

◆ Keeping Contact ◆

Sep/Oct 2007 e-mail: ba1942@yahoo.com

Published by Delaware County Road Runners Club



Chairman's Chatter

By Terry Adamson

Kathy and I started running with Kathi and Mark Clatterbaugh at Swarthmore on Wednesday evenings a couple of years before it became a regular club fun run. In time the course Mark and I ran always went around the Swarthmore College tennis courts to run by a huge and stately old tree that had to be 7 feet in diameter. The Swarthmore campus is also Scott Arboretum which is home to a very wide variety of flowers, shrubs and trees. I run slow enough that I can check them all out and this tree has always been my favorite. The regular fun run course was based roughly on the course of the annual Swarthmore Independence Eve 8K, but one of the departures had to be around the tennis courts past this magnificent tree.

On Labor Day afternoon I ran the course and as I made the left turn to run around the tennis courts the view across the courts seemed kind of empty. Making the turn at the far end of the courts I learned that this awesome tree had been cut down. A small plaque placed on the

15 foot high stump that remains says that the tree had become so diseased that it had become a safety hazard. The hollow remains certainly verify that.

There are parts of all of the club's fun run courses

that I really like but I'll miss running by this gigantic tree. But Swarthmore is such a great place to run that I'm certain I'll find a new favorite one day in the near future.

WIN THE BATTLE!

Dawn Patterson's boyfriend, Cris Hansen has been battling Stage 4 Adenocarcinoma for the past several months and our thoughts go out to both of them at this time.

Cris's brother, Kurt, set-up a web site for everyone to check in and see how Cris is doing. When you have some time, please go to [car-
ingbridge.com](http://car-
ingbridge.com) and sign the guest book. When signing in, go to search and type, crishansen. It will directly go to his web page.

Editor's Note:

Dawn Patterson is one of our most active and beloved club members and has always been there to assist and direct club events. We wish Dawn and Cris the best.

Newsletter Editor Wanted

Interested in writing the club newsletter? If you are, please contact Bill McGurk or Terry Adamson. The contact information is on the back of the newsletter. I wish to take some time off from this duty and I hope someone else will step up.

My creative writing and management skills have dried up along with some of my motivation. Thanks go out to all of our regular contributors who, without them, this would be a very short newsletter.

Bill McGurk

Inside This Issue

<i>Chairman's Chatter</i>	1
<i>Women's Distance Festival</i>	2
<i>Amy's Ink</i>	3
<i>Race Results</i>	4
<i>Delco Singlets</i>	6
<i>13.1 Highlights</i>	6
<i>Volkswanderung</i>	9

Volunteer Coordinator Needed

The club is in need of a Volunteer Coordinator. The duties /responsibilities of the coordinator would be to reach out to many of those members that checked off they would volunteer but from whom we never hear. Surely just an oversight. The Volunteer Coordinator would work along side Event Directors to fill the volunteer needs. Please contact Terry Adamson at 610-872-7327 if you are interested and wish to volunteer.



WOMEN'S DISTANCE FESTIVAL 5K

RUN/WALK ON THE CROSS COUNTRY COURSE

AT ROSE TREE PARK IN MEDIA, 1671 N. PROVIDENCE ROAD

Part of "A Delco RRC Doubleheader: A Day of Champions"

Start the day with the **Women's Distance Festival**. In the afternoon, watch high-school athletes compete in the **44th Annual Delaware County Cross Country Championships**.

The **WDF** celebrates the determination, dedication and grit of women runners, and this year we're doing it **cross country style**. Run on a softer, grassy surface that's kinder on the joints than pavement. Enjoy the challenge of the rolling hills and a single creek crossing.

Long-sleeve T-shirts for the first 100 to register

When: Saturday, Oct. 13, 2007. Registration opens at 9:00 at gazebo; race starts at 10:00

Entry fees: \$15 Postmarked by Oct. 6, 2007; \$20 after; \$5 discount for students 18 and under

Top Awards: 1st, 2nd, and 3rd place overall female finishers. **Age Group Awards:** Top three for 10 & under, 11-18, 19-29, 30-39, 40-49, 50-59, 60 & over. Prizes courtesy of **The Running Place**.

Register online at www.RunTheDay.com (\$3 handling fee added) or use form below.

Men can run, but only women win awards; no duplication of awards.

Send checks, payable to **Delco RRC c/o Amy Binder**, 254 Clover Circle, Media, PA 19063.

Questions? Call (610) 891-0806 or email amy@amyink.com

*****ENTRY

FORM*****

Last name _____ First name _____ Sex ____ Race day age _____

Address _____ City _____ State ____ Zip _____

Phone number _____

Email _____

Long-sleeve T-shirt size (for first 100 to register): ____ Small ____ Medium ____ Large ____ XL

_____ Amount enclosed; _____ Additional tax-deductible contribution; _____ I'd like to volunteer instead of run

Waiver: I understand that running races are potentially hazardous activities. I agree to abide by any decision of the 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 the course, all such risks being known and unknown. Having read this waiver and knowing these facts and in consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, or myself, their heirs, executors, and administrators waive and release any and all rights and claims for losses and damages I may have against Delco RRC, Upper Providence Township, Delaware County, Run the Day Race Management, all sponsors and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in this said event. I attest that I am medically able and properly trained to participate in this event. I also give permission for free use of my name and photograph in any broadcast, telecast or other accounts of the event.

WAIVER MUST BE SIGNED

Signature _____ Date _____

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

**SAVE THE DATE: Sat.,
Oct. 13**

**A Delco RRC Double-
header:
*A Day of Champions***

Two great events on the same XC course at Rose Tree Park

- At 10:00 AM, it's the **28th Annual Women's Distance Festival 5k Run/Walk.**
- In the afternoon, watch high-school athletes compete in the **44th Annual Delaware County Cross Country Championships.**

Please support **Delco RRC** events:
Many **volunteers** are needed

WDF contact: Amy Binder – 610.891.0806
XC contact: Byron Mundy – 610.534.2833

Club Meetings

The Delco RRC club meetings are held at the Covenant United Methodist Church of Springfield. The church is on the corner of Saxer Ave and Springfield Road. The meetings will be held in room 2 in the Sanctuary Building beginning at 7:30 PM. All are welcome. Directions can be found on our web site. <http://www.delcorrc.org>

Meetings are scheduled for the following dates in 2007:
Jan 30, Feb 27, Mar 27, Apr 24, May 29, Jun 26, no mtg in Jul, Aug 28, Sep 25, Oct 30, Nov 20, Dec 18.

**Amy's Ink
Slow is a speed
By Amy Binder**

I'm coming to the conclusion that running has little to do with speed. That might sound sacrilegious, or stupid, but the older I get the less I care about how fast I can go.

What's becoming more important is the fact that I can run without injury and enjoy the company of those I can keep up with.

I've been trying to coax one woman into joining me at the weekly fun runs held by the Delco Road Runners Club. She warns me, "You realize I run s-l-o-w!!"

Why should that matter? S-l-o-w is a speed, and speed is relative. Some days, some running courses, some sneakers are faster than others.

On a cool day when I'm well-rested, I can break nine-minute miles. During the dog days of summer, when I have to cut through a wall of heat to reach the mailbox, it's enough to be going forward. I would clock in at a double-digit pace if I had the energy to start my stopwatch.

I've been running with my friend Kathy for about 20 years. She couldn't care less about speed; she's seen too many people get injured trying to pick up their pace. For her, what's important is distance. If we can do one longer run each week – meaning at least seven miles – she's happy.

When we run together, we catch up on news about our friends and family. We talk about our work and things we're doing around the house. We keep a comfortable pace, so running doesn't interfere with the conversation. The goal is just to keep moving.

Actually, for Kathy, the goal is to keep moving so she can keep burning calories. Because she travels often and frequently dines with business contacts, she uses running to keep her weight stable. If she gains a few pounds, she likes to add in-

cremental mileage.

I'm always fearful that she'll return from business trips having eaten a little too well. It's a selfish fear, because I know we'll both be running more miles until she's back to her maintenance weight. She gets to enjoy all the expense-account meals, while I have to sweat through her return to fitness.

Recently, a group of runners met to practice on the cross country course at Rose Tree Park. I'm directing a race there in mid October, and I was eager for entrants and volunteers to familiarize themselves with the course. Before setting off, I reminded everyone that speed wasn't important. I asked that people hang together, keep others in sight, to enjoy themselves. Then we started.

I was at the back of the pack, as usual, both to make sure no one got lost and because I couldn't go any faster. I soon lost sight of the leaders. True to the ingrained nature of competitive runners, they began to push the pace.

Between us, however, were a number of strong runners who adjusted their speed to stay with those who didn't know where to go. They considered their workout as a nice run in the park, not a pedal-to-the-metal race to the end.

The first few to finish were so far ahead of me that by the time I got there, they had cooled off, dried off and were breathing easy.

Once I would have minded being the slow one. That night, it didn't matter. More important than speed was the chance to enjoy a beautiful September evening, running through Rose Tree while chatting with friends, new and old.

Originally published in the News of Delaware County, September 12, 2007. Reprinted with permission.

Delco RRC Race Results

Run to Cooperstown 5K - 21 Jul 07

33 Lori McKenney 18:41 (2nd in age grp)

1/2 Wit Half Marathon - 12 Aug 07

40 Paul Randolph 1:53:58

JD Shucker's 5K - 12 Aug 07

42 Denise Talbot 24:15

Run with the Dolphins 5K - 25 Aug 07

32 Jim Curto 22:00

24 Kristen Dwinells 25:24 (1st in age grp)

Stone Harbor 10K - 26 Aug 07

42 Phil Anderson 1:01:05

Norwood Firehouse 5K - 3 Sep 07

31 Chris Earley 17:00 (2nd overall)

48 Bill McGurk 20:09 (1st in age grp)

32 Jim Curto 21:28

45 Bill Weber 21:56

56 John Greenstein 22:00 (1st in age grp)

24 Kristen Dwinells 23:20 (2nd in age grp)

45 Joe Freiberg 23:56

42 Diane Lista 26:33 (1st in age grp)

32 Karen Earley 26:33 (1st in age grp)

Upperman Duathlon - 4 Sep 07

31 Carrie McTague 2:19:47 (3rd in age grp)
International Distance

43 Bill Weber 1:39:50 (3rd in age grp)
Sprint Distance

Lehigh Valley Marathon Relay - 9 Sep 07

3:32:53 5th Mixed Masters - 31st out of 131 teams
Bill Weber, Christina Dwinells, Denise Talbot, Mike Gormley, Shirley Weber

Philadelphia Distance Run 13.1 Miles - 16 Sep 07

31 Chris Earley 1:16:45

42 Phil Freedman 1:22:16

27 John Paul Gagliardi 1:22:23

33 Chris McGoldrick 1:23:14

52 Steve Whitmore 1:25:48

53 Larry Filtz 1:28:09

24 Kate Klim 1:29:42

29 Matt Stanley 1:35:39

48 Bill McGurk 1:36:06 (Bandit)

23 Suzanne Keller 1:36:31

59 Byron Mundy 1:36:44

47 Steve Smith 1:37:42

54 Beth Howlett 1:42:49

23 Amrah Brunt 1:49:10

32 Jim Curto 1:51:16

24 Theresa Gagliardi 1:55:06

24 Kristen Dwinells 1:57:20

34 Janet Smith and baby 2:06:31

SEND RACE RESULTS TO
ba1942@YAHOO.COM
or info@delcorrc.org



Check this out! How do these runners keep doing this well? Aren't people supposed to slow down as they get older? Compare these past run times to the one above.

Past Phila. Distanc Runs

18 Sep **1983**

?? Larry Filtz 1:19:37

?? Byron Mundy 1:27:05

19 Sep **1999**

45 Larry Filtz 1:22:17

44 Steve Whitmore 1:26:38

51 Byron Mundy 1:29:03

46 Beth Howlett 1:33:01

Website Alert

Thanks go out to Kate Klim for sending in this web site. As she said in her email; "http://www.athlinks.com/ is a neat site where you can track ANYONE's race results since 01. Hours, upon hours of online stalking! enjoy."

Be sure you check it out.

Ahh, stalking. Once I retire from my current job then stalking will become my retirement profession. Not the online kind either. Ignore that face at your window.

2nd Annual Race for First Responders

2nd Annual Race for Our First Responders is happening in Nether Providence Township on Saturday, October 20th. The race goes off at 9:30. Details are below. This isn't a road runners event, but a Road Runner is running it (me) with lots of help from Run The Day (Tim Kruger is doing the timing) and a great crew of volunteers. We got high marks last year for organization, food and neat awards for the top age group finishers. This year, everyone gets neat awards! And there is a team competition. It would be great to have some Road Runners take this on.

There will also be a walk for people who want to support the cause at a more leisurely pace, a free Children's 1K fun run and a Family Safety Rally with fun activities and fire trucks!

Interested people can download the race application at <http://www.runtheday.com/printregs/Race%20for%201st%20Responders.pdf>

Special prize for first first responder and first Team of First Responders!

Here's the detail on the race:

Nether Providence Twp 2nd Annual 5K Run for Our First Responders:

Nether Providence Elementary School, 400 Moore Road, Wallingford, PA
10/20/2007

Day of Registration Opens @ 8:00 am

1 mile walk starts at 9 a.m.; Race Starts @ 9:30 am; Children's race at 10 a.m. or as soon as possible after the 5K.

The 5K starts and finishes at the Nether Providence Elementary School and Garden City Fire House in Wallingford PA. The course is as flat as it can get in that part of Delaware County and winds its way through some great neighborhoods with lots of fans and volunteers to cheer you on.

Roads will be closed to through traffic. Access to the school and fire house for restrooms and, in the case of inclement weather, registration and awards. Great post race food.

Awards for the First First Responder (fire, police or ambulance personnel), top 2 overall male and female finishers, and age group finishers (male and female) starting at 19 and under and then going up in ten year increments to 60 and over with awards for first two in each category but the 30-39 and 40-49 where we will go 4 deep.

Net proceeds benefit the *Township's Community Enhancement Fund for the First Responders*. There will also be a team

competition with a special trophy for the First First Responder Team (teams need a minimum of 4 and must be co-ed). T-shirts to the first 200 registered participants.

A special thanks to our sponsors, including: Radio Communications, Inc., McCausland Keen & Buckman, A.I Dupont Hospital for Children, Optimum Physical Therapy, State Representative Bryan Lentz, NDI Engineering, Plush Mills Senior Living, Baird & Bird Realtors, Law Offices of Robert W. Scott, P.C., Aqua Pennsylvania, Iron Hill Brewery, Road I.D, and the Sample Guy!

Contact: Christine reuther at 610-891-6815 or careuther@comcast.net.

Register at runtheday.com

Singlets and Shorts have arrived!

The New DELCORRC singlets and shorts have arrived. If you placed an order please see Mike Gormley at one of our many runs. Those that ordered them and live far away, please make out a check to DelcoRRC and mail to Mike Gormley at 134 N. Clifton Ave., Aldan, PA 19018. Your singlets and shorts will be mailed to you. The cost is \$16 per singlet and \$16 per short. Mike's email address is cheatah60@juno.com.

The Running Place was kind enough to do this order for us at a very low price. Remember them when you need to make a purchase and ensure you tell them that you are a DelcoRRC member. All members receive a 10% discount.



13.1 Highlights of the NYC Half-Marathon

Theresa Gagliardi

Finish Time: 1:57:46

For those who know me, you can vouch for the fact that I am not a natural runner. Running has never come easy to me, and improving my race times and mileage is something that I have been slowly working at for the past several years. During the 5K races for my high school cross country team, my race goals included:

1. Break 30 minutes.
2. Do not walk during the race.
3. Do not cross the finish line last.

Although I generally met all of my race goals, I never considered myself a “good runner.” I was, however, fortunate enough to have a coach that instilled in me a strong runner’s mentality that has caused me to broaden my race goals over the years to the half-marathon level.

With that said, I am proud to say that after ten years of running, yours truly can finally call herself a half-marathoner. Early last August I completed the NYC Half Marathon presented by Nike. It was one of my best race experiences to date. I recently read a story in Runner’s World that profiled a man who entered marathons just to take pictures that captured the experience of the race. I found this article to be interesting because it identified the fact that only the race participants really know what goes on during a race—and each race experience is exciting and unique. I thought about that Runner’s World article throughout my New York City run and couldn’t help but wish that I could somehow run the race *and* take pictures of the crazy things that I see during the course of the 13.1 miles. Unfortunately, the images I see during the race can only be immortalized through my words and memory, rather than through photos.

To keep this short, I decided to list my top 13.1 highlights of the NYC Half Marathon—not all of these are positive, they are just my impressions of the race:

1. Arriving at the **starting line and seeing 9,919 other runners** who got up at 5AM to run 13.1 miles in the dead of summer. It’s good to know that I’m not the only crazy one.
2. **Pre-race jitters** caused me to spend quite a while in the port-a-potty; I was relieved shortly after the “jitters” were all out of my system.
3. **Rocky theme song** played at the starting line as the

race began. I really don’t think a race is complete without the Rocky theme song playing at some point—even for non-Philly races.

4. I passed **Naked Cowboy**. His body was painted red white and blue, and he was wearing a Speedo. I slapped him on his butt as I passed him—just kidding!☺
5. I also passed an **83 year old man**. He was wearing a shirt that said “83 and still going.” It felt good to pass him.
6. **Fellow racer says to her friend on mile 3**: “Did you know that if we take longer than 3 hours to finish this, they’ll kick us out?” Other friend responds by saying: “Good! Kick me out, haha!” --Hmmm... why would anyone pay \$75 to enter a race, and then by the 3rd mile already have thoughts of getting kicked out of the race for running too slow? I passed those girls out of disgust.
7. **Horse poop**. Hopefully the next time New York City invites ten thousand people to run in one of their races they’ll clean up Central Park a bit so we aren’t holding our breath through mile 1 and mile 7.
8. By far the best moment of the race was leaving horse-poop-Central-Park and **entering onto the large New York City streets**. Hundreds of spectators were cheering from the sides while live bands played classic rock songs that I repeated in my head all the way to the finish.
9. **Times Square**. I can’t imagine another opportunity such as this one where I could sprint down the streets of Times Square and not have to weave through tourists or worry about getting hit by a taxi. This was the push in the race that I needed to pick up my pace.
10. **The wind from the Hudson River**, although inhibiting, was a nice relief from the heat.
11. I love the sound of everyone **synchronistically dropping their water/Gatorade cups** and stepping on the empties as we all continue with the race.
12. **The 9-minute-mile-pace-runners**, who volunteer to keep pace for the 9minute/mile runners, got caught behind me. My best description of them would be Will Farrell and Cherry Oteri from SNL screaming, “Yeah! Come on! Cheer for the runners! We’re doing great! Yeah! Come on! You guys look great! Cheer for the runners! We’re almost there! Cheer for the runners!” Their cheering was quite irritating, but

(Continued on page 7)

(Continued from page 6)

it was motivating enough for me to push forward so I wouldn't have to listen to them any longer. I could only take about 800 meters of that crap.

13. I got a **medal** at the end! –okay, so everyone who finishes receives a medal, but I felt special because not everyone runs the NYC Half, and it truly felt like an accomplishment.

1 **BLEEDING NIPPLES!!!** –not mine, but I noticed them on some guy who finished a little bit after me. The blood dripping down the front of shirt didn't seem to faze him... but I guess that's what crossing the finish line is all about.

Editor's Note: Theresa just completed the Philly Distance Run in a time of 1:55:06 and is now planning on running the Philadelphia Marathon. I wonder if she'll have 26.2 high-lights after that run.

Going Farther Philly Style

by Heather McDanel

You've seen them at Broad Street, you've seen them at the Distance Run– and in November you will see them at the Philadelphia Marathon. They are young, they are strong, and they are clad in lime green and royal blue. They are Students Run Philly Style – and are a force to be noticed along local race courses. The only program in Philadelphia that offers marathon training to help young people succeed in life, Students Run Philly Style is helping young Philadelphians be healthy for life, make safe choices and do well in school. They are experiencing first hand what it means to set goals, struggle through them, and reach higher...go farther. For example, meet Julian Washington a 15 year old from Roxborough. Julian's mother died when he was 13 and has since had a very difficult time in school. His teachers noticed his anger and lack of ability to focus. They have been afraid that he would end up like many other students caught in the web of city violence. Recently, Julian joined the Students Run Philly Style team at his school. His mentors have provided more than marathon training – they give him the silent emotional safety and a safe, effective outlet for his anger. Julian has made significant progress with every step of his training. Some of his steps are dedicated to his mother, and some have addressed his anger. But now, his steps are taking him to a finish line, instead of to despair. Julian recently completed the Philadelphia Distance Run and was featured in the Philadelphia Daily News. He is well on his way to the Philadelphia Marathon – a feat he would have never even dreamed of before. If you are interested in supporting Students Run Philly Style – as a volunteer or a contributor, please visit us at www.nccc.us/studentsrun.html or call 267-765-2387

Membership Update

The club currently has 232 members. At the end of 2006 we had 224 members. Now that isn't just a gain of 8 members because many members from 2006 didn't renew their membership. As of this publication, we have had nearly 60 new members added to our rolls for 2007. I have been a member for six years and can say that this year has brought out more new runners/members than any of the previous five years. I would also like to add that the new members have certainly added some spice and variety to our group. It is enjoyable watching so many of you reach and surpass your goals and the reason for that is so many of you continue to show up to so many Fun Runs. Keep it up...please.

Those of you living in the area, don't forget the reason or reasons you joined the club. Surely there is a Fun Run that you can attend. We have several members training for marathons and 5Ks and you are welcome to join them. We have walkers, joggers, slow, medium and fast runners and the dark and cold of winter will not slow them down.

I hope to see you on the roads.

Bill McGurk
Membership Chairman
610-291-9707



Julian Washington

BIRTHDAYS (October - November)

Francis Kirk	10/3
Dawn Patterson	10/7
Kitty Roberts	10/8
Patti Bucacico	10/9
Ian Jones	10/11
David Klein	10/12
Torpey White	10/12
Rita Jorden-Keller	10/13
Chris Commans	10/19
Torpey Jacob White	10/21
Bill Erb	10/22
Lisa Swatkowski	10/22
Marybeth Mundy	10/22
George Jackson	10/24
Maridel Whitmore	10/24
Phyllis Delate	10/24
Al Jones	10/28
John Paul Gagliardi	10/28
Rachel Harting	10/30
Bob Huey	11/1
Bob White	11/5
Molly Reilly	11/7
Steven Freytag	11/11
Deanna Thorpe	11/14
Janet Smith	11/16
Frankie Cruz	11/22
Eph Samit	11/26
Robert Kunz	11/27
Estelle Watson	11/29



Vincent Freiberg	10/28
Gary Fairchild	10/29
Billy Scheifele	10/31
Carolyn Digiambatista	11/4
John Loiselle	11/7
Cara Greenspan	11/11
Bud Diamond	11/13
Jim Curto	11/14
Bobby White	11/20
Bill Weber	11/25
Jim Cooper	11/26
Kevin Seigel	11/28

And Now For Something Completely Different

For those of you who are tired of the same boring Sunday morning run (or maybe you're just tired of the same boring talk during the run about fantasy football), Denise Talbot and I are organizing a semi-family-friendly trail hike for October 21. Despite the relatively short distance, it is a very challenging hike, but one that is very doable. Anyone over the age of 10 or so who is in reasonable shape should have no trouble finishing, although I make no guarantees about muscles not being sore.

The hike will be at Hawk Mountain Sanctuary, north of Reading in Kempton PA. This is about a 90 minute drive from the Springfield Library, which is where we will meet to carpool. For those of you who aren't familiar with Hawk Mountain, it is a private wildlife sanctuary that is world famous for the thousands of migrating hawks that pass through every Fall. The hike itself will be approximately five or six miles. The first mile is easy. Starting from the sanctuary headquarters, we walk mostly downhill into the valley. Then the next mile is uphill to the other side of the valley. The slope is not too steep at first, but near the top is a 35% incline. Once we catch our breath at the top, we then hike along the ridge, trying to keep our balance as we hop from boulder to boulder for about 2 miles until we get to the North Lookout, which is where all the Bird-watchers are gathered. We will probably see a few hawks. If we're lucky, we may even see a Bald or Golden Eagle. From there we will hike about a mile back to the headquarters. There are plans afterwards to stop at the Cabela's Outfitters mu-

(Continued on page 9)

THANKSGIVING DAY VOLKSWANDERUNG 2007 DELCO RRC'S CARING TO SHARE

What: Run, bike, walk or participate in the Pumpkin Pie Prediction Run during DELCO'S Annual Thanksgiving Day Volkswanderung to benefit the Interfaith Coalition Food Centers of Delaware County

When: Thursday, November 22, 2007. Check in 8:00 A.M. Start: 9:00 A.M.

Place: Ridley Creek State Park, Media, Pa. We will meet at Pavilion # 8. Take Rt. 352 or Providence Rd. to and turn onto Gradyville Rd. Follow that and turn onto Sandy Flash Dr. After the park office on your right, make the first left to Pavilion #8. Look for DELCO RRC signs for directions. Please enjoy the park and obey all park rules.

Sponsors: DELCO RRC ROAD RUNNERS CLUB.

Directors: MaryBeth Mundy(610 534 2833) and Dot Kracht(610 544 6379). Call for more info.

T-Shirts: Receive a special T- shirt for a donation of \$15.00 per person or \$30.00 per family. NO CANNED GOODS WILL BE COLLECTED THIS YEAR.

What is a prediction run? It is a 4.3 mile run on the paved loop. Each participant makes a prediction before the run on what they expect their exact time to be and this prediction is recorded on a race sheet. No watches may be worn during the run. All times are recorded at the finish and the people who come closest to their predicted time are the winners.(1 hr, 15 min. time limit). The best 10 predictors each win a pumpkin pie as a prize. There are no age group awards.

Please sign the waiver below and return to Mary Beth Mundy, 214 Blunston Ave., Collingdale, Pa. 19023

Print Name: _____

Address: _____

City: _____ State: _____ Zip: _____

In consideration of accepting this entry, I the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against Bureau of State Parks, Ridley Creek State Park, Dept. of Conservation and Natural Resources, Delco RRC and all other parties and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for this event and my physical condition has been verified by a licensed medical doctor. No one may enter this event without signing this official waiver.

Signed: _____ Date: _____

Signed: _____ Date: _____
(signature of parent if under 18)

seum/megastore which is a 15 minute drive from Hawk Mountain. A certain anonymous adult in the club has expressed a desire to practice her shooting skills at the kids' laser shooting gallery. If you've never seen a 40 foot high alpine diorama, or been verbally abused by a talking trophy deer head, this is your chance.

If you're interested in joining us, just tell me at one of the fun runs, or better yet send me an email at joe@freibergfamily.com

Joe Freiberg

**Delco RRC
P.O. Box 1811
Media, PA 19063**

Run for Fun and Fitness



In This Issue...

Race Results, From the Archives, Birthdays, Amy's Ink

2007 Delco RRC Board Members:

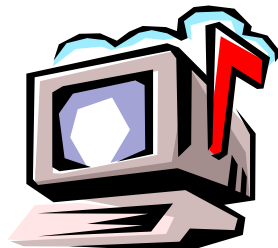
Terry Adamson	Chairman	610-872-7327
Bill McGurk	Vice Chairman	610-291-9707
Bill McGurk	Membership	610-291-9707
Torpey White	Treasurer	610-338-0942
Carrie McTague	Secretary	610-789-6282
Bill Weber	Team Coordinator	610-306-1553

Amy Binder, Larry Filtz, Bob Fuhrman, Mike Gormley, Paul Isaac, Rita Jordan-Keller, Dot Kracht, Byron Mundy, Dawn Patterson, Steve Whitmore

Newsletter Staff:
Editor: Bill McGurk

Contributors: Terry Adamson, Amy Binder, Byron Mundy, Theresa Gagliardi, Joe Freiberg, Heather McDanel (You can be the next contributor. Have something to add? E-mail it to ba1942@yahoo.com or info@delcorrc.org)

View the newsletter in color at
www.delcorrc.org



Delaware County RRC Fun Run/Walk Schedule

(subject to change without notice)

Sunday 7:30 & 9:00 a.m., Springfield, PA
Springfield Library, 70 Powell Road

Monday 6:30 p.m., Secane, PA
Ridley YMCA; South Avenue Secane

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 320

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

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

Saturday 9:00 a.m., Ridley Creek State Park
Chapel Hill Rd and W. Bishop Hollow Rd

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