



PCVRC Newsletter - October 2022

Welcome club members! It's fall once again and with cooler temperatures comes the peak of race season. There are casual to competitive races happening in the region nearly every day of every weekend from now until Thanksgiving from 5Ks to marathons and beyond. The recently completed Delaware Distance Classic, the seminal club fundraiser, was a major success thanks to the many people who ran and volunteered. PCVRC is planning more events in the coming months so 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 walkers to the highly competitive road racer to marathoners.



Renew your Membership

Please visit <https://pcvrc.com/join-our-running-club/> to renew online or mail check and continue enjoying club benefits for 2023. New members can join now through year end and receive benefits for the remainder of this year and all of next year. 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 - <https://roadid.com/?rfsn=6937180.06edf1> 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 - Alison McCann has joined [Speed Sherpa Nation](https://www.speedsherpa.com) as a run coach and is taking on new clients.- <https://www.speedsherpa.com/coaches> or <https://www.trainingpeaks.com/coach/alisonmccann>.
Zealios - 25% off all Zealios products with code ZupPIKECREEK-22. Code valid now through December 31, 2022 and can be used on www.teamzealios.com and at any event where Zealios is vending.

Delaware Distance Classic Recap

The 39th annual Delaware Distance Classic (DDC) held on October 8 was a big success with wonderful running weather for the 133 finishers in the 15K and 57 finishers in the 5K. The DDC benefitted the Nemours Fund for Children's Health, the Delaware Nature Society and the Pike Creek Valley Running Club. Joe Maguire was the overall winner of the 15k with a blistering time of 48:04, while Veronica Eder was the top female finisher at 55:12. Top masters winners were Mike Digennaro (52:39) and Abby Dean (58:36). In the 5K, Ryan McSpadden and Leslie McSpadden won overall male and female times of 19:07 and 20:16, respectively. We are especially grateful to our sponsors who help support the race and club with cash and item donations as well as the dozens of volunteers who took time out of their Saturday morning to help with parking, registration, handing out food and water and keeping runners on the course and safe. Alison McCann, DDC race director, with help from Dirk Sweigart and several PCVRC board members, organized a phenomenal event. Course was flat, dry, fast and cool with many of the top runners in the region participating, including a number of other USATF clubs. Thanks to all who helped or ran (and those who did both)! A special thank you to JD Batt Photography, Walter Boyle, Marjorie Adams and Ray Christensen for taking photos of the race.

Please check the DDC website for many more pictures and results at <https://ddc15k.org/>



PCVRC Racing Team Update

As the temperatures drop, fall racing heats up! The club is currently in the final stretch of both the Mid-Atlantic USATF road and off-road series. PCVRC currently sits in 2nd place in the road series! The standings are a little trickier in the off-road series; PCVRC opted to "drop" the first 2 races out of an abundance of caution, so we have been playing "catch-up" the entire series. We are sitting in 4th currently, but when accounting for only counting the top 6 scores of the series can possibly move into 2nd after the final races are scored!

There have been 2 trail races since the last update. On August 21, a small squad competed at the Triple Trouble (formerly Double Trouble) at rocky French Creek State Park. As he usually does on the trails, Pete LoBianco was our top finisher, placing 2nd in 40-49. Pete then continued on to be the overall winner of the 30K! Congratulations, Pete! Also taking home hardware for placing top 3 in age groups were: Dave Wiechecki (1st 60-69), Greg Cauller (2nd 60-69), and Carol Giampietro (3rd 60-69). On

October 1, a small crew competed at the Camp Innabah Fall Classic in the remnants of Hurricane Ian. Luckily for all race participants, there was a reprieve in the drenching rain for just long enough to complete the race, although everyone needed dry shoes and socks after! Dave Wiechecki and Tom Steenkamer placed 1st and 2nd in 60-69, while Andrea Rubinoff was 3rd in 60-69.



PCVRC fielded men's and women's teams for the Mid-Atlantic Master's Cross Country Championship on August 27 at Belmont Plateau in Philadelphia. Both teams placed 2nd overall. Dave Wiechecki, Greg Cauller, Carol Driscoll, and Carol Giampietro all place in the 60-69 age groups. Other team members competing were: Tom Ellis, Brian Driscoll, Kwok-Ming Chen, Andrea Rubinoff, and Lynn Knothe.



We have had 3 road races since the last update, including our own DDC on October 8. The Main Line Run in Wayne on September 11 treated runners to a wet and cooler morning. Luckily, the heaviest rain held off until after the race was over. Liz Swierzbinski and Mike DiGennaro led the way, each placing second overall. Dave Wiechecki, Robert Mason, Greg Cauller, and Tom Ellis placed 1st, 2nd, 4th, and 5th in the 60-99 age group. The following weekend, a partial team competed in warmer and more humid conditions at the Philadelphia Distance Run half marathon. Rob Mason led the way, winning his age group. Finally, on October 8, a large team participated in our own DDC. Once again, Liz Swierzbinski and Mike DiGennaro led the way, placing 2nd overall female and first male masters. Other award winners were: Sarah Rusk (3rd master), Anthony Swierzbinski (1st 35-39), Andrea Sikora (1st 50-54), Dave Wiechecki (1st 60-64), Mike Janis (2nd 50-54), Greg Cauller (3rd 60-64), and Jerry Herman (3rd 75+).



It's not too late to join USATF! New memberships after November 1 will carryover for all of 2023. Upcoming Mid-Atlantic USATF races are the Cooper Norcross Ben Franklin Bridge 10K on November 6, the Philadelphia Half Marathon and Rothman 8K on November 19, the Philadelphia Marathon on November 20, and the Delaware Open XC championship on November 26. 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/>.

William Farquhar named next dean of College of Health Sciences at University of Delaware

William B. Farquhar, long-time PCVRC member and faculty member in the University of Delaware College of Health Sciences (CHS), has been appointed the college's next dean, which hosts 13 undergraduate majors, 12 minors and 29 graduate programs. It also includes seven academic units: Behavioral Health and Nutrition, Communication Sciences and Disorders, Epidemiology, Kinesiology and Applied Physiology, Medical and Molecular Sciences, the School of Nursing and Physical Therapy. In his new role, Bill will be charged to strengthen the college's impact as a hub of interdisciplinary translational research, interprofessional education and public engagement dedicated to advancing human health. Bill currently serves as professor of kinesiology and applied physiology and as dean of research in the college. He also chairs the University's Institutional Review Board, a group of UD scientists and non-scientists as well as outside community members that reviews and approves any research involving human subjects, biospecimens or identifiable private information. "I am truly honored to take on this leadership position in the College of Health Sciences," said Bill. "The health science educational, research, and clinical programs here at UD are among the best in the nation, attracting outstanding students while creating connective opportunities for impact among many community partners. I look forward to working closely with President Assanis, Provost Carlson, and other colleagues to advance the mission of the University."

Social Activities

Summer picnic at Bellevue State Park – On August 21, the Club hosted its annual summer picnic at Bellevue State Park. Club members and their families enjoyed food, drink and fun under the pavilion. Folks hung around afterwards for the live concert afterwards with The Launch Band (Tribute to Boston, Styx & Queen).



DDC preview run – On September 25, the Club hosted a well-attended preview run of the Delaware Distance Classic race course at the Wilmington Riverfront. Attendees ran the course on the Markell Trail and then enjoy post-race refreshments and interact with club sponsors, Delaware Running Company, StretchFlex, Cheskin Chiropractic and Liquid Alchemy Beverages.



Holiday Social – The annual PCVRC holiday party is being planned for December at a location to be determined. There will be food and cash bar with raffles and giveaways. Always a good time, this is an excellent opportunity to catch up with friends and reminisce from the past year. This is also the time the renew annual membership dues for 2022 for just \$25. Check PCVRC the website for updates on day and location on the PCVRC website 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 8:00 am – 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



Recovery and rest are critical components to training and improving fitness. Articles on the basics of recovery are [HERE](#) and [HERE](#) as well as the pros and cons of cold (ice bath) and heat recovery 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
C25K coordinator: Lee Dresser
DDC Race Director: Alison McCann

Check out our wonderful sponsors – click on logos for more info:

Our Charity Partner:



Our Sponsors:

