

PUBLISHED BY THE  
DELAWARE COUNTY  
ROAD RUNNERS  
CLUB

# Keeping Contact

SEPTEMBER OCTOBER 2008

Welcome New Members!

Annette Gallagher

Maria Piloyan

Jacqueline Rosenberger

Laura Ziino

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## President's Parley

By: Terry Adamson

The Delco Board of Directors election takes place every two years and it comes up on January 1, 2009. The Board Chairperson, Terry Adamson, and Vice Chairperson, Bill McGurk, can serve only 2 consecutive terms and this is the end of our second terms. So a new Chairperson and Vice Chairperson will be elected. Bill is not interested in the Chairperson position at this time because he enjoys his membership duties and weekly email updates so much. And I thank him for the great job he does with both.

The current board will vote for new board members and officers at our December 30 meeting. A list of current board members can be found at the end of this newsletter.

Please let one of the current board members know if you would like to take a more active role in the club by becoming a board member. And there is nothing to prevent someone who is not currently on the board for running for one of the officer positions. Please don't assume that there will be a mad rush to take over the Chairperson and Vice Chairperson positions. If that were the case, I wouldn't have been Chairperson for the past 4 years and Torpey White wouldn't have been for the 4 years before that.

If you are curious but not certain that you would like to be on the board, please join us at one of our upcoming monthly meetings on Oct. 28 or Nov. 18 to see what it's all about. It's actually all about the free pizza.

Delco Shorts and Singlet's are still available in most sizes.

Contact Mike Gormley if your interested in purchasing a set at

[cheetah60@juno.com](mailto:cheetah60@juno.com)

## 2008 Delco RRC Board Meetings

Only 3 more meetings for the year!  
All meetings are held on a Tuesday night at 7:30pm.

October 28th  
November 18th  
December 16th

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.

## Member News

Congratulations goes out to Jack Corcoran and his wife who this summer celebrated their 40th wedding anniversary!

# THANKSGIVING DAY VOLKSWANDERUNG 2008 DELCO RRC'S CARING TO SHARE

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

When: Thursday, November 27th, 2008. Check in 8:00am. Start: 9:00am.

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

Sponsors: DELCO RRC ROAD RUNNERS CLUB

Directors: Mary Beth Mundy (610-534-2833) and Diane Lista. Please call for more info.

Receive a special commemorative item for a donation of \$15.00 per person or \$30.00 per family. NO CANNED GOODS WILL BE COLLECTED THIS YEAR. Please make checks payable to Delco RRC.

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

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

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(signature of parent if under 18)

## Goodness Spreads By: Mike Gormley

I thought about this earlier in the week and was wondering how to write about it.

Well I just saw on TV, a Liberty Mutual commercial showing people at a carnival. It showed someone doing something good like helping an older woman walk across an obstacle or some other 'do good-er' type of deed. They showed a couple of examples and how in each situation someone was looking on and was influenced and "passed on" this good deed.

I'm sure that most, if not all noticed that after 9-11 most people seemed to be doing good, or the right thing ; Being courteous on the road, holding doors for others, etc.. the polite things that seemed to have left a lot of our society recently. I remember telling my wife that I wish people's memory were not so short, because they would surely revert back to their old ways, as many did.

There are some people that are always that thoughtful about people and their world around them. It was very refreshing to show up at a run in early August to be greeted by a runner putting on a glove and donning a bag to pick up trash during a run. Fittingly it was our environmentally friendly, trail running, racing machine, Janet Smith. It was a much more enjoyable run to go slow and pick up trash with Janet and Kristen Dwinells, then it would have been to run hard and come back exhausted.

I think that we should have a 'trash' run, or race to 'spread the goodness'.

Maybe we could call it "Janet's Trashed Run".

## Delco RRC Signs of Movie Titles By: Denise Talbot

Current title: There Will Be Blood

New title: There Will be Ice Cream

Reason: On a recent cycling jaunt along the Perkiomen Trail in Oaks, I promised ice cream to Shirley Weber. It happened. 10 miles into the ride there is a trailside ice cream parlor. Yes, plenty of ice cream. Oh, there was also some blood, but only for a brief tumble off-road. The ice cream was delicious!

Current title: The Dark Knight

New title: The Dark Night

Reason: Just remember all the late autumn and winter-into-spring fun runs that begin at 6:30pm. Remember to bring your headlamps and wear your reflective clothing!

Current title: Bee Movie

New title: Be Movie

Reason: Just "be," whether you are a runner, walker, cyclist, or avid cheerleader. Enjoy the moment and being healthy!

Current title: Kitt Kittredge: An American Girl

New title: Kate Klim: An All-American Girl

Reason: The initials did it for me! Oh, Kate, please write us back and let us know how you are faring up in Boston!

Current title: Speed Racer

New title: Speed Racer

Reason: Let's just say this movie is subtitled, "In My Mind I Run Like a Kenyan."

Current title: Yentl

New title: Mental

Reason: Originally starred Meryl Streep, but in this newest version the lead is Carrie McTague, IRON WOMAN!!! Honestly, Carrie, you are revered by me and probably everyone in the club. Way To Go!!

Current title: Sisterhood of the Traveling Pants

New title: Okay, we are NOT really going there! Who wants to wear someone else's pants? Borrowing a headband or a bobby pin might work, but definitely not another's clothes....

Current title: Journey to the Center of the Earth

New title: Same

Reason: Road trip, anyone? One could log some major miles while marathon-training. It's only 3963 miles to get there!

Disclaimer: I am completely not myself with lack of running. All statements above were due to lack of adrenaline and lack of endorphin-buzz.

# Olympic Thoughts and Mental Games

By Amy Binder

With the 2008 Olympic Games been and gone, I was treated to my favorite aspect of the games: the up-close-and-personal profiles. We get to hear about the athletes' families, humble beginnings, challenges overcome, threats to life and limb. And we hear how important having the right mindset is to achieve Olympic dreams of gold, silver or bronze.

Whether for the winter or summer games, these interviews are like déjà vu all over again. And the attitudes echo another Yogi Berra saying, that athletics is "ninety percent mental; the other half is physical." Even though Yogi was talking about baseball, the sentiment (if not the math) applies to all sports.

In running, I always knew that mental preparation was a big part of track meets and competitive races. I just didn't think it came into play for your everyday middle-aged enthusiast.

Virgil set me straight. He's a man with a plan. That plan is to set a personal record in the Baltimore Marathon in October. This will be his second marathon, and he's doing it by the book—a book with step-by-step guidance for running 26.2 miles.

His first marathon was last year in Baltimore. The winning time was two hours, 16 minutes and 24 seconds. It would be nearly four more hours until Virgil crossed the finish line, with a time of six hours, nine minutes and 17 seconds. He had been on pace for 10-minute miles until about mile 18, then leg cramps hit. He told his running partner to go ahead, and he toughed it out for the next eight miles.

It's hard to know who to applaud more--someone fast enough to run a marathon in just over two hours, or the determined runner who's out there plugging away for six-plus hours.

Virgil does some of his training with the Delco Road Runners Club, and that's how I've been keeping up with his progress. He's amazed at the number of runners who come out to the weekly fun runs, and he's perplexed that more of them aren't training for marathons.

He says it's easy. You just take whatever distance you need to run that day, and break it down into smaller bites. It's like the advice for eating an elephant: take one bite at a time.

Instead of being cowed by long distances, Virgil makes mental change. A 12-mile training run is just two six-milers. A 20-mile distance could be one 10-miler and two fives.

He's so attuned to this style of training that he often thinks about the different lengths of the total distance as separate runs. He can start with a hilly, slow eight miles. At a pre-determined landmark, he might add a tired-but-nice five miles. Then, he can finish with a peppy three miles. The miles, and mile-markers, might change from day to day, but his mathematical approach applies to every run.

I've tried to duplicate these mental games on my own runs, with little success. When I'm tired, I'm tired—and often cranky. When I run out of steam, it's virtually impossible to psych myself into running faster, better or longer.

Maybe that's why I've never run a marathon. I've completed a half-marathon, and it about did me in. Physically, I was fine. Mentally, I was bored silly. If the finish line had only been the half-way point, I would have sat down in my tracks and cried like a baby.

I realize that running a half-marathon begs the question of when I'll try a full one. But that ship has sailed. Even if my hamstrings could take on the challenge, and my back, hips and knees agree to stay injury-free for the training, my brain can't be convinced to go along with the madness.

It's a mental thing.

\* \* \*

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# Run the Day Presents

## The Winter Pickle Series

(Free to all Delco RRC Members)

Ridley Creek State Park

Every 3<sup>rd</sup> Saturday in

January (17) – February (21) – March (21)

Race Times 10 am

Distance... Maybe 5k maybe 8k

We will let you know closer to race day

We will set up clocks and time the race, have refreshments and warm potties.

10 year age groups

edible awards

High quality long sleeve Pickle shirts will be available at cost with online registration.  
(Some shirts will be available on race day)

The three winter pickles will run the flattest parts of the Ridley Creek bike trails.

Each race will be a different course, just like each pickle is different.

Registration \$10.00

All information will be available soon on [www.RuntheDay.com](http://www.RuntheDay.com)



**SAVE THE DATE:  
Saturday, October 11**

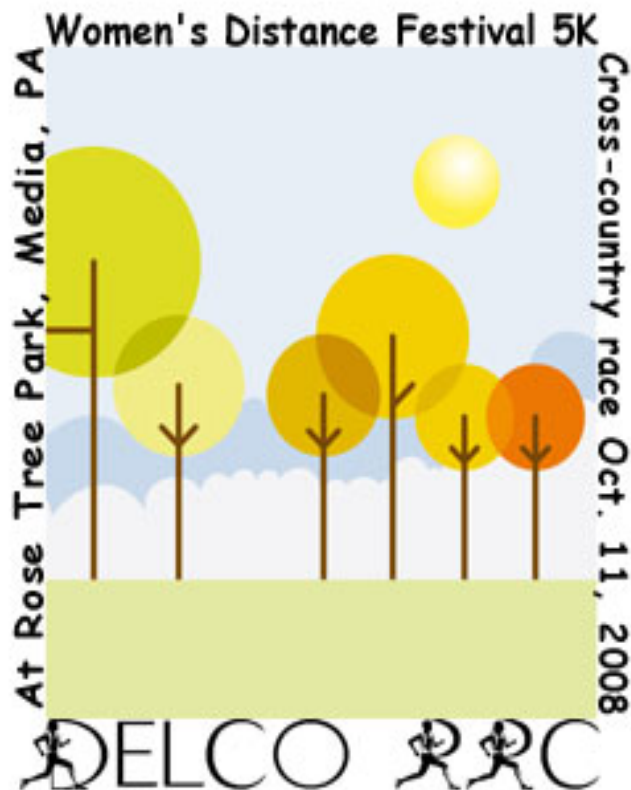
**A Delco RRC Doubleheader:  
*A Day of Champions***

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

At 10:00 a.m., it's the **29<sup>th</sup> Annual Women's Distance Festival 5k Run/Walk.**

In the afternoon, watch high-school athletes compete in the **45<sup>th</sup> Annual Delaware County Cross Country Championships.**  
Please support **Delco RRC** events  
Many **volunteers** are needed

WDF: Contact [amy@amyink.com](mailto:amy@amyink.com) or 610.891.0806  
XC: Contact [byronmundy@yahoo.com](mailto:byronmundy@yahoo.com) or 610.534.2833



## JP's Marathon: What's Training Got to Do with It?

By: John Paul Gagliardi (Edited by: Theresa Gagliardi)

*Before running your big race this fall, take a moment to read John Paul Gagliardi's account of the 2007 Philadelphia Marathon. This is a story of endurance, pain, humility, and hilarity—as told by the seasoned marathon runner himself.*

I did it. It barely happened, but I did it. The race had filled up a couple weeks before the deadline. However, due to certain connections (thanks Terry), the race organizers were able to accommodate my request to register for the 2007 Philadelphia Marathon. After purchasing the most expensive long-sleeve T-shirt I own (\$105 entrance fee for the Philadelphia Marathon), I commenced pre-marathon mental preparation. I wanted to qualify for the 2008 Boston Marathon (finishing under 3:10:59), and I needed to surpass my hero, Lance Armstrong's NYC Marathon time (2:59:36). Preparation is the key to attaining marathon goals. My favorite way to prepare for a big race is ignorance: To not think about the race; to live as if I didn't have to run 26.2 miles. Now some say that this may not be the "BEST" way to prepare for a race, but then again, I'm not your average athlete.

The night before the race I was invited out for a pasta dinner with some friends who would also be running the Philly marathon the following morning. While looking at the menu and waiting to order, I was careful to not drink too much wine (2-3 glasses). I strategically decided that my final meal before the big 26.2 would be linguini with crab and a plate of fried calamari. I had no intention of eating the *entire* plate of calamari—I ordered it for the table. Had I known that my friends didn't like to eat fried foods the day before a race, it would not have been ordered, but what's done was done. I couldn't let good calamari go to waste, so I ate it all (and it was delicious). By the time our entrées arrived, my stomach was so full that I was unable to power-up on the linguini that I had ordered for my carb-loaded entrée. "Not a big deal," I thought. "I'll just eat those power gels throughout the race to give myself energy. Who needs refined carbohydrates anyway?"

After dinner, I said goodnight to my marathon running friends, but my horrible case of F.O.M.O. (**Fear Of Missing Out**) caused me to stop off at my buddies' house to hangout with them for an hour or so before hitting the sack. Four hours later, while leaving the bar, I was thinking to myself, "Self, maybe hanging out with your friends till 2:30 in the morning isn't the 'BEST' way to prepare to run in a race." Well, what's done was done. I was asleep by 3:15am.

An hour and a half later, I was awakened by my sister who was already dressed and ready to leave for the race. We had to be in the city by 5:30am, so I rushed to throw on my Under Armour warm gear, laced up my Asics, and grabbed as many sport gels, bars, and drinks that I could before screeching out of the driveway.

On the way to the race I began thinking to myself, "I can run 26.2 miles on less than 2 hours of sleep; I'm John Paul Gagliardi." Unfortunately, my body was convincing me of the opposite. All the grease from the fried calamari was aggravating my acid reflux, causing a painful case of heartburn (the first of many signs that I would not be qualifying for the Boston Marathon). As a pre-race meal on the way to the race I ate a Cliff Bar, a Soy Joy bar, half of a Power Bar, sucked down a Vanilla favored Gu, and then washed it all down with a Red Bull.

By the time we arrived at the starting line, the weather was forty degrees with a light drizzle. I was squished like a sardine with all the other morons who decided to wake up at 5am and pay \$105 to run 26.2 miles in forty degree wet weather. But, surprisingly, I was feeling pretty good.

**Columbus Blvd:** The race started and I'm feeling good. My first mile was about 6:30—a little fast but I was feeling good so there's no need to slow down. I continued on with that same pace for about three or four miles. Feelings of anxiety and loneliness crept in along Columbus Blvd. No spectators and the knowledge that I had over 23-miles to run had weighed heavily on my mind.

**Chestnut Street/South Street:** A rush of motivation surged through my body as I entered Chestnut St. I heard all the spectators cheering us on to "stay strong," "keep up the good work," "GO, GO, GO!!!" As we turned up South Street, my motivation was slightly dampened by the smell of trash and filth emitting from the bars and restaurants—I guess the street cleaners took the night off. Regardless, I was on mile 5 and feeling fine.

**University City:** My feelings of athletic superiority began to fade as I ran up a slight incline and a man with one leg passed me. I guess it could've been worse; it could've been a woman with one leg. Soon after the one-legged man left me in his dust, a senior citizen locked into my pace and drafted off me for a few minutes. It was when he sprinted by me that my moral reached an all-time low. After being forced to endure the fact that a senior citizen *and* an amputee had asserted their superior conditioning, I learned the true meaning of "endurance." My lesson in humility occurred in the presence of drunken college kids who thought it would be a "fun" idea

to wake up early, get drunk, and cheer on/harass the runners. Cheers to “kegs and eggs, boys” –thanks for the support.

**Kelly Drive:** As I approached mile 16, I began to feel the negative effects of my lack of sleep and poor pre-race diet. The support from my friends in the Delco Road Runners Club was a much welcomed/needed boost in moral. I downed a cup of water, waved to my parents, and briefly expressed the excruciating anxiety I felt about knowing I was still a Broad Street Run (10 miles) away from the finish line.

**Main Street, Manayunk:** As we entered Manayunk, what seemed like a one-legged woman sprinted by me down Main Street. “This is getting ridiculous,” I thought to myself. “Am I hallucinating? I mean, a one-legged man, a senior citizen, and now...A ONE-LEGGED WOMAN!!!” I began to suspect that my delusions could possibly be reality. After all, I remembered reading about a one-legged female marathoner in Runner’s World. Luckily, up ahead the fine people of Manayunk were handing out beer for the runners. Beer solves all problems. Two glasses later I felt energized and ready to run those last six miles! The beer, along with the fact that I had regained my lead over the one-legged woman (as she stopped to stretch), had me feeling confident and ready to finish strong.

**Kelly Drive...again:** The carb-fuel from the beer died out after about a mile, and I saw a man in a tutu sprint past me. (And I thought the one-legged woman passing me was bad.) Not too long after being passed by the gentleman in the tutu, the one-legged woman was back on my tail and running with vengeance. After she breezed by me, I thought I had hit ‘rock bottom’. The only thing that could have made this racing experience worse was if I were to have a bad reaction to all of the power-foods that I ingested before the race. Yep, that would surely be worse than seeing people pass me along the course, needless to say...Stomach Ache!

**The Homestretch:** As the Cliff Bar pace groups passed me, 3:00:00, 3:10:00, 3:20:00...I knew my goal of a sub 3:00:00 marathon and qualifying for Boston was unattainable. My main focus shifted towards getting to that finish line to end my lesson in humility. After the 3:20:00 pace group passed me, I made up a new goal. I would finish under 3:30:00 (or die trying).

**The Finish Line:** Ahhh, the Art Museum. What a glorious structure to use as the marking point for the end of my journey. JOY, PAIN, ELATION, and EXHAUSTION; these words don’t come close to describing the feelings that permeated through my body as I crossed that finish line. I would’ve cried, had I the energy to do so. My energy stores were tapped—I could barely hold myself up. The light drizzle (in near freezing temperatures) on my energy-drained body didn’t faze me. Cold, wet, and exhausted, I reflected upon what I had just accomplished. 26.2 miles. Hot chicken broth never tasted so good.

**Afterword:** I crossed the finish line with a respectable time of 3:28:24. Not bad for a first marathon, but Boston will have to wait another year.

*Editor’s note: John Paul Gagliardi plans to run the 2008 Philadelphia Marathon this November, and he plans to qualify for the 2009 Boston Marathon. Surpassing Lance Armstrong’s marathon time is no longer a high priority for him, mostly because Lance has since improved upon his 2006 marathon time by 13 minutes. JP is going to attempt to actually train for the marathon this year and he may even register before the race fills up. Lastly, I’m happy to announce, now that JP has a girlfriend, his case of F.O.M.O is in remission.*



**Don't See  
Your  
Results?**

**Did You  
Send Them  
In?**

**Send all race  
results to  
Kedwinnells  
@yahoo.com**

Bernie's Memorial Run: July 4th

52 Chet Lubecki 20:35 2nd in age group

Pickle At The Villa 4 Miler: July 12th

52 Chet Lubecki 37:45

Utica Boilermaker 15K: July 13th

55 Beth Howlett 1:11:31 2nd in age group

Sunset Du-2mile run/16 mile bike/5K run: July 19th

46 Bill Weber 1:33:03  
(splits 14:32/ 49:57/ 24:30)

Sunset Tri Sprint: .5 mile swim/16 mile bike/ 5K run:  
July 19th

35 Megan McHugh 1:56:25  
(splits 17:00/ 1:00:52/ 34:49)

Sunset Tri Olympic: .9 mile swim/25 mile bike/10K  
run: July 19th

60 Byron Mundy 2:47:54  
(splits 31:21/ 1:24:38/ 47:49)

Summerfest 5K, East Berlin, PA: July 19th

35 Mike McKenney 17:59 1st in age group

Xterra 21K Trail Run: July 20th

49 Bill McGurk 2:06:22  
35 Janet Smith 2:14:22 3rd in age group

Lake Placid IronMan: July 20th

32 Carrie McTauge 11:08:06

Presque Isle Half Marathon, Erie PA: July 20th

47 Mike Gormley 1:42:29

Jeff Marks Memorial 5K: July 26th

42 Chris Commans 21:43

Marsh Creek Raptor 10 Mile Trail Run: July 27th

41 Paul Randolph 1:11:21 2nd in age group  
49 Bill McGurk 1:21:09

Nottingham Bike Duathlon: July 27th

35 Whitney and Janet Smith  
1:57:14 1st coed team

New York City Half Marathon: July 27th

25 Theresa Gagliardi 1:58:16

Pace for Prevention 5K: August 9th

42 Chris Commans 21:35 2nd in age group

Harrisburg Duathlon 5K run/ 14 mile bike/ 5K run:  
August 10th

46 Bill Weber 1:23:32 21st place overall  
(Splits 20:29/ 39:15 (21.4mph)/ 21:21)

Faithful Friends 5K: August 10th

44 Bridget Morse 32:31

If You Built It, They Will Run 5K: August 16th

42 Chris Commans 21:57 1st in age group

Half Wit Half Marathon: August 17th

42 Paul Randolph 1:52:31 4th in age group

Race for Literacy 5K: August 23rd

56 Maryann Cassidy 38:42

Run with the Dolphins 5K: August 24th

17 Frank Nilan 22:52 1st in age group  
60 Jack Corcoran 23:43 2nd in age group  
44 Bridget Morse 34:19  
51 Linda Morse 35:21

Blue Ball 5 Miler: August 30th

46 Bill Weber 35:33

Hit the Hay 8.5 Mile Trail Run: August 31st

44 Bridget Morse 1:54:09

West Chester Labor Day 4 Miler: September 1st

44 Bridget Morse 38:30

St Pius X Panther Pride 5K: September 6th

60 Jack Corcoran 23:14 1st in age group

Send  
Results  
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Delaware Diamondman Triathlon: September 7th  
(1.2 mile swim, 56 mile bike, 13.1 mile run)

42 Paul Randolph 4:48:37 2nd in age group  
(splits: 31:43/ 2:41:56/ 1:30:40)

Lehigh Valley Hospital Marathon for Via: September 7th

25 Kristen Dwinells 4:21:12

Great Valley Corporate Run for Your Life 5K:

September 8th

42 Paul Randolph 18:58 2nd in age group  
13 Julian Randolph 24:28 2nd in age group

Strath Haven, Springfield, Upper Darby, Conestoga Cross  
County Meet: September 10th

16 Gary Klein 16:58 4th place overall

Autism Speaks 5K: September 13th

42 Chris Commans 21:17 1st in age group

Strath Haven, Penncrest, Harriton Meet: September 17th

16 David Klein 16:47 4th place

SFA Back to School 5K: September 19th

57 Tom Brazill 22:46 1st in age group  
60 Jack Corcoran 23:33 2nd in age group  
55 Monica O'Neill 26:28 1st in age group  
43 Meg Nilan 27:38

Make a Wish Triathlon Olympic: no swim: September 29th

42 Paul Randolph 1:55:00 5th in age group

Cougar Classic Tournament 5K: September 20th

16 David Klein 16:27

3rd Doggie Doo 5K: September 20th

42 Chris Commans 21:40

Philadelphia Distance Run Half Marathon: September 21st

28 John Paul Gagliardi 1:22:31  
30 Michael Nicoles 1:38:10  
41 Dawn Patterson 1:40:09  
25 Heather Mozzoni 1:40:25  
42 Mark Wenger 1:40:32  
48 Tim Miller 1:47:58

Philadelphia Distance Run Continued

40 Greg Milbourne 1:49:07  
35 Janet Smith 1:49:30  
25 Kristen Dwinells 1:49:37  
35 Jacqueline Rosenberger 1:53:46  
25 Theresa Gagliardi 1:57:01  
55 Monica O'Neil 1:58:06  
46 Glen Whitsee 1:58:34  
48 Bob Zwaan 2:06:30  
46 Tasha Singletary 2:07:33  
44 Bridget Morse 2:09:44  
13 Julian Randolph 2:11:32

CADES Everybody Plays 5K: September 27th

42 Chris Commans 21:33 1st in age group

Parkway Run 5K: September 28th

35 Janet Smith 23:44

## Letter From the Editor

As most of you know, I completed my first marathon on September 7th.

I just wanted to thank each and every one of you for your support in helping me complete this goal of mine.

I would not have been able to do it without the club and its amazing support system.

Special Thanks to Diane Lista and Mike Gormley who ran many a long runs with me on those Sunday mornings. Thanks for the water stops, laughs, and company. And many thanks to the rest of you plugging along with me on Fun Runs.

I know I said there would be only one marathon....I'm not so sure anymore.

~Kristen



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 Media, PA 19063

Email: [info@delcorrc.com](mailto:info@delcorrc.com)  
 We're on the Web: [www.delcorrc.com](http://www.delcorrc.com)

**Run for Fun and Fitness**

<p>2008 Delco RRC Board Members:</p> <table border="0"> <tr> <td>Chairman</td> <td>Terry Adamson</td> <td>610-872-7327</td> </tr> <tr> <td>Vice Chairman</td> <td>Bill McGurk</td> <td>610-291-9707</td> </tr> <tr> <td>Membership</td> <td>Bill McGurk</td> <td>610-291-9707</td> </tr> <tr> <td>Treasurer</td> <td>Torpey White</td> <td>610-338-0942</td> </tr> <tr> <td>Secretary</td> <td>Carrie McTague</td> <td>610-789-6282</td> </tr> <tr> <td>Team Coordinator</td> <td>Bill Weber</td> <td>610-306-1553</td> </tr> </table> <p>Amy Binder, Mike Gormley, Dot Kracht, Byron Mundy, Dawn Patterson, Steve Whitmore, Phil Anderson, Frank Durso, Kristen Dwinells , Denise Talbot</p> <p>Newsletter Staff:    Editor: Kristen Dwinells</p> <p>Contributors: Mike Gormley, Jon Paul Gagliardi, Theresa Gagliardi, Amy Binder, Terry Adamson, Denise Talbot, Mary Beth Mundy, Tim Kreuger</p> <p>Have Something to add? E-mail it to <a href="mailto:kedwinnells@yahoo.com">kedwinnells@yahoo.com</a></p>	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	<p><u>Delaware County RRC Fun Run/Walk Schedule</u></p> <p>Sunday 7:30 and 9:00 am. Springfield, PA    Springfield Library, 70 Powel Road</p> <p>Monday 6:30pm, Secane, PA    Ridley YMCA, South Avenue</p> <p>Tuesday 6:30pm, Springfield, PA    Springfield Library, 70 Powel Road</p> <p>Wednesday 6:30pm, Swarthmore, PA    Swarthmore Presbyterian Church Parking Lot    Harvard Ave, off 320</p> <p>Thursday 6:30pm Springfield, PA    Springfield Library, 70 Powel Road</p> <p>Saturday</p> <p>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</p>
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