



## Pike Creek Valley Running Club



Bulletin- January 2003

### Welcome Runners!

This is the first of a series of bulletins to be put out by Pike Creek Valley Running Club. It is for both our members and other runners who may be interested joining the club or reading news about the Delaware running scene. We hope you enjoy it!

### Becky Yencharis Honored

Pike Creek Valley Running Club member Becky Yencharis was honored with a race of her own. The race to benefit the central YMCA in Wilmington, held on November 10, was renamed the Race with Becky 5K to honor our 83 year-old "small wonder" who has been running for over twenty years and holds 12 Delaware age-group road-racing state records, including every distance for women over 70. A long-time Y member, she works out there most days of the week.



Becky's performance through the decades is an inspiration to all runners and it casts aside the notion that getting older is for sitting in rocking chairs and taking it easy.

### Lavelles Run Entire Grand Prix Series

Phil and Linda Lavelle will receive mounted certificates commemorating participation in all 12 of the USATF Mid-Atlantic Grand Prix Series races for 2002. The awards will be presented at the annual luncheon held in King-of-Prussia, Pa. Saturday, January 25. Linda topped off her participation in the series by running a personal best of 42:28 at the Radnor Run Five Miler.

Pike Creeker David James will be honored as male Masters runner of the year. Club member Diane Kukich was second female master. More on the USATF awards in the next PACER.

### Time to Pay Dues New Incentives

The beginning of the new year marks the time when club members should renew their memberships. In an effort to get this chore over as quickly as possible (so we can get back to running) the club has introduced two new incentives. For returning members, if you pay your dues before February, you only pay \$15, instead of \$20. And, for each new member (up to 3) you recruit in the coming year, you will get a \$5 discount off of next year's dues. By recruiting three new members, your membership next year could be free! Simply have each new runner indicate your name on their membership form.

**Forms are on the back of this bulletin**, so take or print extra if you know likely prospects.

Prospective new members: You will be contacted by our membership committee to gauge your running interests. Your profile will be featured in **The Pacer**, our newsletter which you will receive four times a year. We conduct group runs and social gatherings for runners, including our annual awards banquets. In general, Pike Creek Runners have a wealth of running knowledge and experience that we are eager to share with others.

### Third Time's the Charm for Hempton

This fall Pike Creeker Bob Hempton was trying to break the 55-59 age-group state records of club treasurer Bob Taggart. In October Bob ran the Seaside 10 Miler in Ocean City, Md. 45 seconds faster than Taggart's '97 record of 1:03:35, only to learn the course is not certified. Then on December 8 Bob won his age-group at Brian's Run in West Chester, Pa. 15 seconds faster than Taggart's current record of 38:11. But to protect a snow-covered football field at West Chester U., the finish line was moved onto the track, making the course ineligible for records. Finally, on December 15, Bob traveled to Orange Grove, N.J. for their ten mile state championship. This time Hempton not only broke the record, he beat the time he ran on the uncertified course by 43 seconds in 1:02:07. Congratulations!