

PUBLISHED BY THE
DELAWARE COUNTY
ROAD RUNNERS CLUB

WELCOME

NEW

MEMBERS!

MARYANN
CASSIDY

STEPHEN KREUGER

JOHN PARKINSON

HARRISON TABOT

STEPHEN TALBOT

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MARCH / APRIL 2008

Did You Renew Your Membership?

If not, please turn to page 9 of this newsletter and fill out the 2008 Membership Form and send it in! Time is running out! Don't get caught without your membership!



2008 Spring Extravaganza

Delco RRC Spring Extravaganza is being held March 29th from 7-11pm.

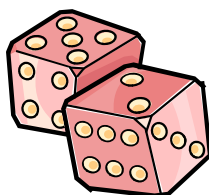
This will be a casual night of gaming (no money required), food, drink and music.

You don't want to miss the Fun Run Giveaway and the award to our Grand Prix winner for 2007. Door/raffle prizes as well as a prize for the biggest winner of the evening will be given.

The event will be held at:
VFW Post 7213,
109 Amosland Road, Norwood, PA 19074.

Cost is \$25 per adult and \$10 per child 12 and under.

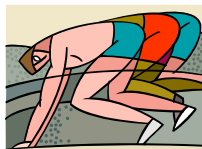
Please RSVP to
Marybeth Mundy,
214 Blunston Ave, Collingdale,
PA 19023.
Phone # is 610-534-2833.



Club Singlets and Shorts

Anyone that has ordered a club singlet and shorts, and has not yet paid for and picked up your order, please contact Mike Gormley. Extras were ordered and can be purchased by contacting

Mike at a fun run or by email at
cheatah60@juno.com



SWEAT IT OUT.COM GIVES DISCOUNT TO DELCO RRC MEMBERS

Efraim Nathan, president of Sweat It Out, recently attended a Delco board meeting to introduce his compression sportswear. He gave a very enthusiastic presentation about the benefits of compression clothing for runners with injuries and for those trying to avoid them. His clothing keeps its wick away properties for the life of the garment and is not chemically treated like other popular brands. Efraim will be attending our Spring Extravaganza on March 29th to answer any questions and will have samples of the compression clothing available.

As a thank you for the opportunity to present his products, he is giving Delco RRC members a 15% discount on all internet orders until December 31, 2008. Check out the website at www.sweatitout.com. When placing an order, use code 111 at check out to get your discount.

Happy shopping!

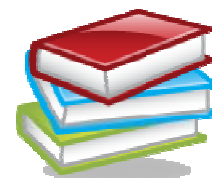


Book Club Update

The book has been selected and the date set! We will be reading The Memory of Running by Ron McLarty and will meet Sunday March 30 at 1:30 PM (time may change to a little later, will keep you all updated). I think I have all the emails of those attending so far and will send my apartment address to you. We can also correspond about food.

Thanks! Cara

Email Cara at: caralyng24@aim.com with questions.



Too Cold for Racing?

RACE RESULTS

SEND YOUR RESULTS TO:

KEDWINNELS
@YAHOO.COM

Athlete's Closet Winter Series: December 8th, 2007

33 Chris McGoldrick 18:27 (3rd in age group)
46 Bill Weber 21:49 (3rd in age group)

Icicle Ten Miler: January 12th

47 Bob Zwaan 1:30:42

2008 Disney Marathon Weekend Events

January 11th: 5K

61 Mike Tuohey 30:30

January 12th: Half Marathon

53 Steve Whitmore 1:41:39
19 Steve Whitmore Jr. 1:56:21
61 Mike Tuohey 2:04:29

January 13th: Marathon

53 Steve Whitmore 3:44:47
61 Mike Tuohey 4:45:13

JCC Snowball 5 Miler: March 3rd

47 Bob Zwaan 41:05

Caesar Rodney Half Marathon: March 9th

41 Paul Randolph 1:23:53
34 Chris McGoldrick 1:24:04
53 Larry Filtz 1:32:09
53 Steve Whitmore 1:32:18
24 Chrissy Matticola 1:34:07
31 Carrie McTague 1:36:32
60 Byron Mundy 1:42:31 (3rd in age group)
52 Dennis Tate 1:45:42
49 Bill McGurk 1:46:46
47 Mike Gormley 1:47:21
41 Dawn Patterson 1:48:38
24 Kristen Dwinells 1:54:23
38 Steve Hamilton 1:59:01
61 Neil Wygandt 2:02:42
42 Diane Lista 2:03:14
57 Diane McManus 2:11:41 (1st in age group)

Pickle Run: January 19th

16 Harrison Talbot 21:50
57 Tom Brazill 22:29 (3rd in age group)
55 Bob White 23:03
47 Bob Zwaan 24:23
24 Theresa Gagliardi 25:09 (3rd in age group)
43 Meg Nilan 28:39

Athlete's Closet Winter Series: February 2nd

33 Chris McGoldrick 18:23 (1st in age group)
46 Bill Weber 21:35

Frostbite 5 Miler: February 16th,

47 Bob Zwaan 42:26

Scrub Jay 5K-- Sarasota FL: February 16th

45 Christine Reuther 26:53

Reading Ugly Mudder 7.25 Miler Trail Run:

February 17th

47 Bob Zwaan 1:31:55

Hyannis Half Marathon: February 24th

24 Kate Klim 1:28:17

Shamrock 4 Miler-- Mt. Holly, NJ: March 1st

33 James Curto Jr. 29:27

2008 Club Meeting Schedule

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

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

HOPE TO SEE YOU THERE!

Thru-Running Upper Darby

By: Tim Wade



Two years ago in 2006 I quit my job and at the age of 52 tried to thru-hike the Appalachian Trail (AT). I did not undertake this endeavor casually. For decades I had dreamed about it and finally decided that I was getting older faster than I was getting wealthy enough to put it off until I was financially secure. Over the years my wife had listened to my to my dreaming and she fully supported my endeavor. I had used several vacations to spend a week camping on the AT in Pennsylvania and had loved every, well most, minute(s). My brother drove me in June 2006 to Mt. Katahdin in Maine and I set out southward on my dream. About 85 miles later, 70 miles into the "100 Mile Wilderness," I blew out my right knee coming down a mountain. While I had worried about having the strength to climb mountains at my age, it was the less strenuous but more jarring downhill that were too much for my ACL reconstructed joint. I limped out my last 30 miles over three days, which was plenty of time to stew in my failure. Don't wait until you're 52 to fulfill your dreams that you have at 25.

A few months later while I was still recovering I heard a radio story about a man who was trying to walk every block of every street in New York City. Thru-hiking is a term normally associated with walking the AT from end to end. Sometimes it's used for other long trails like the Pacific Coast or Continental Divide Trails. But this guy was thru-hiking New York starting with Manhattan. He thought that it would take several years.

This gave me the idea of thru-hiking my hometown, Upper Darby, PA. Since I'm a regular runner, I'm actually going to thru-run not thru-hike, but I mean to cover every block of every street. Upper Darby has a lot of streets. On its eastern edge it is directly adjacent to the city of Philadelphia. With a population of 80,000 it is Philly's most populous suburb and the sixth largest municipality in Pennsylvania. It has many more people, houses and therefore streets than the more well known PA cities of Scranton, Bethlehem, Harrisburg and Lancaster. The school district claims 40 languages that are spoken in our children's homes. The houses here range from a 300 year old Swedish log cabin to 60's ranches, brick row-homes to Victorian mansions.

A great facet of our township is that virtually every house has a sidewalk, nearly every street is sidewalked on both sides. I'm not going to run every sidewalk, since it would double my trip, but I will say a prayer for all those who have zoned, built, swept or shoveled these under appreciated community assets. These are fantastic for pedestrian safety and for building a sense of neighborhood. I'll never understand why the new exurb Mc-Mansion tracts fail to build these simple, but critical, necessities.

Although once an avid marathoner, I'm not an even daily runner anymore with all my injuries. But I'll be out two or three days a week to complete this journey through Near-at-Hand-Land. I have a large street map from our Department of Public Works that I will use to plan my routes and record my progress. I'll also post after each entry a weblink to a saved route at www.gmap-odometer.com. This site uses Google Maps to measure a route of your choosing. Unfortunately it will also inform you that your four mile walk was only 2.37 miles. If you click on or copy and paste the link into your browser's address bar, that day's route should appear overlaid on a street map of Upper Darby.



Come along. Follow along. Get inspired. Run or walk your hometown. You never know where the road will lead you.

To follow Tim on his Thru-Running My Hometown visit his blog at <http://thru-running-my-hometown.blogspot.com/>.

TYLER ARBORETUM 2008 10k TRAIL RUN-15th Running

Date: **Saturday April 5, 2008**
 Time : **9:00 AM Start. Registration and race packet pick up open at 7:30 AM**
 Place : **The Tyler Arboretum 515 Painter Rd. Media, PA 19063-4424**
 Sponsors : **The Tyler Arboretum and Delaware County Road Runner's Club**
 Limit for the Trail Run: **First 180 Entries**
 Entry Fee : **\$15.00, \$20.00 After March 30, 2007**
Make checks payable to Delco RRC.
Mail to: Delco RRC c/o Chris Earley 1120 Eleanor Circle, Aston, PA 19014

Amenities : Bandanas for first 120 runners.
 Refreshments after the run for runners and guests.

Awards : First three 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

Course : Wheel measured 6.2 miles. Narrow and wide hiking trails with rolling and climbing hills.
 Four 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 and volunteers where needed.

Directions or more information call: **Director – Chris Earley 610-459-2764; or e-mail: info@delcorrc.org or earley@inspectit1st.com or go to Delco RRC Web Site: www.delcorrc.org**

NOTE: RESULTS WILL BE POSTED ON WEB SITE
Attn: NO DOGS ARE ALLOWED IN THE ARBORETUM.

REGISTRATION FORM

Last Name _____ First Name _____ MI _____ Sex _____
 Address _____ City _____ State _____ Zip _____
 Age Day of Race _____ **MUST BE 18 OR ABOVE TO ENTER.** 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 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.

WAIVER MUST BE SIGNED.

Signature _____ Date _____ **18 OR ABOVE ONLY.**

Runners have Chilling experience at 45 th Caesar Rodney Half Marathon March 9, 2008

By: Byron Mundy

Exactly 1229 runners, including 421 women, completed the 45th annual CR half marathon in Wilmington on a chilly, windy, sunny Sunday morning March 9 with actual temperatures of 30 degrees made to feel more like 15 degrees at times with the wind-chill factor. Our Delco RRC had two teams entered and both took home 2nd place medals. Thanks go to team co-ordinator Bill Weber who was unable to compete himself due to a tooth extraction the day before the race. Diane Lista, Bob Zwaan, and Kristen Dwinells all ran the race for the first time, while Byron Mundy recalled running his first Caesar Rodney in 1968 (40 years ago) before many of our current members were even born !!

Those who ran on our co-ed open team are noted with the letter "A" next to their name.

Those on the men's masters team have a "B".

Chris Nirshel, 24, of Philadelphia won the race in 1:13:02, while the woman's champion was Kathleen Jobs, 37, of Bethlehem, in 1:17:54.

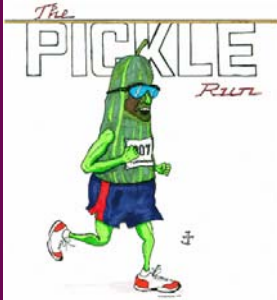
Complete results are available at lin-mark.com.

	Team	Time	Name & age
B		1:23:55	Paul Randolph, 41
A		1:24:05	Chris McGoldrick, 34
B		1:32:10	Larry Filtz, 53
B		1:32:20	Steve Whitmore, 53
A		1:34:09	Chrissy Matticola, 24
A		1:36:34	Carrie McTague,
B		1:42:33	Byron Mundy, 60
B		1:45:45	Dennis Tate, 52
B		1:47:22	Mike Gormley, 47
B		1:46:48	Bill McGurk, 49
A		1:48:40	Dawn Patterson, 41
A		1:54:25	Kristen Dwinells, 24
		1:58:20	Bob Zwaan, 47
		2:00:16	Joan Potterfield, 54
A		1:59:03	Steve Hamilton, 38
		2:02:44	Neil Weygandt, 61
A		2:03:16	Diane Lista, 42
		2:11:44	Diane McManus, 57



Check out Larry Filtz in his Delco gear!

GO DELCO RRC!



Pickles, Cakes and Runners

By Amy Binder

Was it the lack of anything better to do? The lose-a-few-pounds resolutions? Or the quirky new race series and its funny name?

Whatever it was, the inaugural Pickle Run Winter 5K Series drew nearly 150 entrants, five times initial estimates.

On January 19, the first public Pickle introduced runners to a new kind of old-fashioned race, with low entry fees and bare-bones amenities.

Such downsizing of a 5K race runs counter to the supersize trend of more, bigger, better. More give-aways for runners. Bigger prizes for winners. Better competitive fields for the speed-conscious.

But is bigger always better?

Tim Krueger, the man behind the Pickle, uses some of the most advanced technology in his race-timing business, Run the Day. Still, he reminisces about the good old days when low-tech popsicle sticks were used to tally race results.

When I started running regularly in the late 1980s, my first races were staged by the Delco Road Runners Club. These included a cake race, where the entry fee and finisher prizes were homemade cakes, and a prediction run, where winners weren't necessarily the fastest but those finishing closest to the times they had estimated beforehand.

In an effort to get more families involved in running, Delco RRC also hosted a variation on the prediction concept, with a couples relay. The two partners would take off in opposite directions on the same course. When they met, they would hand off a wristband, turn around and retrace their steps. As a final twist, both parties had to cross the finish line together. Again, the winners would be the teams finishing closest to their estimated time. Wristwatches or any other personal timing devices were *verboten*.

These were the glory days of my racing career. And I have high hopes that events like the Pickle will bring back a homey, off-beat flavor to what is basically a repetitious and often mind-numbing endeavor. Left foot. Right foot. Repeat. For miles.

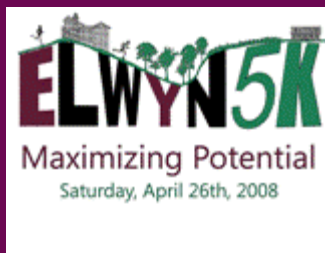
For the first Pickle, the prizes were (take one guess) pickles. They were both decorated and edible. The prize categories went beyond the usual, with LaFrenchie Jones winning herself a full jar of pickles because, as the last finisher of the race, she had "pickled" the longest.

If you missed the first Pickle, don't fret. There are two more in this series. The second, on February 16, is a prediction run and starts at picnic area 17 at Ridley Creek State Park in Media. The final Pickle returns to the Ridley Creek park office on March 15. For more information, visit www.runtheday.com.

The biggest question people seem to have about the Pickle series is the name. Tim either doesn't remember or won't say where the inspiration came from. But now he's looking into possible links between pickles and their health benefits for runners.

Whatever he finds out, one thing's for sure. He's certainly created a fine pickle for area runners.

Originally published in the News of Delaware County, Feb. 6-12, 2008. Reprinted with permission.



Presenting an Elwyn & Delco RRC event
The 2nd Annual Elwyn Maximum 5K
Running to your potential

April 26, 2008, on the Elwyn Campus

Registration @ 8:00 am; Race @ 9:00 am; 1K/2K Walk @9:15 am

Be part of a challenging race on Elwyn's historic 400-acre campus. This scenic course takes you over macadam roads, grassy trails and rolling hills. There is also a noncompetitive 1K/2K walk open to the public and Elwyn clients alike.

Race proceeds will benefit Elwyn's health and fitness program for clients and staff, helping to purchase exercise equipment and other essentials to promote active lifestyles. Awards for top three overall male and female winners, plus the top three male and female finishers in 10-year age groups, from 19-and under through 60-and over. Amenities include long sleeve T-shirts for all pre-registered runners and walkers, and post-race refreshments.

Pre-registration postmarked by April 18, \$18 for 5K, \$10 for 1K/2K walk online or by mail. Race-day registration: \$20.

Register at www.RunTheDay.com or use form below and send checks payable to **Elwyn**, c/o Tim Krueger, 711 Rhoads Drive, Springfield, PA 19064

Volunteer by sending an email to info@DelcoRRC.com

Name _____

Address _____

Phone (____) _____

Email _____

Race Day Age _____ Male/Female _____ T-shirt size S M L XL XXL

_____ Amount enclosed _____ Additional tax-deductible contribution

Elwyn is a private non-profit 501(c)(3) organization.

Questions? Call Susan Foster (610) 891-2656 or email susan_foster@elwyn.org



You Know You're A Runner If...

When stopped in a traffic jam, you have the urge to get out the run up head and let your significant other pick you up when the jam clears.



You know there is truly only one Byron.

You know what RRC stands for.

I Know It's a Little Too Late— But for Next Year...

Mike Gormley's Reasons To Run Caesar Rodney

You've got to start training before Spring.

You'll look tougher than those baseball players that have to go to Florida and Arizona to train.

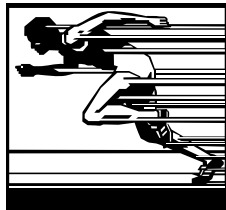
team, Team, TEAM!

It's not wise to skip doing a half and run a full first.

It will make it easier for Byron to talk you into a full marathon.

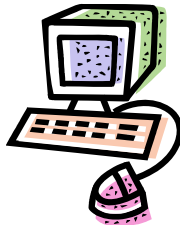
What better way to train for the Broad Street Run.

Your friends will think you're a little goofy because you'll start saying Broad Street is an "easy run."



Online Shopping Benefits Delco RRC

By: Amy Binder



Do you shop on the Internet? If you do, please check out **iGive.com**. When you sign up (for free) and designate a cause (like Delaware County Road Runners Club), a percentage of your purchases at participating stores goes to the club. And it's a long-g-g list of stores.

So far, I've raised \$27.96 for the club just by doing my usual online shopping. This was stuff I was going to buy anyway, so having money come back to Delco was an added perk. OK, \$27.96 isn't a big deal. But I'm just one person who does occasional online shopping. If more of us did it, we'd have more funds to support Delco activities—and less worry about fundraising.

How it Works

1. Go to **iGive.com** and type "Road Runners" into the keyword search function. Scroll down till you find us.
2. Then...shop. You can either shop the Mall at iGive.com or download the iGive Shopping Window (which automatically alerts you if and how much the online stores you visit donates). You'll see familiar names like Lands' End, Office Depot, JCPenney, Neiman Marcus, Aeropostale, Expedia, Barnes & Noble, Apple iTunes, Staples and eBay to mention just a few!
3. Watch the \$\$ roll in without anything extra coming out of your pocket. Shop within 45 days of joining, and an extra \$5 donation goes to the club.



2008 Delaware County Road Runners Club 2008

2008 – New Membership / Renewal - 2008

Dear DELCO RRC Member or Prospective Member,

It's time to renew your membership for 2008 or sign up for the first time. Some of the benefits of being a member are:

- Opportunity to participate in the fun runs
- Club Newsletter
- Membership in Road Runners Club of America, and United States Track and field (National and Mid-Atlantic Association)
- Invitation to the Club's social events
- Volunteer opportunities at Club Events

The running events we host include:

- Tyler Arboretum 10K Trail Run, April, Tyler Arboretum
- Junior Development Track meet, June
- Women's Distance Festival, 5K
- Delco High School Cross Country Championships, October, Rose Tree Park
- Volkswandering "Caring to Share," November, Ridley Creek State Park

There are no dues to pay, VOLUNTARY contributions are accepted; which may be tax deductible, because of our non-profit status. Please consult your tax advisor for details. We value your membership and look forward to hearing from you.

2008 - DELCO RRC MEMBERSHIP / RENEWAL FORM - 2008

Your name: _____ Birth Date: _____ [] Male [] Female

List other family members that you want included on the membership role:

Your name: _____ Birth Date: _____ [] Male [] Female

Your name: _____ Birth Date: _____ [] Male [] Female

Your name: _____ Birth Date: _____ [] Male [] Female

Street Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail Address: _____

Member Since: _____

I/We would like to: [] Run on club teams at area races [] Have club member contact me about club runs or club functions

[] Volunteer at club events [] Help with club mailings [] Help with club social events [] Serve on club committees

Make a financial donation of - [] \$10 [] \$25 [] \$50 [] \$100 [] Other \$ _____

DELCO RRC Membership Waiver

I understand that running and volunteering to work at club races are potentially hazardous activities. I will not enter or run in club activities unless I am medically able and properly trained. I agree to abide by a decision of a race official about my ability to safely compete the run. I assume all risks associated with running and volunteering at club races including but not limited to, falls, contact with other participants, the affects of the weather (including high heat and/or humidity), conditions of the road, and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership. I (for myself and anyone entitled to act on my behalf) waive and release the Road Runners Club of America, United States Track and Field and the DELCO Road Runners, and all sponsors, their representatives and their successors, from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature(s) _____ Date: _____

_____ Date: _____



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	Terry Adamson	610-872-7327
Vice Chairman	Bill McGurk	610-291-9707
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, Larry Filtz, Mike Gormley, Rita Jordan-Keller, Dot Kracht, Byron Mundy, Dawn Patterson, Steve Whitmore, Phil Anderson, Frank Durso, Kristen Dwinells, Denise Talbot

Newsletter Staff:

Editor: Kristen Dwinells

Contributors: Amy Binder, Bill McGurk, Shirley Weber, Cara Greenspan, Mike Gormley, Tim Wade, Byron Mundy

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