

PUBLISHED BY THE
DELAWARE COUNTY
ROAD RUNNERS CLUB

PLEASE
WELCOME
NEW
MEMBERS:

HEATHER
BONAVENTURE

SALLY DIVER

BOB ZWANN

**INSIDE
THIS ISSUE:**

- Running 2
- Shorts
- WDF High- 3
- lights
- Amy's Ink 4
- More WDF 5
- Race Results 6
- 2008 Member 8
- Form
- Misc. 9

Keeping Contact

NOVEMBER / DECEMBER 2007

Newsletter Has New Editor

I wanted to thank everyone for the support I have received since becoming the new editor for the newsletter. I hope you all enjoy and thank you for the contributions! ~Kristen Dwinells

Are you an active member,
the kind that would be missed?
Or are you just contented
that your name is on the list?
Do you attend the meetings
and really take part?
Or are you just satisfied
to maybe show up at the start?
Do you take an active part
to help the work along?
Or are you merely satisfied
to only just belong?
When meetings come around
what keeps you at bay?
The club needs you,
wants to hear your say.
Think this over, member.
YOU know right from wrong.
Are you an active member...
or do you just belong?

Don't Miss the last club meeting of the year!

December 18th, 2007 7:30pm
Covenant United Methodist Church of Springfield
212W. Springfield Road
Springfield, PA 19064

DELCO CC High School Championship Highlights By: Byron Mundy

On Saturday afternoon October 13 our Delco RRC once again directed the annual Delaware County High School Cross-Country Championships at Rose Tree Park in Media. Spectacular weather prevailed (sunny, cool, and dry) as nearly 500 high school runners participated in the days' five races. Penncrest won the boys varsity race while Strath Haven took the girls' varsity trophy for the first time ever. For a complete look at the meet results, photos, and history, go to the club website, delcorrc.com, and link on Delco X-C Championships.

Meet director Byron Mundy would especially like to thank Martin Deeney for all the volunteer work he does each year to make this meet run so smoothly. Also thanks to all the other club volunteers who worked at the meet including Terry Adamson, Pete Belfi, Amy Binder, Jack Corcoran, Fran Deeney, Kristen Dwinells, Larry Filtz, Joe Freiberg, Kathy Gormley, Mike Gormley, John Greenstine, Theresa Gagliardi, John Paul Gagliardi, Bob Galiardi, Pat Hicks, Bob Huggins, George Jackson, Gary Klein, Tim Krueger, Diane Lista, John Loiselle, Chrissy Matticola, Mike Metague, Bill Morgan, Bill McGurk, Mary Beth Mundy, Kelly O'Brien, Meg Nilan, Christine Reuther, Denise Talbot, Bill Weber, Shirley Weber, and Neil Weygandt.

This meet is always held the second Saturday in October.

Run to the Lights

Once again, Bill and Shirley Weber will be hosting the Run of the Lights on Wednesday, December 19th at 6:30pm.
720 Shadeland Ave, Drexel Hill, PA 19026
RSVP via Email @ weber720@rcn.com

2008

Membership Renewal Drive

The 2008 membership renewal drive has begun. The membership form is on page 8 of this newsletter and can be downloaded at delcorrc.com. The membership renewal drive will continue until 28 Feb 2008. At that time, any member not having submitted a new form will be removed from the rolls. The exceptions are those new members that have registered since 1 Sep 2007. Thank you for renewing in a timely manner.

RUNNING SHORTS

Sunday, Sep 30th :

The 7:30am Fun Run at Springfield had 12 people show up and run this morning.

I'm not sure Janet Smith's sister Linda is going to come back after Byron's patented interrogation, though this one was shorter than usual.

Here is how it went.

Janet Smith - "Byron, this is my sister Linda."

Byron - "Hi, are you married. What is your last name."

Everyone else - "BYRON!"

FOUND: 2 MINUTES

Would the person at the alumni run please contact Mike Gormley so he can get them off his time.

Have something
to add?

Email it to
Kedwinnells
@yahoo.com

Contribution By Phil Anderson

Outside my hotel room window, I can see the ocean. It's raining. The beach is almost empty. But I still lace up my sneakers and make my way down to the lobby.

There's something about the sound that the waves make. It mixes with your heart-beat and creates its own rhythm. Add the beat of a steady stride as the soles meet the sand and it's strong enough to carry you. So I started to run.

I don't really know where I'm going. It's hard to get lost here. There are really only two directions you can choose. Out there. And back again. It doesn't really matter anyway. I'm not trying to go anywhere. Because on an overcast morning like this one, there's really nowhere I need to be. Except right here. Right here, right now.

I've struggled with things lately. Even the simple things have been a challenge. Like running. One foot in front of the other. Seems simple enough. Except there's never enough time. But

that's what this weekend is all about. Finding time. Time for the important things. And time for the simple things. It's time to turn around now. I look out at the ocean again. The rain is stopping, and it's getting clearer.

A few other runners go past. We nod to each other. I'm not the only one. And I'm not really lost. In the distance, I can see where I need to go. The hardest part is over now. The sweat runs down my body, the salt stings my eyes. The ocean is still pulsing, and it drives me to run faster as I finish.

I'm back. I unlace my sneakers and leave them on the beach as I wade into the water. It's warm and clear. The waves make a different sound now. Everything is different now. In the lobby, there's a dry towel and a cool bottle of water waiting for me.

Outside my hotel room window, I can see the ocean. In the sky, there's a rainbow. And I realize that sometimes you have to run away to find your way home.

WDF Gets Its Day in the Sun

BY: Amy Binder

The most nerve-wracking part of organizing the Women's Distance Festival is watching the weather forecast change as the day approaches. No matter that races are held rain or shine. When the weather turns wet, race-day registrations drop—and more than a few registered runners drop their plans of showing up.

After two rainy years, we were due some good weather for the Oct. 13 race, and we weren't disappointed. We had sunny skies, a wealth of volunteers, a beautiful setting at Rose Tree Park, and a new WDF course that added a cross country challenge. We even had the mother-daughter team of Charlene Bell, who flew in from Portland, Texas, to run the race at the urging of daughter Gina Bell, of Havertown.

We also had 102 registrants, just shy of the record 109 in 2001. After subtracting for no-shows, there were nearly 90 race-day participants (just shy of the record 101 in 2001). The official race results list 85 finishers this year, but that doesn't include a few walkers, like Mary Beth Mundy, Kathy

Adamson and maybe a few others.

Many thanks to everyone who helped make the day such a success. Chris McGoldrick

was man enough to support a women's race, becoming our lead sponsor. Tom Brazill, of Brazill Investments, also was generous with sponsorship dollars. The Running Place, for the Nth year running, donated valuable gift certificates for the top three finishers and a pile of Brooks give-aways. Rehrig Chiropractic has supported us for the past three years, and both Whole Foods Market and



the Women's Yellow Pages were return sponsors. With Tim Krueger of Run the Day Race Management giving us great visibility on his Web site, and distributing our brochures throughout the area, we were able to attract many new runners to the race.



Amy with Tim Krueger—Mr. Run the Day.

What made this race truly a Delco RRC event was the willingness of so many members and friends volunteering their time to stuff race bags, move picnic tables, register runners, organize refreshments, hand out T-shirts, take pictures, and keep everyone on course (and cars at bay). Many thanks to Terry Adamson, Chad Brooks, Rick Clarkson, Frank Durso, Joe Freiberg, Mary Ellen Gagliardi, Kathy and Mike Gormley, Cara Greenspan, John Greenstine, Bob and Paula Koerner, Bill and Dot Kracht, Diane Lista, John Loiselle, Mike Metague, Chris McGoldrick, Bill McGurk, Byron Mundy, Joe Nolan, Paul Rupp, the Talbot crew (Denise, Harrison, and Stephen), Bill and Shirley Weber, Tom Weber, Steve Whitmore, and Glenn Bowman. (Apologies to anyone I might have missed).



The list of winners and finishers can be found either elsewhere in this newsletter or at www.delcorrc.com, along with photos. If you have a suggestion for next year's race, or would like a role in planning the event, please (please!) let me know.

Amy Binder, WDF race director
amy@amyink.com; 610-891-0806

Pictured Left: Volunteers Bill McGurk and Steve Whitmore
Pictured Above: Volunteer Terry Adamson

With or Without

By: Amy Binder



Whenever I travel, the biggest question about packing has to do with running shoes. Should I take them along or leave them home?

Suitcase space is premium real estate, especially with carry-on luggage. In the days when I could

be assured that my suitcase would arrive the same day—if not the same time—as me, I would stuff a large bag with everything I could possibly need. Then I would check it curbside.

Now I pack only as much as I want to drag on and off the plane, which often means leaving the running shoes at home.

That's really a shame because some of my best sight-seeing is done by sneaker.

When you run in new places, you get a different view of your surroundings. Things aren't whizzing by your car window in a blur, and you can cover more miles in the same time spent walking.

An added bonus is being able to blend in as a local.

On a recent road trip to New Hampshire, I decided that running should be part of the experience. I was returning to a town that had so charmed me eight years ago that I took the job that was on the table and moved the whole family north: me, my husband and our two pets.

Houses were bought and sold, and not even a year later, more houses were bought and sold as I beat a quick retreat back to Delaware County.

Apparently, I wasn't destined to be a NAW-THEN-UH. But I did want to revisit the town and a favorite running route.

With sneakers laced, John and I ran down the brick sidewalks, around the turnoff for the farmers market and past the lobster pound. We crossed a few bridges

and into a historic town that defines the word "picturesque."

In sneakers, we could cruise past houses without calling attention to ourselves. We looked so at-home that an out-of-towner even stopped us to ask for directions.

Lately, when visiting my parents in Florida, I stuff my suitcase with running gear. I'll drive down to the beach as early as I can for the luxury of running along the Gulf Coast. I'm not particularly fast, and the endless stretch of sand ahead can be mind-numbing. Still, how can you complain? It's front row paradise for free, with a post-run cool down in the surf.

With that as the start of my day, the rest is gravy.

One place I didn't bring my sneakers this summer was Italy. I packed so lightly that I was weighing garments on my postal scale. The thinner fabrics won the day, and all my heavy cottons stayed home.

There were a few places I would have liked to have run, and my brother (a running newbie) had brought his sneaks. He made it out maybe one day; the rest were too jam-packed with things to do, places to explore and meals to eat – many, many meals to eat.

I didn't feel too bad, because there were only a few other runners on the road. Most of the fitness buffs were cyclists. They were all ages and sizes, and every single one looked great.

I'm just glad I never became passionate about cycling. Imagine trying to pack a bike in my suitcase.

Originally published in the News of Delaware County, October 3, 2007. Reprinted with permission.

McTague Takes the Win at the WDF

By Frank Durso



Amy Binder
*Women's Distance
 Festival Director*

Over Eighty five runners descended upon Rose Tree Park, nestled in beautiful Media, PA, for the kick-off of the area's fall-classic running events. Presented by the Delco Road Runners Club, the Women's Distance Festival, part of a double-header of events culminating with the Delaware County Cross Country Championships, is a celebration of the determination, dedication and grit of women runners. This year's Women's Distance Festival marked the first time in its 25+ year history that a cross-country style running course would be featured.

Beautiful blue skies and seasonal fall temperatures framed a picture-perfect day of running. The course rolled around the challenging grass fields of Rose Tree Park, and forced the runners through a twisting maze of turf and trails. Featuring rolling terrain, and a single creek crossing, it was a challenging loop designed by race promoter Amy Binder and the Delco Road Runners Club that benefited runners possessing an affinity for hills.

With less than twenty seconds separating the top three finishers, Carrie McTague won a hotly

contested race, leading the way from the very start and taking a direct path to the podium. Dana Bartow took second place honors as Renee Kikut took home the bronze. The next stop on the Delco Road Runners Club tour is the Thanksgiving Day Volkswandern, featuring the Pumpkin Pie Prediction Run.

Race Notes:

- 1) Many thanks go out to the hard-working volunteers from the Delco Road Runner's Club, who provided services ranging from course-marshaling to runner registration.
- 2) Today's event featured the debut of the "Delco RRC Girls" elite race team, captained by Denise Talbot and anchored by perennial race day favorites Theresa Gagliardi, Amrah Brunt and Kristen Dwinells. Amrah Brunt put the Delco RRC Girls on the board, capturing third place in her age group and taking home a Bobblehead Trophy
- 3) Pictures from the event may be viewed at <http://picasaweb.google.com/frank.durso/WomensDistanceFestivalPresentedByThe-DelcoRRC>

2007 Women's Distance Festival Winners



On Your Mark...Sept Runs

RACE RESULTS

SEND YOUR RESULTS TO:

KEDWINNELS
@YAHOO.COM

Philadelphia Distance Run: September 23

52 Monica O'Neil 1:56:50

St. Pius X Panther Pride 5K: September 22

47 John Ashton 21:03 (3rd in age group)
24 Kristen Dwinells 24:02 (3rd in age group)
54 Monica O'Neill 26:43 (1st in age group)

Chester County Run for Scouting 5K -September 30

24 Kristen Dwinells 23:56 (3rd female)
42 Denise Talbot 24:56 (2nd in age group)
39 Cara Greenspan 26:37

Step for Survival 5K September 29

33 Glen Bowman 19:46 (1st in age group)
32 James Curto 21:52 (5th overall)
43 Meg Nilan 28:58 (2nd in age group)

5th Annual Fighting Irish 5K: September 29

41 Diane Lista 25:19 (1st in age group)

Eagle National Bank 5K: September 29

45 Bill Weber 21:37 (2nd in age group)
59 Jack Corcoran 23:05 (2nd in age group)
52 Shirley Weber 25:22 (2nd in age group)
48 Bob Zwann 26:21

City of Pittsburgh Great Race 10K: Sept 30

24 Theresa Gagliardi 49:17

Parkway Run 5K : September 30

54 Monica O'Neill 25:49 (2nd in age group)

25th Delaware Distance Classic 15K: October 7

48 Bob Zwann 1:24:43

Get Set... Oct Runs

Run for Merry Place 5K: October 6

33 Chris McGoldrick 17:38 (1st in age group and 2nd overall)
33 Glenn Bowman 19:31
46 Sally Diver 21:55 (1st in age group)
42 Diane Lista 24:55
34 Janet Smith 26:40
52 Amy Binder 28:19

Everybody Plays 5K, Swarthmore: October 6

41 Chris Commans 21:33 (1st in age group)
48 David Geveke 24:05
46 Pat Bryne 31:14

Guts and Glory 5K: October 6

41 Paul Randolph 18:31 (1st in age group)
45 John Aston 20:53

Race for Research 5K: October 6

54 Monica O'Neil 26:28 (1st in age group)

Long Beach Island 18 Miler: October 7

31 Chris Early 2:05:42 (18th overall)
24 Chrissy Matticola 2:08:03 (1st female)
33 Mike McKenny 2:18:56
24 Kate Klim 2:22:18 (3rd in age group)
52 Steve Whitmore 2:25:12
31 Carrie McTague 2:31:01 (1st in age group)
38 Noreen Beresford 2:31:21 (1st in age group)

GO!!! (for more Oct Runs)

Army 10-Miler: October 7

45 Bill Weber 1:22:57
52 Shirley Weber 1:34:49
49 Jeanne Ciocca 1:52:31
33 Megan McHugh 1:55:23

Steamtown Marathon: October 7

53 Larry Filtz 3:11:11 (3rd in age group)

Delco Cross Country Alumni Run 5K: Oct 7

27 John Paul Gagliardi 18:57 (1st overall)
48 Bill McGurk 21:53
59 Byron Mundy 22:35
57 Thomas Brazill 23:19
46 Mike Gormley 23:21

Women's Distance Festival: October 13

31 Carrie McTague 21:32 (1st overall)
46 Sally Diver 22:40 (1st age group)
41 Phyllis Delate 23:22 (2nd age group)
42 Denise Talbot 24:38
23 Amrah Brunt 25:31 (3rd age group)
24 Theresa Gagliardi 25:51
24 Kristen Dwinells 25:57
42 Diane Lista 26:37
39 Cara Greenspan 26:50 (3rd age group)
38 Juli Lerner 27:13
54 Monica O'Neil 27:27 (3rd age group)
45 Christine Reutner 28:32
34 Janet Smith 28:37
33 Deanna Thorpe 28:48
64 Mary McCoy 28:51 (1st age group)
36 Gina Kokaska 29:27

More October Runs...

Women's Distance Festival (continued): October 13

47	Susan Foster	29:36
43	Meg Nilan	29:48
57	Tom Brazill	30:43
47	Deb Riggins	31:33
56	Mary Harper	33:02
35	Jodi O'Neil	33:40
53	Joan Boselli	35:33
57	Rita Jordan-Keller	39:42
58	Janet Boas	41:35



Radnor Red Steeplechase 5K: October 14

33	Chris McGoldrick	20:02 (2 nd age group)
52	Steve Whitmore	22:11 (2 nd age group)
27	Matt Stanley	22:37
48	Bill McGurk	23:44
56	John Greenspan	25:02
45	Bill Weber	25:21
48	Eva Van Stratum	27:59
45	Joe Freiberg	28:23
57	Terry Adamson	28:28
59	Mike Metague	28:29
42	Denise Talbot	28:31
24	Kristen Dwinells	28:53
39	Cara Greenspan	30:07
52	Amy Binder	32:46
43	Meg Nilan	32:50



Steeplechase Anyone???

Springfield Run for Heroes 5k - 14 Oct 07

54	Monica O'Neill	25:39 (2nd in age group)
77	Lloyd Armor	33:17 (1st in age group)

Nether Providence Township Run For Our First Responders: October 20

46	John Loiselle	18:51 (2nd age group)
47	Jerry Iannacci	19:10 (3rd age group)
59	Byron Mundy	20:03 (1st age group)
54	Bob White	20:35 (2nd age group)
47	Steve Smith	20:40
56	John Greenstine	21:19
45	Bill Weber	21:24
46	Michael Gormley	22:09
14	Stephen Krueger	23:08 (1st age group)
41	Dawn Patterson	23:25 (2nd age group)
42	Denise Talbat	23:28 (3rd age grp)
42	Diane Lista	24:25
52	Shirley Weber	24:48 (1st age grp)
48	Bob Zwann	24:58
24	Theresa Gagliardi	25:04 (2nd age grp)
11	Stephan Patterson	26:13
56	Bob Gagliardi	28:13



Run for Our First Responders Continued...

2nd place team Delco RRC-Steve Smith, Bill Weber, Mike Gormley.

1st place Team Optimum Fitness-Jerry Iannacci, Bob White, Denise Talbot & non Member.

Angel 5K, Pennsauken NJ: October 20

42	Chris Commans	21:51
----	---------------	-------

Race for the Taste 10K EPCOT Food and Wine Festival, (Disney World, FL) :October 27th

44	Mike Tuohy	56:23
----	------------	-------

Tower of Terror 13K (13th Anniversary of Tower of Terror (Disney World, FL): October 28th

44	Mike Tuohy	1:15:29
----	------------	---------

Lupus Loop 5 K: October 28th

32	Jim Curto	21:24
54	Monica O'Neil	25:19

And More October Runs...and November

Radnor Run 5 Miler: October 28

41	Paul Randolph	31:16 (1st in age grp)
33	Glen Bowman	33:23 (3rd in age grp)
46	Sally Diver	36:47 (1st in age grp)
54	Beth Howlett	38:34 (1st in age grp)
12	Julian Randolph	41:31
48	Robert Zwaan	45:01

Dash for Democracy 5K: November 3

42	Chris Commans	21:35 (2nd in age group)
----	---------------	--------------------------

Sun Valley 5K: November 3

16	Harrison Talbot	19:45 (3rd overall)
48	Bill McGurk	19:53 (1st in age group)

Sun Valley 5K Continued...

45	Bill Weber	21:03 (2nd in age group)
57	Terry Adamson	23:25 (2nd in age group)
42	Denise Talbot	23:36 (3rd female)
23	Amrah Brunt	23:43 (3rd in age group)
25	Thuy Dinh	26:12 (1st in Bill's Heart)

Copper Amerihealth Bridge Challenge 10K: November 4

32	Jim Curto	47:40
43	Phil Anderson	54:52

Sacred Heart Church Run for the Pope: November 10

59	Jack Corcoan	22:47 (1st in age group)
24	Kristen Dwinells	23:39 (2nd in age group)
48	Bob Zwann	25:32
54	Monica O'Neil	25:48 (1st in age group)

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 voluntary 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. I give permission for free use of my name and photograph in any broadcast, telecast or other accounts of the event.

Signature(s) _____ Date: _____

_____ Date: _____

Parent's signature if under 18 years old _____

AND MORE RACE RESULTS!!!

Alive and Running 5K: November 10

16	Harrison Talbot	20:12
42	Denise Talbot	24:37

New York City Marathon: November 4

46	John Loiselle	3:54:35
----	---------------	---------

Harrisburg Marathon: November 11

31	Chris Early	2:48:10 (7th overall and 2nd in age group)
33	Chris McGoldrick	3:05:07
34	Mike McKenney	3:20:26
31	Carrie McTague	3:28:45 (1st in age group)
48	Bill McGurk	3:34:22

FAMILY NEWS

Meg Nilan's son Nick and his wife Christine just welcomed their first child—Aidan William on Friday, November 9th. He weighed 8lb. And 8oz. This is Meg's first grandchild! Congratulations Meg and family!



Tired of bad clip art? Think you can do better?

Delco RRC is sorely in need of people with some knowledge of art, graphics or just plain good drawing ability. The reward will be seeing your work on club brochures... flyers... even the front of race T-shirts.

If you have a little bit of time and talent, please contact Amy Binder at amy@amyink.com

Funny (but great) Race Story. By: Monica O'Neil

Here's the incident: I had pre-registered for the Guts and Glory 5K last Saturday (Oct. 6) and I recalled that it had a start time of 10:00 at Memorial Hall in Fairmont Park. I arrived a little before 9:00 to pick up my number and was told that they had no record of my registration! I told them that I had mailed it in three weeks before, so they let me run anyway. They had a nice turnout and I was looking forward to a good run. As I was pinning my number on, the announcer said that all runners should line up for the start. Since I thought the start time was 10:00, I was nowhere near ready. I sprinted to my car, which was parked two blocks away to drop off my purse and tee-shirt, and to change into my running shoes. I sprinted back to the start line, panting, and got there just in time to hear the gun go off! Talk about a stressful start!

I didn't realize until after the race, when I returned to my car and saw a copy of the registration form, that I had RUN THE

WRONG RACE!!! The Guts & Glory 5K was held that same morning, but at *MLK Drive*, by the Art Museum! What I had actually run was the Race for Research 5K in Fairmont Park quickly sent out another registration check to the Race for Research people, so that my run "counted!"

Here's the race result: I ran in the Race for Research 5K on Oct. 6, won my age group (F 50 - 59), with a time of 26:28.

What an adventure! I certainly have learned to read the registration form a little more closely next time! That's the problem with this time of year – too many 5Ks are taking place at the same time and they all tend to blur together!





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

2007 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, Paul Isaac, Rita Jordan-Keller, Dot Kracht, Byron Mundy, Dawn Patterson, Steve Whitmore, Kristen Dwinneils, Phil Anderson, Frank Durso

Newsletter Staff:

Editor: Kristen Dwinneils

Contributors: Amy Binder, Frank Durso, Mike Gormley, Phil Anderson, Bill McGurk, Monica O'Neil

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

Delaware County RRC Fun Run/Walk Schedule

(subject to change without notice)

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
9am Harris Elementary School: Sharon and Bartram Aves, Collingdale
9am: Riddle Creek State Park: Gate at Barren/Chapel Hill Road, Media