#### **Our Mission Statement**

The Pike Creek Valley Running Club, Inc. is a Delaware non-profit corporation formed in 1982 for the purpose of promoting and encouraging running in our region as a sustainable form of recreation, as well as fostering social bonds with other runners. PCVRC supports the individual in the achievement of his or her personal athletic goals as well as involvement in the spirit of team competition.

### Non-profit organization

PCVRC gladly accepts tax-deductible donations which are used to help carry out our mission statement. Help us make it easier for people to experience the many benefits of running, whether they want to lose weight, improve fitness, cross-train for other sports, or socialize in a healthy environment!



Member of Road Runners Club of America

#### Delaware Distance Classic 15K

The DDC 15K and 5K race is our signature event, held in October at the Wilmington Riverfront on a fast, flat course. Proceeds are donated to local charities and sponsorships are available. DDC is an official Mid-Atlantic USAT&F event. See website for details and registration.



Please visit our web site at www.PCVRC.com for a membership application and more information about our club or email membership@pcvrc.com.

Pike Creek Valley Running Club PO Box 3259 Wilmington, DE 19804



# Pike Creek Valley Running Club

WWW.PCVRC.COM

## Join PCVRC!

The Pike Creek Valley Running Club is open to all runners and walkers in the tri-state area, regardless of skill level, age or sex. Whether you are a competetive or recreational runner or walker, we encourage you to participate.

Annual dues are \$25.00 (individual or family) or \$5.00 for students under 18.

#### **Running Partners**

You don't have to run alone. Running or jogging with a group boosts everyone's enjoyment, safety, motivation and performance!

Whether you're training for your first 5K or your 50<sup>th</sup> marathon, we can help you achieve better results.



Visit www.PCVRC.com to view events calendar & photos, read recent news bulletins, download our application or contact us with questions.

# About Pike Creek Valley Running Club

The Pike Creek Valley Running Club was founded in 1982 by runners who resided in the Pike Creek area of New Castle County, Delaware.



Our club is dedicated to promoting physical fitness through running. Although comprised primarily of Delaware runners from the Newark and Wilmington areas, we have members from other parts of Delaware and surrounding areas of Maryland, Pennsylvania and New Jersey.

We welcome runners and walkers of all levels of ability from beginners to competitive road racers to marathoners. PCVRC currently has over 130 families and individual members. We are a social club and very supportive of all of our member's running goals. Most importantly, we have a great time running.

# Benefits of membership

- Find local running, jogging, or crosstraining partners
- Learn from experienced runners of all distances
- Weekly group run every Thurssday, 6pm at Delcastle Recreation Area (1.75 mile lighted path)
- Couch 2 5K running & walking program
- Participate as a member of our racing team in USATF events
- 20% discount at DE New Balance stores and 10% discount at Delaware Running Company
- Distinctive club apparel available
- Regular eBulletins featuring race info, member achievements, upcoming social events
- Club social events including holiday party, Boston Marathon send-off, summer barbeque
- Carpool to races with other members
- Annual awards in several categories