

# PCVRC Newsletter - February 7, 2020

**Renew PCVRC Membership!** If you have not yet renewed for 2020, please do so online at <https://pcvrc.com/join-our-running-club/> or by cash/check at the March 19th Spring Social.

## Awesome Day for PCVRC at the 2019 USATF National Club Cross-Country Championships

It was a historic day with the largest participation on record for this event coupled with classic cross-country conditions that made a memorable day for everyone. Special thanks to Tom Steenkamer, Lynn Knothe and Rich Szymanski for coordinating the teams' activities. We sent 56 club members to the line across the 5 races which eclipsed the club's 2014 Club Nationals participation.

There were several high performing achievements competing against some of the top runners and teams from across the country. Official USATF results [here](#).



- PCVRC Women 60 Team A 3rd place
- PCVRC Women 40 Team A 6th place
- PCVRC Men 60 Team A 8th place
- Laura Latchford – 9th overall women's 40 race, 1st place 50-54 AG
- Mike DiGennaro – 13th overall men's 40 race

[Click here](#) for all the details and pictures

In 2019 PCVRC finished 3<sup>rd</sup> in annual club challenge competition for the MidAtlantic USATF road race series. several individuals were recognized for top performance in the 10 yr. age groups and season long age graded competition. Congratulations to Greg Cauller, Mike DiGennaro, Carol Feole Driscoll, Gerald Herman, Brenda Hodge, Betty Olmstead, Sarah Rusk, Dave Wiechecki. Awards will be presented after the 1<sup>st</sup> race of the season, the Ambler Frostbite 5 miler, at the Fireside Grill.

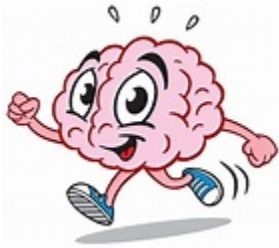
## Boston marathon is 2 months away and racing season is even closer

Congratulations to those who are running Boston Marathon on April 20, 2020. Keep pushing through those cold days (ok, hasn't been too bad so far) as you ramp up miles.

For the rest (most) of us, running season is upon us once again (does it really ever end?). On any given Saturday or Sunday throughout the year, you'll find Pike Creek Valley Running Club members at local races throughout the Delaware Valley or competing in events from 5Ks to longer distances such as the Broad Street 10 miler, Philly 8K, half- and full-marathons and of course, our club's signature race the [Delaware Distance Classic 15K](#).

We also have a team that competes in the [MidAtlantic USATF race series](#) throughout the year, competing against other clubs in the greater Philadelphia region on the roads and trails. It doesn't matter your ability or speed, all are encouraged to race for the team throughout the year with the best part (for most) being the after-race socialization, by way of tailgate, local diner or wherever!

## For Your Information



Interesting non-scientific article for those the use caffeine as a running tool:  
<https://www.menshealth.com/fitness/a19545968/caffeine-before-running/>

Run with music? Here's a good article with links to studies on the topic:  
<https://www.theguardian.com/lifeandstyle/the-running-blog/2013/mar/13/running-with-music-for-against>

## Group Runs every Sunday & Thursday and track workouts every Tuesday

Whether you're running a mile or 20, making training fun and social and come out for our weekly group runs on Sundays and Thursdays

Sundays 8:00am – meet in front of Panera on Main St., Newark (free parking)

Thursdays 6:00pm – meet at start/finish of Delcastle Rec Area

[Click here for details](#)

For those looking to get faster or just enjoy running on a track with guidance and training plans from a Delaware Hall of Fame running coach, Jim Fischer, Tuesday evening track workouts at St. Marks High School are for you! Warmup at 5:45pm and workout starts at 6:00pm. Track is lighted so anytime of year is a good time to join us.

[Click Here for details](#) or email Jim directly, [fischline70@gmail.com](mailto:fischline70@gmail.com).



## C25K program starts in March through June

A new session of the couch to 5K program is starting up again in the March, culminating in a 5K in late spring. For anyone wanting to start or re-start running in a fun, low stress and supportive environment, this is the program for you. Led by Lee Dresser, MD, the 10-week program will get you to the finish line. [Click Here](#) for details.

## Upcoming Running Seminar

Performance Physical Therapy is hosting a running seminar at their Hockessin location on Saturday March 14 at 1 PM. More details to follow soon. [Check out their website](#)

## Spring Social and Annual Meeting March 19

This year's spring party and annual meeting will be at Tyler Fitzgeralds in Pike Creek from 6:00-9:00pm. Join your friends for food, fun and awards! [Click Here for details and directions](#)

## Social Activities

Most of us run to socialize and that's why PCVRC has planned several exciting activities in the coming months. Look out for more information on these and other events

Annual banquet - March 19

Picnic - Summer

Pub Crawl - early fall

Holiday Party - December

For a schedule of all club activities, see [PCVRC Events Calendar](#)



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## Discounted Delaware State Park Passes Available

PCVRC is offering its members discounted annual passes to the Delaware State Parks for a limited time only. The cost is \$30 a pass (savings of \$5 for DE residents and \$40 for out of state residents).

[Click here for details](#)

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## USATF Race Series Update



PCVRC is among 14 clubs that fields a race team in the Mid-Atlantic USATF club competition in the road series running road races in the spring and fall in Greater Philadelphia, South Jersey and Delaware over distances from 5k up to full marathon. We'd love to hear from anyone who enjoys running or just being part of a team. We also participate in the Off-Road series of races. These are mostly 10k events in the Greater Philadelphia region. For more information and to join the team [Click here](#)

The full 2020 road race calendar is available [HERE](#). The off-road race calendar is [here](#).

# Delaware Distance Classic 15K + DNS 5K is Oct 11

It's never too early to plan for full races and the DDC 15k is perfect for those looking to challenge themselves with a longer distance, take stock in your fall training or enjoy a run along the recently completed Markell trail. This is the club's seminal event and helps support club activities throughout the year and donations to our charity partners. Please come out to race or volunteer!

The race starts at the Wilmington Riverfront at the Dupont Environmental Education Center in Wilmington.

**Register now** and see details, course map, photos at <https://ddc15k.org/> – where there is also a video tour of the course.



## Your PCVRC Board is here from you!

### [Contact Us!](#)

President: Wes Stafford  
Vice President: Adam Shilling  
Secretary: Alison McCann  
Treasurer: Andrea Riley  
Membership coordinator: Christina Xia  
Events coordinator: Keith Crispen  
USATF Team coordinator: Lynn Knothe, Tom Steenkamer  
Sponsorship coordinator: Dirk Sweigart  
Webmaster: Ray Christensen  
C25K coordinator: Lee Dresser  
DDC Race Director: Dan Suher  
Social Media: Mike Leva  
Communications/marketing: Open

## Check out our wonderful sponsors:

Wilmington Trust - <http://www.wilmingtontrust.com/>

6amrun - <https://6amrun.com/>

Harvest Market - <http://www.harvestmarketnaturalfoods.com>

Cheskin Chiropractic - <http://www.cheskinchiropractic.com>

Liquid Alchemy Beverages - <http://www.liquidalchemybeverages.com/>

Essential Balance Massage - <http://newarkmassagetherapy.com/>

Performance Physical Therapy and Fitness - <https://pptandfitness.com>

Hockessin Athletic Club - <http://www.hachealthclub.com>

Omega Project - <https://www.omegaprojectpt.com/>

M&T Bank - <http://www.mtb.com/>