

# Keeping Contact



September, 2001; Issue 69 Published by the Delaware County Road Runners Club  
e-mail: Delcorrc@aol.com <http://members.aol.com/delcorrc>

## Welcome New Members:

**Pamela Kracht, Todd Parker, Beth Parker and Jeanne Hauck.**

## THE ATHLETE'S KITCHEN

By Nancy Clark, MS, RD  
Copyright: August, 2001

### Making Dietary Changes: Willpower -- Or Nutrition Skill Power?

"I wish I had more will power. I just can't seem to stick to any diet and lose weight."

"If only I had more will power, I wouldn't be tempted by the vending machine. Every afternoon at 3:00, it's like a magnet for me..."

"I'm a junk food junkie. I need some willpower to clean up my diet."

For the athlete with a sweet tooth, cravings for junk food, or with excess body fat, will power is deemed the missing character trait that leads them into nutrition temptation. Athletes who lack willpower commonly beg me to put them on the straight and narrow and empower them with the ability to "just say no" to food sins. They are convinced lack of willpower is the root of their food struggles. I tend to disagree.

The following case studies explain why I disagree and offer another way of thinking about food management. I believe in nutrition skill power more so than willpower.

#### Case #1. Sweets Craver

"If only I had more willpower, I could get sweets out of my life" complained Rick, a 27 year old triathlete. He trained hard, tried to eat healthfully but inevitably would succumb to his "downfalls": chocolate chip cookies, candy bars and ice cream. These sweets undermined his intentions to fuel his body healthfully. "I just have no willpower in the afternoon when my training is done for the day. I want a reward...and chocolate rewards me well!"

I reviewed Rick's typical food and exercise program. He ran first thing in the morning, grabbed a small breakfast on-the-run (banana and bagel), then headed for the office. He did his second workout at the gym during his lunch hour, then rushed back to the office. Come three o'clock, he was "starving" and would attack the vending machine.

Rick was indeed correct in describing himself as starving;



he was! He had consumed only 500 calories, yet had burned at least 2,500 calories. By afternoon, he was 2,000 calories "in the hole." No wonder he was craving sweets. His depleted body was screaming at him for quick energy.

Rick believed that lack of willpower regarding chocolate created his eating problem. Wrong. Getting too hungry was the problem. He could prevent sweet cravings by eating more calories earlier in the day. I encouraged Rick to eat a banana and a granola bar

before his morning run, refuel afterwards with 16 ounces of orange juice and a bagel with peanut butter, then have half his lunch (a turkey sandwich and a yogurt) at 11:00 (an hour before his second workout), and refuel afterwards with another sandwich and juice. By feeding his body adequately, he prevented the urge to binge on sweets.

"I'm amazed!!! I no longer crave sweets. I haven't had any chocolate all week and I haven't even missed it." Rick needed nutrition skill power (not willpower): better fueling patterns.

#### Case #2. Diet Failure

"If only I had more willpower, I could lose weight" complained Roberta, a 42 year old recreational runner. For years, she had been on and off diets, only to feel totally unsuccessful. "I've been trying to lose these same eight pounds for 25 years." Feeling totally helpless, she came to me as a "last resort" to help her achieve her weight goals.

When reviewing her dieting history, I noticed Roberta would diet by trying to exist on fruit for breakfast, salads for lunch, yogurt for snack, and fish with vegetables for dinner. Spartan intake, to say the least, as well as very limited variety of food. I asked "When you are not dieting, what do you eat?" She quickly listed her favorite foods: granola for breakfast, PB&J sandwich for lunch, spaghetti for dinner. Every time she went "on her diet" to lose weight, she denied herself of these favorite foods. She even went to great extremes to keep cereal, peanut butter and bread out of her house so she wouldn't eat them. She deemed them too much of a temptation for her weak willpower.

I encouraged Roberta to stop looking at food as being fattening, and instead enjoy it as one of life's pleasures. Given she has liked granola, breads and pasta since childhood, she's naive to think she can stop liking them. Instead of trying to keep these foods out of her house, I encouraged her to eat them more often. I pointed out that her standard "diet

*(Continued on page 2)*

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foods" (fruit, salad and fish) had no power over her because she gave herself permission to eat them whenever she wanted. I encouraged her to eat granola every day for breakfast (and even lunch, dinner and snacks) to take the power away from that food--and simultaneously teach her how to manage eating granola in an appropriate portion.

If you, too, struggle with weight issues, you need to learn how to manage your favorite foods--not how to deny yourself them. By enjoying appropriate portions of whatever you'd like to eat, as often as you'd like, you no longer need willpower to avoid them. Nutrition skill power, not willpower, enhances permanent weight loss without denial and deprivation.

A skill that enhances portion management is to eat mindfully (not mindlessly), chew the food s-l-o-w-l-y, taste it and savor each mouthful. By doing so, you'll need far less quantity to be satisfied; you'll be content to eat a smaller portion. You will also diffuse the urge to do "last chance eating." (You know, "Last chance to eat bagels before I go back on my diet...") You can have more bagels (or whatever) when your body becomes hungry again. Nutrition skill power wins again!

### Case #3. Junk Food Junkie

"If only I had more willpower, I would eat fewer donuts, chips, ding dongs..." fantasized Jason, a 22 year old graduate student and rugby player. "I know I should eat more healthfully, but I just happen to love junk food..." In the past, Jason had tried to go "on the straight and narrow" by limiting his intake to "good clean calories"-a pattern that left him feeling denied, deprived.

I reminded Jason there is no such thing as a "good" food or a "bad" food, but rather there is a good diet or a bad diet. He could healthfully balance "bad" foods into an overall good diet. I encouraged him to shift his meal patterns to front-load his calories and prevent the hunger that can all too easily lead to over consuming "junk." I helped Jason recognize when he ate healthfully; he not only felt better but also exercised better and felt better about himself. Skill power, not willpower, helped him improve his food choices.

The bottom line:

If you believe you need more willpower, think again and consult with your local sports nutritionist. At [www.eatright.org](http://www.eatright.org), you can find a local nutrition skill-builder.

### Nancy Clark, MS, RD

Nutrition counselor at SportsMedicine Associates in Brookline MA, teaches individuals how to build their nutrition skills. Her best seller, Nancy Clark's Sports Nutrition Guidebook, Second Edition, is available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com) or by sending \$22 to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467.

## Delco RRC's Picnic Hello Delco RRC Members!

The DELCO RRC Annual Family Picnic will be held on **September 9, 2001, at 1:00 p.m.** in Ridley Creek State Park. We have reserved **Pavilion #17**, and the club will provide beverages and plastic cups, plates etc. The food is a potluck affair so bring your favorite dish, grill and condiments. You may also want to bring some items for outdoor fun such as frisbees, football, softball bat and glove, volleyball etc.

We need to have a fairly accurate count of attendees to purchase the proper amount of beverages.

Please respond to **Phyllis Delate** at **610-872-3598** or e-mail her at **[delatephyllis@yahoo.com](mailto:delatephyllis@yahoo.com)**. When you respond be sure to include the number of people in you party.

We'll see you this Sunday.

Delco RRC Board of Directors

### Board Splits

By Torpey White

Hot enough for ya? Have any of us heard that line too many times? Granted, we are in the month of August, but is it ever really too hot here? We have some real drippers and/or scorchers but we aren't in Death Valley. Most of us can find some relief from the heat. In another month or so we will be in the beginning of fall and temperatures will be perfect for running. We won't want relief from the heat but an excuse to get outside and exercise. The fall racing season will be in full swing.

Speaking of racing, this fall Delco RRC has the honor of being the only running club in the ENTIRE state of Pennsylvania to host a Women's Distance Festival. We are it! I hope that all of you will have a chance to attend, encourage or support the woman runner of your choice. Fast, slow, or moderate. Beginner, expert or journey woman. All of the women in the area have a chance to participate. Let's give them a great reason to attend OUR festival on September 23, 2001.

Another event in September is the club picnic. This is a family event and I encourage all of you to attend. It will be held at Ridley Creek State Park starting at 1 P.M. on September 9, 2001. It will be potluck with the club supplying beverages and flatware (really plastic stuff but flatware sounds better). Bring the family, the outdoor game of your choice and your latest jokes. Please respond to Phyllis Delate so that we know approximately how many people to buy for.

September is a busy month and October and November aren't too slow either. Get out to a club event in the next few months and see some old friends and have some laughs. For

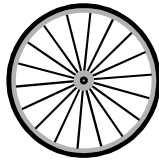
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now I'm signing off to go encourage my significant other to attend the Women's Distance Festival. It's a task that is harder than running the club. I'll talk to you next month and good running. Torpeyj@aol.com (610) 338-0942

**FOR SALE!!!**

**Great touring bike**-perfect for a teen or petite woman. Light but sturdy; survivor (along with the current owner) of two MS150 City to Shore rides. Including brand new saddle and spare tubes for \$250.00. Call **Carol** at **610-940-4738**.



**Delco RRC People News - "Catch the Rabbit"**

By Mark Clatterbaugh

After the delightful running weather we had in July, early August was certainly a kick in the pants. Attendance at many of the fun runs dropped off as only those of us with a death wish chose to battle the heat and the humidity. While a number of folks have gone off to hide in the air conditioning, several club members whom the Rabbit didn't see during the good weather decided to make it out to the fun runs. **Bob Kern** and **George Jacques** have made appearances at the Springfield evening runs. Even **Phil Kline** found time to make a 6:30 PM Springfield run. (For years Phil has been the rebel leader of an unofficial 5:30 PM run.)

The Swarthmore runs are continuing with their popularity and so are the post run gatherings at Swarthmore Pizza. **Todd Parker**, a recent newcomer, has become a regular at both Springfield and Swarthmore.

While **Byron Mundy** has been hiding out at his Peach Bottom Mansion on weekends, the Rabbit, **Bill Morgan** and **Paul Isaac** have been rotating as fun run leaders for the Sunday 4 PM run. Despite the weather **George Yarnell**, **Karen McShay**, **Katie McShay** and **Ryan McShay** continue to be among the stalwarts. Katie recently placed 3rd and 4th in national competition for the 1,500 and 3,000 meters and Ryan continues to impress the Rabbit at the fun runs. Both will be competing for St. Francis CYO in Cross Country.

A number of club members trained hard despite the weather for the Sea Isle 10 miler and the Half Wit Half Marathon. Look for results in the newsletter for those who didn't wimp out because of the rain or some other excuse (such as a sudden attack of common sense).

**Steve Whitmore** (aka Mr Mom) has been surviving since his wife Reverend **Maridel Whitmore** took on her new assignment in Yardley. Steve and his three sons are staying in Springfield while the boys are still in school. The Rabbit and others have enjoyed Steve's stories about how tidy the boys are keeping things at home. (It sounds like an exterminator may be needed in son William's room.)

Both **Torpey White** and **Marc Oleynick** have found their way back to the runs since their moves.

The Bear and **Dot Kracht** have been working extra hard to pull together this years Women's Distance Festival. The 5K run will take place on Sunday, September 23rd at the 4PM run. If you aren't running and can help send an e-mail or give them a call **610-328-4987**. Course marshals are needed and the Bear promises that the contestants will be worth marshalling.

Remember if you have news to share send us an e-mail at **Boosbaugh@AOL.com** or "Catch the Rabbit" at one of our fun runs and share your news or worse yet don't show up and rely on your friends to share your stories.

**Delco RRC's Monthly Report  
Next Club Meeting**

**September 24, 2001**

Location: **Covenant United Methodist Church, 212 W. Springfield Rd., Springfield, PA 19064.**

The church is on the corner of Saxer Ave and Springfield Rd. The meeting will be held in **Room 5** in the Sanctuary Bldg. beginning at 7:30 p.m. Parking behind the church. So, you can run the Tuesday fun run at 6:30 p.m. and make the meeting for refreshments.

Club meetings are open to all Delco RRC members. Try to attend and express your ideas for the club now and in the future. Upcoming Meetings: **Tuesdays: September 24, October 30, November 27 and December 18.**

**Delco RRC Keeping Contact Connection**

97 Powell Rd. Springfield, PA. 19064

E-Mail

**Delcorrc@aol.com** or **TRHirsch@aol.com**

**NEXT DEADLINE: September 20, 2001**

**NEXT MAILING DATE: October 5, 2001**

Articles, race results, letters, calendar listings, and photographs are welcome. Please send material by mail on disks or by e-mail. Please use WORD or WORKS. Thanks.

**Delco RRC on the web: <http://members.aol.com/delcorrc>**

**Newsletter Advertising Rates**

full page	\$30.00 (1 side)	1/2 page	\$20.00
1/4 page	\$15.00	1/8 page	\$10.00

**Delco RRC Yearly Events**

**Give Us A Call, Help Lines Are Open!!**

The phone numbers listed below are your contacts to Delco RRC events. Please give us a call. Your suggestions and support are always greatly appreciated.

9-23-01 **Women's Distance Festival:** Kathi Clatterbaugh  
610-328-4987

(Continued on page 4)

(Continued from page 3)

- 10-01 **Delco X-C Championships:** Byron Mundy  
610-534-2833
- 11-18-01 **Phila. Marathon Aid Station:** Ron Grace  
610-623-3069
- 11-22-01 **Thanksgiving Day Volkswanderung:**  
Tom Hirsch 610-544-2280
- 4-02 **Tyler Arboretum 10k Trail Run:** Bob Huey  
215-295-7061
- 5-02 **Dawn to Dusk:** Bill Schultz 610-534-2979
- 6-02 **Junior Development Track Meet:** Byron Mundy  
610-534-2833
- 6-02 **Media 5-Miler:** Rita Jordan-Keller 610-565-1416

**For Sale!!!**

**Excellent condition - worn only twice.**

**Women's Brooks #42003141** white with blue and a bit of fluorescent yellow. Florescent yellow tongue and liner. Wide toe box. Size 8.5 Back says mf/st. Nifty Brooks logo on the side in silver. A great buy for the low price of **\$50.00**. Please call in the evenings **(610) 446-3768**.

**Fun-Runs Are Going Well This Year**

By Byron Mundy

After 31 weeks of the current year, 169 individuals have participated at one or more of our club fun-runs with 41 people having earned a blue t-shirt for running 10 times. So far Jim Smith leads in attendance with 113 times, while Terry Adamson and Steve Whitmore are tied in second place with 95 times. The top three women are Alexis Kingham with 71 times, Mary Beth Mundy with 65, and Kathi Clatterbaugh with 35.

There are now eight official club fun-runs every week and attendance has been steady even during July and August. Swarthmore recently saw its biggest turnout of the year on July 18 when twenty people ran. The table below shows the average turnout and the highest turnout (and date) at each fun-run so far this year.

Location:	Time:	Average:	High:
Springfield	Sun. 4:00 p.m.	12	26 on 2-11
Springfield	Sun. 9:00 a.m.	11	17 on 6-10
Collingdale	Sat. 9:00 a.m.	11	21 on 3-17
Swarthmore	Wed. 6:30 p.m.	8	20 on 7-18
Springfield	Tues. 6:30 p.m.	4	10 on 6-12
Springfield	Thurs. 6:30 p.m.	4	9 on 7-19
Media	Sat. 9:00 a.m.	5	8 on 3-24
Aldan	Mon. 6:30 p.m.	3	6 on 7-09

Here is a list of people who have run at least 10 times (combined locations) showing their total attendance after 31 weeks.

Name:	Residence:	Fun-Runs:
Kathy Adamson	Wallingford	26
Terry Adamson	Wallingford	95
Vera Barnard	Springfield	11
Lon Barnes	Swarthmore	26
Pete Belfi	Drexel Hill	11
Kathi Clatterbaugh	Springfield	35
Mark Clatterbaugh	Springfield	71
Dean Dennis	Media	12
Aimee DiLucido	Collingdale	14
Bernadette DiLucido	Collingdale	12
Susan Drill	Brookhaven	11
Beth Fellona	Springfield	15
Larry Filtz	Media	22
Joe Freiberg	Springfield	30
John Greenstine	Media	13
Lorraine Henderson	Collingdale	27
Sam Hill	Swarthmore	41
Tom Hirsch	Springfield	29
Bob Huggins	Collingdale	26
Paul Isaac	Lansdowne	47
Katie McShay	Springfield	11
Alexis Kingham	Swarthmore	71
Gary Klein	Swarthmore	34
Phil Kline	Voorhees (NJ)	29
Bob Koerner	Springfield	24
Dot Kracht	Springfield	28
Rosemary Lilly	Clifton Hgts.	22
Deb Malloy	Springfield	10
Jim Malloy	Springfield	12
Bob McElhenney	Lansdowne	32
Katie McElhenney	Lansdowne	16
Bill McGurk	Holmes	33
Bill Morgan	Glenolden	51
Byron Mundy	Collingdale	87
Eric Mundy	Collingdale	15
Mary Beth Mundy	Collingdale	65
Ken Norwood	Springfield	11
Matt Norwood	Springfield	10
Jean Smith	Springfield	10
Jim Smith	Springfield	113
Steve Whitmore	Springfield	95

Several people have run 8 or 9 times a may have earned their T-shirts by the time this report is published including **George Yarnell, Marc Oleynick, Eloise Murphy, Karen McShay, Pete Columbo, David Freiberg, and Chet Lubecki**. If anyone listed above has not received their t-shirt yet, please contact Byron Mundy at 610-534-2833.

(Continued on page 5)

(Continued from page 4)

Special awards will be presented to everyone who runs 40 times or more by the end of December 31, 2001. Awards will be presented in February - March , 2002.

A special "thank you" goes to our fun-run leaders and others who take attendance including **Alexis Kingham, Larry Filtz, Steve Whitmore, Terry Adamson, Bill Morgan, Mark Clatterbaugh, Dot Kracht, Kathi Clatterbaugh, Paul Isaac, Bob McElhenney, and Byron Mundy.**

**Delco At The Races**

by Phil Kline & Tom Hirsch

Call, fax, or e-mail your race results.

Contact **Phil Kline 610-485-4321**; fax **610-485-7984** or

**Tom Hirsch 610-544-2280**, e-mail: **Delcorrc@aol.com**

Name	Age/Sex	Place	Time	Age Group	Place
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**5k for Jay**, Wilmington, DE; 5-28-01

Frankie Rispoli	12/M		25:21		
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**Shadow Of The Giants 50k Trail Run**, Fish Camp, CA; 6-2-01, 99 Finishers.

Dave Covey	39/M	20	5:24:27		
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**South Wilmington 5k**, Wilmington, DE; 6-13-01

Frankie Rispoli	12/M		24:30	1st in age group	
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**Arthur Turner 5k**, Wilmington, DE; 6-16-01

Frankie Rispoli	12/M		24:17	2nd in age group	
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**Swarthmore 8k**, Swarthmore, PA; 7-3-01, 250 Finishers.

Chet Lubecki	45/M	13	32:15		
Frankie Rispoli	12/M		41:53	3rd in age group	

**Firecracker 5k**, Wilmington, DE; 7-4-01

Frankie Rispoli	12/M		25:17	3rd in age group	
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**Browning Ross Memorial 5k**, Glassboro, NJ; 7-19-01

Frankie Rispoli	12/M	41	23:26		
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**Buffalo Stampede 10k**, Wyoming, DE; 7-21-01, 200 Finisher

Frankie Rispoli	12/M		54:46	2nd in age group	
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**Lasse Viren 5k**, Villanova, PA; 7-28-01, 105 Finishers.

Tim O'Neil	15/M	2	16:23	<b>2nd Overall</b>	
Steve Balmer	47/M	18	19:23	3rd in age group	
Justin Lubecki	16/M	19	19:32	7th in age group	
Chet Lubecki	45/M	20	19:33	4th in age group	
Sue Levy	60/F	97	35:05	2nd in age group	

**Craftsbury 5k Classic**, Craftsbury, VT; 7-29-01

Frances Kirk	39/F		19:42	2nd Female	
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**Sea Isle City 10 Mile**, Sea Isle, NJ; 8-11-01, 1228 Finishers.

Gary Klein	46/M	231	1:14:06	17th in age group	
Boris Michailenko	49/M	290	1:16:09	26th in age group	
Anthony Keller	43/M	312	1:17:04	40th in age group	
John Greenstine	50/M	356	1:18:24	13th in age group	
George Koerner	39/M	365	1:18:45	50th in age group	
Doug Limberg	42/M	405	1:19:50	54th in age group	
Joseph Price	43/M	469	1:21:32	60th in age group	
Jim Cooper	42/M	854	1:31:50	100th in age group	
Gene Martenson	73/M	1118	1:43:58	12th in age group	
Pat Byrne	40/F	1158	1:47:40	39th in age group	
Jim Jensen	36/M	1162	1:48:03	136th in age group	
Maureen Jensen	33/F	1163	1:48:05	58th in age group	
Bob Koerner	67/M	1164	1:48:07	13th in age group	

**Contact We Care 5k**, Fanwood, NJ; 8-18-01, 325 Finishers.

Gary Klein	46/M	49	20:11		
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**Unity Run**, Phila, PA; 8-18-01

**5k**, 80 Finishers.

Bill Morgan	66/M	32	25:31	2nd in age group	
Paul Isaac	38/M	33	26:01	5th in age group	
Diane McManus	50/F	37	26:40	1st in age group	
Sue Levy	60/F	55	34:13	1st in age group	

**10k**, 159 Finishers.

Bob Dobie	67/M	90	53:56	1st in age group	
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**Half Wit Half Marathon**, Reading, PA; 8-19-01

Bob Huey	46/M	87	2:16:03		
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**Stone Harbor Lion's 10k**, Avalon, NJ; 8-26-01, 745 Finishers

John Carrol	38/M	19	36:36	1st in age group	
Jerry Bosica	49/M	82	42:20	7th in age group	
Anthony Keller	43/M	135	44:54	12th in age group	
Phil Kline	51/M	173	46:20	8th in age group	
Bob Dobie	67/M	393	52:14	4th in age group	
Jim Cooper	42/M	472	54:43	59th in age group	
Paul Isaac	38/M	532	56:17	84th in age group	

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			<b>Race Calendar</b>			
<b>Date</b>	<b>Time</b>	<b>Race Name</b>	<b>Location</b>	<b>Contact</b>	<b>Phone Number</b>	
9-8-01	9:00 a.m.	Let The Sprit Move You 5k	West Chester, PA	Sandra Miller	610-918-0220	
9-8-01		Miss American Pageant 5k	Atlantic City, NJ		856-468-0010	
9-8-01		High Point 15k, 10k & 5k Trail Runs	Geigertown, PA		610-286-5942	
9-8-01		Bud Kern 5k	Somers Point, NJ		609-927-5253	
9-8-01	8:30 a.m.	Bottle & Cork 10 Miler & 5k	Dewey Beach, DE	Marathon Sports	302-654-6400	
9-8-01	9:00 a.m.	Devereux Race Day 5k/10k	Exton, PA		610-296-6902	
9-8-01	9:00 a.m.	11th Paper Mill 5k	Phila, PA		215-438-5711	
9-9-01		Firsttrust Bank 5k	Erdenheim, PA	Bob Reynolds	215-739-9141 x 129	
9-9-01		SJAC 5k	Haddon Heights, NJ		856-881-4412	
9-9-01		Frankford Hospital 5k	Phila, PA		215-612-4308	
9-9-01		Run For The Dove 10k	Doylestown, PA		215-345-7860	
9-12-01		Friends Of Ann Marie 5k	Wilmington, DE	Marathon Sports	302-654-6400	
9-14-01		Parkway Mile	Phila, PA		610-526-9188	
9-15-01		Life 5k	Wilmington, DE	Marathon Sports	302-654-6400	
9-15-01	8:30 a.m.	Bensalem Community Pride Day 5k	Bensalem, PA		609-823-6658	
9-16-01	8:00 a.m.	Phila Distance Run, 1/2 Marathon	Phila, PA		215-864-8225	
9-22-01	9:00 a.m.	Dane Delancey 5k	Wilmington, DE	Marathon Sports	302-654-6400	
9-22-01		North Penn Run For Your Neighbor 5k	Harleysville, PA		215-256-5237	
9-22-01		Riverside Township 5k	Riverside, NJ		856-461-5115	
9-22-01		Lauren's Run 5k	Haverford, PA		610-325-6001	
9-23-01	4:00 p.m.	RRCA Women's Distance Festival 5k	Springfield, PA	Kathi Clatterbaugh	610-328-4987	
9-23-01	10:00 a.m.	Conestoga 10 Mile Trail Run	Holtwood, PA	Bill Smith	717-394-7812	
9-23-01		Ben Franklin Bridge 4 Mile	Camden, NJ	Lin-Mark Sports	856-468-0010	
9-23-01	9:00 a.m.	Hopewell Challenge 10k	Hopewell, NJ	Jim Hake	609-773-0459	
9-23-01		Go With Your Heart 5k	Medford, NJ		609-953-7207	
9-23-01		Blue Marsh Trail Marathon	Reading, PA		610-775-9776	
9-29-01		Carpenters Classic 5k	Island Heights, NJ	Lin-Mark Sports	856-468-0010	
9-29-01		Oktoberfest 5k	Doylestown, PA		215-348-9915	
9-29-01		Eagle National Bank 5k	Drexel Hill, PA		610-853-4800	
9-29-01		St Margaret Of Scotland 5k	Newark, DE	Marathon Sports	302-654-6400	
9-29-01		Back To School 5k	Springfield, PA		610-690-0994	
9-30-01	8:30 a.m.	Terry Fox 5k	Phila, PA		215-963-1500	
9-30-01	8:30 a.m.	Margate Funfest 5k	Margate, NJ		609-823-6658	
10-6-01		You've Gotta Have Guts 5k	Phila, PA		215-396-9100	
10-6-01		BCC Dollars For Scholars 5k	Doylestown, PA		215-968-8394	
10-6-01		Memory Walk/Run 5k	Wilmington, DE		302-633-4420	
10-6-01		Kimberton Rub 5k	Kimberton, PA		610-935-2697 ➔	

Date	Time	Race Name	Location	Contact	Phone Number
10-7-01		Brittany's Run For Health 5k	Hammonton, NJ		609-561-5679
10-7-01	11:30 a.m.	LBI 18 Miler	Long Beach Island, NJ		609-494-8861
10-7-01		Best Dam Run 10k	Peace Valley Park		215-345-5349
10-7-01		Race For The Stars 5k	Nazareth, PA		610-746-0677
10-7-01		Rocky Run 10k	Phila, PA		215-854-5395
10-7-01		Steamtown Marathon	Scranton, PA		800-22-WELCOME
10-7-01		Cops & Runners 5k	Allentown, PA		610-779-2668
10-13-01	9:40 a.m.	Women's 5k Classic	Allentown, PA	Loretta Dodson	610-395-2438
10-13-01		Chesterbrook 10k	Wayne, PA		610-647-9622
10-13-01		Harvest Run 10k & 5k	Avon Grove, PA		610-932-7209
10-14-01		Atlantic City Marathon, 1/2 Marathon, 10k/5k	Atlantic City, NJ		609-601-1RUN
10-14-01	8:30 a.m.	Delaware Distance Classic 15k	Wilmington, DE	David Farren	302-798-4179
10-14-01		Read-Write-Run 5k	Rosemont, PA	Lin-Mark Sports	856-468-0010
10-14-01		Crozer-Keystone Physical Therapy 5k	Upland, PA		610-447-2757
10-14-01		Radnor Hunt Country Chase	Radnor, PA		610-876-4471
10-14-01		Oley Valley Country Classic 10 Mile	Oley, PA		610-589-5374
10-14-01		Harvest Classic 5k	Jenkintown, PA		215-887-2848
10-14-01		Dasher's Run 5k	Lower Merion, PA		610-525-4494
10-20-01		Capt Tom McDonnell 5k	Bellmawr, NJ	Lin-Mark Sports	856-468-0010
10-20-01	9:00 a.m.	Angel 5k	Pennsauken, NJ		856-216-2170
10-20-01	9:30 a.m.	Cover Bridge Classic 5k & 10 Miler	Atglen, PA		610-593-6538
10-20-01	9:00 a.m.	Back Stage Cafe 5k	Wilmington, DE	Marathon Sports	302-654-6400
10-21-01		Aids Walk Phila 12k Run	Phila, PA		215-731-WALK
10-21-01		Boxers Run 5k & 10k	Phila, PA		215-722-6558
10-21-01	9:00 a.m.	Women's Race Against Breast Cancer 5k	Wilmington, DE	Marathon Sports	302-654-6400
10-21-01		Big Brothers/Big Sisters 5k X-C	Bridgton, NJ		856-692-0916
10-21-01		William G. Rohrer Center For Health 5k	Voorhees, NJ		856-325-5353
10-21-01		Bowtree Run 5k	West Chester, PA		610-696-1739
10-27-01		Oaklyn Back To School 5k	Oaklyn, NJ		856-857-0096
10-27-01	9:00 a.m.	St Mary Magdalen School 5k	Wilmington, DE	Marathon Sports	302-654-6400
10-27-01		Smith-McMillian 5k	Wilmington, DE	Marathon Sports	302-654-6400
10-28-01		Lupus Loop 5 Miles	Phila, PA		215-877-8061
10-28-01		NE Road Runners 25k	Phila, PA		215-289-6285
10-28-01	8:30 a.m.	Katz JCC 5k	Cherry Hill, NJ		856-424-4444 x 140
10-28-01		Radnor Run 5 Miles	Radnor, PA		610-941-9595
10-28-01		Evansburg Challenge 10 Mile Trail Run	Collegetville, PA		610-631-1009
10-28-01		Red Ribbon Kids Against Drugs 5k	Wilmington, DE		302-658-7617 ➔

Date	Time	Race Name	Location	Contact	Phone Number
10-28-01	10:00 a.m.	DuPont Hospital 5k	Wilmington, DE	Marathon Sports	302-654-6400
11-3-01		Trail Of Two Cities 5k	Somers Point, NJ	Lin-Mark Sports	856-468-0010
11-3-01		Veteran's Day 5k	Wilmington, DE	Marathon Sports	302-654-6400
11-3-01	9:00 a.m.	Toys For Tots 5k	Wilmington, DE	Marathon Sports	302-654-6400
11-4-01		Phila Zoo 10k	Phila, PA		215-243-4375
11-10-01		Bucks-Mont 5k	Jenkintown, PA	Lin-Mark Sports	856-468-0010
11-10-01		Arby's Run For Kids Sake 5k	Wilmington, DE	Marathon Sports	302-654-6400
11-10-01		Penn Wynne Library Run 5k	Wynnewood, PA		610-645-5349
11-11-01		Smiles For Miles 5 mile Run	Phila, PA	Lin-Mark Sports	856-468-0010
11-11-01		Race Against Arthritis 5k	Paoli, PA	Ruggiero Orthopedics	610-644-6073
11-17-01	9:00 a.m.	Turkey Trot 10k & 5k	Newark, DE		302-366-7060
11-17-01		Gloucester Twp. 5k	Gloucester Twp, NJ	Lin-Mark Sports	856-468-0010
11-18-01	8:30 a.m.	Phila Marathon & Rothman 8k	Phila, PA		215-685-0054
11-22-01	9:00 a.m.	BCRR Run For Your Health 5 Miler	Langhorne, PA		215-364-0905
11-22-01		Fairmount Park 5 Mile Turkey Trot	Phila, PA		215-685-0060
11-22-01		PNC Run/Walk For MS 10k & 5k	Wilmington, DE	Marathon Sports	302-654-6400
11-22-01	9:00 a.m.	Thanksgiving Day Volkswanderung	Riddle Creek SP, PA	Tom Hirsch	610-544-2280
11-24-01		Mantua Twp 5k	Mantua, NJ	Lin-Mark Sports	856-468-0010
11-24-01		Delaware Open X-C Championships 5k	Wilmington, DE		302-892-2829
11-24-01		Reindeer Stampede 5k	Milford, DE		877-316-3108
11-25-01	9:00 a.m.	Padua Turkey Burner 5k	Wilmington, DE	Marathon Sports	302-654-6400
12-1-01		Builders League Of NJ 5k	Pennsauken, NJ	Lin-Mark Sports	856-468-0010
12-2-01		Brian's Run 5k & 10k	West Chester, PA		610-436-1000
12-2-01		Scott Mackler 5k	Newark, DE	Marathon Sports	302-654-6400
12-8-01		Pineland Striders Holiday 4 Miler	Medford, NJ		856-767-9204
12-16-01		Boardwalk Runners' Santa Scamper	Margate, NJ		609-601-1RUN
12-16-01		NERRC Christmas Is For Giving 5k	Phila, PA		215-289-6285
12-22-01	8:30 a.m.	Haddon Holiday Heart 5k	Haddon Twp, NJ		856-546-5600
12-31-01	4:00 p.m.	Race Against Time 5k	Wilmington, DE	Marathon Soprts	302-654-6400

### \$5.00 Special Raffle To Benefit The Delaware County Emergency Food Bank \$5.00

This your chance to win a slightly used Nordic Track. This unit was donated by Doris and Richard Hoopes and used one cold, snowy season in Nebraska. The drawing for this fine indoor exercise equipment will be at the Thanksgiving Day at the Volkswanderung on 11-22-01. You do not have to be present to win. You will be able to pick your prize up at my house. Fill this raffle ticket out along with \$5.00, checks payable to Delco RRC and mail to **Delco RRC, 97 Powell Rd, Springfield, PA 19064**. For information call **Tom Hirsch 610-544-2280**. **This entry is a special raffle only, does not include entry for the Volkswanderung. All proceeds will be donated to the Delaware County Emergency food Bank.**

**Please Print**

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_





# Women's Distance Festival Celebrate Women's Running



5k run/walk (3.1 miles)  
Sunday, September 23, 2001; 4:00 p.m. Start.  
Registration Open at 3:00 p.m..

Springfield Library  
70 Powell Rd  
Springfield, PA 1906



21st Year in 2001 \$10.00 checks payable to Delco RRC

Ladies, come out to the Delco RRC Sunday afternoon run and take part in a special event celebrating women running. All are welcome, runners and walkers for a 3.1 mile race through the streets of Springfield. All participants receive a **specially designed T-shirt** and a chance to win big in the WDF raffle while enjoying great refreshments.

**Top awards** to 1st, 2nd and 3rd place overall female finishers.

**Age group awards** to 1st, 2nd and 3rd females overall: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over. No duplication of awards.

**Directions:** Baltimore Pike to Saxer Ave (Swiss Farms Store on the corner) Follow Saxer to traffic light and make a right onto Powell Rd. Follow Powell to Library. Send checks and entry form to **Delco RRC, PO Box 206, Springfield, PA 19064**. For more information contact Kathi Clatterbaugh **610-328-4987** or e-mail: **Boosbaugh@aol.com**

!# \_\_\_\_\_ **Registration Form** \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_ Sex \_\_\_\_\_ T-Shirt: M L XL

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age Day of Race \_\_\_\_\_ Phone number \_\_\_\_\_

**WAIVER** : I understand that running races are potentially hazardous activities. I agree to abide by any decision of race official about my ability to safely complete the run. I assume all risks with running this race, including, but not limited to, falls, contact with other participants, the effects of the weather, conditions of the trail or road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting this entry, I the undersigned, intending to be legally bound, here by, for myself, my heirs, executors and administrator waive and release any and all rights and claims for losses and damages I may have against Delco RRC, RRCA, Springfield Township, all sponsors and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I am medically able and properly trained.

WAIVER MUST BE SIGNED.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian signature if runner is under 18 years of age

Signature \_\_\_\_\_ Date \_\_\_\_\_



**2001 Delco RRC Board Members:**

Torpey White	Chairman	610-338-0942
Terry Adamson	Vice Chairman	610-872-7327
Bob McElhenney,	Membership	610-623-7075
Kathi Clatterbaugh,	Treasurer	610-328-4987
Dot Kracht	Secretary	610-544-6378
Phyllis Delate,	Women's Team Coordinator	610-872-3598
Paul Isaac,	Men's Team Coordinator	610-622-7279

Larry Filtz, Bob Fuhrman, Bob Huey, Josh Irvan, Rita Jordan-Keller, Alexis Kingham, Chet Lubecki, Byron Mundy, Mike Shiber, Bill Schultz, and Steve Whitmore

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	Torpey White	Phil Kline
	Tom Hirsch	

**Delaware County RRC Fun Run/Walk Schedule**  
(subject to change without notice)

**Sunday 9:00 a.m. & 4:00 p.m., Springfield, PA**  
Springfield Library, 70 Powell Road

**Monday 6:30 p.m., Aldan, PA**  
Aldan Police Station; Clifton Ave. & Povidence Rd.

**Tuesday 6:30 p.m., Springfield, PA**  
Springfield Library, 70 Powell Road

**Wednesday 6:30 p.m., Swarthmore, PA**  
Swarthmore Presbyterian Church Parking Lot,  
Harvard Ave, near Rt. 320

**Thursday 6:30 p.m., Springfield, PA**  
Springfield Library, 70 Powell Rd

**Saturday 9:00 a.m., Collingdale, PA**  
Harris Elementary School, Sharon & Bartram Aves.

**Saturday 9:00 a.m., Media, PA**  
Media Community Center, 3rd and Jackson Sts.



Run For Fun And Fitness....

**Delco RRC**  
**P.O. Box 206**  
**Springfield, PA. 19064-3133**

**Keeping Contact**