

Keeping Contact

JANUARY / FEBRUARY 2008

WELCOME

NEW
MEMBER!

DENNIS
TATE

INSIDE THIS ISSUE:

Volkswanderung 2
Highlights

Pics from Philly
Marathon 3

Race Results 4

Amy's Ink 5

"Intro to Multis-
port" 6

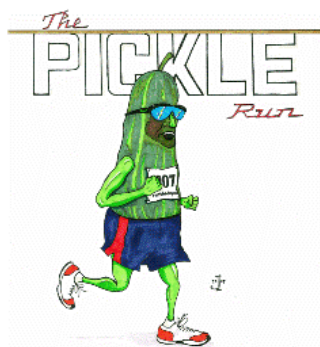
2008 Membership
Renewal 7

"The Last Cough" 8

"You Know You're
a Runner if..." 9

Is Your Running In A Pickle?

Then come out the first ever Winter Pickle Runs
at Ridley State Creek Park!



Each pickle will be held on the third
Saturday of the month at 10am.
January 19th,
February 16th,
and March 15th.

The races will start at section #7 and #17, both
areas having heated bathrooms and pavilions.
The February Pickle will be the first Public Pickle
Prediction event!

For more information and registration visit
www.runtheday.com

2008 Club Meeting Schedule

Did you make any 2008 New Year's Resolutions? If not,
how about to become more involved in YOUR club!

January 29th,
February 26th,
March 25th,
April 29th,
May 27th,
June 24th,
August 26th,
September 30th,
October 28th,
November 18th,
December 16th

All meeting are at 7:30pm at
Covenant United Methodist Church of Springfield
212W. Springfield Road
Springfield, PA 19064

The 8th Running of the Monk Update.



After last years Monk, which was
the biggest and best Monk run to
date, St Kevin's Parish has de-
cided that the race has become
too large for their property. This
forced us to look for a new facil-
ity to host the run. The choices
considered were St Francis of
Assisi Church and The Knights of
Columbus property in Springfield.
Calendar restrictions and Spring-

field High School's graduation mandated that the Monk would
be run at the Knights of Columbus.

The move to the KOC brings us a flat fast course
(designed by Mike Gormley) . The use of the Knight's swim-
ming pool, beach volley ball court, play ground for the kids, a
hall in case of rain, and plenty of bathrooms will surely en-
hance the quality of this event. We will rent the property for
\$1,000.00. The cost of the rental includes 4 to 5 lifeguards, the
Knights bar staff, and their management staff to look over the
facility.

What does this mean to Delco RRC? The biggest
thing is that The Running of the Monk becomes much more a
signature club event. Delco RRC will receive \$3.00 for every
participant in the race. On the fundraising side, Delco RRC will
receive 10% of all monies raised by the club. In saying that, we
are looking for some more club members to be involved in the
organization, planning, and fundraising for the event.

Our goals for this years Monk are to grow the
event by 150 – 200 participants and to reach \$10,000.00 in
fundraising. This will be a challenge considering the move to a
new location and the work that is involved in re-inventing the
most popular race in the area.

If you would like to be involved please contact Tim
Krueger at tim@runtheday.com or call 610-328-3979. We
would love to have you, and bring a bag full of ideas!!

Tim Alias "Head Monk"

Book club?

Cara Greenspan is thinking of starting a book club
(contemporary fiction) to be held at her home on a Sunday
maybe every 2 months. Good conversation and
snacks! Details to be announced at a later date, once in-
terest is determined. If you are interested, please contact
her by email or phone, or touch base with her at a run.

Contact info: email caralyng24@aim.com, phone 484-919-
0393

Highlights from the 2007 Volkswanderung

by Byron Mundy

Nearly 120 people turned out for the Thanksgiving morning Volkswanderung at Ridley Creek State Park. Unseasonably warm (65 degrees) weather and clear skies were enjoyed by all. Event directors Dot Kracht and Mary Beth Mundy were happy to collect \$2035 (two thousand thirty-five dollars) which was donated to the Loaves and Fishes Food Pantry, a branch of the Delaware County Interfaith Coalition.

Seventy-five runners and walkers participated in the 4.3 mile loop pumpkin pie prediction run which was double the turnout from last year. The top 12 predictors won delicious homemade pumpkin pies that were contributed by Denise Talbot, Marian Filtz, Mary Beth Mundy, and Dot Kracht. Phil Anderson and Byron Mundy directed and timed the run. Participants could not wear watches. Complete results are below.

Special thanks to John Velardi (Byron's new son-in-law) for getting his employer Swiss Farms to donate drinks for the event.

Place	Name	Predict	Actual	Diff.	Place	Name	Predict	Actual	Diff.
1	Bill Weber	36:00	36:05	:05	22	Bill McGurk	40:00	38:23	1:37
2	Dennis Tate	33:40	33:31	:09	23	Paul Randolph	31:18	29:37	1:41
3	Diane Lista	38:35	38:25	:10	24	Kim Baker	45:00	43:15	1:45
4	Sharon Graham	31:15	31:26	:11	25	Anthony Spatacco	39:00	37:04	1:56
5	Joe Freiberg	45:00	44:36	:24	26	Marcy Harper	43:07	45:04	1:57
6	Sara McNally	31:24	31:48	:24	27	Chrissy Matticola	32:00	30:02	1:58
7	Myung Mundy	75:00	74:34	:26	28	Steve Adoff	60:00	62:00	2:00
8	Marian Filtz	75:00	74:34	:26	29	Dave Lang	43:00	45:01	2:01
9	Amy Binder	44:00	44:29	:29	30	Bob Lang	38:00	40:04	2:04
10	Sal Genovese	29:26	30:08	:32	31	John Ashton	33:20	31:12	2:08
11	Andy Keller	35:15	34:37	:38	32	Jodie Oneill	35:00	32:51	2:09
12	Steve Scales	39:00	38:08	:52	33	Jenny Keller	35:00	37:15	2:15
13	Henry Scales	39:00	38:08	:52	34	Jim Keller	35:00	37:16	2:16
14	Adam Schultz	60:00	60:55	:55	35	Eric Mundy	40:00	37:38	2:22
15	Don Roberts	72:00	72:58	:58	36	Maryann Cassidy	55:00	57:27	2:27
16	Frank Nilan	32:22	33:39	1:17	37	Whitney Clymer	45:00	42:33	2:27
17	Glenn Bowman	35:00	33:35	1:25	38	Joe Nally	74:59	77:50	2:51
18	Tom Brazill	34:00	35:29	1:29	39	Rose Thomas	80:00	77:00	3:00
19	Morgan Hecker	54:00	52:30	1:30	40	Liza Genovese	36:08	39:09	3:01
20	Steve Whitmore	35:20	33:49	1:31	41	Meg Nilan	47:00	43:47	3:13
21	Chris Magee	38:38	37:04	1:34	42	Jim Miccolis	60:00	56:38	3:22

2007
Volkswanderung
Participants



KEEPING CONTACT

Volkswanderung continued

Place	Name	Predict	Actual	Diff.	Place	Name	Predict	Actual	Diff.
43	Dave Wolfson	45:00	41:28	3:32	60	Erica Hecker	48:00	41:20	6:40
44	Rosemary Thomas	43:00	39:15	3:45	61	Tamara Hecker	49:00	41:40	7:20
45	Niall Donohue	35:00	31:05	3:55	62	Heinz Wick	55:00	62:24	7:24
46	Michael Adoff	39:00	43:00	4:00	63	Art Dell	68:00	75:25	7:25
47	Sharon Scales	50:00	45:20	4:40	64	Colin Wade	47:10	39:33	7:33
48	Charlie Scales	50:00	45:20	4:40	65	Tim Wade	47:11	39:33	7:34
49	Kristen Dwinells	42:15	37:34	4:41	66	Jen Brooks	75:00	64:48	10:12
50	Denise Talbot	43:37	38:23	5:14	67	Bridget Velardi	75:00	60:36	14:24
51	Michelle Subers	40:33	45:48	5:15		Monica Freiberg	DNF		
52	Adam Spatacco	26:00	31:39	5:39		Jim Fergus	DNF		
53	Kathy Adoff	60:00	54:19	5:41		Tom Weber	DNF		
54	Jodi Magee	72:00	77:50	5:50		Bonnie Mueterties	DNF		
55	Don Larson	35:00	41:15	6:15		Julie Mueterties	DNF		
56	Jamie Nolan	75:00	68:32	6:28		Lindsay Mueterties	DNF		
57	Carol Nolan	75:00	68:32	6:28		Peter Snedeker	DNF		
58	Janet Smith	70:00	63:25	6:35		Dean Dennis	DNF		
59	Joan Boselli	50:00	56:38	6:38					

As many of you know, our fellow Delco Road Runner, Kate Klim has moved up to Boston. She sent in some pictures of the Philadelphia Marathon that I would love to share with you all. Two are pictures of her running with Steve Whitmore and the other is of her friends with the posters that they made Kate. We all from Delco RRC wish Kate lots of luck up in Boston!!!



Race Results

RACE RESULTS

SEND YOUR RESULTS TO:

KEDWINNELS
@YAHOO.COM

Toys for Tots 5K: November 3

77 Lloyd Armor 34:59 (1st in age group)

Cooper Amerihealth Bridge Challenge 10K: November 4

16 Danny Tyler 37:30 (2nd in age group)

Turkey Trot 5K: November 17th

47 Chris Commans 21:49

Philadelphia Marathon 8K: November 18th

43 Phil Anderson 44:54

Philadelphia Half Marathon: November 18th

24 Kristen Dwinells 1:50:59

54 Monica O'Neil 1:58:23

48 Bob Zwaan 1:58:56

Philadelphia Marathon: 26.2 Miles: November 18th

24 Kate Klim 3:14:18

52 Steve Whitmore 3:16:41

38 Noreen Beresford 3:28:21

28 John Paul Gagliardi 3:28:34

59 Bryon Mundy 3:48:10

24 Theresa Gagliardi 4:22:40

60 Neil Weygandt 4:29:52

Run for MS 10K: November 22

16 Danny Tyler 39:19
(3rd in age group)

Phila Insurance Cos. Turkey Trot 5 Miler: Forbidden Trail

48 Bob Zwaan 43:52

ABVM Turkey Trot 5K: November 24

54 Monica O'Neil 26:11 (2nd in age group)

West Palm Beach Half Marathon: December 2

24 Theresa Gagliardi 2:02:19

Brian's Run 5K: December 2

27 Matt Stanley 19:30
(9th overall and 1st in age group)

53 Larry Filtz 19:47

54 (10th overall and 1st in age group)

35 Jodi O'Neil 21:20 (1st in age group)

60 Peter Vishton 28:15

69 Bill Erb 31:31

48 Lorraine Henderson 37:09

Brian's Run 10K: December 2

24 Chrissy Matticola 40:28 (9th woman overall)

59 Byron Mundy 46:09 (2nd in age group)

54 Beth Howlett 48:26 (1st in age group)

57 Tom Brazill 49:33

27 Eric Mundy 51:14 (recovering from injury)

60 Neil Weygandt 52:19

25 Nicole Juliano 52:21

24 Kristin Schopf 52:21

27 Matt Stanley 52:39

*(ran both 5K and 10K)

47 Bob Zwaan 53:32

43 Meg Nilan 59:20

60 Diane McManus 60:34

Reindeer Romp 5K: December 9

24 Kate Klim 20:00
(1st in age group)

46 Mike Gormley 22:09

59 Jack Corcoran 22:16 (2nd in age group)

24 Kristen Dwinells 23:23 (3rd in age group)

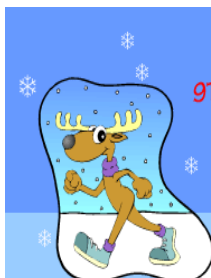
61 Neil Weygandt 23:46 (1st in age group)

40 Cara Greenspan 24:48

41 Diane Lisra 25:08

43 Meg Nilan 26:33

57 Diane McManus 27:50 (2nd in age group)



Did You Know?

Did you know that the Delco RRC club website recently changed to www.delcorrc.com?

Even Running Can be Controversial

By Amy Binder

There's nothing in this world that can't be argued over. Nothing that doesn't contain controversy. Even jogging.

OK. If reading the word "jogging" set your teeth on edge, you're probably someone who wears "running" shoes, buys "running" gear and has a "running" mindset. Me? I don't mind wearing sneakers, pulling on sweats or going for a jog. I never knew the J-word was a problem, until I heard friends take the trouble to correct the terminology—repeatedly.

What's the difference? I wish I knew. Unless it's a way of distancing oneself from the whole jogging craze of the '70s, which had the unfortunate outcome of turning tracksuits into streetwear, and in such unsportsmanlike fabrics as velour. Or senior citizens in Nikes, using their high-performance shoes to push walkers around the mall. Who knows what turned the tide on jogging; just know the word has fallen way out of favor with the running crowd.

Music is another hot button for running. It's not who's on your playlist; it's why have one at all? Some people consider headphones and MP3 players as essential to their workouts as the right footwear. Others—like me—would rather listen to the world around them, whether its birdsong or advance warning of oncoming traffic.

A number of races are beginning to ban headphones during competition for runners' safety. Good luck with that, considering today's impossibly small iPods and the marketing muscle behind Apple and the Nike+ product line.

Dogs and babies are already banned in most races as a safety measure, but I've finished behind Labradors and strollers in plenty of competitions. It wasn't the threat of tripping that worried me as much as the humiliation of being passed by puppies and two-year-olds. I certainly understand multitasking on training runs, but races really should be solo events.

Now that the days are shorter and colder, many runners have reacquainted themselves with their treadmills. Yet there are those, myself included, who think all miles should be run outdoors. Yes, it's safer to run in a well-lit space with central heating, but I prefer the camaraderie and fresh air of road running with others.

When runners hit the roads at night, the biggest controversy concerns visibility. They never intend to be invisible to drivers, but they don't always wear safety vests or reflective jackets. Too many times I've been the driver unaware that I'm sharing the road until I'm almost on top of a late-night runner without illumination. My advice to anyone who knows or is a nighttime runner: Add reflective clothing to your holiday gift list.

My last controversy hits home right about now, with big-name marathons taking place around the globe. The issue is whether just anyone should be allowed to enter, or should spots be reserved only for those who can complete 26.2 miles in a respectable time? Theoretically speaking, why should it matter? Why prevent newbies from having the marathon experience—earning that sense of personal accomplishment and, very often, raising funds for charity.

It seems unfair to say "no" to anyone who wants to plunk down about \$100 to enter, and few races do. In fact, some races encourage any and all comers. This year, the Philadelphia Marathon extended to seven hours the time its course would be open, up from five-and-a-half in previous years.

Those crossing the finish line at seven hours can't be called runners or even joggers. With an average speed of 16 minutes per mile, they are definitely walkers.

I don't welcome the extended race, having been a Philly Marathon volunteer for many years. When you spend an entire marathon putting out and picking up tens of thousands of water cups, not to mention scraping gooey energy-gel packets from the asphalt, the end can't come quick enough. Still, this is a controversy it doesn't pay to argue.

People will enter marathons as long as they can, with or without training, no matter how much or how little they've ever run. And after everyone owns a marathon medal and moves on to the next craze, runners will find something else to disagree over.

It's just human nature.

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Try the Tri, Do the Du— An Intro to Multisport

This is the first in a series of articles about multisport racing.

By: Frank Durso

Multisport participation has exploded in the last decade, with hundreds of thousands of Americans participating in some form of multi-discipline event. From the local sprint distance race to the Ironman, more and more Americans are signing up for what some view as the ultimate test of endurance and athleticism.

Multisport races come in many shapes and sizes, with the most popular being the triathlon. Comprised of "legs" of swimming, biking and running (in that order), triathlon is the oldest and most popular multisport race and it is featured as an Olympic event. Duathlon, an offshoot to triathlon, substitutes the first leg of swimming in triathlon with running. Within the last decade, duathlon has gained a steady following of multisport athletes who do not have access to a pool to train for swimming, or due to time constraints, would rather focus their training efforts on two disciplines as opposed to three.

Once viewed as an "extreme" sport, adventure racing is gaining a steady foothold among Americans of all ages. A typical adventure race is a team event of 3-4 people per team. A race can be comprised of trail running, orienteering, mountain biking, rock climbing, and canoeing. Participants are seldom told ahead of time the order in which each leg of the race will take place. Rarely is the course "marked out" like a standard road running race; competitors are instead given a map and a compass and are instructed to make their way from checkpoint to checkpoint without the assistance of course markings. Unique to adventure racing are "special challenges" inserted randomly along the course. A mix of both physical strength and mental strength, the special challenges emphasize the team aspect of adventure racing.



Triathlon is offered in a wide range of distances to accommodate everyone from the first-time racer to the seasoned veteran. New triathletes typically test themselves in a "sprint" distance race. A sprint distance event has a 1/4 mile swim leg, 15 miles of cycling and tops off with a 3.1 mile run. Moving up to the next level, the Olympic distance triathlete faces a 1/2 mile swim leg, 40km of cycling and 10km of running. At the highest and most difficult level of triathlon is the granddaddy of all races, the Ironman, with its 2.4 miles of swimming, 110 miles of cycling and 26.2 miles of running. And if following a century ride with a marathon doesn't present a herculean challenge, triathletes complete the swim leg in the churning torrents of the ocean, traditionally referred to as an "open water" swim.

The greatest challenge in multisport isn't racing, its training for racing. The multisport athlete must possess a proficiency in all three disciplines. A runner may log 35 miles per week training for the 10k. A cyclist may ride 100 miles a week training for a road race. In that same period of time - one week - the multisport athlete is challenged

with logging the same amount of training as the runner and the cyclist combined - and we haven't factored in swim training! In order to achieve his or her training goals, a multisport athlete may concede to training twice a day in order "get the miles in." Multisport is not for everyone- the level of commitment to an intense training plan requires a determination and will that not all "single-sport" athletes possess.

Multisport requires specialized training to prepare the athlete for the stresses of swimming, running and biking over the course of what ultimately could be many hours. Training for swimming in a pool, for example, provides the athlete phenomenal fitness. However, swimming alone in lap pool does not prepare the multisport athlete for what's referred to as the "washing machine" effect in triathlon swimming. The washing machine effect is the term used to describe the churning, turbulent water created by hundreds of athletes swimming in close proximity to each other. As one can imagine, it is not uncommon to get kicked, punched and swum over by other competitors as everyone jockeys to get into the best position to complete the swim. In order to overcome these race-day



challenges, triathletes train in group open-water swim training sessions, typically held by local triathlon clubs at an area lake or river. Or, they may solicit their friends and teammates to swim with them in training, in an attempt to mimic race-day conditions. Since cycling and running require the use of different sets of muscles, multisport athletes fall prey to what is commonly referred to as

"rubber legs" as they transition from the cycling leg of the race to the running leg. For the first mile or so of the running leg, the multisport athlete may be forced to run at a slower pace as their legs transition from the spinning motion of cycling. To prepare for this, multisport athletes perform a "brick" workout. After cycling a few miles close to race-pace, the athlete will almost immediately change shoes and start running at or near race-pace.

How does a triathlon work? Sprint and Olympic distance races are traditionally held at a venue with a lake or river. Using the sprint distance race as an example, athletes are staged for the first leg, the swim, by age group and gender, at the edge of the water. At some venues, the athletes are staged in shallow water if access to water isn't large enough to accommodate the racers. The swim leg for these events are typically an "out and back" course - the athletes enter and exit the water at the same spot. After exiting the water at the completion of the swim, the athletes enter the first Transition, referred to as T1. In T1, the athletes remove their wet-suits and goggles, grab their bikes and head out of the transi

Try the Tri (continued)

tion and onto the bike course. At the completion of the cycling leg, the athletes enter the second transition (T2). Bikes are exchanged for running shoes, and the athletes begin the final leg of the race. In multisport, the clock starts when the athletes enter the water, and it does not stop until the athlete runs cross the finish line. Therefore, getting through each transition efficiently and quickly is just as important to achieving one's race goals as having a great performance in each leg of the race.

If you're a traditional runner or a cyclist, multisport racing is a great way to add variety to your race calendar. To find a multisport race in your area, visit www.trifind.com.

Next Issue:

Part II: A Race Day Game plan: Swimming to T1

Frank Durso is a member of the Philadelphia Triathlon Club and is an avid runner, cyclist, mountain biker and a first degree Black Belt in Tang Soo Do karate. Contact Frank at frank.durso@gmail.com.

2008 Membership Alert

Members who have not sent in a new membership form will be dropped from the rolls as of 3/1/08. Membership form can be found at our website www.delcorrc.com.

Alida Anderson
Griffin Anderson
Phil Anderson
John Ashton
Patrick Ashton
Cindy Balmer
Steve Balmer
Marian Baudini
Noreen Beresford
Janet Boas
Bill Bobeck
Peggy Bobeck
Joan Boselli
Butch Bown
Glen Bowman
James Bronson
Sandy Brown
Scott Brown
Craig Brumwell
Jack Bryson
Lenox Campello
Jeanne Ciocca
Kathi Clatterbaugh
Mark Clatterbaugh
Carolyn Collins
Keith Collins
Pete Colombo
Chris Commans
Claire Conaway
Jim Cooper
Ann Corcoran
Jack Corcoran
Maggie Creed
James Curto Jr.
Maire Curto Jr.
Ryan Czyszczon

Deborah Daisley
Richard Daisley
Sloane Davis
Frank Deady
Phyllis Delate
Bud Diamond
Jacqueline Diamond
John Diamond
Carolyn DiGiambatista
Thuy Dinh
Niall Donohue
Rich Drinker
Frank Durso
Chris Earley
Karen Earley
Bill Erb
Gary Fairchild
Larry Filtz
Susan Foster
Freiberg's Family
Steven Freytag
Robert Gibson
Bob Gillespie
David Gingras
Mike Gormley
Steve Hamilton
Matt Handal
Rachel Harting
Joseph Hassard
Terry Heller
Ron Horn
George Jackson
Al, Ian, Jan Jones
Rita Jordan-Keller
Will Kane
Jennifer Kaplan

Anthony Keller
Frances Kirk
Gary, David Klein
Kate Klim
Bob, Paula Koerner
Gina Kokoska
Bill Kreider
Tim Krueger
Robert Kunz
Chris Lambert
Christopher Lamoureux
Abby Lang
Juli Larner
Don Larson
Diana Levensgood
John Loisel
Katherine Loisel
Albert Long
Mary Lou Long
Chet Lubecki
Lisa Marchese
Gene Martenson
Chrissy Matticola
Mary McCoy
Katie McElhenney
Chris McGoldrick
Megan McHugh
Lori, Mike McKenney
Carrie McTague
Mike Metague
Bill Morgan
Bridget, Matt Morse
Bill Mortimer
Heather Mozzoni
Mundy's
Meg Nilan

Jodi O'Neill
Monica, Tim O'Neill
Dawn Patterson
Nick Piscitelli
Julian, Paul Randolph
Molly Reilly
Christine Reuther
Christen Rexing
Deb Riggins
Kitty Roberts
Eph Samit
Billy Scheifele
Kim Seaman
Helen, Pete Senisch
Jason Sevic
Karen, Kevin Siegel
Jim Smith
Roslyn Spence
Bob, Joeleen Street
Lisa Swatkowski
Denise Talbot
Lauren Taylor
Deanna, Graham Thorpe
Linda Trout
Michael Tuohy
Dan, Jim Tyler
Eva Van Stratum
Colin, John, Tim Wade
Estelle, James Watson
Torpey White
Bob White & Family
Steve Whitmore

Running Season: the Last Cough

"I tried looking for a support group, but all I could find were more races to enter"

By: Theresa Gagliardi

As the season of marathons and half-marathons falls to a wet, cold, and windy end in the North East, the areas of the United States with warmer climates are just getting started. I have to admit that I'm a bit jealous of those Western and Southern states for being able to continue the running season through the winter months. This year marked a lot of "running firsts" for me, and I hate to see it end—my first half-marathon, my first marathon, my first time placing in a race, and my first year running with the Delco Road Runners. The encouragement and support of the Delco Road Runners has taught me that running isn't just about staying in shape; it's about commitment, supporting others, meeting goals, and learning that every race is not going to be a PR, but to have fun all the while. I kept this in mind as I boarded a plane to West Palm Beach, where I would be running the Half-Marathon of the Palm beaches with my former college suitemate, Jennifer (Jen) Knoll...

30 Nov 2007; 4:30PM "Someone Should Start a Support Group"

Flying 40,000 feet above sea level, the man to my left asks me if I'm traveling to West Palm to run in the race. I am a bit taken aback by his question, being that I am dressed in work clothes and my reading material consists of Internet articles and texts books related to the children's publishing industry. However, my Nike sports watch seemed to have revealed my identity. I later learned that the man, Scott, would be running the Half-Marathon of the Palm Beaches as well—what are the odds? We spent the remainder of the three hour flight talking about running.

1 Dec 2007; 1:30PM "Pre-Race Fallacies"

After visiting the race expo, Jen, fellow half-marathoner Samara, and I visit the nearest eatery for some lunch. Jen and I order chips and salsa as an appetizer for the pizza we were going to split. Samara orders a grilled chicken salad. When asked if she would like a few chips or a slice of pizza, she politely declines and indicates that her stomach can't handle that much grease the day before a race (—oh right, the race; forgot about that!)

We leave Samara to further explore the expo, while Jen and I drive back home.

6:30PM

Believe it or not, once the sun goes down in Florida the options of things to do seem to be limited to going shopping, drinking, or hanging out at Starbucks. So Jen and I drive to Starbucks. After placing our orders, Jen receives a phone call from Samara. She wanted to wish us good luck on the race before she went to bed. Samara ends the conversation by telling us to get a goodnight's sleep"—and no caffeine!" she adds. Jen and I laugh hysterically as we walk out of Starbucks with grande peppermint mochas in our hands. (How did she know?)

2 Dec 2007; 5:45AM "Running As A Second Class Citizen"

Jen, Samara, and I arrive at the starting line and notice that our half-marathon status is clearly defined by the large green stripe across our race bibs. To further degrade our second class status, we seem to have been separated from the marathon runners by a large metal barrier. The three of us stand in shame among the other half-marathoners as we notice that the Pace Teams that we all signed up for were only located on the marathon side of the start. Samara decides to cross the barrier and stand with the 7:45 pace group. To her dismay, one of the marathoners looks down at Samara's green-striped bib and tells her that she needed to go back to her side. Samara refused to budge. (Go Samara, fight the system!)

6:00 AM

The race begins to the tune of Rocky's theme song. I'm pleasantly surprised, and now pumped to run this race!

7:00 AM

The sun has fully risen and I begin to choke on the dryness of the Florida air. The heat almost made me appreciate the Philly marathon weather. Rain in 35 degree temperatures may have seemed bad, but at least I had oxygen. I begin to think that running a full marathon two weeks before this race was a bad idea. I look down at my watch and already know that I'm not going to PR.

7:20AM

My breakfast of banana and espresso flavored Gu comes back up— my first time puking in a race. I continue to run as I spit my breakfast out on Flagler Drive.

7:30 AM

Running through neighborhoods of multimillion dollar houses gets old after about an hour and a half of flat-course running. I feel myself getting too comfortable at a 9:30 pace, so I decide to motivate myself by conjuring up running mantras. I begin thinking, "This is what you've worked for. This is what you've worked for. This is what you've worked for." —Until I realized that I didn't train for this race at all; my marathon mantra must have snuck its way back into my head from two weeks ago. I revert to my standard mantra, "Light as a feather. Light as a feather. Light as a —" who was I kidding? After eating half a pizza yesterday, even in my delirious state I could not convince myself that I was as light as a feather. "Just keep running. Just keep running. Just keep running..."

8:02 AM

'Just keep running' seemed to get me to the finish line at 2:02:and some seconds— and I'm okay with that. I'm okay with not breaking two hours; and I'm okay with the fact that I am ending my racing season with my worst half-marathon time. I'm okay with all of this because as I ran across that finish line in preparation to receive my HALF-marathon medal, I looked down the course to see my friend Jen finish her first half-marathon. High on endorphins and a bit delusional from the heat, we both hug each other while laughing at the pack of marathon runners that still had another 13.1 miles to run.

You Know You're a Runner If...

I saw this on a discussion board on Runnersworld.com. Thought it was funny (and relatable).

You know the distance between your house and any given point in your neighborhood

You get nervous driving when it's dark out, but you think nothing of running for hours in the dark

You see the highway sign saying "Next Exit 12 Miles," and your first thought is "I could do that. Easy."

When your "signature scent" is icy-hot.

When you mix easy and 10 miles in the same sentence.

Your laundry pile consists mostly of running gear and pajamas.

You know the temperament of every unleashed dog within a 100 square mile area.

You have no idea where your jeans are but you can find your running shorts, dri fit shirt, favorite socks, garmin watch, and running shoes in under a minute.

Your friends have stopped asking you what you did this weekend.

You stop correcting people who say they ran a 5k marathon because it's not worth it.

You have more sports bras than regular bras.

When the only magazine you have in your home is Runner's World and you quote John Bingham like Shakespeare. "Waddle on Friends."

You rotate your shoes more often than you rotate your tires.

You boast that you get better mileage than your car.

You spend more on running clothing than you do on work clothing.

You've mastered the skill of jumping over wildlife, dead or alive.

Your grandmother offers to make a patchwork quilt out of your race bibs.

You make sure your favorite sock are washed on Thursday, so they will be dry for Saturday.

You plan family vacations to coincide with the marathon you would like to run.

You put the word "only" or "just" when you say you ran miles in the single digits.

You talk to anyone who will listen to you about running/racing.

HAVE YOUR OWN TO ADD? SHARE THEM IN THE NEXT NEWSLETTER! Email them to Kedwinnells@yahoo.com



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Run for Fun and Fitness

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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, PA
Springfield Library, 70 Powel Road

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