



The Pacer



February

2001

newsletter of the Pike Creek Valley Running Club

Feature

Q&A Interview with UD's Coach Jim Fischer

Editor's Note: This space is set aside on occasion to invite comments from notable supporters of the local running community. In this case, we are pleased to present this Q&A profile on one of our own members—Coach Jim Fischer. Many a local runner has benefited from Coach's guidance.



The Pacer: How long have you coached at the University of Delaware?

Coach Jim Fischer: This is my 19th year at Delaware. I have been teaching and coaching for 31 years.

P: What was your running background in school?

JF: I was a sprinter/middle-distance runner in high school and college and not a very good one. I remember that one day in high school, we ran two miles, which brought gasps from some of my classmates.

P: How are the UD runners doing this year?

JF: We have really had some good successes this year. While we didn't perform as a team like we had hoped, one athlete, Mike

DiGennaro, won the IC4A cross country meet this past fall which is a first for a UD athlete. We have had some outstanding improvements. Whether we have improved enough to contend for individual championships, I just don't know. Four local athletes, Pat Boettcher (William Penn) and Joe Quigley (Salesianum) lead the middle distance runners, while Pat Riley (St. Mark's) and Mike Sadowsky (Brandywine) are at the top for the distance runners.

P: The Tuesday night track workouts are a great aspect of the local running scene. How long have you hosted them?

JF: We have held them for 17+ years. It is difficult to find workouts that suit everyone because many are on different schedules, depending on work schedules and the various upcoming races. We try to provide variety in workout to make things a little more interesting.

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The Pacer is published 6-8 times per year as a service to current members of PCVRC. Annual dues are \$20 per family or \$5 for students under 16 years.

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.

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Mystery Runner

from December 2000 issue

Our Mystery Runner is a new member this year who misses the mountains of West Virginia. She has been winning her age group consistently and she actually posted her first race win recently. She attributes much of her recent improvements to the new routine with an early morning running partner.



Tammi Jeffery

World-class triathlete Tammi Jeffery moved to Delaware in the summer of 2000 when her husband was transferred here. A bike accident in Australia in May following an international competition ended her career as a triathlete.

In addition to running, Tammi is interested in photography. She works as a physician's assistant for a dermatology practice in Glasgow. She has a 21-year-old daughter and two step-daughters and lives in Newark.

Tammi attributes much of her recent success to morning workouts with her new runner partner Diane Kukich. Diane tells us, "We hit it off right away... personally and as running partners. We started competing at races. Some weekends she beat me, but even when she wasn't ahead, I knew she was right behind me and I couldn't let up."

A recent bout with runners knee has temporarily sidelined Tammi, but she hopes to be back in competition before too long.

Mystery
Runner



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



President's Message

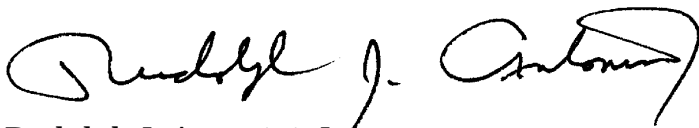
A reminder that our annual Awards Banquet will be held at the Italian Bistro, 4301 Kirkwood Highway on Saturday, March 3rd at 5:30 p.m. A form is on page 11 of **The Pacer**—please fill it out and return it with a check, made payable to PCVRC, to Judi Enright. We are expecting two-time Olympian and former Villanova stand-out Vicki Huber Rudawsky to be our guest and therefore are counting on a huge turnout for the banquet, so don't be left out in the cold!

As you know, I will be returning for President, and Dave McCorquodale will be running for Vice-President. Bruce Hubbard is again seeking election as Treasurer and Judi Enright is running for Secretary. The formal election of officers will take place at the Awards Banquet. If anyone is interested in serving as a member of the 2001 Executive Board, please let me know.

I would also like to remind all members that club dues for 2001 should be paid immediately, as PCVRC is a dues-driven organization and we need the money for operating expenses, such as purchasing awards, and for continued services to our members, including the printing and mailing of **The Pacer**. We have a plethora of activities planned for the year and hope you'll be participating.

In closing, keep up those training miles during these cold winter months, as the spring racing season will be here before you know it. See you at the banquet and on the roads.

Sincerely,



Rudolph J. Antonini, Jr.
President, PCVRC

Submission of Material for **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 (kukich@ccm.udel.edu). You may also e-mail photos in JPEG form as attachments.

Awards Banquet

The 2001 PCVRC Awards Banquet will take place on Saturday, March 3rd at the Italian Bistro, 4301 Kirkwood Highway. Hors d'oeuvres and cocktails begin at 5:30 p.m., and dinner is served at 6:30 p.m., followed by a guest speaker and the awards ceremony.

Please join us in honoring the following members for their accomplishments and/or contributions over this past year.



Mark Deshon

Don Fessman

Ann Foster

Katie Irwin

David James

Diane Kukich

Vince McIntosh

Owen Owen

Steve Sinko



Coach Fischer's Five Favorite Workouts and Why

Picking my *favorite* five is a tough one. So I'll just give you some that are good for different reasons.

Some people like repeat miles. I like repeat 1000 meter runs. To my way of doing things and my thinking, it fits. There are times when they should be run faster or slower, more or less of them, with a short or long recover. I try to play with the five variables—length of the rep, the number of reps, the speed of the rep, the length of the rest in between, and what the person does during the rest period.

I really like up-tempos or tempo runs. The runner warms up and warms down normally. But, the workout is a sustained effort, normally at a controlled effort, slower than race pace.

I like a ladder workout, something like 400m, 800m, 1200m, 1600m, 1200m, 800m, 400m with equal time or half the distance recovery in between. The “down” side of the ladder is to be run slightly faster than the “up” side. Usually, the 800m and 1200m runs are at 5K pace with the 400m a little faster and the 1600m a little slower.

We do a two-person five mile relay done with two people alternating 400m runs. I have had people do this workout for thirty years and it is always a favorite. The keys are to get two evenly matched runners and to do the first few at a controlled pace.

We do a workout where the person runs 300m and jogs 100m on each lap. It's a continuous workout where the person does sets of four or eight in a set. This workout gets over very quickly because there is very little down time.

I like many types of fartlek training which may or may not be defined by time or distance. It is, or at least should be, speed play; playing around with changes in tempo. I prefer this to be done on a soft surface.

—Jim Fischer

Editor's Note: Jim Fischer has run 20 marathons. Locally, he has won the Caesar Rodney Masters' Division once and has run 1:13:57 at the Philadelphia Distance Run and 2:43:20 at Boston. Those were official times, not chip times, but he admits, "That was a long while ago."

Q&A with Coach from page 1

We have had between 20 and 30 people at many of this fall's and winter's workouts.

P: Why is interval training so important as a regular part of a training program?

JF: Training helps to push one's limits of fitness. For some, it will help them improve. For others, we are just trying to stay at the same level as the hourglass continues to drain. People can learn relaxation and efficiency in a social atmosphere.

P: What can you share as advice for a runner who may be a “mid-pack” performer looking to take the next step in their development? And is there a minimum level of conditioning required before getting into such workouts?

JF: What we try to do is make the workouts be as individualized as possible in a group setting. Part of the reason to come to group workouts is to find people who are about at the same level as you are—someone to share the “misery” with. We start people out at a low level, just to take the intimidation factor out of it as much as possible. Training should be done at the person's level and not someone else's level. In order to receive benefits from



any training, a person needs to be running at least four days each week for about 30 minutes at a time.

P: Can you make any suggestions on minimizing injury over the long haul?

JF: Progression is one of the most important words in any kind of training. We don't start a first grader out on calculus. Large leaps in training volume and/or intensity are trouble and the body will reject that notion in almost all cases. In fact, one should really increase either volume or intensity while keeping the other at a steady level, if not decreasing it. Good shoes are extremely important. And, it is also important to have the right kind of shoes with individualized moldings or orthotics to keep abnormalities in check.

One of the most important aspects of training is rest. Almost all of us have been nervous about missing a day. It's called an obsession. Get over it! Some times you don't have to miss a day. You just might have to take it easy. Recovery before hitting your body with the next bout of exercise is really important. Muscles are the "shocks" and the bones are the "frame" of the body. When the "shocks" are tired or worn out, the "frame" takes the impact forces which lead to many problems. You can reduce the shock to your body by running on soft surfaces. The down side to that is you have an elevated chance of twisting an ankle or knee.

Also, please make sure you hydrate properly. Many maladies could be minimized or eliminated by drinking enough water.

P: How many marathons have you run?

JF: I have run about twenty marathons, but haven't run any since the early 90s when I pretty much retired from competitive running. When I go to the marathons now, it's pretty much as support for our participants.

P: What are your suggestions for marathon training?

JF: The key to marathon training is simply spending time on your legs.

The marathon is about 98% aerobic which means that for the most part, people can meet their oxygen needs while they are participating. Fighting fatigue and still keep running, now that's a whole other matter. Generally speaking, the more training a person gets in before the marathon, the less it's going to hurt during the marathon. We also talk about race preparation and the race itself, making sure that they understand that the goal for their first marathon is to finish and, if possible, be able to enjoy it. A projected goal time may be part of the process, but it is way back in the background.

P: In addition to the time you devote to the Tuesday workouts, you also serve as a coach for the Leukemia Society Team N Training. That must be very gratifying.

JF: I do feel good about it. While I don't get involved with the actual pledging and fund raising, it's always there. The people who run the marathons many times know people who have leukemia. The completion of a marathon is an extremely emotional thing. Now, pile on top of that doing the marathon while tied emotionally to someone else who is sick and raising funds to help eradicate the diseases, and that's a pretty big payoff for me.



Coach Fischer conducts open Tuesday night workouts at UD's indoor and outdoor track facilities.



New Members

Beau Vinton, a general contractor, is a regular at the local races. He looks forward to making the new 1st State Marathon his first

Barbara Herko is an accountact at JP Morgan/Chase, who is single and originally from Long Island. Her goal in 2001 is to race at least once monthly, including a marathon, hopefully New York.

Andrea Rubinoff recently arrived from Atlanta, is single, holds a Ph.D. in child psychology, and works for State of Delaware. Her goal this year is to "finish every race I start."

Carla Pastore recently relocated from Maryland, where she was named Runner of the Year by the Annapolis Striders Running Club. Carla has completed three marathons including Boston and is begining to train for her first triathlon. She is single and is Director of the American Association of Botanical Gardens & Arboreta.

Joan D'Alonzo is a veterinarian who works as an offical at Delaware Park and Dover Downs. Joan is single and has completed five marathons. She is currently in training for the inaugural Yakima River Canyon Marathon in Washington State.

Theresa Cannon, a graduate of St. Marks High School and the University of

Maryland, and single, recently relocated from North Carolina. She works at Hercules's legal department. and has completed seven marathons including a 3:10 at Disney.

Footnotes

All Wet? When you have to get that long run in during sloppy weather, Dave McCorquodale suggests long runs from Fairplay Station (near Delaware Race Track). Time is flexible; contact Dave at 302-998-7161.

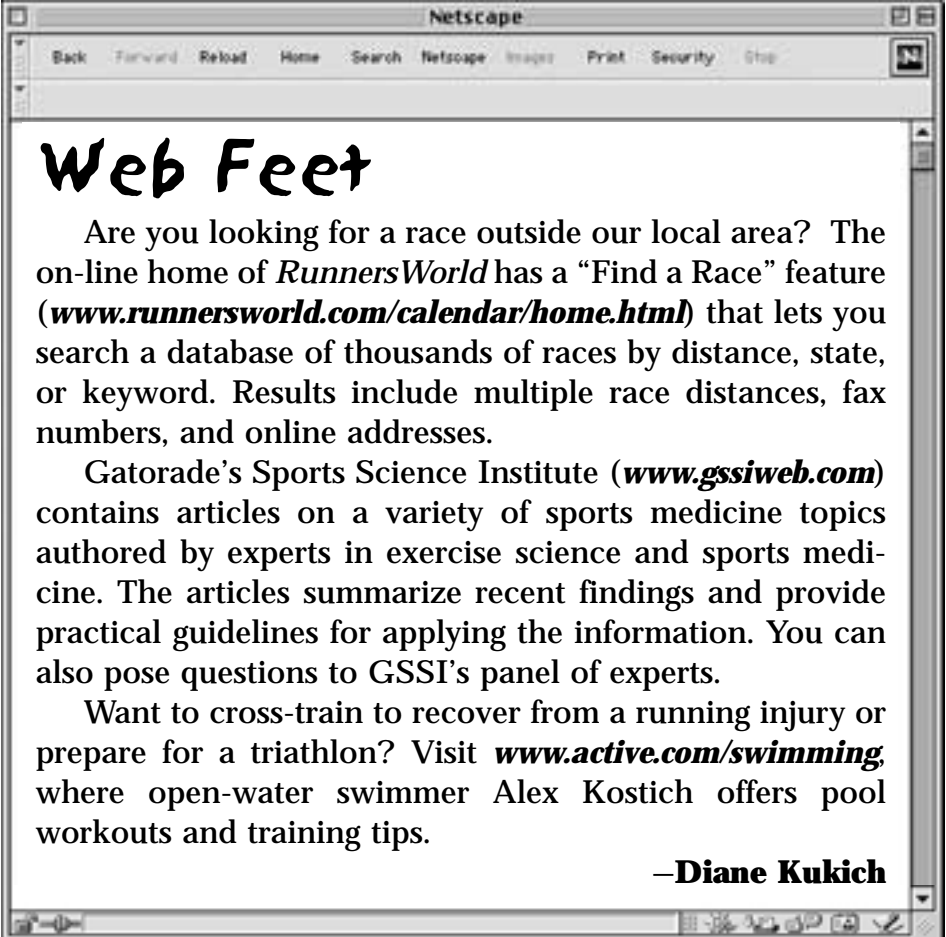
Informal training runs are at Delcastle on Saturdays and

Sundays at 8:30 a.m. during the winter. Join Lee Kauffman, Rudy Antonini, and Kim Moore!

The Caesar Rodney Half Marathon will feature a **team competition** this year. Check the race hotline (302-655-7258) for details.

Got Kids? Looking for child-care coverage while doing your long runs and track workouts? You're not alone. Contact Carla Pastore at 610-255-5555 to plan kid-sitting arrangements.

The Aug.-scheduled Del. Mem. Bridge 5K has been **cancelled**.



Web Feet

Are you looking for a race outside our local area? The on-line home of *RunnersWorld* has a "Find a Race" feature (www.runnersworld.com/calendar/home.html) that lets you search a database of thousands of races by distance, state, or keyword. Results include multiple race distances, fax numbers, and online addresses.

Gatorade's Sports Science Institute (www.gssiweb.com) contains articles on a variety of sports medicine topics authored by experts in exercise science and sports medicine. The articles summarize recent findings and provide practical guidelines for applying the information. You can also pose questions to GSSI's panel of experts.

Want to cross-train to recover from a running injury or prepare for a triathlon? Visit www.active.com/swimming, where open-water swimmer Alex Kostich offers pool workouts and training tips.

—Diane Kukich



Pike Creek Runners Turn in Great Grand Prix Performances

by Vince McIntosh

The Mid-Atlantic USATF held its annual award luncheon on January 20 in King of Prussia, Pa., and Pike Creek Valley Running Club athletes stood out prominently among the awardees. David James was recognized as the top Master Male in Long Distance Running as well as being the number one age-graded male in the 2000 Mid-Atlantic Grand Prix Circuit. (The circuit is a series of ten races of distances varying from 5K to half-marathon, with optional participation in a marathon.)

Bob Taggart (2) and Lee Kauffman (7) were others among the top ten males, and Frances Kirk (5) and Carolyn DiGiambattista (7) were among the top females. David James and Phil Lavelle completed all ten events in the series, and Carolyn DiGiambattista (8), Lee Kauffman (8), Frances Kirk (7), Ralph McKinney (7), and Bob Taggart (9) were recognized for the number of races they completed.

Club age-group awards were given to Frances Kirk (2nd 35–39), Carolyn DiGiambattista (1st 55–59), Becky Yencharis (1st 60–84), Lee Kauffman (1st 40–44), David James (1st 45–49), Bob Taggart (1st 55–59), Richard Webb (2nd 55–59), Don Fessman (3rd 60–64), and Don Monagle (3).

Congratulations to all club award winners! Your showing in this series proves that you are among the best runners in the Delaware Valley area.

The 2001 Grand Prix Series commences with Caesar Rodney Half Marathon on March 18. For more details on the Grand Prix Series contact Norm Green at 610-466-9197 or runnorm@aol.com.

Races Worth the Trip

Falmouth Road Race

by Vince McIntosh

If you are looking for a race with loads of personality, a prestigious international elite field, and an interesting location near other family vacation opportunities on and near Cape Cod, look into the Falmouth Road Race. This year the race date is August 12. The 7.1-mile

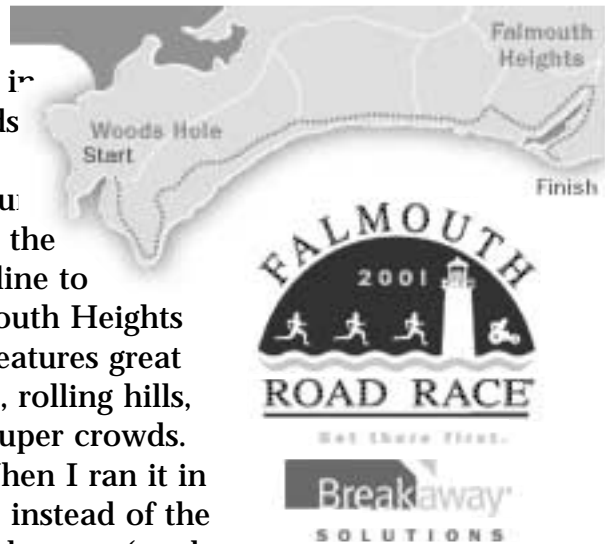
race starts in Woods Hole and runs along the coastline to Falmouth Heights and features great views, rolling hills, and super crowds.

When I ran it in 1999, instead of the typical sunny (read hot!) weather, we endured an entire day of heavy rain and wind. Since the 9000 runners assemble on Main Street in Woods Hole two hours before the start, the experience was especially unique.

The post-race picnic is another great aspect of the event. The one challenge is securing hotel space, which can be as competitive as the race itself.

For more details, see the race's Web site (www.falmouthroadrace.com) or send a #10 business-size, self-addressed, stamped envelope by April 15 to

Breakaway Solutions Falmouth Road Race
Post Office Box 732
Falmouth, MA 02541-0732



Runner of the Fourth Quarter

Vince McIntosh

"Vince has given the running club a needed boost with his efforts and hard work in revamping **The Pacer** to make it the newsletter it is today," said club president Rudy Antonini in announcing the selection of Vince McIntosh as PCVRC runner of the quarter. "In addition to all the countless hours he spent as Managing Editor, he continued his quest for a qualifying marathon time for Boston, which he achieved at the Philadelphia Marathon. He should be congratulated as clearly the outstanding Runner of the Fourth Quarter!"

"My fourth quarter started on the wrong foot, so to speak, as I spent most of September off due to a bad hip," Vince says. "But I was able to get back to a decent level of fitness by late October; doing lots of trail running as part of the Sunday Bagel runs [in Newark]. I had a chance to do my final long runs with Bill McQuillan, one of our newer members. Unfortunately, I entered very few races during this time."

"Bill and I started together at the Philadelphia Marathon on November 19th," he continues. "Considering my interrupted training preparation, my plan was to run an



Runner of the Fourth Quarter Vince McIntosh, shown here with wife Adele and daughter Grace, qualified for his first Boston at the Philadelphia Marathon this past fall.

8-minute-per-mile pace and be content with a 3:30

marathon. But the first few miles felt so comfortable at a 7:35-7:40 pace that we decided to take a gamble and maintain that pace as long as possible. As it turned out, it took a sprint at the end to finish with a chip time of 3:25:25; just 35 seconds to spare for my first Boston qualifying time."

Vince's qualifying time represented a 17-minute improvement over his first marathon, Marine Corps, in 2000. His goals for 2001 are to avoid injuries this winter and finally crack 20 minutes in the 5K and 1:30 at the Caesar Rodney Half Marathon.

Gone Running

Join us at

Newark "Bagel Run"

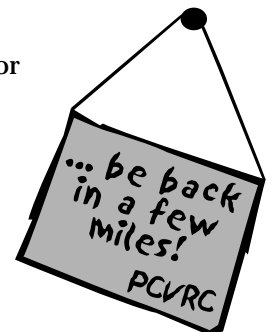
(meet at Newark Hot Bagels & Deli on Main Street)
Sundays at 8:00 a.m.
(7 miles or more at 8-9 min./mi.)
call Vince McIntosh at 234-1806 or
Bob Taggart at 738-5969

Delcastle Recreation Area

(near tennis court parking area)
Saturdays & Sundays at 8:30 a.m.
(3-10 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



Race Results

Run for Kids' Sake 10K **Oct. 28**
Wilmington, Del. 68 finishers
 John Schultz 2nd 60-69 55:24

Mid-Atlantic XC Challenge (13.1 mi.) **Nov. 5**
White Clay Creek State Park
 John Schultz 2:43:08

Turkey Burner 5K **Nov. 26**
Wilmington, Del. 51 finishers
 Duane Christy 2nd 30-39 20:12
 Diane Kukich 1st 40-49 22:10
 John Schultz 2nd 60+ 27:15
 Becky Yencharis 1st 60+ 44:36

Athlete's Closet Winter Series 5K #1 **Dec. 9**
West Chester, Pa. 117 finishers
 Diane Kukich 1st 40-49 21:43
 Tammi Jeffrey 2nd 40-49 22:01
 Ralph McKinney 25:17
 Barbara Kursh 25:50
 Wayne Kursh 26:32
 John Schultz 2nd 60-69 27:46
 Larry Briggs 27:56
 Sue Levy 3rd 50-59 32:03
 Marv Levy 2nd 70+ 51:58

Shiver by the River 10K #1 **Dec. 10**
Reading, Pa. 161 finishers
 Ralph McKinney 55:11

Brookhaven Holiday 5K **Dec. 10**
Brookhaven, Pa. 80 finishers
 Duane Christy 1st 35-39 18:45
 Diane Kukich 1st overall 20:36
 Tammi Jeffrey 1st 40-44 20:59
 Sue Levy 1st 55-59 29:21
 Marv Levy 2nd 70+ 48:47

Haddon Holiday Heart 5K **Dec. 16**
Haddon Township, N.J. 221 finishers
 Ralph McKinney 25:17
 Sue Levy 30:41
 Marv Levy 3rd 70+ 51:51

Annapolis Striders 15K **Dec. 17**
Annapolis, Md. 120 finishers
 Ann Foster 1:11:39
 John Foster 1:17:03
 Ralph McKinney 1:22:47

Celtic Solistice 4.8-Mile Run **Dec. 17**
Baltimore, Md.
 Bruce Hubbard 3rd 50-54 32:58
 April Hubbard 1st 55-59 41:31

Scott Mackler 5K (short course) **Dec. 17**
Newark, Del. 224 finishers
 Mark Deshon 1st 40-44 18:01
 Duane Christy 2nd 35-39 19:22
 Bob Bennett 1st 55-59 19:51
 Diane Kukich 1st 45-49 20:19
 Jim Fischer 2nd 50-54 20:32
 John Schultz 2nd 65+ 25:35
 Barb Kendzierski 2nd 50-54 30:31

Jacksonville Marathon **Dec. 16**
Jacksonville, Fl. 684 finishers
 John Hand* 3:28:08
**Boston qualifier*

New Year's Resolution 5K **Jan. 1**
Wilmington, Del. 79 finishers
 Lee Kauffman 1st 40-44 17:37
 David James 1st 45-49 18:51
 Diane Kukich 1st 45-49 21:33
 Bruce Hubbard 2nd 50-54 21:38
 Ed Quigley 22:15
 John Hand 22:39
 Tim Diflo 24:01
 Don Monagle 1st 60+ 24:10
 Ralph McKinney 2nd 55-59 24:51
 Larry Briggs 27:15
 Jerry Herman 27:34
 April Hubbard 1st 55-59 27:41
 Denise Diflo 29:58
 Barb Kendzierski 2nd 50-54 32:11
 Becky Yencharis 1st 60+ 44:29

Athlete's Closet Winter Series 5K #2 **Jan. 6**
West Chester, Pa. 106 finishers
 Diane Kukich 1st 40-49 22:55
 Ralph McKinney 26:59
 Larry Briggs 27:38
 John Schultz 3rd 60-69 28:35

New Year's Eve 5K (rescheduled) **Jan. 6**
Berwyn, Pa. 87 finishers
 Ralph McKinney 26:29
 Larry Briggs 28:50
 Becky Yencharis 2nd 60+ 43:46

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*.



Race Results

Race Against Time (rescheduled)

Wilmington, Del.

Jan. 7
141 finishers

Greg Andrews		19:23
Duane Christy		20:33
Bruce Hubbard	1st 50-59	21:06
Diane Kukich	1st 40-49	21:34
Ann Foster	1st 50-59	22:26
John Foster		23:12
Rebecca Strauss		23:46
Ralph McKinney		24:48
Cathy West		25:12
Jerry Herman		26:42
John Schultz	2nd 60+	26:42
April Hubbard	2nd 50-59	26:49
Larry Briggs		28:38
Lee Masser	3rd 60+	28:50
Rose Marie Cilia	1st 60+	33:46
Becky Yencharis	2nd 60+	47:03

UD Open Track & Field Meet

Newark, Del.

Jan. 14

Mile

Bob Bennett	5:56
Ann Foster	6:42
John Foster	6:54
Ralph McKinney	7:14
Larry Briggs	7:50

800m

Ralph McKinney	3:29
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Larry Briggs

3000m

Ralph McKinney	14:13
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Larry Briggs

3000m

Larry Briggs	15:25
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Icicle 10K (shortened to about 6.1 mi.)

Wilmington, Del.

Jan. 21
220 finishers

Lee Kauffman	1st 40-44	36:56
Steve Sinko	1st 20-24	38:40
Dave Farren	2nd 35-39	42:25
John Mackenzie		42:47
Duane Christy		44:31
Bruce Hubbard		47:15
Vince McIntosh		47:31
Carla Pastore	3rd 45-49	49:00
John Hand		49:18
Ed Quigley		50:21
Dave McCorquodale	2nd 55-59	50:29
Rich Abel		50:52
Karley Ebersold		52:52
Rebecca Strauss		53:20
Bob Wortz	2nd 60-69	55:56
John Schultz	3rd 60-69	56:42

Ralph McKinney		62:15
April Hubbard	2nd 55-59	62:46
Larry Briggs		64:19
Barb Kendzierski		68:28

Icicle 5K Walk

Wilmington, Del.

Jan. 21

8 finishers

Carolyn McCorquodale	1st Walker	40:15
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Super Bowl 5K Run & Walk

Wilmington, Del.

Jan. 28

281 finishers

Greg Andrews	1st 30-34, 6th overall	18:33
Duane Christy		21:10
Diane Kukich	1st 45-49	21:30
Ed Quigley	3rd 50-54	22:42
Tim Diflo		23:37
Ralph McKinney	3rd 55-59	23:54
Dan Weintraub		23:59
Javier Suarez		24:22
John Schultz	2nd 60+	26:04
Howard Bowker		26:23
Andrea Rubinoff	3rd 45-49	26:35
Larry Briggs		26:38
Barbara Herko		27:48
Shirley Mecanko	Charlene Tuna winner	38:56
Sue Diflo		43:37
Becky Yencharis		1st 70+

Club Events Ahead

March 3	Awards Banquet at the Italian Bistro, 5:30 p.m.
April 7	Tailgate Party after Cherry Blossom 5-Miler
April 1	Boston Marathon Send-off Party at Italian Bistro (all Delaware race entrants to be invited)
June 28	Pizza Party after 5K Race at Bankshots
July (TBA)	Barbeque
August (TBA)	Tailgate Party
October 14	Delaware Distance Classic 15K at Wilmington's Riverfront
December (TBA)	Annual Holiday Party



2001 PCVRC Awards Banquet

Saturday, March 3 • 5:30 p.m. • The Italian Bistro

5:30 p.m. - **Hors D'Oeuvres and Cocktails** (cash bar)

6:30 p.m. - **Dinner**

8:00 p.m. - **Awards Presentation and Installation of Officers**



Attire: Not too dressy but not too dressed down

Price of \$26.00 per person includes:

Hors D'Oeuvres - Mozzarella Sticks, Stuffed Mushrooms, Brushetta and Clams Casino

Zuppa Del Giorno, House Salad, Brick Oven Baked Rolls, Garlic Pita Souffle

Focaccia, Unlimited Soda, Tea, or Coffee, Choice of Vanilla or Chocolate Ice Cream for dessert

You have a choice of one of the following entrees:

1. **BISTRO SAMPLER** - Combination of Lasagna, Cheese Ravioli and Tortellini Alfredo

2. **CHICKEN MARSALA** - Breast of Chicken Sauteed with Fresh Mushrooms, Butter, Herbs, and Marsala Wine

3. **VEAL PARMIGIANA** - Breaded Milk-Fed Veal Cutlet Topped with Fresh Pomodoro Sauce and Mozzarella Cheese - served with a Side of Spaghetti

Please fill out and return the bottom portion of this page along with your check made payable to PCVRC for \$26.00 (one person) or \$52.00 (two persons) no later than Friday, February 23, to:

Judi Enright
1909 Waters Edge Drive
Newark, DE 19702-6345

Name

Dinner selection for name above:

- ☐ Bistro Sampler
☐ Chicken Marsala
☐ Veal Parmigiana

Name

Dinner selection for name above:

- ☐ Bistro Sampler
☐ Chicken Marsala
☐ Veal Parmigiana

Seating is limited and is on a first-come, first-served basis - don't miss out on this great time!



Club Reminders...

PCVRC Annual Awards Banquet

Saturday, March 3rd at 5:30 p.m.

Italian Bistro

4301 Kirkwood Highway

See the back of this
page for details!

newsletter of the Pike Creek Valley Running Club

The Pacer



P.O. Box 26
Newark, DE 19715