

# Keeping Contact

MAY JUNE 2008

## Welcome New Members!

Mike Caffrey  
Patrick Mc Hugh  
Michael Murphy  
Anne Vecchiollo

Sue Cras  
Kevin Miller  
Joe O'Neill

Bob Gagliardi  
Rebecca Moore  
David Santee  
John Velardi

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## Pickle in the Villa 4 Mile Trail Run

Linvilla Orchards 137 W. Knowlton Road  
7/12/2008  
Registration Opens @ 7:30 am  
Race Starts @ 8:30 am

The Pickle in the Villa is a 4 mile trail run around Linvilla Orchards. The trails are wooded and fairly well groomed.

What is a Pickle Run? A no frills run for runners to keep in shape during the summer months. We will set up clocks and time the race, have minimal refreshments and pot-ties.

10 year age groups. Edible awards.



## Free Pickle and Party For Delco RRC

Delco RRC members can now run Tim Krueger's Pickle Runs for **FREE**. And, after the July **Pickle in the Villa**, Amy Binder & John Greenstine will be having a **breakfast** at their home, just a stone's throw from the race course.

All that's needed for your **FREE** entry is to **pre-register** at [www.RunTheDay.com](http://www.RunTheDay.com) with the following information:

**Team Code:** RTDTEAM27722972

**Team Name:** Team Delco

If you want a Pickle T-shirt, you'll have to pony up some bucks—but they're only \$5.

# California Running

By: Paul Randolph



I had a nice time running out in California last week. It was my first time out there, and I figured I'd share it with the club. Feel free to use this in any form for the newsletter. I ran the Muir Woods Marathon in Marin County, just across the Golden Gate from San Francisco. It was truly a remarkable experience. More than a race. I think I want to live there. I can't possibly convey the stunning beauty of the landscapes and people of Marin County. The course was tough, over 4000' of climbing, and I had some difficulty with the heat, but still pulled out a 3:48 and finished 7th overall (1st in age group). It really wasn't about time or place for me there. I just wanted to enjoy the experience.

There was no hint of the typical Bay Area fog on this trip. It was warm and sunny, unrelenting sunshine. Race temperature reached 80 by the end. The start was literally a line in the sand on Stinson Beach. After a warm welcome from "John Muir", inspirational words of connect-edness to nature in his lilting Scottish drawl, we were sent off into the woods. It started with a dash through soft sand and across the street to the Dipsea trail head.

From there it was up, and up, down a bit, and up a whole lot more--stairs, switchbacks and one ladder that the park kindly installed to get by along a waterfall. I never started a race so slowly. Eventually, a hiker said "You're almost there!" and I had to ask "Where?" It was the first water stop, and the first hill crest.

After that it was down. Slow at first, but seemingly endless. Opening up on the straightaway's, ears popping from the altitude change, flowing like water, only braking for the switchbacks. I never ran so fast in a marathon. Continuing, descending into a deep, cool canyon amidst towering redwoods--Muir Woods! The air was cool and fragrant. The trails pristine.

Next, it was across a small wooden bridge and back up again. The second climb was as long as the first. Out of the deep woods and into a dry, scrubby, open land. Air getting warmer, small snake on the trail. Past the water stop again and into the tilted fields of grass punctuated by groves of trees. The sky was never so blue. The sun was never so unforgiving, sucking the salt right from my body.

The next section was out and back, about 10 miles in the sun. Day hikers were out in numbers, forcing tricky passing all along. I felt occasional twinges in my calf muscles if I pushed off too hard. I knew the signs of dehydration, and with another half to go, I made sure to be aware of my edge. Third place at the turn around, maybe 8 miles to go, still running pretty well. Soon, the muscle cramps grew more insistent, forcing me to walk the uphill sections and give up some time and four places. After half a banana at the last water stop I shuffled my way down the mountain, lucky to have kept my legs from completely seizing.

### California Running continued...

Near the end, almost within earshot, hikers stopped, blocking the trail. Somebody said it was a rattle snake.

"Where did it go?"

"Across the trail here and into these weeds..."

No time to wait, I'm FINISHING!

What a sight! Stinson Beach on a hot, sunny Saturday. Half of San Fran must have come up to be on the beach, mostly waiting in cars to get by the stop sign at the center of town. The contrast from the serenity of the woods was striking. I was ready to get out of the sun and soak up a free beer and crispy tofu/avocado sandwich at the Sand Dollar. California, what a place!

The slow pace at the end must have saved me because I felt great the next day and had the energy for a sunrise hike up Mt Tam.



## Run the Monk

Coming up fast. Friday June 6<sup>th</sup>. Go to <http://www.runtheday.com>  
Tim Kreuger sent out an email recently listing the top 10 reasons to run this race. If you missed them, here they are again.



### *Top Ten Reasons to Run the Monk:*

10. Your friends are doing it. Your friends are cool. Don't you want to be part of the cool crowd?
9. If you don't, we'll come to your house and "convince" you to come out and race
8. Beer + Running + 85 degree weather... 'nuff said
7. You'll make my kid cry if you don't. Do you really want to see a kid cry, you cold hearted Grinch?
6. You get to Run with the actual Monk (and the word on the street is he runs "commando" style)
5. If you don't race, we'll lock you in a room with the Knights while they play a rousing game of "pull my finger"
4. There's nothing lovelier then Springfield on a Summer's Night!
3. It could be worse - you could be running The Pickle Run on July 12<sup>th</sup> see <http://www.runtheday.com> (shameless plug complete)
2. If we don't get 800 people to run this thing, Almost Fab will do Rosemary Clooney covers all night.
1. Did we mention the beer?

## Lu Sanner's 90 and his only 'pills' are vitamins

### By Amy Binder

*In Memoriam: Lu and Bea Sanner were long-time members of Delco RRC. Bea passed a few years ago; we lost Lu in March. This column originally appeared in the News of Delaware County on Nov. 20, 2002. (Reprinted with permission.)*

Lu Sanner turned 90 recently, and his running buddies threw him a surprise luncheon to celebrate. Lu, short for Lucien, doesn't actually run anymore. But on the occasional Saturday morning, he still can be found walking several miles of the Collingdale course. He's the one who drives up in the sporty Nissan 300 ZX and looks forward to the après -workout breakfast—a staple of the Delco Road Runners Club.

Lu greets just about everyone with hugs. Big, rib-cracking hugs. Actually, he gives you several tight hugs in quick succession, while making a deep, almost-barking sound: "Ruff, ruff, ruff, ruff, ruff." It's his signature greeting.

These days, Lu spends several mornings a week exercising at the Lansdowne YMCA. The only pills he takes are vitamins. Last winter, he was square-dancing with the best of them at a Delco RRC dinner dance. You should have seen his Virginia Reel. The only problems he had that night were hearing conversations over the sound of the band—he blamed his hearing aide, but I had the same problem—and missing his wife Bea, who was recuperating from an illness.

Lu and Bea have been married for 68 years. They eloped on a cold January day, when Bea was all of 16 years old and Lu was the older man at 21. They were "married in a minute" in Elkton, Maryland, and drove back to Philadelphia to celebrate. "Our wedding dinner was baked beans, lemon meringue pie and coffee at the Horn and Hardart at 52<sup>nd</sup> and Market," says Bea.

At the time, Lu was making \$10 a week as a salesman for a wholesale tobacco and confectionary business. Over the years, he changed jobs several times, and each increase in pay seemed to coincide with an increase in family. He and Bea eventually had six children, and are now enjoying their eight grandchildren.

The Sanners still live in the Drexel Hill home where they raised their family. It's a three bedroom, one bath twin they purchased 53 years ago for \$10,500. The basement became Lu's workshop, from which he ran a successful machining business. In fact, Lu has never really retired. He continues to take on new jobs whenever the opportunity meets his desire to stay busy. Right now he's working on a big order—900 lbs. of aluminum tubing cut into 4" pieces. It's the kind of specialized, precision work that requires craftsmen like Lu, who are increasingly hard to find.

At his surprise 90<sup>th</sup> luncheon, Lu was uncharacteristically quiet. It had a lot to do with forgetting his hearing aide. But he probably was just as comfortable letting Bea do all the storytelling. As she warmed to her subject, she showed a small black-and-white photo of Lu in his 20s. It was the man she fell in love with, and it's probably who she still sees when she looks in his eyes.

Sitting with his friends at the Country Squire Diner in Broomall brought fond memories to Lu. He and Bea used to go there regularly for meals. And just across the street is Cycle City, where Lu had bought his last motorcycle, a Suzuki. He sold it two years ago and, after owning bikes for much of his adult life, still misses the ride. Bea says she wouldn't mind if he got another motorcycle, but she seems perfectly happy to not have to worry about him on the roads.

When it came time for birthday cake, Lu looked around the table and said solemnly, "I hope the rest of you make it to 90, too."

If Lu is the poster senior for what 90 looks like, I won't mind a bit.

###



## Other News and Events...

**Junior Development Track Meet** - Saturday, June 7<sup>th</sup>. We need lots of volunteers to help run this event for Delaware County runners 18 yrs and under. This is an annual event that Delco RRC has organized for many years. Please contact Byron Mundy at 610-534-2833 or see him at one of our Fun Runs if you are able to help.

**Double Creek ½ Marathon**—Saturday, June 14<sup>th</sup>. This race takes place near Harrisburg. Several members are going up the night before to run this race. If you are interested, please see or contact Kristen Dwinells at [kedwinnells@yahoo.com](mailto:kedwinnells@yahoo.com) or 610-742-7117. Other members running are Bob Zwann and Diane Lista.

Have your gotten to our new **book club**? The group just got done discussing their past book, and will shortly decide on their next choice....stay tuned and come on out!!!



## Upcoming Races...

Friday, May 6th Run the Monk

Saturday, June 28 Chichester Business  
Association 5K

Saturday, July 12th Pickle at the Villa

Saturday, October 11 Women's Distance Festival

...mark your calendars!!! calen

# Race Results

**Don't See  
Your  
Results?**

**Did You  
Send Them  
In?**

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

## Reading Mud Feast 15K Trail Run: March 22rd

35 Janet Smith 1:41:29

## Brookhaven Sunshine Run 5K: March 30th

28 John Paul Gagliardi 18:15 3rd overall  
57 Tom Brazill 22:13 1st in age group  
47 Bob Zwaan 25:15 2nd in age group  
24 Theresa Gagliardi 25:25 1st in age group  
54 Monica O'Neil 25:32 1st in age group

## Tyler Arboretum 10K Trail Run: April 5th

49 Bill McGurk 53:34  
47 Bob Zwaan 1:07:34  
43 Meg Nilan 1:10:21  
57 Diane McManus 1:16:00

## Kevin Can Make My Day 5K: April 6th

35 Janet Smith 24:28 3rd in age group  
42 Diane Lista 24:51 1st in age group  
54 Monica O'Neil 26:50 1st in age group  
55 Maryanne Cassidy 38:16

## Irish Memorial 5K: April 6th

33 James Curto 21:56

## Trimax Media Mud Run 5 Miler: April 6th

35 Janet Smith 48:58 3rd in age group

## Ridley Challenge 5K: April 12th

34 Glen Bowman 18:32 3rd overall  
33 Jim Curto 20:58 1st in age group  
57 Tom Brazill 21:46 1st in age group  
42 Chris Commans 21:48  
60 Jack Corcoran 22:01 2nd in age group  
41 Dawn Patterson 22:13 1st in age group  
54 Monica O'Neil 25:07 1st in age group  
47 Bob Zwaan 25:38  
49 James Cooper 30:05  
36 Marie Curto 38:57

## Black Sheep Run: April 13th

*\*Race designed for runners with dogs, strollers, head-phones*

47 Bob and Kodiak Zwaan 26:15

## Legs Against Arms 5K: April 13th

46 Bill Weber 20:03  
57 Nick Sacchetti 21:15

## Swarthmore Family Fun 5K: April 19th

46 Bill Weber 21:59 1st in age group  
60 Jack Corcoran 23:35 1st in age group

## 6-Pack 5K: Selingsgrove, PA: April 19th

34 Mike McKenney 17:43 1st overall

## Penn Relays Distance Classic 5K: April 20th

55 Mary Ann Cassidy 38:45

## Boson Marathon: April 21th

34 Chris McGoldrick 3:17:25  
24 Chrissy Matticola 3:17:52  
25 Kate Klim 3:18:26  
44 Pete Columbo 3:28:07  
32 Carrie McTauge 3:45:27  
54 Larry Filtz 3:45:27  
53 Steve Whitmore 3:52:56  
61 Neil Weygandt 4:34:55

## UCP Corporate 5K: April 24th

42 Chris Commans 22:17

## Bryn Mawr Out and Back 4-Miler: April 24th

28 John Paul Gagliardi 23:23

## Elwyn Maximizing Potential 5K: April 26th

24 Kristen Dwinells 25:15 2nd in age group  
26 Thuy Dinh 30:19 3rd in age group  
15 David Freiberg 36:26  
57 Rita Jordan-Keller 37:55

## Triple Crown Half Marathon: April 26th

*\*\*Times estimated—results not posted yet*

49 Bill McGurk 1:56:12  
35 Janet Smith 2:13:00

## Havertown Twilight 5K: April 26th

48 John Ashton 20:22 2nd in age group  
47 Mike Gormley 21:44  
24 Kristen Dwinells 23:22 2nd in age group  
35 Janet Smith 24:41 3rd in age group  
40 Cara Greenspan 25:20 2nd in age group  
54 Monica O'Neil 25:46 1st in age group

# Race Results

## Commodore Barry Bridge 10K: April 27th

29 Michael Murphy 43:22  
33 Jim Curto 47:03

## Broad Street Run 10-Miler: May 4th

			TEAM
34	Kevin Beugless	55:55	C
34	Chris McGoldrick	59:41	C
34	Mike McKenney	59:49	B
28	John Paul Gagliardi	1:00:37	C
34	Glen Bowman	1:05:15	B
49	Bill McGurk	1:09:22	A
32	Carrie McTague	1:10:37	C
38	Noreen Beresford	1:12:17	B
29	Mike Nichols	1:12:49	
47	Mike Gormley	1:13:54	B
27	Jason Sevick	1:14:22	B
52	Dennis Tate	1:14:36	A
47	Tim Miller	1:15:08	D
46	Bill Weber	1:16:20	A
41	Dawn Patterson	1:18:21	E
35	Janet Smith	1:20:50	E
33	Frank Durso	1:22:10	D
24	Kristen Dwinells	1:22:46	E
47	Bob Zwaan	1:24:15	A
25	Theresa Gagliardi	1:25:27	C
42	Diane Lista	1:26:25	E
53	Shirley Weber	1:35:40	E
43	Meg Nilan	1:36:23	D
50	Jeanne Ciocca	1:46:49	D
44	Virgil Whitsett	2:00:44	
55	Mary Ann Cassidy	2:10:45	
29	Christin Rexing	2:19:07	
26	Bridgette Velardi	2:19:08	
60	Byron Mundy	*Time not registered	
52	Mary Beth Mundy	but completed.	

## Broad Street Team Results

	Place	Total Time
Team A: Male Masters:	7th	3:43:26
Team B: Coed Open	8th	3:27:26
Team C: Coed Open	3rd	3:06:41
Team D: Coed Open	10th	3:49:27
Team E: Open Female	4th	4:08:03

## Kennett Square 10K: May 17th

47 Bob Zwaan 52:43



Want Faster Times?  
Ready to put in the extra effort?

Some runners from the Springfield course  
(ok...Janet Smith, Diane Lista, and myself)

Are going to start doing some speedwork with a nice trail  
run warm up around Haverford College once a week.

Interested?? Email us—we are still working out days and  
times to fit into our schedules—let us know yours!

Kedwinells@yahoo.com (in case you don't see it every-  
where else in the newsletter)



Send  
Results  
To:

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### 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, 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: Paul Randolph, Amy Binder, Tim Kreuger, Bryon Mundy

Have Something to add? E-mail it to [kedwinnells@yahoo.com](mailto: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