



# The Pacer



April

2002

newsletter of the Pike Creek Valley Running Club

## Feature

### Boston Marathon 2002

As the 106th Boston Marathon approaches, *The Pacer* decided to poll those members of Pike Creek Valley Running Club (PCVRC) who will be running in this event. Each participant was asked three questions:

1. How many Boston Marathons have you run?
2. What is your fondest memory from the marathon?
3. What is your goal in this year's marathon?

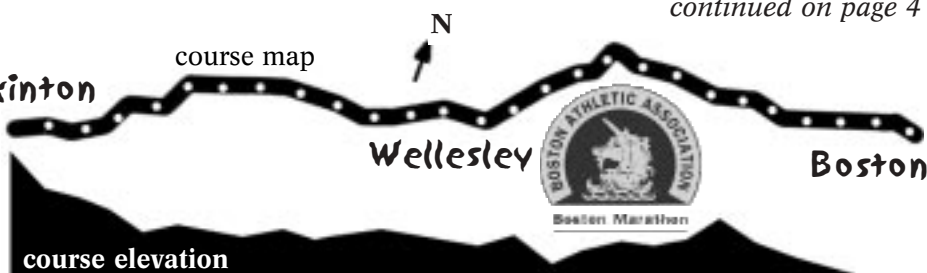
PCVRC has twelve members who will be running. They and several spouses and friends will all be participating in the Boston experience. The runners include three Boston first-timers, Don Ropp, who can now take doing Boston off his checklist of ten things to do in his lifetime, Deborah Compton, an accomplished runner who has recently recovered from injuries, and new member Mark Lozier, who grew up in the Boston area. Unfortunately, club president Vince McIntosh will be forced to sit out because of IT-band syndrome. There are others who have begun to amass some experience at Boston: John Mackenzie, first Boston in 2001 with 3:20:45; Theresa Cannon, three; Kim Moore, three consecutively; and Dave McCorquodale, four.

And there are the streakers. No, they don't



run without clothes. They have accumulated years of consecutively running Boston. Our longest streak belongs to Don Fessman, who, unfortunately, has left the club. Having sold

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## 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

Check it out on-line today! Any Web site comments, questions, or submissions should be directed to Dave McCorquodale at [mccorq@comcast.net](mailto:mccorq@comcast.net).

# The Pacer<sup>2</sup>

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## 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](mailto:dkukich@udel.edu)). You may also e-mail photos (we encourage it!) in JPEG form as attachments.



## Club Board Members

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*Dave McCorquodale practices (im)proper hydration technique at mile 20 of the 2001 Boston Marathon with newfound Hash House Harrier friend.*



## President's Message



As you know, my leg of the Running Club President Relay got under way at the awards banquet. (Thanks in advance for allowing me to weave in a few running metaphors into my first

*President's Message.* I promise not to abuse the privilege.) It really was a great event to be involved in as we took time to honor just some of the special runners our club is fortunate to count as members (see page 7). Our Runner of the Year, Nadine Marks, was able to provide us with a sense of what it is like to train and compete at the elite level.

By the way, just as Rudy Antonini passed the "baton" to me, I felt an incredible power also pass between us. Upon becoming club president, I realized I could actually read the minds of everyone in attendance.... "Better him than me" seemed to be the consensus.

Actually, I hope we can all be on the same page like that often during this year! Although our club is made up of numerous sub-groups, we all share a common interest in the sport of running and making the local running scene a special one. I am fortunate to be assisted by a great board and we are committed to focusing on three areas of the club this year.

**Running Programs:** The club board is committed to

building on the existing programs as well as introducing new ones, which improve the running experience for all of us. What programs would you like us to add this year? Maybe a half-marathon training group, weekly cross-country training runs, a club-sponsored trip to a regional race, more team competitions. Let us know what you would like!

**Growing:** We want to share the benefits of our club with others in our community. We are either growing or shrinking. Let's grow and be sure to enjoy meeting the new members we attract.

**Blending:** We spend time together at the races and have an opportunity to do so at several social events each year. We will try to link the social events to the racing or fun-run schedule to encourage such interaction, which makes us a stronger club.

What do you want of our club? Please let me know or speak with one of our board members. I look forward to running with you soon.

Best Regards,

Vince

Vince McIntosh  
PCVRC President

## Gone Running

Join us at

**Trail Runs from White Clay Creek Preserve**  
(meet at parking lot #1 in Landenberg, Pa.)

*two options:*

Sundays at 8:00 or 9:00 a.m.;	Sundays at 8:30 a.m.;
call Dave McCorquodale at	call John Mackenzie at
998-7161 or e-mail him at	453-0859 or e-mail him
<a href="mailto:mccorq@comcast.net">mccorq@comcast.net</a>	at <a href="mailto:johnmack@udel.edu">johnmack@udel.edu</a>

### Newark "Bagel Run"

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

Sundays at 8:00 a.m.

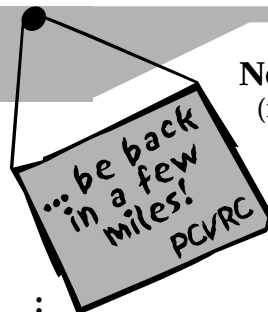
(7 miles or more at 8-9 min./mi.);

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



## Boston Marathon

*continued from page 1*

his Delaware home, Don is currently living at the Jersey shore. He expects to move to St. Maarten in the Caribbean in May. (So sad to leave Delaware for such a harsh climate!) At



*a sign of encouragement at 10K*

any rate, Don has the longest streak at 20. Following him are John Hand, 17, Lee Kauffman, 16, Dave Farren, 15, and Chip Bixler, 11.

Our runners have many varied memories of running Boston. Some of the fondest represent memories that many Boston runners have in common. Kim Moore remembers running past Wellesley College, which is at the half-marathon point, where the coeds cheer for hours, causing many runners to pick up the pace from the adreneline rush. Dave Farren recalls standing in the starting line in Hopkinton for the first time in 1987, while John Hand thinks back to turning onto Boylston St. for the first time and seeing the finish line. Dave McCorquodale was nearing the finish line in 2000 when he heard a loud-speaker call out the name, Don Fessman. As Don approached the finish, Dave veered over to that chute and followed Don, putting his arm over Don's shoulder. Don said he did the best of could. Little did Dave realize that Don had recently had surgery and was running more on guts than training that day!

Mark Lozier

was a volunteer at the finish line in '69 and '70 and remembers seeing Ron Hill set the course record at 2:10:30 in 1970. He also remembers the rantings of Race director Jock Semple, who initially opposed the participation of women in the race. John Mackenzie said the joy and privilege of being there made the first 15 miles seem great; then the race got tougher. He set a personal best in spite of running the toughest of his 15 marathons.

Other club members have achieved personal accomplishments. Theresa Cannon's 3:20:35 (chip time) was an age-group state record last year, erasing her own previous record. Lee Kauffman's 2:44:35 was the fastest time for a Delaware male, ahead of 34 others.

Don Fessman remembers running the year



*exuberant Wellesley coeds at the halfway point*

the elite athletes boycotted the race because no prize money was being offered. There were only about 2300 runners in the race. Don saw Bill Rodgers, standing outside his running store, cheering for his wife as she ran the marathon.

The Lord & Taylor store on Boylston St. at the 26-mile point is the site of fond memories for several people. Dave Farren stopped to propose marriage to Kathy at this point. Doris Bixler, who was standing with Kathy, held the ring for Dave until he arrived. Chip Bixler is always happy when he arrives at this point to see that Doris is not holding any shopping bags!



The Bixlers have also enjoyed having their nephew Ashton on the trip the last two years. Doris likes volunteering on race day at the athlete's village in Hopkinton. The effort



results in a nice Adidas windbreaker and she can hop on the Delaware Sports Club bus with other family members and return to Boston to await the finishers.

Goals for the 2002 race fall into three categories. Those who have recently been injured do not have great ambitions. Vince will be "happy to get to the starting line." Deborah Compton wants to complete the marathon while remaining injury-free so that she can continue to run well in 2002.

Others simply want to use the race to

requalify for next year and keep the streak going. Lee, Chip, Dave Farren, and John Hand all have this goal. John adds that he would also like to beat erstwhile club member Doug White.

The ambitious ones have set tough standards for themselves. Kim Moore will be going for a personal best. Theresa Cannon will now try to tackle her new age-group record. Dave McCorquodale would like to better the time with which he qualified, getting in by a half minute because the chip time knocked off 59 seconds. John Mackenzie will take a semi-shot at a PR, but will back off if he is having a tough day because he has other spring marathons lined up, including Vermont when he will run with his brother who is attempting to qualify for Boston. Don Ropp would like to break 3:10, but he will also take time to make some kid's day by stopping for water at a "non-official" rest stop that a kid has set up with his parents' help. Lastly, our retiring club member, Don Fessman, wants to again run in the 3:25-3:30 range, an excellent goal at 63 years.

For most long-distance runners, the Boston Marathon with its unique qualifying times represents a standard of excellence. In



the general population, maybe only five percent can run continuously for twenty minutes or more. Of these runners, only a fraction will ever run marathons. And of these marathoners, only a fraction will ever run Boston. For marathoners, Boston is Mecca. It is the culmination of a season, a half year, or even an entire year of training.

Congratulations to all Pike Creek Valley Running Club participants!

—Dave McCorquodale



## Boston Send-Off Party Reminder

There are now less than three weeks till the 106th Boston Marathon! To show your support for our runners and to celebrate running the upcoming Boston Marathon, please join us at Bank Shots, 10th and Union Sts., in Wilmington on April 10th from 7-9 p.m. Pizza, beer & sodas will be provided as the pre-race meal of the evening!

Everyone is invited! If you know of anyone who is not a club member, but who is running the marathon, please extend our invitation! You can contact Kim Moore at [kimruns262@aol.com](mailto:kimruns262@aol.com) or 302-740-1064 for more details. See you there!



## Footnotes

compiled by Ralph McKinney

**City of Wilmington Mucks Up Race Courses**—Eighth District Rep. Gerald Brady was behind the passing of an ordinance in Wilmington city council last year that prohibits the use of a portion of Kentmere Parkway, in front of the art museum, for athletic events. Courses in this area will be diverted to Gilpin Avenue. Three events will *not* be affected: Caesar Rodney Half-Marathon, Icicle 10 Miler, and Thanksgiving Day 10K/5K. A number of other courses will be rerouted. Further complicating Wayne Kursh's race direction is the restriction of traffic on the N. Market St. Bridge for renovations until late November. Races will not be permitted on the Brandywine Park course. Doug White will accurately measure another course, starting at the zoo and finishing in the park, but

the 5K races will be not certified. The re-routed courses on Gilpin Avenue will be accurately measured but may not be certified in the first year.

Inspired by a motivational tip in the years *Runners World* calendar, **John Foster has set a goal of running 2002 miles in 2002!** After logging 1,900+ last year, John will have to up his average to 38 miles per week. Good luck, John!

Entries for the **27th Annapolis Ten-Mile Run**, Sunday, Aug. 25, will be accepted starting June 1 (on-line registration only). This year's premium will be a black, long-sleeve, Dri-Release® shirt to match the sweatpants given to finishers last year. For more info, check it out online at [www.annapolisstriders.org](http://www.annapolisstriders.org).

**The West Chester X-Country Summer Series will be in a new location** this year—

Oakbourne Park. The schedule is the same: seven races, every other Tuesday, starting June 4. For more info, check [www.chestercountyrunning-store.com](http://www.chestercountyrunning-store.com) or call 610-518-7451.

**The Reedy Point Bridge 10K and 5K** races will both start at 8:00 a.m. on Saturday, June 8 in Delaware City to allow the bridge to be available for competitors in the Escape from Fort Delaware Triathlon, scheduled for the same day.

Marathoners take note of an interesting new event on Sunday, Oct. 20, **on the Chesapeake Bay Bridge-Tunnel**, running 14.5 miles of the distance over (and under) water and finishing in Virginia Beach. But you'll have to decide among three events, since it's the day after the Baltimore Marathon and one week before the Marine Corps Marathon. Check [www.baybridgemarathon.com](http://www.baybridgemarathon.com) or call 757-498-0215.





## PCVRC Celebrates 20th Annual Awards Banquet

The Pike Creek Valley Running Club held its awards banquet on Saturday evening, March 2, at the Christiana Country Club (formerly Cavaliers). Expertly organized by Judi Enright, the new co-chairperson of our social committee, the banquet was attended by 65 people, more than we have had in several years. In his last official duty after four years as club president, Rudy Antonini led the evening's proceedings. Near the end of the evening, incoming president Vince McIntosh presented Rudy with a \$100 gift certificate from the club to The 1492 Group of dining establishments.

The highlight of the evening was a talk and question-and-answer session by Nadine Marks, who was also chosen as PCVRC's Runner of the Year. Nadine talked about her recent trip to Beijing, China, to run for the USA. She ran in an Ekiden, a six-member team race made up of 5K to 10K legs over the marathon distance. On Sunday, February 17, in cold and windy conditions, Nadine ran her 5K in 16:35, helping the USA to sixth place, the best since 1996. Nadine related that Beijing's air was quite polluted and that she was glad that the conditions improved on race day, because she feared she would not have been able to participate if her asthma flared up.

Other details of Nadine's talk included crediting Richard Webb with helping to inspire her to take her running to a higher level; thanking her coach, Jim Fischer, with whom she works as an assistant XC and Track coach at

the U. of D.; describing her sponsorship by Saucony and attending its four day running camp before traveling to China; and expressing her gratitude for her husband Jeff's support and encouragement of her running goals.

Nadine was chosen Runner of the Year in recognition of her recent PRs: on the track, 4:23 for 1,500m and 16:26 for 5,000m; and on the road, 16:33 for 5K, 27:53 for 5M, and



*Outgoing president Rudy Antonini (left) and incoming president Vince McIntosh (right) present Runner of the Year Nadine Marks with her award. After the club awards were handed out, Rudy said his "good-byes" as club president and welcomed Vince to his new position.*



*continued on next page*



## Annual Awards Banquet

*continued*

53:43 for 15K. If Nadine hadn't moved recently to Lewisville, Pennsylvania, the road PRs would all be female resident state records for the 30-34 age group. (See Nadine's running tips for women on this page.)

The club's other honorees were as follows:

***Comeback Runner of the Year***  
**April Hubbard**

***Hall of Fame***  
**Rose Marie Cilia, Don Monagle**

***Member of the Year***  
**Dave McCorquodale**

***Most Improved Runner***  
**John Foster**

***Outstanding Running Achievement***  
**Theresa Cannon, Deborah Compton,  
Ann Foster, Rich Heffron,  
Diane Kukich, Steve Sinko**

***Rookie of the Year***  
**Steve Fischer**

***Scholastic Running Achievement***  
**Joni Irwin, Kati Irwin**

***Runner of the Fourth Quarter***  
**Darlise O'Connor**

***Volunteer of the Year***  
**Kathy Farren**

By vote, the membership in attendance approved the following club officers for 2002: Vince McIntosh, President; Dave McCorquodale, Vice President; Barbara Herko, Secretary, and Bob Taggart, Treasurer. In addition, Vince announced that Carla Pastore would head the membership committee, and Judi Enright and Kim Moore would lead the social committee.

Undoubtedly the celebration would have continued until the wee hours of the morning, but many of the attendees had races to run on

Sunday morning. Most of the banquet goers were last seen dashing to their cars in either a very early pre-race warm-up or an attempt to avoid the rain.

*Nadine Marks, a local runner who competes at the national level, provided the following tips on how women can run strong, based on her training program under the guidance of University of Delaware Coach Jim Fischer.*

## Training Tips for Women

by Nadine Marks

1. ***Maintain a balanced training program including one tempo run, one long run, and one workout (hills, intervals or fartlek) each week. Be careful if you are new to running, since this may be a little too much too soon.***
  2. ***Be consistent with training and mileage (especially during the base-building period).***
  3. ***Don't over-race. This hurts your training.***
  4. ***Get adequate sleep each night (at least 8 hours).***
  5. ***Eat a well-balanced diet and take supplements if needed (iron and calcium).***
  6. ***Do weight training (2-3 times/week).***
  7. ***Take rest days in your training when needed (mental and/or physical). Make sure you are well-rested from one day to the next and don't run any hard days back-to-back.***
  8. ***Run with others, and use those better than you to help you.***
  9. ***Be patient and use each workout/race as a stepping stone toward a goal race/time.***
- and, most importantly...***
- 10. Have fun!***





## Club Teams Take First Place at CR

PCVRC's Men's Masters' and Women's Open teams each captured first place at the 37th Caesar Rodney Half-Marathon in Wilmington. The Men's Masters' team average time was 1:28:28, and the Women's team average time was 1:38:03.

Congratulations! Complete club member results from CR are on page 11.

### Men's Masters

1.	7:22:18	(1:28:28 average)
1.	1:19:43	Brian Driscoll
2.	1:19:56	David James
3.	1:23:46	Lee Kauffman
4.	1:37:13	Bruce Hubbard
5.	1:41:40	Dave McCorquodale

### Women's Open

1.	8:10:11	(1:38:03 average-top 5)
1.	1:30:56	Kim Mitchell
2.	1:34:48	Theresa Cannon
3.	1:37:37	Diane Kukich
4.	1:42:32	Deborah Compton
5.	1:44:18	Kim Moore
6.	1:46:35	Carla Pastore
7.	1:50:33	Darlise O'Connor

## Attention Club Members With E-Mail Addresses

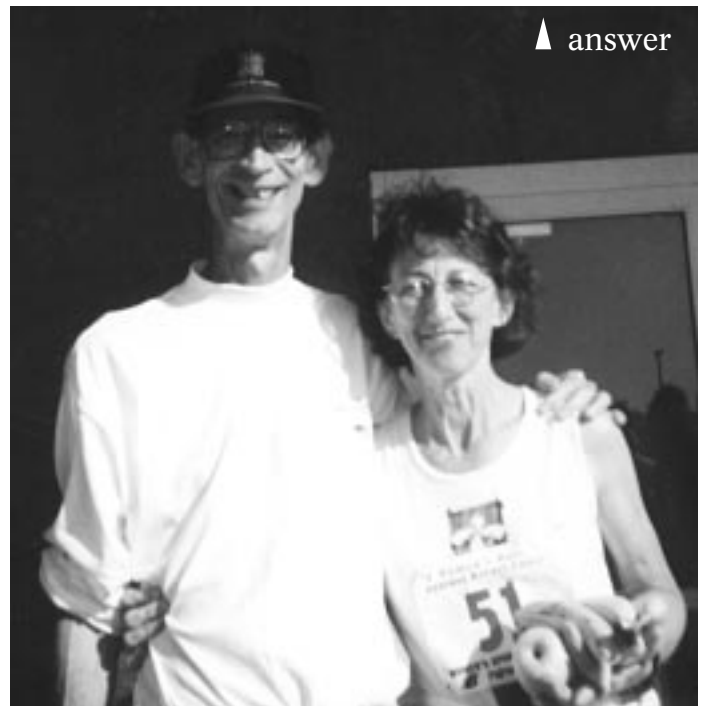
If you haven't gotten any e-mail messages from the club, then you are not on our e-mail list. We are using this list to send out reminders about club functions or other information important to area runners. Soon

we will be establishing a discussion group so we will know where and when others are running. So get your e-mail into membership director Carla Pastore at [pastore74@aol.com](mailto:pastore74@aol.com).

## Mystery Runner

*Like others in our club, our Mystery Runner spent several years as a competitive walker before tiring of the running walkers. Having served as support for her husband's marathoning, she decided to try running when a borderline cholesterol reading put her in danger of needing medication. Two years later, her cholesterol is 40 points lower and her 5K times have dropped by more than five minutes. She broke the 30-minute barrier with a 29:50 in October. Who is she? (from Feb. issue)*

## Carolyn McCorquodale



*After years of providing support at races for her husband Dave, Dave returns the favor for Carolyn McCorquodale, February's mystery runner at the Women's Race Against Breast Cancer last fall.*



# Race Results

Athlete's Closet Winter Series 5K			Feb. 2
West Chester, Pa.			84 finishers
Bruce Hubbard	2nd 50-59		21:25
Diane Kukich	1st 40-49		21:35
Ralph McKinney			26:01
Barbara Herko			27:17
John Schultz	2nd 60+		27:21
April Hubbard			27:27

Tybee Marathon			Feb. 2
Tybee Island, Ga.			236 finishers
Margie Hughes			5:03:41

Las Vegas Half-Marathon			Feb. 3
Las Vegas, Nev.			
Becky Yencharis			3:15:57

Myrtle Beach Marathon			Feb. 9
Myrtle Beach, S.C.			1324 finishers
Tim Difilo			4:08:57

Chester County Winter Series 5K			Feb. 9
Downingtown, Pa.			123 finishers
Diane Kukich	1st 40-49		21:23
Ralph McKinney			25:43
Sue Levy	1st 60-69		32:03
Marv Levy	1st 70+		53:16

Cupid's Chase 5K			Feb. 9
where?			
Bruce Hubbard	2nd 50-59		20:45
April Hubbard	2nd 50-59		26:26

Shiver by The River 10K			Feb. 10
Reading, Pa.			
Ralph McKinney			53:52
John Schultz			55:46

Frostbite Five-Miler			Feb. 16
Ambler, Pa.			330 finishers
Diane Kukich	1st female masters; PR		33:50
Bruce Hubbard			34:42
Ralph McKinney			42:19
April Hubbard	2nd 55-59		44:15
John Schultz			44:16
Sue Levy	1st 60+		53:19

Browning Ross Snowball 5K			Feb. 17
Glassboro, N.J.			18 finishers
Ralph McKinney	1st 50-59		26:05
John Schultz	2nd 60-69		26:46

Browning Ross Snowball 5K			continued
Larry Briggs			28:09
Sue Levy	1st 60-69		34:34
Marv Levy	2nd 70+		53:24

Chester County Winter Series 5K			Feb. 23
Downingtown, Pa.			136 finishers
Diane Kukich	1st 50-59		21:06
Ralph McKinney			25:19
John Schultz			27:14
Sue Levy	1st 60-59		32:51
Marv Levy	1st 70+		52:56

Colonial Half-Marathon			Feb. 24
Williamsburg, Va.			1307 finishers
Chip Bixler			1:34:00
Ann Foster			1:47:20
John Foster			1:47:49
Ralph McKinney			2:06:37
Doris Bixler			2:39:46
Larry Briggs			2:41:12

WAWA Stair Climb			Feb. 24
where?			
John Schultz	3rd 60+		12:20

Althete's Closet Five-Miler			Mar. 2
West Chester, Pa.			93 finishers
Diane Kukich*	1st 50-59		34:56
Ralph McKinney			42:47
John Schultz	2nd 60+		45:56
*female masters series winner			

B&A Trail Marathon			Mar. 3
Severna Park, Md.			225 finishers
Dave McCorquodale*			3:34:46
Frank Rispoli			4:05:29
*qualifies for the Boston Marathon			

B&A Trail Half-Marathon			Mar. 3
Severna Park, Md.			436 finishers
Ann Foster	2nd 50-54		1:44:17
John Foster			1:48:00
Ralph McKinney			2:02:42
Lee Masser	2nd 65-69		2:17:27

Snowball Five-Miler			Mar. 3
Wilmington, Del.			185 finishers
David James	1st 50-59		29:34
Lee Kauffman			30:29
Don Ropp			30:32
Dave Farren			30:52
Rich Heffron			32:05
Bob Taggart	2st 60-69		33:09



# Race Results

## Snowball Five-Miler

continued

Christopher James		33:53
Theressa Cannon	2nd 30-39	34:25
Ed Quigley		34:27
Diane Kukich	2st 50-59	34:51
Bruce Hubbard		35:04
Koan D'Alonzo		36:08
Dan Weintraub		41:22
Beau Vinton		41:29
Javier Suarez		42:35
Andrea Rubinoff		44:13
Jerry Herman		44:14
April Hubbard		44:57
John Shultz		44:59
Darlise O'Connor		45:14
Sue Diflo		45:56
Tim Diflo		45:56
Joe DeRossa		50:22
Rose Marie Cilia	2nd 60-69	54:21
Sterling Pomery		1:05:36

## Pat's Running of the Green 5K

Mar. 9

### Gloucester, N.J.

Steve Sinko	1st 20-29	15:51
Diane Kukich	1st female masters; PR	20:39
Sue Levy	2nd 60-69	32:02
Marv Levy	2nd 70+	55:12

## Kelly's Logan House 5K

Mar. 9

### Wilmington, Del.

347 finishers

David James	1st 50-54	17:49
Lee Kauffman	2nd 40-44	19:02
Bob Taggart	1st 60-64	19:55
Theressa Cannon	1st 35-39	20:37
Bruce Hubbard	1st 55-59	20:47
Ed Quigley		20:49
Kurt Lessig		20:55
Dan Weintraub		23:48
Bob Wortz	3rd 60-64	23:54
Ted Filmont		25:22
Ralph McKinney	3rd 55-59	25:25
Andrea Rubinoff	1st 45-49	26:00
John Schultz	1st 65-69	26:22
Larry Briggs		26:49
April Hubbard	3rd 55-59	26:57
Javier Suarez		27:03
Nina Smeltzer		27:14
Jack Dolmetsch		27:48
Lee Masser	2nd 65-69	29:03
Joe DeRosa	1st 70+	29:57
Becky Yencharis	1st 70+	41:40
Theresa Briggs (walk)		51:50

## Shiver by the River 10K

Mar. 10

### Reading, Pa.

132 finishers

Ralph McKinney	52:43
John Schultz	55:40
Larry Briggs	1:01:23

## Shiver by the River 5K

Mar. 10

### Reading, Pa.

284 finishers

Theresa Briggs (walk)	53:49
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## Caesar Rodney Half-Marathon

Mar. 17

### Wilmington, Del.

1173 finishers

Brian Driscoll		1:19:46
David James	1st 50-54	1:19:56
Lee Kauffman		1:23:46
Dave Farren		1:24:50
John Mackenzie		1:28:15
Rich Heffron	3rd under 19	1:30:01
Stephen Fisher		1:30:44
Ron Bock		1:30:52
Kim Mitchell		1:30:56
Chip Bixler		1:31:20
Mark Lozier		1:33:18
Theresa Cannon		1:34:48
Bruce Hubbard		1:37:13
Joan D'alonzo		1:37:18
Ralph Townley		1:37:33
Diane Kukich	2nd 50-54	1:37:37
Sam Randow		1:39:48
Christopher James		1:40:38
David McCorquodale		1:41:40
Bill McQuillan		1:41:40
Deborah Compton	3rd 50-54	1:42:32
Kim Moore		1:44:18
Tom Carper		1:44:49
Carla Pastore		1:46:35
John Foster		1:47:18
Grif Balthis		1:47:49
Ann Foster		1:48:22
Frank Rispoli		1:50:30
Darlise O'Conner		1:50:33
Rich Abel		1:51:39
Rudy Antonini		1:55:51
Barbara Herko		1:55:45
Ralph McKinney		1:57:39
Jennifer Vinton		2:02:47
Beau Vinton		2:02:48
Philip Lavelle		2:03:51
Jerry Herman		2:04:20
Don Monagle	2nd 70+	2:06:35
Larry Price		2:07:12
John Schultz		2:09:04
Jack Dolmetsch		2:10:02
Linda Lavelle		2:11:26
Larry Briggs		2:26:42



# Club Reminders...

## Boston Send-Off Party

Wednesday April 10, 7-9 p.m.  
at Bank Shots on Union Street in Wilmington



Pizza and beer provided. If you know a non club member who will be running Boston, please invite them to join us.

newsletter of the Pike Creek Valley Running Club

The Pacer

