

Keeping Contact

Issue 21

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DAWN TO DUSK ULTRAS 1997

By Bill Schultz

As it turned out, this year's Dawn to Dusk Ultras separated into two distinctly different events. In the 12 hour segment of the race there were 10 runners ready to go the distance. Three different states were represented with the majority of runners coming from across the river in New Jersey.

The race started in a steady rain and it didn't take long before the first two lanes of the track were flooded. With the down hill slope, there was a pretty good current. It pretty much stayed that way for the next 5-6 hours.

By mid-afternoon the sun made an appearance and dried out the track. This also helped dry out the runners who were still at it.

12 Hours: Drexel Hill's **Neil Weygandt** was returning for his 13th DTD as the favorite. Nine times he had gone further than anyone else and there was no reason to think this year would be any different. Also returning was the running tandem of **Janet** and **Clive Johnson**. Janet had finished first among the women in all but one of her DTD's. Delco RRC's **Bill Koppeneffer** was coming for a training run in preparation for the Old Dominion 100 Miler later in the summer. Less than a week to the start, **Barry Lewis** sent word he was coming. Normally, Barry is more at home in trail ultras, but he also needed a training run. This was to be his first DTD.

From the outset Barry looked like he meant business. By 50k (4:44:44) he had over a 30 minute lead on Neil (5:22:52). He stretched it to almost an hour (8:03 to 9:01) by 50 miles. Barry finished 1st with a distance of 70.50 miles in 12 hours, with Neil 2nd, covering 64.75 miles in 12 hours.

The women's race was much tighter as **Dee Perkowitz** (5:58) led Janet (6:09) at 50k. Neither woman would give in. At 50 miles, ten minutes separated Dee (9:56) to Janet's (10:06). In the end, Dee won out by a mere 1.75 miles, 60.25 miles to Janet's 58.50 miles in 12 hours.

Delco RRC 50k Championship: For those unaware, 50k is "only" 8k (a little less than 5 miles) more than a marathon. Males can pick up a national ranking if they break 4 hours. Females' national ranking is 5 hours or less. Usually there are only 2 or 3 runners going 50k. This special championship event was added to the DTD. It was the first contested Delco RRC Sanctioned Championship of any distance ever and hopes were that more Delco RRC runners might get involved and give the distance a try. In that regard, it was a success. As it turned out, 4/5 of this year's entrants were

from the club.

Men's Race: On the men's side, co-director **Bill Schultz** was back. Bill had recently teamed up with "Tuohey the Elder" and "Tuohey the Younger" at the Boston Marathon to finish 61st out of 67 open teams. Joining him from the club was **Leo Uzych**. This was to be Leo's first DTD and his first ultra. His goal going in was to take his time and go the distance.

Bill took an early lead and went on to win the first Delco RRC 50k Men's Championship in a time of 4:58:56. Leo finished 4th overall and second in the championship with a time of 6:27:59.

Women's Race: From the women's side of the club came ultrarunning veterans **Linda Pollum** and **Bonnie Muerterties**. Although they never run against each other in an ultra, both Bonnie and Linda had run DTD in the past.

Linda started running ultras back in the mid 80's and had last run DTD over ten years ago. She was back to see just how well she could do. Bonnie started running ultras in the early 90's, holds most of the DTD ultra records, and although not in racing shape, was also out to see how well she could do too.

Running strong from the beginning, Bonnie finished 3rd overall and won the Delco RRC 50k Women's Championship with a time of 5:58:10. Linda ran steady throughout and finished second in the club race.

Who will win next year? It could be you! Come give it a try!

Volunteers

by Bill Schultz

(a commentary?)

I'm sure this will ramble at times, and for those of you that read on, thanks

I know it's not easy to be a volunteer. It takes the most precious thing we as individuals can give some one or some cause. It takes our time. I know that the club is involved in many events, because I've gone and worked as a volunteer at most of them. I see it as my chance to give back to a sport that I've gotten so much from.

As co-director for Dawn To Dusk Ultras, I would personally like to thank all seven of the club members who came and gave of their time. They were:

Richard Hoopes, Bill Morgan, Mike Tuohey, Rita Jordan, Bonnie Muerterties, George Jacques and Tom Hirsch.

This was the 14th year that the Dawn to Dusk Ultras have been run. The event has been sponsored by the Delco RRC

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every year. There are few events on the club's calendar that have been around as long as this.

Sadly, I think it was the first time in the history of the event that there wasn't one club officer who showed up. I'm sure there were good reasons. **Bob Huey** called to say he'd be out of town but would supply a canopy for the volunteers. Of those volunteers, Rita and Tom serve as race directors in the club. Now, it's well known that the three of us don't always agree with each other, but I think we respect what each other does and brings to the table. We know what it takes to put on an event and with that, there's a code. You support mine and I'll support yours.

I badgered Mike and George all year and promised to let up if they helped. They came. they even know I lied and I'll continue to badger them for next year. Hopefully, They'll run just to keep me quiet! Richard Hoopes came to help, I assume he enjoyed the event, because he stayed the whole day. I found out Richard is new to the club and has run a few ultras, I hope he decides to run next year too.

Bill Morgan came. Strangely I'm not really sure why Bill was there. He didn't owe me anything, we seldom ever run together and he doesn't run ultras. Could it be he came just to volunteer? Wow, what a thought! After Bonnie ran and won the women '50k division, she changed clothes and counted laps the rest of the day. Believe me when I say, I know I owe her big time.

I would also like to thank **John and Amy Greenstine-Binder** for coming by with John's sister and husband. They had helped me during my Transcon and wanted to show their support. It was great to see them!

If I missed somebody else, I am sorry, please let me know about it. With that in mind, I would like you to think about helping out next year at the 15th Dawn to Dusk Ultras. I know this is early, but possibly you could mark your calendar for the first weekend in May. That way it won't sneak up on you. For some that will bring a smile. For others, that gives you the chance to start working on your excuse for not giving something back.

If you would like to respond to Bill's comments, call 610-534-2979 or e-mail bschultz@itrc.dciu.k12.pa.us

PEOPLE NEWS

Those vacationing **Larsons** are at it again, sending postcards from the far corners of the world. The adventurous **Don and Sue** write: "We've just left Bali and the Barong (a mythical beast pictured on the postcard) has dispelled all the evil spirits which afflict us. We also climbed an active volcano, Mount Bromo in Java, and we were again protected by benign spirits. Our best wishes to all of the running

community."

Bill Schultz recently did a little trail work. A "transcon" (short-hand for those who run *really long* distances, like across the continent) buddy of his did the Leadville 100 Mile Bike Race in early August. Bill was there to help crew.

Bill also reports that **Tim Wade** had an ACL operation on his right knee on August 1. Seems he won't be doing any serious training for the next year. (*A speedy recovery, Tim.*)

Marryin' **Bob Dimond** has been spotted running around Media lately. If I were a betting woman, I'd say he's getting in shape for a *real* run in Media, a run of the political kind.

Marcy Harper is sporting a new 'do these days. Not only is it a great look, but the shorter style might have an impact on her speed—less wind drag, you know.

God bless the people who run Mt. Lebanon cemetery along the Collingdale course. The water fountain and restrooms are a real lifesaver. For those who have made good use of the facilities, there is a charity box outside for any donations you'd like to make.

Another summer, another Sea Isle City Beach Patrol 10 Miler. It was **John Greenstine's** first race since his ankle surgery last October. The turnout from Delco RRC wasn't that big, but it's quality that counts. According to my notes, **Marc Oleynick** was the first club member to finish, with a time of 64:30. Next was **Nick Sacchetti** 75:00, **George Koerner** (75-ish) won the "Koerner Challenge", **Phyllis Botson** (a bandit), **John Greenstine** (77:25), **Doug Limburg** (78:35), **Mike Koerner** (80:08), **Pete Belfi** (somewhere in-between), and **Bob Koerner** (94:50).

Personally, I've been doing some exercise of a different kind: climbing the corporate ladder. I've been pestering my employers at the chemical specialty company Hercules Incorporated for so long that they've finally named me vice president of Communications. Now I'll have to charge **Tom Hirsch** twice as much to write this column...but then again, two times zero is still zero. The Koerners threw an impromptu celebration after the Sea Isle race. It was worth all the years of aggravation and frustration to watch the ocean from the Koerner's deck, smoking a cigar (*sure did*) with an after-dinner drink in hand. *Smooth!*

--Amy Binder

Heard on the Road

The fun of races like Sea Isle comes after realizing that you're not going to set a personal record unless the course, as in years past, was imaginatively measured as longer than it really was. This year the course was probably a true 10 miler, so the thing to do was assess the conditions (hot and very, very windy from the South) and measure your strength and speed against it. It's kind of like one of those thought problems in math class, except that you have to solve it during the dynamics of a race. Everyone I spoke to seemed to plan to get

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out to the first turnaround in good shape, then see how much the headwind would affect them. **Phyllis Botson** arrived too late to register, so she decided to bandit and just talk to friends. After spending some energy catching her we turned into the wind and my plans faded to trying to keep her in sight. She's in terrific shape heading into her first year as coach of the Upper Darby High's girls varsity cross-country team. While she steamed ahead, I was looking for drafting partners. The mid pack runners did not seem to want to cooperate, although **Marc Oleynick** seemed to have more luck with the guys up front. **Nick Sachetti** noted how tiring the upwind stretch was on his quads, and everyone winced at the four foot jump down off a beach bulkhead at about 7.2 miles. The good part was the last 2.5 with one of the best tailwinds in memory, leaving the entire field feeling like Michael Johnson. Marc Oleynick's day at the beach was not complete, however. He and his family were stranded in Sea Isle with a broken fuel pump. It wasn't until Sunday evening that they escaped, having survived wayward taxi rides, the Gateway ("to hell") Motel and a steep repair bill. "Next year we're booking a nice room in advance!" says **Peggy Oleynick**. At least she's letting Marc go back!

Speaking of Marc and Phyllis, their performance (with **Mike Carroll**) in the Hi Tec Adventure Series race in Connecticut deserves a little more attention. Marc feels that the decisive moment came when Phyllis reached deep for her performance in the running segment, going from "I'll try" to "I'm going to win." Keep in mind that teams scored only when all three racers came across the line, so there was no slack for anyone. Phyllis, Marc and Mike made up 8 minutes against the number one team in the run segment, but as they finished the run they were faced with the final "mystery" challenge, a climb over a twenty foot high cargo net. Phyllis, fading fast, willed herself to the top and essentially just let go and fell the rest of the way. "Team Hammer" finished second in a field of 100, ahead of many sponsored teams and ranked athletes, qualified for the national finals in California and took home a \$600 prize. Lately, Marc has been bugging Phyllis to get out and train on her bike, but she's still claiming to be retired.

--John Greenstine

Send your news to 340 Kirk Lane, Media, PA 19063 or e-mail abinder@herc.com.

Local Run Update

by Michael and Ann Shiber

Just a quick update on local running events and "what is happening" around the Delaware County Community from a local "running reporter". The valuable commodity of Free Time in the 1990's makes news letters and updates such as the Delco RRC Keeping Contact very useful for maximizing your

free time potential... at least when it comes to being able to have the opportunity not to miss out on a running event....

June 7,1997 I was able to enjoy the weekend at the Jersey Shore. While I was there enjoying a "Nor-Easter" weather weekend, it happened to be the Hereford Inlet Seafood Festival. The Anglesea Fire Department was sponsoring their 1st Annual 5k Run which happened to be advertised in Runner's World Magazine. Reporting the weather as very cold and windy is an understatement. I don't think I ever ran in a "Nor-Easter" before, but, along side the ocean is even more delightful. There were some local running favorites there and the run along the beach would have been even better if the weather would have been more compromising. I obtained one of my best 5k times of the year, but I was informed by a local interboro running regular that the course probably was not a full 5k... Either I need to run in more less than 5k's or look for more bad weather for future events.....

June 27,1997 The Media 5 Miler. A great community event that even made the Daily Times before and after the run. It was a beautiful night for a run although it was a little hot for myself. The course through the borough is lined with many community well wishers and there is plenty of camaraderie with well over 1000 runners on the course. The event is well organized and something to be proud of if you are a Delco RRC member, runner, or Media resident. Even the T-Shirt this year was something special with the Media Trolley highlighted on the front. If we could only do something about those hills... I realize they are a interesting challenge to the gifted and experienced runners but to many like myself they are not a lot of fun... After meeting some of my running mates after the event, I realized I was not the only one disappointed with my time and determined to do better next year. At least I finished before the Daily Times Reporter who was a 1st time runner of the Media 5 Miler but we all learn a lot our 1st time around... (like how to walk the Media 5 Miler!) ...but I did not see the wedding party runners featured in the Times, did you????

July 2,1997 The Run for People with Disabilities, Wilmington DE. A great sponsored event for a great cause. The 5k course sponsored by Dupont Hospital and Marathon Sports was on the beautiful Hospital grounds. It turned out to be a beautiful breezy night for a run, but the earlier warning of thunderstorms kept a lot of people away. Since I usually excel in these circumstances we made the trip down to Delaware hoping for the best. There was no "Nor-Easter" though and I settled for a better than average time on a course which was full of rolling hills through a scenic park. A fellow Delaware County Runner was very helpful in obtaining directions and for a course description, although he and my wife left me in the dust at the conclusion of the race. Paul was the winner in his age group, the second time that week, and my wife was the second over all walker in the 5k event. I really need to work

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on those hills.... Maybe I should start training in Media... Only during bad weather of course...

July 4, 1997. The 17th Annual Sharon Hill 4th of July Run. A nice 2.12 mile fun run of the small but quaint borough of Sharon Hill. We have 3 parks and 3 churches but no late night institutions. I have been coordinating the run for the past several years and must say it was a great year. I was fortunate enough to have the most volunteer help and still sponsor the only free organized run I am aware of. We were delighted to have Byron Mundy (President of the RRC) come from a great a distance to join in our activity this year. It was a pleasure to have his family join ours for the 4th of July. This year we had a new T-Shirt design and double the awards to present, that even Byron was able to partake in. We hope to see him and others next year for our 18th Annual run as we will continue to work to improve the run and maybe even go back to a 5k run which the 1st few runs were... (with no big hills)...

July 9th, 1997. The Run for Independence 5k Run/Walk, Brandywine Park, Wilmington, DE. Independence Run had over 500 runners participate in this event, with a course of the beautiful Brandywine Park. The course was very similar to the Cherry Blossom 5 mile event held in April by Marathon Sports, it also had many of the same experienced runners! I spoke with one such runner who previously ran 17 miles that day before the run, in training for an Iron Man relay event which he was going to run all himself that weekend.... I wished him the best... Training does pay off though because I finished before him in a previous event but he was better than me that night. The Refreshment table at the end of the race was excellent with plenty of fruit and juices even TCBY! The awards ceremony was held at Cavanaugh's Bar and Restaurant in Wilmington, not far from the race, where more food and reasonable drinks were available. The rain came hard and heavy and moved the festivities inside, but they did not come soon enough for myself to win any award in this race... although my wife came in 2nd Place to win a trophy in the walking event taking 3 minutes off her previous time.

Marathon Sports and their sponsors ran a well organized fun run. A event worth marking on the calendar for next year....

The summer is half over and the running events look a little sparse until the fall brings another more hectic season. With the summer weather we are having though, we are looking forward to the fall! In particular, we are looking forward to the Run for the Heroes and Half Marathon events. If there are any interesting, scenic, or fun runs you are aware of please write in and tell us all about them.... As we would be very interested in hearing what we are missing and might make plans for next year not too miss!

We hope to continue to help in small ways to the RRC and maybe will try to fit in club meetings. Byron welcomed us to the Saturday runs across the bridge which are close... now if we could only get a couple of Saturdays off...

UPCOMING EVENTS

CLUB MEETING:

September 30, 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 **September 30, 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

10-11-97 Delco X-C Championship
Byron Mundy 610-534-2833

11-23-97 Phila. Marathon Aid Station
Ron Grace 610-623-3069
Tom Hirsch 610-544-2280

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

4-4-98 Tyler Trail Run
Tom Hirsch 610-544-2280

Please call, we need your help!!

Update on 97/98 Delco RRC Membership

To date, I have sent out 182 cards to. Please note your membership number for 1998 appears on the address label of your newsletter. If your number is not on your September newsletter, you probably need to send in your renewal or you will not receive October's newsletter. 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 and phone numbers are up to date and that people who wish to remain members 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.

Welcome New Members!! Robert Duffy, Nicholas Nilan.

So Long Old Friends!! Long time member **Rolf Dehmel** is moving out west, keep in touch Rolf and Good Luck!

Sincerely,
Kathi Clatterbaugh

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Membership

DELCO AT THE RACES

by Phil Kline

If we miss you, please call. Keep your race results coming in; we like to hear from you. Phil Kline 609-751-2089 or Tom Hirsch 610-544-2280, e-mail: TRHirsch@aol.com

Name Age/Sex Place Time
101st Boston Marathon Team Results. Delco RRC
Male Open 61st out of 67 teams, total time: **10:23:31**

Michael Tuohey Jr. 3:17:00
 Bill Schultz 3:18:20
 Michael Tuohey Sr. 3:48:11

Male Master 7th out of 60 teams, total time: **9:00:40**

Richard Hoopes 2:54:43
 Larry Filtz 2:57:53
 Tom Stone 3:08:04

Phila. Bar 10k, PA, 5-18-97, 634 Finishers
 Gene Martenson 69/M 420 56:11

Marathon Sports 5k, Wilmington, DE, 7-31-97

Richard Webb 53/M 17:40 1st age group
 Frances Kirk 35/F 18:52 1st Women
 Jim Esham 51/M 21:00
 Linda Pollum 42/F 24:48 1st age group

Miles for Smiles, Wilimington, DE, 8-6-97

Richard Webb 53/M 17:58 1st age group
 Jim Esham 51/M 20:48
 Beth Fellona 40/F 22:33 2nd age group

St. Peter's 5 Miler, New Castle, DE, 8-8-97, 224 Finishers

James Smith 22/M 4 27:49 1st age group
 Dough Smith 31/M 8 28:44 1st age group
 Richard Webb 53/M 9 28:46 1st age group
 Frances Kirk 35/F 30 31:45 1st Women
 Beth Fellona 40/F 103 36:50 1st age group

Unity Day 10k, Phila, PA, 8-16-97, 264 Finishers

Richard Webb 53/M 13 37:23 2nd age group
 Phil Kline 47/M 68 45:47
 Gene Martenson 69/M 184 59:13
 Paul Isaac 32/M 244 1:14:30

Thanks to Delco Members!!!!

Delco RRC is buying 100% cotton singlets with the Delco RRC logo on it. Every club member 12 yrs. or older will receive a shirt. We will have women's cut and men's cut shirts. So what **we need is your shirt size** and short size for future

reference. Please contact Tom Hirsch at 610-544-2280, mail to: 97 Powell Rd, Springfield, PA 19064 or e-mail: TRHirsch@aol.com
 Please contact me as soon as possible. Thank you.

The Fuhrman Report

On August 17, 1997 at Swarthmore College, **Bob Fuhrman** won the 55-59 age group at the Phila. Masters Championship. Bob ran the 200 in 27.6 and the 400 in 62.6. That's moving! Good ~~running~~ **Bob**!

In Remembrance of Bill Jackson

by Neil Weygandt

Bill and I shared a love of running and I wanted to share a few memories of him with everyone. I remember how competitive Bill was during the Springfield Joggers' Fun Runs in the mid 1970's. They would often turn into near races involving Bill, Steve Whitmore, myself and sometimes Byron Mundy. I think problems with his feet limited his success in road races.

Once, Bill fell into a construction ditch while out on an early morning run. After climbing out of the ditch, he staggered into a 7-11 store, only to have them refuse his request to use the telephone because he didn't have a dime!

We all appreciated the great job Bill did as Director of the Philadelphia Distance Run in the early 1980's. He loved to brag about how Lasse Viren stayed in his house and sat in his chair! Bill also loved the Penn Relays and always had the best seat for all three days. I enjoyed sitting with Bill, at the Relays, "talking track".

I considered Bill a good friend and will really miss him. Our sport has suffered a serious loss, but his memory will live to inspire us.

<p>RACE CALENDAR: SEPTEMBER: 7 FIRST TRUST BANK RUN 5k & 1mi walk, Erdenheim, PA; Contact Bob Reynolds, 16 Terminal Ave, Erdenheim, PA 19118; 215-739-9141 ex 129</p> <p>COMMUNITY COLLEGE OF PHILA. 5mi & 2 mi, Phila, PA; Contact 215-751-8042</p> <p>11 FRIENDS OF ANN MARIE 5k, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400</p> <p>13 WOMEN'S DISTANCE FESTIVAL 5k, Ridley Creek State Park, Media, PA; Sponsors: Moving Comfort, Runner's World, RRCA & Delco RRC; Contact Marianne Grace, 254 Bryn Mawr Ave, Lansdowne, PA 19050; 610-623-3069</p> <p>KIM'S RUN 5k, Kimberton, PA; Contact Phoenixville Hospital, 140 Nutt Rd, Phonixville, PA 19460; 610-983-1550</p> <p>FALL FESTIVAL 5k, Mt. Laurel, NJ; Contact 609-234-0001 ext. 246</p> <p>14 HALF-WIT HALF, 13.1 MI. TRAIL RUN, Reading, PA; Contact Pretzel City Sports; 610-779-2668</p> <p>RUN FOR STRONG BONES 5k, West Chester, PA; Contact John Francis, 1317 West Chester Pike, West Chester, PA 19380; 610-692-0913 (w)</p> <p>MARATHON of the ROSES, York to Lancaster, PA; Contact Clay Shaw, 3035 Raintree Rd, York, PA 17404; 717-764-1181</p> <p>KLONDIKE KATE'S 5k, Newark, DE Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400</p> <p>20 CORA CELEBRATION 5k, Pennypack Park, Phila, PA; Contact Bob McElhenny, CORA Services, 733 Susquehanna Rd, Phila, PA 19111; 215-342-7660 ext 216</p> <p>RACE FOR THE CHILDREN 5k & 1mi Westgate Hills, Havertown, PA; Contact Sue Defeo, 610-789-9578 or Carol Lewis, 610-446-3708</p> <p>RUN FOR COMMUNITY PRIDE 10k, Upper Providence, PA; Contact Al Baumgartner, 226 Union St, Royersford,</p>	<p>PA 19468; 610-948-3870</p> <p>MID-ATLANTIC X-C 1/2 marathon & 5k CHAMPIONSHIP, White Clay State Park, Wilmington, DE; Contact American Lung Assoc. of DE, 1021 Gilpin Ave, Suite 202, Wilmington, DE 19806; 302-655-7258</p> <p>21 ROMAN RUN X 5 MILER, Phila, PA; Contact Roman Catholic HS Alumni Office; 215-627-5487 or 215-627-5488</p> <p>27 6th ANNUAL EAGLE NAT'L BANK 5k RUN/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</p> <p>28 PHILA. DISTANCE RUN, Phila, PA Contact Mark S. Stewart, 215-864-8225 or 610-293-0786</p> <p>CONESTOGA TRAIL RUN, 10 MI, Lancaster, PA; Contact Bill Smith, 509 Big Bend Rd, Lancaster, PA 17603; 717-394-7812</p> <p>VIKING SUNDAY RUN 5k & 1 mi. Warminster, PA; Contact Tom Gale, AB Wood Alumni Assoc, 254 Barren Hill Rd, Conshohocken, PA 19424; 610-940-1778</p> <p>OCTOBER: 4 MAIN LINE BANK RUN 5k & 1mi, Conshohocken, PA; Contact Lenore Bruno, 407 W. Ridge Pk, Conshohocken, PA 19428; 610-397-1553</p> <p>NISSLEY VINEYARDS DISTANCE CLASSIC 7mile loop, Bainbridge, PA ; Contact Ray Bradley NVDC 1248 West Main St, Suite L-4, Ephrata, PA 17522; 717-733-7683</p> <p>OKTOBERFEST 5K, Doylestown, PA Contact 215-345-0806</p> <p>YOU'VE GOTTA HAVE GUTS 5K, Phila, PA; Contact 215-396-9100</p> <p>5 NORTHEAST ROADRUNNERS 25K Pennypack Park, Phila, PA; Contact 215-245-1849</p> <p>16th ANNUAL WINEGLASS MARATHON and TEAM RELAY, Corning, NY; Contact Wineglass</p>	<p>Marathon, PO Box 117, Corning, NY 14830; 607-937-6184, fax 607-974-4627</p> <p>STAN and DAN'S 25/50K CHALLENGE TRAIL RUN, Mt. Gretna, PA; Contact Dan Petlet, 1701 S. 5th Ave, Lebanon, PA 17042; 717-272-7157 (h), 717-228-6173(w)</p> <p>RADNOR RUN 5MI & 1MI, Radnor, PA; Contact Jim Wellen, American Lung Assoc, 525 Plymouth Mtg Rd, Plymouth Mtg, PA 19462; 610-941-9595</p> <p>11 CHESTERBROOK 10K, Wayne, PA; Contact Upper Main Line YMCA, 1416 Berwyn-Paoli Rd, Berwyn, PA 19312; 610-647-0770</p> <p>12 DELAWARE DISTANCE CLASSIC, 15k & 5k Wilmington, DE; Contact Chip Bixler 410-3987482</p> <p>BOWTREE RUN 5K, West Chester, PA Contact Duncan Smith, 1713 Bowtree Dr, West Chester, PA 19380; 610-436-8265</p> <p>OLEY VALLEY COUNTRY CLASSIC 10 MILE, Oley, PA; Contact Barry Goodhart, Box 227, Robesonia, PA 19551; 610-589-5374</p> <p>STEAMTOWN MARATHON, Scranton, PA; Contact PA8 NE Territory Visitor's Bureau, 100 Terminal Rd, Suite 216, Wilkes-Barre Int'l Airport, Avoca, PA 18641</p> <p>LONG BEACH ISLAND 18 MILE, Long Beach Isle, NJ; Contact 609-494-8861</p> <p>RUN FOR HEROES 5k, Media, PA; Contact 609-468-0010</p> <p>18 6th ANNUAL COVERED BRIDGE CLASSIC-10 MILES, 5k Run/walk racewalk, Atglen, PA; Contact Covered Bridge Classic, 888 Bush Rd, Atglen, PA 19310; 610-593-6538</p> <p>SHUT UP AND RUN 5K, Bryn Mawr, PA; Contact 610-527-5510</p> <p>RACE AGAINST DOMESTIC VIOLENCE 5k, Wilmington, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-654-6400</p> <p>19 A WOMEN'S RACE AGAINST BREAST CANCER 5k, Women Only, Wilmington, DE; Contact Women's Sports Specialties,</p>
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5335-B Limestone Rd, Wilmington, DE 19808; 302-239-0838

VILLAGES of SPRING RIDGE SPRINT, 10k, 1 mile fun run & 1/2 mile kids run Wyomissing, PA; Contact Pretzel City Sports, 112 W. 36th St, Reading, PA 19606; 610-779-2668

38th ANNUAL ATLANTIC CITY MARATHON, 10k, 5k plus 2 mile walk, Atlantic City, NJ; Contact ACMarathon, Dept FN, PO Box 2181, Ventnor, NJ 08406-0181; Jennifer, 609-822-6911, Fax 609-823-7694

NORTH PENN RUGBY CLUB RUN 5k & 1mi, Skippack Village, PA; Contact North Penn Rugby Club, Box 285, Lansdale, PA 19446; 215-699-3239

CHERISH THE CHILDREN 5k, Hamilton, NJ; Contact 609-9896982

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

LUPUS LOOP 5 MILER, Phila, PA; Contact 215-743-7171

26 22nd MARINE CORPS MARATHON, Washington, DC; Contact 1-800-RUN-USMC

NOVEMBER:

1 READ & RUN 5 MI & 1 MI, Malvern, PA; Contact Denney Magee 610-647-5207

2 HISTORIC READING RUN 10k, Reading, PA; Contact Ron Horn, Pretzel City Sports, 112 W. 36th St, Reading, PA 19606; 610-779-2668

A TO Z 10K RUN FOR WILDLIFE, Phila, PA Contact 215-234-5375

8 WINTER WARMUP 5 MI, West Chester, PA; Contact W. Chester YMCA 610-692-8440

9 MILES FOR SMILES 5 MILE, Phila, PA; Contact 610-275-7923

2nd ANNUAL 5K RUN & 1 MI HEALTH

WALK, Phila, PA, Contact 610-277-8663

5k/10k NOTTINGHAM PARK TRAIL RUN, Nottingham, PA; Contact Marathon Sports, 302-654-6400

VIETNAM VETERANS OF AMERICA 5K, Norristown, PA; Contact MARM, Suite 1, 650 Sentry Parkway, Blue Bell, PA 19422; D Bean 610-296-2868

15 HAMMONTON X-C 5K, Hammonton, NJ; Contact 609-561-4441

16 MUHLENBERG TWP TURKEY TROT 10k, Reading, PA; Contact Muhlenberg Parks & Rec Office, 555 Raymond St, Reading, PA 19605; 610-929-1503

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**

FAIRMOUNT PARK 5 MILER TURKEY TROT, Phila, PA; Contact 215-685-0052

TURKEY DAY 5K, Cooper River, NJ; Contact 609-561-4441

29 NORTHERN CENTRAL TRAIL MARATHON & RELAY, Sparks, MD; Contact NCTM, PO Box 5464, Towson, MD 21285; 410-377-8882

30 TIM KERR 8.4 MILE LOOP RACE, Phila, PA Contact 215-343-7908

DECEMBER:

7 PMRI DELWARE MARATHON & RELAY, Middletown, DE; Contact Marathon Sports, PO Box 398, Wilmington, DE 19899; 302-664-6400

BRIAN'S RUN 10k, West Chester, PA; Contact WCU 610-436-1000

13 ATHLETE'S CLOSET WINTER SERIES 5K, West Chester, PA; Contact The Athlete's Closet 610-692-4922 or 800-487-4699

21 SHIVER BY THE RIVER 5K & 10K, Winter Series Race #1, Reading, PA; Contact Ron Horn, 112 W. 36th St, Reading, PA 19606; 610-779-2668

JANUARY:

1 RUNNERS' ADVOCATE NEW YEAR'S 5K: Phila, PA; Contact 215-343-5838

APRIL: 1998

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

TRI-BIATHLONS

SEPTEMBER:

14 SKYLINE TRI., Spruce Run State Park, Clinton, NJ; .50 swim, 14.3 mi. bike, 5k run; Contact North Hunterdon Rotary Club, 908-832-2124 or 609-468-0010

27 BRANDYWINE TRI., Exton, PA; .5 mi swim, 15 mi. bike, 3 mi. run; Contact 610-384-5084

OCTOBER:

4 GREAT PUMPKIN DUATHLON, Estell Manor, NJ; 2.2 mi. run, 15 mi. bike, 2.2 mi. run; Contact PR Racing Inc, PO Box 494, Northfield, NJ 08225; 609-391-8123 or fax: 609-391-8134

ORIENTEERING

SEPTEMBER:

6 CORE CREEK COUNTY PARK, Bucks County, PA; Instructional Courses, Courses W, Y; Event Director Glenn Bykowski, 215-643-3937; 5 color map, 1:10,000 Great event to introduce freinds to orienteering.

13 THE WILLOWS, Villanova, PA; Only Beginner's Courses, Courses W, Y; Event Directors: Debbie Samans 610-356-5341 or Tim Walsh 610-446-3255; Color Map: 1:10,000

27 MYRICK CENTER (BVA); West Chester, PA; Course: W, Y; Event Director Mary Frank 610-792-0502; 5 Color Map: 1:7,500

28 VALLEY FORGE- NORTH "FLATLANDS", Montgomery County,

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PA; Courses: W, Y, O, G, R; Event Directors: Kent Shaw and Jean O'Connor 610-983-9751. 5 Color Map: 1:10,000

OCTOBER:

4 LEMON HILL-FAIRMOUNT PARK, Phila, PA; Courses: W, Y, O; Event Director: Elisabeth Otvos 610-666-7110. 5 Color Map: 1:5,000

18 WARWICK COUNTY PARK, Chester County, PA; Courses W, Y, O, G, R; Event Director: Dale Parsons 610-978-9432; Color Map: 1:10,000

19 RIDLEY CREEK STATE PARK, Delaware County, PA; Courses: W, Y, O, G, R; Event Director Steve Aronson 610-626-5195; 5 Color Map: 1:15,000

25 TYLER STATE PARK, Bucks County, PA; Instructional Courses W, Y; Great event for first timers. Event Director: Ron Cook 215-968-5397; 5 Color Map: 1:15,000

NOVEMBER:

1 VALLEY FORGE HISTORICAL PARK, Valley Forge, PA; Courses: W, Y, O, Br, G, R, BI; **NATIONAL EVENT DAY, NEW MAP;** Come join the fun and help celebrate 30 years. Preregistration required. Event Director: Mary Frank 610-792-0502, Registrar: Sandy Fillebrown 215-242-0911. 5 Color Map: 1:10,000

Delco RRC Membership Meeting

Tuesday August 26, 1997

Attendees: **Byron Mundy, Larry Filtz, Rita Jordan, Kathi Clatterbaugh, Bob McElhenney, Phyllis Botson, Richard Hoopes, Paul Isaac, Bob Fuhrman, Bob Huey, Tom Hirsch**

Meeting was called to order at 7:40 P.M. by Byron Mundy, President. Minutes from last meeting approved.

Membership Report/ Kathi Clatterbaugh: 182 membership cards have been sent. Membership number appears on your mailing label of the September club newsletter. No number on label? You need to renew your membership or you will not receive the October newsletter.

Treasurer's Report/ Bob Huey: current club balance is \$21,000. This balance is inflated due to the fact that not all issues have been settled with regard to the Media race. a final report to the club will be made as soon as all outstanding issues are resolved.

Public Relations Report/ Tom Midwood N/P.

Team Coordinator/ Larry Filtz: Phila. Distance Run, a mixed team was decided for now, this could change as entries come in. Minimum of 4 people represents a team.

Newsletter Report/ Tom Hirsch: Send articles, race results or contact the club on e-mail TRHirsch@aol.com

Old Business:

September 17 is the date for the Media 5 Miler debriefing meeting at Rita Jordan's house. Possibility of new sponsors for the Media race.

There was a motion to keep the Delco X-C Meet on October 11. Passed. We looked at all options to move the meet off the Jewish holiday of Yom Kippur, but could not find a reasonable solution that would work with all parties involved. The club is sorry.

Women's Distance Festival race fliers sent to all women who ran the Media 5 miler. If you want to run or help contact Marianne Grace 610-623-3069

New Business:

Kathi Clatterbaugh will run for club treasurer, if someone else takes over the club membership. Anyone interested call **Kathi Clatterbaugh** or **Byron Mundy**. There was a motion made by **Tom Hirsch** to buy 100% cotton singlets with the club logo on them for all club members 12 yrs. and older and new members that join in the future. Seconded by **Bob Fuhrman**, Passed. **To all club members 12 yrs. or older, contact Tom Hirsch with your shirt size at 610-544-2280, e-mail TRHirsch@aol.com**

A club picnic was discussed. We are looking at a Saturday in mid-May at Ridley Creek State Park. Any ideas or if you would like to help contact Tom Hirsch. More on this later.

Motion to adjourn at 8:50 P.M.

Minutes recorded by **Paul Isaac**.

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

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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, e-mail: TRHirsch@aol.com

NEXT DEADLINE: September 20, 1997

NEXT MAILING DATE: October 10, 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....

