



# PCVRC Newsletter - March 2021

Spring is quickly approaching and the days are finally getting longer and warmer. For those who braved the snow and ice or looking forward to exercising outdoors again, the clear roads and bright sun are a welcome sight. Also, with vaccinations on the horizon, there is hope for more races and social activities as the year progresses. PCVRC is a social club and very supportive of all our member's running goals. Most importantly, we have a great time running and welcome runners and walkers of all backgrounds regardless of race, nationality, religion, sexual preference and of all levels of ability from beginner joggers to the highly competitive road racer to marathoners.

## Membership benefits

Only \$25 per year for the entire family includes free T-shirt for new members, race discounts, discounted Delaware State Parks Pass, weekly group runs, track workouts with Coach Fischer, fun runs, Club social events including Holiday Party, Spring Social, [Delaware Distance Classic](#) (our signature event), 20% discount at [New Balance Stores](#) in Brandywine and Christiana, 10% discount at [Delaware Running Company](#), 20% discount at [Tifosi Optics](#) on all orders over \$30, eligible to participate as a member of our team in USATF events and more!

## Discounted Delaware State Park Passes

Another great benefit club members have been enjoying is purchasing discounted Delaware State Park passes. They are \$30 per car for the year for both Delaware residents and non-residents (normally \$35 for residents and \$70 for non-residents). The fee season runs from March 1 through November 30. Another order will be made if there is enough interest. For more information, [Click Here](#)

## Get Your Road iD Discount for a Limited Time!

The Club is working with Road iD to provide members a 20% discount off all Road iD products for a limited time in the near future. Look out for an email for your discount code. For those not familiar, Road iD provides athletes with innovative identification products that you will want to include as part of your gear. Check their products out at the following link: [ROAD iD - World Leaders in Runner ID, Cycling ID & Medical ID](#)

## Annual Meeting Scheduled for March 25

This year's annual meeting will be virtual via Zoom on March 25 at 7:30pm. The club will provide an update on the past year as well as activities planned for 2021. Voting for the following officer positions will also be conducted at the meeting (nominees in parentheses): President (Wes Stafford), Vice President (Adam Shilling), Secretary (Alison McCann) and Treasurer (Andrea Riley). An email will be sent to club members shortly with details.

## Social Activities

### Cupid's Scavenger Hunt – February 6

Several members of the PCVRC had a great time at this wonderful event to support Cupid's Charity, a fantastic cause to find a cure for neurofibromatosis Type 1 (NF1), a genetic disorder of the peripheral nervous system that causes tumors to grow on the nerves anywhere in the body at any time. Club members dressed their Valentine's Day best for a short run and scavenger hunt in Wilmington and then relaxed with a drink afterwards at Maker's Alley.



### Group Run and Social at the Wilmington Riverfront and Constitution Yards – February 27

PCVRC members ran and walked their distance of choice along the Markell Trail and then met up with more club members for well-deserved lunch and drinks at Constitution Yards. First drink was picked up by the Club. Look for more of these events in the near future on the PCVRC website.



Spring social planned for late April/early May – Join your club members at an outside venue to be determined in the near future for food and drink. The club will also be leading a social run beforehand.

Summer picnic planned for August 15 at Bellevue State Park – The Club has reserved a pavilion at Bellevue State Park for Sunday August 15 and will provide food and drink for this fun and social event. More details to follow later in the spring.

Check the website for updates on these and other popup events: [PCVRC Events Calendar](#)

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

Socially distanced runs continue at their usual places and times and a great way to interact with your fellow runners while working out.

[Click here for details](#)

Sundays 8:00am – meet in the parking lot behind the former Panera Bread on Main St., Newark (free parking); run in White Creek Park and back anywhere from 1-14 miles or more round trip. There are always folks hanging around afterwards to catch up over takeout coffee and breakfast.

Thursdays 6:00 pm – meet at start/finish of Delcastle Rec Area; Run 1 or more laps of the 1.75 mile loop

Tuesday evenings at 6:00 pm - track workouts with a Delaware Hall of Fame running coach, Jim Fischer, at **St. Marks High School** continue for you to keep moving or get you back up to speed!



## For Your Information



People may be wondering about the impact of exercise before or after receiving the COVID-19 vaccine. For some considerations, check out these articles [HERE](#), [HERE](#) and [HERE](#)

## C25K Program to Restart April 14

Lee and Michelle Dresser are hosting the spring Couch to 5K program at Paper Mill Park on Wednesdays at 6:00 pm starting April 14. The approximately 8-10-week program is free and culminates with a goal 5K race in June or July. Please bring a mask to wear before and after running and walking and stay 6 feet away from anyone not in your immediate family at all times. As demonstrated in the fall session, following these recommendations, we can run safely. Please check the website for updates [HERE](#).

## USATF Race Series is Back for 2021

Great news! The Road and Off-Road club competitions are back, subject to state and local health constraints. Most off-road events and some road races are being conducted due to their smaller field size, while larger races can hopefully be rescheduled to the fall. Both road and off-road events will practice social distancing, mask protocols around the bib pickup and start lines and wave starts. All events will restrict field sizes based on state and local permitting processes. Below are details and links for two upcoming events and current 2021 schedules so please confirm your interest in participating to Lynn Knothe or Tom Steenkamer. Note that carpooling to events will not be organized this year.

**March 13 - Looney Leprechaun, 10k 8AM:** <http://looneyleprechaun.org/>

**April 11 - Road - Shiver by the River, 5k and 10k. 10AM, Choose your distance. Both events will be scored for individual and team scores.** [Shiver-by-the-river](#)

Grand Prix schedule - <http://mausatf.com/grandprix-events/>

Off Road schedule - <https://mausatf.com/off-road-events/>

## Delaware Distance Classic is Back for 2021!

The DDC is tentatively scheduled for October 17, 2021 so mark your calendars! Course will hopefully be at the Riverfront again. Please check the website for more information and race updates at <https://ddc15k.org/>

## Your PCVRC Board needs you!

Please consider joining the board to help our club become more beneficial and enjoyable to current and prospective members with group runs, socials and other activities. Board meetings are typically every other month. You'll have plenty of support and get to help shape the club. For more details, click [HERE](#).

### [Contact Us!](#)

President: Wes Stafford

Vice President: Adam Shilling

Secretary: Alison McCann

Treasurer: Andrea Riley

Membership coordinator: Christina Xia

Events coordinator: Dirk Sweigart

USATF Team coordinator: Lynn Knothe

**Sponsorship coordinator: Open**

Webmaster: Ray Christensen

C25K coordinator: Lee Dresser

DDC Race Director: Alison McCann

Social Media: Alison McCann

**Communications/marketing: Open**

## Check out our wonderful sponsors:



<http://www.wilmingtontrust.com/>



<https://6amrun.com/>



<http://www.harvestmarketnaturalfoods.com>



<http://www.cheskinchiropractic.com>



<http://www.liquidalchemybeverages.com/>



<http://newarkmassagetherapy.com/>



<https://pptandfitness.com>



<http://www.hachealthclub.com>



<https://www.omegaprojectpt.com/>



<http://www.mtb.com/>