

ON YOUR MARK



APRIL 2020

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MARK YOUR CALENDAR

All PTC activities are suspended until June per the state-mandated orders. Stay safe!

GLOUCESTER 3K & 8K RUN/WALK



The Peninsula Track Club

If this is the first time you have read *On Your Mark* or if you are a new member, **welcome to our club!** We currently have more than 400 members and serve the Virginia Peninsula and surrounding communities. **Our goal is to promote and encourage long-distance running and educate the public to its benefits.** Founded in 1955, the PTC is the oldest running club in Virginia and is currently involved in over 35 events annually, ranging from 5Ks to ultramarathons. Your membership dues help pay the upkeep of our equipment, the printing of this publication 10 times a year, social activities such as our General Membership Meetings and Annual Awards Banquet, and other costs incurred in operating a nonprofit organization. Our running club officers are all volunteers, and we encourage you to get involved. You'll find it a lot of fun and very rewarding.

Welcome again and have a safe and healthy running season!

Officers

All area codes are 757 unless otherwise stated.

President: Steve Peters, 951-3874

1st Vice-president: Christine Schaffner,
898-3258 (Meeting arrangements)

2nd Vice-President: Pam Garrett,
285-6645 (RRCA Liaison, Contracts)

Secretary: Helen Worthington,
(804) 642-5998

Treasurer: Mike Thomas, 872-9380

Newsletter Editor:
Bruce Davis, 989-0072

Membership: Steve Amarillo,
869-8895 (Address changes)

Webmaster: Thea Ganoe, 272-2927

Volunteer Coordinator:

Jaime Cox, 817-1221

Social Coordinator:

Maria Peters, 897-7083

Litter-Getter Coordinator:

Amanda Collier, 870-5159

Race Schedule: Rick Platt, 229-7375

Course Measurement:

Pam Garrett, 285-6645

Scott Bartram, 867-8547

Triathlete Information:

Connie Maxwell, 596-4067

Photography: <position open>

Coaching: Robert Trujillo, 927-5004

Christine Schaffner, 898-3258

ON YOUR MARK

BRUCE DAVIS, Editor
Steve Amarillo, Graphics Editor

Submit ads and articles to:
Bruce Davis
152 Rustling Oak Ridge
Yorktown, VA 23692
weatherwizard1@juno.com

ADVERTISING RATES FOR 2020

Flyer Insert: \$50 per issue

Full Page: \$50/issue • \$250/6 issues

1/2 Page (7.5 x 5 in): \$35/issue • \$175/6 issues

1/3 Page (5 x 5 in): \$25/issue • \$125/6 issues

1/6 Page (2.5 x 5 in): \$20/issue • \$100/6 issues

Mini (2.5 x 2.5 in): \$10/issue • \$50/6 issues

Contributors

April 2020 issue:

Steve Amarillo, Steve Peters

Bruce Davis, Helen Worthington

Mike Thomas, Danielle Hundley

Rick Platt, Dale Abrahamson, Ed Elmore

Newsletter Deadline!

To include flyers, articles, ads or news in the **May 2020 issue** of *On Your Mark*, (virtual stuffing on *May 14*), email Bruce Davis (weatherwizard1@juno.com) no later than **May 5**.

Club Meetings

General membership meetings are held quarterly on the **third Tuesday** of designated months and **second Tuesday** of **December** for the PTC elections. Find meeting announcements on the PTC website, Facebook and Twitter. Location is the **Nelson's Grant Clubhouse, 100 Laydon Way, Yorktown**. The **Annual Awards Banquet** serves as the January meeting. Board meetings are on the second Tuesday of each month. If you would like to attend or bring an issue before the board, please contact the club secretary to reserve a slot on the agenda.

Membership Dues

Individual: \$20 annually (\$35–2 years, \$50–3 years); Family: \$25 annually (\$45–2 years, \$65–3 years). Membership includes a free PTC T-shirt to new members (available for pick-up at general membership meetings), subscription to *On Your Mark* (10 times annually), and discounts at some local businesses.

Virginia Running Club Contacts

BS	Blacksburg Striders, Blacksburg, VA, www.blacksburgstriders.com
CTC	Charlottesville Track Club, Charlottesville, VA, www.cvilletrackclub.org
CRR	Colonial Road Runners, P.O. Box 657, Williamsburg, VA 23187, (757) 229-7375, www.colonialroadrunners.org
DCRRC	DC Road Runners Club, P.O. Box 100561, Arlington, VA 22210, (703) 241-0395, www.dcroadrunners.org
FARC	Fredericksburg Area Running Club, www.runfarc.com
OBRC	Outer Banks Running Club, www.outerbanksrunningclub.org
PTC	Peninsula Track Club, P.O. Box 11116, Newport News, VA 23601, www.peninsulatracclub.com
RR	Reston Runners, Reston, VA (703) 437-FOOT, www.restonrunners.org
RRCA/Gatorade Hotline	(703) 683-RRCA, www.rrca.org
RRRC	Richmond Road Runners Club, P.O. Box 8724, Richmond, VA 23226, (804) 360-2672, www.rrrc.org
SCS	Star City Striders, Roanoke, VA (540) 966-7866, www.starcitystriders.com
TCRR	Tri-Cities Road Runners, Petersburg, VA, www.tricitiesroadrunners.org
TRRR	Twin Rivers Road Runners, www.twinriversroadrunners.org
TS	Tidewater Striders, (757) 681-0248, www.tidewaterstriders.com
WR	Washington Runners, https://www.facebook.com/DCRunners/

COMING UP
2020

Race Days 2020 Peninsula Track Club Road Racing Schedule

Note: All races are tentative until the actual race flyer is printed.

For complete race schedule information, visit www.peninsulatracclub.com



indicates a PTC Grand Prix Event.



indicates a HR Super Grand Prix Event.

RACE CANCELATIONS

Because of ongoing restrictions on gatherings due to COVID-19, the following races have been canceled for 2020

Tabb High School May Day 5K
Sat., May 2

Langley Race Around the Base 10-Miler
Sat., May 9

Fox Hill Community 5K
Sat., May 16

Yorktown Freedom Run 8K
Mon., May 25

VIRTUAL RACES

The following races are now being held as VIRTUAL RACES

- 1) Register for the virtual race.
- 2) Prior to the **Event Results Deadline**, run and complete the race distance (5K or 3.1 miles) on your own course.
- 3) Record your time.
- 4) Report your result via email or upload as indicated by the race.

APRIL

30 Joe & Sue Moore Memorial Scholarship VIRTUAL 5K

Results Deadline: Thurs., April 30
Danielle Hundley, (757) 873-6863
danimdanim@hotmail.com

Virtual Signup

Email Virtual Finishing Time:
Scholarship5KResults@hotmail.com

MAY

30 Run for the Stage VIRTUAL 5K

Results Deadline: Sat., May 30
Joy Charbonneau
jcharbonneau@hampton.k12.va.us
Info and signup:

HCS Run for the Stage 5K

or via Google Docs:

Run for the Stage 5K Google Registration Form

JUNE

10 Trailzilla Fast 5K
Wed., June 10, 6:30 p.m.

*** Tentative ***

Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
theaellen@hotmail.com

20 Riverwatch on the Piankatank 5K

Sat., June 20, 6:00 p.m.
Riverwatch subdivision, Gloucester, Va.
Karen Schenck, (571) 224-5450
schenckk@gmail.com

23 Trailzilla Feel Good 4-Miler
Tues., June 23, 6:30 p.m.

*** Tentative ***

Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
theaellen@hotmail.com

JULY

11 Trailzilla Joe-Zilla 5-Miler

Sat., July 11, 9:00 a.m.

*** Tentative ***

Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
theaellen@hotmail.com

25 Coast Guard Day 5K

Sat., July 25, 8:30 a.m.

(USATF cert. VA10027RT)

Coast Guard Training Ctr, Yorktown, Va.

Hampton Roads Super Grand Prix

William Hogge, (757) 856-2132

William.C.Hogge@uscg.mil

Rachel Miller, (757) 856-2226

Rachel.a.miller@uscg.mil

AUGUST

4 Tom Ray Memorial Predict Your Time 5-Miler
(PTC Summer Fun Run Series)

>>> No Watches <<<

Tues., August 4, 6:30 p.m.

Newport News Park Bikeway

Newport News, Va.

Christine Schaffner, (757) 898-3258

Bruce Davis, weatherwizard1@juno.com

www.peninsulatracclub.com

8 Fast and Funky 5K

Sat., August 8, 8:30 a.m.

Matteson Trail, Hampton, Va.

Heidi Olson, (757) 722-2261

Holson@Transitionsfvs.org

11 Lake Matoaka 4.3-Mile Trail Challenge

(PTC Summer Fun Run Series)

Tues., August 11, 6:30 p.m.

Zable Stadium, Williamsburg, Va.

Susan Hagel, (757) 754-4859

Rick Platt, (757) 229-7375

www.peninsulatracclub.com

18 Swamp Bridge 5K
(PTC Summer Fun Run Series)

Tues., August 18, 6:30 p.m.

Newport News Park, Picnic area #3

Newport News, Va.

Bruce Davis (757) 989-0072

weatherwizard1@juno.com

www.peninsulatracclub.com

22 Smart Smiles 5K

Sat., August 22, 8:00 a.m.

(USATF cert. VA17036RT)

Mariners' Museum, Newport News, Va.

Laurel Ramey, (757) 223-7204

lramey@bagclub.com

Michele Benson, (757) 223-7204

mbenson@bagclub.com

SEPTEMBER

12 Mulberry Island Half-Marathon & 5K Runs

Sat., September 12

7:30 a.m. – Half; 7:45 a.m. – 5K

(Half – USATF cert. VA14019RT)

(5K – USATF cert. VA14014RT)

Anderson Fieldhouse, Ft. Eustis, Va.

Hampton Roads Super Grand Prix

Margy Glass, (757) 878-6075

margaret.w.glass2.naf@mail.mil

Kellie Jorgensen, (757) 878-2097

kellie.m.jorgensen.naf@mail.mil

Michael Washington, (757) 878-5556

sports office: (757) 878-0013

www.active.com

www.eustismwr.com

peninsulatracclub

Upcoming Events

JUNE 15

DEADLINE FOR PTC SCHOLARSHIP APPLICATIONS

High School Seniors - The deadline to submit your application for the *Joe & Sue Moore Memorial PTC Scholarship* has been extended to *June 15, 2020*. Given the unprecedented disruption of the COVID-19 epidemic, this delay should help applicants gather the needed documents to apply for the scholarship. Submission date is judged by postmark. Scholarship application and instructions on *pages 12 & 13*. *Don't miss out on this opportunity.*

JULY 11

PTC POTLUCK PICNIC

The *Annual PTC PotLuck Picnic* will be held on *Saturday, July 11* at *Bethel Park* in Hampton, just *off Big Bethel Road*. The picnic immediately follows the *Joe-Zilla 5-Miler* held earlier that morning down the road at *Sandy Bottom Nature Park*. At *Bethel Park* there will be post-race picnic with games, activities, and more. *Please bring a potluck dish to share with others.* Hot dogs, hamburgers, soda and beverages provided by the club. For info or to volunteer to help out, please contact *Steve and Maria Peters* at *951-3874*.

JULY 25 & 28

HAMPTON ROADS SUPER GRAND PRIX RACES

With races being delayed, the next two *Hampton Roads Super Grand Prix* races are in July. First is a *PTC Grand Prix event* as well, the *Coast Guard Day 5K* on *Sat., July 25* at the *U.S. Coast Guard Training Center* in *Yorktown*. Immediately after that on *Tuesday evening, July 28* is a *Tidewater Strider event*, the *Mel Williams Memorial 5K* at the *Norfolk Botanical Garden*. For questions or information on signing up for the *Hampton Roads Super Grand Prix*, and to see revisions to the *HRSuperGP schedule*, check out *www.brsupergp.com* or email *brsupergp@gmail.com*.

DELAYED EVENTS

Events and volunteer opportunities delayed due to COVID-19 restrictions on gatherings include:

PTC Club Pub Run

PTC Adopt-a-Highway Litter Getter

Volunteers for 24-Hour Run

Volunteers for J-Lab Runaround

When new dates for these events have been determined and confirmed, they will be listed in *On Your Mark* under *Upcoming Events*.



THOUGHTS FROM THE PTC PRESIDENT

Wow! We live in a different world than we did when our last *On Your Mark* newsletter was released. Last month we were looking back at a very successful *Gloucester 3K and 8K Run/Walk*, an event where many of us were beginning to consciously increase the frequency and technique of our hand-washing and use of hand sanitizer as part of our daily routine. As we looked forward to the *Ft. Eustis 10K Ruck & Run*, the *Joe and Sue Moore Memorial Scholarship 5K* and the *Victory at Yorktown 5K/10K* it was difficult to imagine the postponement, conversion to a virtual race, and cancellation of each of them, respectively.

We held a "virtual" April *PTC Board of Directors Meeting* and canceled our April *PTC newsletter stuffing*, an event that has become both a productive and fun social event for those who participate. If you haven't been to a newsletter stuffing, I encourage you to come to the next one (date TBD) and enjoy a post-stuffing potluck with a great group of people. We have also postponed what was to be our first *PTC Pub Run*, which was to be held at *The Oozlefinch Craft Brewery* on Ft. Monroe. We will reschedule to a date after the governor's *stay home* and *social distancing* orders are lifted.

I will not attempt to predict additional postponements or cancellations beyond what we already know. Since I began writing this, we've learned of the postponement of the *11th Annual Run the D.O.G. St. 5K*, and the cancellation of the *Tabb May Day 5K*, the *Fox Hill Community 5K*, and the *Yorktown Freedom Run Memorial Day 8K*. The *Tidewater Striders' Elizabeth River Run 10K* has been postponed as well, and the *Run for the Stage 5K* will now be a virtual race. The decision was also made to postpone PTC's *17th Annual Virginia 24-Hour Run for Cancer*. Any updates on these and other races and club activities will be posted on our website (*PeninsulaTrackClub.com*) and our PTC Facebook page. Hopefully, races scheduled for

June will not need to be canceled, postponed, or changed to virtual races. The *Victory at Yorktown* race will be replaced in the *Historic Triangle Triple Crown Series* by a new race, the *Take the Crown at Yorktown 5K*, to be held in September.

Grattan Garbee, our *RRCA Virginia state representative*, has put together the *RRCA Virginia Virtual 5K & 10K Club Challenge* with PTC competing against other Virginia running clubs. Hopefully you've seen the email or posts about the rules and can find time to participate in a few "virtual" races during this extended period of social distancing. You can also find information on the *RRCA Virginia Facebook* page. PTC participants can email me your "virtual" finish times to the races included in the challenge (*steve.peters.ptc@gmail.com*).

Please remember to collect your pull-tabs from your aluminum cans for the *Ronald McDonald House Charities* and bring them to our next race or club activity.

In the spirit of *Joe Harney*, please pray for our country, our elected officials, and our military. During this unprecedented time of concern and risks related to COVID-19, please keep in your thoughts and prayers all of our medical personnel and caregivers who are putting themselves at risk every day, as well as the millions of people whose small businesses, jobs, and livelihoods hang in the balance. Consider ordering take-out occasionally to help local restaurants survive and, when the *stay home* and *social distancing* guidance are eased or lifted, please look for ways to help our communities and local businesses get back on track for the sake of our local, state, and national economies.

Stay active and healthy and, for the sake of our entire nation, please practice proper *social distancing* in all of your daily activities.

Steve Peters
PTC President

Races in Other Places

ROAD TRIP



The following is a non-inclusive list of regional and national races of general interest. For an expanded list, visit www.peninsulatrackclub.com.

NOTE: DUE TO ONGOING COVID-19 RESTRICTIONS, CONSIDER ALL RACE DATES TENTATIVE.

June 13

Twilight Delightfully Different 3.5-Miler

Richard Bland College, Petersburg, Va.
Tri-Cities Road Runners
James Vardy, (804) 470-9298
email: jrv081270@gmail.com
www.tricityroadrunners.org

June 20

WISC Gymnastics Flipping 5K

Billsburg Brewery, Williamsburg, Va.
Colonial Road Runners
Caitlin Rudders, (757) 813-0018
email: crudders@gmail.com
Rick Platt, (757) 345-1431, (757) 229-7375
email: rickplatt1@juno.com
www.colonialroadrunners.org

June 27

Queens Lake 5K

New Quarter Park, Williamsburg, Va.
Colonial Road Runners
Paul Pelletier, (757) 253-0625
ppelletier4@gmail.com
Thomas Tate, (757) 870-0429
Thomas.tate21@gmail.com
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org
www.runsignup.com

July 11

Grandfather Mountain Marathon

Boone, N.C.
Info: John Weaver, (828) 262-3074
weaverjt@apptate.edu
www.gmhg.org/marathon2.htm

July 28

Mel Williams Memorial 5K

Norfolk Botanical Garden, Norfolk, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
www.tidewaterstriders.com

August 1

Strider Mile & 1500 m Race Walk

Virginia Wesleyan, Virginia Beach, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
Steve Shapiro, (757) 592-6720
sshapiro@hampton.gov
www.tidewaterstriders.com



August 16

Dismal Swamp 10-Miler

Dismal Swamp Canal, Chesapeake, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
www.tidewaterstriders.com

August 29

Patrick Henry Half-Marathon

Ashland, Va.
Richmond Sportsbackers
www.sportsbackers.org/events/patrick-henry-half-marathon/
(804) 285-9495
phhalf@rrrc.org

August 29

Democracy Dash 10K

Jamestown Island, Va.
Colonial Road Runners
Historic Triangle Triple Crown
Hampton Roads Super Grand Prix
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org



August 30

Annapolis Ten-Mile Run

Annapolis, Md.
Annapolis Striders
www.annapolisstriders.org/annapolis-10-mile-run/
a10@annapolisstriders.org

September 5

Run the D.O.G. Street Challenge 5K



Merchants Square, Williamsburg, Va.
Colonial Road Runners
Hampton Roads Super Grand Prix
Historic Triangle Triple Crown event
Jim Elder, (757) 253-0277
info@colonialsportswilliamsburg.com
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org

September 5

Rock 'n' Roll Virginia Beach Half-Marathon & 5K

Virginia Beach, Va.
Competitor Group, (800) 311-1255
www.runrocknroll.com/virginia-beach

September 12-13

Outer Banks Triathlon

Manteo, N.C.
(*Sprint: 750m swim, 20K bike, 5K run*)
(*Olympic: 1.5K swim, 40K bike, 10K run*)
(*Half: 1.9K swim, 90K bike, 13.1mi run*)
Outer Banks Sporting Events
www.obxse.com/tri

September 26

Run for the Crown at Yorktown 5K



Yorktown Waterfront, Yorktown, Va.
Hampton Roads Super Grand Prix
Historic Triangle Triple Crown event
Colonial Road Runners
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org

October 2-4

Crawlin' Crab Half-Marathon & 5K

Hampton Roads Convention Center
Hampton, Va.
J & A Racing (757) 412-1056
email: info@crawlin crabhalf.com
www.crawlin crabhalf.com

Come Run with Us



Restrictions on gatherings due to the COVID-19 quarantine require that all organized training and fun runs be on hiatus until June 10. Look for reinstatement of training sessions and organized fun runs in the May issue of *On Your Mark*.

PTC Supports One City Marathon



PTC Jackets

Look your best on cool race mornings in a new PTC embroidered jacket. Water-resistant soft shell with a breathable mesh liner will keep you dry outside and cool inside. Full-length zipper and zippered pockets. Comes in navy with PTC color logo. To order, visit the PTC store at <https://runsignup.com/Club/Store/VA/NewportNews/PeninsulaTrackClub>

CORRECTION

An oversight from last month's Kamikaze article failed to credit Mike Huppert as a co-author. As one of the founders and the honorary "Dad" of the group, he provided much of the framework and Kamikaze philosophy for the article. Although not quoted in the article, he was always the finest, best looking, and later on youngest looking in the group as attested to by the many ladies he asked these questions during our runs!



—Ed Elmore

PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

February 2020

Checking Account Balance 1/1/2020 **\$ 16,445.46**

Revenue (Income)

Membership Dues	\$ 41.50
Scholarship Donation – HII	1,464.64
PTC Race Income – Scholarship	115.00
HRS GP Banner Reimbursement	500.94

Total Income: + \$ 2,122.08

Operating Expenses

PTC Jackets	\$ 577.80
Shelter Rental (6K9 Run)	\$ 80.00
Newsletter Printing	620.60
2021 Banquet Deposit	200.00
Banking Fees	2.00

Total Operating Expenses: – \$ 1,480.40

Summary

Net Income Gain/Loss (Checking)	+ \$ 641.68
Checking Account Balance 1/31/2020	\$ 16,445.46
Checking Funds Available 2/29/2020	\$ 17,087.14

Welcome New Members and Returning Members

Steve Tyndall
Dennis Jarabak
Norm Lehner
Sam Wittenberg
Stes Henri
Lisa Kingsbury-Tiff
Ken Callaway
Joseph Caruso

COURSE RECORDS: GLOUCESTER 8K

Male Records					Female Records				
Age Group	Name	Time	Year	Age City, State	Age Group	Name	Time	Year	Age City, State
Overall	Ryan Carroll	25:40	2017	34 Portsmouth, VA	Overall	Cristina Branch	31:27	2019	28 Arlington, VA
9 & under	Trevor Deyong	39:08	2019	9 Gloucester, VA	9 & under	Jaysen Hall	44:18	2012	9 Hudgins, VA
10 - 14	Tanner Baker	29:15	2017	14 Gloucester, VA	10 - 14	Madison Gaskill	41:39	2014	12 Gloucester, VA
15 - 19	William Oudekerk	27:12	2019	18 Chesapeake, VA	15 - 19	Brianna Miller	44:44	2017	18 Gloucester, VA
20 - 24	Collins Ombikhwa	27:12	2019	20 Hampton, VA	20 - 24	Emily Webb	34:26	2012	22 Gloucester, VA
25 - 29	Nathaniel Peterson	28:35	2020	26 Gloucester, VA **	25 - 29	Kristen Frost	34:26	2013	29 Yorktown, VA
30 - 34	Ryan Carroll	25:40	2017	34 Portsmouth, VA	30 - 34	Jessica Cunningham	37:40	2018	32 Hayes, VA
35 - 39	Brian Flynn	25:45	2020	36 Mechanicsville, VA **	35 - 39	Anna Wells	37:04	2013	35 Gloucester, VA
40 - 44	Douglas Marshall	30:40	2016	41 Mathews, VA	40 - 44	Cristina Branch	31:27	2019	44 Arlington, VA
45 - 49	David Lockard	32:16	2018	48 Hampton, VA	45 - 49	Connie Glueck	34:08	2012	47 Williamsburg, VA
50 - 54	Robert Anaya	31:31	2012	50 Yorktown, VA	50 - 54	Karla Havens	34:52	2013	50 Plainview, VA
55 - 59	Robert Whitaker	31:42	2017	58 Yorktown, VA	55 - 59	Carolyn Harrison	41:36	2014	56 Williamsburg, VA
60 - 64	Rick Platt	33:35	2012	61 Williamsburg, VA	60 - 64	Carolyn Harrison	36:53	2018	61 Virginia Beach, VA
65 - 69	Dale Abrahamson	36:07	2015	65 Yorktown, VA	65 - 69	Barbara Biasi	44:41	2013	65 Yorktown, VA
70 - 74	Larry Arata	42:35	2015	70 Williamsburg, VA	70 +	Barbara Biasi	49:35	2019	71 Yorktown, VA
75 - 79	Ed Sharp	49:43	2017	77 North, VA					
80 +	Ernest Schillinger	1:03:39	2016	84 Williamsburg, VA					

** indicates new record in 2020

AGE-GRADE RESULTS: GLOUCESTER 8K

Name	Age	AG score	Name	Age	AG score
Men			Women		
1. Brian Flynn	36	83.75	1. Anna Drake	61	69.20
2. Nathaniel Peterson	26	74.15	2. Cara Randolph	59	64.42
3. Marc Milner	46	71.48	3. Thea Ganoe	62	64.14
4. Conner O'Beirne	17	70.65	4. Betsy Little	44	64.09
5. Randy Drake	65	68.68	5. Lindsey Newell	40	63.01
6. Eldridge Northstein	57	67.48	6. Donna Fontes	55	60.68
7. Edward Flint	31	65.57	7. Jennifer Vess-Morgan	36	59.59
8. Stephen Mostecca III	32	65.50	8. Christine Johnson	48	58.32
9. Paul Scribbins	47	65.37	9. Mary Hall	38	58.23
10. Timothy Hodge	60	64.95	10. Toni Tharpe	37	55.59

GLOUCESTER 8K & 3K RUN/WALK

Gloucester High School
Gloucester, Va.

Sponsored by Gloucester County Educational Foundation

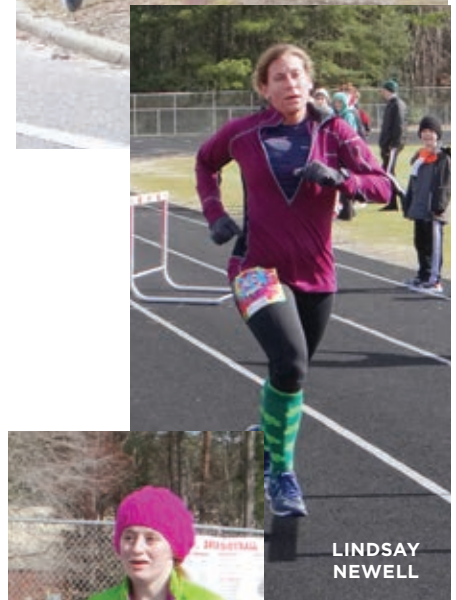
Saturday, March 7, 2020 9:30 a.m. & 9:45 a.m.
A Peninsula Track Club Event

8K RUN

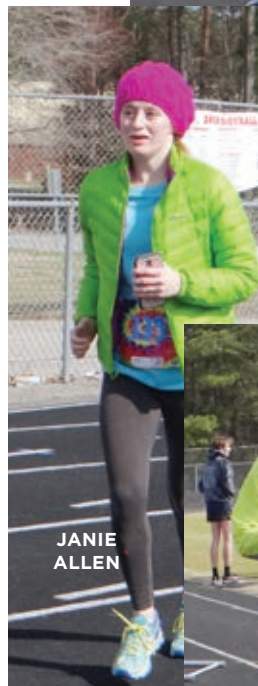
Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						WOMEN:					
1	1	Brian Flynn	36	MEC	25:45	11	AND UNDER				
2	2	Nathaniel Peterson	26	GLC	28:35	1	72 Hailee Jorgensen	11	GLC	55:39	
3	3	Conner O'Beirne	17	GLC	30:16	2	96 Tempie Cutter	10	GLC	1:04:55	
TOP OVERALL WOMEN						3	99 Kelsey Gollihugh	11	GLC	1:05:07	
1	15	Lindsay Newell	40	MTH	39:15	WOMEN:	12 - 14				
2	17	Betsy Little	44	MTH	39:41	1	76 Julie Trist	13	GLC	57:14	
3	21	Jennifer Vess-Morgan	36	HAY	40:45	2	77 Callie Laubacker	12	HAY	58:10	
MEN:						WOMEN:	15 - 19				
11 AND UNDER						1	59 Gwen Robins	19	GLC	50:02	
1	43	Aiden Harpole	11	HAY	47:12	WOMEN:	20 - 24				
2	48	Braxton Lee	10	QTN	48:45*	NONE					
3	50	Nasir Elazier	11	GLC	48:55	WOMEN:	25 - 29				
4	115	Evan Zimmerman	9	GLC	1:25:24	1	32 Kelsey Gibbs	27	DUT	44:35	
MEN: 12 - 14						2	103 Cynthia Smith	27	GLC	1:08:14	
1	12	Blake Sibley	13	VA	38:22	3	110 Lydia Claar	28	GLC	1:17:39	
2	13	Saige Miller	13	GLC	38:30	4	111 Denise Vazquez	29	HPT	1:17:40	
3	22	Grayson Shield	12	GLC	41:10	WOMEN:	30 - 34				
4	23	Karl Dean	12	GLC	41:37	1	31 Erin Jenkins	33	RIC	44:30	
5	25	Sam Blittle	12	GLC	42:05	2	47 Erin Gedicke	30	HAY	48:00*	
6	28	A H Sowers	13	VA	44:26	3	70 Heather Hagberg	33	GLC	54:32	
7	67	Cole Gollihugh	12	GLC	52:07	4	91 Anna Rhodes	32	WAR	1:02:05	
MEN: 15 - 19						5	92 Shannon Minnick	33	HAY	1:03:21	
1	7	Michael Toms	17	GLC	33:52	6	109 Jessica Clarke	31	VA	1:16:46	
2	38	Kaleb Hess	17	SAL	45:41	7	114 Mary Nagle	30	GLC	1:24:16	
3	55	Austin Cummings	17	VA	49:38	8	118 Amy Daniel	34	GLC	1:27:16	
4	89	Tritan Cutter	15	GLC	1:01:50	9	121 Stephanie Nelson	33	SMF	1:27:48	
5	90	Lukas Rothenberger	15	HAY	1:01:57	WOMEN:	35 - 39				
MEN: 20 - 24						1	24 Mary Hall	38	GLC	42:01	
1	29	Ben Gibbs	20	HAY	44:27	2	27 Toni Tharpe	37	GLC	43:50	
2	46	Jax Knott	20	GLC	47:54	3	30 Gloria Williams	36	GLC	44:28	
MEN: 25 - 29						4	35 Christina Deyoung	39	GLC	45:04	
NONE						5	40 Megan Harris	35	GLC	45:49	
MEN: 30 - 34						6	60 Maryanne Lee	37	QTN	50:27*	
1	4	Edward Flint	31	VAB	32:23	7	62 Tara Codekas	38	HAY	50:39	
2	6	Stephen Mostecca III	32	NNW	32:28	8	69 Patrice Stokes	35	VA	54:29	
3	9	Marcus Dixon	33	GLC	36:21*	9	75 Nicole Buchanan-Hogge	39	GLC	57:09	
4	11	Dustin Harris	33	GLC	37:45	10	98 Leana Cutter	37	GLC	1:04:59	
5	14	Esteban Caballero	33	GLC	38:51	11	100 April Lloyd	38	YKT	1:05:46	
6	73	Conor McAnulty	32	NOR	55:43	12	108 Flora Brunjes	39	HAY	1:16:46	
MEN: 35 - 39						WOMEN:	40 - 44				
NONE						1	39 Jody Hardaway	43	GLC	45:42	
MEN: 40 - 44						2	107 Lanita Knight	41	GLC	1:16:45	
1	88	Mike Lloyd	42	YKT	1:01:49	3	116 Jeannette Hogge	41	SAL	1:26:32	
2	97	Jerrid Cutter	42	GLC	1:04:56	4	117 Tanya Deckard	44	GLC	1:26:39	
3	120	Daniel Burnett	44	GLC	1:27:36	WOMEN:	45 - 49				
MEN: 45 - 49						1	36 Christine Johnson	48	HAY	45:23	
1	5	Marc Milner	46	NNW	32:26*	2	42 Julie Shannon	49	HAY	47:02	
2	8	Paul Scribbins	47	GLC	35:37	3	63 Debra Gauthier	45	VAB	51:01	
3	16	Winston Trice	46	HAY	39:26*	4	65 Sarah Lindemann	49	GLC	51:52	
4	26	Les Waterman	47	GLC	42:20	5	71 Laura Yaeckel	46	SAL	55:10	
5	101	Julian Petrowicz	46	GLC	1:06:44	6	80 Beth Goller	45	GLC	58:25	
MEN: 50 - 54						7	83 Angel Bauman	46	HAY	1:00:14	
1	20	Ron Myers	54	DUT	40:37	8	84 Lyn Whitt	47	GLC	1:01:17	
2	53	Mark Shannon	53	HAY	49:31	9	87 Jennie Jordan	46	NNW	1:01:46	
3	56	Paul Clark	51	HPT	49:43	10	112 Tammy Petrowicz	47	GLC	1:17:53	
4	123	Tim Deckard	51	PQN	1:35:02	11	113 Jenny Blazvick	46	GLC	1:23:43	
MEN: 55 - 59						WOMEN:	50 - 54				
1	10	Eldridge Northstein	57	GLC	37:37	1	33 Jami Callahan-Brill	53	HPT	44:41*	
2	37	David Milby	59	SAL	45:29*	2	45 Margaret Singleton	54	GLC	47:44	
3	52	Paul Whitson	55	GLC	49:06	3	57 Tara Dress	52	YKT	49:54*	
4	61	Henry Crawford	55	WMR	50:37	4	58 Kim Robins	53	GLC	50:01	
MEN: 60 - 64						5	78 Heather Morgan	50	GLC	58:16	
1	19	Timothy Hodge	60	VAB	40:08	6	85 Libby Allen	53	VA	1:01:20	
2	54	Steve Lanning	60	GLC	49:36	7	86 Rose E Green	50	GLC	1:01:29	
3	68	Michael Byrum	61	SUF	52:11	8	102 Gail Hibbard	54	FEU	1:07:47	
4	94	Charles Springer	60	WBG	1:04:19	9	105 Sherri Lutz	51	GLC	1:11:41	
MEN: 65 - 69						10	119 Lorie White	51	GLC	1:27:35	
1	18	Randy Drake	65	GLC	39:42	11	122 Patryce Cameron-Jenkins	50	GLC	1:35:00	
2	49	Thomas McAanulty	67	NOR	48:52	WOMEN:	55 - 59				
3	66	Andrew Medvec	69	HPT	51:58*	1	41 Cara Randolph	59	HPT	46:53	
4	81	John Esson	66	HPT	58:33	2	44 Donna Fontes	55	NNW	47:21	
5	95	Hurricane Thompson	67	GLC	1:04:54*	WOMEN:	60 - 64				
6	104	Lee Roy Padgett	65	VAB	1:09:53	1	34 Anna Drake	61	GLC	44:48	
7	106	Bob Curtin Jr	67	HPT	1:15:29*	2	51 Thea Gano	62	HPT	48:59*	
MEN: 70 AND OVER						3	64 Susan Jenkins	63	ARK	51:33	
1	82	Richard Browder	77	PHA	59:20	4	74 Cindy Zeller	64	GLC	57:08	
* denotes PTC member						5	79 Suellen Hooper	60	GLC	58:23	
						6	93 Sherry Collins	60	HAY	1:03:22	
						WOMEN:	65 AND OVER				
						NONE					



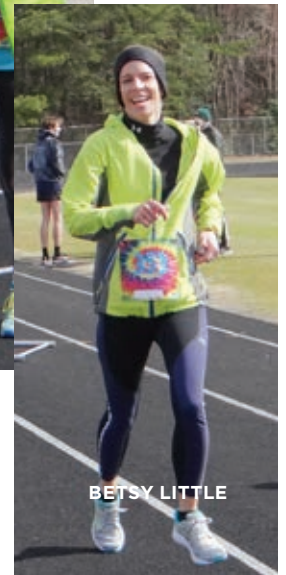
BRIAN FLYNN



LINDSAY NEWELL



JANIE ALLEN



BETSY LITTLE

3K RUN/WALK

Place	OALL	Name	Age	City	Time	Place	Oall	Name	Age	City	Time	Place	Oall	Name	Age	City	Time
TOP OVERALL MEN						WOMEN: ALL AGES						Women: All Ages (Continued)					
1	1	James Avella	14	CHS	13:01	1	18	Kristina Watkins	26	GLC	17:27	89	152	Megan Wagnstrom	32	HAY	29:44
2	2	Henry Sowers	11	VA	13:07	2	19	April Hancock	44	GLC	17:42	90	153	Samantha Thomas	7	GLC	29:44
3	3	Joshua Pinder	12	HAY	13:23	3	20	Margaret Watkins	51	GLC	17:46	91	156	Susanna Drumheller	64	HAY	29:48
4	4	Gavyn Talbott	12	GLC	13:28	4	23	Janie Allen	17	VA	17:55	92	157	Rachel Dowdy	9	GLC	29:50
5	5	Ashtyn Avella	12	CHS	14:03	5	25	Cynthia Thomas	64	GLC	18:48	93	158	Molly Walters	8	HAY	29:53
TOP OVERALL WOMEN						6	26	Kaylen Janz	9	GLC	18:58	94	159	Jill Dowdy	49	GLC	29:54
1	8	Avalynn Hutton	12	GLC	14:36	7	27	Kathryn Janz	33	GLC	18:58	95	160	Shanna Keough	37	GLC	29:55
2	12	Shyanne Carlton	11	GLC	15:46	8	28	Ellie Sowers	6	VA	18:59	96	161	Linda Gregory	66	SAL	30:01
3	14	Leslie Vega	40	NMW	15:56	9	29	Chloe Sylvester	11	GLC	19:01	97	162	Catherine Lewis	73	GLC	30:11
4	15	Samantha Carlton	13	GLC	16:26	10	30	Rebecca Slater	57	GLC	19:13	98	163	Robin Brooks	59	GLC	30:13
5	17	Rachel Blittle	11	GLC	16:40	11	31	Kaelyn Southworth	10	GLC	19:18	99	164	Melissa Crawford	52	Nnw	30:13
MEN: ALL AGES						12	32	Colbie Russ	8	GLC	19:23	100	165	Allison Smith	11	GLC	30:18
1	6	Paul Avella	33	CHS	14:04	13	34	Cheryl Buehn	40	YKT	19:37	101	166	Patricia Kidd	66	HAY	30:34
2	7	Shane Mosher	7	GLC	14:35	14	37	Ailin Harpole	13	HAY	19:48	102	167	Karen Thomas	54	HAY	30:34
3	9	Paul Williams	11	GLC	15:15	15	39	Stephanie Sowers	41	VA	19:52	103	169	Donna Phillips	55	HAY	30:36
4	10	Steve Young	36	GLC	15:19	16	40	S Winnie Carlton	9	GLC	19:52	104	170	Jeri-Lee Russ	34	GLC	30:44
5	11	Nicholas Guzzardo	13	GLC	15:41	17	42	Anabel Haywood	7	GLC	19:54	105	172	Nichole Knott	50	GLC	30:45
6	13	Brennon Sellers	10	GLC	15:54	18	43	Camryn Micket	14	GLC	19:54	106	173	Donna Fannin	46	HAY	30:55
7	16	Tyler Keough	14	GLC	16:36	19	44	Kasi Sellers	34	GLC	19:56	107	174	Christy Phillips	42	HAY	30:56
8	21	Jackson Scalf	8	GLC	17:54	20	45	Melissa Southworth	46	GLC	20:02	108	175	Lisa Rlee	57	GLC	31:00
9	22	Kule Young	9	GLC	17:55	21	47	Chelsea Shield	10	GLC	20:24	109	176	Emma Layton	11	GLC	31:08
10	24	Gavin Wagnstrom	6	HAY	18:07	22	51	Hadli Sellers	7	GLC	20:46	110	177	Emma Thomas	5	GLC	31:10
11	33	Camden Buehn	5	YKT	19:36	23	53	Ryleigh Rondeau	9	GLC	20:49	111	178	Stacy Salvadori	48	Pqn	31:14
12	35	David Collawn	10	GLC	19:38	24	54	Stacey Griggs	32	GLC	20:57	112	179	Amanda McDonald	44	GLC	31:15
13	36	Kobey Taylor	16	HAY	19:45	25	58	Chloe West	12	GLC	21:12	113	180	Rachel Thomas	38	GLC	31:18
14	38	Jason Hancock	13	GLC	19:49	26	59	Raven Carlton	42	GLC	21:13	114	181	Ansley Trice	43	HAY	31:18
15	41	Cecil Dougherty	55	GLC	19:54	27	60	Melissa Hicks	36	GLC	21:16	115	182	Julie Pasipanki	49	HAY	31:28
16	46	Bryan Sylvester	40	GLC	20:07	28	61	Caroline Carter	8	SAL	21:16	116	183	Heather Whitson	51	GLC	31:34
17	48	Jace Moran	12	CAR	20:26	29	62	Crystal Carter	41	SAL	21:16	117	184	Alice Burruss	46	NC	31:35
18	49	Drew West	9	GLC	20:39	30	64	Kayla Pasipanki	11	HAY	21:35	118	185	Julie Edwards	51	HAY	31:38
19	50	Michael Mcdonald	11	GLC	20:44	31	65	Chauntea Shield	42	GLC	21:36	119	187	Kathy Toombs	63	NMW	31:52
20	52	Jason Sellers	34	GLC	20:46	32	67	Jessica Hancock	18	GLC	21:47	120	188	Karen Kovacs	53	HAY	31:53
21	55	Cesar Carbajal	31	SAL	20:59	33	69	Alyssa Miller	11	GLC	21:54	121	189	Evee Hefner	6	HAY	31:53
22	56	Pablo Ledesma	7	SAL	21:02	34	71	Gretchen Brown	58	SAL	21:58	122	190	Katie Hefner	29	HAY	31:56
23	57	Richard Slater	57	GLC	21:03	35	73	Sharon Nowell	32	GLC	22:03	123	193	Vannah Mitchell	26	HAY	32:09
24	63	Christian Garces	7	GLC	21:18	36	74	Kaia Hutton	14	GLC	22:05	124	194	Angela Romero	39	GLC	32:11
25	66	Keith Keough	8	GLC	21:46	37	75	Khloe Rothenberger	9	HAY	22:08	125	195	Kessa Romero	18	GLC	32:12
26	68	Eli Johnson	9	GLC	21:54	38	76	Marta Frechette	55	HAY	22:09	126	196	Stacey Smith	43	GLC	32:13
27	70	Jackson Hansford	6	Sea	21:56	39	77	Anna Johnson	5	GLC	22:21	127	197	Katey Barron	33	HAY	32:15
28	72	Jace Scalf	6	GLC	22:00	40	79	Areana Stillman	11	GLC	22:37	128	199	Frances Burruss	50	HAY	32:19
29	78	Ryan Johnson	35	GLC	22:22	41	81	Tabitha Gollighugh	34	GLC	22:49	129	200	Maggie Evans	15	NC	32:21
30	80	Caleb Buehn	7	YKT	22:42	42	82	Patti Flanary	58	HAY	22:58	130	202	Jaci Glaser	30	GLC	32:23
31	84	Tobias Keough	5	GLC	23:04	43	83	Hannah Keithly	12	SAL	23:04	131	203	Kristen Collier	45	SMF	32:24
32	85	Jonathan Keough	37	GLC	23:05	44	86	Matt Myers	32	GLC	23:16	132	204	Laurie Greisz	47	GLC	32:25
33	88	Taylor Saum	40	GLC	23:22	45	87	Sophia Saum	13	GLC	23:21	133	205	Nicole Lantz	38	HAY	32:27
34	89	Joshua Lantz	10	HAY	23:26	46	90	Carleigh Thorson	10	HAY	23:29	134	206	Bambi Earls	37	GLC	32:29
35	91	Jakob Rothenberger	11	HAY	23:36	47	94	Rebecca Saum	38	GLC	23:55	135	207	Savannah Romero	10	GLC	32:30
36	92	Clayton Preas	55	WBG	23:48	48	96	Jordan Brault	8	GLC	24:03	136	208	Ethel Schoenborn	59	GLC	32:30
37	93	Aronete Leach	14	GLC	23:52	49	97	Dawn Brault	37	GLC	24:10	137	209	Becky Johnson	38	GLC	32:32
38	95	Hunter Young	7	GLC	24:00	50	98	Ashlyn South	7	GLC	24:10	138	210	Sharon West	45	GLC	32:35
39	102	Steve Brown	58	SAL	25:13	51	99	Andrea South	34	GLC	24:25	139	213	Mary McKnight	33	NC	32:46
40	104	William Lemons	34	GLC	25:21	52	100	Maddie Thorson	11	HAY	24:48	140	214	Lalita Jackson	56	GLC	32:47
41	112	Dyan Warren	66	YKT	26:31	53	101	Erica Leach	6	GLC	25:04	141	216	Katie Litton	39	PQN	32:49
42	115	Joe Rondeau	51	GLC	26:54	54	103	Dixie Lemons	5	GLC	25:19	142	217	Angela Elazier	44	GLC	32:51
43	122	Carter Darlak	5	GLC	27:23	55	105	Stephanie Whitt	22	GLC	25:23	143	218	Sara Blittle	39	GLC	32:53
44	123	Brian Darlak	41	GLC	27:26	56	106	Michelle Jilek	30	HPT	25:30	144	219	Shauna Kozinski	37	HAY	32:54
45	124	Michael Nicoletti	70	HPT	27:33*	57	107	Mary Beth Preas	54	Wbg	25:42	145	221	Julie Naquin	32	GLC	32:57*
46	125	Shawn Davis	41	GLC	27:34	58	108	Ariana Rojas	23	YKT	25:48	146	222	Deborah Zabel	51	GLC	33:02
47	127	John Hefner	30	HAY	27:37	59	109	Johnna Morris	56	YKT	25:49	147	223	Kimberly Hogge	54	GLC	33:09
48	132	Darrell Woodall	37	YKT	28:25	60	110	Paula Keener	51	ARK	26:04	148	224	Katina Keener	47	GLC	33:14
49	137	Tristan Davis	9	GLC	28:41	61	111	Pat Stover	60	GLC	26:13	149	226	Marissa Spencer	26	Wbg	33:26
50	140	Terry Farmer	66	MEC	28:54	62	113	Joanna Sibly	50	VAB	26:39	150	228	Nell Wallace	46	GLC	33:31
51	144	Jack Jones	9	VA	29:08	63	114	Laura Rondeau	40	GLC	26:45	151	229	Angie Gilliam	32	YKT	33:35
52	146	Peter Navin	65	HPT	29:19*	64	116	Traci Jackson	46	HPT	27:01	152	230	Lisa Bailey	38	GLC	33:54
53	149	Carl Laycock	58	GLC	29:33	65	117	Kristin Darlak	37	GLC	27:07	153	231	Terri Burruss	58	HAY	33:56
54	154	Toby Thomas	9	GLC	29:45	66	118	Hayleigh Darlak	3	GLC	27:09	154	232	Connie O'Neill	51	GLC	34:03
55	155	Rudolph Robinson	52	HPT	29:46	67	119	Layla Woodall	9	HAY	27:13	155	233	Paula Farmer	55	Mec	34:07

2020 PTC Grand Prix Standings (2 of 11 events completed)

MEN (QUALIFIED)

Name	run	vol	total
Chris Novakoski	21	19	40
Braxton Lee	19	3	19
Randy Hawthorne	7	7	14
Dale Abrahamson	10	3	13
John Gallo	7	6	13
Steve Amarillo	2	2	4

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Christopher Laws	19	0	19
Rick Platt	19	0	19
Joseph Verdirame	19	0	19
Andrew Osborne	13	0	13
Jim Highsmith	12	0	12
Bill Dancy	10	0	10
Joshua Guthinger	10	0	10
Steven Kast	10	0	10
Jason Miller	10	0	10
Will Palagyi	10	0	10
Charles Terrell	10	0	10
Chris Geraghty	10	0	10
Ronald Kellum	10	0	10
Michael Gontesky	9	0	9
Larry Arata	9	0	9
D.J. Guthinger	9	0	9
Winston Trice	9	0	9
Alan Van Zandt	9	0	9
Skip Cole	8	0	8
George Fenigsohn	8	0	8
Christian Holter	8	0	8
Joe Day	8	0	8
Glenn Young	8	0	8
John Scott	6	0	6
Bob Curtin Jr.	6	0	6
David Milby	3	0	3
Edward Rietscha	1	0	1

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2020 PTC GRAND PRIX RACE SCHEDULE

Menchville Winter Chill 5K
10-Mile Run for the Heart
Joe & Sue Moore Scholarship 5K
Joe-Zilla 5-Miler
Coast Guard Day 5K
Smart Smiles 5K
Mulberry Island Half-Marathon
Fort Eustis 10K
Poquoson Run with the Bulls 5K
Yorktown Battlefield 10-Miler
Run with the Son for Haiti 5K

WOMEN (QUALIFIED)

Name	run	vol	total
Susan Hagel	20	20	40
Helen Worthington	18	18	36
Dottie Humphreys	9	9	18
Valor Foy Jones	10	6	16
Kathy Gallo	10	6	16
Jennifer Little	9	6	15
Barbara Biasi	10	3	13
Maria Peters	8	3	11
Rachel Novakoski	7	3	10
Amanda Collier	2	2	4

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Sheila Scotti	21	0	21
Jennifer Anderson	13	0	13
Megan Schulze	12	0	12
Pauline Ely	10	0	10
Karla Havens	10	0	10
Alyson Kast	10	0	10
Thea Ganoe	9	0	9
Patricia Travis	9	0	9
Amie Singletary	8	0	8
Katherine Scott	7	0	7
Christine Schaffner	7	0	7
Tara Dress	6	0	6
Erin Gedicke	5	0	5
Mary Flaherty	4	0	4
Stephanie Eitzen	3	0	3

NEXT GRAND PRIX RACES

**Joe & Sue Moore
Memorial
Scholarship 5K
Virtual Finish
April 30, 2020**

GRAND PRIX UPDATE

Race points and volunteer points have been tallied through the **10-Mile Run for the Heart** held on **February 8**.

Volunteer points have been tallied through the **Gloucester 8K & 3K** held on **March 7**.

QUESTIONS?

For questions or corrections regarding the **2020 Grand Prix** standings, please contact Bruce Davis at weatherwizard1@juno.com

GRAND PRIX RULE SUMMARY

Grand Prix points can be earned by **running Grand Prix races** and by **volunteering for any PTC race or Litter Getter**. No signup required—if you are a member and you run a Grand Prix race or volunteer, you automatically earn points. However, **in order to qualify for a Grand Prix racing award, you must volunteer for a race at least once during the year.**

GRAND PRIX SCORING RACING

Points are awarded to the top ten male and female runners in each age group. **Scoring:** 1st place in each age group receives 10 points, 2nd place receives 9, 3rd gets 8 and so on down to 10th place with 1 Grand Prix point. **Overall winners** receive 10 points plus bonus points based on the overall place awarded. There is no limit to the number of **racing points** that can be earned.

VOLUNTEERING

Every time a member volunteers for any timed race or Litter-Getter, they receive three Grand Prix volunteer points. Additional **bonus volunteer points** are awarded for the following conditions:

1) **Double volunteer points for two race events or extended events** like **Mulberry Island** or the **Virginia 24-Hour Run** (6 points total).

2) **Race Directors receive 10 bonus points** (13 points total), **Race Coordinators** get **5 bonus points** (8 points total).

3) **Volunteer Bonus:** Members also receive a **one-time bonus of 7 points** (10 points total) for their **third volunteer effort**.

To volunteer for a race simply contact **Volunteer Coordinator Jaime Cox, 817-1221 or volunteerptc12@gmail.com**. There is no limit to the number of volunteer points that can be earned, although no more than 6 volunteer points can be earned for a single event. Also, **volunteer points cannot exceed the racing point total**. At the end of the year, the member with the highest Grand Prix point total (racing and volunteering) will be crowned the **2020 PTC Grand Prix Champion**.

GOOD LUCK!

The End of the Chute

For runners fast and slow, the experience of running a first marathon is memorable. If nothing else, complete those 26.2 miles, and you can say you are **a marathoner**. The

FIRST MARATHONS

memories of running my first marathon, the **Marine Corps Marathon** in **1991**, are among the most vivid of my running career.

But as first marathons go, it is hard to beat the experience of **Molly Seidel**. Her first marathon was the **2020 U.S. Olympic Women's Trials**. Molly qualified for the Olympic trials based on strong half-marathon finishes, which included a win at the **Rock 'n' Roll Half-Marathon** in **San Antonio, Texas**. Despite having a very strong running resume including **NCAA championships** at a middle distances, there is no way of knowing how fast times at shorter distances would translate into a marathon finishing time. As Molly told **Runner's World**, "*You never really know what it's gonna be like until you get there. It's going to be an unknown of what your body can do.*"

But to her own surprise, Molly ran **2:27:31**, placing **second** and becoming one of the three women on the **U.S. Olympic Marathon team** for the next summer Olympics—truly a momentous accomplishment for a first-time marathoner. Molly expressed sentiments often felt by everyday first-time marathoners, "*I can't put into words the happiness, gratitude, and sheer shock I'm feeling right now.*"

Unfortunately, Molly, like runners everywhere, is putting future race experiences on hold due to the **COVID-19** pandemic. This was brought home to me at the **One City Marathon expo**. While manning the **PTC/CRR booth** at the expo, I struck up a conversation with three runners holding marathon bibs. It turned out they were all from **Canada** and had originally entered the **Tokyo Marathon**, one of the **World Marathon Majors**. But due to the pandemic, the **Tokyo Marathon** with the **37,000+ entered runners** had been canceled. That sent these Canadians looking for another March 1 marathon so as not to waste all that training. Four other marathons were taking place on that date including the **Napa Valley Marathon**. But they chose the **One City Marathon** for a very simple reason—it was the closest and drivable.

A week later at the **Gloucester 8K/3K**, one-ounce bottles of hand sanitizer (almost liquid gold) were being given away. The following Friday, the **Fort Eustis MWR** decided to postpone the **Fort Eustis 10K** to **October 17**. Two days later **Shamrock weekend** was canceled, as was everything else in Virginia until **June 10**.

Canceled events for the **PTC** now include the **H-E-A-R-T 5K**, the **Tabb May Day 5K**, the **Fox Hill Community 5K**, and the **Yorktown Freedom Run Memorial Day 8K**. But the next PTC Grand Prix race, the **Joe & Sue Moore Memorial Scholarship 5K** remains, having been transformed into the **first official PTC Virtual Race** (and PTC Grand Prix event).

You can still register for the **Joe & Sue Moore Memorial Scholarship 5K** at www.runsignup.com. Then before **April 30**, run your 5K race and record your time. You can make more than one attempt at your best 5K, but once you report your single finishing time, that will be considered your official time for the race. Details on this race and the **Run for the Stage 5K**, which is also a virtual event, can be found on **Page 3**.

Both these virtual races will also count for the **2020 PTC Virtual Marathon**. If you don't know, the **PTC Virtual Marathon** is a marathon run on the **installment plan**. Just sign up for the **PTC Virtual Marathon** at www.runsignup.com and then run **any** timed PTC race: **Grand Prix race**, **non-Grand Prix race**, **PTC Virtual race**, or **timed Fun Run**—any event where you are timed for a specific distance. Your goal is to run races totaling a **distance of at least 42K**. Once you hit 42K, you have **completed the virtual marathon!** We have four takers so far. Add your name to the mix. And given the constraints on racing in the COVID-19 era, **sign up for the PTC Virtual Marathon by July 4**, and **any PTC events (virtual or not) already run in 2020 will count toward your 42K total**. Finisher medals will be awarded at the end of the year.

Whatever running routines you follow, whatever times of day you run, or whatever training paths you take—stay safe everyone.

Later...

Bruce Davis
Newsletter Editor



2020 PTC VIRTUAL MARATHON

Have you ever thought about running a marathon, but the whole experience seemed a bit too daunting? How about running a marathon on the installment plan.

How it works:

- Sign up for the PTC Virtual Marathon at www.runsignup.com or link at the PTC website: www.peninsulatrackclub.com.
- Run any timed event on the Peninsula Track Club schedule and receive credit for the distance/time run. **For 2020, any official Virtual PTC events will be included.** (For distance credits, see chart below.)
- Run PTC events totaling 42K or more and you are a FINISHER in the PTC Virtual Marathon.
- Run additional PTC events beyond 42K to improve your Virtual Marathon finishing time.

Virtual Marathon Entry Fee:

\$15 for PTC members
\$35 for non-members (fee includes one-year PTC membership)

All Virtual Marathon Finishers receive a unique finisher medal.

Custom awards for top 3 finishers.

Event Distance	Distance credited
3K	3K
5K	5K
4 miles	6K
4.3 miles	7K
8K	8K
5 miles	8K
10K	10K
10 miles	16K
Half-Marathon	21K

PTC VIRTUAL MARATHON STANDINGS (through April 5, 2020)

Finish Line—42K

34K:

Braxton Lee 10 M 3:26:11

21K:

Dawn Rolph 44 F 2:19:50

13K:

Maryanne Lee 36 F 1:22:19

10K:

Rick Platt 69 M 0:51:33



Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2020



The **Joe & Sue Moore Memorial PTC Scholarship** is a one-year scholarship offered by the **Peninsula Track Club** to graduating high school seniors accepted to and entering a regionally accredited college or university in a full-time program leading to an associate or baccalaureate degree. To be eligible the student **must** be a member or the dependent of a member of the **Peninsula Track Club** in the year of application **and** for the year of the award.

Scholarships are awarded based upon the scholar-athlete's achievements in high school including the following areas:

- Academics
- Extracurricular Activities
- Running
- PTC Club Participation (Races & Volunteerism)

Achievement in the above activities will be measured by individual athletic accomplishments as well as contributions made and the degree of leadership demonstrated on a track/cross-country team and in other extracurricular activities. The Committee will place some emphasis on accomplishments and leadership activities connected with participation in running and with volunteerism and participation in PTC activities. Weighting of these accomplishments with academics will be determined at the sole discretionary judgment of the **PTC Scholarship Committee**, whose decision will be final. All submitted information will become the property of the **Peninsula Track Club** and may be used or destroyed at the discretion of the Scholarship Committee.

Awards are in an amount of **up to one-thousand five-hundred dollars** (\$1,500.00) dependent on club fundraising and may be used for tuition, books, fees, or assessments. The award will be made payable to the institution to which the applicant will attend. A recipient is ineligible to receive the award for any successive years.

The completed application form and supplemental documents must be **postmarked by June 15, 2020**.

These documents are:

1. Completed application form (see next page).
2. High school transcript to date of submittal.
3. Two letters of recommendation:
 - One from a track/cross country coach or other athletic coach
 - One from a person of the applicant's choice
4. An essay relating the applicant's running experience to applicant's educational aspirations and his/her outlook for the future. Length – 500 to 750 words (two to three double-spaced typewritten pages).
5. Any other information the applicant feels is pertinent to the selection process.
6. If a requested supplemental document cannot be provided due to current COVID-19 restrictions, please attach a letter of explanation.

All documents are to be assembled by the applicant and mailed under one cover to:

**Peninsula Track Club
Scholarship Committee
P.O. Box 11116
Newport News, VA 23601-9116**

Applicants will be notified by June 30, 2020 regarding the final selection. Requests for application forms, this announcement letter, or inquiries concerning the clarification of the specifications addressed herein should be sent to the Scholarship Committee Chair at the address provided.



Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2020



NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

TELEPHONE: _____

HIGH SCHOOL: _____

COLLEGE/UNIVERSITY TO BE
ATTENDED & DATE OF ENTRY: _____

PTC MEMBERSHIP IN NAME OF: _____

CLASS STANDING: _____ OUT OF _____ G.P.A. _____

ON SEPARATE SHEET, PLEASE PROVIDE THE FOLLOWING:

- 1) HIGH SCHOOL TRANSCRIPT TO DATE OF SUBMITTAL.
- 2) TWO LETTERS OF RECOMMENDATION.
 - A) ONE FROM THE TRACK/CROSS COUNTRY COACH OR OTHER ATHLETIC COACH.
 - B) ONE FROM A PERSON OF THE APPLICANT'S CHOICE.
- 3) AN ESSAY RELATING THE APPLICANT'S RUNNING EXPERIENCE TO APPLICANT'S EDUCATIONAL ASPIRATIONS AND HIS/HER OUTLOOK FOR THE FUTURE.
- 4) ANY OTHER INFORMATION THE APPLICANT FEELS IS PERTINENT TO THE SELECTION PROCESS.

APPLICANT'S SIGNATURE: _____

DATE SUBMITTED: _____

FOR SCHOLARSHIP COMMITTEE'S USE ONLY

DATE RECEIVED: _____ FOR YEAR _____

ACTION TAKEN: _____

BY: _____ DATE: _____

VOLUNTEERS NEEDED

FOR RACES: To volunteer to work a race, simply call or email *PTC Volunteer Coordinator Jaime Cox* (see below). Then just show up on race day *one hour* prior to race start. You'll enjoy the volunteer experience, qualify for the *2020 PTC Grand Prix competition*, earn Grand Prix volunteer points, get a race discount pass, and—if available—a race T-shirt.

TO VOLUNTEER FOR A RACE

Call/Text 817-1221 or
volunteerptc12@gmail.com

VOLUNTEERS NEEDED FOR:

No events before June 10
Events June 10 and later tentative

Trailzilla Fast 5K - June 10

Piankatank 5K - June 20

Trailzilla 4-Miler - June 23

Joe-Zilla 5 Miler - July 11

Coast Guard Day 5K - July 25

Predict Your Time 5-Miler - Aug 4

Fast and Funky 5K - August 8

Lake Matoaka 4.3-Miler - August 11

Swamp Bridge 5K - August 18

NEWSLETTER STUFFING

Each month the stuffing of *On Your Mark* is hosted by a loyal PTC member. Stuffings start at 7:00 p.m., last 1-2 hours, and end with a small "pig out."

Next stuffing:

Virtual Stuffing, May 14

TO HOST A STUFFING: If you would like to *host* a monthly newsletter stuffing, please contact **Bruce Davis** at **989-0072** (stuffing dates are listed below). The May stuffing will be virtual with no host. Hopefully, we will resume regular newsletter stuffings after June 10. *Future stuffing dates* include: *Thursday, June 18* (Ron and Helen Worthington), *Thursday, July 23* (open), *Thursday, August 27* (open), *Thursday, October 1* (Laura Cvitanovich) and *Thursday, November 5* (Debi Henderson) and *Thursday, December 17* (open).



11006 Warwick Blvd., Unit 458

Newport News

(757) 599-5500



We offer a variety for all tastes on our menu—appetizers (fresh fried mushrooms and mozzarella sticks we cut ourselves), salads, sandwiches, homemade soups (ask us about the soups that Rick and Abraham make), seafood (lightly breaded in-house and fried, grilled or broiled) and steaks. And Libby makes all of the desserts herself.

PTC MEMBERSHIP DISCOUNTS

All area codes are 757 unless otherwise stated.

The running stores, sporting goods stores, and fitness centers featured on this page will give PTC members discounts on certain items, memberships, or services (show your PTC membership card and, if possible, bring a copy of the PTC newsletter). Please give them your business. To add your business to this list, contact Bruce Davis at weatherwizard1@juno.com.

Please support these local businesses during COVID-19.
Some are offering curbside pickup.

Sporting Goods/Running Stores

Bikes Unlimited — 141 Monticello Ave., Williamsburg (229-4620) - 10% discount (restrictions on cycle and exercise equipment).

Colonial Sports — 1303 Jamestown Rd., Suite 111, Williamsburg; (253-0277) - 10% discount.

Point 2 Running — 12080 Jefferson Ave., Ste. 910, Marketplace at Tech Center, Newport News; www.runpoint2.com (223-5000) - 10% off regular price on everything in store (not valid on sale items).

Running Etc. — 1707 Colley Ave., Norfolk; (627-1500); 1940 Laskin Road, Virginia Beach; (491-2340) - 10% discount off regular price on everything in store (not valid on store sale items).

Village Bicycles — 9913 Warwick Blvd., Newport News in Hilton Village; (595-1333) - 15% discount on clothing, nutritional supplies, parts and accessories, including baby joggers and car racks (not good on labor, bikes, or fitness equipment).

Fitness Centers and Services

In Motion Therapy and Sports

Performance Clinic — Bon Secours Mary Immaculate Hospital, Newport News; (202-5206) - 10% off all fee-based services.

Iron-Bound Gym — 1228 Richmond Road, Williamsburg; (229-5874) - 10% discount on new memberships.

Peninsula YMCA — 7827 Warwick Blvd., Newport News; (245-0047) and 1320 LaSalle Ave., Hampton; (722-9044) - 50% off application fee.

Performance Chiropractic & Acupuncture — 1307 Jamestown Road, Ste. 103, Williamsburg; (229-4161)

Runner's Diagnostic Questionnaire and/or Performance Chiropractic T-shirt for new chiropractic or acupuncture patients.

Riverside Wellness & Fitness Center — 12650 Jefferson Avenue, Newport News; (875-7525) - 50% off the initiation fee.

Tidewater Performance Centers — Newport News; (223-5612) Gloucester; (804-210-1343)

Complimentary sports assessment including functional movement screening.

Total Fitness — 6120 Jefferson Ave., Newport News; (827-0629) - 10% off regular membership rates.

Williamsburg Marriott Health & Racquet Club — 50 Kingsmill Road, Williamsburg; (220-2500) - 10% discount on new memberships.

York County Chiropractic — 121-G Grafton Station Lane Yorktown; (989-5393) - 50% off initial visit fee.



Mary's Custom Quilts

Not sure what to do
with those old T-shirts

Recycle Them!!

Recycle them into a NEW custom
Quilt from Mary

(757) 340-7385

Reasonable Rates

MOVING?

If you have recently moved or are planning to move, please be sure to notify the Membership Chair:

Steve Amarillo
clubmembership.ptc@gmail.com

or drop him a note at:
126 Tidal Drive
Newport News, VA
23606

The post office will
NOT forward the
newsletter.

The Last
Word

"THEY CAN TAKE AWAY OUR RACES, BUT WE STILL HAVE OUR RUNNING SHOES!"

— THEA GANOE

Peninsula Track Club Membership Application

☐ Membership is for myself ☐ Membership is a gift for: _____

Name: _____ Gender: ☐ M ☐ F New Member ☐ or Renewal ☐

Address: _____ Date of Birth: _____

City/State/Zip: _____ T-shirt size (new members only): ☐ S ☐ M ☐ L ☐ XL

Phone: Home _____ Email _____ (to receive club announcements)

Membership Fees: One-Year Two-Year Three-Year PTC Adopt-a-Family Contribution (optional):\$ _____

Individual ☐ \$20 ☐ \$35 ☐ \$50 Membership Fee: \$ _____

Family ☐ \$25 ☐ \$45 ☐ \$65 Total Amount Enclosed: \$ _____

(Make checks payable to Peninsula Track Club)

Name: (additional names for Family Membership)

Gender: Date of Birth:

_____ M F _____

_____ M F _____

_____ M F _____

Send Gift Membership Card to: ☐ address above ☐ this address: _____

Club membership waiver. Please read the following statement and sign below.

I know that running or otherwise participating in a road race or club event is a potentially hazardous activity which could cause injury or death. I understand that I should not enter or participate in club events unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in club events, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with participating in these events, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club events and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Peninsula Track Club, the Road Runners Club of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club events, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of these events for any legitimate purpose.

Signature _____ Parent/Guardian (if under 18 years) _____ Date _____

Enclose a self-addressed, stamped envelope and mail to: Steve Amarillo, PTC Membership, 126 Tidal Drive, Newport News, VA 23606



PENINSULA TRACK CLUB
P.O. Box 11116
Newport News, VA 23601

NON PROFIT ORG.
U.S. POSTAGE
PAID
HAMPTON, VA
PERMIT NO. 9

ADDRESS SERVICE REQUESTED

UPCOMING PTC EVENTS

Because of restrictions on gatherings due to COVID-19, there will be no PTC events prior to June 10. All listed events should still be considered tentative for the time being.

JUNE

- 10 Trailzilla Fast 5K (tentative)
- 20 Riverwatch on the Piankatank 5K
- 23 Trailzilla Feel Good 4-Miler (tentative)

JULY

- 11 Joe-Zilla 5-Miler (PTCGP event)
- 25 Coast Guard Day 5K (PTCGP & HRSuperGP event)

AUGUST

- 4 Tom Ray Memorial Predict Your Time 5-Miler
- 8 Fast and Funky 5K



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VIRGINIA BEACH, VA 23454
(757) 491-2340

MON.-FRI. 10-7
SATURDAY 10-5
SUNDAY LONG RUN