	8th	41:05	
3 Dave Hinkel 36	9th	41:06	
Women 30-39			

1 <i>Terri Handy</i> 32	32nd	47:02	
2 <i>Michele DeAngelo</i> 34	44th	49:05	
3 <i>Amy Culp</i> 35	45th	49:12	
Mens 40-49			
1 George Jacques 43	5th	39:45	1st Delco RRC
2 Jay Manwiller 42	6th	39:51	
3 Jim Reardon 45	7th	40:28	
Women 40-49			
1 <i>Peg Stretch</i> 41	65th	53:03	
2 <i>Dale Weitzel</i> 54	81st	56:46	
3 <i>JoAnn Marburger</i> 48	92nd	58:15	
Mens 50-59			
1 Richard Webb 52	14th	42:37	Delco RRC
2 Mark Kern 51	21st	45:46	
3 Michael Mellinger	46st	49:26	
Women 50-59			
1 <i>Ruth Wloczewski</i> 54	99th	59:24	
2 <i>Barrie Jane Kintner</i> 52	130th	1:08:38	
3 Open			
Men 60 and over			
1 John Edwards 60	74th	55:42	
2 Earl Butler 65	94th	58:43	
3 Bob Koerner 63	108th	1:01:42	Delco RRC
Women 60 and over			
Open			

1, 2, 3			
Brendan Hilliard 39 / M		001 / 0:35:51	
Kevin Siek 25 / M		002 / 0:36:00	
Greg C. Cauller 37 / M		003 / 0:36:41	
Colin D. Funk 38 / M		004 / 0:39:09	
George A. Jacques 43 / M		005 / 0:39:45	Delco RRC
Jay A. Manwiller 42 / M		006 / 0:39:51	
Jim P. Reardon 45 / M		007 / 0:40:28	
Michael L. Yoder 35 / M		008 / 0:41:05	
J. David Hinkel 36 / M		009 / 0:41:06	
Richard J. Callahan 39 / M		010 / 0:41:21	
Marc S. Oleynick 35 / M		011 / 0:41:54	Delco RRC
Mike Halpern 32 / M		012 / 0:42:06	
<i>Cassy Bradley</i> 31 / F		013 / 0:42:16	
Richard S. Webb 52 / M		014 / 0:42:37	Delco RRC
K. Walter Keehn 45 / M		015 / 0:43:19	
Bob B. Huey 42 / M		016 / 0:44:11	Delco RRC
Jeffrey T. Harbison 38 / M		017 / 0:44:57	
Patrick Bransome 34 / M		018 / 0:45:10	
Andrew R. Geiszler 28 / M		019 / 0:45:38	

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<i>(Continued from page 1)</i>			<i>Lisa M. Ott-Smith</i> 33 / F	072 / 0:54:36
<i>Ann M. Tierney</i> 33 / F	020 / 0:45:45	Delco RRC	John P. Pedley 33 / M	073 / 0:55:28
Mark Kern 51 / M	021 / 0:45:46		John R. Edwards 60 / M	074 / 0:55:42
<i>Frances Kirk</i> 35 / F	022 / 0:45:52	Delco RRC	Jim Esham 50 / M	075 / 0:55:55
David L. Feinauer 43 / M	023 / 0:46:04		Steven M. Katz 41 / M	076 / 0:56:08
<i>Jennifer S. Flint</i> 26 / F	024 / 0:46:08		Billy W. Hawkes 23 / M	077 / 0:56:16
Jim M. Tyler 39 / M	025 / 0:46:09	Delco RRC	<i>Denise Kelly</i> 35 / F	078 / 0:56:29
Mike Gallen 42 / M	026 / 0:46:13		Mike Gallagher 42 / M	079 / 0:56:31
Byron J. Mundy 49 / M	027 / 0:46:26	Delco RRC	Vincent Giardina 49 / M	080 / 0:56:37
James F. Keller 42 / M	028 / 0:46:31		<i>Dale Weitzel</i> 45 / F	081 / 0:56:46
Charles J. Barrett 39 / M	029 / 0:46:43		Mark W. Gaffney 27 / M	082 / 0:57:03
John R. Weitzel 45 / M	030 / 0:46:52		Justin O'Neil 25 / M	083 / 0:57:09
<i>Janet K. Burke</i> 25 / F	031 / 0:46:57		Marshall Hamilton 56 / M	084 / 0:57:22
<i>Terri L. Handy</i> 32 / F	032 / 0:47:02		Warren P. DeTemple 47 / M	085 / 0:57:24
Anthony S. Keller 38 / M	033 / 0:47:05		Jack Dolmetsch 58 / M	086 / 0:57:33
<i>Jennifer L. Moyer</i> 26 / F	034 / 0:47:13		Thomas J. Fox 36 / M	087 / 0:57:35
David M. Simpson 26 / M	035 / 0:47:46		Tim L. D'Ignazio 39 / M	088 / 0:57:37
Tim Rodden 33 / M	036 / 0:47:49		<i>Lisa R. McCurdy</i> 30 / F	089 / 0:57:39
Dave R. Shelmire 49 / M	037 / 0:48:09		Robert Glover 43 / M	090 / 0:57:49
Phil B. Kline 47 / M	038 / 0:48:29	Delco RRC	<i>Lori M. Koch</i> 32 / F	091 / 0:57:57
Amos A. Mincin 46 / M	039 / 0:48:44	Delco RRC	<i>JoAnn Marburger</i> 48 / F	092 / 0:58:15
Steven M. Whitmore 42 / M	040 / 0:48:53	Delco RRC	Michael P. Howanski 45 / M	093 / 0:58:24
Mike Metague 49 / M	041 / 0:48:57	Delco RRC	Earl S. Butler 65 / M	094 / 0:58:43
Nick Sacchetti 46 / M	042 / 0:48:58	Delco RRC	<i>Kristen Stewart</i> 34 / F	095 / 0:58:58
Tom W. Midwood 40 / M	043 / 0:49:00	Delco RRC	Robert A. Wloczewski 56 / M	096 / 0:58:59
<i>Michele DeAngelo</i> 34 / F	044 / 0:49:05		<i>Beth Fellona</i> 40 / F	097 / 0:59:01
<i>Amy B. Culp</i> 35 / F	045 / 0:49:12		Michael Kleiman 30 / M	098 / 0:59:06
Michael V. Mellinger 51 / M	046 / 0:49:26		<i>Ruth F. Wloczewski</i> 54 / F	099 / 0:59:24
Dean Dennis 30 / M	047 / 0:49:45		Tony J. Cianci 41 / M	100 / 0:59:27
John J. McCurdy 35 / M	048 / 0:50:01		Ron Horn 46 / M	101 / 0:59:34
Mark S. Murdock 43 / M	049 / 0:50:03		Bert J. Heaton 46 / M	102 / 0:59:57
Phil Yanak 49 / M	050 / 0:50:40		Bill H. Kreider 47 / M	103 / 1:00:18
Stephen F. Garraty 33 / M	051 / 0:50:43	Delco RRC	Kent Shaw 48 / M	104 / 1:00:26
Christopher A. Foweles 42 / M	052 / 0:50:56		Mike Simila 39 / M	105 / 1:00:33
<i>Kristie A. Robson</i> 23 / F	053 / 0:50:56	Delco RRC	Colin C. Coffua 44 / M	106 / 1:00:44
<i>Debbie L. Berner</i> 30 / F	054 / 0:51:05		<i>Rose C. Zucnick</i> 30 / F	107 / 1:01:05
Tim F. Sheehan 44 / M	055 / 0:51:23		Bob Koerner 63 / M	108 / 1:01:42
Richard J. Medvetz 54 / M	056 / 0:51:26		Albert Sortino 65 / M	109 / 1:01:53
Rod A. Bove 35 / M	057 / 0:51:30		Roy T. Stegena 43 / M	110 / 1:01:59
Dan F. Quinn 46 / M	058 / 0:51:31		Dave Firlein 52 / M	111 / 1:02:03
Paul W. Floyd 56 / M	059 / 0:51:36		<i>Linda Trout</i> 47 / F	112 / 1:02:12
Daniel J. O'Brien 38 / M	060 / 0:51:47		John L. Schultz 64 / M	113 / 1:02:22
Pigpen Cameron 58 / M	061 / 0:52:09		Stan Cherim 67 / M	114 / 1:02:25
Mike F. Dougherty 43 / M	062 / 0:52:21		Ethan P. Schlenker 22 / M	115 / 1:02:41
Larry A. Schatz 52 / M	063 / 0:52:26		Ed Stalford 60 / M	116 / 1:02:43
Jack Henry 49 / M	064 / 0:52:45		Jim B. Eldon 53 / M	117 / 1:02:44
<i>Peg Stretch</i> 41 / F	065 / 0:53:03		<i>Nancy F. D'Ignazio</i> 39 / F	118 / 1:02:56
<i>Kristen M. Hazel</i> 23 / F	066 / 0:53:06		Bruce E. Hunt 33 / M	119 / 1:03:18
Charles H. Weidman 56 / M	067 / 0:53:34		<i>Danette T. Knopp</i> 30 / F	120 / 1:03:43
<i>Heidi Petersohn</i> 33 / F	068 / 0:54:00		<i>Erin Timms</i> 27 / F	121 / 1:03:44
Ed G. Recker 44 / M	069 / 0:54:02		Raymond P. Gleeson 51 / M	122 / 1:04:38
<i>Jodi E. Erb</i> 25 / F	070 / 0:54:22		Barry Squires 45 / M	123 / 1:05:06
Christopher J. Norman 31 / M	071 / 0:54:35			

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Jeanice L. Naulty 40 / F	124 / 1:05:15	
James R. Watson 45 / M	125 / 1:05:19	Delco RRC
Joe M. Crescenz 40 / M	126 / 1:05:49	
George J. Boothman 39 / M	127 / 1:06:08	
Susan A. Waters 27 / F	128 / 1:06:18	
Judy A. DeTemple 46 / F	129 / 1:06:25	
Barrie Jane Kintner 52 / F	130 / 1:08:38	
Jim G. Werley 57 / M	131 / 1:09:45	
Mimi Gordon 34 / F	132 / 1:17:31	
Frank C. Kohler 43 / M	133 / 1:17:33	
Kim A. Boyle 31 / F	134 / 1:19:00	
Deb A. Keegan 36 / F	135 / 1:28:52	

Delco RRC Volunteers

Kathi Clatterbaugh, Mark Clatterbaugh, Bob McElhenney, Terry Adamson, Kathy Adamson, Joe Nolan, Tom Weber, Andy Lappin, Peg Bobeck, Amy Binder, Joe Freiberg, Rita Jordan, Meg Nilan, Tim Wade, Jack Bryson, Neil Weygandt, Bob Kern, Bill Morgan, Paul Isaac, Bill Schultz, Bonnie Muerterties, Pat Armstrong, Dot Kracht, Bea Sanner, Lu Sanner, Paula Koerner, Mike Touhey Sr., Candy Stephani. If I missed anyone I am sorry, if you did not get a shirt let me know. Thank you for all your help. You all put on a fine run.

Tom

People News

We all know how much **Tom Hirsch** loves holidays. Thanks to some mysterious *exterior* decorators, the Hirsch-Fellona homestead became an Easter wonderland for 6-year-old **Danielle**. Tom vows revenge, but what can you really hold against a bunny? _____

Kathy Adamson proves yet again that she is invincible. She schedules surgery on both feet for the same day. After taking a look inside foot number one, Dr. Nick Romanski discovers he doesn't have the right parts and has to close. She has a second surgery later that week (good news, her toe-joint parts were in stock) and later that night hosts a dinner party at home for eight. Better yet, she makes **Kathi Clatterbaugh** get out the fine china.

The Tyler Arboretum Run had its biggest crowd ever...and, for some reason, the registration process was the smoothest ever. No big lines. No waiting. No one coming to register *after* the race started. I can't tell you much more, because I had to leave to catch a plane. But our Delaware correspondent, **Richard Webb**, e-mailed his thanks to all involved for putting on a well-organized and incredibly well-marked run. He also reports that **Frances Kirk** went for a morning run that day and

then decided to bring her two boys to the Tyler run to spectate. She isn't dressed to run, but at the last minute (and without a change of clothes), she enters the race just to jog the course for fun. She starts from the back, passes almost the entire pack, and finishes in third place. The rest of her morning is spent in wet clothes at her kids' karate class.

Richard Webb also reports that he ran the New Castle Spring Thaw 5M in 29:03 (1st master). His running schedule for the weeks ahead include the Cherry Blossom 10M in Washington, the Penn Relays 20K, the Jersey Shore Marathon, and then Broad Street.

But as I was saying about catching a plane, **John Greenstine** and I took a quick trip to Colorado (Denver for a family wedding, and Vail for fun). John warned me about running in the mile-high city of Denver, and he was right. I ran on a footpath along a stream for about 20 minutes, no problem. But then I had to turn around. The good news is it's so dry out there that you don't sweat. The bad news is it's so high out there that you search for oxygen molecules.

It's just about that time again: DTD a.k.a the Dawn to Dusk Ultras/50K. The 14th annual DTD will be held May 3 at Academy Park High School in Sharon Hill. There's something for everyone--a 50 miler, 100K, and 12-hour event. Race director **Bill Schultz** reports that he's gotten requests for applications from as far away as Indy, Cornell, Virginia, Colorado, and Florida. At least half of these have come via e-mail...as did Bill's report to me. At last count, he had three confirmed runners and he's hoping for more than 20. He'd also like to have at least four women on the track; the record is three. He's also looking for volunteers; no special talents needed, just the ability to count (as in laps). Bill, quite the proud papa, has other things on his mind beside DTD. He marvels that his son **Adam** is growing up so quickly. Now at four-and-a-half years, Adam's starting to act "older." (*Just don't give him the keys to the car, Bill.*)

And finally (as in this is the last item AND this has *finally* come to pass) **Mary Lou Bogdash** will graduate on May 7 with a Bachelor of Science in Business Management from Widener University. This achievement comes after 15 years of night school! (That's determination for you.) She plans to continue her studies, full time, by pursuing a Masters in Education, with a target graduation date of May 1998. There's just no stopping this ex-Conrailer. Best wishes, M.L.

--Amy Binder

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

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UPCOMING EVENTS**CLUB MEETING:****May 27, 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 **May 27, 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**

Mudfest 15k Trail Run 3-29-97

Michael J. Touhey	1:13
Bob Huey	1:15
Mike Metague	1:21
Tim Wade	1:22
Tom Hirsch	1:47

DCCC 5K Challenge 4-6-97

<i>Meg Nilan</i>	23:42	1st in age group
Bill Morgan	25:04	2nd in age group

Mental Health 5k 4-27-97

Tim Wade	18:57	1st Master
Nick Sacchetti	20:00	

Penn Relays 20k 4-20-97

George Jacques	1:13:18	2nd in age group 40-49
Richard Webb	1:14:23	1st in age group 50-59
<i>Frances Kirk</i>	1:19:34	2nd Female Overall
Nick Sacchetti	1:24:30	

Phil Kline	1:29:04	
George Koerner	1:29:36	
<i>Joan Potterfield</i>	1:30:52	2nd in age group 40-49
Tom Midwood	1:37:25	
Art Brown	1:38:25	
Bill Kreider	1:38:41	
<i>Linda Trout</i>	1:46:28	
<i>Bonnie Muerterties</i>	1:46:33	
<i>Rita Jordan</i>	1:46:34	
<i>Linda Pollum</i>	1:54:35	

Penn Relays 5k 4-20-97

Bill Morgan	25:36	2nd in age group 60-69
Stan Cherim	25:36	3rd in age group 60-69
<i>Diane McManus</i>	26:25	2nd in age group 40-49
Paul Isaac	29:56	

Boston Marathon 4-21-97

Richard Hoopes	2:54:43
Larry Filtz	2:57
Tom Stone	3:08:04
Bill Schultz	3:16
Mike Touhey Jr.	3:17
Mike Touhey Sr.	3:45
<i>Maureen Meyer</i>	4:25
Bill Meyer	4:25

Broad Street 5-5-97

George Jacques	0:57:45
Richard Webb	0:58:50
Richard Hoopes	0:59:25
Michael J. Tuohey	1:01:25
<i>Frances Kirk</i>	1:03:33
Larry Filtz	1:04:28
Bob White	1:05:52
Amos Mincin	1:08:00
Byron Mundy	1:08:10
Phil Kline	1:09:03
Steve Whitmore	1:09:32
Nick Sacchetti	1:09:41
Mike Tuohey	1:09:46
<i>Joan Potterfield</i>	1:10:31
Tom Midwood	1:11:11
<i>Phyllis Botson</i>	1:13:43
<i>Jodi Erb</i>	1:21:04
<i>Rita Jordan</i>	1:24:18
Bob Koerner	1:27:09
<i>Meg Nilan</i>	1:28:44

If we missed anyone in the race results, let us know. We will print your times in the next newsletter. We know there are

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more Delco RRC members doing races but we need to hear from you to print them in the newsletter. Call 610-544-2280 or give your times to the roving race reporter, Phil Kline

**Minutes of the Delco RRC Meeting
April 29, 1997**

In Attendance: **Byron Mundy, Rita Jordan, Bob Huey, Bob McElhenney, Richard Hoopes, Bill Morgan, Paul Isaac, Phil Kline, and Tom Hirsch**

The meeting convened at 7:36 PM.
Minutes from last meeting were accepted.

Treasurer Report: Bob Huey, \$8300 balance in checking account. A motion was made to accept the 1997 budget submitted by Bob Huey. Passed.

Membership Report: Kathi Clatterbaugh, N/P. The club would like to thank Kathi for purchasing and mailing the wrist bands to all the club members.

Team Coordinator: Larry Filtz, N/P, No team at Broad Street.

Public Relations: Tom Midwood, N/P

Newsletter Report: Tom Hirsch, Please send articles and race results in by the 20th of each month.

Old Business:

Tyler Trail Run: The run was a success and all race entrants will receive a club newsletter with the race results and a club membership form. Byron expressed thanks to Tom Hirsch and all the volunteers for a good job at Tyler Trail Run.

Junior Olympics: Byron asked Cardinal O'Hara to use their track on a evening during the week and have 3 age groups for adults. Byron offered to co-direct this event. Byron offered to call Rose tree Park about having a x-country meet in August.

Media 5 Miler: Rita Jordan reported Lin Mark will be handling the finish line and results. The finish area will be changed at police request. A motion was made to support the Media race with a budget of \$2500. Passed. All club members are invited to help Rita Jordan and Bob McElhenney produce another Delco RRC top event. If you would like to help at with the Media 5 Miler call **Rita 610-565-1416** or **Bob 610-625-7075**

Women's Distance Festival: Date, time and place has not been finalized but will be completed by the next meeting.

The meeting adjourned at 8:45 PM.

Minutes submitted by Paul Isaac.

**14th Annual Dawn to Dusk, 5-3-97
by Bill Schultz**

12 Hour	50K (splits)	50 MI (splits)	100K (splits)	12 Hr (miles)	Place
Barry Lewis	4:44:44	8:03:03	10:30:55	70:50	1st.
Neil Weygandt	5:22:52	9:01:51	11:31:59	64:75	2nd.
Dee Perkowitz	5:58:24	9:56:22		60:25	3rd.
Janet Johnson	6:09:53	10:06:04		58:50	4th.
Clive Johnson	6:23:44	11:13:49		52:75	5th.
Jack Corcoran	<hr/>			41:00	6th.
Harry Berkowitz	8:57:58			40:75	7th.
Bill Koppenheffer	5:57:17			35:00	8th.
Tom Allison	6:39:18			31:25	9th.
Roger Allison				16:00	10th.

50K, Men

Bill Schultz	4:58:56
Dave Beale	4:58:57
Leo Uzych	6:27:59

50K, Women

Bonnie Muetterties	5:58:10
Linda Pollum	8:20:30

**Happy
Memorial
Day**



RACE CALENDAR:

MAY:

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

8th ANNUAL DON SMITH

MEMORIAL 5k and one mile fun run, Port Republic, NJ; Contact Bill Smallwood, PO Box 86, Port Republic, NJ 08241; 609-652-6154

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

RACE FOR THE CURE, 5k Run/ Walk, 1 mile walk and children's funfest, Phila, PA; Contact The Susan G. Komen Breast Cancer Foundation, 215-829-1899

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

ARMED FORCES DAY 10k, two mile run/walk and kids sprints. Willow Grove Naval Air Station, Willow Grove, PA; Contact 215-443-6082

SKIPPACK LIONS 5K RUN, Skippack, PA; Contact 610-584-4526

18 **4th ANNUAL LIMERICK 5K**, Royersford, PA; Contact Charles 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

BATTLE of RUNNING CITIES 10k, Atlantic City, NJ; Contact 609-601-1786

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

GLASGOW DRAGGIN' DRAGON 5k RUN/WALK, Newark, DE; Contact Chip Bixler, 410-398-7482 (h), 302-454-2381 (w)

DOYLES TOWN ALLIANCE 5k, Doylestown, PA; Contact Diane Crook 215-230-0654

25 **KEYBANK VERMONT CITY MARATHON** and Marathon Relay, Burlington, VT; Contact Andrea Riha, PO Box 152, Burlington, VT 05402; 802-863-8412

TOM BUGLIOSI TRAIL RUNS, 10k, 20k, and 40k with 2600' and 5200' climb. Tuller Hill State Forest, Virgil, NY; Contact Audrey Balander, 2617 Clute Rd, RD 2, Cortland, NY 13045 607-835-6712

VENTNOR MEMORIAL DAY 5k/10k Ventnor, NJ; Contact 609-601-1786

26 **LANSDOWNE MEMORIAL DAY 5K RACE**, Lansdowne, PA; Contact LBC/REC Run 157 Glentay Ave, Lansdowne, PA 19050; 610-284-1493

PORT RICHMOND 5k RUN and one mile fun run/walk; Port Richmond, Phila, PA; Contact 609-468-0010

MEMORIAL DAY RACES, four miles/one mile, Ash Park, Coatesville, PA; Contact Jody Schmidt, Brandywine YMCA, 650 Hurley Rd, Coatesville, PA 19320; 610-384-5084

31 **STRAWBERRY FESTIVAL 5k** Brandywine Hospital, Coatesville, PA; Contact The Professionals, Oaklands Fitness Center, 460 Creamery Way, Exton, PA 19341; 610-524-7300

FAMILY DAY in the PARK 5k, East Brandywine Park, West Chester, PA; Contact Pete Ranalli; 145 Dowlin Forge Rd, Downingtown, PA 19335; 610-873-8969

3rd ANNUAL WOODLYNDE

SCHOOL 5k, Strafford, PA; Contact Phil Maroney, Woodlynde School, 445 Upper Gulph Rd, Strafford, PA 19087; 610-436-5069

CAPE MAY 10k/3k, Convention Hall, Cape May, NJ; Contact John Bailey, PO Box 556, Cape May, NJ 08204; 609-884-5508

MEDAL of HONOR 5k/1mile, Norristown,PA; Contact 609-468-0010

JUNE:

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

HISTORIC YELLOW SPRINGS 5k, Yellow Springs, PA; Contact 610-827-7414

SPECIAL EQUESTRIAN 10k, Peace Valley Park; Contact 215-297-5549

MORRIS ANIMAL SHELTER 5k, West River Dr, Phila, PA; 215-735-3256

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

(Continued on page 7)

(Continued from page 6)

- 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
- 21 HILL OF LIFE 5 MILER**, Honeybrook, PA; Contact 610-273-9333
- 22 SCHUYLKILL RIVER 5K**, Phila, PA; Contact Maggie Mund, 2314 South St, Phila, PA 19146; 215-985-9393
- 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
- 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
- 6 FIRECRACKER 5K**, Exton, PA; Contact 610-388-6351
- WEST CHESTER X-COUNTRY SUMMER SERIES**, West Chester, PA; Contact 610-696-3956
- 9 RUN for INDEPENDENCE 5K WLK/RUN**, Brandywine Park, DE; Contact 302-429-6693
- 13 ATLANTIC CITY PRESS BEACH 5 MILE**, Atlantic City, NJ; Contact 609-601-1786
- 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
- SANDBLAST 5 MILE**, North Wildwood, NJ; Contact 609-729-2225
- BILL KILE MEMORIAL 4 MILE**, Cooper River Park, Camden, NJ; Contact 609-985-7892
- ORIENTEERING**
- MAY**
- 11 FRENCH CREEK STATE PARK** (West), Berks County, PA. Courses: W, Y, O, G, R. Event Contact Ed Scott 610-582-2128. 5 Color Map, 1:15,000
- 17 FORT WASHINGTON STATE PARK**, Montgomery County, PA. Instructional Courses W, Y, O. Event Directors: Sandy & Steve Fillebrown 215-242-0911. 5 Color Map, 1:10,000
- 18 FRENCH CREEK STATE PARK** (East), Berks County, PA. Courses: W, Y, O, G, R. Event Coordinator: Ed Scott, 610-582-2128. 5 Color Map, 1:15,000.
- JUNE**
- 1 IRON HILL PARK**, Newark, DE; Courses: W, Y, O, G, R. Event Director: Tom Overbaugh 302-368-8168. 5 Color Map, 1:10,000.

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
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DELCO RRC FUN RUN/WALK SCHEDULE**(subject to change without notice)****SUNDAY * SPRINGFIELD ***

Library, Powell Road * 9:00 a.m.

MONDAY * ALDAN *

Police Station, Clifton Ave. & Providence Rd. * 6:30 p.m.

TUESDAY * SPRINGFIELD *

Library, Powell Road * 6:30 p.m.

WEDNESDAY: * SWARTHMORE *

Swarthmore Presbyterian Church parking lot,

Harvard Ave. near Rt. 320. * 6:30 p.m.

THURSDAY * SPRINGFIELD * Same as Tuesday**FRIDAY * MEDIA, during Daylight Savings Time ***

Ridley Creek State Park, Bishop Hollow

and Barren Road parking lot * 6:30 p.m.

SATURDAY * COLLINGDALE *

Harris Elementary School, Sharon & Bartram Aves. 9:00 a.m.

Delco RRC Keeping Contact**NEXT DEADLINE: May 20, 1997****NEXT MAILING DATE: June 6, 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....

