

Creek Road Runners

NEWARK, DELAWARE

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TWELVE HEARTY SOULS BRAVE BRUTAL HEAT

The 4th Annual Chateau Country Run—Centreville

This year everyone was thankful that George had picked out a shorter course. It still went down and then up, and the heat was intense (heat index hovering around 100°). Thanks to all who participated, especially to our gracious hosts, George and Voula!



Already beginning to sweat in the hot sun are the 12 Creek Road Runners who braved the course. Front row (l. to r.): Avron Abraham, Tom Apple, Charlie Riordan, and Steve Goodwin. Second row: Bob Opila, George Hadjipanayis, and Matt Robinson. Third row: Tom Reed, Mark Deshon, Rena Binder-MacLeod, Stu Binder-MacLeod, and Rick Hall.



And they're off! Not exactly like the start of the Belmont Stakes, is it?



Moments (er, about 34 minutes) later, Charlie and Steve



Tom Apple intends to STOP momentarily for some water.



After a physical effort, Steve Goodwin finishes third.



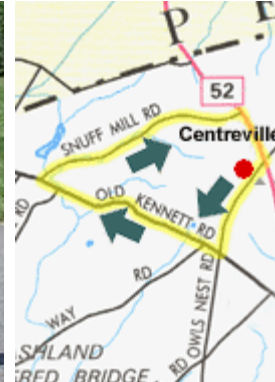
George Hadjipanayis, Bob Opila, and Tom Reed are ready for the mimosas waiting inside.



Rick Hall and Matt Robinson finish strong.



Rena and Stu Binder-MacLeod follow Avron (Big Maroon) Abraham. Check out the shirt color difference pre- (top photo) and post-run.



Here is the heat-adapted course.

The 4.17-mile route runs downhill along Owls Nest Road, then heads west along Old Kennett Pike, then up a long, grinding uphill on Snuff Mill Road to Rt. 52. Though shorter, this also appears to have been a "Bermuda-Triangle-like" run (note: arrows on course map can be taken literally). **Special thanks to Catriona Binder-MacLeod for the wonderful photos.**



Eric Jacobson is always 100% behind the runners.



Finding immediate shade and a cooler of water was a must.

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PHOTOS FROM THE 4TH ANNUAL CHATEAU COUNTRY RUN

A good time was had by all at the “Hoity Toity.”

Of course it's really all about the post-run food... and, as Avron Abraham can attest (see photo below), the sweat! Thanks to Anne Apple for providing the photos.



Here's Charlie Riordan trying to keep pace at the end with state 1600m champion Meghan Smith.



Bob Bennett and Steve Goodwin complete the course together.



George Hadjipanayis, our host, cruises in with Tom Reed.



Tom Apple (resplendent in his uni) and Rick Hall survived.



Leaving little to the imagination, Matt Robinson charges hard past Beth Orsega-Smith.



At the end, John Smith keeps a safe distance away from Matt.



Bob Opila also finishes solo.



Avron makes the final turn into the Hoity Toity neighborhood.



Here's Avron being encouraged (or consoled) at the end of the run by host George Hadjipanayis.

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LOTS OF SUNSHINE, AGREEABLE TEMPERATURES, AND GREAT FOOD AND COMARADERIE MARK THIS DAY'S HILLY EVENT

The 3rd Annual Chateau Country Run—Centreville

This year it wasn't just for running, however. Mark says, "Why run it when you can bike it a couple times?" Or, in the case of the Davises, skating provided an ample workout. The food, drink, and camaraderie were wonderful. Thanks to all who participated, especially to our gracious hosts, George and Voula!



The group takes a moment for record-keeping's sake before heading out on the course. Front row (l. to r.): Tom Reed, Avron Abraham, Tom Apple, Irene Davis, Beth Orsega-Smith, and Charlie Bowman. Second row: Charlie Riordan, Bob Opila, Stu Binder-MacLeod, Steve Goodwin. Third row: Julie Brewer, Paul Pusecker, Meghan Smith, and Bob Bennett. Top row: Matt Robinson, Daryl Davis, Eric Jacobson, and George Hadjipanayis. Mark Deshon was there, too, but on the other side of the camera.



Steve Goodwin and Charlie Riordan, first non-bikers



Irene and Daryl Davis, first in the skaters' division



Bob Opila and Tom Apple



Meghan Smith and Tom Reed



George Hadjipanayis and Charlie Bowman



Bob Bennett



Avron Abraham and a victorious Matt Robinson



Stu Binder-MacLeod (thinking he's finished 11th) and Paul Pusecker



Julie Brewer and Beth Orsega-Smith



Eric Jacobson takes his final steps of the day, aided by Tom Reed



Good friends and good times: that's what it's all about!



The Chateau Country Course

The 6-mile route runs downhill along Owl's Nest Road, then heads across scenic Hoopes Reservoir and a steep uphill to Rt. 52. Then runners are "treated" to a long, grinding uphill back to Greenville in this "Bermuda-Triangle-like" run (note: arrows on course map can be taken literally).