



# The Pacer



August

2002

## newsletter of the Pike Creek Valley Running Club

### Feature

## Running with the Pack

by Stewart Whisenant

Despite a heightened awareness nowadays about the health benefits of regular aerobic exercise, some folks out there in Television Land still don't get the picture. An overweight lawyer friend of mine whose severe case of lassitude keeps him attached to his Lazy Boy recliner like a barnacle, thinks that exercise in general is a waste of time and that runners in particular are obsessive exercise addicts painfully short on *joie de vivre*. While I can't explain my friend's beef with runners for certain, I suspect his attitude masks a deep dissatisfaction with his own sybaritic, sedentary lifestyle. Then too, there's something about a lean, mean running machine, especially when the specimen is of advanced age, that challenges the non-runner's concept of what's normal. Even an elementary contention, by no less an authority on the subject than Kenneth Cooper, M.D., that running is the exercise most associated with weight loss, can put the average couch potato on the defensive. "How can such excruciating pounding possibly be good for you?" a whining fatty might opine, followed by "my doctor advises against running because it's bad for my knees."

And so it goes. A few years ago, a portly cardiologist who administered a three-hour stress test railed against my choice of exercise, citing the risk of injuries, despite his amazement that my resting pulse rate was an olympian 48 beats-per-minute. (I was 51 years old at the time.) My lame retort, offered out of a profound doubt that any argument I could mount would roust the good doctor from his torpor, was to simply shrug and say that running is good for you. Later, back at the

ranch, after I'd completed my regular five-mile training run, I gave the matter more thought, noting the various benefits of running that in my mind far outweigh the

occasional orthopedic injuries that go with the territory. To wit: running has helped me lose weight, build self-esteem, relieve symptoms of depression, handle stress better and sleep more soundly. Indeed, all the personal advantages I've experienced as a runner fulfill Dr. George Sheehan's predictions about the benefits of running published in *Runner's World* magazine back when the exercise boom started in the early 1970s. Sheehan, who was a cardiologist and *Runner's World* medical editor, stated that running "has predictably good results on the body and mind. It has been proven to (a) increase cardiopulmonary fitness, (b) reduce weight, (c)

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*In addition to his authoring this feature story, Stewart also has a penchant for creative photography. See if you recognize this club member.*

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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**

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# The Pacer

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## Submissions

We welcome all submissions of articles, from informative tidbits to member stories. It would help our production staff if you would 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.

Results of non-local races should be e-mailed or called-in directly to Jerry Herman ([gaherm@earthlink.net](mailto:gaherm@earthlink.net)). Thanks.



## 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 John & Ann Foster at 410-392-3480 or Bob Taggart at 302-738-5969.

#### Delcastle Recreation Area

(near tennis court parking area), Sat. and Sun. at 8:00 a.m. (7-10 mi.), Mon.-Thur. around 6:00 p.m. (3-7 mi.), call Rudy Antonini at 302-731-8137.

#### Trail Runs from White Clay Creek Preserve

(meet at parking lot #1 in Landenberg, Pa.), Sundays at 8:00 a.m., contact either Dave McCorquodale (302-998-7161 or [mccorq@comcast.net](mailto:mccorq@comcast.net)) or John Mackenzie (302-453-0859 or [johnmack@verizon.net](mailto:johnmack@verizon.net)). For additional information on trail runs check the Traildaws website ([www.traildaws.org](http://www.traildaws.org)).



## President's Message



Congratulations... to Kathy & Dave Farren on the arrival of David Jr.... to Tom Jermyn as our runner of the second quarter... to everyone who has made it possible for our club to say, "Celebrating 20 Years Running!"

The current board of directors and I are in the midst of balancing an appreciation of the accomplishments and traditions of PCVRC with an eye on the current running scene and how our club can best play a productive role in the future.

By now many of you may know that a new running store will be opening this August in Greenville. Mike Monagle's Delaware Running Company will certainly be a welcome resource for many area runners. Mike is a graduate of and ran for Salesianum and Villanova. While attending Villanova, he established close ties with The Bryn Mawr Running Company. Like many running stores, Bryn Mawr sponsors an elite running team as well as a general running club, and Mike plans to launch both here.

Generally, running clubs based from a retail store experience significant growth, as the store's customers are an ideal pool for recruitment. We approached Mike about establishing close ties with our club, but this did not fit his long-range goals. However, he plans to offer our members discounts and welcomes all runners to the store-based runs.

The timing on this development is significant for PCVRC. We have rebuilt the club over the past three years and are approaching the kind of "critical mass" necessary to sustain the club for another 20 years. It is logical to expect that getting to the next level will be harder now. Please see a related essay on the next page that takes an in-depth look at what kind of structure can be sustained for the club. Then, please join us at the general membership meeting on August 1 at Pro Physical Therapy. Besides the interesting presentations by Paul Schweizer and Dr. Ray Feehery, the board is eager to hear your opinions on the future of PCVRC.

Best Regards,

Vince

Vince McIntosh, PCVRC President



## Running

from page 1

lower blood pressure, (d) decrease the cholesterol and triglycerides associated with coronary disease, and (e) help psychological stability."

In Sheehan's estimation running amounts to the "safe, convenient and civil way to prolong and renew life" that Sir Francis Bacon called for 400 years ago. "For those who endure," Sheehan mused, "running will bring those values sought by all men: the habit of contemplation developed in solitary long runs, the art of conversation found again in running with a companion, the sense of community born in the communal anticipation, agony and eventual relaxation of the competitive race, and finally the development of maximum physical capabilities which in turn help us to find our maximum spiritual and intellectual potential."

In my case, the easiest to measure benefits from running have been weight loss and cholesterol

reduction. I've kept a battered copy of Kenneth Cooper's *The Aerobics Program for Total Well-Being* at my bedside for years. It's my Bible, so to speak, and somewhere within the book's sacred pages Cooper contends that if you maintain your ideal weight (arrived at by his formula) your cholesterol will stay in the safe zone, i.e., under 200. Ideal poundage for me, according to Cooper's magic formula, is 157, which equated to a healthy cholesterol reading of 195 when I once attained that mystical goal. When I stray too far above 157, on the other hand, those cholesterol numbers can range up to 300, so 157 pounds it is. (According to Cooper, men can determine their ideal weight by multiplying their height in inches by 4 and subtracting 128. For women, multiply your height in inches by 3.5 and subtract 108.)

From my viewpoint as an arthritic runner, I can also report that the

activity definitely helps ease chronic joint pain. In fact, for many people similarly afflicted, running has greatly improved the performance of dysfunctional joints, alleviating stiffness where it was severe and even enhancing stiffness where there was none.

Finally, speaking of "running with the pack," what are we to make of racing? Why are our performances so enhanced over our everyday training runs? I suspect it has something to do with "morphic resonance," biologist Rupert Sheldrake's idea that "formative causal influences pass through or across both space and time." This means that without any words being spoken, a group of runners can feed off one another's energy and everyone performs at a higher level. But whatever the explanation, I know from experience that there's something about road racing with a pack of juiced, physically fit people that gets you high.





# Our Comments and Your Feedback

by Vince McIntosh, President, and Dave McCorquodale, V.P. & Editor

Originally, this article was to be about *The Pacer*, the improvements we have made and the work people have contributed. It was going to be an appeal for additional club members to contribute more— articles, pictures and even money to help make *The Pacer* better. But with the advent of a new running store and an associated new running club, consideration of the state of *The Pacer* must take a back seat to the question of sustaining PCVRC. We are presenting these thoughts to get you thinking about these issues in hopes that you will attend our general membership meeting at Pro Physical Therapy on August 1.

There is a central question we must address about our club, considering the degree of success in the past. **What needs of our members and the running community should we attempt to serve? What is our realistic, sustainable, mission for the future?** Let's review the various functions that our club has attempted to provide and see whether they are still needed.

## Race direction

In some areas, such as Annapolis, the local running club directs almost all the races. This provides an excellent reason for a club's ongoing existence. Marathon Sports took up the race direction function years ago. We direct the Delaware Distance Classic, which is on a healthy footing and is likely to continue growing regardless of the general trend of the club. But can one race sustain a club financially?

## Newsletter

A number of our members seem

content to pay their dues merely out of respect for the tradition of PCVRC and receive the newsletter. *The Pacer* may be the only tangible benefit for those who don't come to the club parties or banquet. But with the expense of producing and mailing the newsletter, the question is whether it is worth it. Some of its functions are being replaced by the Internet. All of the races directed by Marathon Sports have results available online. The same is true for all large races these days. Currently, the cost of *The Pacer* is considerable, with the first 45 members' dues needed to subsidize its cost each year.

## Club banquet and parties

We have had growing success with our banquet the last several years with great guest speakers. Our Boston send-off, Christmas party and picnics have modest success, drawing from about the same two dozen people all the time.

## Track workouts

Jim Fischer, club member, conducts track workouts at the University of Delaware, but these in no way depend on the club for their existence. In addition, Delaware Sports Club continues its track workouts at Tower Hill Middle School.

## Meetings

When the club started, general meetings drew over 100 people sometimes. Things have changed in the interim. Considering the amount of information available about running from magazines,



books, the internet, do members still have a desire to attend a meeting after a hectic workday to hear a guest speaker? The last general meeting of the club (several years ago) had four attendees to hear the speaker. Hopefully, the meeting and program we have organized for Aug. 1 will be of interest to many of you.

## Training and fun

Here we get to the essence of why a running club should exist and why the board is concerned about the purpose of Pike Creek Valley Running Club. These activities should really draw more than the usual loyal core of runners. While the recently organized Bagel Run has been a modest success, many of our other activities have seen disappointing turnouts. We have written about a half-marathon training program, but only 2-3 members have shown any interest (need),



and no one has been willing to step forward to lead one.

## Critical mass

Carla Pastore provided the board with some insight into organizations in general as well as her experience with the Annapolis Striders. In a typical association or club, perhaps 10% of the membership do the organizational work necessary to carry the club. In the case of the Annapolis club, which has 1200+ members, about 120 members handle the administrative duties, committees, etc. With our low membership of 150, we also have about 10% volunteer ratio. This means the board and about seven others handle the majority of work. As the long-standing members have seen, burnout has repeatedly taken place among the board, in the process causing the experience to be less rewarding than it should be.

Given the arrival of a new club in our area, can we expect to reach a critical mass of 200+ members to be able to sustain this club as currently organized? This is the question the board is grappling with and we need your feedback.

## Runner of the Second Quarter: Tom Jermyn

by Dave McCorquodale

Pike Creek Valley Running Club's Runner of the second quarter is Tom Jermyn, 39, of Newark. Since joining the club last year, Tom has posted numerous excellent times in local races, always finishing within the top ten overall and frequently winning his age group. Some of his most recent finishes include a 17:11, 4th overall in West Chester Winter Series #2, an 18:07, 2nd overall in the Delaware State Music Teachers 5K, and 1st in his age group with 17:24 at the Ronald McDonald House 5K.

Although tending to concentrate on 5Ks, Tom posted two excellent showings in longer races last year. He ran 59:00 for 7th overall in the York Ten Mile Run, and in our own Delaware Distance Classic 15K Tom finished 6th overall and 1st in his age group with a 54:18.

Most recently, Tom closed out the quarter with a flourish by winning the Samuel H. Bayard River Run 5K in 17:32. When not racing, Tom can often be seen in the midst of a long run on Creek Road on Sunday mornings, usually breezing along at a pace two to three minutes a mile faster than this writer can maintain. Congratulations, Tom on your consistent outstanding performances!



## DDC Comcast Corporate Challenge Cup Entry Rules

**Team Format:** max. 5 members all of same company, top 3 finishers to count, at least 1 to be female.

**No. of Teams per Company:** as many as you can field

**Team Fee:** no additional fee other than the cost of entry for each runner

**Team Names:** Should include corporate name along with additional identifier, e.g., AJAX-Red, AJAX-White, AJAX-Blue. Teams to be identified on entry forms or in writing to the Race Director prior to start of race.

**Traveling Cup:** The Comcast Corporate Challenge Cup winning team will be identified with brass plate on base of trophy and trophy will be provided for display at your company headquarters until the next DDC.

**Race Director:** Dave Farren ([delawaredave@comcast.net](mailto:delawaredave@comcast.net))



**The Delaware Distance Classic Corporate Challenge will be sponsored by Comcast.**



## Foot Notes

compiled by Ralph McKinney and Dave McCorquodale

With the increased cost of mailing race applications, **Wayne Kursh has started occasionally using post cards as the race flyer.** The Mid-Summer Eve 5K at Bank Shots was the first race for which he used them.

**Attention Club Seniors (50+): Delaware Senior Olympics** mailed registration information for the 2002 Annual Games to all members in early June. If you will be 50 on or before Dec. 31, 2002, and would like to participate, phone 302-736-5698 in Dover, or toll free 888-881-6128, or check [delawareseniorolympics.org](http://delawareseniorolympics.org). This is a qualifying year for the National Senior Games, to be held May 27-June 11, 2003, in Hampton, Virginia. Both road races will be at Bellevue State Park. The 5K is Sat., Sept. 14, at 9:30 a.m. and the 10K is Sat., Sept. 21, at 9:30 a.m. Track & field events will be at Dover High School on Sunday, Sept. 29. Note: The Aug. 15 deadline for entries is strictly enforced.

**School is out! Congratulations to Chip and Doris Bixler**, both now retired from their full-time teaching professions. In Chip's honor the students at Glasgow High School this year re-named the 11th Annual Memorial Day race the "Chip Bixler Dragon 5K Run/Walk." The students are discussing a possible new sponsor and faculty advisor for next year in hopes of continuing the event as a fundraiser for the Honor Society. Our best wishes to the Bixlers as they begin their new life of leisure, spending more time with their hobbies: gardening, weather-watching, piano-playing, antique-collecting, and, of course, running.

**Club President Vince McIntosh** ran the 5K cross-country course at Bellevue State Park for the first time on June 11, the kick-off of the Howard M. Laws Summer Series. He spoke briefly before the races about the new skin-care products his company is marketing. Vince has generously donated Perpetual Motion Sport gift packs, which will be given away as part of random prize drawings held after the races, which are scheduled on alternate Tuesdays through August (final two dates are Aug. 6 and 20).

**Subjects are needed for knee-pain study** at the University of Delaware. Graduate student Rachna Gupta is conducting a study of runners who experience knee pain while running. After a physical therapy exam, appropriate candidates will be given

foot orthoses at a discounted price. After accommodating to the orthoses, participants will go the their laboratory for motion analysis with the goal of understanding how orthotics help relieve pain. Phone: 302-831-4646 or e-mail [rachna@udel.edu](mailto:rachna@udel.edu).

**Steve Sinko** will start his second year as assistant cross country coach at Wilmington College. He and **Kim Moore** are planning their wedding for May 9 of next year.

Judi Enright has noted that there is a non-club related **whitewater rafting** bus trip to the Poconos on Sat., Oct. 12. Contact Judi for more info (302-992-6090 or [judith.l.enright@usa.dupont.com](mailto:judith.l.enright@usa.dupont.com)).

## New Members

**Gail Andress** is a critical care nurse at St. Francis Hospital. She resides in Bear, Del., with her husband J.R. and their two boys, who are three years and 18 months old, respectively. She has run recreationally off and on for 15 years and raced mostly 5Ks. She finished her first 10K, Make-A-Wish at Buckley's on June 2, in 1:02:27. She hopes to increase her mileage in training for a half-marathon and, possibly, a full marathon in the future.

**Jack Ziegler**, a University of Delaware graduate, is a chemical engineer for Sunoco in Northeast Philadelphia. He is 35 years old. He and his wife Ingrid have two children. Jack is remembered by some, especially Race Director Dave Farren, for starting last year's Distance Classic one-half-hour late. He considers his greatest running accomplishment training for and finishing the Caesar Rodney Half-Marathon in 1:49. Jack is currently running for stress relief prior to entering graduate school at Drexel this fall.

**Ray Feehery** has been running for 30 years, which gives him lots of experience from which to draw when he is giving advice to his patients as a podiatric surgeon and sports medicine specialist. A number of club members have secured orthotics from him. Ray's personal bests include 4:58 mile, 35:30 10K, 1:20 in the Caesar Rodney Half-Marathon (on the original, tougher course) and 3:01 in the marathon. These days Ray enjoys running the trails along White Clay Creek with his dog and competing in an occasional race.

See the nice introductory story submitted by new member **Patty Lipp** on page 7. Other new members, for whom we don't have bios, include **Sean Boyle, Bill Thomas, Rita Ayers-Thomas, and Eric Jungck**. Welcome!



## Member Stories

*Editor's Note: The following tale was written by new member Patty Lipp, who describes herself as a 50-year-old nurse, wife, and grandmother of three.*

### My First Race

by Patty Lipp

My running bio is not very exciting, except to me. I have walked or run for fun and exercise my entire adult life. I kickbox three nights a week. Several months ago, a co-worker of mine, a 35-year-old male who recently moved from Texas, told me he was running in the Kid Shelleen's 10K. He asked me if I was interested. I was too embarrassed to turn down his challenge. I mailed in the application with the thought in mind that I could always have some sort of "crisis" the morning of the race and bail out.

As the day grew nearer, I became increasingly excited and very stressed. I looked up in my dictionary just how 10K translated into miles. I realized that, although I've clocked thousands of miles in the past year, I had never run a "serious" six miles at one time. I've always switched from run to walk whenever I've been tired, the hill was too steep, or my constant companion dogs chose to sightsee. The morning of the 10K arrived, and I didn't call off. But I was a mess. BIG decisions—long pants vs. shorts (it was cool). Breakfast or not? (Since I run very early on the weekends, usually before 6 a.m., I never eat.) Drink or not? (No bathrooms along the way!) Where to park—will I find my car afterwards? Oh, and where to stash my key? I have no pockets! OH, BOY!

Finally, I arrived at the starting

area. I was early, lots of time to think. Stretch or no stretch? I had three goals: 1) to complete the run, 2) to finish without walking, and 3) to finish in one hour and 15 minutes. Since I had never timed myself, I figured I'd be generous to myself and try for a sub-12-minute mile.

The race started! Very exciting! Everyone was looking very professional. I had no idea how I was going to pace myself. But, to my amazement, I finished the race and ran ALL the way, in 57:57! I was hooked!

I ran the St. Anthony's 5K in 27:14. I'm going to need a lot of advice and guidance, so I can start some serious practicing. I'd like to attempt the Delaware Distance Classic in October.

### A Weekend in the Life of Dave Farren

by Diane Kukich

Dave Farren managed to cram a lot into a weekend in the middle of June—he got up at 5:00 a.m. on Saturday, traveled all the way to Harrisburg for a 5K race, pulled a hamstring in the third mile, and limped through the finish chute, attended his niece's birthday party back in Wilmington, and went more than 40 hours without sleeping. Oh, and along the way, he became a father—on Father's Day.

David James Farren Jr.'s arrival almost two weeks early fed right into the ribbing that his dad will be taking from his running friends for at least the next few years. When Dave first mentioned that he might join three of us die-hard USATF

circuit participants at the Capitol 5000 on June 15, we all began to give him a hard time. "Isn't Kathy due around then? Isn't that kind of far for you to be going when Kathy could have the baby any day?" But Dave responded to our questions with typical Farren unflappability. "It's only two hours away. She won't be due for two more weeks. I'll have my cell phone with me."

With David James as our chauffeur (Bob Taggart's favorite command to him is "Home, James"), Taggart, Farren, and I set out for the race at 6:00 a.m. and rolled back into Hockessin at about 1:30 p.m. (We agreed we must be crazy to invest more than seven hours of our free time for a workout that lasted an average of just under 20 minutes, some trophies, and...some points toward the Grand Prix championship. But whoever said runners were sensible?)

Dave's cell phone did ring once while we were driving back through Paradise (Pa., that is), but it was just Kathy checking with him about plans for the pool party they would be attending that afternoon. All was well (except for Dave's hamstring).

The next morning, as I was making lasagna for Father's Day dinner, my phone rang, and it was none other than the guy with the sore hamstring...and a new baby. It seems Kathy had actually been in early labor the whole time we were running around the capital of Pennsylvania. With the baby in the breech position, Kathy had an emergency caesarian section just after 4:00 a.m. on Sunday, June 16th.

If that baby doesn't turn out to be a runner, something's definitely wrong....But look for him in his stroller at the Delaware Distance Classic this fall as his mom and dad make sure that everything goes smoothly. He'll be up early that day, too.





## Member Stories

### Adventures in Paradise

a continuing series contributed  
by Don and Cindy Fessman

#### CHAPTER ONE

Dear Pike Creek Valley Runners:

*How wonderful to awaken to the sound of gentle waves breaking on the coral rock below! The expanse of glass in our bedroom slowly reveals the emerging day. This means it's time for Don to go on-line and search for cars. We're guessing how much to add on top of that price for a car here. I'm staying put with my eyes shut for a few more minutes. Haven't quite recovered from the last couple of days. No problem.*

*No airport shuttle would take us, with a dog, to Philadelphia Airport! We'd sold both cars (two bad checks, by the way, but we did get the money), so we had to hire a town car. With two big bags each, my laptop, carry-ons, Bailey and his unassembled crate, there was almost not enough room for everything. It was 6 a.m., and Bailey was sprawled between us on the back, leather seats! One bag was 17 pounds over the limit so Don had to redistribute the 17 pounds of s\_\_\_\_\_.*

*Online service was the first thing we accomplished after arriving—that is, once we got our missing bag from the airline. Many of you know how difficult it is to read Don's writing. His e-mail address is runbike@sintmaarten.net. But I need to tell you it almost became "rumbike!"*



*Frankly, Bailey thinks this is his own private pool. He swims four times a day and plays a game where he splashes and tries to catch the bubbles; it caused him to "Ralph" a couple of times yesterday afternoon. No problem. Not like we have expensive oriental rugs on the tile floors.*

*The morning of our first full day, we decided to grocery shop. The food markets are generally state-of-the-art, with lots of goodies from European countries. The first market was closed (8:30 a.m., what's wrong with this picture?). The second market was only half-stocked. Turns out they were selling out and another chain was planning a takeover and renovation of the premises. The third market was perfect, but the electricity kept going off! Don got stressed out in the liquor aisles because he couldn't decide what to get!*

*The house decorating is atrocious, and I have to resist tearing everything out right away. It's good, solid construction with a terrific layout, space, and bathrooms. Even though we're going to redo the kitchen, it still affords me more workspace than the Avalon house.*

*Don't know, however, if I'll be able to get the car away from Don long enough to shop for what I need. Speaking of which, yesterday, we found St. Maarten's version of "BJ's"!*

*Today we'll look at cars then take rest of the day off and go stare at the "nudies" on Orient Beach!*

*Love to you, Cindy & Don*

#### CHAPTER TWO

May 19, 2002

Dear Pike Creek Valley Runners:

*Last Sunday morning, 6:30 a.m., I ran with the local running group (12 of us), about 10K – from the Dutch side, up into the mountains to a deserted farm on the French side. The last 3K was a mountain trail blocked by mountain goats and their babies! We got through and ran past the fighting roosters (40 of them, gorgeous and individually penned). Apparently, cock fighting is legal on the French side but not the Dutch. That day's "fight" was scheduled for 11 a.m.*





The runners are of all nationalities—John, the local Bushman, is from St. Maarten; South Africa; Australia; and the Netherlands (Holland) (that's "Yost"—his favorite sport is long-distance skating—200K in under 12 hours!)

After Sunday's run, we walked about a quarter-mile over to Mike's house (he's a Brit married to a Chinese woman), and the group enjoyed French pastries and coffee around the swimming pool. Then the chase truck took us home.

This Sunday, I ran the 6:30 a.m. "Philipsburg Pharmacy Run," and it was like no other run I've ever done! Originally designed as a "3K timed run," it covered a 3K hill climb by road; an 8K mountain-cliff goat-path walk/climb/pull/jog that was an 800-foot vertical rise; and a 3K downhill race to the self-timed finish! The trail was so narrow at times, you couldn't tell it was a trail, and the brush was knee-high! Frank, the road-builder from Holland, fell in front of me and almost went over the cliff. Some of the guys are truly terrific triathletes.

Yearly cost for membership in the St. Maarten Road Runners is \$20, and it includes free admission and T-shirt for all races attended, coffee and French pastries, and raffle prizes. They offer travel discounts on other islands' races (Anguilla, St. Croix, St. Barths). Plus they have a water truck and chase wagon. It's a very social group, as well.

Call us if you plan to come to St. Maarten, and we'll be sure to include you in the "training runs" and races. You're guaranteed to have adventures you'll surely never forget!

With Warmest Regards,  
Don Fessman

## Racing Notes

by Dave McCorquodale and Ralph McKinney

**B**oston Marathon time standards have been eased! Older runners (45+) will find it easier to qualify for the Boston Marathon now that the time standards have been eased for the first time in 13 years. At the same time the field will be allowed to expand to a maximum of 20,000.

In a strange coincidence, *Running Times* ran an article about the Boston Marathon last month stating the any runner could qualify given the proper training. I replied to that article with my favorite rant that Boston was being unfair to older runners and required them to perform much better relative to their age-group than younger runners were. The former standards got so tough for old runners that a man in his eighties would have to run a single-age world record in order to meet the 3:50 limit. The *Running Times* editor found my letter interesting and agreed to publish it. When I got back to him after this story broke, he informed me that the letter would still be printed in some form in conjunction with the Boston update.

continued on page 15

## A Cross Country Race

by Robert Bennett\*

*Before them lies the course that maps their trial,  
As sixteen healthy men trimmed strong and lean,  
In various dispositions wait the call  
That summons them to stand along that line  
From which for five miles each soon sets his pace  
And, covering field and wood with measured stride,  
Returns disheveled, aching, but sublime.  
What is the impetus, the pleasure force,  
Or strange enchantment telling them to strive,  
To push themselves beyond man's normal powers?  
It rests not simply in the race alone,  
Though each man stands a challenge for the other;  
But deeper lies the effort in the strife,  
That spurs purgation of the soul's ill humors.  
Let science not explain this call to run  
In terms dehumanized, omitting spirit.  
The human will, immeasurable, is fed  
By this self-rendered toil and by this pain  
Which yields in time to overriding joy,  
An inner warmth based in some new-found strength.*



\*as an assignment to compose a passage in Miltonic blank verse for a course in the writings of John Milton at the University of North Carolina (fall 1962)

Author's Note: In 1962 a) women did not run—UNC did not even admit women (except for the nursing school) before their junior year—and there was no women's team in track or cross country program, and b) we ran mostly dual meets except for the conference meet, thus the number "sixteen men" in line two.



# Race Results

**Fools 5K** Mar. 30  
WILMINGTON, DEL.  
John Schultz 26:21

**Tyler Arboretum 10K** Apr. 6  
MEDIA, PA.  
John Schultz 2nd 60+ 1:04:51

**Inglis Five Miler** Apr. 7  
PHILADELPHIA, PA.  
John Schultz 43:48

**White Clay Trail Triple Crown (Half-Marathon, 10K, 5K)** Apr. 27  
WHITE CLAY CREEK STATE PARK  
Margie Hughes 2nd female 4:03:48

**White Clay Trail Half-Marathon** Apr. 27  
WHITE CLAY CREEK STATE PARK 173 finishers  
Bruce Hubbard 2:02:20  
Margie Hughes 2nd 30-39 2:22:13

**10K for Shelter** Apr. 27  
WHITE CLAY CREEK STATE PARK 98 finishers  
Richard Webb 1st 50-59 47:14  
Bob Bennett 1st 60-69 53:19  
Cindy Draper 1st masters 52:20  
Margie Hughes 1:05:25  
Madelyn Jablon 1:07:07

**Human Race 5K** Apr. 27  
WHITE CLAY CREEK STATE PARK  
Dave McCorquodale 1st 50-59 26:25  
Andrea Rubinoff 1st 40-49 30:09  
Margie Hughes 36:10

**Point Lookout Duathlon** Apr. 28  
POINT LOOKOUT, MD.  
Bruce Hubbard 1st 55-59 1:29:18  
April Hubbard 1st 55-59 1:58:15

**Vanguard School 10K Challenge** May 11  
PAOLI, PA. 50 finishers  
John Schultz 2nd 60+ 56:04  
Ralph McKinney 56:06

**Race for the Cure 5K** May 12  
PHILADELPHIA, PA.  
Richard Webb 20:08  
Cindy Draper 23:48  
John Schultz 27:05  
Ralph McKinney 28:22  
Marv Levy 54:33

**Liberty 3M Corporate Community 5K** May 16  
MARLTON, N.J. 72 finishers  
Ralph McKinney 25:50  
John Schultz 26:09  
Sue Levy 33:54  
Marv Levy 55:12

**Kennett Square 10K** May 18  
KENNETT SQUARE, PA. 188 finishers  
Vince McIntosh 45:28  
Carla Pastore 2nd 45-49 47:28  
John Schultz 1st 65-69 54:50  
Larry Briggs 55:42  
Ralph McKinney 55:43

**Kennett Square 5K** May 18  
KENNETT SQUARE, PA. 265 finishers  
Ed Stalford 1st 65-69 35:36

**Air Force Ten Miler** May 18  
MCGUIRE AFB, N.J.  
Tim Diflo 1:22:51

**Law Enforcement Unity Run 5K** May 18  
PHILADELPHIA, PA. 303 finishers  
Bob Taggart 1st 60+ 20:17  
Diane Kukich 2nd 50-59 21:22  
Phil Lavelle 22:58  
Linda Lavelle 26:30

**Kid Shelleen's 10K** May 19  
WILMINGTON, DEL. 135 finishers  
Steve Sinko 1st 20-29 34:26  
Frank Barbera 2nd 40-49 34:39  
Bill McQuillen 41:18  
Diane Kukich 1st 50-59 42:29  
John Foster 46:07  
Dave McCorquodale 46:11  
Kim Moore 47:07  
Rich Abel 47:34  
Beau Vinton 49:11  
Ann Foster 2nd 50-59 50:34  
Don Monagle 1st 70+ 51:49  
Ralph McKinney 52:41  
John Schultz 2nd 60-69 53:22  
Frank Rispoli 56:29  
Larry Briggs 57:42  
Jack Dolmetsch 3rd 60-69 59:56

**Kid Shelleen's 5K** May 19  
WILMINGTON, DEL. 256 finishers  
Steve Sinko 1st 25-29 17:15  
Kurt Lessig 3rd 30-24 19:39  
Bruce Hubbard 2nd 55-59 20:49



## Race Results

### Kid Shelleen's 5K (continued)

Bill McQuillen		21:20
Dan Weintraub		22:40
Dave McCorquodale	3rd 55-59	22:52
Jerry Herman		24:25
Hal Clouser		24:50
Barbara Herko	3rd 35-39	24:58
Andrea Rubinoff	1st 45-49	25:09
Rich Abel		26:29
April Hubbard	1st 55-59	26:39
Joe DeRosa	1st 70-74	29:35
Becky Yencharis	1st 80+	44:06

### West Chester County Senior Games

May 22

WEST CHESTER, PA.

#### 1600m

Diane Kukich	1st 50-54	6:21
John Foster	2nd 50-54	6:52
Ann Foster	3rd 50-54	7:11
Ralph McKinney	2nd 55-59	7:35
John Schultz	2nd 65-69	7:46
Sue Levy	1st 60-64	10:20
Marv Levy	1st 75-79	16:55

#### 800m walk

Sue Levy	1st 60-64	7:42
Marv Levy	1st 75-79	9:07

#### 100m

John Schultz	1st 65-69	16:07
Diane Kukich	1st 50-54	18:00
Sue Levy	1st 60-64	32:30
Marv Levy	1st 75-79	49:31

#### 400m

John Schultz	1st 65-69	1:42
Sue Levy	1st 60-64	2:20
Marv Levy	1st 75-79	3:50

#### 1500m walk

Sue Levy	1st 60-64	14:37
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#### 5000m

John Foster	3rd 50-54	23:59
Ann Foster	1st 50-54	24:02
Ralph McKinney	1st 55-59	25:53
John Schultz	1st 65-69	26:19

### Miss Delaware 5K

May 23

WILMINGTON, DEL.

76 finishers

David James	1st 50-54, 2nd overall	18:10
Ralph Townley		20:29
Ted Filmont	1st 60+	25:34
Ralph McKinney	2nd 55-59	25:53
John Schultz	3rd 60+	27:18
Becky Yencharis	1st 60+	43:22

### Chip Bixler

#### Dragon 5K

May 25

GLASGOW, DEL.

180 finishers

David James	1st 50-59	18:09
Dave Farren	3rd 30-39	18:52
Ron Bock		19:37
Bob Hempton	3rd 50-59	19:56
Bruce Hubbard		20:41
Grif Balthis		21:39
Stu Whisenant		25:42
April Hubbard	1st 50-59	26:36
Doris Bixler	3rd 50-59	34:41

### Charlie Horse 20K Trail Run

May 26

PLOWVILLE, PA.

222 finishers

John Hand		2:01:43
Margie Hughes		3:19:37
John Schultz	3rd 60+	2:26:26
Ralph McKinney		3:10:58
Larry Briggs		3:51:38

### 5K for Jay

May 27

WILMINGTON, DEL.

551 finishers

Dave Farren		19:09
Bill McQuillen		19:49
Chris James	2nd 25-29	20:12
Rich Webb	1st 55-59	20:23
Diane Kukich	1st 50-54	20:56
Darlise O'Connor	3rd 30-34	23:30
Cindy Draper	2nd 45-49	24:06
Don Monagle	1st 60+	25:08
Larry Briggs		27:05
Ralph McKinney		27:10
John Schultz		27:28
Sterling Pomeroy		36:22
Becky Yencharis		43:04

### Moorestown Rotary 8K

June 1

MOORESTOWN, N.J.

667 finishers

David James	1st 50-59	29:09
Dave Farren		31:11
Bob Taggart	1st 60-69	32:08
Diane Kukich	2nd 50-59	34:10
Phil Lavelle		38:10
Ralph McKinney		42:07
Carolyn DiGiambatista	1st 60-69	42:10
Linda Lavelle		42:38

### Healthy Days 5 K

June 1

HOCKESSIN, DEL.

73 finishers

Steve Sinko	1st overall	16:00
Dave McCorquodale	1st 50-59	21:34

### Rock 'n' Roll Marathon

June 2

SAN DEIGO, CALIF.

16,136 finishers

Rich Abel		3:56:29
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# Race Results

## Make a Wish 5K

CENTREVILLE, DEL.

June 3

119 finishers

Frank Barbera	1st 40-44	17:58
Steve Sinko	1st 25-29	18:11
David James	1st 50-54	19:13
Kurt Lesig		20:45
Dave McCorquodale	1st 55-59	23:03
Dan Weintraub	3rd 40-44	23:27
Andrea Rubinoff	1st 45-49	26:07
Hal Clouser	3rd 55-59	36:31
Stu Whisenant		28:14
Joe DeRosa	1st 70-74	30:30
Ralph McKinney		31:05
Frank Rispoli	walk	32:05
Carolyn McCorquodale	2nd 55-59	35:07
Becky Yencharis		44:29

## Make a Wish 10K

CENTREVILLE, DEL.

June 3

102 finishers

Frank Barbera	1st 40-49	36:32
Steve Sinko	1st 20-29	37:08
David James	1st 50-59	39:45
Bill McQuillen		43:54
Chris James	2nd 20-29	44:50
Theresa Cannon	2nd 30-39	45:04
John Foster		49:47
Darlise O'Connor		49:50
Ann Foster	1st 50-59	51:18
Beau Vinton		54:01
Dave McCorquodale		55:50
Ralph McKinney		56:25
Gail Address		1:02:27

## West Chester Summer XC Series 5K

WEST CHESTER, PA.

June 4

96 finishers

John Foster		25:01
Ralph McKinney		29:48
Larry Briggs		31:04

## Orange Classic 10K

MIDDLETOWN, N.Y.

June 8

1,120 finishers

John Schultz	5th 65-69	54:55
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## Reedy Point Bridge 5K

DELAWARE CITY, DEL.

June 8

138 finishers

Cress Campbell	1st 40-44	17:56
Bob Hempton	2nd 55-59	19:54
Mark Lozier	3rd 50-59	21:08
Andrea Rubinoff	1st 45-49	25:06
Stu Whisenant		26:16
Frank Rispoli	walk	31:42

## Reedy Point

### Bridge 10K

DELAWARE CITY, DEL.

June 8

55 finishers

Steve Sinko	1st 20-29	34:03
Frank Barbera	1st 40-49	35:52
David James	1st 50-59	37:26
Dave McCorquodale	2nd 50-59	45:52
Ralph McKinney		54:55

## Wicomico Scholarship 5K

SALISBURY, MD.

June 8

27 finishers

Mark Deshon	2nd overall	18:07
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## St. Anthony's Italian Festival 5K

WILMINGTON, DEL.

June 9

221 finishers

Bob Targgart	1st 60-64	19:59
Vince McIntosh	2nd 45-49	21:38
Rich Abel		22:45
Darlise O'Connor	2nd 30-34	22:53
Beau Vinton		23:58
Andrea Rubinoff	2nd 45-49	25:10
Ralph McKinney		26:12
Joe DeRosa	2nd 70-74	30:16
Rose Marie Cilia	1st 65-69	32:01
Sue Levy	2nd 60-64	35:22
Becky Yencharis	1st 80+	42:38
Marv Levy	3rd 75-79	57:03
John Drozd		42:99

## Dover Downs Monster Mile 5K

DOVER, DEL.

June 9

Steve Sinko	1st 20-29; 2nd overall	16:18
Chris James		20:47
Kim Moore	1st female	21:33
Dan Weintraub		25:02
Lee Masser	3rd 60+	28:57

## Dover Downs Monster Mile 1 Mile

DOVER, DEL.

June 9

Chris James	3rd 20:29; PR	5:24
Dan Weintraub	2nd 40-49	6:02

## Find a Cure 5K

MIDDLETOWN, DEL.

June 10

71 finishers

Ralph McKinney	3rd 50-59	27:16
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## Samuel Bayard River Run 5K

WILMINGTON, DEL.

June 12

67 finishers

Tom Jermyn	1st overall	17:32
Joan D'Alonzo	1st 40-49	21:56
Frankie Rispoli	2nd under 19	24:44
Nina Smeltzer		25:07
Andrea Rubinoff		25:14
Frank Rispoli	1st 50-59	26:37
Ralph McKinney	3rd 50-59	27:37



# Race Results

## Samuel Bayard River Run 5K (continued)

Joe DeRosa	2nd 70-79	31:50
Becky Yencharis	1st 80+	45:13

## Howard Laws Cross Country Series 5K June 13

BELLEVUE STATE PARK

Dave Farren	1st overall	20:22
Chris James	1st 20-29; 2nd overall	20:30
Mike Malone		21:01
Vince McIntosh		22:54
Phil Lavelle		23:29
John Foster	3rd 60+	24:29
Ann Foster		24:57
Linda Lavelle		25:51
Jerry Herman		26:44
Ralph McKinney		28:21

## 12th Annual Run For Your Life 5K June 13

MALVERN, PA.

John Foster		24:17	468 finishers
Ann Foster	2nd 50-59	25:09	
Ralph McKinney		30:28	

## Capitol 5000 June 15

HARRISBURG, PA.

David James	1st 50-54	17:42
Bob Taggart	1st 60-64	19:25
Diane Kukich	1st female masters	20:46
Dave Farren		20:59
Phil Lavelle		20:11
Linda Lavelle	3rd 35-39	23:57

## Arthur Turner Scholarship 5K June 16

WILMINGTON, DEL.

Bruce Hubbard	1st 55-59	20:45	53 finishers
Dave McCorquodale	2nd 55-59	22:21	
Nina Smeltzer	2nd 40-45	23:39	
Andrea Rubinoff		24:21	
Ralph McKinney	3rd 55-59	25:57	
Howard Bowker	1st 60+	26:18	
April Hubbard	1st 55-59	27:05	
Joe DeRosa	2nd 60+	30:16	
Carolyn McCorquodale	3rd 55-59	32:22	
Sue Levy	1st 60+	34:46	
Shirley Mecanko		38:09	
Becky Yencharis	2nd 60+	43:10	
Marv Levy	3rd 60+	53:35	

## Smith's Challenge Trail Race 10K June 16

LANCASTER, PA.

Chip Bixler		58:13	170 finishers
John Foster		1:05:03	
Ralph McKinney		1:25:53	

## Smith's

## Challenge Trail Race Double Dare 20K June 16

LANCASTER, PA.

John Hand		2:01:38	44 finishers
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## Marathon Sports Sprint Triathlon June 16

MIDDLETOWN, DEL.

Carla Pastore	3rd 45-49	1:37:00
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## West Chester Summer XC Series 5K June 18

WEST CHESTER, PA.

John Foster		25:24	103 finishers
Ralph McKinney		27:44	
John Schultz		29:11	

## Browning Ross Memorial Summer Sizzler 5K June 20

GLASSBORO, N.J.

Ralph McKinney		25:53	30 finishers
John Schultz		27:06	

## Media Five Miler June 22

MEDIA, PA.

Brian Driscoll	2nd 40-44	29:18	chip times 1,148 finishers
Ed Quigley		34:38	
Diane Kukich	1st 50-54	35:39	
Dave McCorquodale		37:14	
Ralph McKinney		44:05	
Larry Briggs		47:10	
John Schultz		48:41	
Carolyn McCorquodale		56:40	
Becky Yencharis	1st 70+	1:13:05	

## 1st Annual Mark Inc. 5K June 22

BEAR, DEL.

David James	1st 50-54	18:01	213 finishers
Bob Taggart	1st 60-64	19:51	
Bill McQuillen		20:25	
Diane Kukich	1st 50-54	21:55	
Darlise O'Connor	1st 30-34	22:44	
Nina Smeltzer	1st 40-44	23:59	
Andrea Rubinoff	1st 45-49	24:42	
Frank Rispoli		25:14	
Larry Briggs		26:28	
Ralph McKinney	2nd 55-59	26:28	
John Schultz	1st 70+	27:30	
Lee Masser	1st 65-69	28:33	
Joe DeRosa	2nd 70+	29:30	
Becky Yencharis	1st 70+	47:33	
Theresa Briggs		50:41	

## Double Trouble 15.5K June 23

MORGANTOWN, PA.

John Schultz	1st 60+	1:52:14	189 finishers
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# Race Results

## Howard Laws Cross-Country Series 5K June 25

BELLEVUE STATE PARK	49 finishers
Chris James	19:55
Mike Malone	20:45
Dave Farren	21:40
Phil Lavelle	23:06
John Foster	23:47
Ann Foster	24:34
Linda Lavelle	25:43
Frank Rispoli	25:53
Ted Filmont	26:56
Ralph McKinney	27:23
John Schultz	27:44

## Mid-Summer's 5K Run June 26

EXTON, PA.	131 finishers
Ralph McKinney	26:01
Larry Briggs	26:30
John Schultz	28:23

## Miles for Molly 5K June 29

WILMINGTON, DEL.	388 finishers
Chris James	2nd 25-29 19:53
Bob Taggart	1st 60-64 19:57
Chip Bixler	2nd 50-54 20:47
Theressa Cannon	2nd 35-39 20:52
Vince McIntosh	2nd 45-49 21:32
Diane Kukich	1st 50-54 21:33
Grif Balthis	2nd 60-64 21:59
Kim Moore	3rd 30-34 22:21
John Foster	22:43
Darlise O'Connor	22:57
Dan Weintraub	23:00
Ann Foster	2nd 50-54 23:04
Beau Vinton	23:56
Andrea Rubinoff	1st 45-49 24:37
Jerry Herman	24:46
Barbara Herko	24:55
Howard Bowker	26:20
Larry Briggs	28:38
Lee Masser	2nd 65-69 29:34
Joe DeRosa	1st 70+ 30:46
Doris Bixler	31:56
John Drozd	39:13
Theresa Briggs	walk 51:59

## Pineland Striders Independence Road Race 10K June 29

MEDFORD, N.J.	149 finishers
Dave McCorquodale	3rd 55-59 45:51
Ralph McKinney	55:55
John Schultz	59:24

## Pineland Striders Independence Road Race 5K June 29

MEDFORD, N.J.	106 finishers
Carolyn McCorquodale	2nd 55-59 33:13
Sue Levy	2nd 60+ 34:09
Marv Levy	1st 70+ 53:12

## Schuylkill River Trail Run (5.5 miles) June 30

PHILADELPHIA, PA.	
Andrea Rubinoff	1st 40-49 50:56
Ralph McKinney	53:59
Ed Stalford	1st 60+ 1:20:38

## West Chester Summer XC Series 5K July 2

WEST CHESTER, PA.	87 finishers
John Foster	26:28
Ann Foster	2nd female masters 26:29
Ralph McKinney	29:02
John Schultz	33:53

## Independence Mile July 3

VENTNOR, N.J.	
Cress Campbell	4:58

## 20th Annual Wenonah 4th of July 5K July 4

WENONAH PARK, N.J.	80 finishers
Ralph McKinney	3rd 50-59 27:22
Larry Briggs	28:32
Sue Levy	1st 60-69 36:23
Marv Levy	1st 70+ 63:35

## The Flat Five - 5 mile July 4

ROCK HALL, MD.	
John Foster	3rd masters 39:00
Ann Foster	3rd female masters 39:03

## Revolutionary 10K July 4

WASHINGTON'S CROSSING, PA.	
Bruce Hubbard	44:50
April Hubbard	1st 55-59 57:18

## Firecracker 5K July 4

WILMINGTON, DEL.	217 finishers
Rich Heffron	2nd 19-29 22:28
Chris James	20:02
Bob Taggart	1st 60-69 20:14
Kim Mitchell	1st 30-39 20:43
Richard Webb	21:26
Carla Pastore	1st 40-49 21:47
Diane Kukich	1st 50-59 21:53
Darlise O'Connor	3rd 30-39 22:48
Rich Abel	2nd 60-69 23:02
Frank Rispoli	24:51
Beau Vinton	25:38
Ralph McKinney	27:21





# Race Results

## Firecracker 5K (continued)

Nina Smeltzer		27:35
Larry Briggs		27:45
Jack Dolmetsch		31:19
Joe DeRosa	2nd 70-89	31:22
Rose Marie Cilia	2nd 60-69	36:40
John Drozd		38:55
Becky Yencharis	1st 80+	50:22
Theresa Briggs		53:49
Jerry Herman		DNF

## Freedom 5K

DOVER, DEL.		July 7
Bruce Hubbard	1st 50-59	20:24
April Hubbard	1st 50-59	28:04

## Woodstown Firecracker 5K

WOODSTOWN, N.J.		July 7
		121 finishers
Dave McCorquodale	1st 56+	22:28
Stu Whisenant		28:10
Carolyn McCorquodale	1st 46-55	36:49

## Wolfe Island 10K Classic

MARYSVILLE, WOLFE ISLAND, ONTARIO		July 7
Lee Kauffman	3rd 40-44	42:36
Theresa Cannon	2nd overall	44:52

## 14th Annual Home Run 5K

BALTIMORE, MD.		July 7
		832 finishers
Ralph McKinney		27:58

Not listed in the RACE RESULTS section? For the out-of-state races, it helps to call in or e-mail your results to Jerry Herman (see page 2).

## Howard Laws

### Cross Country Series 5 K

BELLEVUE STATE PARK		July 9
		36 finishers
Ron Bock		20:10
Rich Webb		21:57
Phil Lavelle		23:05
John Foster		23:54
Ann Foster		24:02
Linda Lavelle		25:07
Frank Rispoli		25:18
Ralph McKinney		27:28
John Schultz		28:06

## Rockwood Ice Cream Festival 5K

WILMINGTON, DEL.		July 12
		279 finishers
Rich Heffron	2nd 19-29	17:29
Frank Barbera	1st 40-49	17:47
Don Ropp	2nd 40-49	19:18
Bob Hempton	2nd 50-59	19:44
Mike Brasko		21:39
Richard Webb		21:56
Carla Pastore	1st 40-49	22:13
Theresa Cannon	1st 30-39	22:24
Vince McIntosh		22:56
Joni Irwin	2nd 14-18	23:05
Kim Moore	2nd 30-39	23:10
John Foster		23:39
Ann Foster	1st 50-59	24:25
Beau Vinton		24:38
Katie Irwin	3rd 14-18	25:02
Cindy Draper		26:09
Andrea Rubinoff		26:44
Ralph McKinney		26:58
Larry Briggs		27:01
Frank Rispoli		28:17
John Schultz	1st 70+	29:32
Joe DeRosa	2nd 70+	33:05

## Racing Notes

from page 7

People who may have felt they couldn't quite qualify and veterans of the Boston Marathon who may have slowed up in recent years should be overjoyed with the new standards. Three new age groups, 70-74, 75-79, and 80+, have been created. Both male and female runners will have their qualifying times increase by five minutes in the 45-49 and 50-54 age groups, by 10 minutes for 55-59, 20 minutes for 60-64, 30 minutes for 65-69, 40 minutes for 70-74, 55 minutes for 75-79 and 70 minutes for 80+.

Although this times may seem like a lot, they actually reflect the real fall-off in aerobic capacity which starts to occur in all adults after their mid-40s. These changes equalize the difficulty across age groups. Just as not all 30-year-old runners can qualify for Boston, so not all 75-year-olds can either. But now, the proportion of both ages that can qualify should be much closer.

### The Commodore Barry Bridge

10K/5K will be held in April for at least one more year, although no specific date has been set. Subsequent to that race, the pros

and cons of spring vs. fall scheduling will be re-evaluated.

The American Lung Association has announced that, **after 12 years, it will no longer offer the Vertical Challenge.** The biathlon/triathlon has been held in the fall at the Chase Manhattan Centre in downtown Wilmington. Lower participation, less sponsorship, and less revenue led to the cancellation. It will be missed by a group of athletes who looked forward to the unique challenge of the 22-floor stair climb up Delaware's tallest building. *continued on back page*



## Club Reminders...

### Thursday, August 1

Pike Creek Valley Running Club **meeting at Pro Physical Therapy**. Presentations by Paul Schweizer and Dr. Ray Feehery plus discussion on issues related to the club's future. For directions, call Vince McIntosh (302-234-1806) or go to [www.pcvrc.com](http://www.pcvrc.com).

### Tuesday, August 20

Pike Creek Valley Running Club **Family Night at the Blue Rocks**. Call Judi Enright (302-366-0960) for info.

*Ann and John Foster enjoy their recovery at Buckley's.*



### Racing Notes *from page 15*

**We love Becky!** The 4th Annual Central YMCA Campaign for Kids 5K has been re-named for this year in honor of our own "Small Wonder," Becky Yencharis. The race, scheduled for Sunday, Nov. 10, will be called the "We Love Becky 5K Run/Walk." It will start at 9:30 a.m. at the Central YMCA, 11th & Washington Streets in Wilmington. For more than five years, Becky has been working out at the Y five days a week, supplementing her running with spinning classes, weight lifting and swim/aerobics. Plan to join in this celebration for someone who is an inspiration to us all. Registration information is available at [www.races2run.com](http://www.races2run.com). Becky had to cancel plans to celebrate her 83rd birthday July 20 at the Buffalo Stampede due to illness. We hope by the time you read this she is on the road to a speedy recovery.

**Here's a new race with an exceptional offer—the Wilmington Blue Rocks 5K Run/Walk**, Sat. Aug. 10 at 8:30 a.m. The race will start at Frawley Stadium, go along the riverfront, and finish inside the stadium. Wayne Kursh says the course will be USATF-certified. The \$15 pre-registration fee

(through Aug. 7)—\$20 race day—includes two tickets to the Blue Rocks/Frederick Keys game that night. Two additional reduced-price tickets (at \$4.00 each) are also available. If you have a question, call 302-888-2559. Register at [www.races2run.com](http://www.races2run.com) or [www.bluerocks.com](http://www.bluerocks.com).

**Officials have discontinued the Parkway Mile**, which had been the Friday evening kickoff of the Run Philadelphia Festival of Races. The race drew small numbers despite prize money in its first two years and was cancelled last year due to the terrorist attacks of 9/11. The main event, the Philadelphia Distance Run (half-marathon), is September 15 at 8:00 a.m. Register for it or the 5K Classic (10:30 a.m.) at [www.philadistancerun.org](http://www.philadistancerun.org).

There are two months to go until the **Patterson-Schwartz/MS 150 Bike to the Bay**. You may register now for the two-day (October 5–6) bike tour, which covers a route through southern Delaware from Smyrna High School to the Rusty Rudder in Dewey Beach and back. You can ride one or both days. Call 302-655-5610 or check [www.msdelaware.org](http://www.msdelaware.org).

The **John Babiarz Park 5K Run/**

**Walk**, starting next to the Up The Creek Restaurant on East 7th St. in Wilmington, has been rescheduled for its original date of Thursday, August 15, 6:30 p.m.

**Marathon-free Delaware!** The Middle-Atlantic Cross Country Challenge, Trail Marathon, Half-Marathon, and 5K events, held at White Clay Creek State Park last year on Labor Day Sunday, will not be held this year. The Executive Director of Birthright of Delaware, the sponsoring organization, told Ralph McKinney that it is "limiting its fundraisers" this year. This will surely disappoint some of the "50-staters" who accounted for most of the 65 starters in the Marathon last year. The absence of this event leaves Delaware with no marathon on the racing calendar. The possibility that Birthright will resume the event next year seems doubtful.

However, "50-staters" may be consoled by the recent informal **Fat Ass 50K trail race**, which took place on June 30, starting from the Middle Run Natural Area. This totally informal race was guaranteed to be at least 50K and the 26, mostly out-of-staters, who elected to complete the entire course (while others did half of it), generally agreed it was more like 34 miles.

