

PUBLISHED BY THE
DELAWARE COUNTY
ROAD RUNNERS
CLUB

Keeping Contact

JANUARY FEBRUARY MARCH 2009

Welcome New Members!!!

Bimpe Dada
Evin Parker
Charles Rappa
Christain Thompson

Shelia Dombroski
Owen Quigley
Cecile Durat-Thompson

Latifah Griffin
Maggie Quigley-
Tiffany Yates
Ma'Nyah Yates

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Welcome New "Chairwomen" and Vice-Chair!

As of January 1st, 2009, Delco RRC would like to welcome their new Chair, Diane Lista and Vice-Chair, Bob Zwaan!

We would also like to thank the past Chair ,Terry Adamson, and Vice-Chair Bill McGurk for their many years of work prior!

Delco Promotion

Facts Fitness -with locations in Newton Square, King of Prussia, and Conshohocken- would like to offer all Delco RRC members a FREE 30 minute Personal Training Session. To schedule a session, please contact Kyla Viviani @ KViviani@FactsFitness.com

NEW FUN RUN!

A new fun run as been added on Thursday nights in Havertown!

Location: The old Oakmont Elementary School (at the top of the bus loop) across from the Wawa at Darby and East Eagle Road.

Come out and join us!
6:30pm start

2009 Delco RRC Board Meetings

March 31st,
April 28th,
May 26th,
June 30th,
No July Meeting,
August 25th,
September 29th,
October 27,
November 17,
December 15

Location:

Covenant United Methodist Church of Springfield
212 West Springfield Road
Springfield, PA 19064
The church is located on the corner of Saxer Ave and Springfield Rd.



**DELCO RRC
AND
WITHOUT A CUE PRODUCTIONS
PRESENTS
A MURDER MYSTERY DINNER THEATER EVENT**

“DEATH BY DISCO”

SATURDAY, APRIL 4TH

7-11 PM

**NORWOOD VFW
109 AMOSLAND RD
NORWOOD , PA**

**OPEN BAR 7-8 PM
CASH BAR 8-11PM**

BUFFET DINNER BY DELCO MEMBER JANET SMITH AND COMPANY

\$25.00 PER PERSON

**RESERVE BY MARCH 21ST
MAKE CHECKS PAYABLE TO DELCO RRC AND MAIL TO
MARY BETH MUNDY
214 BLUNSTON RD
COLLINGDALE , PA 19023
TELEPHONE 610-534-2833**

DISCO ATTIRE OPTIONAL

RESERVATION FORM

NAME: _____

NUMBER OF GUESTS: _____

AMOUNT ENCLOSED: _____

TELEPHONE NUMBER: _____

2008 VOLKSWANDERUNG BY: MARY BETH AND BYRON MUNDY

On a beautiful Thanksgiving morning about 125 people gathered for the Annual Thanksgiving Volkswanderung of the Delaware County Road Runners Club at Ridley Creek State Park. This is a fun event held by our club to benefit the Loaves & Fishes Food Pantry at the Prospect Hill Baptist Church, a part of the Delaware County Interfaith Coalition of Food Pantries.

This year the participants and the club managed to donate \$2001.00!!! They were so happy to get the check as this year is particularly difficult and they can buy perishables with the money. When Dot, Diane and I dropped off the check, they were very busy and it was amazing to see all the volunteers working there. There are no paid employees. They are all volunteers from the Director down.

This is also a great opportunity to see lots of people associated with our club for many years. They all seem to come out for this event every year. We even saw Sam Hill!!! We also get to meet many new people that here about this event.

We thank all the volunteers who help make this possible every year and thaks go out to the Bob and Paula Koerner family who started this about 20 years ago. We also thank Mike Gormley for collecting canned goods for the benefit of other charities in addition to our entry fee.

Last year we started the Prediction Run Pumpkin Pie race with this event. Byron Mundy directs this part of the day. 20 pumpkin pies were donated by different members of the club and used as prizes. The results follow: Thank you Byron and Bob Huggins and the pie bakers.

With great thanks to all, Dirctors Dot Kracht, Diane Lista, and Mary Beth Mundy

New 5K Race Comes to Philadelphia: Get Your Rear in Gear 5K Run to Fight Colon Cancer

The Colon Cancer Coalition is pleased to announce the First Annual Philadelphia *Get Your Rear in Gear 5K*, to be held March 22 on Martin Luther King Drive (West River Drive). The Colon Cancer Coalition has established a series of 5K's and other events in cities across the country, encouraging people to "Get Your Rear in Gear" and talk about colon cancer to positively impact this disease. Funds raised by the Philadelphia event will directly benefit efforts to fight colorectal cancer in our region.

The inaugural Philadelphia *Get Your Rear in Gear* events will include a timed 5 K run, an un-timed 2-mile walk, and "Tony's Trot" Kids Fun, honoring former White House Press Secretary Tony Snow, who lost his battle with colon cancer in July, 2008. Tony's sister lives in the Philadelphia area, and has been actively involved in planning this year's events.

The 5K Run will take place on a flat and fast USATF certified course, and runners will receive technical race shirts and goody bags.

Event Details:

Date: March 22, 2009

Time: 7:30 - Registration opens

9:00 - Tony's Trot Kid's Fun Run

9:30 - 5K Run

9:45 - 2-Mile Walk

10:30 - Awards



TYLER ARBORETUM 10K TRAIL RUN
16th Running Saturday, April 4, 2009
Your New Favorite Trail Race

Tyler Arboretum 515 Painter Rd. Media, PA 19063-4424

9:00 AM Start. Registration and race packet pick up open at 7:30AM

Presented by Delaware County Road Runners Club

Race Website: <http://tinyurl.com/tyler09>

Registration fees \$20.00 before March 30, 2009; \$25.00 after
 Mail entry and checks payable to Delco RRC to: Delco RRC,
 c/o John Greenstine, 254 Clover Circle, Media, PA 19063

or register online at race website <http://tinyurl.com/tyler09>

Amenities: Shirts for runners registered before March 23. Refreshments after the run for runners and guests.

Awards: Top overall male and female runners, first three male and female runners in age groups 18-29, 30-39, 40-49, Men 50-59, Women 50 and over, Men 60 and over.

Team awards: Top male and female teams. See race website for details.

The course is wheel measured at 6.2 miles. Narrow and wide hiking trails with rolling and climbing hills, four shallow creek crossings. One water station you will enjoy twice on your run. Trail will be marked with bio-caulk arrows on the ground, ribbons on trees and posts, and arrow signs. Course volunteers where needed.

More information call: Race Directors John Greenstine (610) 891-0806, Chris Earley, (610) 459-2764 and Bill McGurk (610) 291-9707 or e-mail: TylerTrailRun@yahoo.com or Info@Delcorrc.com.

Results will be posted on Delco RRC website. www.Delcorrc.com

Attention: Dogs are not permitted on the Arboretum property

REGISTRATION FORM

Last Name _____ First _____
 Name _____ MI _____ Sex _____
 Address _____ City _____ State _____ Zip _____ Age Day of _____
 Race _____
 Email Address: _____ Phone number _____
 Size of Shirt, circle one: **SM MED LG XL** Team affiliation: _____

MUST BE 18 OR ABOVE TO ENTER

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 Tyler Arboretum and Delco RRC 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. I also give permission for the free use of my name and photograph in any broadcast, web usage or other accounts or promotion of the event or Delco RRC. WAIVER MUST BE SIGNED

Signature _____ Date _____

Register online or mail entry and check to Delco RRC, c/o John Greenstine, 254 Clover Circle, Media, PA 19063

SPONSORSHIP OPPORTUNITIES ARE AVAILABLE

Run the Day Presents



**There is only 1 left!!!
Saturday, March 21st.**

The distance of the course is going to be determined by the course and not by some silly non-American means of measurement.

We are going to set up a **three course Pickle Prediction Run. Courses will be up shortly on www.runtheday.com**

You will have a choice of course and distance. Since all scoring will be done in prediction format, the time and distance doesn't really matter. It's only how close you come to your predicted time.

In addition...

Anyone who completes the Kevin Cain Make My Day 5K on April 5th will receive a coupon for a free Pickle in the Woods trail run in July 2009.

The Pickle Runs...for people who love to run

Walking it off

By Amy Binder



Every once in awhile I'll go for a walk rather than run. Maybe my knee is being a little cranky. Maybe my lunch is sitting too heavy for a strenuous workout. Maybe I just want to stroll in the sunshine.

It seems odd to walk any distance without a dog by my side. Apparently, others think so, too.

The other day, I was three miles into a nearly five-mile walk when a neighbor pulled up beside me. "Are you OK?," she asked from the warmth of her car. It took me a moment to figure out what she meant.

No one ever stops to check on you when you're running. But there I was in street clothes, quite a distance from home, so maybe she thought my car had broken down. I appreciated her concern and waved her on, saying I was enjoying the exercise.

In my old neighborhood, there were several people who walked religiously, but they all had dogs. I noticed them because I was one of them.

There was a certain gentleman I saw every morning on my way to work. Then, one day, it was just the man, sans pet. It quickly became clear that the dog was gone for good. Still, the man walked.

It looked strange at first because he was missing the whole reason people usually take morning walks—for their dogs. Whether or not his daily constitutional had originated with a canine call of nature was a moot point. The chore had transformed into a habit—one that he continued as faithfully as if his furry friend were still beside him.

I thought I'd do the same when I lost my dog a few years back. The reality? Not so much. But whenever I do take myself out, it's a treat to walk, and not run, for a change.

At a recent dinner party, a guest asked what I would do when I could no longer run. The question stopped me short because it assumed such a time will come.

I accept that I'll get slower as I age, but to stop running entirely? Must I?

I see the number of older runners continuing to grow as my cohort ages. It's a baby boomer thing. We've lived our lives thinking we're invincible and that we can rewrite the conventions of aging. Still, the last race application I picked up had "60 and over" as the last age group for women. I'm not there yet, but the thought of being part of what is essentially a "60 till death" grouping is a little sobering.

If I ever find that I can't run anymore, I do have a Plan B. I will walk. It will be just like all those years I took my spotty dog around the block.

When I answered my dinner guest about what I'd do when I could no longer run, I said "I'll get a dog." It's nice to have company when I walk. And fewer people stop to ask if anything's wrong.

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Originally published in the News of Delaware County, February 4, 2009. Reprinted with permission.

Finding the will to exercise

By Amy Binder

D'wanna. Don't wanna. I don't want to get out of my warm bed to run on cold mornings. To be fair, I don't want to get up on rainy mornings, either. Or early weekend mornings after late nights.

So I torture myself. I lie in bed thinking up excuses to justify blowing off my run. I wait until the very last minute. Then I roll out of bed, into my sneaks and out the door. It's become my new routine.

Recently I read about people who have running streaks going back years and even decades. Not a day goes by that they don't run. One man explained it this way. If he were to think about whether or not to run, something would come up, and he'd put off running till another day. And then another.

By not even asking the question—by planning to run on a daily basis—he gets it done.

I don't run daily, but I do try to exercise every day. It doesn't matter if I'm facing a warm gym, an even warmer yoga studio or the cold streets of Delaware County, I'm finding it increasingly hard to pry myself out of the house.

I have the same "d'wanna" approach to races. I don't run them often, but there are times when I want to support the organizers or the cause. Such was the case with the recent Reindeer Romp in Havertown presented by Nolan Painting. Kevin Nolan sponsors quite a few races around the county, and with the Reindeer Romp he raises a significant amount of cash for the American Cancer Society.

I signed up to be one of the 579 runners and another couple hundred walkers to romp for Kevin's cause on a mild December Sunday. My "d'wanna" mindset kicked in Friday night, when I began thinking about what to run, eat and wear to train on Saturday and to compete on Sunday. It's not like I was hoping to win the race—or even my age group. I just didn't want to embarrass myself. And I wanted to see if the speed and strength training I've been doing were having any effect.

I worried about the race up until the time that the gun went off. Then I stopped thinking. In yoga, one of the constant refrains is to "be present in your practice." That's hard to do. Much easier is letting your mind wander to other places, like where to go for dinner or why the client hasn't called back about an upcoming project.

At the Reindeer Romp, not only was I present in my race, I was focused on my breathing—another yoga concept. For 3.1 miles, I was deep in a running meditation. My body was set on autopilot, and my mind took control.

It wasn't all peace and harmony. I struggled on the hills to keep both my pace and my breakfast. But by coming back to my breath and trying to summon the energy within, I was able to keep going. Not fast, but an OK pace for someone who doesn't make a habit of racing.

Soon enough the race was over, and I got to that great place called "done." Whenever a run, a race, a yoga practice, a gym workout is over, any misgivings I'd had magically disappear. More so, I feel doubly good: I've conquered "d'wanna," and my exercise session is behind me.

Those few times when I succeed in talking myself into staying cocooned indoors instead of exercising, I feel off center all day. Better to make a workout plan and stick to it.

If you're looking for a New Year's resolution, here's a great one: Exercise early and often. Don't ask yourself, "Do I really wanna?" Don't even think about it.

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RACE RESULTS

Springfield Run for Heroes 5K: October 12th

78 Lloyd Armor 34:38 2nd in age group

Toys for Tots 5K: November 1st

78 Lloyd Armor 33:45 1st in age group

Jingle Bell Run 5K (Harrisburg): December 13th

35 Mike McKenney 17:54 1st in age group

Jingle Bell Run 5K: December 14th

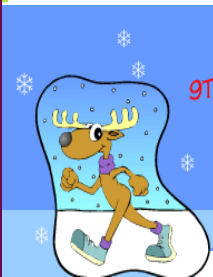
34 Chris McGoldrick 17:51 1st in age group

40 Paul Randolph 18:23 1st in age group

13 Julian Randolph 25:16

55 Monica O'Neill 27:12

9 Jane Randolph 43:16



Reindeer Romp 5K: December 14th

34 Chris McGoldrick 17:50

2nd in age group

47 Mike Gormley 21:03

44 Bob Fyff 21:11

18 Amiee Dilucido 21:22

47 Bill Weber 21:33

57 John Greenstine 22:28 2nd in age group

25 Kristen Dwinells 23:03

60 Jack Corcoran 23:15 1st in age group

41 Cara Greenspan 24:32

43 Diane Lista 24:56

53 Shirley Weber 25:46 1st in age group

33 Frank Durso (with Hope) 26:53

51 Laura Zilno 27:09 2nd in age group

62 Neil Weygandt 27:42

53 Amy Binder 29:16

35 Megan McHugh 30:05

56 Maryann Cassidy 41:57

Swarthmore Board of Recreation 5K: January 1st

34 Frank Durso 23:31

Icicle 10 Miler: January 11th

35 Chris McGoldrick 1:01:35 3rd in age group

36 Cecile Daurat-Thompson 1:11:44 2nd in age group

54 Larry Filtz 1:12:04

32 Carrie McTauge 1:15:00

55 Beth Howlett 1:22:21 1st in age group

The Frozen Pickle: January 17th (Postponed Pickle) 3.08 miles Fun Run

43 Tim Krueger 22:11 1st overall

33 Frank Durso 25:10

25 Kristen Dwinells 25:40

The Pickle Run Winter Race Serious; 3 course Prediction Run: January 24th

43 Chris Commans 21:34 (3.08 course)

56 Maryann Cassidy 59:12 (4.5 long course)

51 Kelly O'Brien 37:51 (4.5 Trail Run)

58 Tom Brazill 35:09 (4.5 long course)

25 Kristen Dwinells 36:05 (4.5 Trail Run)

60 Jack Corcoran 40:53 (4.5 Tail Run)

44 Meg Nilan 45:09 (4.5 long course)

(**results listed in order based on how close actual time was compared to predicted time.)

Chilly Cheeks 7.2 Trail Mile Run: January 25th

Beth Howlett 1:25:18 1st age group

Eenie-Meenie-Mynie Half Marathon: February 8th

50 Bill McGurk 1:46:39

35 Janet Smith 1:46:39

42 Dawn Patterson 1:49:42

48 Mike Gormley 1:49:46

43 Diane Lista 1:59:54

58 Terry Adamson 1:59:56

44 Bridget Morse 2:13:34

Send all race results to

**Kedwinnells
@yahoo.com**

Race Results

The Pickle Run Winter Race Series #2– 3.42 Run: February 21st

25	Kristen Dwinells	27:32
51	Kelly O'Brien	29:06
44	Bridget Morse	29:15

Ugly Mudder 7.25 Mile Trail Run: February 22nd

42	Paul Randoph	53:20	2nd in age group
36	Janet Smith	1:18:45	
50	Bill McGurk	1:18:46	
54	Bob Huey	1:19:43	



Send
Results
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com

Running Shorts By: Bill McGurk

Larry Filtz, who is one of our long time members, announced that he came to a realization the other day.

Before I get to that though, we must first have a little background. Ever since I've know Larry, he has almost always runs just fast enough during our Saturday and Sunday Fun Runs so he stays about 100 feet in front of everyone else. Now Larry is faster than many of us but he doesn't run any faster during these runs to increase that 100 foot distance. Yes this does give the rest of us a good opportunity to talk about Larry which we often do. But we also wonder that since he is maintaining his same pace, why doesn't he just drop back and run with the rest of us. Weird, isn't it? Well on Saturday, Jan 24th, Larry was running with us, with us, not ahead of us. And he said, I'm paraphrasing here (Do you use quotes when paraphrasing? Dammit Captain, I'm a runner, not an English major.), "I've come to realize that I need to start running with everyone instead of running just ahead of them, otherwise its not running with the group and why come out to the Fun Runs." One word; DUH!

Welcome back to the Club Larry!



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

Email: info@delcorrc.com

We're on the Web: www.delcorrc.com

Run for Fun and Fitness

2008 Delco RRC Board Members:

Chairman	Diane Lista	610-649-4912
Vice Chairman	Bob Zwaan	610-200-4693
Membership	Bill McGurk	610-291-9707
Treasurer	Torpey White	610-338-0942
Secretary	Carrie McTague	610-789-6282
Team Coordinator	Bill Weber	610-306-1553

Amy Binder, Frank Durso, Kristen Dwinells, Mike Gormley, Dot Kracht, Byron Mundy, Dawn Patterson, Denise Talbot, Steve Whitmore,

Newsletter Staff:

Editor: Kristen Dwinells

Contributors: Tim Krueger, John Greenstine, Amy Binder, Shirley Weber, Byron and Marybeth Mundy, Bill McGurk

Have Something to add? E-mail it to kedwinnells@yahoo.com

Delaware County RRC Fun Run/Walk Schedule

Sunday 7:30 and 9:00 am, Springfield, PA

Springfield Library, 70 Powel Road

Monday 6:30pm, Secane, PA

Ridley YMCA, South Avenue

Tuesday 6:30pm, Springfield, PA

Springfield Library, 70 Powel Road

Wednesday 6:30pm, Swarthmore, PA

Swarthmore Presbyterian Church Parking Lot

Harvard Ave, off 320

Thursday 6:30pm

Springfield Library, 70 Powel Road

Havertown:, Old Oakmont Elementary School Darby & E. Eagle Rd

Saturday

8am: Media Community Center: 3rd and Jackson Streets, Media

9:00am: Harris Elementary School: Sharon and Bartram Aves, Collingdale

9:00am: Riddle Creek State Park: Gate at Barren and Chapel Hill Road, Media