

PCVRC Newsletter - March 2023



We are excited for spring and the upcoming running and social activities! The relative warm and quiet winter allowed for more outdoor training than most winters when some have to endure indoor activities and/or cut back on miles. Thursdays and Sundays runs continue as always as well as Tuesday track workouts with Coach Fischer. PCVRC had a great annual meeting and winter social and have upcoming social 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.



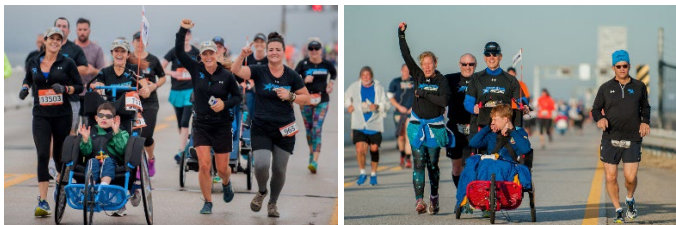
PCVRC welcomes new charity partner, Athletes Serving Athletes

PCVRC is excited to partner with Athletes Serving Athletes, whose mission is to elevate the quality of life for individuals with limited mobility by empowering them to train for and participate in mainstream running events. ASA are a champion of inclusion, connecting ASA Athletes to runners from the community through our Wingman Program, inspiring all to celebrate the spirit of "Together We Finish!" Through tremendous community support and investment, ASA provides. The Wingman Program is free of charge to the ASA Athletes and families we serve. We're very interested in meeting more Wingmen and Athletes this year to continue growing our ASA New Castle County Team! We would love for PCVRC members to come join us on a [Thursday Group Run](#) to learn more.

Link to information on becoming a Wingman: [Wingman Info](#)

Link on information for athletes: [Athlete Info](#)

In addition, we'd like to offer any PCVRC Member to join us for the ASA RunFest on Sat 4/22, our very own annual 5K. We plan to have >40 Athlete Teams in addition to our full field of runners, and always host a fun after party for the whole family. Any PCVRC member can build a team, use the link and coupon code "PCVRC" to join us for \$15. <https://asa.run/runfest/>
For more information on this great organization: [Athletes Serving Athletes \(asa.run\)](https://asa.run/).



Renew your Membership for 2023

If you have done so already, don't forget to renew your club membership for 2023. Please visit <https://pcvrc.com/join-our-running-club/> to renew online or mail check for only \$25 per year for the entire family. Club membership includes free T-shirt for new members, race discounts, 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](#), eligibility to participate as a member of our team in USATF events and more!

Discount\$ for Club Members!

Focus Multisports – <https://www.focusmultisports.com/> 10% off all races with code PCVRC23
[StretchPlex](#) is offering a 10% discount off any service at [StretchPlex \(pptandfitness.com\)](https://www.stretchplex.com/) using the code: PCVRC10. StretchPlex provides one on one wellness services that includes assisted stretching, massage therapy, personal training and compression therapy.

Running coach - Alison McCann is part of [Speed Sherpa Nation](#) 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 and can be used at <https://teamzealios.com/collections> and at any event where Zealios is vending.

Running Warehouse - www.runningwarehouse.com 10% off with code PIKECV23RC.

Couch to 5K Spring Session Starts April 5

Lee and Michelle Dresser are again hosting this fun and excellent program at Paper Mill Park on Wednesdays at 6:00pm at Paper Mill Park. The first meeting is April 5th rain or shine. The program is free and culminates with a goal 5K race, targeted as the Freedom from Seizures 5K on June 3. Check out the PCVRC website for training schedule and updates [HERE](#).



PCVRC Racing Team Had A fantastic 2022 Season and is off to great start in 2023!

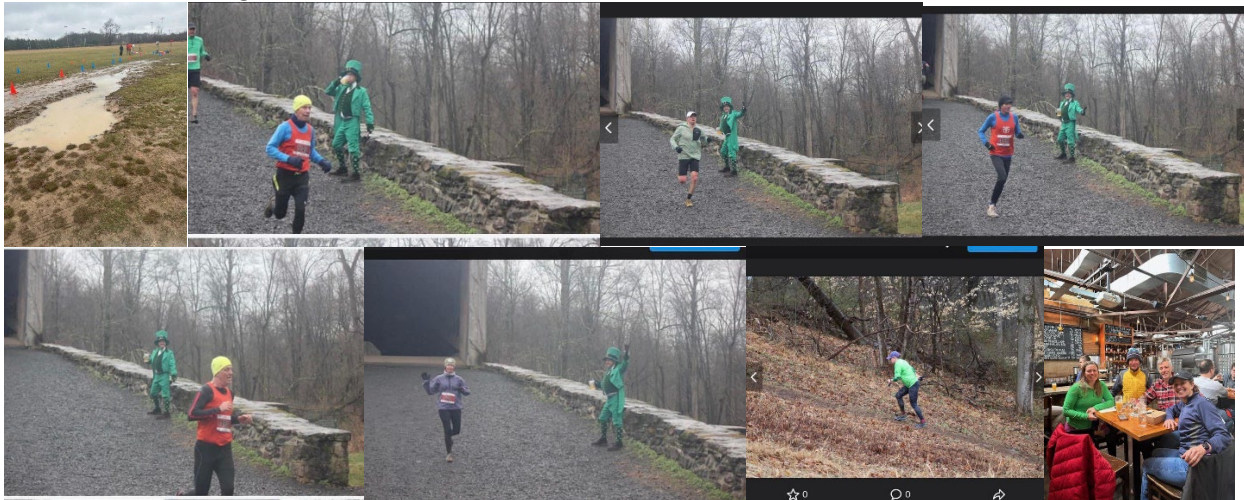
The busy fall racing season for the USATF Grand Prix and Off-Road Series concluded in November with PCVRC finishing second in both series. The 2023 series races have been finalized and may be found at <https://mausatf.org/grad-prix-events/> and <https://mausatf.org/off-road-events/>. Please note the Broad Street Run is a week earlier than usual this year (April 30, 2023).

The 2023 Mid-Atlantic Grand Prix and off-Road series are both off and running! The Grand Prix kicked off on February 18 with the Fireside FrostBite 5 Miler in Amber, PA at Wissahickon High School. Racers were greeted with seasonable conditions after a chilly start. Mug winners included Rob Mason (1st 65-69), John Brown (2nd 65-69), Jeff Painter (1st 60-64), Dave Wiechecki (2nd 60-64), Greg Cauller (3rd 60-64), Brenda Hodge (3rd 50-54), and Liz Swierzbinski (1st 35-39). Extra congratulations are in order for Rob Mason for breaking Hall of Famer Bob Taggart's state age group record, not an easy feat on the rolling hills of the course.

The good weather continued for the fastest 5k in the region on March 18 at the Haddonfield Adrenaline 5k. Times were extra fast as this race finally returned after a long Covid pause. Leading the way was Brenda Hodge (3rd in 50+), Kurt Sokol (1st 45-49), Angelina Spadaccini (2nd 25-29), Anthony Swierzbinski (3rd 35-39), Rob Mason (2nd 65-69), and Bill Farquahar (2nd 55-59).



The weather was dreadful for the lone trail race so far, the Looney Leprechaun at Tyler State Park on March 11. The team arrived to snow falling, which soon turned to a cold rain that lasted for approximately half of the race. In addition to a new, more challenging course, there was plenty of mud! Outstanding performances were turned in by Griffen Ridler (1st 0-19/2nd overall), Pete LoBiano (1st 40-49/1st master), Greg Cauller (2nd 60-69), Bill Rose (3rd 60-69), and Andrea Rubinoff 3rd (60-69).



Our racing team wants you! Any club member who joins USATF can participate and represent the club. The cost to join USATF is \$55. USATF members can enjoy discounts on series races and win end of year awards. Members of the club who are members of USATF and compete in 4 races total among both series will receive a complimentary membership to PCVRC for the following year! Please contact Lynn Knothe (lknothe@verizon.net) for more information.

Social Activities

Annual meeting and winter social – The PCVRC annual meeting and winter social was March 8 at Timothy's in Newark. There was an excellent turnout for food, drink and awards. We are grateful for our elected officers volunteering their time for the upcoming year: President (Ray Christensen), Vice President (Alison McCann), Secretary (Anthony Swierzbinski) and Treasurer (Andrea Riley). Conor Joyce, from our new charity partner, Athletes Serving Athletes, also introduced members to this excellent organization. Awards were given for runner of the year (Liz Swierzbinski), member of the year (Dwight Swaney), USATF Runner of the Year (Andrea Rubinoff) volunteers of the year (Lee and Michelle Dresser) and rookie of the year (Bill Rose). In addition, Betty Olmstead was inducted into the PCVRC Hall of Fame. Check out their amazing accomplishments at the following link: [2022 Club Award Winners \(pcvrc.com\)](https://pcvrc.com/2022-Club-Award-Winners)



Boston Sendoff – All members are welcome on Sunday April 2 to join the PCVRC for a run and brunch at the Delaware Running Company on Kennett Pike in Greenville, DE to wish our Boston Marathon participants good luck. You don't need to be running the Boston Marathon to participate in this fun social event. Run starts around 8:30am, but you can adjust your start time depending on how many miles you want to run and at what pace. Brunch starts at 10am.



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

DDC is celebrating its 40th year on October 8, 2023 - discount for early registration

The 40th annual DDC is now locked in for Sunday October 8 at the Riverfront again this year! Registration is now open. Please check the website for more information and race updates at ddc15k.org



Group Runs continue every Sunday & Thursday, track workouts every Tuesday and Trail runs on Saturdays

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 (UPDATE): Note that workouts start at 6:30pm at St. Mark's High School. Participants can warm up off beforehand outside of the track. Please check the PCVRC website weekly for any updates.

NEW! Saturday Trail Runs at Brandywine Creek State Park 7:30am. Meet at the trailhead at the end of Garden of Eden Road, Wilmington, DE 19803. Anyone is welcome to join, runs are typically 8-9 miles, but can accommodate anywhere between 5-12 miles. For more info check out the FB page [HERE](#)



For Your Information



With the racing schedule picking up with the warmer temperatures, having the right shoes for training and racing are critical for performance and comfort. A few details articles to help select the right shoes based on your running style, gait and personal preferences are [HERE](#), [HERE](#) and [HERE](#).

Your PCVRC Board

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

President and Webmaster: Ray Christensen

Vice President; Anthony Swierzbinski

Secretary and Social Media: Alison McCann

Treasurer: Andrea Riley

Membership coordinator and Sponsor coordinator: Dwight Swaney

Events coordinator: Mike Janis

USATF Team coordinator: Lynn Knothe

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:

