



# The Pacer



June

2002

newsletter of the Pike Creek Valley Running Club

## Feature

### "Halftime"

by Steve Fischer

Most of the members of my fitness center at work know me as one of "those runners," although most never could have imagined my recent humble beginnings last year. Some co-workers have approached me to inquire about my Caesar Rodney Half Marathon T-shirt, and usually when I explain that it's a whole 13.1 miles, most are beside themselves that such a distance can be completed by a normal guy like me. As a new runner and a club member for less than one year, I can assure you that it is possible for any new runner not only to complete this distance, but to do so within a reasonable amount of time.

The half-marathon, as many recent magazine articles have praised, is quickly becoming a favorite of novice and experienced runner alike. Newer runners like it for

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## Races Worth the Trip

### September—A Good Time to Visit Virginia Beach

by April Hubbard

There are two great races held in Virginia Beach in September, a good time to visit because of nice weather. First is the Suzuki Rock 'n' Roll Half Marathon held on Labor Day weekend; the second is the Trigon Neptune Festival 8K held the last Saturday of that month.

The Rock 'n' Roll Half Marathon is advertised as "half the distance and twice the fun" as the Rock 'n'

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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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## 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

two options (both meet at parking lot #1 in Landenberg, Pa.):

Sundays at 8:00 or 9:00 a.m.; call Dave McCorquodale at 302-998-7161 or e-mail him at [mccorq@comcast.net](mailto:mccorq@comcast.net)

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## President's Message



**W**e are in the thick of the running and racing season, and life is good! Add to that the upcoming schedule of club events, and it should be a great summer.

You will appreciate some nice changes in the layout and content beginning with this issue of *The Pacer*.

Dave and his staff will have more space to include a wider variety of club news, new member introductions, and event pictures. Speaking of which, the Boston Send-Off party was a great success, with thanks to Kim and Judy. We also took time to honor **Joan D'Alonzo**, our Runner of the First Quarter.

By now, most of you have heard of the growing list of state records being set and reset by **Teresa Cannon**, **Deborah Compton**, and **Diane Kukich**. Congratulations and many more! Meanwhile, we would like to help those runners (both current and prospective club members) who want to move up from 5K distance to the half marathon. As we establish this group, there will be opportunities for our veteran half and full marathoners to contribute their wisdom.

We are pleased to welcome a nice group of new members. You can help them "bond" by wearing your singlets at races. With the new membership committee

efforts, our numbers should be on the upswing this summer. If you plan on attending Newark Night on June 1, please plan on visiting the club table and assisting as needed.

We have scheduled a general membership meeting for Wednesday June 26, 7:00 p.m. at Pro Physical Therapy. Our host and guest speaker will be respected physical therapist **Paul Schweizer**. There will be a tour of Acceleration Training, his new plyometrics-based advanced training facility as well as demonstrations of deep-water running technique and massage therapy. Body fat calculations will also be available. Following his presentation, we will have time for a general meeting to bring everyone up to date on "big picture" topics under discussion by the board. One important subject is how our current club name affects our goal to attract and serve runners in greater Wilmington and beyond. Should we look at a name change? Please offer feedback to myself or any of the board members and join us at the meeting as well.

Finally, it was great to hear that **Kim Moore** and **Steve Sinko** have announced their engagement. Best wishes to them! It just proves you meet the nicest people running with PCVRC.

I look forward to running with you soon!

Best Regards,

*Vince*

Vince McIntosh, PCVRC President

### Va. Beach (cont'd from page 1)

Roll full marathon held in San Diego, and it coincides with the American Music Festival hosted in Virginia Beach. There were 16,000 participants last fall and lots of action. Packet pickup is at the expo, which features official Rock 'n' Roll logo clothes—as if the multicolored t-shirt and high-caliber finisher medal are not enough race souvenirs. Certificates of completion are also mailed to all finishers. I'm sure the age group awards are of the same high caliber, but we didn't get a peek at them. The course is flat, with cheerleading squads competing for most enthusiastic (I particularly liked the bare-chested young men flexing their muscles and gave them a whoop and holler). All types of bands were positioned at each mile mark.

If that is not enough, the boardwalk is packed with cheering spectators. Elvis impersonators greeted us at the finish for a photo op. There were great bands on the beach all afternoon, and food and drinks, including beer, on sale. A rock band concert was held in the evening after overall awards were presented on a huge, beautiful stage decorated with the Rock 'n' Roll theme.

The Neptune Festival 8K is very popular with the local runners from the Tidewater Area and draws around 800 runners, probably because of the post-race party with music, beer, and pizza. The course parallels the boardwalk and is flat and fast. T-shirts are very colorful and come with a collectible Neptune Festival pin. Bruce placed first in his age group years ago and received a beautiful plaque, still his

favorite. It wasn't until this year that I could finally get one for myself, placing 2nd 55-59. My plaque is very unique and pretty, decorated with sparkles and Neptune, God of the Sea. Awards are presented by King Neptune, who arrives with great pomp with his court of young women and entourage of dignitaries dressed in classy, matching sport clothes throwing beads and doubloons. An endless number of random prizes are given out, and many are coveted because they feature restaurants and hotels in Virginia Beach. After the race, runners can join the masses and enjoy wandering around the many booths that line the boardwalk selling creative artwork, a great opportunity for early Christmas shopping. Check [www.tidewaterstriders.com](http://www.tidewaterstriders.com) for information.



## Half-Marathons in This Area



**MARCH 16**

**Caesar Rodney Half Marathon**  
WILMINGTON, DEL.  
1021 Gilpin Avenue, Suite 202  
Wilmington, DE 19806  
302-655-7258  
[www.alade.org](http://www.alade.org)

**JUNE 23**

**Fairfield Road Races**  
FAIRFIELD, CONN.  
John Bysiewicz  
JB Sports  
2 Buena Vista Road  
Branford, CT 06405  
203-481-5933  
[jbsports@snet.net](mailto:jbsports@snet.net)  
[www.fairfieldhalf.org](http://www.fairfieldhalf.org)

**AUGUST 4**

**Manhattan Half Marathon**  
NEW YORK, N.Y.  
New York Road Runners  
9 East 89th Street  
New York, NY 10128  
212-860-4455  
[www.nyrrc.org](http://www.nyrrc.org)

**AUGUST 17**

**Parkersburg Half Marathon**  
PARKERSBURG, W.V.  
Camden Clark Memorial Hospital  
Attn: Half-Marathon  
P.O. Box 718  
Parkersburg, WV 26102  
[www.ccmh.org](http://www.ccmh.org)

**AUGUST 18**

**Half Wit Trail Half-Marathon**  
READING, PA.  
Ron Horn  
112 West 36th Street  
Reading, PA 19606  
610-779-2668  
[rhornpcs@aol.com](mailto:rhornpcs@aol.com)  
[www.active.com](http://www.active.com)

**SEPTEMBER 1**

**Rock 'n' Roll Half Marathon**  
VIRGINIA BEACH, VA.  
2100 Parks Avenue  
Virginia Beach, VA 33451  
800-311-1225  
[www.rnrhalf.com](http://www.rnrhalf.com)

**SEPTEMBER 8**

**Greater Scranton YMCA Half-Marathon**  
DUNMORE, PA.  
Sue McDermott  
Greater Scranton YMCA  
706 N. Blakely Street  
Dunmore, PA 18512  
570-342-8115  
[scrantonymca@aol.com](mailto:scrantonymca@aol.com)

**SEPTEMBER 8**

**Harrisburg Half-Marathon**  
HARRISBURG, PA.  
Chad Krebs  
701 North Front Street  
Harrisburg, PA 17101  
717-232-9622  
[esymca@ymcaharrisburg.org](mailto:esymca@ymcaharrisburg.org) (attn: chad)

**SEPTEMBER 15**

**Philadelphia Distance Run**  
PHILADELPHIA, PA.  
Philadelphia Festival of Races  
P. O. Box 43111  
Philadelphia, PA 19129  
601-526-9188  
[www.phillydistancerun.org](http://www.phillydistancerun.org)

**SEPTEMBER 15**

**VA Runner Blue & Gray Half-Marathon**  
FREDERICKSBURG, VA.  
James Thull  
P. O. Box 3653  
Fredericksburg, VA 22402  
540-368-1100  
[jim.thull@xrsgsn.com](mailto:jim.thull@xrsgsn.com)  
[www.blueandgrayhalfmarathon.com](http://www.blueandgrayhalfmarathon.com)

### Halftime (cont'd from page 1)

a few reasons, the most important one being it's a great way to "graduate" from 5K and 10K races without having to do a whole marathon as a next step. In addition, a half-marathon race is often viewed as a good practice race for a full 26.2-mile event. More experienced runners use the half to decrease their marathon times and also like the shorter recovery time in a hectic racing schedule.

The event itself, with its increase in popularity, has shown dramatic increase in size due to the recent boom in recreational running. Indeed, most new and veteran runners alike have decided to take another look at this once less-popular race. Nowadays, events such as the Caesar Rodney Half Marathon and the Philadelphia Distance Run see thousands of new participants of varying abilities.

"Not only will you need to invest less training time while preparing for a half-marathon than a marathon, your injury risk will be lower," says a recent *Runners' World* article. A half-marathon training schedule, much like a full-marathon training schedule, is customized to a runner's ability, not a rigorous table. While longer runs are required to achieve the conditioning needed to achieve the distance, one doesn't have to dedicate an entire weekend to training, as most training schedules are only eight weeks long.

Overall, a half marathon is a wonderful goal for which you can easily train this summer, even if you take a quick trip to the beach here and there. If you haven't tried it, take it from a recently novice runner: it's definitely possible. If it's been a while since your last one, revisit it for the experience. Happy training!

(See sample training schedules and accompanying article on next page.)



## Running Tips

### Training for a Half Marathon

The training schedule shown here and the explanations of the workouts were taken from the **Runners' World** web site ([www.runnersworld.com](http://www.runnersworld.com)).

#### Long Repeats

For success at shorter distances, interval training featuring 200m and 400m repetitions works quite well. To race longer, you need to train longer. Running repetitions between 800 and 1600 meters will improve your endurance. Run the repetitions near your 5K and 10K race pace, respectively. Jog or walk 400–800 meters between each repeat. You may want to do your long repetitions on the road, rather than on the track.

#### Pace Training

Learning to pace yourself properly is even more important in the half-marathon than it is in the 5K or 10K. If you've gone out too fast, in one of those races, you sometimes can gut it out over the last mile without losing too much time. In the half, you'll have a longer time to pay for your sins. Do some of your training at race pace. Saturday is a good day for this, before your Sunday long runs.

#### Tempo Runs

This is a continuous run with a build-up in the middle to near half-marathon race pace. The difference between the tempo runs done while training for 5K or 10K races is that you don't run quite as fast in the middle, but you hold your speed longer. A tempo run of 45–60 minutes would begin with 10–20 minutes easy running, build to 20–30 minutes near half-marathon pace, then 5–10 minutes cooling down. The pace build-up should be gradual, not sudden, with peak speed coming about two-thirds into the workout.

### Sample Half-Marathon Training Schedule

WEEK	MON.	TUE.	WED. (tempo)	THU.	FRI.	SAT.	SUN.
1	rest	3mi easy	7x400	3mi easy	rest	3mi	8mi (long)
2	rest	3mi easy	2x10min	3mi easy	3mi easy	rest	5K race
3	rest	3mi easy	8x400	3mi easy	rest	4mi	9mi (long)
4	rest	3mi easy	2x10min	3mi easy	rest	5mi	10mi (long)
5	rest	3mi easy	9x400	3mi easy	3mi easy	rest	10K race
6	rest	3mi easy	20min	3mi easy	rest	5mi	11mi (long)
7	rest	3mi easy	10x400	3mi easy	rest	3mi	12mi (long)
8	rest	3mi easy	2x5min	3mi easy	rest	rest	13.1mi race

## Some People Will Do Anything for a Chance to Race

by Sue Levy

Marv, Norm Ostroff, and I crashed a 5K run at Temple University on April 9th. The run was for university administrators, faculty, staff and students. As none of us were any of the above, we each used an alias, as we didn't want to get into any trouble

for being outsiders! Runners were given their number after signing a sheet with their names and department numbers. I was "April," Marv was "Bruce," and Norm was "Ralph!" We made up department numbers!

And then I was caught.... The person I had called about the race recognized my voice and asked me if we had spoken several days ago. I said yes. So... the three of us crossed off our aliases and put down our correct names and no department numbers. Norm said we should have signed up as Manny, Moe, and Jack (or maybe the Three Stooges!).

*Editor's Note: Very clever aliases. Running tip—Don't do this.*

## Member Stories

### Turning Back Time

by Mark Deshon

Every now and then in a runner's life, the serendipitous happens (though as we get older, those times occur far less frequently). An unexpected blip on my 30-year running map happened just a couple weeks ago when I ran a 17:38. It was my best 5K time since 1993!

In some sense, I had been hoping for a good race ever since I became aware that my age-group nemesis David James would turn 50 early in 2002, providing me a small window of (age-group) opportunity prior to having to contend with Lee Kauffman when he turns 45. Having been blessed this winter/spring with great weather, strong training runs, and less knee pain, I felt ready for a good one. So looking ahead,

*continued on page 7*



## Member Stories

### My Las Vegas Adventure

by Becky Yencharis

DATELINE: FEBRUARY 4, 2002, LAS VEGAS HALF MARATHON @ 6:30 A.M.

That's right! We had to leave from the New York Hotel and Casino at 5 a.m. to get on the bus for our trek to the desert and the start for a 6:30 a.m. race. The only lighting was from the lamp poles. We left our warm clothes on the bus so that they could be taken to the finish line and we would be able to dress warmly after the race. I don't know if anyone was used to the desert conditions.

I was still undressing when the race started and so I got off to a bad start. It was chilly at the beginning of the race, but in no time the sun was up and it was quite warm, and runners all around me felt good. All I could hope for at this point was that I would be able to finish and to enjoy the festivities afterwards. For a good portion of

the race, all we had was desert, sky, and pavement. When we got closer to the finish, there were some spectators and some of the hotels and homes to admire.

All the police were very friendly and encouraging. As I was running, a woman was along side of me and said, "You are inspiration to all of us." I did not get her name, but later I heard that she was from Baltimore, Md.

Frank Webb had told me before the race to drink at all the water stops and did I listen - NO! I missed three water stops, and before I knew it there was something wrong. I was dehydrated and quickly losing my energy. Right before the finish I looked on both sides of me so that I could ask for help but there was no one and before I realized it, I collapsed. All of a sudden a fellow and a lady came up on both sides of me from the first-aid camp to help me. All I kept saying is, "I want to finish, I want to finish." The woman walked me approximately 15 feet to the finish line. I finished at 3 hours and 15 minutes and was second in the

eighty-and-over category. All the finishers received a medal with a ribbon with a roulette design.

I was taken to the first-aid camp because my lip and my knee were bleeding from the collapse and my hands were slightly black and blue. After the ice packs for my wounds, they took my blood pressure and asked me if I took any medication—it was 130/82.

I got my warm clothes and goodies and then waited for the full marathon to be completed. I took a chair right next to the winner of the half marathon wrapped in a blanket and with blisters from the race. We posed together for a picture, and the winner's trainer is going to send me the photo, which I look forward to receiving. Frank Webb finished second in his age group in 3:01, and Mary Ellen Watts finished in 3:19.

It was an unusual experience but one that will live with me forever because of the collapsing, the congeniality of the people in our group, and my first trip to Las Vegas. Las Vegas is like a Christmas tree all lit up at night during the holidays. I thank the Dear Lord that I was able to finish.



**The Ronald McDonald House of Delaware 5K brought out many club members. Here are but a few of the race's club competitors: Tom Jermyn, David James, Lee Kauffman, Bill McQuillan, Diane Kukich, and Bruce Hubbard.**



# My First Boston—or I Came, I Saw, I Went Out Too Fast and Faded (but still had a good time)

by Mike Brown

To me, the Boston Marathon is one of the premier running events in the world. Unlike other marathons, in order to run the Boston, you have to qualify, something a majority of runners find difficult if not impossible to do. I certainly did. I ran my first marathon back in Atlanta in 1982, ended up walking at the 23-mile mark, and by the 25-mile mark, promised my body that if it would just get me across the @#\$%#@ finish line, I would NEVER do this to it again. I finished that marathon in 3 hours and 53 minutes (only one hour slower than needed to qualify for Boston) and didn't think I would ever run a marathon again.

However, memories fade with time. Last May, my neighbor Jerry Moulton (a four-time Boston Marathon finisher) got me fired up to run the Chestertown Tea Party Ten Miler. I ran that in 74 minutes and felt pretty good. I looked at the Boston site and realized that if I could keep up that pace for an additional 16 miles, I would qualify for Boston. I started training with the group that meets at the University of Delaware on Tuesday nights, and my times started to improve. After looking at the Boston marathon website, I decided to run the Steamtown Marathon in Scranton in October of 2001. I picked Steamtown because it was listed as a qualifying race for Boston and because it had a net elevation drop of about 950 feet!

To make a long story short, I ran the race of my life at Steamtown and qualified in 3:19:33 (a whopping 27 seconds to spare off the required 3:20)! I immediately put in my application for Boston and was psyched!

The day of the Boston was beautiful, a little cloudy and overcast with the temperature around 60°F or so at the start. I hadn't trained as much as I should have, but I felt pretty good and was planning on running a 3:30 marathon. I had my "Mike" shirt on (a shirt with my name on it), and my family was waiting for me at Heartbreak Hill. I rode over to the race with a group of runners from Delaware and, all in all, was feeling good.

At noon, the gun went off and the race was on. The crowd was huge, and the streets were lined with people cheering us on. Little kids would stand by the side of the road with their hands out trying to "high five" runners as they went by. I was feeling great, enjoying the scene and high-fiving kids as I ran down the road. The crowd also charged me up. It is kind of neat to have people that you don't know look you in the eye and scream, "Go, Mike, go." I was going! I had planned to run at about a 7:50 pace, but looking at my watch the miles were clicking off at between 7:20 and 7:30. I thought to myself, I'm feeling good; maybe I can run a 3:25 marathon.

Between 10 and 13 miles, the race takes you past Wellesley College—an all women's school. Of course, I couldn't slow down with cute 20- to 22-year old women screaming, "Go, Mike, go." I was still going strong!

Unfortunately, miles 16 to 21 are uphill. By mile 16 I was starting to feel a little tired—not a good sign. I noticed my times had slowed from 7:30 to 7:50, and I was starting to get a little concerned. As I started the uphill portion of the race, I noticed my times slipping. 8:00, 8:30, 9:00, 9:30. By the time I saw

my family and crested Heartbreak Hill, I was tired and my times were closing in on 10 minutes per mile.

Shortly after finishing Heartbreak Hill, I realized that I needed to go to the bathroom badly. I dashed into a Portapotty and did my business. Unfortunately, my legs were not happy that I wasn't running and they decided that this was a good time to start cramping up. This made running the rest of the race difficult. The last four miles, I ran for a little and walked for a little. I realized that there was no time pressure on me to finish the race, and I really wanted to enjoy the Boston atmosphere. At this point it would have been nice to have NOT had a "Mike" shirt on. I almost told a couple of people where they could go, as they screamed at me, "Go, Mike, go," as I walked by them. Around mile 25 I ripped my 3:30 pace band off my wrist and threw it away as it became obvious that I wasn't going to finish in 3:30. I crossed the finish line in 3 hours 39 minutes and 55 seconds, almost ten minutes slower than what I had planned.

Initially, I was disappointed in my performance. Then the reality hit me: I had run the Boston Marathon! I had actually done it—something I didn't think was possible two years ago. Life goal #18 complete! Enjoy the moment...and I still am.

## Time (continued from page 5)

I targeted the Race Against Family Violence, which was right on my "home turf" (Creek Road). The day came, and I was physically and mentally ready. I also prayed that God would allow me to do my very best. Perfect race-day weather, a visit from my parents (who hadn't seen me run in 18 years), passing David James, and an age-group win were merely icing on the cake.

So, belated happy birthday to you, David. I'm glad you're 50!



## Foot Notes

compiled by Ralph McKinney

Howard Laws has announced the schedule for his sixth season of **summer cross-country 5K races at Bellevue State Park**. Races will begin Tuesday evening, June 11, and continue every other Tuesday through August 20. Cost is \$25 for the six-race series or \$5 for an individual race. This schedule was planned to avoid any conflict with dates for the West Chester Summer X-country Series at Oakbourne park, also on alternate Tuesdays, starting June 4 and concluding August 27.

Bob and Judy Taggart are excited that their son-in-law, Newark-raised and former University of Delaware baseball star **Kevin Mench**, was called up to the major league Texas Rangers April 6. Following a very good spring training, he had been assigned briefly to Triple A Oklahoma.

**Congratulations to John Foster** who won a \$50 gift certificate to McGlynn's Pub in *Out & About* magazine's 2002 Super Bowl contest.

The 2nd annual **John Babiarz Park 5K Run/Walk**, held at Up The Creek Restaurant on East 7th Street, originally scheduled for Thursday, August 15, has been changed to Wednesday, August 14.

The New Jersey Shore Marathon has a new name! Effective next year it will officially be known as "**The New Jersey Marathon at the Jersey Shore**." The date is Sunday, April 27, 2003.

PCVRC welcomes three new members who signed up together at the Boston Send-off Party. **Frank**

**Barbera, Cres Campbell, and Bob Hempton** not only work together at the Experimental Station, but train together, going on hour-long runs most days during lunch. Frank was the top Delaware finisher at Boston this year (2:49:58, his Boston best); Cres clocked 3:10:59. Bob had to miss this year's Boston due to a summer touch-football injury. However, he got a waiver and is looking forward to returning next April.



**Kim Moore, Barbara Herko, Mark Nelson, Michele Turulski, Frank Barbera, Creston Campbell and Bill McQuillan** enjoyed time together at the **Boston Send-Off Party**.

Also at the Send-off Party, **Don Fessman** renewed his club membership for the next two years, assuring that he and Cindy will receive news from home while they are living and working in St. Maarten in the Caribbean. Best wishes; we'll miss you!

The following Pikers successfully went through the lottery and are now **officially entered in the Marine Corps Marathon**, to be held on October 27, 2002: Ralph McKinney, Bill McQuillan, Kim Moore, Darlise O'Connor and John Schultz.

Those who prefer to do their speedwork on a challenging rolling

course, instead of a boring flat track, will be happy to see that the mile-and-three-quarter **Delcastle Recreation loop now has new quarter-mile marks painted**, complete with smiley faces!

Club President **Vince McIntosh's company Select Amenities** and its skin-care products were featured in a brief article in the May issue of

*Delaware Today* magazine.

**Vicky Huber-Rudawski**, the featured speaker at Pike Creek's 2001 banquet, was **inducted into the Delaware Sports Hall of Fame** on May 8. She ran track at Villanova, won four NCAA indoor championships and three outdoor titles, and is a two-time Olympian.

Between **Debra Compton and Diane Kukich**, the Delaware women's 50-54 age-group road race records may be entirely rewritten soon. In addition to the half-marathon record she achieved last year, Deb set a new time standard in the marathon at Boston, running a 3:52:39 gun-time, which included



over seven minutes crossing the start line. That same weekend Diane established a new mark in the 20K at the Penn Relays with a 1:30:56. Three weeks later, Diane was at it again in the Broad Street Ten Miler. Doubtful that she could maintain the 7:06 pace she would need to break the old record, she far exceeded her own expectations by running a sub-seven-minute pace to a 1:09:35, shattering the old record by a minute and a half.

**Kim Moore and Steve Sinko** have announced their engagement. As Kim says, "You never know who you'll meet in the PCVRC!"

Thanks to some hearty partying the evening before the Masser Five Miler in Lewes, **Bruce Hubbard** has become this year's national senior master Clydesdale champion with a time of 34:01. The race was designated as the National Championship race for Clydesdales. Most races around here use a 195-pound or even 200-pound standard for men to qualify as a Clydesdale. However, the national standard is 190 lbs., and Bruce, having consumed "mass quantities" of food and beverage the previous evening, had temporarily surpassed this mark, thus qualifying him as a Clydesdale on the critical day.



**Barbara Herko meets Ronald.**

## New Members

**Bob Hempton** is 55 years old and has been competing for most of his life. Oddly enough, from 1960-64, he was not running for his high school track team but was the pole vaulter. He cleared 12 feet in 1962! An accomplished racer, Bob has done 28 marathons (12 Bostons, including the first one in 1973). His best time was a 2:30.54 in 1975! He holds a total of six state records, three in the 35-39 age group and three more in the 40-44 age group, some of which have stood since 1984! Bob was married in August of 2000, and he and his wife Jane reside in Wilmington. He also has a son, Bobby, a daughter, Jenny, and a stepson, Mike. Bob works for DuPont.

**Frank Barbera** began his running career around 1983, mostly to get in shape and lose a little weight, but it became a passion of his. This year he was the state's first finisher in the CR Half-Marathon and was the first Delaware finisher at Boston as well with a 2:49.58. He has now run ten marathons (four Bostons). Frank not only enjoys running but reading fitness or dieting articles. He is the so-called coach of the group that trains during their lunch hour at DuPont. His immediate goals are to try to break some of the 40-44 state records. Frank, his wife Debbie, and their two sons, Thomas and Eric, live in Newark.

**Creston (Cres) Campbell** just turned 40 and enjoys keeping in shape while running and racing. Cres moved to Delaware about 11 years ago from suburban Washington, D.C. He has been running 15 years, the

first four as a recreational runner—12 miles a week to keep fit and his weight down. Then he met Frank Barbera and Bob Hempton and got serious about his training. He has now run eight marathons (three Bostons) and trains regularly at 40 miles a week with lots of track workouts. One of his favorite track workouts is 1200m intervals at 5K pace. Cres, his wife Mary Kate, and son Cres Jr. live in North Wilmington.

**Hal Clouser Jr.** is a long-time runner, an avid cyclist and a semi-pro bowler. As a runner, Hal's primary focus as a runner is master's track and Delaware Senior Olympics, where he won a medal in the 400-meter event last year. Hal, 55, is single and a financial adviser with Merrill-Lynch. His current goals are to improve his 5K and 10K times and to train for a summer biathlon.

Once a competitive skater in college, **Carol DiCamillo** is a long-time runner, who has only recently started to run and race consistently. During the coming year, she would like to gradually improve to a 9-minute pace while still feeling relaxed. Carol lives in Avondale, Pa., with her husband and two small children, Mia, 3, and Chloe, 1.

**John McCarthy** has been running for several years, more consistently during the past one, and has also started running some races. He has set his sights on attempting the Marine Corps Marathon if he feels confident after building up his long runs. He trains with his wife, and they are both originally from Alexandria, Va. He would like to train with experienced club members.



## Committee Reports

### Membership Committee Report

*Carla Pastore, Chair; Don Ropp, Co-Chair; Darlise O'Connor; and Michele Turulski*

The committee has held two meetings recently and will be working to identify ways to better meet the needs of our members, encourage more participation, and recruit and welcome new members.

Some of the activities of the committee will include surveying members to determine what services or programs we can provide that will be of greatest interest, developing a prospective member packet, distributing a full membership directory, and making sure our running club is well represented at local races. We will be setting up a club information table at Newark Night on June 1st and Pike Creek Day, September 21st.

We are very interested in hearing your thoughts on ways to improve

the club. Some of our ideas include developing one or two new programs a year such as a beginner women's training program, a kids' running program, and the half-marathon training program that is just being launched.

If you are interesting in working on this committee or have ideas to share, please contact Carla Pastore at 610-255-5555 or e-mail her at [pastore47@aol.com](mailto:pastore47@aol.com).

### Social Committee Report

*Judi Enright and Kim Moore, Co-Chairs*

After a successful Awards Banquet and Boston Marathon Send-off Party, we have been working to bring several new events together this summer. Let's try a tailgate party on June 27 and if it is fairly well attended we can schedule more. See you at the ballpark on August 20! If we recruit a couple

more of you, the social schedule can be expanded with the extra help. And let us know what kind of events you prefer. E-mail either Judi ([judith.l.enright@usa.dupont.com](mailto:judith.l.enright@usa.dupont.com)) or Kim ([kimruns262@aol.com](mailto:kimruns262@aol.com)).

### DDC Committee Report

*Dave Farren, Chair; Kathy Farren; Rudy Antonini; Ron Bock; and Dan Weintraub*

This year's DDC 15K is scheduled for October 13, 2002, at 8:30 a.m. It will be run on the same course as last year at the Wilmington Riverfront. This year's sponsors include Comcast, Foot Care Group, Delaware Stadium Corporation, Perpetual Motion Sport, and Marathon Sports. This is our biggest (only) fundraiser for the club, so please mark your calendars to run or volunteer. Help spread the word! New this year will be team competition. Get a team together, social or corporate.

Contact Dave by e-mail at [delawaredave@comcast.net](mailto:delawaredave@comcast.net).



## Blue Rocks Baseball Game

**Pike Creek Valley Running Club Family Night!**

**Tuesday, Aug. 20, 2002**

**Game Time – 7:05 p.m.**

**Great seats – bring your glove to catch fouls**

**Cost per person - \$7.00**

Club tickets are limited and on a first come, first served basis.

**Check must be received no later than Monday, July 22, 2002.**

Return the righthand portion with your payment and keep this part for your records.

Tickets will be mailed to your house.

## Ticket Order Form

**Blue Rocks—Tuesday, Aug. 20, 2002**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

No. of tickets \_\_\_\_\_ x \$7.00 each = \_\_\_\_\_

Mail check (payable to J. L. Enright) to:

**J. L. Enright  
 1909 Waters Edge Drive  
 Newark, DE 19702**



# Race Results

**Shamrock Sports Fest 8K** **Mar. 16**  
VIRGINIA BEACH, VA. 770 finishers  
Bruce Hubbard 4th 55-59 34:14  
April Hubbard 2nd 55-59 43:18

**Caesar Rodney Half-Marathon** **Mar. 17**  
WILMINGTON, DEL. 1,173 finishers  
Mike Brown 1:39:13

**Del. State Music Teachers' Association 5K** **Mar. 23**  
WILMINGTON, DEL. 55 finishers  
Tom Jermyn 1st 35-39 18:07  
Bruce Hubbard 1st 55-59 20:42  
Mike Balthis 2nd 35-39 20:59  
Nina Smeltzer 2nd 40-44 26:36  
John Schultz 2nd 65-69 27:25  
Joe DeRosa 2nd 70+ 29:53  
Becky Yencharis 1st 80+ 45:25

**Bancroft NeuroHealth 5K** **Mar. 23**  
HADDONFIELD, N.J. 632 finishers  
Steve Sinko 15:33  
Brian Driscoll 17:15  
David James 1st 50-54 17:30  
Lee Kauffman 17:51  
Diane Kukich 1st 50-54 20:47  
Theresa Cannon 20:54  
Phil Lavelle 22:50  
Ralph McKinney 25:43  
Carolyn DiGiambattista 1st 60-64 25:58  
Linda Lavelle 26:51  
Sue Levy 38:48  
Marv Levy 56:06

**Ocean Drive Marathon** **Mar. 24**  
CAPE MAY TO SEA ISLE CITY, N.J. 316 finishers  
Joan D'Alonzo 1st female 3:25:00  
Frank Rispoli 4:10:04  
Tim Diflo 4:19:18  
Ralph McKinney 4:19:25

**3rd Annual Sunshine 5K** **Mar. 24**  
BROOKHAVEN, PA. 116 finishers  
Ann Foster 1st 50-54 22:10  
John Foster 22:54  
Joe DeRosa 1st 70+; PR 28:44

**8th Annual Mt.Penn Mudfest 15K Trail Run** **Mar. 30**  
READING, PA. 504 finishers  
John Mackenzie 1:13:12  
Margie Hughes 1:49:38  
Ralph McKinney 2:08:15

## New Castle Co. Community Partnership

**April Fools 5K** **Mar. 30**  
WILMINGTON, DEL. 154 finishers  
Steve Sinko 1st 20-29 16:33  
Patrick O'Rourke 2nd 30-39 16:46  
Bob Taggart 1st 60-69 20:13  
Christopher James 20:19  
Kim Moore 2nd 30-39 21:39  
Darlise O'Connor 24:26  
Beau Vinton 25:21  
Bob Wortz 3rd 60-69 25:26  
Barbara Kursh 25:44  
Larry Briggs 26:43  
Joe DeRosa 29:36  
Theresa Briggs 53:40

**24th Cherry Blossom 5K** **Apr. 6**  
WILMINGTON, DEL. 146 finishers  
Dave Farren 3rd 35-39 18:55  
Bob Taggart 1st 60-64 20:16  
John Hand 20:40  
Diane Kukich 1st 50-54 21:22  
Ralph McKinney 2nd 55-59 26:00  
Andrea Rubinoff 2nd 45-49 26:03  
Nina Smeltzer 26:34  
April Hubbard 3rd 55-59 27:41  
Larry Briggs 27:45  
Joe DeRosa 1st 70-74 30:14  
Becky Yencharis 1st 80+ 44:00

**Cherry Blossom Ten Miler** **Apr. 7**  
WASHINGTON, D.C. 6,988 finishers  
Ralph McKinney 1:28:13

**Mom's House 5K** **Apr. 13**  
WILMINGTON, DEL. 123 finishers  
David James 1st 50-59 19:19  
Nina Smeltzer 2nd 40-49 25:10  
Ralph McKinney 28:30  
Joe DeRosa 1st 70-79 30:08  
Becky Yencharis 1st 80+ 44:04

**Brandywine End-to-End Trail Hike (35 mi.)** **Apr.13**  
60-80 finishers  
John Schultz PR 8:48

**Commodore Barry Bridge 10K** **Apr. 14**  
BRIDGEPORT, N.J.—CHESTER, PA. 144 finishers  
Chris James 1st 20-29 42:47  
Diane Kukich 1st 50-59 43:41  
Joan D'Alonzo 1st 40-49 43:52  
Beau Vinton 51:56  
John Schultz 3rd 60-69 59:37



# Race Results

## Commodore Barry Bridge 5K

BRIDGEPORT, N.J.	62 finishers	<b>Apr. 14</b>
Katie Irwin	1st under 18	22:42
Joni Irwin	2nd under 18	22:44
Dan Weintraub	3rd 40-49	24:23
Darlise O'Connor	2nd 30-39	24:34

## Boston Marathon (chip times)

HOPKINTON TO BOSTON, MASS.	14,572 finishers	<b>Apr. 15</b>
Frank Barbara	467th overall	2:49:58
Lee Kauffman	653rd overall	2:54:38
Cres Champbell		3:10:59
Don Ropp		3:11:59
Mark Nelson		3:13:11
Theresa Cannon (gun time of 3:21:48*)		3:18:49
John Mackenzie		3:21:33
Chip Bixler		3:21:48
John Hand		3:24:00
Mark Lozier		3:30:08
Kim Moore		3:35:24
Mike Brown		3:39:51
Dave McCorquodale		3:39:56
Deb Compton (gun time of 3:52:39*)		3:43:41
Dave Farren		3:48:29
Don Fessman		4:07:43

\*Theresa and Deb both set new 50-54 state records.

## Ike Willis Twilight 5K

GLASSBORO, N.J.	23 finishers	<b>Apr. 18</b>
Sue Levy	1st 60-69	34:59
Ralph McKinney		36:25
Marv Levy	1st 70+	55:47

## Out-and-Back Four-Mile Party Run

PHILADELPHIA, PA.	431 finishers	<b>Apr. 19</b>
Larry Briggs		35:36
John Schultz		36:02
Ralph McKinney		45:04

## Cokesbury Village 5K For Life

HOCKESSIN, DEL.	76 finishers	<b>Apr. 20</b>
Christopher James	2nd 20-29	20:58
Nina Smeltzer	3rd 40-49	25:38
Andrea Rubinoff		27:39
John Schultz	1st 60-69	28:19
Larry Briggs		28:48
Joe DeRosa	2nd 70-79	33:06
Ralph McKinney		33:25
Sterling Pomeroy	2nd 60-69	37:54
Becky Yencharis	1st 80+	43:09
Theresa Briggs		53:53

## Penn Relays 20K

PHILADELPHIA, PA.	363 finishers	<b>Apr. 21</b>
David James	1st 50-59; PR	1:14:54
Bob Taggart	1st 60-69	1:27:59
Diane Kukich*	1st 50-59; PR	1:30:56
Phil Lavelle		1:45:48
Linda Lavelle		1:55:33
John Schultz		1:58:41
Larry Briggs	PR	2:01:16
Ralph McKinney		2:19:58

\*Diane sets new 50-54 state record.

## Penn Relays 5K

PHILADELPHIA, PA.	146 finishers	<b>Apr. 21</b>
Sue Levy	1st 60-69	33:33
Marv Levy		53:29

## Brandywine Brew Pub Care For Kids 5K

WILMINGTON, DEL.	147 finishers	<b>Apr. 21</b>
Ralph Townley	1st 35-39	20:00
Bill McQuillan	2nd 35-39	20:01
Dan Weintraub		23:23
Darlise O'Connor	3rd 30-34	23:27
Andrea Rubinoff	1st 45-49	26:44

## 20th Annual Phi Kappa Tau 5K for Bruce

NEWARK, DEL.	72 finishers	<b>Apr. 21</b>
Diane Kukich	female winner	20:51
Bruce Hubbard	2nd 50-59	20:52
Jordan Deshon	2nd under 14; PR	23:23
April Hubbard	1st 50-59	26:55

## Ronald McDonald House of Delaware 5K

WILMINGTON, DEL.	309 finishers	<b>Apr. 25</b>
Patrick O'Rourke	1st 30-34	16:47
Tom Jermyn	1st 35-39	17:24
David James	1st 50-54	18:16
Lee Kauffman	2nd 40-44	18:37
Bill McQuillan		20:08
Theresa Cannon	1st 35-39	21:22
Diane Kukich	1st 50-54	21:31
Bruce Hubbard	1st 55-59	21:42
John Foster		23:20
Dan Weintraub		23:27
Darlise O'Connor	1st 30-34	23:46
Beau Vinton		24:24
Nina Smeltzer		24:48
Barbara Herko		25:08
Andrea Rubinoff	1st 45-49	26:23
Ralph McKinney		27:17
John Schultz	2nd 65-69	27:28
April Hubbard	2nd 55-59	27:42
Joe DeRosa	1st 70-74	30:54
Becky Yencharis	1st 80+	42:18



# Race Results

## Madison Tibbs 5K

WILMINGTON, DEL.

		Apr. 27
		176 finishers
Kurt Lessig		20:18
Diane Kukich	1st 50-54	21:18
Howard Bowker	1st 60-64	26:44
Larry Briggs		27:55
Ralph McKinney	2nd 55-59	28:57
Thomas Barbera	1st under 14	29:52
Frank Barbera		29:53
Joe DeRosa	3rd 70-74	29:58
Becky Yencharis	2nd 80+	43:24

## Friends of Mary Husty 5K

WILMINGTON, DEL.

		Apr. 28
		225 finishers
Joan D'Alonzo	1st 40-49	21:15
Diane Kukich	1st 50-59	21:26
Larry Briggs		27:07

## New Jersey Shore Marathon

SANDY HOOK TO LONG BRANCH, N.J.

		Apr. 28
		1,346 finishers
Stephen Fischer		3:31:52
Tim Diflo		4:24:59
Ralph McKinney		4:32:49
John Schultz		5:15:37

## Country Music Marathon

NASHVILLE, TENN.

		Apr. 27
		3,462 finishers
Rich Abel		3:49:02

## YMCA Spring Fling 5K

BERWYN, PA.

		May 1
		77 finishers
Larry Briggs		27:53
John Schultz	2nd 60+	28:22
Ralph McKinney		29:40

## Stroll For Epilepsy 5K

WILMINGTON, DEL.

		May 4
		82 finishers
Chris James	3rd 19-29	20:01
Diane Kukich	female winner	21:01
John Schultz	1st 60+	25:52
Ralph McKinney		26:59
Joe DeRosa	2nd 60+	29:40
Becky Yencharis	2nd 60+	43:54

## Broad Street Ten Miler (chip times)

PHILADELPHIA, PA.

		May 5
		8,685 finishers
David James	1st 50-54	58:24
Bob Taggart	2nd 60-64	1:05:50
Stephen Fischer		1:05:53
Theresa Cannon		1:08:38
Diane Kukich*	2nd 50-54; PR	1:09:08
Deborah Compton		1:13:16
Dave McCorquodale		1:13:28
Darlise O'Connor		1:16:53

## Broad St. (cont'd)

Tim Diflo		1:21:19
Philip Lavelle		1:21:20
Rich Abel		1:22:23
Carolyn DiGiambattista	2nd 60-64	1:23:38
Donald Monagle	3rd 70-74	1:26:40
Bill Schuh		1:26:47
Ralph McKinney		1:28:42
Beau Vinton		1:29:33
John Schultz		1:29:35
Linda Lavelle		1:49:37
Becky Yencharis	1st 80+	2:30:39
*Diane sets a new 50-54 state record with a gun time of 1:09:35.		

## Flying Pig Marathon

CINCINNATI, OH.

		May 5
		3,084 finishers
Barbara Herko		4:14:36

## Flower Market 5K

WILMINGTON, DEL.

		May 11
		188 finishers
Beau Vinton	3rd 50-54	23:36
Hal Clouser	1st 55-59	24:48
Ted Filmont	2nd 60-69	25:19
Joe DeRosa	1st 70+	29:32
Sterling Pomeroy		37:03
Becky Yencharis		44:38

## Race Against Family Violence 5K

NEWARK, DEL.

		May 11
		214 finishers
Patrick O'Rourke	overall winner	16:35
Mark Deshon	1st 45-49	17:38
David James	1st 50-54	17:49
Bob Taggart	1st 60-64	19:38
Bill McQuillan	3rd 35-39	19:45
Diane Kukich	1st 50-54	20:47
Vince McIntosh	2nd 45-49	21:13
Dave McCorquodale	1st 54-59	21:48
Darlise O'Connor	1st 30-34	22:41
Jordan Deshon	2nd under 14	23:38
Howard Bowker	2nd 60-64	25:55
Judy Taggart	2nd 60+ (walk)	48:15

## Greg Shouldis 5K

DOVER, DEL.

		May 11
Chip Bixler	1st 50-54	19:45
Bruce Hubbard	2nd 55-59	20:18
April Hubbard	1st 55-59	26:32
Lee Masser	1st 60+	27:33
Doris Bixler	3rd 50-54	31:04

## Masser Five Miler

LEWES, DEL.

		May 12
Bruce Hubbard	1st Clydesdale Sr. master	34:01
Diane Kukich	2nd female	34:13
April Hubbard	2nd 55-59	44:18



## Club Reminders...

### Wednesday, June 26, 7:30 p.m.

General Membership Meeting at Pro Physical Therapy, 100 Valley Center Dr. (just past Carousel Park on Limestone Rd.) **Guest Speaker: Paul Schweizer**

### Thursday, June 27

Tailgate Party at Rockford Park after Marathon Sports Summer Series 5K; subs provided; bring your own beverage.

### Friday, July 12

PCVRC defends its team title in the Ice Cream Festival 5K at Rockwood Museum.

### Thursday, July 18, after 6:00 p.m.

Picnic at Dave & Kathy Farren's, 26 Wayne Dr. (Take Marsh Rd. exit off I-95, to Carr Rd., past Bellevue State Park, to second right (Wayne Dr.).

### Tuesday, August 20

Pike Creek Valley Running Club Family Night at the Blue Rocks. See form on page 10 in this issue.

**More club runners from the Ronald McDonald House 5K included Dan Weintraub, Darlise O'Connor, Barbara Herko, and Ralph McKinney.**

**Cindy Draper, Richard Webb, and Lee Kauffman at the Boston Send-off**



**Joan d'Alonzo receives the Runner of the Quarter award from club president Vince McIntosh, who was obviously up way past his bedtime.**



**Kim Moore cuts the cake at the Boston Send-off Party.**

