

Creek Road Runners

NEWARK, DELAWARE

[2007](#) | [2006](#) | [2005](#) | [2004](#) | [2003](#) | [back to Creek Road Runners homepage](#)

THE LOWER, SLOWER RUN—AUGUSTINE BEACH TO ODESSA

A Creek Road Runners archival event hosted by **CRR Avron Abraham**, The Lower Slower was run annually in the fall from 2002-2007 over a 5.9-mile, one-way course in scenic estuarial marshland along the Delaware River.



Creek Road Runners

NEWARK, DELAWARE

[2006](#) | [2005](#) | [2004](#) | [2003](#) | [back to Creek Road Runners homepage](#)

A PICTURE-PERFECT DAY AND A NEW WRINKLE (SHORTER OPTION), PLUS THERESA AND CO. PUT ON A GREAT BRUNCH!

The 6th Annual Lower, Slower Run—Augustine Beach to Odessa



A baker's dozen gather for the obligatory photo op before the run. From left are Mark Deshon, Tom Reed (peeking out from behind), Bob Bennett, Meghan Smith, Liz Fellows, Beth Orsega-Smith, John Smith, Stu Binder-MacLeod (sporting the team uni), Bill Rose, Steve Goodwin, Avron Abraham, Paul Pusecker, and (last but not least) Matt Robinson.



Long-course leaders just after the halfway point include (l. to r.) Bob Bennett, Bill Rose, Meghan Smith, Steve Goodwin, and Mark Deshon. The pack separated a bit in the last mile of the run.



Tom Reed and Matt Robinson pass the marshes of the Augustine Wildlife Area solidly as chase group number one.



Having a wonderful time out on the course were Beth Orsega-Smith, John Smith, and Liz Fellows.



Long course first finishers Bill Rose and Mark Deshon breeze in after a push up the long hill. Actually, Bill nipped Mark at the tape, but who's counting?



Taking it easy after a XC PR the day before, Meghan Smith happily accompanies an equally happy (er, relieved?) Steve Goodwin to the line after the 5.8 miles.



Bob Bennett has a good, smooth run in a vintage team T.



A sweat-drenched Matt Robinson and a cooler Tom Reed finish the longer course together. It wasn't that warm out, was it, Matt?



Running together the entire way, Liz Fellows, Beth Orsega-Our roving photographer, Catriona Binder-MacLeod (above Smith, and John Smith (near right) look like they're equally charged magnets, each giving the other a wide berth to the finish line.



Paul Pusecker, Stu Binder-MacLeod, and Avron Abraham worked out on the short course.



Nearing the neighborhood entrance, Avron asks, "Hey, Paul, do you think we finished ahead of the other group?"



Always timely, if not on time, Eric Jacobson cruises up in the "sag wagon."

The Lower, Slower Course >



The 5.9-mile route snakes its way along Del. Route 9 from Augustine Beach, past beautiful inland-bay habitat, to Avron's house just outside Odessa. Another great day, although some of the regulars were missing: notably, George Hadjipanayis and Charlie Riordan. Drivers: Next year, let's watch out for those sneaky speed bumps. Thanks to Theresa and company for again hosting this event and putting on such a lavish post-run brunch.

Special thanks to Catriona Binder-MacLeod for [more great photography!](#)

Creek Road Runners

NEWARK, DELAWARE

[2007](#) | [2005](#) | [2004](#) | [2003](#) | [back to Creek Road Runners homepage](#)

**LOWER, SLOWER, AND HIGH WATER TO BOOT.
OTHER THAN THAT, A TYPICAL CLOUDY FALL DAY.
PLUS THERESA AND CO. PUT ON A GREAT BRUNCH!**

The 5th Annual Lower, Slower Run—Augustine Beach to Odessa



Ocean's (er, Delaware River's) Eleven gather before the run. From left are Tom Reed (peeking out from behind), Bill Apple, Bill Rose (who ran with Tine Papa but came back to round up these guys), and Steve Goodwin. Hey, who won anyway? If you ask Matt Robinson, these three (and the real winner Tine Papa) should be disqualified.

Looking very uniform as they arrive together are Tom Rose, Steve Goodwin, Tom Apple, Paul Pusecker, Stu Binder-MacLeod, Avron Abraham, Matt Robinson, George Hadjipanayis, Tine Papa, and Kevin Looney.



George, looking resplendent in the official shirt, and Tom Reed



Avron and Matt worked up a good sweat on the course.



Senegal's Tine Papa goes slower? Just kidding!



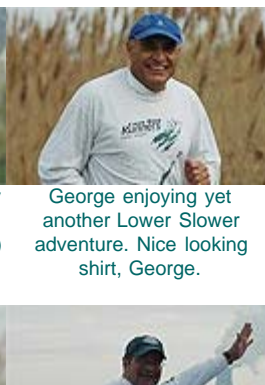
Avron's neighbor, Kevin Looney, finishes his home course in good shape.



Stu Binder-MacLeod hustles the last few yards to the (food) line.



Paul displays both the agony and the ecstasy of being the final (i.e., the lowest slowest) finisher on the day.



George enjoying yet another Lower Slower adventure. Nice looking shirt, George.



Tom Apple still sporting a moustache. Take that, ROTC runners!



Paul goes nuclear while warming up for the Lower Slower.



The Lower, Slower Course >



This course has all the ambiance of Salem Nuclear and marsh grass of the Augustine Wildlife Area.

The 5.9-mile route snakes its way along Del. Route 9 from Augustine Beach, past beautiful inland-bay habitat, to Avron's house just outside Odessa. Another great day, although some of the regulars were missing; however, a couple of new faces were there. The international contingent dominated (The Senagal Connection). Global warming is real, as the runners had to be shuttled over the rising tides. Suggestions for next year include making it a biathlon or piggyback race, so only half the runners get wet. Matt Robinson declared himself the winner, disqualifying the entire field for accepting a ride from the trail car.

Special thanks to Catriona Binder-Macleod for the great photography! See [the whole visual story](#).

Creek Road Runners

NEWARK, DELAWARE

[2007](#) | [2006](#) | [2004](#) | [2003](#) | [back to Creek Road Runners homepage](#)

**LOWER, SLOWER, AND A BIT MORE WINDY.
OTHER THAN THAT, A BEAUTIFUL, WARM FALL DAY.
PLUS THERESA AND CO. PUT ON A GREAT BRUNCH!**

The 4th Annual Lower, Slower Run—Augustine Beach to Odessa



The elite eleven. Kneeling: Liz Fellows, Tom Apple, Bob Bennett, and Stu Binder-Macleod. Standing: Mark Deshon, George Hadjipanayis, Paul Pusecker, Steve Goodwin, Avron Abraham, Rina Binder-Macleod, and Tom Reed.



Tom Apple (an Army of One) and Mark Deshon finish in just under 45, not bad for a combined age of 100.



Bob Bennett and Steve Goodwin



Tom Reed



Avron Abraham and George Hadjipanayis



Rina Binder-Macleod and Paul Pusecker



Liz Fellows



Stu Binder-Macleod (being escorted to the finish by daughter Rina)



Stu with "Rina Coolata"



Bob Bennett, Creek Road Runners' elder statesman

**The Lower,
Slower
Course >**



Event host Avron Abraham holds audience after the run.



The 5.9-mile route snakes its way along Del. Route 9 from Augustine Beach, past beautiful inland-bay habitat, to Avron's house just outside Odessa. Several Lower Slower "regulars" were absent, but other devotees filled in nicely, especially "Rina Coolata." A sumptuous post-run brunch was the perfect way to help celebrate the fourth annual Lower Slower. The food, drink, and camaraderie were wonderful. Thanks to all who participated, especially to our gracious hosts, Avron and Theresa!

Special thanks to Catriona Binder-Macleod for helping with some of the photography. We'll hire you next year!

Creek Road Runners

NEWARK, DELAWARE

[2007](#) | [2006](#) | [2005](#) | [2003](#) | [back to Creek Road Runners homepage](#)

A CLOUDLESS SKY; A FRIENDLY, NORTH WIND; GREAT COMARADERIE; AVRON'S COMEBACK FROM INJURY; ALL THIS AND AND A CHAMPAGNE BRUNCH, TOO! WHO COULD ASK FOR MORE?

The 3rd Annual Lower, Slower Run—Augustine Beach to Odessa



The twelve gather before the run. Left to right: George Hadjipanayis, Tom Reed, Bob Bennett, Charlie Reardon, Charlie Bowman, Paul Pusecker, Steve Goodwin, Avron Abraham, Mark Deshon, Meghan Smith, Beth Orsega-Smith, and Matt Robinson (seated).



Mark Deshon
(finishing in just enough time to grab his camera)



Steve Goodwin and Charlie Riordan



Bob Bennett



Tom Reed and Charlie Bowman



Meghan Smith



George Hadjipanayis



Beth Orsega-Smith and Matt Robinson



Paul Pusecker and Avron Abraham



a happy post-knee-surgery Stu Binder-MacLeod

The Lower, Slower Course >



...and these were just the appetizers!



The 5.9-mile route snakes its way along Del. Route 9 from Augustine Beach, past beautiful inland-bay habitat, to Avron's house just outside Odessa. Avron Abraham's daughter Leanne again provided the "official" kickoff by playing our National Anthem on the flute. Avron, coming off a long-standing injury and subsequent layoff, ran the entire way. Charlie Bowman even made the trip so he could run with the group again. Several spouses and children were at the finish to help celebrate this third annual event. The food, drink, and camaraderie were wonderful. Thanks to all who participated, especially to our gracious hosts, Avron and Theresa!

Creek Road Runners

NEWARK, DELAWARE

[2007](#) | [2006](#) | [2005](#) | [2004](#) | [back to Creek Road Runners homepage](#)

GROWING CROWD, CLEAR CRISP FALL WEATHER, CHAMPAGNE BRUNCH—WHO COULD ASK FOR MORE?

The 2nd Annual Lower, Slower Run—Augustine Beach to Odessa



Most of "The Posse" gathers before the run. Left to right: Paul Pusecker, Christian Abildso, Tom Reed, George Hadjipanayis, Laurie Abildso, Bob Opila, Matt Robinson, Bob Bennett, Stu Binder-MacLeod, Steve Goodwin, and Avron Abraham.



Avron's daughter Leanne plays our National Anthem prior to the start.



Mark Deshon



Bob Bennett



George Hadjipanayis and Tom Reed



Bob Opila



Matt Robinson



Laurie Abildso



Christian Abildso

**The Lower,
Slower
Course >**



Paul Pusecker and Stu Binder-MacLeod



The 5.9-mile route snakes its way along Del. Route 9 from Augustine Beach, past beautiful inland-bay habitat, to Avron's house just outside Odessa. It was a fun run, to be sure. Avron and Steve provided some on-course encouragement and got in a nice bike ride at the same time. Paul and Stu went the extra (four-tenths-of-a) mile to claim a 10K run. Several spouses and children were at the finish to help celebrate this second annual event. The food, drink, and camaraderie were wonderful. Can't wait 'til next year!