

Creek Road Runners

NEWARK, DELAWARE

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10TH ANNUAL RUN USHERS IN A COLD AND WINDY DAY.

Deshon a scratch, but nine hearty runners
"Wring Out the Old, Ring In the New."



Creek Road Runners **Bill Rose, Charlie Riordan, Bob Opila, Bob Bennett, Vic Kaliakin, Steve Goodwin, Nick Sisofo, Bruce Hubbard, and David James** salute the new year 2009 and show off the "Wring Out the Old" 10th anniversary shirts.



Alas, **Mark** couldn't go on a bad knee but

We've seen many surface improvements over the past ten years. Some of us remember the incredible mangled-metal

The clouds were moving out, giving way to

brought the bubbly.

debris of this bridge's flood-destroyed predecessor.

the wind and cold.



By the creek, the lead group—**Bill, David, Vic, Steve,** and **Charlie**—had already opened up a gap.

The second group—**Bob O., Bruce, Bob B.,** and **Nick**—pushes on ahead (Bruce and Bob O. in a blur of speed!).



Charlie and David finish first.



Bill was not far behind.



Vic proudly finishes his tenth run.



Steve had fallen off the pace, while **Bob O.** nearly made up the difference, having run a strong uphill.



Bob B. finishes solo.



Vic is the only CRR to have run all ten years of the event.



Bill, Bob B., and Bob O. enjoy the spoils of the day with David, Charlie, and Bruce.



Bruce (left), who retired from his legal practice officially this day, chats with Nick after the run while Vic tries to keep warm.



America (and Charlie) runs on Dunkin'. Despite threats to the contrary, Matt was a no show.



Ten runners showed up but only nine ran this tenth annual trail run. **Mark Deshon** had injured his knee a week earlier and had to be satisfied with being the event emcee. There were no takers in the challenge to break the gender barrier in this event (gals, where are you?). The group separated early this year, forming two distinct packs that held together through the first couple miles.

Charlie Riordan kept pace with (or set the pace for, not sure which) **David James** at the front, with **Bill Rose**, **Vic Kaliakin**, and **Steve Goodwin** gradually losing ground during the more challenging second half of the run.

Footing was good. There were more course improvements again this year, as the typically difficult downhill to the three-mile mark had been graveled and smoothed out. Someone oughta take and smooth out that big hill after mile three, though.

Bob Bennett reported a lot of movement and occasional lead switches among the second group. The big hill, of course, took its toll, separating everyone but the final finishers. Having gotten to the start of the hill ahead of the other three, Bob gave way to **Bob Opila**, who ran strong up the hill and closed on Steve. **Bruce Hubbard** kept **Nick Sisofo** (who's been away from the running circuit far too long) company at the back.

They finished together, though camera failure precluded recording the moment.

By the finish, it had gotten very windy and noticeably colder. But, the anniversary T-shirts helped warm everyone up. Along with some inverse-Munchkin™ Dunkin' Donuts (the official event staple), we toasted the coming of 2009 with some sparkling juice.

As all were leaving, **David James** decided he hadn't had enough and headed off to run the course again (this time in the opposite direction) in sympathy with Mark's not being able to participate. More power to you, David.

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