



PCVRC Newsletter - August 2022

Welcome club members! Heat indices over 100F and you were still out there putting in the miles, competing in races and enjoying the summer, way to go! For some, dreams of fall races with cooler temps lie ahead. 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 JX0QT0JVKXRD

[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.

Delaware Distance Classic is less than 2 months away Register to race or volunteer!

The 39th annual DDC is on Saturday October 8 at the Riverfront again this year! Registration is open with discounts for early registration. This is the main event and primary fundraiser for PCVRC, which also benefits our partner Nemours, so come out and support your club by registering, volunteering or both! Volunteers are needed for a couple hours on race day to help give out food and water to runners, direct runners on the course and assist at the start/finish line.

Please check the website for more information and race updates at <https://ddc15k.org/>



PCVRC Racing Team Update

After five events in the Mid-Atlantic USATF Grand Prix road series, PCVRC continues to be in second place in team scoring. There have also been five 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; off-road series has 9 events where a team's best 6 events score. The summer is relatively quiet in the USATF circuit, but the racing will heat up as the fall temperatures cool off.

A hearty group of thirteen racers participated in the always popular Moorestown Rotary Scott Coffee 8k on June 4. The team put up the highest score of all the clubs participating with Chuck Crabb, Tom Ellis, Greg Cauller, Carol Driscoll, and Elizabeth Swierzbinski leading the way. Additional runners who scored a pair of Goodr sunglasses for placing first or second in their respective age groups were Anthony Swierzbinski, Dave Wiechecki, and Sarah Rusk. Jerry Herman also scored a pair of glasses for being the oldest participant in the race. Congratulations to all!



The lone trail race was the Run for The Ages at Nolde Forest, a new addition to the trail series. This is truly a race that any runner has a chance to win; the start is based on age and gender, with the oldest runners getting a head start on the younger runners. Pike Creek runners were at the front of the field with Dave Wiechecki and Greg Cauller finishing first and second overall! Andrea Rubinoff and Lisa Jalot both also placed in their age groups.



In addition to the local USATF Grand Prix and trail series, there are numerous USATF national championships throughout the year in all disciplines. Greg Cauller, Pete LoBianco, and Lynn Knothe all decided to challenge themselves at this year's mountain running championship at Whiteface Mountain. The course featured nearly 4000 feet of climbing and descent, over the distance of approximately 6.5 miles (see the crazy profile below)! Greg Cauller came away as National Champion in the 60-64 age group, Pete LoBianco was 3rd in the 40-44 age group. Nearly every participant commented the course was the hardest race they have ever run. One week later, Greg and Pete took on the USATF Vertical Mountain race at Loon Mountain. One would assume that the vertical race would be more challenging, but that would be wrong in this case. Loon still runs up a mountain, but "only" gains 3000 feet, over the course of 6.5 miles. Greg was able to place 3rd in 60-64 while still recovering from the Whiteface race.



The next event in the trail series is the 15k at the Triple Trouble in Elverson on August 21. The road series resumes on September 11 at the Main Line Run in Wayne. It's not too late to join USATF and participate in the series for the club! By participating in a total of 4 series races, you will receive a complimentary membership to the club 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/>.

Social Activities

Group Run at Carousel Park – On July 23, club members mixed it up with a fun run on a very hot day along the trails of Carousel Park. The group then met afterwards for lunch at Chuck Lager's.



Summer picnic on August 21 at Bellevue State Park – The Club is hosting its annual summer picnic at Bellevue State Park on Sunday August 21, starting at 3:00pm. The event is FREE to all club members and their families. Club will provide food and drink for this fun and social event and has reserved a pavilion to relax and chat with friends. There will be a live concert afterwards starting at 6:30, The Launch Band (Tribute to Boston, Styx & Queen). For more information and to sign-up to bring a side or dessert, click [HERE](#).



Check PCVRC 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](#)

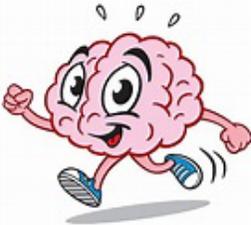
Sundays 8:00am – meet in the parking lot behind Brew HaHa! in the Main Street Galleria, 45 East Main St., Newark (free parking); run in White Creek Park and back anywhere from 1-14 miles or more round trip. Anyone is welcome to have coffee and breakfast afterwards at Brew HaHa!

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: Workouts 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.



For Your Information



Faster! Stronger! For those looking to run faster, the title of this old, but highly relevant article [HERE](#) says it all. For more specific plans, there are immeasurable number articles, but a great starting point for longer distance runners of almost any level can be found [HERE](#). What about strength training? Articles on how to get the most of out a session to help your runner are [HERE](#) and [HERE](#).

Your PCVRC Board

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

President and Webmaster: Ray Christensen
Vice President and Social Media: Alison McCann
Secretary: Anthony Swierzbinski
Treasurer: Andrea Riley
Membership coordinator: Dirk Sweigart
Events coordinator: Mike Janis
USATF Team coordinator: Lynn Knothe
Sponsorship coordinator: Dwight Swaney
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DDC Race Director: Alison McCann

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