

ON YOUR MARK



MARCH 2019

IN THIS ISSUE

- > Hall of Fame Inductees
- > Safety for Spring Training
- > A Mile a Day for 365

MARK YOUR CALENDAR

Sunday, March 24

PTC Adopt-a-Highway Litter Getter

Tuesday, April 16

PTC General Membership Meeting

KNIGHTS OF COLUMBUS 10-MILE RUN FOR THE HEART



A MILE A DAY
PG 7



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!

ON YOUR MARK

BRUCE DAVIS, Editor
Steve Amarillo, Graphics Editor

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

ADVERTISING RATES FOR 2019

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

Officers

All area codes are 757 unless otherwise stated.

President: George Nelsen, 874-4635
1st Vice President: Helen Worthington,
(804) 642-5998 (Meeting arrangements)
2nd Vice-President: Pam Garrett,
285-6645 (RRCA Liaison, Contracts)
Secretary: Christine Schaffner, 898-3258
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:
Steve and Maria Peters, 951-3874
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

Contributors

February issue: Steve Amarillo
Bruce Davis, George Nelsen, Rick Platt
Helen Worthington, Danielle Hundley
Mike Thomas, Dale Abrahamson
Jaime Cox, Robert Trujillo, Larry Turner

Newsletter Deadline!

To include flyers, articles, ads, or any type of news in the **April issue of *On Your Mark***, (stuffing on **April 11**), email Bruce Davis (weatherwizard1@juno.com) no later than **April 3**.



Club Meetings

General membership meetings are held the **third Tuesday of February, April, June, September, October**, and **second Tuesday of December** at **Nelson's Grant Clubhouse, 100 Laydon Way, Yorktown**. No meetings in other months. The **Annual Awards Banquet** serves as the January meeting. Board meetings are generally on the second Tuesday of every 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); Student (18 years old or younger): \$10 annually (\$18–2 years, \$26–3 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, P.O. Box 764, Blacksburg, Va. 24063
CTC	Charlottesville Track Club, P.O. Box 495, Charlottesville, Va. 22902, (434) 293-6115
CRR	Colonial Road Runners, P.O. Box 657, Williamsburg, Va. 23187, (757) 229-7375
DCRRC	DC Road Runners Club, P.O. Box 100561, Arlington, Va. 22210 (703) 241-0395 www.dcroadrunners.org
FARC	Fredericksburg Area Running Club, (540) 371-0588
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, P.O. Box 2924, Reston, Va. 20195, (703) 437-FOOT
RRCA/Gatorade Hotline	(703) 683-RRCA, www.rrca.org
RRRC	Richmond Road Runners Club, P.O. Box 8724, Richmond, Va. 23226, Hotline: (804) 360-2672
SCS	Star City Striders, P.O. Box 8331, Roanoke, Va. 24014, (540) 966-7866
TCRR	Tri-Cities Road Runners, P.O. Box 1512, Petersburg, Va. 23805
TRRR	Twin Rivers Road Runners, www.twinriversroadrunners.org
TS	Tidewater Striders, (757) 681-0248, www.tidewaterstriders.com
WR	Washington RunHers, P.O. Box 5622, Arlington, Va. 22205



Race Days 2019 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.peninsulatrackclub.com



indicates a PTC Grand Prix Event.



indicates a HR Super Grand Prix Event.

MARCH

9 Fort Eustis 10K Run & Ruck

Sat., March 9, 9:00 a.m.

(USATF cert. VA14007RT)

Anderson Fieldhouse, Ft. Eustis, Va.

Hampton Roads Super Grand Prix

Ron Arellano, (757) 878-6075

email: ronald.d.arellano.naf@mail.mil

Kellie Jorgensen, (757) 878-2097

email: kellie.m.jorgensen.naf@mail.mil

Michael Washington, (757) 878-5556

sports office: (757) 878-0013

www.active.com www.eustismwr.com

APRIL

13 Joe & Sue Moore Memorial Scholarship 5K

Sat., April 13, 9:00 a.m.

Sandy Bottom Nature Park, Hampton, Va.

Danielle Hundley, (757) 873-6863

email: danimdanim@hotmail.com

27 Tabb High School May Day 5K

Sat., April 27, 8:00 a.m.

Tabb High School, York County, Va.

Lindsay Olson, lolson2@ycsd.york.va.us

www.facebook.com/th5k

27-28 Virginia 24-Hour Run

Sat., April 27-28, 7:00 a.m.

(USATF cert. VA12075RT)

Sandy Bottom Nature Park, Hampton, Va.

(individuals or teams of 2 to 12)

George Nelsen, (757) 874-4635

email: nelsengeorge@msn.com

www.va24hourrunforcancer.com

MAY

18 Fox Hill Community 5K

Sat., May 18, 8:30 a.m.

Langley Elementary, Hampton, Va.

Rich Bowen

email: rfbowen@cox.net

Natalie Bowen, (757) 477-7589

27 Yorktown Freedom Run 8K

Mon., May 27, 8:00 a.m.

(USATF cert. VA16022RT)

York High School, Yorktown, Va.

Tom Hunter, (651) 675-7928

email: tom.d.hunter@gmail.com

www.yorktownrotaryclub.org

JUNE

1 Run for the Stage 5K

Sat., June 1, 8:30 a.m.

Matteson Trail, Hampton, Va.

Joy Charbonneau

email: jcharbonneau@hampton.k12.va.us

11 Trailzilla Fast 5K

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

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe, (757) 272-2927

email: theaellen@hotmail.com

25 Trailzilla Feel Good 4-Miler

Tues., June 25, 6:30 p.m.

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe, (757) 272-2927

email: theaellen@hotmail.com

29 Riverwatch on the Piankatank 5K

Sat., June 29, 5:30 p.m.

Riverwatch subdivision, Gloucester, Va.

Karen Schenck, (571) 224-5450

email: schenckk@gmail.com

JULY

13 Trailzilla Joe-Zilla 5-Miler

Sat., July 13, 9:00 a.m.

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe, (757) 272-2927

email: theaellen@hotmail.com

27 Coast Guard Day 5K

Sat., July 27, 8:30 a.m.

(USATF cert. VA10027RT)

Coast Guard Training Ctr, Yorktown, Va.

Hampton Roads Super Grand Prix

William Hogge, (757) 856-2132

email: william.c.hogge@uscg.mil

Rachel Miller, (757) 856-2226

email: rachel.a.miller@uscg.mil

AUGUST

6 Tom Ray Memorial Predict Your Time 5-Miler

(PTC Summer Fun Run Series)

>>> No Watches <<<

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

Newport News Park Bikeway

Newport News, Va.

Christine Schaffner, (757) 898-3258

Bruce Davis, weatherwizard1@juno.com

www.peninsulatrackclub.com

10 Fast and Funky 5K

Sat., August 10, 8:30 a.m.

Matteson Trail, Hampton, Va.

Heidi Olson (757) 722-2261

email: holson@transitionsfvs.org

17 Smart Smiles 5K

Sat., August 17, 8:00 a.m.

(USATF cert. VA17036RT)

Mariners' Museum Warwick Field,

Newport News, Va.

Laurel Ramey, (757) 223-7204

email: lramey@bagclub.com

Michele Benson (757) 223-7204

email: mbenson@bagclub.com

20 Swamp Bridge 5K

(PTC Summer Fun Run Series)

Tues., August 20, 6:30 p.m.

Newport News Park, Picnic area #3

Newport News, Va.

Bruce Davis (757) 989-0072

email: weatherwizard1@juno.com

www.peninsulatrackclub.com

SEPTEMBER

7 Run for Achievement 5K

Sat., September 7, 8:00 a.m.

(USATF cert. VA17036RT)

Mariners' Museum Warwick Field

Newport News, Va.

Docwatson Jones, (757) 342-9205

email: docwatsonjones@yahoo.com

Michael Garland (757) 269-1995

email: mike.garlandsr@hotmail.com

www.active.com

Upcoming Events

MARCH 9 HAMPTON ROADS SUPER GRAND PRIX

The *2019 Hampton Roads Super Grand Prix* continues with a *PTC race*, the *Fort Eustis 10K* on *Sat., March 9*.

MARCH 24 PTC ADOPT-A-HIGHWAY LITTER GETTER

The first *PTC Adopt-a-Highway Litter Getter* of 2019 will be on *Sunday morning, March 24*. *Start time* for the litter pick-up is *8:00 a.m.* *Meet at Yorktown Middle School just off Route 17 on Goosley Road*. Help us clean up our adopted section of highway (*Goosley Road and Old Williamsburg Road* toward the waterfront) and earn *PTC Grand Prix volunteer points* while you're at it. Clean up starts at 8:00 a.m. Litter bags and safety vests will be provided, but *please bring gloves to protect your hands*. For info, contact *Amanda Collier* at *870-5159*.

MARCH 28-31 RRCA NATIONAL CONVENTION

March 28–31, 2019 will mark the annual gathering of the running tribes when the *Road Runners Club of America* assembles in New Orleans for the *61st Annual RRCA National Convention* in conjunction with the *18th Annual 5K & 1-Mile Run & Walk Through History* through historic *Metairie Cemetery*. It's three days of seminars, panels, and lectures dealing with all aspects of road racing and operating a running club. If you have an interest in attending, check out the *RRCA website: www.rrca.org*.

APRIL 6 & 20 HAMPTON ROADS SUPER GRAND PRIX RACES

The *Hampton Roads Super Grand Prix* races in April are both *Colonial Road Runner events*; the *Victory at Yorktown 10K* on *April 6* followed two weeks later by the *Run the DOG 5K* in *Williamsburg* on *April 20*. For questions or information on signing up for the *Hampton Roads Super Grand Prix*, check out *www.hrsupergp.com* or email *hrsupergp@gmail.com*.

APRIL 16 PTC GENERAL MEMBERSHIP MEETING

The next *PTC General Membership Meeting* will be held *7:15 p.m., Tuesday evening, April 16* at the *Nelson's Grant Clubhouse, 100 Laydon Way* in *Yorktown*. *Connie Maxwell* of *Village Bicycles* will present a program on *Biking as Cross-Training*. Refreshments follow the meeting. New members: Come pick up your *PTC Race Crew T-shirt*. For more info, please contact *Helen Worthington* by phone at *(804) 642-5998* or by email at *rhworthington@cox.net*.

APRIL 27-28 NEED VOLUNTEERS 24-HOUR RUN

Volunteers are needed for the *Virginia 24-Hour Run* benefiting the *Cancer Relay for Life*. This ultra event starts at *7:00 a.m.* on *Saturday, April 27* and ends *24 hours later* on *Sunday, April 28*. To volunteer, please contact *George Nelsen* at *(757) 874-4635* or *nelsenjgeorge@msn.com*.

MAY 7 VOLUNTEER FOR JEFFERSON LABS RUNAROUND

The *PTC* will be doing the finish line for the *Jefferson Labs Runaround*, an event held for the employees and families of the *Jefferson Lab* on *Jefferson Blvd.* in *Newport News*. This short run (*about 1.5 miles*) is held in the afternoon on *Tuesday, May 7* around *3:00 p.m.* We need a few people who can get away from work that afternoon to help out with a small finish line—*timing and pull tags*. We're looking for *8 to 10 volunteers*. If you can help, contact *Jaime Cox* at *817-1221* or by email at *volunteerptc12@gmail.com*. Volunteers will receive a *unique JLab Run T-Shirt* and *PTC Grand Prix volunteer points*. Our thanks in advance.

 peninsula track club.com

THOUGHTS FROM THE PTC PRESIDENT

Hope you've been able to keep up your running/training during this cold, wet winter. Warmer spring weather is just around the corner (at least according to the groundhog)!

We've had three PTC races so far this year—the Menchville Winter Chill 5K on January 12, the 10-Mile Run for the Heart on February 9, and the Gloucester 8K on February 23. Each is unique in its own way and had a good turnout of runners. Also, a big thanks to those of you who volunteered! We can't keep doing what we do without your critical support.

Due to the upcoming One City and Shamrock marathons, we have only one race scheduled for March. That is the Fort Eustis 10K on March 9—a PTC Grand Prix and Hampton Roads Super Grand Prix (HRS GP) race. If you haven't yet signed up for the HRS GP, there is still plenty of time, with 16 total races this year! The PTC will once again be manning a water stop for the One City Marathon—if you aren't running, please join us.

We are still looking for creative ways to increase club membership. Please send us any thoughts you may have. Also, we are always looking for ideas for speakers at our membership meetings. If you have any suggestions, let us know.

This month's "Wisdom from the Prez:" Make sure you change your running shoes at least every 500–600 miles. Worn-out shoes can cause all kinds of running injuries, even things that seem unrelated.

Run happy and train smart! And keep our military in your prayers.

—George

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.

February 27

Registration opens for Oct 27, 2019 Marine Corps Marathon, 50K & 10K

Arlington, Va./Washington, D.C.

1-800-RUN-USMC (800) 786-8762

email: mcm.info@usmc.mil

www.marinemarathon.com

March 9

Jamestown Swamp Run 5K

Jamestown High, Williamsburg, Va.

Colonial Road Runners

Rick Platt, (757) 345-1431, (757) 229-7375

email: rickplatt1@juno.com

www.colonialroadrunners.org

March 16

Pocahontas Trail Festival Marathon & Half-Marathon

Chesterfield, Va.

email: rvadirtraces@gmail.com

March 16-17

Yuengling Shamrock Marathon, Half-Marathon & 8K

Virginia Beach, Va.

J&A Racing, (757) 412-1056

email: info@shamrockmarathon.com

www.shamrockmarathon.com

March 17

Tobacco Road Marathon & Half-Marathon

Cary, N.C.

Info: Cid Cardoso, Jr.

email: cidjr@insideoutsports.com

email: info@tobaccoroadmarathon.com

www.tobaccoroadmarathon.com

March 30

Bunny Hop 5K

Portsmouth Pavillion, Portsmouth, Va.

www.tidewaterstriders.com

www.active.com

March 30

Queens Lake 5K

New Quarter Park, Williamsburg, Va.

Colonial Road Runners

Paul Pelletier, (757) 253-0625

email: ppelletier4@gmail.com

Rick Platt, (757) 345-1431, (757) 229-7375

email: rickplatt1@juno.com

www.colonialroadrunners.org

March 30

Martinsville Bulletin

Half-Marathon & 5K

Martinsville, Va.

Brad Kinkema, (276) 632-6427

email: brad@martinsvilleymca.com

March 31

B&A Trail Marathon & Half-Marathon

Severna Park, Md.

www.annapolisstriders.org

email: ba_marathon@annapolisstriders.org

April 6

Victory at Yorktown 10K

Yorktown, Va.

Hampton Roads Super Grand Prix

Colonial Road Runners

Rick Platt, (757) 345-1431, (757) 229-7375

email: rickplatt1@juno.com

www.colonialroadrunners.org

April 6

Dismal Swamp Stomp Half-Marathon & 5K

Chesapeake, Va.

City of Chesapeake, (888) 889-5551

www.dismalswampstomp.com

Ann Hupp, (757) 373-4174

email: team@mettleevents.com

April 7

Daffodil Festival 5K & 3K

Gloucester, Va.

www.runsignup.com

April 13

The Singletrack Maniac 50K

Freedom Park, Williamsburg, Va.

Ellen Womeldorf, www.ultrasignup.com

email: ultraellen@gmail.com

April 13

Flying Pirate Half-Marathon & First Flight 5K

Kitty Hawk, N.C.

Outer Banks Sporting Events

www.obxmarathon.org, www.flyingpirate.org

April 13

ODU Big Blue 5K

Norfolk, Va.

J&A Racing, (757) 412-1056

email: info@jandaracing.com

www.bigblue5k.com

April 14

Ingleside Vineyards 5K

Colonial Beach, Va.

www.runsignup.com

April 20

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

Williamsburg, Va.

Hampton Roads Super Grand Prix

Colonial Road Runners

Rick Platt, (757) 345-1431, (757) 229-7375

email: rickplatt1@juno.com

www.colonialroadrunners.org

Jim Elder (757) 253-0277

email: jim@colonialsportscustom.com

April 27

Ashland Railroad Run 10K

Ashland, Va.

Richmond Road Runners Club

www.hanoverarts.org

www.rrrc.org (804) 360-2672

April 27

Promise Land 50K Trail Race

Bedford, Va.

Dr. David Horton, (434) 582-2386

email: dhorton@liberty.com

www.ultrasignup.com

April 27

Highlander Half-Marathon & 5K

Radford, Va.

email: runfrankrun@hotmail.com

April 28

Carytown 10K

Richmond, Va.

Richmond Road Runners Club

(804) 360-2672 www.rrrc.org

email: carytown10k@gmail.com

www.runsignup.com

May 4

Irene Morgan 5K

Saluda, Va.

email: pburrell-pierce@mpnn.state.va.us

www.runsignup.com

May 4

Uncorked Half Marathon

New Kent, Va.

Richmond Sports Backers (804) 285-9495

www.sportsbackers.org

Come Run with Us



All area codes are 757 unless otherwise stated.

PTC WEDNESDAY INTERVALS

With the coming of Daylight Savings Time, the Wednesday evening *PTC Intervals* continue at the **Tabb High School track**. Runners of all abilities welcome. For info, check out the PTC website, PTC Facebook page or contact **Coaches Robert Trujillo** and **Christine Schaffner**.

Location: Tabb High School track

Wednesdays – 6:00 p.m.

(check: www.peninsulatrackclub.com)

Info: Robert Trujillo, 927-5004

email: tree_n_3@msn.com

Christine Schaffner, 898-3258

THE KAMIKAZE RUN

If you'd like some Fast Serious Training Runs, come out Saturday mornings.

Location: Newport News Park Bikeway

Saturdays – 7:00 a.m.

CRR GROUP RUNS

Colonial Road Runners – 4- to 10-mile runs, various paces. PTC members welcome.

Thursdays – 3:00 p.m.

Location: WISC/Warhill Nature

Trail. Meet in parking lot in front of Williamsburg Indoor Sports Complex (WISC) building, 570 Warhill Trail

Info: Rick Platt, 229-7375

email: rickplatt1@juno.com

Jim Gullo, (856) 404-0032

email: coladog@cox.net

BILLSBURG BREWERY

PUB RUNS

5K distance

Tuesdays – 6:00 p.m.

Location: Jamestown Marina, off Jamestown Road, near the ferry.

WILLIAMSBURG WINERY

RUNNING CLUB

5K distance

Begins March 2019

Thursdays – 5:30 p.m.

Location: 5800 Wessex Hundred, Williamsburg

DOG STREET PUB

RUNNING CLUB

Casual family- and dog-friendly runs on Duke of Gloucester Street, Williamsburg.

Location: 401 W. Duke of Gloucester St., Williamsburg, Va.

Mondays – 6:00 p.m., Register: 5:00 p.m.

Info: 293-6478, Facebook: DSPRC

ENTERPRISERS RUN

Five- to 20-mile distance runs on a variety of courses and paces.

PTC members welcome.

Saturdays – 6:00 a.m.

Location: Meet in the parking lot between Baskin-Robbins and Trellis Restaurant at Merchants Square in Williamsburg.

Info: Lisa Osterhoudt

email: lisaann0714@yahoo.com

POINT 2 RUNNING

GROUP RUNS:

Point 2 Running Company serves all types of walkers and runners and promotes endurance running and walk/jog groups. (open to everyone). Register on their FB page.

Mondays – 6:00 p.m. Brew Pub Run

Location: Point 2 Running Company store 12080 Jefferson Ave., Ste. 910, Marketplace at Tech Center, Newport News.

Wednesdays – 6:00 p.m. Flat-Out Events and Tradition Brewing Company

Location: Tradition Brewing Company

Info: runpoint2.com, 223-5000

WATER STREET GRILLE

RUNNING CLUB FUN RUNS

5K Fun Runs (no fee, no official time)

Location: 323 Water St., Yorktown, Va.

Wednesdays – 6:00 p.m.

Info: 369-5644 Facebook: WSGRC

NEW ENERGY TRAINING

The Peninsula New Energy youth running group continues. Youth runners of all ability levels welcome.

Location: Bethel High School track

Tuesdays – 5:30 p.m.

Info: Thomas Tate, 870-0429

email: thomas.tate21@gmail.com

NOVICE & FASTER BIKE RIDES

Novice training bike rides are on Saturday mornings. Faster-paced bike rides on Sunday mornings.

Location: Village Bicycles

9913 Warwick Blvd., Newport News.

Saturdays – 8:30 a.m. (Novice rides)

Sundays – 8:00 a.m. (Faster rides)

Info: Connie Maxwell, 596-4067

*Please let us know if you would like for us to post details of your active running groups or runs. Contact info is on **Page 2**.*

PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

January 2019

Checking Account Balance 12/31/2018	\$ 26,747.10
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Accounts Receivable

Thank You donation	\$ 5.00
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Race Income	300.00
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Total Income: Accounts Receivable + \$	305.00
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Accounts Payable

Newsletter Printing	\$ 1,148.20
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Meetings/Social Expenses	125.77
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Transitions Donation	1,350.00
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Road Runners Club of America Dues	1,396.34
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Grand Prix Awards	830.09
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Banking Fees	2.00
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Total Operating Expenses:	– \$ 4,852.40
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Summary

Net Income Gain/Loss (Checking)	–\$ 4,547.40
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Checking Account Balance 12/31/2018	\$ 26,747.10
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Checking Funds Available 12/31/2018	\$ 22,199.70
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A MILE A DAY FOR 365

By Jaime Cox

I have been a runner for roughly 15 years, and in that time, I have never really given myself a big running goal. So, 2018 was the year to give myself that goal: I was going to run at least 1 mile every day in 2018. It started in Charlotte, N.C. (where we were visiting family for the new year) with 1.26 miles on the trail around my brother-in-law's house. It felt good to have this goal, and I learned many things along this running journey.

Fast forward 5 months—I realized sometimes you have to give yourself a break. After participating in the 24-Hour Run for Cancer, I realized I should probably take a tiny break after 50 miles on my feet. So, I decided to modify my goal to run (or walk) a mile until I felt I could run without pain. Hey, it was my goal and I could change it if needed (and it was *so* needed). A few days after that race, I walked my mile, and I did try to walk with some purpose. After that, I was able to continue with my original running goal. I ended up with roughly 845 miles for the year. Yes, some days I just did 1 mile. But I accomplished it, and it made me a faster and smarter runner!!

Most Memorable Running Moments

Early in my quest for that goal, it had snowed a ton. I was running down River Road and fell into a snowbank. The snow was much deeper than I had anticipated. Not only did a couple who was driving by see me fall, but they stopped and asked me if I needed a ride. “Nope, I’m fine. I’m out here on purpose!” They were holding in the laughter.



◀ It is always fun to run while I’m on a trip. This run was when we were on a weekend trip to Washington D.C. I ran between the Washington Monument and the U.S. Capitol Building.

The final run I will share is from my awesome vacation to Yellowstone National Park. We had gone to the Grand Prismatic Spring in the morning. There was lots of fog, though, and you couldn’t really see the spring. So, I decided to do my mile that day by running back up to the Grand Prismatic overlook.



WELCOME NEW MEMBERS AND WELCOME BACK TIME-HONORED MEMBERS

Ellen Bollinger
Jean Barto
Jennifer Cornette
Joe Garrity
Mary Gibbs
Kevin Gibbs
Dreux Elliott
Laurie Elliott
William Hodges
Valor Foy Jones
Anthony Jones
Brandon Jones
Cameron Jones
Deiona Jones
Carter Lagunas
Doug Malone
Tina Manglicmot
Annabelle Miller
Corie Lee Miller
Marc Miller
Karen Nicoletti
Michael Nicoletti
Paul Pelletier
Tim Robinson
Wanda Sellers
Gene Thies
Susan M Thies
Melissa A Thies
Liz Young
Scott Young
Alan Van Zandt
Alex Westfall
Tim Westfall
Thomas Westfall

FAST RUNNERS SHARE THEIR TRAINING TIPS



On February 19, three local runners gave an informative and interesting presentation at the PTC Membership Meeting. Adam Otstot, Rick Platt, and Emily Honeycutt offered a variety of perspectives for running short and middle distances with tips and advice on training better to running faster. While tempo runs and speedwork were common to their weekly training schedule, each provided methods to their success. Adam described the importance of the “third quarter” of a race, which is usually the slowest portion. By focusing to improve that portion, you will finish faster. Meanwhile, Rick stated that slow runs should be a lot slower than you think. As a high school coach, Emily found improvement by training with younger runners.

Mark your calendar for the next PTC Membership Meeting on Tuesday, April 16.

Virginia Peninsula Road Racing Hall of Fame 2019 Inductees

By Rick Platt

Runners from Hampton (Pauline Ely), Newport News (John Romaine) and Williamsburg (Vernon Geary) were the three 2018 inductees into the Virginia Peninsula Road Racing Hall of Fame, announced the last two Saturdays of January, first at the Peninsula Track Club awards banquet on Jan. 19 at the Edgehill Association Clubhouse in Yorktown, then at the Colonial Road Runners awards banquet on Jan. 26 at the Windsor Forest Clubhouse in Williamsburg. This is the 13th inductee class into the Hall of Fame, coordinated jointly by the PTC and the CRR.

The previous 12 Hall of Fame classes were Joan Coven, the late Michael Mann, and John Piggott in 2006; Rick Platt, Valerie Plyler, and the late Tom Ray in 2007; Lew Faxon, Rob Hinkle, and Andrew Polansky in 2008; Barbara Biasi, Ed Richards, and Robert S. White in 2009; Stephen Chantry, Jim Goggin, and John Hort in 2010; the late Joe Harney, Larry Turner, and Lori Eady Melle in 2011; Bruce Davis, Rhonda Venable, and Jennifer Quarles in 2012; Mercedes Castillo-D'Amico, Ed Moran, and Dick Pierce in 2013; George Fenigsohn, Chris Papile, and Langston Shelton in 2014; Randy Hawthorne and Mark Tompkins in 2015; Dale Abrahamson, Ben Dyer, and Rick Samaha in 2016; and Greg Dawson, Pamela Lovett, and George Nelsen in 2017.

Pauline Ely of Hampton, now age 80, served the PTC for an impressive 20 years, eight years as volunteer coordinator (2000-07) and 12 years as treasurer (2007 to January 2019), also volunteering for the PTC finish line crew at numerous races. She

won an RRCA National Volunteer Award in 2002 for over 2,000 volunteer hours (and with an additional 17 years of volunteering for the PTC—the final total is countless); she was the PTC Grand Prix Volunteer of the Year in 2002 and won the PTC John Hort Volunteer Award in 2013.

She also competed in over 500 PTC and CRR races, having started competing at age 54. Her best times, all in the 55-59 age group, were 25:45 at the 1994 Kiln Creek 5K, 43:48 at the 1994 AFA Victory Run 8K, 54:32 at the 1994 Coast Guard Semper Paratus 10K, 1:36:56 at the 1997 Yorktown Battlefield 10-Miler, and 2:10:36 at the 1997 Pomoco Hampton Coliseum Half-Marathon. At the 2003 Tidewater Striders Distance Series, which she continued to age 71, she had best times at age 64 of 2:07:04 (20K), 3:06:43 (25K) and 3:49:13 (30K). She won first place in the Striders Grand Prix for her age group in 2011, '13 and '14. Traveling frequently, she also completed (between age 71 and age 73) Rock 'n' Roll half-marathons in San Diego, Providence, and Savannah.

Her first year of competing (1993), Pauline met Alice Wilson of the Tri-Cities Road Runners (Petersburg), and they became friends and competitors. Wilson held multiple Virginia state age-group records at the time but later was diagnosed with Parkinson's disease, which affected her balance. Wilson's husband Neil asked Pauline to run hand-in-hand with Alice to help support her in what would be her final race, the Neptune 8K. They ran together the entire race to place third and fourth in their age group. Alice died less than two years later.

Pauline's husband Mike Gontesky, in her Hall of Fame questionnaire, wrote, "She was never a Joan Coven or Nancy Patron, but she wasn't afraid to show up and run her hardest. And don't submit requests for payment or reimbursement to the PTC Treasurer without having all your ducks in a row, or you will be getting a call from the Treasurer."

Vernon Geary was the founder of the Colonial Road Runners in 1981, and he is the first posthumous inductee ever, born in 1912 and dying at age 86 in 1999, seven years before the Hall of Fame started. Geary, originally from Pennsylvania and New Jersey, was a resident of both Williamsburg and Newport News while living in this area. He

was originally president of the PTC in 1980, and part of 1981, before resigning to start his own running club, the CRR, in 1981, for which he was president and race coordinator through 1985. He also organized weekly group runs and monthly club socials and had the CRR join the Road Runners Club of America.

As a runner, Geary was known as "The Ancient Marathoner." He held the all-time CRR 5K record for men 80-84 with a time of 33:49 at age 81 at the 1993 Governor's Land 5K, until Hall of Famer Robert S. White smashed it a decade later. As of 2007, Geary still held three Virginia state records, running a 1:10:44 (23:35 average per 5K) at age 70 at the 1982 Northwest River Park 15K (a Strider event), the state 70-74 record and age grading 79.40%. He set a final state record at age 81 for men 80-84 of 2:01:01 at the 1993 Yorktown Battlefield 10-Miler. But his most impressive race was at the 1982 Richmond Marathon, where his time of 3:26:20 (1:43 per half-marathon, a sub-8:00 pace) is still the state record for men 70-74, and age graded a national-class 82.34%.

Geary was a teacher and served in the Navy during World War II (1943-45), and started running at age 60 for health reasons. He had diabetes and was blind in one eye due to that. He ran the 1985 Chicago Marathon, at age 73, "his third marathon since triple bypass surgery last year," according to the Chicago Marathon press release of notable runners entered in the race.

John Romaine, formerly of Newport News, now lives in Southern Pines, N.C. He was one of the fastest and most prolific road racers ever on the Peninsula, winning over 100 PTC road races (and several PTC track races) in the 1970s and '80s—the most of anyone until Williamsburg's John Piggott started his lengthy racing career. Coincidentally, Piggott coached Romaine's son Ben in cross country at Lafayette High School. Romaine was vice president of the PTC for two years (1979-80) and also opened up the Inside Track running store in Newport News at age 20. He ran over 100 miles per week for 12 years, with his running philosophy, "Don't cut the tangents in training...take the long way home."

At Warwick High School (class of 1975), he lettered in four sports a year—basketball (twice region champs), golf (#1 on the team



George Nelsen with Pauline Ely



John Romaine

for three years), cross country, indoor and outdoor track (all district his junior and senior years). At Ferrum Junior College, he was undefeated his freshman year in cross country, the region champ, and set five course records.

He had track PRs of 1:56 for the half mile (1:54 relay split), 4:12 for the mile (4:17 in high school), 9:16 for two miles (at an all-comers indoor meet at George Mason), 14:45 for 5,000 meters and 30:15 for 10,000 meters.

His road wins included the Newport News Run for the Arts (twice), Yorktown Victory Run 8-Miler (beating former William and Mary All-American Ron Martin, among other notables), the Urbanna Oyster Fest, the Carter's Grove Country Road 8-Miler, the Bay Days 10K (in 31:20) and the hilly Wintergreen 10K. He also coached cross country for three years at Warwick High (the first coach in Newport News who was not a teacher), taking a small team that had to recruit basketball players to form a full team to over 50 kids his third year.

Now age 61, he has knee problems that keep him from running any more (he misses it greatly), but he stays active in golfing, tennis, and boating. He is the Senior Director Global Golf/Tennis for Maui Jim (sports sunglasses, etc.), for which he's worked for 17 years. Romaine would have been inducted a decade ago into the Hall of Fame, but every January he was working golf tournaments in Hawaii and Abu Dhabi during the time of the PTC and CRR awards banquets. This year he adjusted his work schedule to make the PTC banquet and finally got inducted. In attendance were son, Ben, and his two sisters, Mary and Ann.



CALLING ALL RUNNERS and WALKERS

Please mark your calendars for Saturday, April 13th

The Peninsula Track Club (PTC) is holding its **30th** annual Joe & Sue Moore Memorial Scholarship 5K race at Sandy Bottom Nature Park in Hampton, Virginia. We also have a one-mile fun run, which starts at 8:15 a.m. and is open to all ages. The 5K race starts at 9:00 a.m.

The race, in honor of our parents, is the major fundraiser for the PTC Scholarship Fund. Every year since 1989, the PTC has provided annual college scholarships to college-bound high school seniors who have participated in high-school running and have excelled academically.

Remember, this is the race with the great door prizes that everyone talks about year after year! Each participant receives a raffle ticket to be eligible to win a door prize. Last year we had 60+ door prizes totaling over \$3,000.

With your help, the Peninsula Track Club can continue to provide these valuable scholarships to deserving students.

Please spread the word...we want to break our attendance record in 2019!

For online registration, visit www.runsignup.com/scholarship5k

For a downloadable race form, visit www.peninsulatrackclub.com.

Please visit and **LIKE** the Joe & Sue Moore Memorial Scholarship Facebook page at [JoeSueMooreMemorialScholarship5kRace](https://www.facebook.com/JoeSueMooreMemorialScholarship5kRace)

We hope to see you race day...Until then...please remember this...

No matter how slow you go, you are still lapping everyone sitting on the couch.

—The Moore Family

Runner Doc



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Safety for Spring Training

by Robert Trujillo

If you are like me, you must have been astonished that a cougar attacked a runner in Colorado. Granted, it was a 40-pound cat but a very dangerous animal just the same. As the news reported, the runner heard the cat stalking him only because he was not wearing his headphones and listening to music—as he usually did during his run. In New Mexico last year, a coyote attacked a runner going for a jog in a semi-residual neighborhood. The coyote was caught and found to be rabid after testing. While these incidents are not the norm, we have to consider our own neighborhoods and what can impact our own safety. Not only wild animals but local stray dogs, cars, and other people can be a concern for our safety. Here are a few things we all can do to help protect ourselves and hopefully not become the next headline story.

Wear bright clothing. I see too many runners/bikers who wear dark clothing. The sun is starting to rise earlier and set later, but it's still dark. Folks are more worried about getting the kids on the bus than looking out for you. Try to wear reflective gear or use a lamp or glow sticks if running or biking in the early morning/evening. Run against the traffic to be seen, if possible. Let's be honest here—folks just don't care unless it involves them.

Pay attention to your surroundings. Too often we take things for granted. Look around to see what or who is there. It may not be anything, but just being vigilant can help. Dogs can appear from nowhere, and some have been known not to be very friendly. I've been bitten more than once by a dog thinking I was target practice.

Turn down the headphones. I have gone by runners when I could hear their music clearly, even with the earbuds in their ears. If you use music, make sure you can hear so you can react.

If you're running the trails, do not run alone, if possible. It's always better to have someone around to help out should something happen. We've seen news reports where solo runners are attacked in remote areas. You might injure yourself and need assistance in getting back to your vehicle. Anything can happen, but better to have friends there just in case.

Now that we've gotten that out of the way, let's get to training. Spring can be one of the trickiest seasons for running. I've seen some large temperature swings that can throw off any runner. I've paced many a Shamrock race where the temps should be warm, yet I was pummeled with freezing rain. I've also run races in early April where the temps spike into the 70s early in the morning. With most runners, it takes time to acclimate to the upcoming heat of summer. As you gear up your mileage or prep for your half-marathon or pick up the pace for the 5K races, this is where discipline comes into play.

Many runners have not been doing too many runs outside, as the weather was either crusty or maybe just too cold. Maybe you have been running on a treadmill to keep your cardio, but nothing really replaces running on the road. Treadmills do work, but the unit pulls you along. The padded belts absorb the impact of running, and you may run faster on these. But you must be cautious when you take that training to the

roadways. Now you have to push your body; the road does not soak up the impacts, and now gravity takes hold of you. Now you have to push to keep a pace.

One thing that can help is to **use modern technology**. Most runners use a running watch with features that may allow you to set your pace or track average time/mile. Use a heart monitor to track your pulse. If your heart rate is too high, slow down. You may think you're running easy, but your monitor shows you are cooking. Running in direct sunlight can also add to the temperature you're running in by 10 degrees or more. If you aren't on a training plan, don't just jump out there and do a 10K run unless you've been doing the mileage already. Work your way back up to your mileage by no more than 10% each week. This will help prevent injuries.

Pay attention to your fluid consumption. Be sure you keep your hydration level up but do not overdo it. The easiest trick to monitor your fluids is to weigh yourself before you run. Drink as necessary during your run, but after, be sure to weigh yourself again. If your weight is more than 1% below your beginning weight, you're dehydrated. You think you feel fine, but lack of water will reduce blood flow to the extremities. I see this in folks who come out to intervals. I cannot stress enough that the body needs fluid to keep going. By tracking your consumption, you can adjust as the temperature changes.

Watch those cool mornings. Take your time to warm up before you get to your regular pace. With the cool start, your muscles may be tight, and this can lead to strains or pulls. Those take longer to heal just as you're trying to gear up for your races. Be sure to stretch afterwards to help keep those muscles loose.

Incorporate some weights into your workout. Strong legs, shoulders, and core will help you go faster and keep your good form longer. This doesn't have to be heavy weights; squats with your body weight are good. Using light weights for arm and shoulder exercises will help without adding bulk and also will help your endurance. Stronger body means stronger running.

Last but not least, listen to your body. It will tell you when something is wrong. Don't let pride get in the way. If you're not feeling it, no problem—one missed session won't kill you. Sometimes we just have to be reminded to do what is right. Have fun!



If you're running the trails, do not run alone, if possible. It's always better to have someone around to help out should something happen.

10-MILE RUN FOR THE HEART

Sponsored by the Knights of Columbus Council 5480

Yorktown Battlefield, Yorktown, Va.

USATF cert. #VA12072RT

Saturday, February 9, 2019, 9:00 a.m.

A Peninsula Track Club Grand Prix Event

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						WOMEN: 19 AND UNDER						WOMEN: 40 - 49 (continued)					
1	1	SETH KOLOSSO	24	NOR	58:08	1	75	JESSIE T CLATTERBUCK	19	VA	1:35:43	8	68	SHELIA JOHNSON	47	CHS	1:33:00
2	2	COLLINS O OMBIKHWA	20	HPT	1:00:14*	WOMEN: 20 - 29						9	77	GLENIA WILLIAMS	40	HOP	1:36:26
3	3	RYAN DOUPE	32	NNW	1:02:43*	1	56	JESSICA MURRAY	26	HPT	1:29:10	10	80	LAUREN ROSENBAUM	45	NNW	1:37:17
TOP OVERALL WOMEN						2	73	SAMANTHA STONE	25	GLC	1:35:37	11	94	X SLOCUM	41	HPT	1:42:39
1	6	JACLYN HOFFMAN	26	NNW	1:07:16	3	114	TAYLOR COLEMAN	25	GLC	1:57:05	12	95	ANN WILLIAMSON	43	HPT	1:42:44
2	20	DENISE LITTMAN	41	WBG	1:13:47	4	125	SAMANTHA GURUNG	26	NNW	2:15:09	13	100	LAURA RICE	48	HPT	1:44:30
3	21	SHELLEY HORNER	36	TX	1:16:37	WOMEN: 30 - 39						14	105	ANGELA JACOBSON	40	YKT	1:49:45
MEN: 19 AND UNDER						1	22	AVANELL SCALES	32	VA	1:17:15	15	106	RHONDA MURCHISON	49	LNG	1:49:45
1	4	PAUL GLASS	17	WBG	1:02:50	2	23	MARCY SINGSON	37	YKT	1:17:56	16	115	TYRA ROBINSON	48	PRT	1:57:09
2	9	GLENN GLASS	16	WBG	1:08:37	3	27	ALLISON RAINEY	38	ARL	1:19:43	17	120	MELISSA CARMINES	45	YKT	2:05:30
3	14	KEVIN KLAPPROTH	15	CAR	1:12:21	4	29	JACQUELINE BETHEL	33	NOR	1:19:52	WOMEN: 50 - 59					
MEN: 20 - 29						5	30	EMILY BROWN	31	NNW	1:19:59*	1	31	KARLA HAVENS	56	VA	1:20:05*
1	12	AENDEL V MENDOZA	28	VAB	1:09:53	6	58	PAMELA TAYLOR	39	NC	1:29:20	2	52	VALOR FOY JONES	55	NNW	1:27:53*
2	17	KENT BROWN	29	RIC	1:12:46	7	66	KIRA BROWDER	36	WBG	1:32:57	3	63	MARIA PETERS	54	YKT	1:32:09*
3	28	RICHARD MCDONALD	26	NNW	1:19:47	8	76	AMIE SINGLETARY	37	NNW	1:36:19	4	64	HYEKYOUNG PARK	50	NNW	1:32:15
4	34	JACOB W BROWN	24	VAB	1:22:08	9	78	VERONICA KARWICK	32	PQN	1:37:13	5	67	ALICE MAFFEY	59	VA	1:32:59
5	45	ARTERE ZURBANC	25	FL	1:26:20	10	79	AMANDA COLLIER	39	YKT	1:37:15*	6	70	HOLLY BARTH	54	MEC	1:33:52
MEN: 30 - 39						11	84	KATRINA STRANG	36	YKT	1:39:18	7	86	LAURA BIAVA	55	NNW	1:39:28
1	5	TODD ELLICK	35	WBG	1:07:05	12	87	JENNIFER LITTLE	39	YKT	1:39:45*	8	91	DONNA SANDERS	54	YKT	1:40:56*
2	7	CHRIS NOVAKOSKI	37	CHS	1:07:38*	13	89	PATRICIA COLLER	33	ROA	1:40:30	9	97	CHRISTINE YOUTSEY	53	YKT	1:42:58
3	8	GARRETT HARLEY	33	HPT	1:07:44	14	102	ANNA BUCK	31	WBG	1:48:12	10	99	ERIN PHILPY	54	MEC	1:44:11
4	10	JAMES COLE	33	NOR	1:08:49	15	108	KELLY JACOBS	32	RIC	1:51:23	11	103	LETTY MARINO	56	VAB	1:49:16
5	13	CHRIS GERAGHTY	33	YKT	1:10:57	16	109	TABITHA MAYERS	34	HPT	1:51:27	12	107	CATHERINE HARDEN	52	NNW	1:49:57*
6	15	CHRISTOPHER BROWN	31	NNW	1:12:26*	17	111	ERICA OSBORN	37	NNW	1:53:25	13	110	KIM HARRIS	55	NNW	1:51:47
7	39	DAVID EDWARDS	36	YKT	1:24:04*	18	121	MICHELE VECCHIONE	36	SEA	2:05:32	14	112	LAURAN JOHNSON	54	CHT	1:55:39
8	48	ELIOT F MOREIRA	31	CA	1:27:11	19	123	JESSICA TEMPLETON	34	NNW	2:15:07	15	113	PATRICIA WIEDEMANN	58	SEA	1:56:29*
9	55	ERIC BLITTLE	39	VA	1:28:33	20	124	SUNSHINE MARAVAN	38	HPT	2:15:08	16	119	LINDA HOLMES	54	HPT	2:05:20*
10	72	CONOR MCANULTY	31	NOR	1:35:12	WOMEN: 40 - 49						17	122	BRENDA NICKEL	52	NNW	2:06:09
11	82	SEAN OSBORN	33	NNW	1:38:03	1	38	INGANI FRANKLIN	43	PRT	1:23:45	18	126	PHYLLIS POPE	58	HPT	2:18:20
12	90	DAVIS HILL	38	YKT	1:40:45	2	40	KAREN SANZO	42	HPT	1:24:09*	19	127	BRIDGET WILLIAMS	52	YKT	2:20:13
13	101	MARK REYNOLDS	33	NNW	1:44:55	3	42	SUSAN MOSS	42	CHT	1:25:47	WOMEN: 60 AND OVER					
MEN: 40 - 49						4	51	SUSAN HAGEL	45	NOR	1:27:32*	1	33	CAROLYN HARRISON	62	VAB	1:21:28*
1	11	DAVID ANDERSON	49	WBG	1:08:58*	5	54	CATHIE REALMUTO	49	VA	1:28:27	2	81	HELEN WORTHINGTON	64	BEN	1:37:57*
2	18	STEVEN ARMITAGE	49	VAB	1:13:00	6	60	KIMBERLY A STEMPEL	45	OH	1:30:49	3	88	LORI WISNIEWSKI	61	WBG	1:39:48
3	24	CRAIG POLITTE	43	NNW	1:18:23	7	65	BENELINE WILLIAMS	43	NNW	1:32:54	4	128	PAULA PENNINGTON	64	VAB	2:30:58
4	25	JOEY SMITH	47	WBG	1:18:35												
5	36	MARCO KRAMER	41	YKT	1:23:29												
6	43	SAMUEL ROBINSON	48	PRT	1:25:48												
7	74	GEOFFREY WELLONS	40	HPT	1:35:43												
8	92	DAVID L BASSETT	41	NOR	1:41:27												
9	116	RODNEY BELTZ	42	NNW	1:57:27*												
10	118	MARK MOZOL	43	NNW	2:00:31												
MEN: 50 - 59																	
1	16	KEN ALBERG	58	SUF	1:12:41												
2	26	WALT BRUCE	57	YKT	1:19:31*												
3	35	JOE GARRITY	55	HPT	1:22:27												
4	44	KEVIN CONLIN	51	NNW	1:26:13												
5	46	DAVID MILBY	58	SAL	1:26:38*												
6	49	EDWARD RIETSCHA	58	YKT	1:27:12*												
7	50	HOWARD PRICE	50	CHS	1:27:24												
8	57	MICHAEL WALLACE	56	CHS	1:29:14												
9	59	TIMOTHY HODGE	59	VAB	1:30:40												
10	61	TIM RICHARD	58	VAB	1:30:52												
11	69	DONALD CUTLER	53	SMF	1:33:30												
12	71	RON MCLEOD	54	MEC	1:33:53												
13	83	JOSEPH BIAVA	56	NNW	1:38:16												
14	85	REINER KLAPPROTH	55	CAR	1:39:23												
MEN: 60 - 69																	
1	19	JIM THORNTON	64	TNO	1:13:27												
2	32	JAMES DEVIESE	67	YKT	1:20:40*												
3	37	THOMAS ASKINS	64	VAB	1:23:32												
4	41	DALE ABRAHAMSON	69	YKT	1:24:32*												
5	47	JOE DAY	68	YKT	1:26:55*												
6	53	TOM MAFFEY	61	VA	1:28:06												
7	62	RICK PLATT	68	WBG	1:31:39*												
8	96	THOMAS MCANULTY	66	NOR	1:42:57												
9	117	ROBERT READ	65	WBG	1:58:12												
10	129	BOB CURTIN JR	66	HPT	2:30:58*												
MEN: 70 AND OVER																	
1	93	RONALD KELLUM	74	HPT	1:42:14												
2	98	LARRY E ARATA	74	WBG	1:43:03*												
3	104	RICHARD BROWDER	76	SMF	1:49:31												

* denotes PTC member



SUSAN MOSS

SAMUEL ROBINSON

GLOUCESTER 8K RUN & 3K RUN/WALK

Gloucester High School
Gloucester, Va.

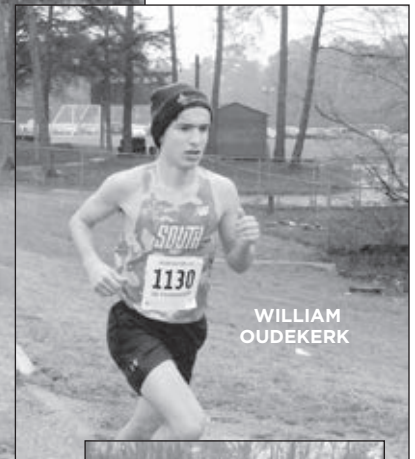
Sponsored by Gloucester County Educational Foundation

Saturday, February 23, 2019 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	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						WOMEN: 8 AND UNDER						WOMEN: 40 - 44					
1	1	WILLIAM OUDEKERK	18	CHS	27:12	NONE						1	38	SHARON FULFORD	40	VA	46:17
2	2	RYAN CARROLL	36	CHS	28:21*	WOMEN: 9 - 11						2	43	MICHELE BECK	40	GLC	47:26
3	3	LOGAN MCCUE	16	CHS	29:52	1	51	SARIATT WILLIAMS	9	GLC	50:40	3	50	BELEN CICALA	43	GLC	50:35
TOP OVERALL WOMEN						WOMEN: 12 - 14						4	57	AMBER HOGG	40	HPT	53:18
1	7	CRISTINA BURBACH	44	ARL	31:27	1	62	KAYLEE HALL	12	GLC	54:36	5	86	MARIE LASS	41	GLC	1:17:40
2	19	DENA GOBLE	48	WBG	40:11	2	63	SAMANTHA CARLTON	12	GLC	54:36	WOMEN: 45 - 49					
3	21	CHRISTY LINDBERG	47	GLC	41:35	3	75	AVERY WATKINS	12	GLC	58:25	1	32	NICHOLE KNOTT	49	GLC	44:32
MEN: 8 AND UNDER						WOMEN: 15 - 19						2	46	LAURA YAECKEL	45	SAL	48:39
1	52	BRYTON LEE	6	GLC	50:56*	NONE						3	66	SARAH LINDEMANN	48	GLC	55:48
MEN: 9 - 11						WOMEN: 20 - 24						4	72	APRIL JONES-FAULKNER	49	VAB	57:50
1	13	TREVOR DEYOUNG	9	GLC	39:08	NONE						5	78	HEATHER MORGAN	49	GLC	1:00:13
2	35	BRAXTON LEE	9	GLC	45:36*	WOMEN: 25 - 29						6	80	JENNY BLAZVICK	45	GLC	1:02:53
3	69	NASIR ELAZIER	10	GLC	56:56	1	25	SAMANTHA STONE	25	GLC	42:35	7	87	KERI RIEDELL	49	GLC	1:17:41
MEN: 12 - 14						2	34	KELSEY GIBBS	26	DUT	45:11	WOMEN: 50 - 54					
1	10	DYLAN DEYOUNG	12	GLC	37:02	3	60	RACHEL DYE	27	PHA	54:13	1	45	WENDY CALDER	52	VA	48:19
2	42	TYLER HICKS	12	GLC	47:10	4	61	TAYLOR COLEMAN	25	GLC	54:23	2	54	TARA DRESS	51	YKT	51:05
3	55	LUKAS ROTHENBERGER	14	HAY	51:39	5	65	MADALYN WHITE	28	VA	55:05	3	68	TERI WHITE	53	PHA	56:14
MEN: 15 - 19						6	70	KELLY JACKSON	29	NOR	57:05	4	88	PHYLLIS SMITH	52	GLC	1:20:04
1	4	JORDAN GRINKEWITZ	18	CHS	29:52	WOMEN: 30 - 34						WOMEN: 55 - 59					
2	5	SEAN BURRILL	17	CHS	30:05	1	27	CHERISE BOGUE	32	GLC	43:15	1	64	TERRI BURRUSS	57	HAY	54:52
3	12	DONALD CALDER III	17	VA	39:02	2	79	TARA LORD	32	GLC	1:02:33	2	77	SUELLEN HOOPER	59	GLC	59:28
4	29	FELIX GONZALEZ	19	NNW	44:00	3	83	ANN COVEY	32	NNW	1:11:22	3	81	SHERRY COLLINS	59	HAY	1:04:05
5	33	PRESTON GARRISON	15	GLC	45:01	WOMEN: 35 - 39						WOMEN: 60 - 64					
6	71	JOHN WALSH JR	18	HAY	57:21*	1	30	GLORIA WILLIAMS	35	GLC	44:07	NONE					
MEN: 20 - 24						2	41	MAURA RUST	39	PQN	46:59	WOMEN: 65 - 69					
1	6	COLLINS OMBIKHWA	20	HPT	31:05*	3	44	CHRISTINA DEYOUNG	38	GLC	48:07	NONE					
MEN: 25 - 29						4	48	MARY HALL	37	GLC	49:02	WOMEN: 70 AND OVER					
NONE						5	56	MARYANNE LEE	36	GLC	52:09*	1	49	BARBARA BIASI	71	YKT	49:35*
MEN: 30 - 34						6	58	RACHAEL HICKS	38	GLC	53:22						
1	8	RYAN DOUPE	32	NNW	31:30*	7	76	STEPHANIE TILLER	38	MOO	58:54						
2	11	BRIAN JUNGA	34	NNW	37:11												
3	53	MATT COVEY	32	NNW	51:02												
MEN: 35 - 39																	
1	14	ANDREW CHIU	36	WBG	39:22												
2	17	SCOTT BURRILL	39	CHS	39:55												
MEN: 40 - 44																	
NONE																	
MEN: 45 - 49																	
1	18	PAUL SCRIBBINS	46	GLC	39:59												
2	26	DANNY WEATHERLY	49	GLC	42:45												
3	36	WINSTON TRICE	45	HAY	45:49*												
4	67	MARSHALL WILLIS	45	VAB	56:01												
MEN: 50 - 54																	
1	9	AARON CANDELLA	50	YKT	34:10*												
2	15	JOHN M BECK	51	GLC	39:29												
3	16	RON MYERS	53	DUT	39:41												
4	20	JOHN STEFANIC	53	GLC	41:00*												
5	31	STEVEN PETERS	54	YKT	44:31*												
6	39	PAUL CLARK	50	HPT	46:29												
7	47	JEFF FAULKNER	52	VAB	48:57												
MEN: 55 - 59																	
1	22	DAVID MILBY	58	SAL	41:51*												
2	23	LYLE VARNELL	59	GLC	42:06												
3	24	TIMOTHY HODGE	59	VAB	42:20												
MEN: 60 - 64																	
1	73	BILL MILES	60	HOP	57:52												
2	82	LEE ROY PADGETT	64	VAB	1:08:07												
3	89	PETER NAVIN	64	HPT	1:21:04*												
MEN: 65 - 69																	
1	28	JOSEPH L VERDIRAME	69	SUF	43:38*												
2	40	JIMMY C BLOUNT	68	WBG	46:50*												
3	84	BOB CURTIN JR	66	HPT	1:14:23*												
4	85	SHELDON SLAUGHTER	67	GLC	1:16:45												
MEN: 70 - 74																	
1	37	LARRY E ARATA	74	WBG	46:05*												
MEN: 75 AND OVER																	
1	59	RICHARD BROWDER	76	PHA	53:44												

* denotes PTC member



MICHELLE KENNEDY

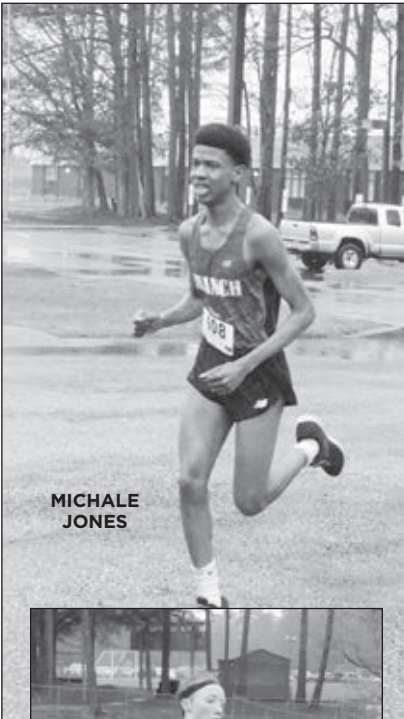
3K RUN/WALK

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	MICHALE JONES	18	CHS	9:46
2	2	THOMAS OUDEKERK	16	CHS	9:47
3	3	JAMES LLOYD	16	CHS	10:07
4	5	ANDY REED	22	GLC	12:24
5	6	AIDEN HARPOLE	10	HAY	12:59
TOP OVERALL WOMEN					
1	4	SAYLOR BURRIS	16	CHS	10:41
2	10	AVA HUTTON	11	GLC	14:04
3	11	EMILY FRAYSER	18	GLC	14:36
4	14	CHRISTINE JOHNSON	56	PHA	17:20
5	16	KAITLYN GEORGE	17	GLC	17:29

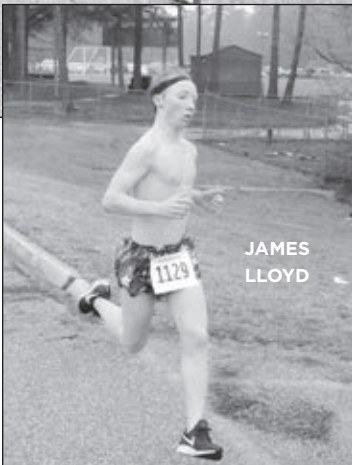
Place	OALL	Name	Age	City	Time
MEN: ALL AGES:					
1	7	JOSHUA PINDER	11	HAY	13:00
2	8	GRAYSON SHIELD	11	GLC	13:29
3	9	GAVYN TALBOTT	11	GLC	13:58
4	12	JACK GIBSON	10	DUT	15:07
5	13	KEN GIBSON	50	GLC	15:08
6	15	JUSTIN WHITT	49	GLC	17:27
7	19	KEVIN PRICE	38	GLC	18:21
8	22	WILLIAM MINNICH	42	GLC	18:36
9	23	WILL MINNICH	10	GLC	18:36
10	25	MATT WILLIAMS	34	GLC	19:10
11	27	CALEB BUEHN	6	YKT	20:12
12	29	JONATHAN TALBOTT	8	GLC	20:20
13	30	ASM SAIFUDDIN	40	YKT	20:35
14	31	MATTHEW PRYOR	8	HAY	21:09
15	41	RYAN JOHNSON	34	GLC	23:50
16	42	MYLES STOCKWELL	10	GLC	23:51
17	44	TY BYRNE	6	VA	24:04
18	48	THOM BYRNE	70	VA	24:52
19	53	CLIFF PINDER	49	HAY	25:15
20	55	LIAM KENNEDY	5	GLC	25:19
21	56	KENNETH DUNBAR	37	SAL	25:20
22	57	MASON BECK	4	SAL	25:22
23	59	JAMES SHARP	76	NOR	25:25
24	63	ADAM BARRON	37	VA	26:59
25	65	LEWIS BURRUSS	77	HAY	27:01
26	69	JAKOB ROTHENBERGER	10	HAY	27:42
27	72	TOBY THOMAS	8	GLC	28:27
28	76	TYLER THOMAS	34	GLC	29:14
29	79	CAMDEN BUEHN	4	YKT	29:29

Place	OALL	Name	Age	City	Time
WOMEN: ALL AGES:					
1	17	SHYANNE CARLTON	10	GLC	17:46
2	18	PEYTON PRICE	10	GLC	18:20
3	20	CLAIRE MINNICH	12	GLC	18:23
4	21	CHELSEA SHIELD	9	GLC	18:27
5	24	JOSEPHINE WILLIAMS	7	GLC	19:04
6	26	ALICE BURRUSS	45	NC	19:29
7	28	KHLOE ROTHENBERGER	8	HAY	20:13
8	32	KAELYN SOUTHWORTH	9	GLC	21:22
9	33	MELISSA SOUTHWORTH	45	GLC	21:24
10	34	CHAUNTEA SHIELD	41	GLC	22:06
11	35	SUZANNE HALL	42	GLC	22:26
12	36	WINNIE CARLTON	8	GLC	22:33
13	37	RAVEN CARLTON	41	GLC	22:34
14	38	LEXI HEFNER	8	HAY	23:47
15	39	JORDAN BRAULT	7	GLC	23:48
16	40	DAWN BRAULT	36	GLC	23:49
17	43	ELENOR TALBOTT	41	GLC	23:52
18	45	KATIE HEFNER	27	HAY	24:15
19	46	JOHNNA MORRIS	55	YKT	24:32
20	47	TERRI BYRNE	70	VA	24:44
21	49	GAIL BAKER	68	ARK	24:52
22	50	PAT STOVER	59	GLC	24:57
23	51	PAULA KEENER	50	ARK	25:02
24	52	SUSAN PINDER	45	HAY	25:03
25	54	MICHELLE KENNEDY	30	GLC	25:16
26	58	RACHEL RILEE	37	SAL	25:24
27	60	NAN NICHOLS	61	HAY	26:16
28	61	PATRICIA KIDD	65	HAY	26:56
29	62	TARA MINNICH	45	GLC	26:58
30	64	KATEY GREGOR	32	MD	27:00
31	66	KAREN KOVACS	52	HAY	27:05
32	67	MEGAN WAGNSTROM	31	PRT	27:35
33	68	LESLIE ROTHENBERGER	35	HAY	27:39
34	70	TINA NOVOTNY	59	NNW	27:43
35	71	ROBIN BROOKS	58	GLC	27:48
36	73	SAMANTHA THOMAS	6	GLC	28:28
37	74	EMMA THOMAS	4	GLC	28:51
38	75	RACHEL THOMAS	37	GLC	28:53
39	77	CINDY SLOMINSKI	61	SEA	29:15*
40	78	LINDA GREGORY	65	SAL	29:16
41	80	BRENDA MACK	67	HAY	31:10
42	81	CHERYL BUEHN	39	YKT	33:45

* denotes PTC member



MICHALE JONES



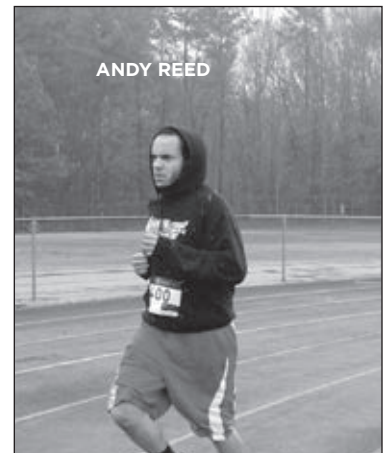
JAMES LLOYD



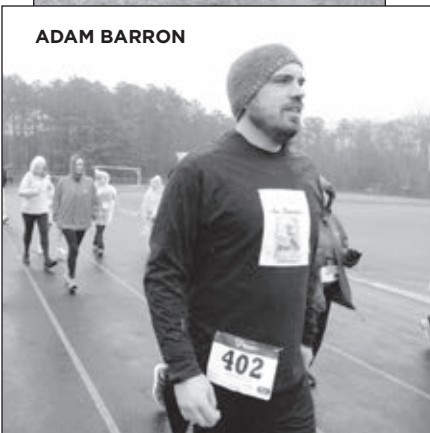
RYAN CARROLL



CHRISTINE JOHNSON



ANDY REED



ADAM BARRON



2019 PTC Grand Prix Standings (2 of 12 events completed)

MEN (QUALIFIED)

Name	run	vol	total
P. J. Mendola	10	3	13
George Nelsen	7	3	10

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Collins Ombikhwa	25	0	25
Ryan Doupe	22	0	22
Larry Arata	19	0	19
Chris Novakoski	18	0	18
Walt Bruce	17	0	17
Christopher Brown	16	0	16
Rick Platt	15	0	15
Jim Highsmith	10	0	10
Steven Kast	10	0	10
Chris Hymes	10	0	10
Joseph Verdirame	10	0	10
Charles Terrell	10	0	10
David Anderson	10	0	10
James Deviese	10	0	10
Braxton Lee	9	0	9
Will Palagyi	9	0	9
Bob Curtin, Jr.	9	0	9
Dale Abrahamson	9	0	9
Charles Webb	8	0	8
James Gullo	8	0	8
Randy Hawthorne	8	0	8
Joe Day	8	0	8
David Edwards	8	0	8
Andrew Medvec	7	0	7
David Milby	7	0	7
John R Scott	6	0	6
Skip Cole	6	0	6
Rodney Beltz	6	0	6
Edward Rietscha	6	0	6
Mike Thomas	4	0	4
Peter Navin	4	0	4
Rick Webb	3	0	3
John Gallo	2	0	2

GRAND PRIX UPDATE

Race and volunteer points have been tallied through the **10-Mile Run for the Heart** held on **February 9**.

NEXT GRAND PRIX RACES

Fort Eustis 10K

March 9, 2019

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Joe & Sue Moore Memorial PTC Scholarship 5K

April 13, 2019

WOMEN (QUALIFIED)

Name	run	vol	total
Amanda Collier	5	3	8

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Susan Hagel	20	0	20
Valor Foy Jones	19	0	19
Helen Worthington	19	0	19
Catherine Harden	14	0	14
Patricia Wiedemann	12	0	12
Megan Schulze	11	0	11
Patricia Travis	10	0	10
Carolyn Harrison	10	0	10
Karla Havens	10	0	10
Maria Peters	10	0	10
Mary Eaker	9	0	9
Donna Pike	9	0	9
Kathy Gallo	9	0	9
Martha Gullo	9	0	9
Karen Sanzo	9	0	9
Dottie Humphreys	8	0	8
Emily Brown	8	0	8
Donna Sanders	7	0	7
Jennifer Little	3	0	3
Linda Holmes	2	0	2

.....

THE 2019 PTC GRAND PRIX SCHEDULE

Menchville Winter Chill 5K

10-Mile Run for the Heart

Fort Eustis 10K

Joe & Sue Moore Scholarship 5K

Yorktown Freedom Run 8K

Joe-Zilla 5-Miler

Coast Guard Day 5K

Smart Smiles 5K

Mulberry Island Half-Marathon

Poquoson Run with the Bulls 5K

Yorktown Battlefield 10-Miler

Run with the Son for Haiti 5K

GRAND PRIX RULE SUMMARY

The **Peninsula Track Club Grand Prix Race Series** is designed to encourage participation in **PTC events**, promote competition, reward volunteerism and recognize long-term running performance. Grand Prix points can be earned by **running designated Grand Prix races** and by **volunteering for any PTC race or Litter Getter**. You do not have to sign up for the Grand Prix. 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 (10) male and female runners in each five-year age group. **Scoring is as follows:** 1st place receives 10 points, 2nd place receives 9, 3rd gets 8 and so on down to the 10th place runner who receives 1 Grand Prix point.

Overall winners receive 10 points plus bonus points based on the overall place awarded. For example, if awards go to the **top 3 overall**, the first place man and first place woman receive 10 points plus 3 bonus points (total of 13) Grand Prix points. 2nd overall receives a total of 12 points and 3rd receives 11.

There is no limit to the number of **racing points** that can be earned. **However, you must be a PTC member in good standing when the Grand Prix event is held.**

VOLUNTEERING

The **PTC Grand Prix** is unique in that points can be earned through volunteering. Every time a member volunteers for an event, race, or litter-getter they receive a three (3) Grand Prix volunteer points. Additionally **bonus volunteer points** are awarded for the following conditions:

1) **Double points for two race events or extended events** like **Mulberry Island** or the **Virginia 24-Hour Run** count as **two races** - you get 6 volunteer points.

2) **Volunteer to be a Race Director or Race Coordinator** for a race. The **Race Director receives 10 bonus points** (13 points total), **Race Coordinator** gets **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**. This is to encourage members to help the club out three or more times during the year. On race day, show up one (1) hour prior to race time and check in with the Volunteer Coordinator.

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 when the Grand Prix points are totaled, **volunteer points cannot exceed the racing point total**. The member (male or female) with the highest Grand Prix point total (combined racing and volunteering) at the end of the year becomes the **2019 PTC Grand Prix Champion**.

GOOD LUCK!

The End of the Chute

During these first months of 2019 the PTC race schedule has been as sparse as the leaves on the trees. With a mere *three events* in January and February and a single race in March, the race schedule is almost going through a slow warm-up in

SPRING AWAKENING

preparation for a long race. Part of the reason we have a single race in March, of course, are *two very long races*, the *One City Marathon* on the first weekend of March and the *Shamrock Marathon* weekend on March 16-17.

Nestled in between these events is the *next PTC event*, the *Fort Eustis 10K Run & Ruck*. A few things make the *Fort Eustis 10K* unique. It is the only 10K on the PTC schedule. It is on a flat and fast *USATF-certified course*. It is the third race of the *PTC Grand Prix* and the third race of the *Hampton Roads Super Grand Prix* as well. And it makes for a nice fast training run if you are doing Shamrock the following weekend.

Three of the first four PTC races this year have been Grand Prix events, so there haven't been many opportunities to gather those volunteer points so far. One great opportunity to volunteer is the next *PTC Adopt-a-Highway Litter Getter* on *Sunday morning, March 24*. The last few Litter Getters were canceled due to bad weather, so our bit of adopted highway near the *Yorktown Battlefield* is in desperate need of a spring-cleaning. If you can help out, come to *Yorktown Middle School* on *Goosley Road* in *Yorktown* at *8:00 a.m.* on *March 24*. Safety vests and litter bags will be provided, but *please bring gloves*. If you have any questions, contact *Litter Getter Coordinator Amanda Collier* at *870-5159*.

The PTC racing schedule picks up in April with the *Joe & Sue Moore Memorial Scholarship 5K* on *Saturday, April 13*, which is also the *fourth PTC Grand Prix race* for the year. *Sandy Bottom Nature Park* is the venue.

While we are on the subject of the PTC Scholarship, in this issue you will find an application and instructions for applying for the *Joe & Sue Moore Memorial PTC Scholarship*. If you have a graduating high school senior in your family who plans on pursuing a college degree at an accredited college or university, this is an opportunity

you shouldn't pass up. Application deadline is *May 20, 2019* based on *application postmark*. Maybe the PTC can help defray at least a little of the costs of college.

On *April 27* there are racing and volunteer opportunities galore. *Tabb High School* is again hosting the annual *Tabb May Day 5K*. Right about the same time, the *Virginia 24-Hour Run* at the *Sandy Bottom Nature Park* will get underway. While these ultra runners and teams will continually run on a *3.75-mile loop* at the *Sandy Bottom Nature Park*, *volunteers are needed* to count laps for the runners. If you can volunteer, plan to sign up in *4-hour stints*, but the schedule can be flexible. For info or to help, call *George Nelsen* at *874-4635*. *Double Grand Prix points* are awarded for volunteering for this event.

On *Tuesday, May 7*, the *PTC* will be doing the finish line for the *Jefferson Labs Runaround*, an event open only to the employees and families of the *Jefferson Lab* on *Jefferson Blvd.* in *Newport News*. This short run (*a little over 1 mile*) held in the around *3:00 p.m.* We need a few people who can get away from work that afternoon to help out with a small finish line—*timing and pull tags*. We're looking for *10 to 12 volunteers*.

In May the PTC race schedule picks up with the *Fox Hill Community 5K*, the *Yorktown Freedom Run Memorial Day 8K*, then in June the *Run for the Stage 5K* and the *Trailzilla Race Series*. So, if you can help with any of these events, contact *Jaime Cox* at *817-1221* or by email at *volunteerptc12@gmail.com*. Our thanks in advance.

And don't forget the brand-new *PTC Virtual Marathon*. Sign up before *April 15*, and any race time/distance previously run in January, February, March or April will count toward your total of *at least 42K*, the distance of the *PTC Virtual Marathon*. Details in the sidebar on this page.

Good luck to everyone running the *One City* or *Shamrock marathons*. And if you are at the *One City Expo*, come by the *PTC booth* and say "*Hi*."

Later...



Bruce Davis
Newsletter Editor

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

Presenting the PTC Virtual Marathon

How it works

- Sign up for the Virtual Marathon at www.runsignup.com or link to it through the PTC website: www.peninsulatracclub.com.
- Run any timed event on the PTC schedule and receive credit for the distance/time run.
- 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.

Event Distance	Distance Credited
5K	5K
4 miles	6K
4.3 miles	7K
8K	8K
5 miles	8K
10K	10K
10 miles	16K
Half Marathon	21K

Once 42K is reached, improved times for identical distances (a 5K for a 5K) will be substituted making it possible to improve your Virtual Marathon finishing time.

Entry Fee

\$15 for PTC members
\$35 for non-members (fee includes one-year PTC membership)
Fee covers awards, finisher medals, and miscellaneous costs

All Virtual Marathon Finishers receive unique finisher medal. Custom awards for top 3 finishers

Virtual Marathon Distance 42K STANDINGS

Name	Distance	Time
Ryan Doupe	29K	1:52:11
Helen Worthington	21K	2:02:20
Maria Peters	16K	1:32:09
Peter Navin	13K	2:02:04
Steve Peters	8K	44:31



Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2019



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
- 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 May 20, 2019**.

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.

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 May 31, 2019 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 Chairperson at the address provided.



Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2019

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 *2019 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 email volunteerptc12@gmail.com

VOLUNTEERS NEEDED FOR:

Fort Eustis 10K – March 9

PTC Litter Getter – March 24

PTC Scholarship 5K – April 13

Tabb May Day 5K – April 27

Virginia 24-Hour Run – April 27-28

Jefferson Lab Runaround – May 7

Fox Hill Community 5K – May 18

Yorktown Freedom 8K – May 27

Run for the Stage 5K – June 1

Trailzilla Fast 5K – June 11

NEWSLETTER STUFFING

Each month the stuffing of *On Your Mark* is hosted by a loyal PTC member. Stuffings start at 7:30 p.m., last 1-2 hours, and end with a small “pig out.”

Next stuffing:
Thursday, April 11

Host:
Steve and Maria Peters
(951-3874)

TO HOST A STUFFING: If you would like to *host* a monthly newsletter stuffing, please contact **Bruce Davis** at **989-0072** (stuffing dates listed below). Hosts for the April stuffing are **Steve & Maria Peters, 110 Peyton Randolph Drive** in **Yorktown**. The stuffing starts at **7:30 p.m.** For directions, call Maria or Steve at **951-3874**. *Future stuffing dates* include: **Thursday, May 23** (Chris Laws); **Thursday, June 27** (Ron and Helen Worthington), **Thursday, August 1** (open), **Thursday, September 5** (open), **Thursday** and **October 10** (Laura Cvitanovich).



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 by email at weatherwizard1@juno.com.

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).

Sports Fan — Patrick Henry Mall, Newport News; (249-3209) 10% discount on non-sale running shoes.

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.



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MOVING?

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

Steve Amarillo
samarillo@cox.net

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

The post office will
NOT forward the
newsletter.

The Last Word

**"FAST RUNNING ISN'T FORCED.
YOU HAVE TO RELAX AND LET THE RUN COME OUT OF YOU."**

— DESIREE LINDEN

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	<input type="checkbox"/> \$20	<input type="checkbox"/> \$35	<input type="checkbox"/> \$50	Membership Fee: \$ _____
Student (18 yrs. old max.)	<input type="checkbox"/> \$10	<input type="checkbox"/> \$18	<input type="checkbox"/> \$26	Total Amount Enclosed: \$ _____
Family	<input type="checkbox"/> \$25	<input type="checkbox"/> \$45	<input type="checkbox"/> \$65	(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

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UPCOMING PTC EVENTS

MARCH

- 9 Fort Eustis 10K (PTCGP & HRSGP event)
- 24 PTC Adopt-a-Highway Litter Getter

APRIL

- 13 Joe & Sue Moore PTC Scholarship 5K (PTCGP event)
- 16 PTC General Membership Meeting
- 27 Tabb High School May Day 5K
- 27-28 Virginia 24-Hour Run

MAY

- 7 Jefferson Lab Runaround (closed event, need volunteers)
- 18 Fox Hill Community 5K
- 27 Yorktown Freedom Run Memorial Day 8K (PTCGP event)

JUNE

- 1 Run for the Stage 5K



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