

Creek Road Runners

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CRR Mark Deshon finishes the 2002 Beach to Beacon 10K with a chip time of 39:05.



CRR Mark Deshon cruises the scenic Maine coast during the 2002 Peoples Beach to Beacon 10K.

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CRR Diane Kukich, CRR Vic Kaliakin, CRR Bruce Hubbard, and CRR Mark Deshon enjoy themselves during a Creek Road fun run in May 2002.

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CRR Bruce Hubbard emerges from one of the two tunnels only to face several more miles of wind in the the 2002 Trigon Bay Bridge Marathon.

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CRR John Schuster, CRR Skip White, CRR Vic Kaliakin, and CRR Mark Deshon salute the new year 2002 during the third annual New Year's Eve Day "Wring Out the Old, Ring in the New" trail run at the Fair Hill Natural Resources Management Area on December 31, 2001.

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CRR George Hadjipanayis and **CRR Eric Jacobson** are looking pretty good after the initial mile of the 2001 Turkey Trot in Newark.

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TRIATHLON WORLD CHAMPIONSHIP

741 TIMEX 11:28.55

rank	swim	bike	run	overall
740	01:13:38	06:22:11	03:45:41	11:28:56



race leg	pace
First Bike Lap: (56 miles) 03:14:04	17.3 miles / hour
Second Bike Lap: (56 miles) 03:08:08	17.9 miles / hour
Bike Segment: (112 miles) 06:22:11	17.6 miles / hour
First Run Section: (8.7 miles) 01:17:00	8:50 minutes / mile
Second Run Section: (8.7 miles) 01:11:11	8:10 minutes / mile
Third Run Section: (8.7 miles) 01:17:31	8:54 minutes / mile
Run Segment: (26.2 miles) 03:45:41	8:36 minutes / mile
transition	time
Swim to Bike transition:	00:03:07
Bike to Run transition:	00:04:22

CRR Stefan Grilli competes in and completes the grueling Ironman Triathlon in 2000.

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CRR Bob Taggart, CRR Mark Deshon, and CRR Bob Bennett take a moment to chat before a race on Creek Road in the late 1990s.

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CRR Bob Bennett and CRR Vic Kaliakin show good form in the late 90s in the Turkey Trot 5K.

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A vignette from long ago... Back in 1987 a leaner, faster **CRR Mark Deshon** rounds the Art Museum Circle on his way to a half-marathon PR time of 1:14:18 in the Philadelphia Distance Run. Ah, youth!

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Both regulars and irregulars, from lunchtime and beyond, showed up for the Wellness 5K in May 2002—a great opportunity for a mass Creek Road Runners fun run. Alas, because of its popularity and associated pressure from the city, this event has been moved off Creek Road and is thus relegated to archival status as an annual CRR event. Those who can be readily identified near the front include **CRR Al Thompson**, **CRR Stu Binder-Macleod**, **CRR Robert Hodson**, **CRR George Hadjipanayis**, **CRR Skip White**, **CRR Bob Bennett**, **CRR Diane Kukich**, **CRR Stan Sandler**, **CRR Bruce Hubbard**, **CRR Eric Norman**, and **CRR Mark Deshon**.

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CRR Mark Deshon, CRR Bob Bennett, CRR Charlie Riordan, and CRR Vic Kaliakin brave the bitter cold on Dec. 31, 2000, to give a pre-run salute to 2001 at the second annual "Wring Out the Old, Ring in the New" trail run at Fair Hill. The wind was so strong out of the north (gusting at 30+ mph) that they traversed the normal loop course in the opposite (clockwise) direction.

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Trail Dawg guru and **CRR John Mackenzie** is spotted here on Creek Road (what?—on a road?) during Stumpy's Trail Marathon in 2002.

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Just like the Energizer Bunny, **CRR Bob Taggart** just keeps going, and going, and going.... Here he is at the 2004 Caesar Rodney Half-Marathon, where he finished in 1:31:51, taking second in the 60-64 age division. Nice shorts, too!

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CRR Tom Olson completed the inaugural Coventry Health Care Delaware Marathon in Wilmington, Del., on May 16, 2004, with a chip time of 4:26:20. Tom was the only Creek Road Runner to solo the four-loop, 26.2-mile course.

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The "fab four" from the 2005 Scott Mackler 5K were just a few of the more than 450 participants in this race, named in honor of **CRR Scott Mackler**. **CRR Bob Opila**, **CRR Stu Binder-Macleod**, **CRR Bob Bennett**, and **CRR Tom Apple** all came through the toughest road 5K in Delaware not looking too worse for wear.

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CRR Diane Kukich finishes with a superb time among the masters women in the 2001 Delaware Open XC Championships over the grueling 5K course at Brandywine Creek State Park.

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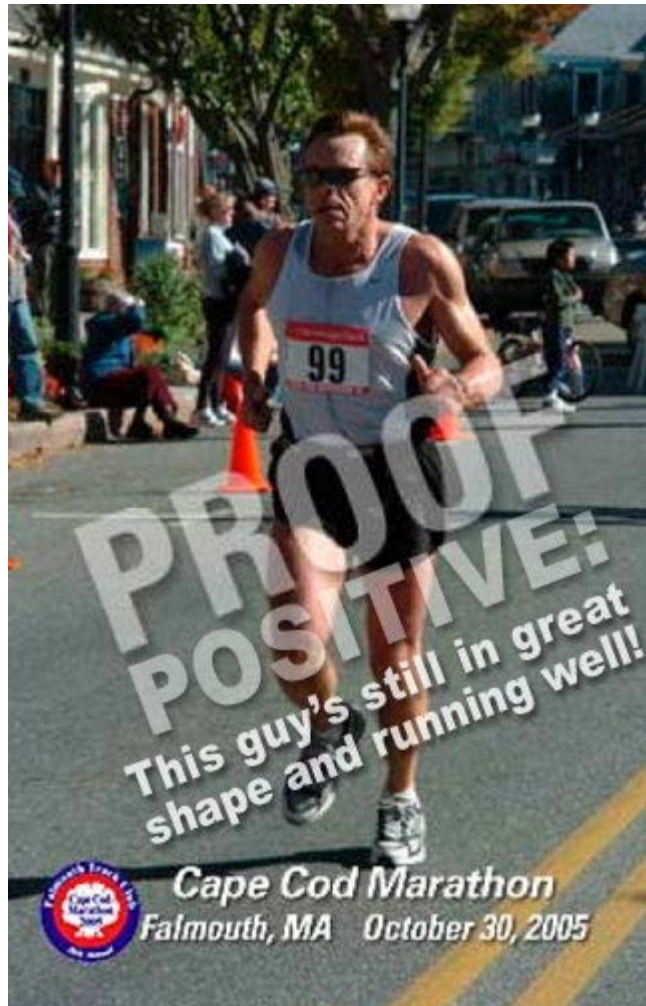
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Based in Rhode Island, Ironman and CRR Stephan Grilli shows that he's still a force to be reckoned with as a masters runner/triathlete. He turned in a 3:05:10 in the Cape Cod Marathon, which placed him 67th overall and the 21st masters finisher. Yeah, but it's *only one* event! (see [page 6](#))

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Consistency was the name of the game, as the Fast Over Fifty team, comprising **CRR Bob Taggart** (leg 1 - 50:55), **CRR Diane Kukich** (leg 2 - 49:26), **CRR Deborah Compton** (leg 3 - 48:03), and **CRR Bruce Hubbard** (leg 4 - 48:53) won the coed senior masters division of the 2006 Delaware Marathon Relay in a combined 3:17:16 for the 26.2-mile distance. They came in 16th out of over 150 teams. Bob's time looks inflated, but that's just because there's an extra mile of running during the initial relay leg.

In fact, Bob was so fast that he completely vanished before the above shot was taken with Wilmington Mayor James Baker (right). Bruce, bad leg and all, brought the team home with a solid run. Diane and Deborah carried the load, running very well on the middle legs.

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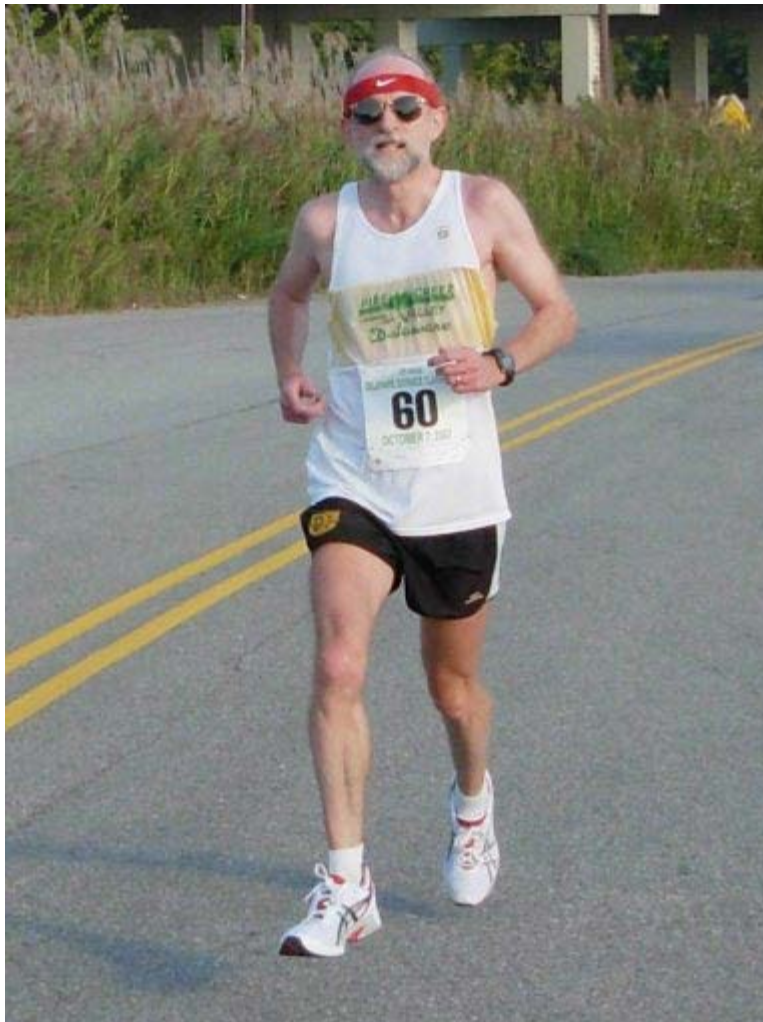
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CRR David James has been lighting up the roads locally for several years now. David has been scoring well in club race series and typically has age grade scores in the mid-80s, which is deemed "national class."

Here he is seen gutting out a tough Delaware Distance Classic 15K on a very warm day.

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Creek Road Runners gathered on Dec. 14, 2007, to honor **CRR Bob Bennett** before a special 5K run organized around a retirement reception for Bob held afterward.

From left to right are: (front row) Tom Apple, Bob Opila, Bill Rose, Bob Bennett, Jerry Kauffman, Bill Farquhar, April Hubbard, Liz Fellows, George Hadjipanayis, (middle row) Doug Ridge, Mike Middaugh, Ron Martin, Paul Amer, Tom Reed, Vic Kaliakin, Bruce Hubbard, Steve Goodwin, Eric Jacobson, Matt Robinson. (standing) Mark Deshon, Avron Abraham, Robert Hodson, Julie Brewer, Charlie Riordan, Al Thompson, Bob Taggart, Diane Kukich, an unidentified English Dept. colleague of Bob's, Beth Orsega-Smith, and Paul Pusecker

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CRR Bill Rose and CRR Dan Simmons (waving) run the Dec. 30, 2007, Race Against Time. (Wayne Kursh photo)

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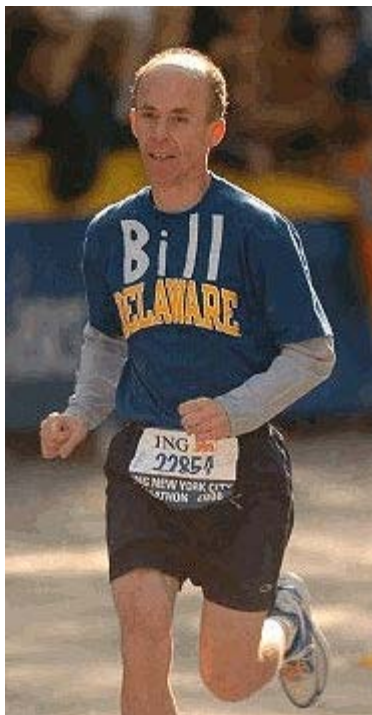
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Here's our own **CRR Bill Rose**, clearly identifying himself to the thousands who've gathered to cheer him on through the five boroughs of New York City during the 2006 New York City Marathon.

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CRR Bob Bennett, UNC Tar Heel through and through

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Here are two 54-year-old best friends who, until this day (July 17, 2010), hadn't run a race with one another since high school. **CRR Mark Deshon** is the one in uniform.