

# Creek Road Runners

NEWARK, DELAWARE

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**WHITE CARPET SPREAD FOR PARTICIPANTS OF THE 11TH ANNUAL RUN**  
**Gender barrier finally broken, as eight crazed runners got out on the newly fallen snow to "Wring Out the Old, Ring In the New."**



Creek Road Runners **Mark Deshon**, **David Brond**, **Mo Querey**, **Bob Opila**, **Charlie Riordan**, **Steve Goodwin**, **Vic Kaliakin**, and **Bruce Hubbard** salute the new year 2010 before wringing out the old.



**Charlie** pulled ahead of everyone, finishing first on the day.



**Mark** came in with yet another 2009 distance/duration PR.



**Steve** needed the Portajohn after finishing a strong third.



His hamstring forcing a conservative last mile, **Vic** finished fourth.

**David** finished his first "Wring Out the Old" in good shape.

**Bob**, who had broken away on the hill, was the next finisher.



**Bruce**, who still wonders whether this really is the end of the decade or not, finishes with **Mo**, our newest CRR and "glass-ceiling breaker" for this event.

America (and **Charlie**) runs on Dunkin'. Dunkin' Donuts is still the official event sponsor.



**Bob** and **Vic** listen to post-run story-teller **Steve**—visions of Machu Pichu, oxygen debt at high elevation, and true tales of Montezuma's Revenge.

A color-coordinated **Bruce** listens intently in between Munchkin bites. Yum!

Eight runners showed up this year, including organizer **Mark Deshon**, who was "good to go" this year on his bad knee. Once the group photo formality was through, we headed north.

The pack quickly split into two groups—within the initial 200 yards. **Charlie Riordan**, **Vic Kaliakin**, and **Steve Goodwin** were out front, with **Mark** sitting on their heels.

The footing, for the most part was good, Mother Nature having added an additional two inches of padding on top of the trail surfaces. The only real mishap occurred along the Big Elk Creek, in what is normally the trickiest part of the loop in terms of placing one's feet. **Charlie** inadvertently found a little frozen-over depression, slipped and fell on his backside, "gracefully" though, as **Steve** put it. This caused the lead group to slow to a walk at one point, and **David** caught up. **Mo** nearly took a fall herself there as well but regained her balance.

The next hill began to string the runners out again. Once again **Charlie** pulled out ahead, but **Mark** would catch him on the next downhill. Finally, **Charlie** put the hammer down on the long grinding uphill (Monster). **Vic** felt his hamstring a bit going up the big hill and backed off, just to play it safe. **Bob** said he felt good on the big hill, so he picked up his pace a bit and enjoyed the finishing mile.

**Charlie** was such a good winner, he brought out the goodies at the end for everyone to enjoy, while **Steve** kept us entertained as we were cooling down.

**David** and **Mo**, this being the first "Wring Out the Old" for each of them, left right afterward, eschewing the morning Munchkin menu. We all left better off for the effort. See you next year?

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