



PCVRC Newsletter - June 2022

Long days are here for all our club members to enjoy! Many of you have been busy on the road and trails training and racing. Whatever stage you are at, the club is here to support you whether on the road, trail or indoors. PCVRC hosted multiple events in the spring with more scheduled for the summer. Check out our website and Facebook page to see what's happening. 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 or gender identity and of all levels of ability from beginner joggers to the highly competitive road racer to marathoners.



Membership benefits

Please visit <https://pcvrc.com/join-our-running-club/> to renew online or mail check. Only \$25 per year for the entire family includes free T-shirt for new members, race discounts, discounted [Delaware State Park 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](#), eligibility to participate as a member of our team in USATF events and more!

Discount\$ for Club Members!

[Noxgear](#) - 35% off with code PCVRC: www.noxgear.com

[Tifosi](#) - 20% off \$30 or more with code PIKECREEKVALLEY: tifosioptics.com

[Picky Bars](#) - www.pickybars.com PCVRC-TRIDAWGS-2021 30% one purchase or first month of Picky Club Road ID - roadID.com 20% off through June with code JXOQT0JVKXRD

[Focus Multisports](#) – <https://www.focusmultisports.com/> 10% off all races with code PCRC22

[StretchPlex](#) is offering a 10% discount off any service at [StretchPlex \(pptandfitness.com\)](http://StretchPlex(pptandfitness.com)) using the code: PCVRC10. StretchPlex provides one on one wellness services that includes assisted stretching, massage therapy, personal training and compression therapy. The mission of StretchPlex is to help people feel more flexible, have less pain, and move easier in their lives so they can do all the things they love doing!

[Running coach](#) - Check out our own PCVRC board member, Alison McCann's new coaching gig

- <https://www.speedsherpa.com/coaches> or <https://www.trainingpeaks.com/coach/alisonmccann>. Alison McCann has joined [Speed Sherpa Nation](#) as a run coach and is taking on new clients.

Couch to 5Kers Graduation!

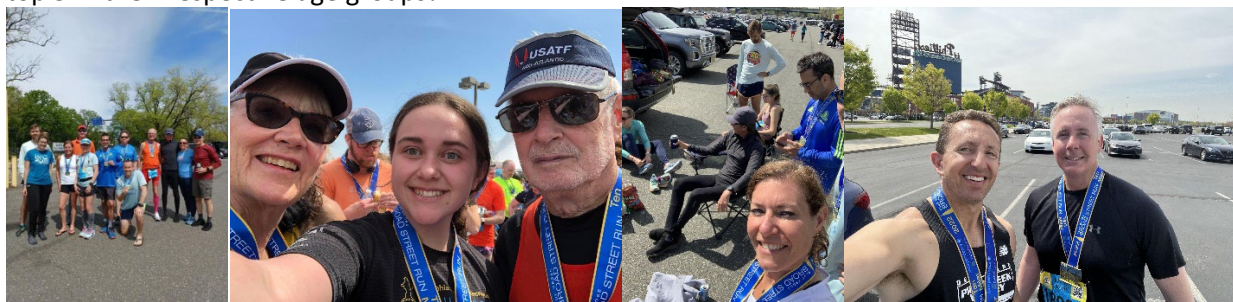
Lee and Michelle Dresser hosted a fun and successful 10-week program on Wednesday evenings at Paper Mill Park. The program is free and culminated with a graduation at the Freedom From Seizures 5K race on June 4. Another session will start again in the near future. For those who want to give it try on their own, visit the PCVRC website for training schedule and updates [HERE](#).



PCVRC Racing Team Update

After four events in the Mid-Atlantic USATF Grand Prix road series, PCVRC continues to be in second place in team scoring. There have also been four events in the off-road series, where PCVRC is in fourth place in the team standings. The road series has 12 total events where a team's best 8 events will count towards the total score; the off-road series has 9 events where a team's best 6 events will score.

A small, but determined squad took on the hilly course of the Valley Forge Revolutionary run on April 24. Outstanding efforts were turned in by Andrea Rubinoff (2nd 65-69), Chuck Crabb (1st 65-69), Pete LoBianco (2nd 40-44), and the speedy 60-64 men of Greg Cauller (1st), Dave Wiechecki (2nd), Tom Steenkamer (3rd), and Bill Rose (5th). The middle of the pack runners were treated to watching a pack of deer run right through the middle of the race course, although there is no photographic evidence of the deer! The following weekend a larger contingent was greeted by absolutely perfect racing conditions at the Blue Cross Broad Street Run. For many participants, this was the first year they experienced the new finish line. It may have added a few more turns to the course, but there was no effect on times, as times were fast all around! Multiple personal records were set on the fast course with excellent racing conditions. Kaitlyn Kramer, Greg Cauller, Dave Wiechecki, Rob Mason, and Mike DiGennaro all placed top 5 in their respective age groups!



The final road race scored at this time was the Memorial Main Street Mile in Yardley, PA. Once again, a small contingent sped down Main Street and then went on to enjoy some running along the Delaware Canal path. Special congratulations are in order to Angelina Spadaccini (1st 20-29), Mark Hannagan (2nd 30-39), Chuck Crabb (2nd 60-69), and Greg Cauller (3rd 60-69) for all placing in their respective age groups.

The lone trail race was the Coventry Woods 10k. All runners were thankful that most of the hilly and rocky course was in the woods as the conditions for the race were hot and humid. Pete LoBianco led the way, placing 3rd overall/first in age group. Greg Cauller and Andrea Rubinoff also placed top 3 in their age groups.

The road series takes a break over the summer. It will resume in September with the Main Line 5k in Wayne. The next race in the trail series is the Run for the Ages 10k at Nolde Forest on June 26. All members who join USATF and participate in a total of 4 races over the course of the year receive a complimentary PCVRC membership for the following year. Singlets are available to represent the club at USATF races and any other races! Please contact Lynn Knothe if you have any questions. A complete listing of Grand Prix events can be found at <https://www.mausatf.com/grandprix-events/>, the Off-Road events are at <https://www.mausatf.com/off-road-events/>. Members who compete in a minimum of 4 series races are eligible to receive a club singlet and will receive a complimentary club membership for the following year.



Photo credits to RunEgades and Walter Boyle

Social Activities

Boston Sendoff – On April 10, club members got in their Sunday runs from the Delaware Running Company in Greenville, DE and then enjoyed a fantastic brunch supplied by the club and hosted by the Delaware Running Company to wish our Boston Marathon participants good luck.



Spring social – The Club held a friendly and relaxing social event at Liquid Alchemy Beverages on May 21. Approximately 20 members attended for good drinks and conversation. A special thank you to owners Jeff Cheskin and Terri Sorantino for hosting the event.



Summer picnic on August 21 at Bellevue State Park – The Club has reserved a pavilion at Bellevue State Park for Sunday August 21, starting at 3:00pm. The Club will provide food and drink for this fun and social event. There will be an online sign-up for those who would like to bring a side or dessert.

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

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

Group 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 Brew HaHa! in the Main Street Galleria, 45 East Main St., Newark (free parking); run in White Creek Park and back anywhere from 1-14 miles or more round trip. Anyone is welcome to have coffee and breakfast afterwards at Brew HaHa!

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

Tuesday evening track workouts back to original time: Workouts will once again start at 6:00pm at St. Mark's High School. Participants can warm up off beforehand. Please check the PCVRC website weekly for any updates.



Running history made in Delaware

On Saturday, April 9, history was made at Tatnall School when two runners broke the storied 4 minute barrier for the first time on Delaware soil. Tatnall graduate Sam Parsons ran 3:58:17 with Casey Comber close behind in 3:58:44. Now only 6 states have not had a sub-4 minute mile run on its soil.

For Your Information



With summer on the way, a good yearly reminder of the biggest threat to runners performance and health. Heat. A couple articles on being smart when the temperature and humidity rise and how to prepare [HERE](#) and [HERE](#). Another peril of summer is getting caught in a surprise thunderstorm because your run was a little longer than expected (maybe you got lost) or forgot to check the weather beforehand. For guidance if (when) this happens to you, click [HERE](#).

Delaware Distance Classic set for October 8, 2022!

The 39th annual DDC is locked in for Saturday October 8 at the Riverfront again this year! Registration is now open, with discounts for early registration. Please check the website for more information and race updates at <https://ddc15k.org/>



Your PCVRC Board

Please contact us with any questions [HERE](#)

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