



The Pacer



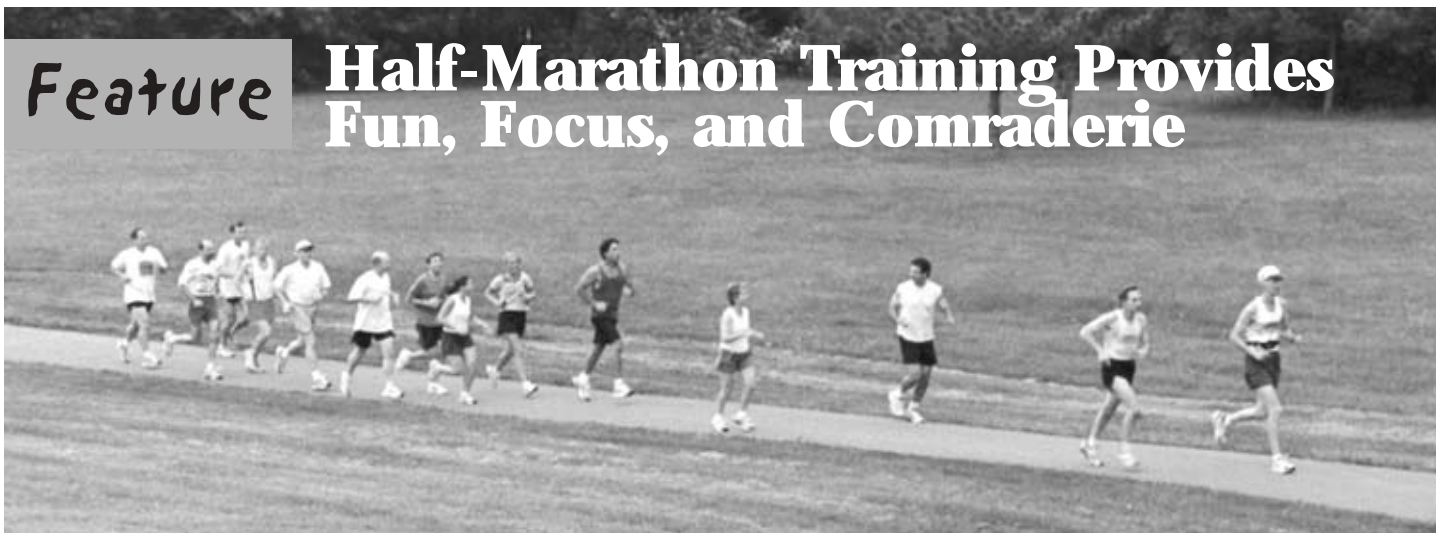
August

2003

newsletter of the Pike Creek Valley Running Club

Feature

Half-Marathon Training Provides Fun, Focus, and Comraderie



by Dave McCorquodale

The half-marathon training program that the club decided to start in June to attract new runners—and potential members—has proven to be quite successful. Overall, the sessions have attracted about thirty runners, about a dozen of whom are attending on a regular or semi-regular basis. Eight people have joined the club (see NEW MEMBERS on pages 8–9).

Although the training runs have attracted runners of all levels of experience and ability, those who have stayed with it are those who tend to have a bit more experience, including several who have run marathons. The attraction seems to be more about training together with other runners than going through a regimented training plan.

In addition to Darlise O'Connor and me as nominal group leaders, other club members who have run with the group include Don Ropp, Steve Fischer, John Drozd, and Vince McIntosh. This allows us to separate into smaller groups of various speeds, some running farther than others.

The regulars in this group have built good friendships with each other, and we have frequently continued the fun by gathering at a local watering hole for food and drink afterward. On one very successful evening, we offered a club fun run to coincide with the training session and then a group dinner afterward.

The club definitely needs to have more of these group sessions, whether it is built around a training

program or is simply a weekly group run. Not only is it fun to run with others, but valuable information is exchanged during the runs, as runners trade tales and questions about races, injuries, shoes, paces, etc.

Join Us for an End of Summer Fun Run

To keep the fun going a little longer, we are inviting all club members to participate in an End of Summer Fun Run (on a wheel-measured 5K course) on Tuesday, September 2, at Delcastle Recreation Area. Show up

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DELAWARE



Mission Statement

The Pike Creek Valley Running Club, Inc. is a Delaware non-profit corporation formed in 1982 for the purpose of promoting and encouraging running in our region as a sustainable form of recreation, as well as fostering social bonds with other runners. PCVRC supports the individual in the achievement of his or her personal athletic goals as well as involvement in the spirit of team competition.

The Pacer²

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PCVRC.com

Terry Rodgers continues to develop the club's online presence, which will become a more important source of news and help for club members as we move into the future.

If you have any comments or questions regarding www.pcvrc.com, please contact Terry. He's open to any good suggestions you might have for ways to help the website better serve the local running community.

There are now a host of new features, including a *PCVRC STORE* section, which provides information on ordering club wear, and a *TRAINING* section, complete with pace tables and a number of running and health-related calculators.

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Submissions

We welcome all submissions of articles, from informative tidbits to member stories.

Please send the text as an e-mail attachment to Dave McCorquodale (mccorq@comcast.net).

We encourage you to submit photos (either traditional prints or digital images) to Mark Deshon (deshon@udel.edu, 75 West Mill Station Dr., Newark, DE 19711). Digital images should be in JPEG format (at a large dimension if low resolution—i.e., 72 pixels per inch—or a standard print size at high

resolution—i.e., 300 ppi). Any prints or digital media (CD, Zip, etc.) will be returned to you.

Results of non-local races, any personal bests, or any special racing distinction (use your judgment) should be sent to Jerry Herman by e-mail (gaherm@earthlink.net) or phone (302-475-5439).

Whereas the newsletter staff will try to include every submission, it reserves the right to edit and/or hold submissions for a future issue. Thanks for helping make *The Pacer* worth reading.



President's Message



I bet your summer has been every bit as busy as mine. Typical of August, I'm writing this as one foot is almost out the door as we dash off to a family reunion. Plenty of sun, ocean, a tidal pond, kayaks and biking planned. No running, unfortunately. Yep, I'm injured again! (I prefer to

think of this latest layoff as a good opportunity to restore myself for a big push as I enter the 50-54 age group in January.)

Judi Enright and **Diane Kukich** have both retired from the board to devote more time to other responsibilities. Both have been and will continue to be big supporters of the club, and we were fortunate to have them donating time on the board. We are currently seeking to bring a few new people onto the board. We have come to appreciate that some members have more time than others at this particular point in their life. Maybe your schedule is free enough to take a turn as an active board member. If you think this might be your time, please speak to me or another board member soon.

A quick reminder that the hard working Delaware Distance Classic committee, led by the dedicated **Dave Farren**, can use your support. If you are not able to run, let Dave know and I'm sure there is something for you to do on race day. Beyond that, I hope all of you remember to talk up the race and try to bring a few new faces along.

Hope to see you soon,

Vince

Vince McIntosh, PCVRC President

Upcoming Changes to The Pacer Staff

Since 1999 **The Pacer** staff has been anchored by **Mark Deshon**, who designed the newsletter's current format, prepares the layout, and has more recently added his own copy-editing talent—a skill he honed while working side-by-side for more than a decade as a professional colleague of writer and club member Diane Kukich.

There will be a change in this position effective with the next issue of **The Pacer**. **Cynthia Webb** will be taking over the design chores for the club newsletter. Cynthia is very interested in using her own design talents to benefit the club, and Mark felt that this would give him time for other opportunities. So, he's ready to hand it off to her as this issue goes to press.

You may expect some changes—subtle or overt—in how **The Pacer** looks, and that's OK. We want this to be something each club member appreciates and is eager to read when it hits his/her mailbox. Therefore, we strive to continually improve it.

As always, if you have any suggestions for how we can make **The Pacer** better, please call (302-998-7161) or e-mail (mccorq@comcast.net) me. It helps to know what you think. Thanks.

—Dave McCorquodale
Managing Editor

Gone Running

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. For half-marathon training runs on Thursdays at 5:55 p.m., call Darlise O'Connor at 302-733-0990 or Dave McCorquodale at 302-998-7161.

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) or John Mackenzie (302-453-0859 or johnmack@verizon.net). For additional information on trail runs check the Traildaws website (www.traildaws.org).



Half-Marathon Training

(from page 1)

to sign in at 6:00 p.m. We will need to know the best 5K time you have run in the past year. Be prompt so that you can warm up before the 6:30 p.m. race; this will give us time to use your race times to set the order of runners.

This run will be McCorq's First Annual 5K Handicap Challenge Run, which will start at the starting line of the Delcastle Loop, run down to a turn-around in Sherwood Park II, near the McCorquodales' house, and finish back at the starting line. It will be a handicapped start, based on your 5K best time. The

slowest runner will go first, then the next slowest, and so on to the fastest. In theory, everyone could cross the finish line at the same time. In actuality, someone has probably improved his or her running enough in the past year to be the winner.



No cheating, please! This is for fun! Find out your best 5K time in the past 12 months before you come. You can e-mail me in advance with the time at mccorq@comcast.net.

Afterward, we will gather in my house for food, featuring pizza, and beverages. If there are any requests or dietary restrictions, let me know.

USATF Grand Prix Series Update

by David James

The fourth race in the Grand Prix Series was the Broad Street Ten Mile Run held on May 4, 2003. As usual, this was an extremely competitive event with world-class performances from the top runners. For mere mortals, this is always a difficult race in which to score points but the fleet of foot of Bryn Mawr Running Company again flexed their impressive running muscles and scored well both individually and as a team.

After four events in the series, **David James** remains in joint lead with a very narrow margin over the Bryn Mawr running pack closely snapping at his heels. Other scoring PCVRC members are **Bob Hempton, Brian Driscoll, Lee Kaufmann, Bob Taggart, Diane Kukich, Cynthia Webb, and Connie Montana.**

In the Club Challenge, PCVRC remains in fourth place. At Broad Street, PCVRC's scoring team was **Carla Pastore, Dave McCorquodale, Don Monagle, Bob Taggart, and David James.**

On an individual basis, **Bob Taggart** placed second in the 60-64 age group with a time of 67:28, and **David James** placed first in the 50-54 age group with a time of 59:09.

Pike Creek needs other club members to join USATF to be sure we field a team at each event. This will be particularly important when the last events, the Philadelphia Marathon and the Rothman 8K, are held on November 23, and we will need a team for each event.

Further information about the Grand Prix Series is available on the Mid-Atlantic USATF web-site at www.usatf.org/assoc/mid-atlantic.

Club Reminders...

End of Summer Fun Run

Tuesday, September 2, at Delcastle Recreation Center (upper parking lot). Meet at 6:00 p.m. to sign in and warm up for McCorq's First Annual 5K Handicap challenge Run at 6:30 p.m. Your start time will be based on your best 5K time during the past 12 months. Food—featuring pizza and beverages—at McCorquodales' after the run.

21st Annual Delaware Distance Classic 15K

Sunday, October 12, 8:30 a.m. at Frawley Stadium in Wilmington. PCVRC's own race. All members are urged to participate or volunteer. See registration form on back page.



USATF Announces New Hydration Guidelines

by Dave McCorquodale

In April USA Track & Field (USATF) unveiled new fluid-replacement guidelines for long-distance runners, as well as a major new initiative to educate the distance-running public about how to properly hydrate.

For athletes in general and especially for those completing a marathon in more than four hours, USATF recommends consuming 100 percent of fluids lost due to sweat while racing. This marks a significant change from the understanding most runners have that they should be drinking as much as possible and following the guideline to "stay ahead of your thirst," which has been held as the standard recommendation for many years.

Simply put, runners should be sensitive to the onset of thirst as the signal to drink, rather than staying ahead of thirst. Being guided by their thirst, runners prevent dehydration while also lowering the risk of hyponatremia (low sodium), a potentially dangerous condition increasingly seen as runners have erroneously overhydrated.

Announced by USATF in advance of the 2003 Boston Marathon, the new guidelines mark a significant shift in standard recommendations for fluid replacement. They reflect changes in scientific thinking as well as changes in the average finishing times of marathon fields.

"The 'new running boom' has seen more mid-pack and back-of-the-pack runners taking up marathoning," USATF CEO Craig Masback said. "The United States now has 30 million adult runners, a growth that has been tremendous for the sport and the overall health of Americans. As the national governing body for long-distance running, we consider it vital that we play a key role in educating athletes of all levels, from the four-hour-plus marathoner to our Olympians."

Replacing Fluids and Sodium

A potentially fatal condition, hyponatremia most often occurs in exercise lasting four hours or longer, results primarily from consuming excessive fluids, and is exacerbated by not replacing sodium losses. Severe cases of may involve *grand mal* seizures, increased intracranial pressure, pulmonary edema (fluid in the lungs), respiratory arrest, and even death.

In USATF's new hydration guidelines, long-distance runners are instructed to consume one liter of fluid for every liter lost during a race, equaling a 1:1 ratio. Runners can determine their rate of sweat loss weeks

before a race by using the USATF Self-Testing Program for Optimal Hydration, as described at www.usatf.org.

Following this self-determined hydration strategy minimizes risks associated with both dehydration and over-hydration.

Athletes who have not yet had the opportunity to perform self-testing should begin their races well-hydrated—indicated by clear urine—and then drink when thirsty during their races, rather than drinking constantly as some have recommended. A sports drink with sodium and other electrolytes is preferred.

Runners lose not only water, but significant amounts of sodium and other minerals while sweating during the course of a marathon. Recommendations of 150 percent fluid replacement or more could result in runners consuming large quantities of water during their races, causing a drop in overall sodium levels and, potentially, hyponatremia.

While proper hydration is critical for all runners competing in long distance races, those who are on the course for an extended period of time have a greater risk of dehydration or of overhydration, which increases the risk of hyponatremia. This risk demands that runners know how much their bodies need in racing conditions.

Many scientists now view hyponatremia as just as much of a threat to runners as heat illness and dehydration, and major papers distributed by the International Association of Athletics Federations (IAAF) and USATF have described these potential problems and how to avoid them. (These papers are available at www.usatf.org.)

Editorial Comment:

USATF has published these new guidelines in response to several recent incidents, most notably the death of a young woman in the 2002 Boston Marathon. While mindful of its caution to not overhydrate, I suspect that runners may not hydrate enough.

The guidelines seem most appropriate for slower runners who are running a marathon distance in cool weather! Change any one of these circumstances and, in my opinion, the guideline is no longer relevant. A faster runner would warm up more and sweat more. In a race of half-marathon or less, a runner would not take in enough fluid to produce hyponatremia. On a warm day (65 degrees or more), it would probably serve a runner best to drink before one feels thirsty. This is my opinion and my Boston 2003 experience supports it.

So, I personally feel that on warm days "stay ahead of your thirst" is the better recommendation, regardless of how fast you run. Just make sure to compensate for the salt loss by drinking some electrolyte replacement fluids.



Member Stories

The Hatfield-McCoy Marathon

On June 14, Connie Montana completed the Hatfield-McCoy Marathon in Williamson, W.Va., in 4:14:20, finishing 57th out of 200. Here is her account as posted on the traildawks.org website several days afterward.

Hello to all! Well, I'm fresh back from my second marathon ever (well, *fresh* is not exactly the right word--I am a bit sore)! I did the Dawgs as proud as I could with wicked blisters from ten miles of running in the rain (anyone have any suggestions/remedies?) and some substantive hills that were not mentioned on the Hatfield-McCoy website. It turns out they changed the course to get USATF certified, so we had a few small mountains to conquer and a lot of everlasting, rolling hills.



Support for this race was tremendous from the locals. There were water stops nearly every mile. I got incredibly weary at the last mountain around mile 22, but was able to tough it out with the help of Luden's Cough Drops coated in salt (courtesy of Conrad Anker--amazing mountaineer of finding George Mallory on Mt. Everest fame). Highlights of my trip included:

- Winning my age group (super trophy!) in what I think turned out to be 4:14--the results are not posted yet to verify. With the hills and my blisters, I was very satisfied with the time. I'll try to break 4:00 at Philadelphia this year.
- Meeting wonderful folks from the 50-state club who made me seriously want to consider joining because we had so much fun together. They were a'hootin' and hollerin' when my name was called for the trophy. Told me some funny jokes too: Q--"Why do they serve food at a West Virginia wedding?" A--"To keep the flies off the bride."
- Running the entire distance with a man who had lost 60 pounds and recovered from cancer to complete his 104th marathon! We went the distance together and brought a couple of local dogs across the finish line with us who just seemed to want to follow us along.
- Yelling at all the local people who were outside playing music and shouting, "Where y'all from?"
- Meeting and getting to know more people in three days than I know in my own neighborhood. Small-town charm prevails; there was nary a fast-food restaurant.
- Eating home-cooked meals in the HOTEL and the local diners--all delicious, served with a smile, and under \$5! The most we spent on food while in West Virginia was \$14 for dinner for two, which included cornmeal-breaded fish, homemade peach pie, and ham and beans with potatoes.
- Sitting with the race director watching the blue-grass/country music concert put on by the locals who were very talented musicians. The race director himself sings gospel and is very good!

All in all, a fantastic trip and an encouraging marathon for me. New words I learned included "Red up" (means "clean up") and "a' feared" (as in, you aren't afraid of that mountain at mile 22, are you?). See you on trail when my legs and feet recover!

Regards to all,
Connie Montana



Member Stories

“Running Thoughts” from Our Recent Trip to Europe

by Mark Deshon

Heat? What heat? Indeed, it might be a fair question to ask from someone used to summers in Delaware. Unfortunately, for the many nations across the pond that have sweltered under several weeks of 35-degree-plus (that’s Celsius) temperatures, it’s a serious matter.

Upon arriving in Brussels and trying to quickly get a handle on French, a language I took only one year of in school some 35 years ago, I heard a lot of *très chaud* (very hot) being uttered during my family’s first few days in Belgium. It didn’t take me long to figure out that the locals were in the midst of the type of summer we had last year in Delaware—very hot and very dry.

My wife Jo Anne’s mom was originally from Belgium and had met her dad during WWII. Jo Anne has more cousins and second cousins over there than even *she* knew. We hadn’t been there in nearly 13 years, or at least not in my 10-year-old son Jordan’s lifetime. Even her cousins’ kids were now having children of their own, so we figured it was a good year to get reacquainted and have a fun family adventure. We were hosted for several days in a tiny farm village of Saint Remy by Jo Anne’s cousin Cécile and her husband Michaël.

Fortunately for me, since we had last seen Michaël, he had put his football (soccer) cleats away and had caught the running fever big time. Listening to him talk to me in French about running and his own racing exploits on the local club circuit not only accelerated my (faux) command of the language but made me feel very comfortable as a fellow road warrior.

The next morning, seeking to take a proactive approach to fighting the jet lag, I was out early with Michaël on a 6km loop of Belgian farmland. He knew that I’m a bit faster than he is, so he asked me to run *doucement* (literally *gently*, meaning “take it easy on me”). The countryside was beautifully picturesque, particularly at that time of the morning, though I had to put up with the houseflies, which are so prevalent in and around a farm, ever circling my head as I ran.

I felt better the next morning, so I did a sustained fast run over the same course just to put in a good workout. Later that morning, I was able to feel a little of what it must be like to experience the Tour de France in the saddle, as Michaël and I took an hour’s

bike ride in and

around the area and through the nearby town of Chimay.

After a day of sightseeing in Paris and one in Brussels, we left for a small village in the Eifel region of Germany, a popular European summer vacation spot for outdoor enthusiasts, as we found out. We had traded our time share week for a spot in Europe, as close as we could to Belgium, to enable us to easily go back and forth as we pleased yet have some time on our own.

It was hot here, too. But there was a nice park in the town of Gemünd, which had been built in a valley around the confluence of two streams, and lots of well-maintained wooded trails. There was even a public pool, which we definitely enjoyed for a very reasonable six euros a day (for all three of us).

Having gotten my bearings and studied a town map that we were given at check-in, I set out the next morning for a loop that would take in the park. Our flat was located way up on a hill with a nice view of the surrounding hills and the valley below. This made for tough running, as there were but two ways to get to the town—a steep 600m descent one way or a slightly less steep 800m gravity-puller the other. Of course, that also meant I had to crawl up one of those mothers to get back.

As luck would have it, though, I “ran into” another such soul that morning, a German from Dusseldorf named Klaus, who was vacationing there and staying in the building next to ours. After catching up to him and explaining in my best German that I don’t speak German very well, we began conversing in English as we ran through the park.

Klaus was training for a marathon (his second) and trying to get in some miles while on vacation with his family. He went further than I that morning, but the next morning I joined him for an out-and-back that he said was 11km. After trudging back up the hill the long way, which involved a couple nasty switchbacks, I stopped my watch at 56+ minutes, easily the longest run I’d had in recent memory (*must* have been more than 11km). But it was so enjoyable, running with a kindred spirit (and former 1000m champion of Dusseldorf, so he told me).

The next day we headed for Switzerland to visit a friend and former Piker from the late 80s, Martin Wolfer. Thank goodness that, though air conditioning is not widely appreciated and even less utilized in this part of the world, our rental car had good A/C. It took the better part of seven hours to reach Meilen, a little suburb of Zürich on the shore of the Zürich See (lake). Martin was then and is still quite a runner. While in Delaware, he had run a 5K in 15-o-something and a 2:28 at Boston—quite a range of talent. Now in his 40s, he ran this year’s Zürich Marathon in 2:36 and change.

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Foot Notes

compiled by Ralph McKinney

Congratulations to Wayne Kursh, who celebrated hitting the big 50 on July 21 at the beach. Wayne's milestone came the day before **Delaware's small wonder, Becky Yencharis**, turned 84.

Rich and Becky Abel will be out of town for a while. They have rented out their house and leave for Americorps Vista training. After training, they will locate in Salem, Ore., to working on a micro-enterprise development program to help people build new businesses. The following two years, they hope to serve in the Peace Corps. Although Rich's personal streak of participating in 21 straight Great Wyoming Buffalo Stampedes ended last year with his injury, Becky extended her streak to 22 this year.

Frank Shorter will return for the third time to participate in the Old New Castle Run. The Five Miler

will be held on Saturday, Sept. 13, at the unusual start time of 2:30 p.m. The run coincidences with the Crab Fest at St. Peter's Church. More details can be found at www.oldnewcastlerun.com. There is a \$3.00 discount for online registration. Shorter will be speaking the following weekend at the expo of the Philadelphia Distance Run.

The **Delaware Open Cross-Country Championship** will be held at Brandywine Creek State Park on Saturday, November 29. There will be cash awards for the top ten open runners and the top seven masters as well cash awards to the top 50- and 60-year-olds. For more information, contact Jim Walsh at 892-2829. Registration is only \$10 before Nov. 15, \$12 thereafter. (As usual, Ralph McKinney has some applications.)

The group that organized the "unofficial" **D.C. Marathon** in 2003 after the after the original director, H2O Entertainment, cancelled the race, has founded D.C. Marathon, Inc., to conduct the 2004 event. Bob Scheider, newly elected

President, notes races organized by runners have advantages over races organized by non-runners.

Looking for an inexpensive means of attaining a quick energy boost? You may have to look no farther than that jar of **honey** sitting on a shelf in your kitchen. With gel packets costing a dollar or more apiece, a squeeze bottle containing honey may be just as effective as gels for those long runs or marathons. The following online document has a detailed discussion sports nutrition and honey: www.nhb.org/download/research/honeyandsportsnutrition.pdf.

While attending a performance of Shakespeare's Mid-Summer's Night Dream at Archmere Academy, **John Schultz** was struck by the appropriateness of the following lines to those of us who strive to do our best in races. Taken from Act 3, Scene 2, 4:15-16, John names them The Runner's Lament: "The villain is much lighter-heeled than I. I followed fast. But faster did he fly!"

New Members

Ray Christensen

Ray is originally from Queens, N.Y., and spent 12 years in the lovely San Francisco area after college. Before 2002 he had never run more than seven miles in a week, but he heard about Arthritis Foundation's marathon training program and got hooked from the start. It didn't hurt that his house is within shouting distance of the Delcastle Recreation Center! Last October, he had a thrilling experience doing the Dublin Marathon. This year, he attempted one in Anchorage, Alaska, on August 17 (also for Arthritis) and is thinking about the NYC Marathon as well. But he's never done a 5K!?

Ray is a former naval officer, single, and works in jewelry distribution at QVC in West Chester. One of his indoor hobbies is web design. Visit his "Marathon Man" site at www.attractweb.com/run. There are links to many photos of his Dublin experience and other more local races. "I also discuss my training and beg

for money for the Arthritis folks," Ray adds.

Ray says "It's been a pleasure joining PCVRC and meeting other insane people to run with!"

Lori Culnane

Lori has been married to husband John for seven years and is an MRI Technologist at St. Francis Hospital. She started jogging around five years ago in preparation for a two-mile fun run with John's family, after watching a couple of his nephews' high school cross-country and track meets.

Her life-changing moment came while watching the Pike's Peak Marathon in Colorado Springs in 2000. She figured if these people can start at an 8,000-ft. elevation, run up 6,000 feet to a 14,000-ft. peak for 13 miles, then turn around and go back down, then she could certainly do a flat, sea-level 26 miles! Lori decided then that in the next year, while she was 40, she was going to run a marathon. How's that for a mid-life crisis! She entered the NYC Marathon lottery, got picked, and ran it in Nov. 2001. What an incredible,



first-time marathon, post 9-11, emotional run! She has since run two other marathons, the most recent being Boston this past April.

Lori is currently training for the Marine Corps Marathon this October. She's been bitten by the marathon bug and hopes to stay healthy and run at least one a year, hopefully in a variety of locations.

Brent Poperechny

Brent is 30 years old and lives in North Wilmington with his wife, two children, a dog, and two cats. He works for Epsilon Products Co. (Sunoco polymers) in Marcus Hook, Pa.

Brent's been running for just over a year and a half, currently training for the Philadelphia Distance Run. Last year, he trained for the Philadelphia Marathon and met his goal of under 3:45 with a chip time of 3:40.55. He's decided this year to forego the Philly Marathon to concentrate on shorter distances; but you never know.

Brent trains with one of our new members, Steve Pufka, who is training for the Philly Marathon. If his miles are still high in October, then maybe he'll enter. One of the highlights, so far this running year, is his first-place finish in the Clydesdale division at the Caesar Rodney Half-Marathon. Unfortunately, he wasn't able to compete in the Clydesdale Federation Grand Prix. His two long-range goals for running are to qualify for the Boston Marathon and compete in a Ironman Half Triathlon.

Luis Maisonet

Luis Maisonet is 38 years old and has a wife named Alicia and two daughters, Shomara and Jessica, neither of whom like to run. By his own admission, Luis is very shy and not very talkative. His hobbies are playing chess, running, and playing softball, although he "retired" from softball this year. His biggest running accomplishment has been completing the Las Vegas Marathon this past February. The weather conditions were the worst in the 37-year history of that race, with head winds at 45 mph, yet Luis placed 212th out of the 2,500 who finished.

Carl Krienen

Carl is an architect with Anderson Brown Higley Associates in Wilmington. He grew up in Wilmington and graduated from Salesianum in 1985. He returned home after attending college and working in Washington, D.C., for 12 years. Carl and his wife Mary have three young children and live in Wilmington. He is a relative newcomer to running and has taken to it, as he says he has no other discernable athletic ability (as his family frequently reminds him). Carl's immediate goals are to run his first half-marathon in

September. After that, watch out!

Franny Trincia

Franny is married and has a son and a grandson. He works as a union pipefitter. Having run when he was younger, Franny started in again two years ago. He is mainly interested in fitness and losing weight. Having done the Bottle & Cork Ten Miler last year, his immediate goal is improving his time in the race this year.

Walt Hurtt

Walt has a wife and two children and owns and operates a landscaping business. Although this is his first year of running, Walt has been very diligent about getting out with the training group and participating. He has experienced some leg pains and is getting physical therapy to alleviate the problem. Even so, Walt has walked with us when he couldn't run. His immediate goal is to get in shape and train for the Philadelphia Distance Run.

Jack Horowitz

Jack is single and an emergency-room physician. He has been running for 13 years, but he considers himself as being involved in overall fitness, rather than strictly a runner. Last year he completed the Paris Marathon, and he is currently training for the Cape Cod Marathon in October.

Karen Suitor

Karen is single and has recently relocated from Rochester, N.Y., where she was once the President of the Greater Rochester Track Club. She has been running for about 11 years, but is coming off an injury and a long hiatus, due to her move.

During the past year, Karen has completed races at distances from 5K to the marathon, but she is more proud of the fact that she was part of an informal group of training partners, known as the "Slug Goddesses," all of whom were age 40+ with body fat. Another runner had warned them one time that if they didn't speed up, they were going to be passed by another slow-moving runner, whom he called a "slug." Says Karen, "Running is not the exclusive property of people who can run five- and six-minute miles." She is not only right but is definitely out to enjoy her running.

Know of someone interested in the Pike Creek Valley Running Club? Then get them a membership form from the club website, www.pcvrc.com, and let's read about them in *The Pacer*.



Racing Highlights

New Jersey Marathon at The Shore Apr. 27
LONG BRANCH, N.J.
John Schultz 3rd 70+ 5:19:43

2nd Annual Mark Inc. 5K May 17
BEAR, DEL. 122 finishers
Nina Smeltzer 1st 40-44 25:38
Joe DeRosa 1st 70-74 28:48
Sterling Pomeroy 2nd 70-74 36:29
Becky Yencharis 1st 80+ 48:48

Kennett Square 5K Run May 17
KENNETT SQUARE, PA.
Tom Jermyn 1st master 17:20
Bill Farquhar 1st 35-39 17:28

14th Kid Shelleen's 10K May 18
WILMINGTON, DEL. 153 finishers
Mike Holloway 1st 20-29 35:21
David James 1st 50-59 37:45
Cres Campbell 1st 40-49 38:07
Stephen Fischer 2nd 20-29 39:36
Lauren Holloway 3rd 20-29 46:18
Darlise O'Connor 3rd 30-39 49:09
Rich Abel 1st 60-69 50:01
Ann Foster 1st 50-59 52:12
Don Monagle 1st 70-79 52:39
John Schultz 2nd 70-79 53:35

14th Kid Shelleen's 5K May 18
WILMINGTON, DEL. 221 finishers
David James 1st 50-54 18:41
Barbara Herko 2nd 35-39 24:48
Rich Abel 1st 60-64 25:02
Jerry Herman 3rd 55-59 25:10
John Schultz 1st 70-74 27:09
Joe DeRosa 2nd 70-74 29:05
Becky Yencharis 1st 80+ 48:09

Chestertown Tea Party 10 Miler May 24
CHESTERTOWN, MD. 329 finishers
John Schultz 2nd 70-79 1:37:37

Chestertown Tea Party 5K May 24
CHESTERTOWN, MD. 135 finishers
Joe DeRosa 1st 70-79 30:04
Becky Yencharis 1st 83+ 47:16

Glasgow Dragon 5K May 24
GLASGOW, DEL. 115 finishers
David James overall winner 18:15
Dave McCorquodale 1st 50-59 22:45

Glasgow Dragon 5K (continued)
Larry Price 1st 60-69 22:57
Grif Balthis 2nd 60+ 24:59

Charley Horse Trail Run 20K May 25
PLOWVILLE, PA.
John Schultz 2nd 60+ 2:31:58

Kids Action for Asthma 5K May 28
WILMINGTON, DEL. 89 finishers
Bruce Hubbard 1st 50-59 21:24
Connie Montana 3rd 30-39 23:33
Nina Smeltzer 2nd 40-49 24:48
Andrea Rubinoff 3rd 40-49 24:55
April Hubbard 3rd 50-59 27:39
Joe DeRosa 1st 70-79 30:03
Sue Levy 2nd 60-69 33:37
Becky Yencharis 1st 80+ 47:19

7th 5K for Jay May 27
WILMINGTON, DEL. 307 finishers
Richard Webb 1st 55-59 20:02
Cindy Webb 1st 55-49 23:45
Ann Foster 1st 50-54 24:53
Jerry Herman 3rd 55-59 26:43
Sterling Pomeroy 3rd 70-79 37:55

Rusty Rudder 10K May 31
DEWEY BEACH, DEL. 129 finishers
Joan D'Alonzo 1st 40-49 45:45
Lee Masser 2nd 60-69 1:01:48

Rusty Rudder 5K May 31
DEWEY BEACH, DEL. 206 finishers
Tom Jermyn 1st 40-44 16:57

15th Annual Covered Bridge Half Marathon June 1
WOODSTOCK, VT. 2000 participants
Javier Suarez 1:52:00
Larry Briggs 2:19:10

Make-A-Wish 10K June 1
CENTREVILLE, DEL. 64 finishers
David James 1st 50-59 38:56
Don Ropp 1st 40-49 39:52
Richard Webb 2nd 50-59 42:15
Luis Maisonet 1st 30-39 42:28
Chris James 3rd 20-29 43:11
Larry Price 1st 60+ 52:16
Ann Foster 1st 50-59 53:19
Carl Krienen first 10K 54:14
Franny Trincia 54:15
John Schultz 3rd 60+ 59:07



Racing Highlights

Make-A-Wish 5K

CENTREVILLE, DEL.		June 1
		85 finishers
David James	1st 50-54	19:19
Don Ropp	3rd 40-44	20:13
Richard Webb	1st 55-59	20:49
Dave McCorquodale	2nd 55-59	23:53
Larry Price	1st 60-64	25:29
John Schultz	1st 70+	28:43
Ralph McKinney	3rd 55-59	29:52
Joe DeRosa	2nd 70+	30:19
Becky Yencharis	1st 70+	47:19

Race to a Cure 5K

MIDDLETOWN, DEL.		June 5
Andrea Rubinoff	3rd 40-49	22:19
Larry Price	1st 60+	22:50
Lee Masser	2nd 60+	28:45

Samuel H. Bayard River Run 5K

WILMINGTON, DEL.		Jun 6
		55 finishers
Don Ropp	3rd 40-49	18:32
Darlise O'Connior	2nd 30-39	24:19
Andrea Rubinoff	1st 40-49	25:23
Bob Wortz	1st 60-69	25:57
Lee Masser	2nd 60-69	29:13
Joe DeRosa	3rd 70-79	29:38
Becky Yencharis	2nd 80+	47:30

4th Green Hill Strawberry 5K

WILMINGTON, DEL.		June 7
		32 finishers
Tom Jermyn	1st 40-49	17:03

Russell Whiteside 5K

CHICHESTER, PA.		June 7
		53 finishers
Joe DeRosa	1st 70+	28:16
Becky Yencharis	1st 70+	49:35

Reedy Point Bridge 10K

DELAWARE CITY, DEL.		June 7
		40 finishers
Frank Barbera	1st 40-49	36:54
Cres Campbell	2nd 40-49	38:36
Dave McCorquodale	2nd 50-59	46:42

Reedy Point Bridge 5K

DELAWARE CITY, DEL.		June 7
		135 finishers
Frank Barbera	1st 40-49	18:00
Cres Campbell	2nd 40-49	18:48
Dave McCorquodale	2nd 50-59	24:21
Andrea Rubinoff	2nd 45-49	24:55

Spring Into Motion 5K

GREENWOOD, DEL.		June 7
Lee Masser	1st 60+	28:36

Crabbers Cove

Four Miler & 5K Walk

DEWEY BEACH, DEL.		June 8
		231 finishers
Lee Masser	1st 65-69	38:56

24th St. Anthony's 5K

WILMINGTON, DEL.		June 8
		165 finishers
Brian Driscoll	1st 40-44	18:10
Lee Kauffman	1st 45-49	18:37
Richard Webb	1st 55-59	19:32
Bill Farrell	2nd 45-49	19:33
Cindy Webb	1st 45-49	23:34
Andrea Rubinoff	2nd 45-49	24:57
Don Monagle	1st 70+	26:20
Joe DeRosa	2nd 70+	29:54
Becky Yencharis	1st 70+	51:41

10th Run for Shelter 5K

WOODSTOWN, N.J.		June 14
		88 finishers
Frank Barbera	overall winner	17:07

Strawberry Fever 5K

WOODSIDE, DEL.		June 14
Lee Masser	1st 60+	30:12

Arthur J. Turner Jr. Scholarship 5K

WILMINGTON, DEL.		June 14
		102 finishers
Don Ropp	2nd 40-49	18:05
David James	1st 50-59	18:44
Bob Taggart	1st 60-69	20:04
Bob Bennett	2nd 60-69	21:21
Jack Horowitz		22:47
Andrea Rubinoff	2nd 40-49	24:19
Stewart Whisenant		26:47
Carolyn McCorquodale	2nd 50-59	33:31
Becky Yencharis	1st 80+	49:30

16th Annual Sprint Triathlon

MIDDLETOWN, DEL.		June 16
Carla Pastore	3rd 45-49	1:22:13
April Hubbard	2nd 55-59	1:29:53
Bruce Hubbard	4th 55-59	1:44:40

Media Five Miler

MEDIA, PA.		June 20
		605 finishers
Brian Driscoll	1st 40-44	29:55
John Schultz	1st 70+	46:00
Joe DeRosa	2nd 70+	53:09

Summer Fest 5K

CLAYTON, DEL.		June 21
Larry Price	2nd 60+	26:51
Lee Masser	3rd 60+	31:27
April Hubbard	1st 50-59	31:32



Racing Highlights

Plunge for Patients 10K

WILDWOOD, N.J. June 20
51 finishers
Dave McCorquodale 1st 55-59 46:35

Plunge for Patients 5K

WILDWOOD, N.J. June 20
78 finishers
Carolyn McCorquodale 1st 55-59 35:15

Citizens Bank 5K

REHOBOTH BEACH, DEL. June 22
202 finishers
Dave Farren 3rd 35-39 19:15
Rich Abel 2nd 60-64 23:26
Nina Smeltzer 1st 40-44 24:15

3rd Miles for Molly 5K

WILMINGTON, DEL. June 28
405 finishers
Cres Campbell 1st 40-44 17:41
David James 1st 50-54 18:12
Bob Taggart 1st 60-64 19:54
Dan Weintraub 3rd 45-49 23:02
Lori Culnane 2nd 40-44 23:57
Andrea Rubinoff 2nd 45-49 24:12
Ann Foster 1st 50-54 24:32
Bob Wortz 2nd 65-69 25:19
John Schultz 1st 70-74 25:55
Joe DeRosa 2nd 70-74 29:37

18th Firecracker 5K

WILMINGTON, DEL. July 4
200 finishers
Frank Barbera 1st 40-49 17:31
Brian Driscoll 2nd 40-49 17:37
David James 1st 50-59 18:41
Christopher James 3rd 20-29 20:02
Bob Taggart 1st 60-69 20:12
April Hubbard 3rd 50-59 29:49
Sue Levy 1st 60-69 32:51
Rose Marie Cilia 2nd 60-69 36:00
Becky Yencharis 1st 80+ 50:18

Good Neighbor Day 15K

DOWNINGTOWN, PA. July 4
154 finishers
Dave McCorquodale 3rd 55-59 1:13:09

Freedom 5K

DOVER, DEL. July 5
Tom Jermyn 1st 40-49 17:29
Bruce Hubbard 1st 50-59 21:40
Larry Price 1st 60+ 22:49
Jonna Jermyn 1st 11-15 28:54
April Hubbard 1st 50-59 28:55

19th Run for Independence 5K

WILMINGTON, DEL. July 9
175 finishers
Mike Holloway 1st 25-29 17:15

Run for Independence (continued)

Don Ropp	1st 40-44	18:22
Stephen Fischer	2nd 25-29	19:05
Luis Maisonet	2nd 35-39	19:36
Bob Taggart	1st 60-64	19:53
Bruce Hubbard	1st 55-59	21:33
Joan D'Alonzo	1st 40-44	21:46
Larry Price	2nd 60-64	22:47
Connie Montana	3rd 40-44	24:14
Andrea Rubinoff	1st 45-49	24:38
Ann Foster	1st 50-54	25:06
Ralph McKinney	3rd 55-59	26:24
John Schultz	1st 70-74	26:39
April Hubbard	1st 55-59	28:31
Joe DeRosa	2nd 70-74	33:22
Sue Levy	1st 60-64	33:33
Becky Yencharis	1st 80+	49:02

5th Annual Rockwood Ice Cream Festival 5K July 11

WILMINGTON, DEL. 227 finishers
Joe DeRosa 1st 70-79 33:23
Becky Yencharis 1st 80+ 1:06:20

Inaugural Lighthouse Taco Toss 5K July 13

Dewey Beach, Del. 434 finishers
Tom Jermyn 1st 40-44 17:00
Bob Wortz 2nd 65-69 25:43

Summer Delevopment Track Meet July 16

WILMINGTON, DEL.
John Schultz 200m PR 36:8

Catherine Rooney's Irish Pub 5K July 17

WILMINGTON, DEL. 365 finishers
Mike Holloway overall winner 16:55
Stephen Fischer 3rd 20-29 18:59
Luis Maisonet 3rd 30-39 19:28
Carl Krienen 23:21
Lori culnane 2nd 40-49 23:22
Darlise O'Connor 2nd 30-39 23:39
Ray Feehery 24:49
Franny Trincia 25:06
John Schultz 1st 70-79 27:01
Joe DeRosa 2nd 70-79 30:54
Sue Levy 1st 60-69 33:40

25th Great Wyoming Buffalo Stampede 10K July 19

WYOMING, DEL.
Frank Barbera 1st 40-44 36:32
Mike Malone 3rd 35-39 40:46
Richard Webb 1st 55-59 41:35
Christopher James 1st 25-29 42:18
Dave McSherry 1st 45-49 42:41
Chip Bixler 1st 50-54 44:36



Racing Highlights

Great Buffalo Stampede 10K (continued)

Bruce Hubbard	3rd 55-59	46:28
Nadine Marks	1st 30-34	48:49
Ann Foster	1st 50-54	49:51
Andrea Rubinoff	1st 45-49	49:52

25th Great Wyoming Buffalo Stampede 5K July 19

WYOMING, DEL.

Cindy Webb	1st 40-49	24:04
April Hubbard	1st 55-59	28:09
Lee Masser	3rd 60+	29:10

Lehigh River Run (22.79 miles) July 20

ALLENTOWN-EASTON, PA.

John Schultz	4:29:44
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4th Northbeach 5K July 20

DEWEY BEACH, DEL.

Lee Masser	2nd 65-69	29:49
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Inaugural Kahunaville Summer 5K July 26

WILMINGTON, DEL.

David James	overall winner	18:00
Stephen Fischer	1st 25-29	19:28
Joan D'Alonzo	1st 40-44	20:48
Bob Bennett	1st 60-64	21:37
Ann Foster	1st 50-54	23:58

Kahunaville

Summer 5K (continued)

Andrea Rubinoff	1st 45-49	23:39
Lee Masser	1st 65-69	29:48
Joe DeRosa	1st 70-74	30:08
Sterling Pomeroy	3rd 70-74	40:01

Riverwatch Duathlon

July 27

NORTH EAST, MD.

3-mile run, 16-mile bike, 3-mile run

John Schultz	1st 65+	2:11:19
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Seashore Striders 5K

July 27

REHOBOTH BEACH, DEL.

185 finishers

Luis Maisonet	3rd 30-39	19:15
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Inaugural Judy Johnson 5K

July 30

WILMINGTON, DEL.

124 finishers

Bruce Hubbard	3rd 50-59	22:25
Franny Trincia		24:09
Nina Smeltzer	3rd 40-49	24:45
April Hubbard	1st 50-59	27:14
Chris Trincia	2nd 50-59 (walk)	41:49

Peoples Beach to Beacon 10K

Aug. 2

CAPE ELIZABETH, MAINE

4,273 finishers

Dave Farren	41:04
Chip Bixler	43:13
Grif Balthis	51:20

European Trip (from page 7)

Our two families went down to the lake the evening we arrived and had a nice swim, the sun still pretty high in the sky and snow-capped Alps visible in the distance. Though I didn't get a run in during this quick overnight visit—knowing we had a long trip ahead of us again the next day, I opted (chickened) out, it was great to reconnect with Martin and his family.

We had been invited to the wedding of the son of another of Jo Anne's cousins back in Belgium, so the morning after our trip back to Gemünd, I got out of the house at 6 a.m. for my final of three runs in Germany. The morning mist in the valley below was serene. My (normally bad) knee and hamstrings had taken a beating from all the downhills, but the running had

become easier and more enjoyable, even at an hour when I'm typically still in dreamland. After the run and a quick breakfast, we packed up and headed back to Chimay.

We partied with the relatives after the wedding all afternoon and well into the evening. The following day we visited a friend of Jo Anne's mom and her family in nearby France. The next day we were scheduled to head back to Brussels before flying home. I had eaten so much for so many days, I needed to get out for a run just one more time. Had to get it in early, though.

Just to give you an idea how serious Michaël is about running, he had left the church in the middle of his nephew's wedding ceremony to travel an hour or so north to compete in an 18km race at 2 p.m. in searing heat, because it was part of a series (akin to our Mid-Atlantic

Grand Prix). The following day, while we were visiting in France, he did a 10km race at 11 a.m. Back-to-back races in near-95-degree heat! Still, I was able to talk him into a run the very next morning.

Michaël needed to stop and walk a bit after about two miles. I could have gone on, but I felt it was right to walk with him. Clearly embarrassed, he was explaining away in French the reasons why he felt he had to stop and walk: he had come back from an injury after a full month's layoff; these were the first races he'd done since then; he didn't want to risk reinjury. "Tu comprends?" he would ask.

I couldn't quite tell him in his own tongue, but, yes, I understood. No need to explain really. Runners speak a universal language. Whether it's *très chaud* or *trop chaud* (too hot), I, too, felt his zest for running!





21st Annual Delaware Distance Classic 15K

Sunday, October 12, 2002, at 8:30 a.m.

Start/Finish Area at Frawley Stadium at Wilmington's Christina Riverfront

Course 2003 Mid-Atlantic USAT&F 15K Championship and Grand Prix Event. Certified, Flat and Fast.

Team Competition Corporate and Club Competition - 5-person mixed format. Top 3 scoring, x-country style (min. 1 male/female)



Awards Male/Female Open Prizes, \$150, \$100, \$50 Master Prizes, \$75
5-Year Age Group Awards (1st, 2nd, 3rd)
Comcast Cup awarded to Top Corporate Team
Plaque awarded to top club/team

Entrants Receive Quality Delaware Distance Classic T-Shirt (non white)
to first 1,000 registered participants
Post-Race Refreshments
Results Posted at www.PCVR.com & www.races2run.com

Sponsors* Comcast Cablevision of New Castle County
The Foot Care Group
Delaware Stadium Corporation
Marathon Sports
Pine Mountain Springs Water



Dr. David Haley
Dr. Jason Bell
Dr. J.P. Contompasis

*Proceeds benefit Delaware Special Olympics and the Pike Creek Valley Running Club

Online Registration/ Directions Register online at www.active.com or at www.PCVR.com
Take I-95 to Exit 6 in Wilmington, follow signs to Riverfront and Frawley Stadium Area

Questions/ Comments Contact Race Director David Farren at (302) 798-4179 or via email at DDC15k@comcast.net. For Club information see the Pike Creek Valley Running Club website at www.PCVR.com



Print Name: _____ Phone Number: (____) _____

Address: _____

Age on Day of Race: _____ Street or PO Box _____ City _____ State _____ Zip _____
Sex: Male Female T-shirt Size: Small Medium Large X-Large

Cost: \$28.00 entry fee & DDC **sweatshirt** (before October 1)
\$18.00 entry fee & T-shirt; (postmarked before October 1)
\$23.00 entry fee & T-shirt (postmarked after Oct. 1 and day of race)
Add \$3.00 to receive PCVR newsletter with full results and pics

Corporate Team Name: _____

Club/Team Name: _____

Total Amount Enclosed \$ _____

RELEASE FORM: In consideration of this entry being accepted, I intend to be legally bound, hereby for myself, my heirs, my executors, and/or administrators, waive and release any and all rights I may have against the organizations holding this event, their agents, representatives, sponsors, successors and assigns for any and all injuries suffered by me at said event. No bicycles, roller skates, baby joggers, headsets or dogs. Unofficial runners are not permitted to participate.

Signature: _____ **Date:** _____ **How did you hear about the DDC15k?** _____

Mail Registration Form and make checks payable to DDC15k ♦ 26 Wayne Drive ♦ Wilmington ♦ Delaware ♦ 19809