



The Pacer



August

2001

newsletter of the Pike Creek Valley Running Club

Member Stories

The Road Back

by Ron Bock

My name is Ron Bock, and most of you probably don't know who I am. Although my racing has been non-existent for the last three years, it wasn't always that way. My road-racing career started in 1980. I ran a lot of local races and met a lot of people along the way, including Rudy Antonini and Dave Farren. I built up my mileage to about 1500-2000 miles/year and was racing an average of 8-15 races/year. I have run 22 marathons, including nine Bostons. I have been a member of our running club since 1988.

Things changed in 1997. That January started like the previous eight had, readying myself for Boston but with two exceptions—my mother was dying of cancer, and my wife was pregnant with our son, Mark. My mother died March 2nd, and Mark was born April 2nd. Boston was on April 15th, but my mind was so scrambled that I dropped out.

I continued to run into the summer, and then real trouble began. An old injury that hadn't been handled properly resurfaced, and I started having pain in my hip. I didn't think much of it, and, as before, I tried to run

through it. I got to the point where it hurt all the time. Racing was nearly impossible, but I still tried. Instead of getting it checked out, I thought I just needed a break. So I put the shoes away for a while.

What did I do to keep my sanity? At first, it felt good. I kept myself busy by being a stay-at-home dad. Chasing a little one is a lot of work, and a lot of fun, too. We kept active by going to the playground and taking on long walks through the neighborhood. I still longed to run, but my hip bothered me at times. I continued to ignore it. I would run every now and then, but nothing regular,

for almost two and a half years.

I finally took some advice and went to a new doctor to discuss *continued on page 6*



A younger Ron Bock basks in the afterglow of the 1992 San Francisco Marathon.

Inside this issue...

President's Message page 3

New Members page 4

Footnotes, Web Feet page 5

Race Results page 9



newsletter of the Pike Creek Valley Running Club

The Pike Creek Valley Running Club, Inc., is a non-profit corporation formed: (1) to promote the civic interest of the State of Delaware by the education of the people of this State in the physical, moral and mental benefits to be derived from participation in the sport of running, and (2) to stimulate, improve and perpetuate the interest, participation and performance of the people of the State of Delaware in the healthful sport of running.

www.pcvrc.com

Submissions to *The Pacer*

We welcome all submissions of articles, from informational tidbits to member stories. It would help our production staff if you would remember to send the text as an e-mail attachment to Diane Kukich (dkukich@udel.edu). You may also e-mail photos in JPEG form as attachments.

The submittal deadline for the October issue is September 15.

Gone Running

Join us at

Newark "Bagel Run"

(meet at Newark Hot Bagels & Deli on Main Street)

Sundays at 8:00 a.m.

(7 miles or more at 8-9 min./mi.)

call Vince McIntosh at 234-1806 or

Bob Taggart at 738-5969



Delcastle Recreation Area

(near tennis court parking area)

Sat. and Sun. at 8:00 a.m. (7-10 mi.); Mon.-Thur. at 6:00 p.m. (3-7 mi.)

call Rudy Antonini at 731-8137

Trail Runs from White Clay Creek Preserve

(meet at parking lot #1 in Landenberg, Pa.)

either

Sundays at 8:00 or 9:00 a.m.

call Dave McCorquodale at 998-7161 or e-mail him at mccorq@aol.com

or

Sundays at 8:30 a.m.

call John Mackenzie at 453-0859 or e-mail him at johnmack@udel.edu

The Pacer²

Managing Editor

Vince McIntosh 234-1806

vince@selectamenities.com

Writer, Copy Editor

Diane Kukich 239-1098

dkukich@udel.edu

Designer

Mark Deshon 738-9524

deshon@udel.edu

Printing & Distribution

Dave McCorquodale 998-7161

mccorq@home.com

Race Results

Ralph McKinney 652-8323

Jerry Herman 475-5439

jherman@powell.com

Board Members

President

Rudy Antonini 731-8137

rja6799@aol.com

Vice President

Dave McCorquodale 998-7161

mccorq@home.com

Secretary

Judi Enright 366-0960

judith.l.enright@usa.dupont.com

Treasurer

Bruce Hubbard 453-0662

bruhubs@aol.com

Membership Committee

Bob Taggart 738-5969

rtaggart@udel.edu

DDC 15K Race Director

Dave Farren 798-4179

sutter26@home.com

Social Committee

Kim Moore 740-1064

kimruns262@aol.com

Appointed Members

Ron Bock 792-2051

remjmd@aol.com

Richard Webb 791-9069

rwebb@chesco.com

Cathy West 475-2612

cathywbear@aol.com

**Mystery
Runner**



Have an interesting running fact on a club member that might stump everyone? Tell us.



President's Message

Congratulations to our PCVRC team of Steve Sinko, Tom Jermyn, Carla Pastore, Katie Irwin, and Jerry Herman, as they placed first in the team competition at the Rockwood Ice Cream Festival 5K on Friday, July 6th. This is the second year in a row that Pike Creek has won the team competition. Congratulations are also in order for our Runner of the Second Quarter, my good buddy and training partner, Lee Kauffman. There is an in-depth article in this issue touting his accomplishments. Lee received his award at our Open House Pizza Party at Bank Shots on June 27th.

I am presently recuperating from the trip to the Utica Boilermaker 15K Road Race on July 8th. Suffering more from the effects of the long trip than the race itself, I developed some back pain. However, the five of us who traveled together (Lee, Theresa Cannon, Darlise O'Connor, Ralph Townley, and I) had a great time. The race results are in this issue of *The Pacer*. Dave Farren and Dan Weintraub also ran the Boilermaker 15K, and we caught up to them at the post-race party.

Kim Moore is in the process of obtaining 25 tickets for the Blue Rocks game on Monday, August 13th—a fireworks night as well. If you are interested, please let her know by either e-mail (kimruns262@aol.com) or her cell phone (302-740-1064). This should certainly be a fun way to spend an evening with the club. If there are other ideas for social activities, please let Kim know so we can plan accordingly.

The Delcastle group is expanding, and of course Michele Turulski has now officially joined our ranks as a member. The group now includes Lee Kauffman, Kim Moore, Ralph Townley, Darlise O'Connor, Theresa Cannon, Steve Sinko, Michele, and yours truly as regulars. Vince McIntosh has made some

appearances as well. I also understand that Barbara Herko has been drafted to join us. We certainly welcome all members to meet us around 6:00 p.m. any weekday evening, except Fridays, as we usually run inside loops, each one being 1.75 miles. This way, each runner can determine how many miles he or she wants to run that particular night. It should also be mentioned that New Castle County is in the process of adding lights around the entire path. This project should be completed by the end of August, and the lights will be lit until 10:30 p.m. Thank you to New Castle County for undertaking this endeavor.

Continue having a great summer and remember the Delaware Distance Classic on October 14th at Wilmington's Riverfront. Also, this is a reminder that Frank Shorter will be returning to the Old New Castle Five-Mile Run on Saturday, August 4th. Best of luck to the Beach to Beacon runners as they travel to Maine. Lee and I are considering a trip to West Virginia for the Parkersburg Half-Marathon on August 18th, so we will keep you posted.

Sincerely,



Rudolph J. Antonini, Jr.
PCVRC President

Fall Club Events

October 14—Delaware Distance Classic
15K at Wilmington's Riverfront, 8:30 a.m. start

December 5—Annual Holiday Party
(details to follow in a future issue)



New Members

Kurt Lessig, 30, has been running off and on for 18+ years. He lives in North Wilmington and works at MBNA's downtown Wilmington office. Kurt typically runs 3-4 days per week at Brandywine Creek State Park or the Tower Hill track. Kurt recently completed his fastest 5K since high school at the Run for Independence (19:06) and hopes that participating in some of the PCVRC group training runs can get him solidly back in the 18s. Anyone interested in evening/weekend training runs or track workouts in the Wilmington area should e-mail him—kurtlessig@aol.com.

Kim Moore, a native of San Diego, is a mortgage broker with Gilpin Mortgage Company. A graduate of the University of Maryland, she relocated to Delaware last year from Bethesda, Md. She has been running competitively for four years and has completed eight marathons, with her personal best of 3:29:06 at the Air Force Marathon in Ohio. Her favorite, though, is the Boston Marathon, which she has done three times; she plans to return to Hopkinton next April. Kim ran her first Caesar Rodney Half-Marathon this year and was part of the PCVRC team that placed second in the co-ed competition.

She also recently placed second in her age group at the Bank Shots Mid-Summer Eve 5K, a very competitive race, in a time of 22:52. Kim is currently logging about 40 miles a week and can frequently be found running with the Delcastle group. She is also our Social Chairperson and has been very active and supportive of PCVRC despite her busy work schedule. Kim is single, has a dog named Josie Marie, and enjoys Dewey Beach on the weekends in the summer.

Michele Turulski, a native of Wilmington and a graduate of Widener University with a Bachelor of Science Degree in Business Administration, is a Service Delivery Manager for First USA and has been running competitively for about one year. She can usually be found training with the Delcastle group. Michele recently ran a personal record for the 5K distance at the Bank shots Mid-Summer Eve 5K Run in a time of 23:30. She also competed in her first ten-mile race at the Broad Street Run, posting a time of 1:26:47. She is looking forward to the Bottle & Cork Ten Miler in September and then tackling the 13.1-mile distance at the Caesar Rodney Half-Marathon next March. She is married and has two children, who keep her quite busy between her

job and her running.

Christina Richter, 32, is an avid Pittsburgh sports fan because that is her original home; she now lives in Glassboro, N.J. She works in Wilmington as the director of communications at The Opportunity Center, a non-profit group which employs people with disabilities. She is an avid runner, having completed 28 marathons in the last 11 years, of which Pittsburgh and Walt Disney were her favorites. Chris runs every morning and often after work, too (or rides her bike). She loves to run and to be around runners.

Debbie Compton, in her early 50s, returns to our club after several years off. She is once again putting in 50-mile weeks, which include 17-mile training runs all around Newark. Deb has run five marathons, including a 3:23 at Philly, and is aiming for the Marine Corps Marathon this October. Go Deb!

Joan Batty, 54, has been running for 24 years. A health teacher at Smyrna High School, she trains five days a week at five miles per day, often in developments near Delcastle Recreation Center. Although she has run the Annie Jump Cannon 5K, she mostly runs for fitness and to enjoy the social activities.



Ralph Townley, 36, has lived in Delaware 15 years and has been running since 1987. He has completed eight marathons and is aiming for Philly this November and Boston next April. He averages 40 miles a week in the Brandywine River/Rockford Park area of Wilmington. He ran a 66:22 Broad Street Ten Miler and a 33:34 Cherry Blossom 5-Miler.

Foot Notes

It's good to see **Becky Yencharis back racing** again after a two-month recovery for her hand injury. Becky turned 82 on July 22!

Congratulations to Steve Sinko. Steve has accepted the position of Assistant Cross-Country Coach at Wilmington College. Steve will be working under Head Coach Keith Jones. Jones lured Steve away from Archmere Academy, where he had been the Assistant Coach for the past three seasons. Wilmington College will begin its initial Cross-Country season this fall.

Rumor has it that the **Vertical Challenge will not be held** this year because of sponsorship problems.

Hi, Jerry Herman here. I'm

the one who is going to be primarily responsible for the **race results in *The Pacer***. I will do my best to make sure the entries are as accurate as the information that I receive. Will I make mistakes? Count on it. I will be culling the Marathon Sports web page for local race results. Just a note. I do not subscribe to *The NewsJournal* on a daily basis. If you called your out-of-town results in to the paper, give me a call when you see them published, leave the results on my answering machine, 302-475-5439, or you could e-mail me at work jherman@powell.com. Thanks.

Web Feet

Seen the club's new Web site lately? It's gradually growing. Check it out at www.pcvrc.com. Through the service host e-teamz, the club is now positioned to advertise itself and be an information source both locally and globally!

Dave McCorquodale is currently maintaining the site, which features events and links to much of the same type of information found in *The Pacer*. Contact him with ideas or maybe volunteer to help.

—Mark Deshon



Runner of the Second Quarter

Lee Kauffman

The second quarter this year was a busy time for Lee Kauffman as he commenced a new position with Flooring Solutions, underwent a domestic transition yet still found the time and energy to win two races outright, ran in his 15th consecutive Boston Marathon in a time of 2:44:46, won his age group four times, and placed second in his age group three times. Our Runner of the Second Quarter raced with a renewed passion as he has focused on less mileage and more quality running. However, he still made sure he joined the Delcastle group for daily training runs and long runs on the weekend.

Lee's first race of the quarter was the Cherry Blossom 5-Miler, where he was the overall winner in a time of 28:16. Nine days later, he was on the starting line in Hopkinton for the 105th running of the Boston Marathon. On April 26, Lee won his age group at the Ronald McDonald House 5K in 17:25; on May 6, he ran 56:32 at the Broad Street Ten Miler and joined Steve Sinko and Theresa Cannon for the co-ed team competition, which was won by PCVRC. Lee still had four more races yet to run in the month of May as he posted a 17:25 at the Kennett Square 5K, good for second place in a very competitive field. The next day (believe it or not) he ran Kid Shelleen's 10K in 36:06, finishing first in the 40-44 age division. On May 24 at the Miss Delaware 5K for Scholarship, he won his division in a time of 17:34 followed by a 17:51 at the 5K for Jay on May 28th.

June saw more races for Lee when he traveled to Moorestown, N.J., and ran the Moorestown 8K in a time of 28:40 in this Grand Prix event, which is very competitive. At the Reedy Point Bridge 10K on June 9, Lee won his age division in 37:39. At the Race for



Lee at Watford

the Cure in Middletown on June 14 he was the overall winner in a time of 18:04. Although Lee ended the quarter at the Run for Independence on June 27th, placing in his age group with a time of 17:42, his plaque was already waiting for him at Bank Shots for the award presentation. Congratulations to our Runner of the Second Quarter 2001.

Member Stories

Bock on the Road Back *continued from page 1*

my problem. First, she sent me to get an MRI to find out exactly what was wrong, which was a new thing for me. We tried physical therapy for about three months, but there was no change.

Next, I made a trip to Delaware Orthopedics to see Dr. Bruce Katz. Through an X-ray and a closer look at the MRI, he discovered I had nerve damage, not muscular damage. He decided to send me to the First State Pain Institute, where I underwent a procedure called nerve block in the lumbar region. Basically, they deadened the sciatic nerve in my right hip. The procedure is not foolproof, but at least I can run and not experience the pain I had endured for so long.

I kept my desire to get back on the road by staying involved in the running club. I help with social events and have been involved in our race, the Delaware Distance Classic, since 1995. I have also been on the board for the past three years. I am running again, nice and easy to get in shape, with no pressure to perform. I would like to race again, but only time will tell. Hope to see you out there soon!



I "Herd" it Through the Orchard: PCVRC Wins Big at Stampede

by Diane Kukich

Hazy, hot, and humid. That's the standard weather forecast for the day of the Great Wyoming Buffalo Stampede. Runners have sweated their way through 22 years of the "Best Little Race in America." Even the 8:00 a.m. start does little to relieve the agony of the "three H's" in lower Delaware in late July. Then what was I doing wearing a long-sleeve T-shirt? How come runners were showing up in warmup pants?

Mother nature seemed to have forgotten what was "normal" on July 21, 2001. The sky was clear, the temperature was only in the 60s, and the air was dry when the 23rd running of the First State's most unique road race began. Close to 500 people finished either the 5K or the 10K. (Despite Ralph McKinney's urging at 7:59 a.m. that it wasn't too late for me to change my mind, I stuck with my original plan to run the 5K. Anyone who knows me is aware of my aversion to races longer than the 3.1 distance).

The 2001 Buffalo Stampede offered everything that runners have come to expect from this race, which was featured in the July issue of *Runners World*—good competition, a flat course, great T-shirts, orchard-fresh peaches at the finish, a post-race party with live music, and of course, the famous wooden buffalo trophies. The story in *RW* even induced a contingent from the Panther Valley Running and Fitness Club to come all the way down from Summit Hill, Pa. (near the magazine's headquarters in Emmaus, Pa.) to compete and have fun. The group appeared to be having a great time—judging by the fact that their members had enough energy left over from the race to dance in the park at the Moose

Lodge.

From the viewpoint of awards, the event was a great success for PCVRC. The club collectively took home a veritable herd of small, medium, and large wooden buffalos, including 9 age-group firsts, 5 seconds, and 5 thirds (see below). And for the second year in a row, Steve Sinko left Camden richer than when he arrived, breaking the course record (his own) with a sizzling time of 15:51 and earning \$100 in prize money.

Club Age-Group Winners

Great Wyoming Buffalo Stampede 10K

Brian Driscoll	1st 40-44	35:53
Dave Farren	1st 35-39	39:08
Chip Bixler	2nd 50-54	40:15
Duane Christy	3rd 35-39	40:46
Bruce Hubbard	2nd 55-59	44:50
Carla Pastore	1st 45-49	45:03
Kim Moore	1st 30-34	46:53
Rich Abel	3rd 55-59	47:41
Darlise O'Connor	3rd 30-34	49:40
Frankie Rispoli	2nd under 15	54:46
April Hubbard	1st 55-59	59:11
Doris Bixler	2nd 50-54	61:47

Great Wyoming Buffalo Stampede 5K

Steve Sinko	overall winner; course record	15:51
Tom Jermyn	1st 35-39	17:06
Diane Kukich	1st 45-49	21:03
Andrea Rubinoff	2nd 45-49	25:39
Nicole Keller	3rd under 15	26:52
Lee Masser	3rd 60+	27:51
Becky Yencharis	1st 60+	44:05

Mystery Runner

She has a passion for plants and, as Executive Director of the AABGA, travels quite a bit. Based on an 18:50 5K and 68:30 10-miler, she was named 1998 Runner of the Year for another club in our area. Having recently joined PCVRC, she has already added several age-group trophies to her collection. Who is she? (Give yourself a few extra points if you also know what AABGA stands for.)



Race Results

Make-A-Wish 5K Centerville, Del.

		June 3
		13 finishers
David James	2nd 45-49	19:19
Andrea Rubinoff	2nd 45-49	26:13
Barbara Herko	2nd 35-39	28:09
Ralph McKinney	3rd 55-59	31:17
Carolyn McCorquodale	1st 50-54	33:30

Make-A-Wish 10K Centerville, Del.

		June 3
		76 finishers
Tom Jermyn	1st 30-39	37:15
David James	2nd 40-49	39:18
David McCorquodale	2nd 50-59	47:34
Ann Foster	1st 50-59	47:47
John Foster	3rd 50-59	49:05
Beau Vinton		52:11
Ralph McKinney		53:45
Dan Weintraub		53:51
Barbara Herko	3rd 30-39	55:22
Larry Briggs		57:20
John Schultz		57:24
Jerry Herman		57:33

West Chester U. X-C Series (3 Miles) West Chester, Pa.

		June 5
		121 finishers
Ann Foster	1st female masters	24:22
John Foster		24:54
Ralph McKinney		26:55

Howard M. Laws X-Country Series Bellevue State Park, Del.

		June 5
Katie Irwin		22:53
Phil Lavelle		23:05
Jerry Herman		26:55
John Schultz		28:00
Linda Lavelle		30:00

Wednesday Night Track Meet Wilmington, Del.

		June 6
100m		
John Schultz	1st 50+	:17.3
200m		
John Schultz	2nd 50+	:40.4
400m		
John Schultz	3rd 50+	1:44

Not listed in the RACE RESULTS section? If you're a club member, remember to write "PCVRC" on your race tag at races. This will help ensure that your results will appear in *The Pacer*. Or you may call in or e-mail your results to Jerry Herman (see page 2).

Reedy Point Bridge 5K Delaware City, Del.

		June 9
		185 finishers
David James	1st 45-49	17:41
Duane Christy	3rd 35-39	21:07
Diane Kukich	1st 45-49	21:57
Larry Briggs		26:10
Andrea Rubinoff	2nd 45-49	26:43
Ralph McKinney		30:32
Theresa Briggs		53:05

Reedy Point Bridge 10K Delaware City, Del.

		June 9
		62 finishers
Lee Kauffman	1st 40-49	37:39
David Farren	3rd 30-39	39:33
Duane Christy		42:36
Theresa Cannon	2nd 30-39	47:17
Ralph McKinney		57:31

Monster Mile One-Mile Race Dover, Del.

		June 10
		61 finishers
Duane Christy	1st 30-39	5:23
Diane Kukich	1st 40-49	6:11
Dave McCorquodale	2nd 50-59	6:20
Howard Broker		7:20
Lee Masser	2nd 60+	8:18

Monster Mile 5K Dover, Del.

		June 10
		116 finishers
Duane Christy	2nd 30-39	19:34
Diane Kukich	1st female	21:36
Dave McCorquodale	2nd 50-59	21:47
Dan Weintraub		22:59
Tim Diflo		23:20
Howard Bowker		25:29
Larry Briggs		26:33
Lee Masser	3rd 60+	27:30
Sue Diflo	2nd 40-49	28:52
Carolyn McCorquodale		32:25
Shirley Mercanako		38:28

St. Anthony's Italian Festival 5K Wilmington, Del.

		June 10
		217 finishers
Tom Jermyn	2nd 35-39	17:28
Rich Abel	1st 55-59	23:07
Katie Irwin	1st 14-18	23:09
Don Monagle	1st 70+	24:33
Joan Irwin		24:59
Ralph McKinney		25:46
Rose Marie Cilia	1st 60-69	32:16
Ed Stalford		35:17



Race Results

Howard M. Laws X-Country Series **June 12**
Bellevue State Park, Del. 26 finishers
 David Farren 19:24
 Ralph McKinney 26:20
 Jerry Herman 26:40
 John Schultz 27:14
 Linda Lavelle 27:32

South Wilmington Neighborhood 5K **June 13**
Wilmington, Del. 39 finishers
 Duane Christy 6th overall 19:33
 Joan D'Alonzo 2nd 40-49 22:05
 Ann Foster 1st 50-59 22:13
 John Foster 2nd 50-59 22:48
 Bob Wortz 1st 60+ 23:57
 Ralph McKinney 24:00
 Larry Briggs 25:18
 John Schultz 3rd 60+ 27:26

Run For Health First 5K **June 14**
Malvern, Pa. 626 finisher
 Duane Christy 20:43
 Ralph McKinney 27:17
 Larry Briggs 27:28
 Sue Levy 2nd 60+ 40:41

Race to Find a Cure 5K **June 14**
Middletown, Del. 127 finishers
 Lee Kauffman 1st overall 18:04
 Bob Taggart 1st 60+ 19:32
 Diane Kukich 1st female 21:12
 Theresa Cannon 1st 30-39 21:33
 John Hand 22:12
 Larry Price 24:38
 Andrea Rubinoff 26:55
 Howard Bowker 27:11

Turner's Scholarship 5K Run **June 16**
Wilmington, Del. 41 finishers
 Harvey Ceaser 3rd 30-39 19:41
 Ed Quigley 2nd 50-59 19:55
 Diane Kukich 1st female 21:58
 Beau Vinton 24:41
 Ralph McKinney 24:48
 Barbara Kursh 1st 40-49 25:27
 Andrea Rubinoff 2nd 40-49 26:21
 Howard Bowker 27:02

Cape May Point 2-Mile Run **Jun 17**
Cape May, N.J.
 Dave McCorquodale 2nd 50-59 15:35

Cape May Point 5-Mile Run
Cape May, N.J.
 Dave McCorquodale 36:27
 Carolyn McCorquodale 53:41

Smith's Challenge 10K Trail Race **June 17**
Lancaster, Pa. 172 finishers
 Chip Bixler 1st 50-59 54:30
 John Foster 1:09:10
 Larry Briggs 1:20:33
 Ralph McKinney 1:24:34

Day at The Races 10K **June 17**
Poughkeepsie, N.Y.
 John Schultz 1st 60-69 57:33

West Chester U. X-C Series (3 Miles) **June 19**
West Chester, Pa. 163 finishers
 John Foster 24:14
 Ralph McKinney 26:52
 Larry Briggs 28:32

Summer Solstice Trail Run 14K **June 20**
Lake Minnewaska, N.Y.
 John Schultz 1:34:59

Mid-Summer's Eve 5K Run **June 20**
Exton, Pa. 149 finishers
 Ralph McKinney 25:26
 Larry Briggs 26:08

Marathon Sports 5K **June 21**
Wilmington, Del. 114 finishers
 Steve Sinko 2nd overall 17:11
 Duane Christy 20:18
 Diane Kukich 1st 40-49 21:19
 Theresa Cannon 1st 30-39 21:48
 Ann Foster 1st 50-59 23:12
 John Foster 23:25
 Bob Wortz 2nd 60+ 24:56
 Ralph McKinney 25:10
 Jerry Herman 26:09

Media 5-Mile Race **June 22**
Media, Pa. 1021 finishers
 Ed Quigley 2nd 50-54 32:50
 Katie Irwin 1st under 14 34:09
 Frances Kirk 2nd 35-39 34:26
 Duane Christy 38:35
 Rudy Antonini 39:41
 Darlise O'Conner PR 40:46
 Ralph McKinney 41:36
 Carolyn DiGiambatista 2nd 55-59 43:32
 Sue Levy 1st 60-64 55:18



Race Results

Plunge for Patients 10K June 23
Wildwood, N.J.
Dave McCorquodale 2nd 55-59 49:45

Plunge for Patients 5K June 23
Wildwood, N.J.
Carolyn McCorquodale 2nd 50-54 32:29

Joseph McDonald Memorial 10K June 23
Wappingers Falls, N.Y.
John Schultz 3rd 60-69 59:02

Elks Stampede for Life 5K June 24
New Paltz, N.Y.
John Schultz 2nd 60-69 27:38

Schuylkill River Trail Run (5.5 Mi.) June 24
Phoenixville, Pa. 57 finishers
Ralph McKinney 53:22

South Jersey AC 3.65-Mile Run June 26
Pennsauken, N.J.
Ralph McKinney 1st 50-59 30:35

Run For Independence 5K June 27
Wilmington, Del. 392 finishers

Lee Kauffman	1st 40-44	17:42
Tom Jermyn	1st 35-39	17:48
Steve Sinko	1st 25-29	18:26
Harvey Ceaser		19:44
Don Ropp	3rd 40-44	19:28
Carla Pastore	1st 45-49	21:17
Bruce Hubbard	1st 55-59	21:19
Diane Kukich	2nd 45-49	21:27
Mark Nelson		21:31
Joan D'Alonzo	2nd 40-44	21:42
Vince McIntosh	2nd 45-49	21:48
Dave McCorquodale	2nd 55-59	22:15
Ann Foster	1st 50-54	23:13
John Foster		23:32
Mike Balthis		24:31
Bob Wortz	1st 60-64	25:18
Kathy West		25:26
Jerry Herman	3rd 55-59	25:37
Barbara Herko		25:55
Andrea Rubinoff	3rd 45-49	26:43
John Schultz	2nd 65-69	28:07
Ralph McKinney		28:09
April Hubbard	1st 55-59	29:35
Carolyn McCorquodale	2nd 50-54	33:14

Run For Independence 5K Relay June 27
Wilmington, Del. 23 teams
PCVRC Team 1st overall 15:31
(Steve Sinko, Rich Heffron, and Tom Jermyn)

Browning Ross Summer Series 5K June 28
Glassboro, N.J. 38 finishers

Duane Christy	2nd 30-39	20:10
Ralph McKinney	2nd 50-59	27:01

Revolutionary Run 10K June 30
Washington Crossing, Pa.

Bruce Hubbard	4th 55-59	44:25
April Hubbard	4th 55-59	57:38

Miles For Molly 5K June 30
Wilmington, Del. 347 finishers

Steve Sinko	1st 25-29	17:23
Tom Jermyn	1st 35-39	17:26
Brian Driscoll	2nd 40-44	17:30
Chip Bixler	3rd 50-54	20:14
Diane Kukich	2nd 45-49	21:23
Ann Foster	1st 50-54	22:42
John Foster		23:54
John Wortz	2nd 60-64	25:16
Paula Jermyn	3rd 40-44	25:24
Andrea Rubinoff	3rd 45-49	26:09
Howard Bowker	3rd 55-59	26:39
John Schultz	1st 65-69	27:49
John Dolmetsch	3rd 60-64	29:30
Doris Bixler	3rd 50-54	31:47

Lion's Independence Eve 5-Miler July 3
Swarthmore, Pa. 159 finishers

Duane Christy		33:52
Ralph McKinney		40:17
Larry Briggs	PR	41:54

Howard M. Laws X-Country Series July 3
Bellevue State Park

Dave Farren		19:28
Don Fessman		21:18
Phil Lavelle		23:18
Jerry Herman		26:21
Linda Lavelle		28:36

Go Fourth 8K Race July 4
Alexandria, Va.

John Schultz	2nd 60-69	46:44
--------------	-----------	-------

Rock Hall Flat Five Road Race July 4
Rock Hall, Md. 77 finishers

Ann Foster	1st 40+	37:11
John Foster	1st 50+	37:44



Race Results

Firecracker 5K		
Wilmington, Del.		
		July 4
		180 finishers
David James	1st 40-49	18:23
Bob Taggart	1st 60-69	19:36
Vince McIntosh		21:18
John Hand	2nd 50-59	21:39
Dave McCorquodale		22:09
Dan Weintraub		23:32
Cathy West	3rd 30-39	24:07
Bob Wortz	2nd 60-69	24:32
Ralph McKinney		24:36
Nicole Keller	1st under 18	25:21
Jerry Herman		25:28
Andrea Rubinoff	1st 40-49	25:39
Jack Dolmetsch	3rd 60-69	27:36
Rose Marie Cilia	2nd 60-69	31:40
Becky Yencharis	1st 70+	46:52

Wenoah Fourth of July 5K		
Wenoah, N.J.		
		July 4
		104 finishers
Duane Christy	1st 30-39	20:32
Ralph McKinney		25:29
Larry Briggs		25:32

Independence Day 5K		
Laurel, Del.		
		July 4
Diane Kukich	1st female master	21:49

Browning Ross Summer Series 5K		
Glassboro, N.J.		
		July 5
		38 finishers
Duane Christy	2nd 30-39	20:10
Ralph McKinney	2nd 50-59	27:01

Rockwood Ice Cream Festival 5K		
Wilmington, Del.		
		July 6
		267 finishers
Steve Sinko*	1st 20-29	17:04
Tom Jermyn*	2nd 30-39	18:04
Bill Rhodunda	3rd 30-39	18:57
Don Ropp	2nd 40-49	19:03
Peter Irwin		19:49
Carla Pastore*	1st 40-49	21:07
Katie Irwin*	2nd under 20	21:39
Vince McIntosh		22:30
Joni Irwin	3rd under 20	23:16
Kim Moore		23:25
Rudy Antonini		25:16
Cathy West		25:26
Barbara Herko		26:01
Jerry Herman*		26:14
Ralph McKinney		26:23
Andrea Rubinoff		26:29
Larry Briggs		26:39

John Schultz	3rd 60-69	28:35
Becky Yencharis		44:28
Theresa Briggs		54:50

*The PCVRC Red Team finished 1st.

Sprit of Gettysburg 5K		
Gettysburg, Pa.		
		July 7
		798 finishers
Ralph McKinney		25:42

Utica Boilermaker 15K		
Utica, N.Y.		
		July 7
		930 finishers
Lee Kauffman		55:36
Dave Farren		1:01:46
Ralph Towley		1:03:51
Theresa Cannon		1:05:10
Rudy Antonini		1:13:23
Dan Weintraub		1:19:03
Darlise O'Conner		1:19:16

Freedom 5K		
Dover, Del.		
		July 7
Diane Kukich	1st 45-49	21:28

Howard M. Laws X-Country Series		
Bellevue State Park		
		July 10
		60+ finishers
Dave Farren		20:20
Phil Lavelle		22:56
Dave McCorquodale		23:15
Ralph McKinney		26:03
Linda Lavelle		26:24
Jerry Herman		26:26
John Schultz		27:22

West Chester U. X-C Series (1 Mile)		
West Chester, Pa.		
		July 10
		32 finishers
Jordan Deshon		8:32

Wed. Night Track Meet		
Wilmington, Del.		
		July 11
		100m
John Schultz		:17
		200m
John Schultz		:40
		400m
John Schultz		1:48
		800m
John Schultz		3:51
		1600m
John Schultz	PR	7:45

Phil's 5K for the Park		
Guthriesville, Pa.		
		July 11
		228 finishers
Ralph McKinney		25:19



Club Reminders...

Frank Shorter Returns to Old New Castle Run

Saturday, August 4th

See www.oldnewcastlerun.com.

PCVRC at the Blue Rocks

Monday, August 13th

Contact Kim Moore (kimruns262@aol.com or 302-740-7062) for tickets.
She has 25 total.



newsletter of the Pike Creek Valley Running Club

The Pacer

