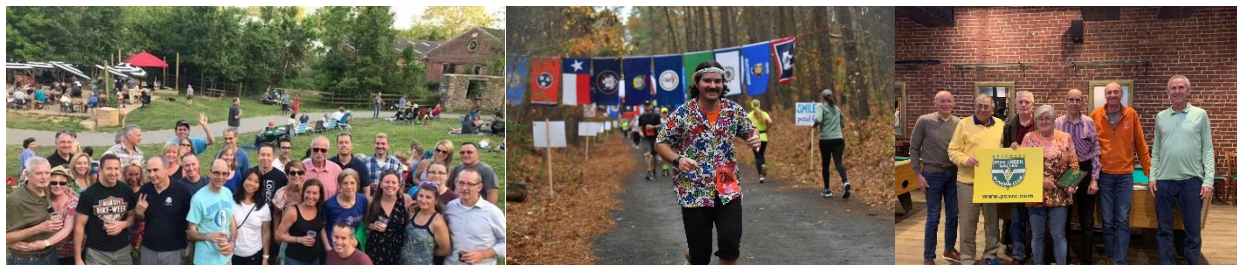


# PCVRC Newsletter - June 2023



With the dry stretch and relatively moderate temperatures, there were many opportunities to enjoy the outdoors, whether running, walking or hiking. Club members have been participating in races near and far, including our recent Couch to 5K graduates! Thursday and Sunday runs continue as always as well as Tuesday track workouts with Coach Fischer. 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.



## New members welcome to PCVRC anytime of the year

Please visit <https://pcvrc.com/join-our-running-club/> to join online or mail check for only \$15 for the remainder of 2023 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 \(poptandfitness.com\)](https://poptandfitness.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](http://www.runningwarehouse.com) 10% off with code PIKECV23RC.

[Delaware Distance Classic 15k/5k](#) - Until June 30, the race on Sunday October 8 is offering 10% off registration by using the code **DDC2023**. Race information is at [ddc15k.org](http://ddc15k.org)

## Couch to 5K Spring Session Graduates

Lee and Michelle Dresser hosted the spring session of the Couch to 5K program, which met at Paper Mill Park on Wednesdays at 6:00pm at Paper Mill Park. The program was free and culminated with participants “graduating” at the Freedom from Seizures 5K at Glasgow Park on June 3 race. A big congratulations to the 5 participants who completed the race (Molly McNulty, Diana Biankowski, Laura James, Ian Pierce and Geoff Germono). Thanks also to club members Paula Jermyn and Caitlin Reilly for assisting at several practices.

We thank Lee & Michelle for coordinating this program, but unfortunately they will be moving in October to Winston-Salem, NC - so we are seeking a new coordinator(s). If you'd consider helping or have ANY questions, contact Ray at [run@pcvrc.com](mailto:run@pcvrc.com) to see how easy it can be to do this great community service of motivating new runners! Check out the PCVRC website for training schedules and details on the next session [HERE](#).



## PCVRC Racing Team is off to a great start in 2023

The spring season in the Mid-Atlantic USATF Grand Prix has wrapped up. Currently the club is in 4th place, although we have already “dropped” a race by not fielding a complete team at the Valley Forge Rev Run. Scores are tabulated for the top eight scored races of eleven in the road series.

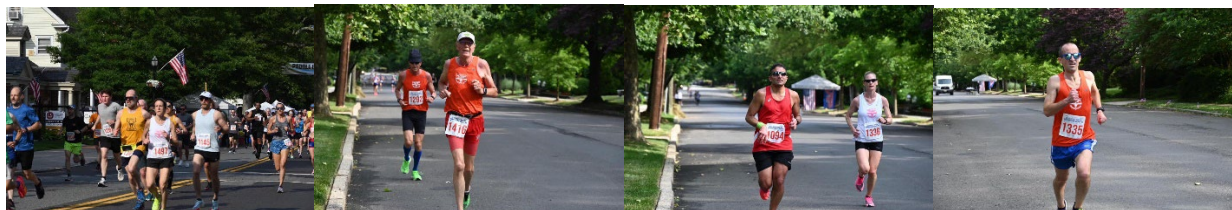
Pike Creek had several top performers in the Broad Street Run, Yardley Memorial Main Street Mile, and Scott Coffee Moorestown 8K. Special congratulations are in order for Robert Mason finishing 2nd in the 65-69 age group and setting a DE age group record for 10 miles and Brenda Hodge for also placing in the top 5 in 50-54. The ladies took some age group awards at the Yardley Memorial Main Street Mile with Liz Swierzbinski placing first in 30-39 and Angelina Spadaccini placing second in 20-29. Finally, the club cleaned up on Goodr sunglasses at the Scott Coffee Moorestown 8k with Liz Swierzbinski taking 3rd overall, Anthony Swierzbinski 1st in 35-39, Sarah Rusk 1st in 40-44, Greg Cauller 2nd in 60-64, and Rob Mason 1st in 65-69.



Yardley Main Street Mile

Coventry





Moorestown 8K

On the trails, Pike Creek is also currently in 3rd place in the standings, with one of our scores actually an incomplete team. In the trail series, the top 6 scores out of 9 races are used to compute the total score. Congratulations to Bill Rose for placing 3rd in 60-69 and Margaret Jordan for placing 2nd in 60-69 at the Tyler Arboretum 10k. Extra special congratulations go to Pete LoBianco for being the overall winner of the Coventry Woods 10k and John Costello for placing 1st in 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!

For the racing calendars for the road and off-road series, please go to <https://mausatf.org/grad-prix-events/> and <https://mausatf.org/off-road-events/>.

Please contact Lynn Knothe ([lknothe@verizon.net](mailto:lknothe@verizon.net)) for more information.

## Social Activities

**Boston Sendoff** – On Sunday April 2, PCVRC members gathered at Delaware Running Company on Kennett Pike in Greenville, DE for a run and brunch to wish our Boston Marathon participants good luck. We had a nice turnout with excellent food, drink and celebration. Two weeks later, several members completed the Boston Marathon.



**Summer picnic on August 6 at Bellevue State Park** – The Club will be hosting the annual summer picnic under a pavilion at Bellevue State Park on Sunday August 6, 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. Stay for the concert as part of the summer series at Bellevue Park, featuring the Malarkey Brothers (Irish/Celtic Music) at 6:30 PM.



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, 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):** Workouts start at 6:00pm 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.

**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](#)





## 40<sup>th</sup> Annual DDC on October 8, 2023 - new details

The 40<sup>th</sup> annual DDC is scheduled for Sunday October 8 at the Riverfront in Wilmington again this year! NEW IMPROVED Start/Finish at the Hare Overlook Pavilion! Note new start time of 10:00am.

Registration is now open. Use code **DDC2023** to get 10% off registration until June 30. Please check the website for more information and race updates at [ddc15k.org](http://ddc15k.org)



## PCVRC charity partner - Athletes Serving Athletes

PCVRC is partnering 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!

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

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

For more information on this great organization: [Athletes Serving Athletes \(asa.run\)](http://athleteservingathletes.com).

## For Your Information



Have you heard of age-grading? It is a way to measure and compare running performances by adjusting for age, sex, and race distance. A calculation is carried out that takes the age and the sex of the runner into account and produces a single percentage value. This value can then be used to compare performances between males and females and between runners of different ages competing in different events. For more details, application and calculators, check out links [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: Cindy Alms

Sponsor coordinator: Dwight Swaney

Events coordinator: Mike Janis

USATF Team coordinator: Lynn Knothe

**C25K coordinator: New coordinator needed**

DDC Race Director: Alison McCann

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

Our Charity Partner:



Our Sponsors:

