

# PCVRC Newsletter - March 12, 2020

## Spring Social and Awards Banquet - Postponed



Unfortunately, due to the evolving situation around the coronavirus, the March 19 social will be postponed to a later date. Please check the PCVRC [Website](#) for updates when available.

## Spring race season is underway

We're always looking for runners to participate on our [USATF certified team](#) that competes in the race series throughout the year. 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! The 2020 Grand Prix (Road) schedule is [HERE](#) and the off-road (trail) schedule is [HERE](#).

There are also many nearby races from 5K to marathons that you don't have to travel far to get to. Here are just a couple upcoming local races that club members routinely participate in:

- Caesar Rodney Half marathon and 5K are coming up on March 22, 2020. The half-marathon starts and finishes at Tubman Garrett Park and runs through the city and Rockford Park and back. Click [HERE](#) for race details.
- Kelly Logan House 5K. Starts and finishes at the Trolley Square pub. Click [HERE](#) for details
- Delaware Marathon/half marathon is Sunday April 26, 2020. It starts and finishes at Tubman Garrett Park and runs through the city and Riverfront. The second half of the marathon continues on the scenic out and back Jack Markell trail. Look for a discount code in the near future for club members. Also, with enough participants, PCVRC will have their own tent in Celebration Village near the start/finish. Click [HERE](#) for race details.

Don't forget to #PCVRC when posting race or training pictures on your timelines!

# Injury Prevention Seminar this Saturday March 14

Club Sponsor **Performance Physical Therapy + Fitness** is hosting a FREE Injury Prevention Seminar for Runners at their Hockessin location.

- Learn the 3 things you should be doing to stay healthy this racing season!
- The worst exercises runners do
- Get tips from a professional running coach
- Everyone attending will be entered into a raffle for a FREE 10 minute stretching session by one of our Certified Personal Trainers

[CLICK HERE](#) for details and to register (free)

## For Your Information



Just because you get quarantined for the coronavirus, it's no excuse to stop your long runs. Check out the story of a dedicated runner [HERE](#)

On a more serious note, a reminder of some common sense tips to stay healthy [HERE](#)

## C25K program starts Wednesday March 25

A new session of the couch to 5K program is starting up again on March 25. For anyone wanting to start or re-start running in a fun, low stress and supportive environment, this is the program for you. The program will have 10 training sessions weekly on Wednesdays from 6-7 PM at the Paper Mill Park at the corner of Paper Mill and Polly Drummond Roads. Target 5K is the Nemours AI DuPont Healthy U 5K on June 6. [CLICK HERE](#) for details.



## Reminder: 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 **McKean High School** are for you! Warmup at 5:45pm and workout starts at 6:00pm.

[Click Here for details](#)



## Social Activities (it's why we run!)

PCVRC has several exciting activities in the coming months. Look out for more information on these and other events

Spring Social and Awards Banquet - Postponed; date TBD

Picnic - Summer

Pub Crawl - early fall

Holiday Party - December

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



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## Still Time for Discounted Delaware State Park Passes

All Park Passes for the first wave have now been mailed out, but we will be doing another order at the banquet on March 19. 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



The Mid Atlantic USATF 2020 race season is in full swing with the completion of the first events in both the Grand Prix and Off-Road race series.

### Grand Prix (road) race series

On February 22nd the Grand Prix season began at the Ambler Frostbite 5 mile run where 20 PCVRC members joined over 1200 others for cool morning run on the rolling course. This was our largest attendance at this race and many of our runners had outstanding performances. Katlyn Kramer was the 3rd overall female finisher, and age group award winners Liz Swierzbinski, Sarah Rusk, Zach Chupa, Pete Lobianco, Dave Wiechecki, Chuck Crabb, Greg Cauller, Carol Feole Driscoll. In the USATF club competition we finished 3rd out of 13 competing clubs from the Mid-Atlantic region.

After conclusion of the race, we gathered at the Frostbite Grill to celebrate accomplishments from the 2019 season where the club finished 3<sup>rd</sup> overall and numerous members received USATF clothing for their individual age group performances. The 2019 awardees are listed [HERE](#)

The next road race is the famously fast Haddonfield NJ Adrenaline 5k on Saturday March 21st. This race is sold out. The full 2020 road race calendar is available [HERE](#)

### Off-road (trail) series

The Off-Road season got off to a chilly and muddy start on March 7th at the Looney Leprechaun 20k. PCVRC had 5 competitors compete on the soggy 2 loop course at this new event in Buck's County PA. This race marked the return of PCVRC to the off-road series after sitting out last year. We were rewarded with a 3<sup>rd</sup> place finish in the team competition! Individual age group awards went to Laura Berger, Sarah Kim, Keith Crispin and Epi Comacho. After the race runners commented on the new event - Just to clarify...it was blazing cold, insanely muddy and a little hilly, but lots of fun! We had a great morning.

The off-road series returns to the Tyler Arboretum in Media PA on Saturday April 4th. One of the best events in the series with wide runnable trails and a few hills. Race details are [HERE](#). Please contact Rich Szymanski ([richszy2@aol.com](mailto:richszy2@aol.com)) if you can join the team. The full 2020 off-road (trail) race calendar is available [HERE](#)

### Important note to support our USATF candidate!

On Sunday March 22nd there is a USATF Membership meeting at 11AM at Widener University Schwartz Athletic building, room 206. The meeting will elect a new membership coordinator. We need members to attend to vote for our candidate Robin Jeffries. This is a critical vote to support the Long Distance running program and requires 2020 USATF membership as of 1/31/20. Please contact Tom Steenkamer ([tsteenkamer@zoominternet.net](mailto:tsteenkamer@zoominternet.net)) to confirm your attendance.

## Reminder: Delaware Distance Classic 15K + DEEC 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. The race starts at the Wilmington Riverfront at the Dupont Environmental Education Center in Wilmington. 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!

**Register now** and see details, course map, photos and course video at <https://ddc15k.org/>



**DDC 15k  
DEEC 5K**

**Sunday  
October 11, 2020  
9:00 a.m.  
Wilmington, DE**

**DELAWARE'S  
ONLY 15K!**

**Benefiting:**  
Nemours Fund for  
Children's Health  
Delaware Nature Society  
Pike Creek Valley Running Club  
20102

**Great After-party with  
the Delaware Nature  
Society at the DEEC!**



Register for 15K run or 5K run/walk at:  
[www.DDC15K.org](http://www.DDC15K.org)

Run on the scenic Jack A. Markell Trail!



# 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 Crispin  
USATF Team coordinator: Lynn Knothe  
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 awesome 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/>