

ON YOUR MARK



SEPTEMBER 2020

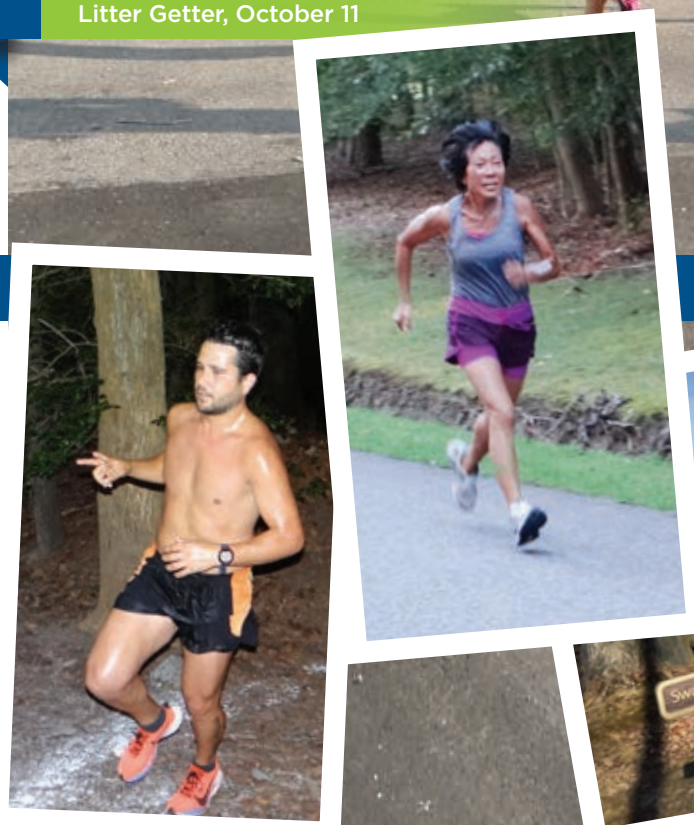
IN THIS ISSUE

- > PTC Scholarship Recipients
- > Virtual Man
- > A Scottish Winter Warmup

MARK YOUR CALENDAR

- > PTC Picnic at the Pub, September 26
- > PTC Pub Run, October 7
- > PTC Adopt-a-Highway Litter Getter, October 11

SUMMER FUN RUN SERIES



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
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

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

Contributors

September 2020 issue:

Steve Amarillo, Steve Peters, Mike Thomas,
Susan Hagel, Katie Fremaux, Danielle
Hundley, Rick Webb, Dale Abrahamson,
Rick Platt, Carol Bartram

Newsletter Deadline!

To include flyers, articles, ads or news in the **October/November 2020 issue** of *On Your Mark*, (virtual stuffing on *October 29*), email Bruce Davis (weatherwizard1@juno.com) no later than **October 21**.

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
DCRR	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
2021

Race Days 2020-21 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.

RACE CANCELLATIONS

Due to the difficulties and ongoing restrictions on gatherings due to COVID-19, the following three races have been canceled for 2020:

Smithfield Hog Jog 5K

Sat., October 10

Race for the Music 5K

Sat., October 24

HCA 5K the Warrior Way

Sat., November 14

LIVE RACES

NOVEMBER

7 Yorktown Battlefield 10-Miler & 5K

Sat., November 7

9:00 a.m., (10-Miler), 9:10 a.m., (5K)

(10-Miler USATF cert. VA12072RT)

(Sorry, no PTC race passes)

York High School, Yorktown, Va.

Hampton Roads Super Grand Prix

www.yorkcountylionsclub.org

Lion Frank Alcorn, (318) 331-3600

email: frankalcorn@gmail.com

or enter at: www.runsignup.com

7-8 17th Annual Virginia 24-Hour Run

Sat., November 7-8, 7:00 a.m.

(USATF cert. VA12075RT)

Sandy Bottom Nature Park, Hampton VA

(individuals or teams of 2 to 12)

George Nelsen (757) 879-4159

email: nelsengeorge@msn.com

<http://va24hourrunforcancer.com>

14 Riverwatch on the Piankatank 5K

Sat., November 14, 2:00 p.m.

Riverwatch subdivision, Gloucester, Va.

PTC Grand Prix Event

Hampton Roads Super Grand Prix

Karen Schenck (571) 224-5450

email: schenckk@gmail.com

VIRTUAL RACES

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

Mulberry Island Half-Marathon & 5K Runs

PTC Virtual Grand Prix Event

Results Deadline: Wed., Sept. 30

Results to: ptcvirtualmarathon@gmail.com

www.active.com www.eustismwr.com

Margy Glass (757) 878-6075

email: margaret.w.glass2.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

Fort Eustis 10K Run & Ruck

PTC Virtual Grand Prix Event

Results Deadline: Fri., Oct 30

www.active.com www.eustismwr.com

Margy Glass (757) 878-6075

email: margaret.w.glass2.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

Poquoson's Run for the Bulls 5K

PTC Virtual Grand Prix Event

Results Deadline: Sat., October 31

Judy McCormick (757) 719-5055

email: judy.mccormick1@gmail.com

Results to: ptcvirtualmarathon@gmail.com

Run Walk Roll 5K

Results Deadline: Fri., Oct. 30

Heidi Olson (757) 722-2261

email: jnelson@Transitions.org

Results to: ptcvirtualmarathon@gmail.com

Run with the Son for Haiti Virtual 5K

Results Deadline: Thurs., Dec. 31

Running Man Subdivision

York County, Va.

PTC Virtual Grand Prix Event

Judy Townsend (757) 876-2417

email: Judy.Townsend@verizon.net

PTC Virtual Marathon

Results Deadline: Thurs., December 31

Sign up anytime in 2020 and all timed PTC

races and fun runs completed in 2020 will

count toward your marathon distance/time.

Bruce Davis (757) 989-0072

email: weatherwizard1@juno.com

Signup: **PTC Virtual Marathon**

JANUARY 2021

1 New Year's Day 5K

Fri., January 1, 2021, 10:00 a.m.

Newport News Park, Newport News, VA

Thomas Tate, (757) 870-0429

email: thomas.tate21@gmail.com

email: thepeninsulatrackclub@gmail.com

23 Menchville Winter Chill 5K

Sat., January 23, 2021, 9:30 a.m.

Menchville High School

Newport News, Va.

Joe Biava, (757) 328-4992

email: Juanvaldez345@gmail.com

Jennifer Jarrett

email: Jennifer.Jarrett@nn.k12.va.us



Upcoming Events

SEPTEMBER 26 PTC PICNIC AT THE PUB

11:30 a.m. – 2:00 p.m.

Oozlefinch Craft Brewery

Join us for a PTC Picnic at the Pub at Fort Monroe waterfront. Since COVID-19 guidelines prevented the club from holding its annual picnic, we are planning a gathering where each participant can bring their own picnic to the outdoor seating. PTC will give one beer voucher to participants over the age of 21. Bring your own food or visit the onsite Flame and Pie Mobile Pizzeria. Food will not be shared. If weather becomes uncooperative, check your email or the PTC Facebook page in the event of cancellation.

OCTOBER 7 PTC PUB FUN RUN

We're going to have another informal *PTC Club Pub Run* on *Wednesday, October 7*. Location is in the process of being determined, but it will likely be at the *Tradition Brewery, 700 Thimble Shoals Blvd. in Newport News City Center*. With the shorter days, there is more lighting in that area to support a start of *6:00 p.m.* to check in. Do your run around and through *City Center* (route, distance and pace of your choice.) Then meet back at *Tradition* afterwards, enjoy craft brews—all part of this new *PTC "tradition."* For more info, contact **Maria Peters, 897-7083**.

OCTOBER 11 PTC ADOPT-A-HIGHWAY LITTER GETTER

The next *PTC Adopt-a-Highway Litter Getter* will be on *Sunday morning, October 11*. *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 *Route 238* near the Yorktown battlefield) and earn *PTC Grand Prix Volunteer points*. Litter bags and safety vests will be provided, but *please bring gloves to protect your hands and masks to protect your face*. For info, contact **Amanda Collier at 870-5159**.

THOUGHTS FROM THE PTC PRESIDENT

Fellow runners, as we approach the end of summer we have had only a few events to look back on this year. While we had to limit our Trailzilla series to just the *Feel-Good Virtual 5K*, we did manage to get our August *Summer Fun Runs* in, thanks to the work of some great *PTC Volunteers*, particularly **Susan Hagel** for the *Lake Matoaka 4.3-Mile Trail Challenge* and **Bruce Davis** for the *Swamp Bridge 5K*. I also want to thank my wife and PTC Social Coordinator, **Maria Peters**, for helping me put together a successful *Tom Ray Memorial Predict Your Time 5-Miler*; the race would not have happened without her hard work. The turnout was consistent and the running was fantastic. Thanks to all who participated, volunteered, or otherwise supported our social-distancing efforts to make these events a success. Thanks to **Bruce Davis** for scoring these and the virtual races!

While we can't hold our planned/postponed *PTC Annual Picnic* at Bethel Park due to COVID-19 restrictions required by Joint Base Langley-Eustis, PTC member **Jennifer Little** suggested a BYOF (Food) event at Oozlefinch—bring your picnic lunch, lawn chairs, easy-ups, and masks, and we'll spread out on the grass at the brewery—same date, September 26 (details will be emailed and posted on Facebook and the website).

We had our second *PTC Pub Run* on

August 26 at *Oozlefinch Brews & Blending* at Fort Monroe with great weather, solid turnout, and fun post-run socializing. Look for details on our next *PTC Pub Run*—this time we'll meet at *Tradition Brewing* in City Center, Newport News, on October 7.

Although we have no "live" PTC races in September or October, I hope you'll consider supporting those races that went "virtual." The causes/charities are still in need during these difficult times. Several of the races, although virtual, remain *PTC Grand Prix* events.

We can always use help with our *PTC Litter Getter*. Our next Adopt-a-Highway cleanup is currently scheduled for October 11, led by volunteer **Amanda Collier**.

While we don't yet know about a few of our November races, **Karen Schenck** and her crew are going to put on the *Riverwatch on the Piankatank 5K* (usually held in June) on *November 14*. Due to return to Standard Time on November 1 and the earlier sunset, expect an earlier race start time. This race is definitely worth the drive! It will be added to the *PTC Grand Prix* and considered for the *Hampton Roads Super Grand Prix*.

Race directors **Jaime Cox** and **Steve Amarillo** are working hard to plan a fun *Fast Before the Feast* race. Runner participation for the live race will be capped at 200, but there will be a "virtual" option. Please remember—*this race directly supports the Peninsula Foodbank* so I hope you will consider registering for it, either live or

virtually, or support it with a donation for a great cause.

In the spirit of **Joe Harney**, please pray for our country, our elected officials, our military, first responders, healthcare workers. As schools are back in session, whether "live" or "virtual", pray for our teachers, students, and families impacted by changes due to the effects of this pandemic. As before, stay active and healthy and, for the sake of our entire nation, please follow guidance by local and state officials in the practice of social-distancing and mask-wearing so we can move beyond the impacts of this horrible virus. I thank you again for your patience with your club officers as we try to figure out the "art of the possible" in this ever-changing environment—every race remains a moving target. I would like to thank all of our PTC board members, race directors, and volunteers for their continued hard work and support in executing what we can, when we can, for the sake of our local running community and the charities and organizations we support.

Check out the *Road Runners Club of America website (RRCA.org)* for lots of information on a wide variety of running topics.

We hope to get back to a more normal race schedule for 2021! See you at the races—soon!

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.

September 19

Powhatan Creek Trail 5K

Clara Byrd Baker Elementary School
Williamsburg, Va.

Colonial Road Runners

Greg Dawson, (757) 817-2512

email: chammalamadingdong@yahoo.com

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

September 26

Logy Bear 8K & Gummie Bear 5K



New Quarter Park, Williamsburg, Va.

Hampton Roads Super Grand Prix

Colonial Road Runners

Emily Honeycutt, (804) 526-4132

email: ehoneycutt2@ycsd.york.va.us

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

September 25-27

Ukrop's Virtual Monument Avenue 10K

Richmond, Va.

Richmond Sports Backers

email: info@sportsbackers.org

www.sportsbackers.org (804) 285-9495

September 26

Neptune Festival Virtual 8K

Oceanfront, Virginia Beach, Va.

www.neptunefestival.com

Brian Sagedy, (757) 498-0215

email: bls@neptunefestival.com

October 2-4

Crawlin' Crab Virtual 5K & Half-Marathon

Hampton Roads Convention Center
Hampton, Va.

J & A Racing, (757) 412-1056

email: info@crawlincrabhalf.com

www.crawlincrabhalf.com

October 3

VFCF Fire Chiefs 5K

Bruton Parish Church, Williamsburg, Va.

Colonial Road Runners

Donald Booth (757) 810-7538

Donald.booth@djginc.com

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

www.runsignup.com

October 10

Ice-Aholics Freedom Run 8K & 5K

Lois Hornsby Middle School
Williamsburg, Va.

Colonial Road Runners

Karne Schenck (571) 224-5450

email: schenckk@gmail.com

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

www.runsignup.com

October 17

Run for the Hills 10K & 5K

Warhill Sports Complex

Williamsburg, Va.

Colonial Road Runners

Amanda Capozzi, (757) 645-2649, x7

email: amanda.capozzi@herefortheirls.org

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

October 17

Cross Country Classic 5K

Virginia Beach, Va.

Hampton Roads Super Grand Prix

Tidewater Striders

www.tidewaterstriders.com

October 24

Heritage Humane Society FURever 8K

Jamestown High, Williamsburg, Va.

Colonial Road Runners

David Berger, (602) 326-3858

email: david.berger@merchantsdistributors.com

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

October 24

Ocean Is. Bridge Half-Marathon & 5K

Ocean Isle Beach, N.C.

SBIC Run For Food, Box 1461

Shallotte, NC 28459 www.active.com

Tom Horan, (910) 579-5994

email: tom.horan@atmc.net

October 24

Heritage Humane Society FURever 8K

Jamestown High School, Williamsburg Va.

<https://heritagehumane.org/fureverrace/>

Colonial Road Runners

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

email: rickplatt1@juno.com

October 31

Queens Lake 5K



New Quarter Park, Williamsburg, Va.

Hampton Roads Super Grand Prix

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

October 31

Anthem Wicked Virtual 10K

Virginia Beach Convention Center

Virginia Beach, Va.

J & A Racing, www.wicked10k.com

Kate Napolitano (757) 412-1056

email: info@jandaracing.com

November 7

VCU Health Richmond Marathon, Half Marathon & 8K

Virtual and live options

Richmond, Va.

Richmond Sports Backers, (804) 285-9495

email: marathon@sportsbackers.org

www.richmondmarathon.com

November 7

Outer Banks Marathon, Half-Marathon, 8K & 5K

Virtual and live options

Kitty Hawk to Roanoke Island, N.C.

Outer Banks Sporting Events

(252) 255-6273

www.obxse.com

November 14

Miles of Kindness

Bruton Parish Church, Williamsburg, Va.

Colonial Road Runners

Jack Wickens, (434) 249-4834

email: jack@athletebiz.com

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

Come Run with Us



Many organized training and fun runs are on hiatus because of restrictions on gatherings due to the COVID-19 quarantine. Look for reinstatement of other training sessions and organized fun runs in upcoming issues of *On Your Mark*.

PTC WEDNESDAY INTERVALS

Wednesday evening *PTC Intervals* continue at the *Tabb High School track*. Training for runners of all abilities. Everyone welcome. Social distancing in accordance with current Covid-19 guidelines will be followed. For info, check out the PTC website, PTC Facebook page or contact *Coaches Robert Trujillo* or *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



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>

PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

July–August 2020

Checking Account Balance 6/30/2020 \$ 17,376.45

July Revenue (Income)

Trailzilla deposit refund \$ 240.00

Total Income: + \$ 240.00

July Operating Expenses

USPS P.O. Box Fee \$ 168.00

Banking Fees 2.00

Total Operating Expenses: – \$ 170.00

Summary

Net Income Gain/Loss (*Checking*) \$ 70.00

Checking Funds Available 7/31/2020 \$ 17,446.45

August Revenue (Income)

Membership Dues \$ 225.00

Race Income – Scholarship 5K 153.91

Race Sponsorship – Scholarship 5K 45.00

Race Income – PTC Virtual Marathon 501.45

Total Income: + \$ 925.36

August Operating Expenses

Race Expenses – Scholarship \$ 1,793.58

Newsletter Printing \$ 168.67

Scholarship Awards \$ 7,000.00

Race Expenses – Summer Fun Runs \$ 115.97

Operating Expenses \$ 65.94

Banking Fees \$ 2.00

Total Operating Expenses: – \$ 9,146.16

Summary

Net Income Gain/Loss (*Checking*) – \$ 8,220.80

Checking Funds Available 8/31/2020 \$ 9,225.65

Welcome New Members and Returning Members

John Scott
Katherine Scott
Valerie Butcher
Brian Butcher
Jacob Cirrincione

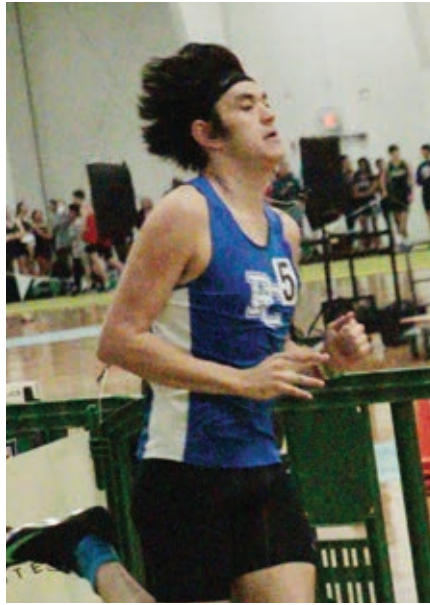
Alyssa Cirrincione
Belinda Ramsey
Franciska Garland
Mozay Garland
Barry Hughes

June Hughes
Katherine Canalicchio
Troy Canalicchio
Kyle Canalicchio
Carter Canalicchio

Joe & Sue Moore Memorial PTC Scholarship Recipients



Sorena Jean



Dan Costello



Lauren Satchell



Luke Gatz



**Dennis "DJ"
Gunthinger**



Virtual Man

By Dale Abrahamson
(To the tune "Material Girl" by Madonna)

Races come and races go,
That's all right with me.
Things just get a little screwy,
When you are racing virtually.

Cause we are living in a virtual land,
And I am just a virtual man.
You know that we are living in a virtual land,
And I am just a virtual man.

When training days turn upside down,
Plus racing on our own, that's right,
Not one cry and not one moan,
More time to meditate alone.

Cause we are living in a virtual land,
And I am just a virtual man.
We are living in a virtual land,
And I am just a virtual man.

No porta johns to lose that weight,
Instead you'll carry added freight.
No water stops to quench your thirst,
Or your hopes of finishing first.

Some guys run slow, some gals run fast,
Just run your race, you can't be passed.
As long as the course is not short,
You're a true member of this sport.

Cause we are living in a virtual land,
And I am just a virtual man.
You know that we are living in a virtual land,
And I am just a virtual man.

Living in a virtual land – (Virtual)
Living in a virtual land
Living in a virtual land – (Virtual)
Living in a virtual land...

Thanks PTC

Dear PTC Scholarship Committee,
Thank you so much for the
opportunity to receive a scholarship
from the Joe and Sue Moore
Memorial. This helps me greatly in
my studies at North Carolina State
University.

Because of this scholarship, I am
able to attend my dream school!
Thank you all so much.

—Catherine Fremaux

PTC SUMMER FUN RUN SERIES RESULTS

The *PTC Summer Fun Run Series* is a set of unique weekday events. Entry fees to each of the events are a can of people food and a can of pet food. Canned goods collected during the series are donated to worthy charities after completion of the series.

Lake Matoaka 4.3-Mile Trail Challenge

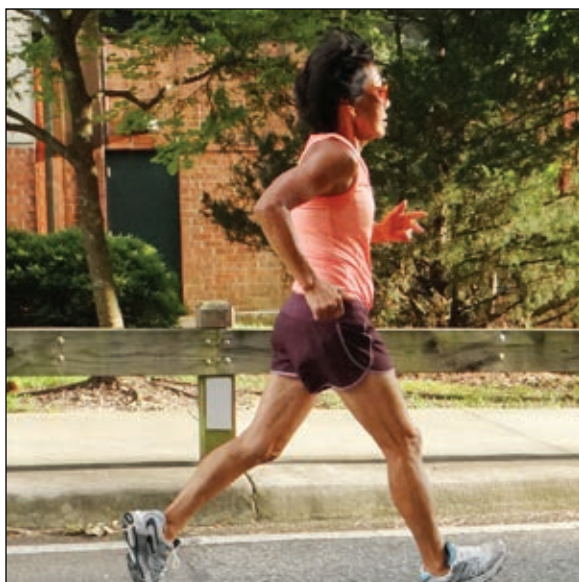
Wednesday, August 11, 2020
Zable Stadium, Campus of William & Mary
Williamsburg, Va.

Place	Name	Age/Sex	City/State	Time
1)	Spencer Norman	31 M	Richmond	28:10 1st M
2)	Jonathan Torres	30 M	Newport News	29:00 2nd M
3)	Oliver Smith	43 M	Williamsburg	31:30 3rd M
4)	Carter Ficklen	46 M	Yorktown	31:38 3rd M
5)	Megan Schulze	37 F	Newport News	32:30 1st F
6)	David Anderson	50 M	Williamsburg	32:44 5th M
7)	Lisa Osterhoudt	38 F	Williamsburg	33:18 2nd F
8)	Tom Berry	62 M	Williamsburg	36:45
9)	Jeff Houck	52 M	Newport News	36:55
10)	Tim Westfall	62 M	Norfolk	36:55
11)	Jennifer Cornette	49 F	Norfolk	39:14 3rd F
12)	Andrew Gilstrap	38 M	Williamsburg	40:26
13)	Joseph Verdirame	71 M	Suffolk	41:27
14)	Jan Barry	67 F	Williamsburg	42:33 4th F
15)	Steve Altman	65 M	Williamsburg	42:36
16)	Kyle Smith	21 M	Woodbridge	43:29
17)	Alyssa Costello	21 F	Seaford	43:00 5th F
18)	Jessica Anderson	38 F	Williamsburg	43:43
19)	Jonathan Frey	40 M	Williamsburg	44:31
20)	Vicky Costello	61 M	Seaford	45:50
21)	Steve Amarillo	57 M	Newport News	48:32
22)	Jennifer Little	51 F	Yorktown	51:12
23)	Steve Peters	56 M	Yorktown	51:13
24)	Bryton Lee	8 M	Quinton	52:59
25)	Ed Irish	70 M	Williamsburg	59:59
26)	John Munday	80 M	Chesapeake	1:09:32
27)	Rick Platt	70 M	Williamsburg	1:10:37
28)	Bob Curtin Jr.	67 M	Hampton	1:12:13

Swamp Bridge 5K

Wednesday, August 18, 2020
White Oak Trail, Newport News Park
Newport News, Va.

Place	Name	Age/Sex	City/State	Time
1)	Stephen Peger	16 M	Yorktown	19:08 1st M
2)	Abigale Brown	16 F	Newport News	22:17 1st F
3)	Akira Durham	16 M	Yorktown	23:04 2nd M
4)	Jeff Houck	52 M	Newport News	24:11 3rd M
5)	Tom Berry	62 M	Williamsburg	24:26 4th M
6)	Svetlana Goncharova	22 F	Williamsburg	35:17 2nd F
7)	Mike Migliore	55 M	Columbus, Ohio	26:15 5th M
8)	David Milby	60 M	Hartfield	26:30
9)	Alyssa Costello	21 F	Seaford	27:50 3rd F
10)	Jim Gullo	66 M	Williamsburg	27:52
11)	Jan Berry	67 F	Williamsburg	28:41 4th F
12)	Mark Swarrington	52 M	Lanexa	29:01
13)	Vicky Costello	61 F	Seaford	29:32 5th F
14)	Joseph Verdirame	71 M	Suffolk	30:38
15)	Bryton Lee	8 M	Quinton	31:06
16)	Steve Peters	56 M	Yorktown	31:43
17)	Steve Amarillo	57 M	Newport News	32:01
18)	Maryanne Lee	37 F	Quinton	32:34
19)	Amy Migliore	54 F	Columbus, Ohio	33:31
20)	Thomas Tate	50 M	Newport News	34:29
21)	Martha Gullo	67 F	Williamsburg	35:54
22)	Rick Platt	70 M	Williamsburg	44:27
23)	John Munday	80 M	Chesapeake	44:40
24)	Rex Hoover	51 M	Williamsburg	45:03
25)	Rick Webb	62 M	Yorktown	46:22
26)	Bob Curtin Jr.	67 M	Hampton	49:10
27)	Nancy Blount	74 F	Williamsburg	49:15
28)	Brenda Mitchell	70 F	Williamsburg	50:17



2020 Tom Ray Memorial Predict Your Time 5-Miler

Wednesday, August 25, 2020

Newport News Park Bikeway, Newport News, Va.

At the *Tom Ray Memorial Predict Your Time 5-Miler*, the final event in the *2020 PTC Summer Fun Run Series*, 28 runners predicted their time for running a *5-mile stretch* of the *Newport News Park Bikeway*. Runner closest to their prediction wins.

Joseph Verdirame, 71 of *Suffolk* won the *Predict Your Time 5-Miler* with a prediction *just 4 seconds off* his time. Joseph predicted 49:49 and ran the 5 miles in 49:53, placing 12th overall.

The fastest woman, **Svetlana Goncharova**, 22 of *Williamsburg*, finished *3rd overall* with a time of *40:45* and also had the *3rd best prediction* of *41:00* for a differential of *15 seconds*.

Thomas Westfall, 26 of *Norfolk* was the first runner finishing the 5 miles of the *Newport News Park Bikeway* with a time of *39:25*, but finished *2:35 faster* than his predicted time of *42:00* to have the *19th best prediction*. However, the *fastest time* was clocked by the last starter, **Aaron Goldstein** of *Roxbury, N.J.* who found the race while traveling through the area. Aaron ran the 5-mile course in *30:32*, placing 4th overall due to his late start and beat his predicted time of *31:30* by *58 seconds*.

Place	Name	Age/Sex	City/State	Place	Predicted	Actual	Diff
1	Joseph Verdirame	71 M	Suffolk	12	49:49	49:53	+ :04
2)	Tom McAnulty	67 M	Norfolk	15	50:00	50:14	+ :14
3)	Svetlana Goncharova	22 F	Williamsburg	3	41:00	40:45	- :15
4)	Norma Phillips	59 F	Williamsburg	11	49:33	49:50	+ :17
5)	Stephanie Walke	39 F	Gloucester	23	1:09:17	1:08:45	- :32
6)	Alyssa Costello	21 F	Seaford	18	52:56	52:21	- :35
7)	Gabi Lingenfelter	57 F	Yorktown	13	48:00	48:42	+ :42
8)	Ronald Kellum	76 M	Hampton	19	54:00	54:50	+ :50
9)	Jennifer Cornette	49 F	Newport News	7	46:23	45:32	- :51
10)	Aaron Goldstein	32 M	Roxbury N.J.	4	31:30	30:32	- :58
11)	Mike Lingenfelter	61 M	Yorktown	9	46:15	47:19	+ 1:04
12)	Steve Amarillo	57 M	Newport News	16	51:30	50:25	- 1:05
13)	Tim Westfall	62 M	Norfolk	10	47:55	46:37	- 1:18
14)	Jeff Houck	52 M	Newport News	2	40:59	39:40	- 1:19
15)	Rick Platt	70 M	Williamsburg	24	1:12:00	1:13:52	+ 1:52
16)	Dave Milby	60 M	Hartfield	8	47:20	45:27	- 1:53
17)	Winston Trice	47 M	Hayes	5	46:38	44:05	- 2:33
18)	Brenda Mitchell	70 F	Williamsburg	26	1:12:34	1:15:08	+ 2:34
19)	Thomas Westfall	26 M	Norfolk	1	42:00	39:25	- 2:35
20)	Jimmy Blount	69 M	Williamsburg	14	52:35	49:59	- 2:36
21)	Chris Laws	44 M	Newport News	6	46:30	43:20	- 3:10
22)	Vicky Costello	61 F	Seaford	17	52:58	49:21	- 3:37
23)	John Munday	80 M	Chesapeake	28	1:15:00	1:19:24	+ 4:24
24)	Nancy Blount	74 F	Williamsburg	27	1:10:01	1:15:11	+ 5:10
25)	Braxton Lee	11 M	Quinton	20	50:30	56:03	+ 5:33
26)	Maryanne Lee	37 F	Quinton	21	1:03:00	55:25	- 7:35
27)	Bob Curtin Jr.	67 M	Hampton	25	1:06:16	1:15:10	+ 8:54
28)	Fred Denn	68 M	Yorktown	22	1:07:06	57:13	- 9:53



13TH ANNUAL SMART SMILES VIRTUAL 5K

Benefiting the Boys & Girls Clubs of the Virginia Peninsula
A Peninsula Track Club Virtual Grand Prix Event

Reporting Deadline: Monday, August 31, 2020

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						MEN: 80 AND OVER					
1	1	COLIN LOWRANCE	21	VA	19:41	1	31	ROBERT S WHITE	96	HPT	57:11*
2	2	JIM HIGHSMITH	37	NNW	19:55*						
3	3	DALE ABRAHAMSON	71	YKT	23:19*						
TOP OVERALL WOMEN						WOMEN: 19 AND UNDER					
1	6	CHRISTIE MICHALS	26	FFX	24:55	NONE					
2	8	SUSAN HAGEL	47	NOR	26:08*	WOMEN: 20 - 24					
3	10	MAY CARLSON	44	HPT	27:39	1	34	JENNA LOWRANCE	23	NOR	1:05:48
						WOMEN: 25 - 29					
MEN: 11 AND UNDER						1	27	JULIE STUBBS	28	VA	44:45
1	13	BRAXTON LEE	11	QTN	28:44*	WOMEN: 30 - 34					
MEN: 12 - 19						1	18	ERIN GEDICKE	30	HAY	32:09*
NONE						2	21	LAUREL RAMEY	30	NNW	37:41
MEN: 20 - 24						3	30	KELLY SHAROLLI	30	SPF	49:00
1	35	EVAN ROSE	23	NOR	1:05:48	4	36	STEPHANIE KYSER	32	CO	1:13:40
MEN: 25 - 29						WOMEN: 35 - 39					
1	14	RICHARD RUFFIN	29	NNW	29:50	NONE					
2	23	BRIAN MCKELVEY	25	FFX	42:06	WOMEN: 40 - 44					
MEN: 30 - 34						1	17	JENNIFER LITTLE	41	YKT	31:17*
NONE						WOMEN: 45 - 49					
MEN: 35 - 39						NONE					
1	5	MIKE RAMEY	35	NNW	24:28	WOMEN: 50 - 54					
2	7	AUSTIN GORE	38	NNW	25:59	1	32	ANGEL NELSON	51	HPT	1:05:00
MEN: 40 - 44						2	33	MICHELE BRINKLEY	50	NNW	1:05:00
1	15	RICHARD RIVERA	41	YKT	30:27	WOMEN: 55 - 59					
MEN: 45 - 49						1	16	MARIA PETERS	55	YKT	30:51*
NONE						WOMEN: 60 - 64					
MEN: 50 - 54						1	28	ROBIN MICHALS	62	FFX	49:00
1	9	PAUL CLARK	51	HPT	27:37	WOMEN: 65 - 69					
MEN: 55 - 59						1	11	HELEN WORTHINGTON	66	BEN	28:18*
1	4	ALAN VAN ZANDT	59	NNW	23:33*	2	19	DOTTIE HUMPHREYS	68	NNW	32:12*
2	26	BRIAN DOUGHERTY	56	NNW	43:59	3	20	BETTY FISHER	65	NNW	34:17
MEN: 60 - 64						WOMEN: 70 - 79					
1	29	STEVE MICHALS	62	FFX	49:00	NONE					
MEN: 65 - 69						WOMEN: 80 AND OVER					
1	24	BRUCE D DAVIS	67	YKT	42:41*	1	25	FAYE DOUGHERTY	83	NNW	43:59
MEN: 70 - 79											
1	12	RANDY HAWTHORNE	75	WBG	28:43*						
2	22	JOHN ADAMS	72	HPT	39:17						

* denotes PTC member



Runner Doc



Chiropractic, L.L.C.

State of the Art, With A Caring Touch
Chiropractic • Acupuncture • Massage

Daniel Shaye, DC, CCSP, FIAMA

Doctor of Chiropractic
Certified Chiropractic Sports Physician
Fellow, International Academy of Medical Acupuncture

**Safe, Gentle, Effective Care
Aches, Pains, Sprains, Strains**

www.performancechiropractic.com

229-4161

1307 Jamestown Road #103 • Williamsburg

2020 PTC Grand Prix Standings (4 of 10 events completed)

MEN (QUALIFIED)

Name	run	vol	total
Braxton Lee	38	16	54
Chris Novakoski	31	19	50
Rick Platt	28	8	36
Dale Abrahamson	31	3	34
Randy Hawthorne	17	17	34
Bruce Davis	16	16	32
Robert S White	20	3	13
P.J. Mendola	10	10	20
John Edwards	9	9	18
James Gullo	10	6	16
John Gallo	7	6	13
Rod Manadero	9	3	12
Rich Bowen	6	6	12
Steve Peters	5	5	10
Peter Navin	5	5	10
Steve Amarillo	2	2	4

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Joseph Verdirame	28	0	28
Alan Van Zandt	27	0	27
Jim Highsmith	24	0	24
Joshua Guthinger	20	0	20
Christopher Laws	19	0	19
DJ Guthinger	19	0	19
Will Palagyi	18	0	18
Skip Cole	16	0	16
Andrew Osborne	13	0	13
Mark Tompkins	12	0	12
Frank Leone	11	0	11
Bill Dancy	10	0	10
Steven Kast	10	0	10
Jason Miller	10	0	10
Charles Terrell	10	0	10
Chris Geraghty	10	0	10
Ronald Kellum	10	0	10
Arthur Mertz	10	0	10
Kai Manadero	10	0	10
Danny Young	10	0	10
Michael Gontesky	9	0	9
Larry Arata	9	0	9
Winston Trice	9	0	9
Michael Lingenfelter	9	0	9
George Fenigsohn	8	0	8
Christian Holter	8	0	8
Joe Day	8	0	8
Glenn Young	8	0	8
Joshua Edwards	8	0	8
Dennis Guthinger	8	0	8
James Deviese	8	0	8
Jonathan Nonnemacher	7	0	7
Chris Stanley	7	0	7
Andrew Medvec	7	0	7
John Scott	6	0	6
Bob Curtin Jr.	6	0	6
David Milby	3	0	3
Edward Rietscha	1	0	1

WOMEN (QUALIFIED)

Name	run	vol	total
Susan Hagel	42	42	84
Helen Worthington	38	30	68
Maria Peters	28	27	55
Jennifer Little	28	16	44
Dottie Humphreys	26	16	42
Kathy Gallo	19	16	35
Erin Geddicke	25	3	28
Barbara Biasi	20	6	26
Valor Foy Jones	19	6	25
Amanda Collier	12	12	24
Rachel Novakoski	14	3	17
Catherine Harden	7	7	14
Susanne Mendola	6	6	12
Christine Schaffner	7	3	10
Martha Gullo	7	3	10
Karen Schenck	4	4	8

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Sheila Scotti	21	0	21
Thea Ganoe	19	0	19
Patricia Travis	18	0	18
Tara Dress	14	0	14
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
Grace Manadero	10	0	10
Jamie Lawson	10	0	10
Raquel Manadero	9	0	9
Maria Ramirez Gorton	9	0	9
Michelle Grau	9	0	9
Amie Singletary	8	0	8
Rebecca Thayer	8	0	8
Nina Ullrich	8	0	8
Katherine Scott	7	0	7
Stephanie Stanley	7	0	7
Nancy Atlee	5	0	5
Mary Flaherty	4	0	4
Stephanie Eitzen	3	0	3

2020 PTC GRAND PRIX RACE SCHEDULE

Menchville Winter Chill 5K
10-Mile Run for the Heart
Joe & Sue Moore Scholarship 5K
Smart Smiles Virtual 5K
Mulberry Isl. Virtual Half-Marathon
Fort Eustis Virtual 10K
Run with the Bulls Virtual 5K
Yorktown Battlefield 10-Miler
Riverwatch on the Piankatank 5K
Run with the Son for Haiti Virtual 5K
Frostbite Frolic 5.3-Mile

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 are earned by *running designated Grand Prix races* and by *volunteering for any PTC race or Litter Getter*. If you are a PTC member and 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 an event at least once during the year.*

GRAND PRIX SCORING RACING

Points are awarded to the top ten male and female runners in each five-year age group. Additional points awarded for male and female overall winners. There is no limit to the number of *racing points* that can be earned.

VOLUNTEERING

Volunteer for any event, race or litter-getter and receive three (3) Grand Prix volunteer points. Additionally:

- **Double points for two race events or extended events** like **Mulberry Island** or the **Virginia 24-Hour Run**—you receive six (6) volunteer points.
- **Volunteer Bonus:** Receive a **one-time bonus of 7 points** (10 points total) for your **third volunteer effort**.
- When the Grand Prix points are totaled, **volunteer points cannot exceed the racing point total**.
- **To volunteer for a race**, simply contact our **Volunteer Coordinator** (Jaime Cox, 817-1221 or email: volunteerptc12@gmail.com) to **officially** volunteer for the race of your choice.

GRAND PRIX UPDATE

Race points and volunteer points have been tallied through the **Smart Smiles Virtual 5K** on **August 31**.

Volunteer points have been tallied through the **Swamp Bridge 5K** on **August 18**.

COVID-19

The **2020 PTC Grand Prix Race Schedule** is subject to change due to changing Covid-19 restrictions.

A Scottish Wet Winter Warmup

BY RICK WEBB



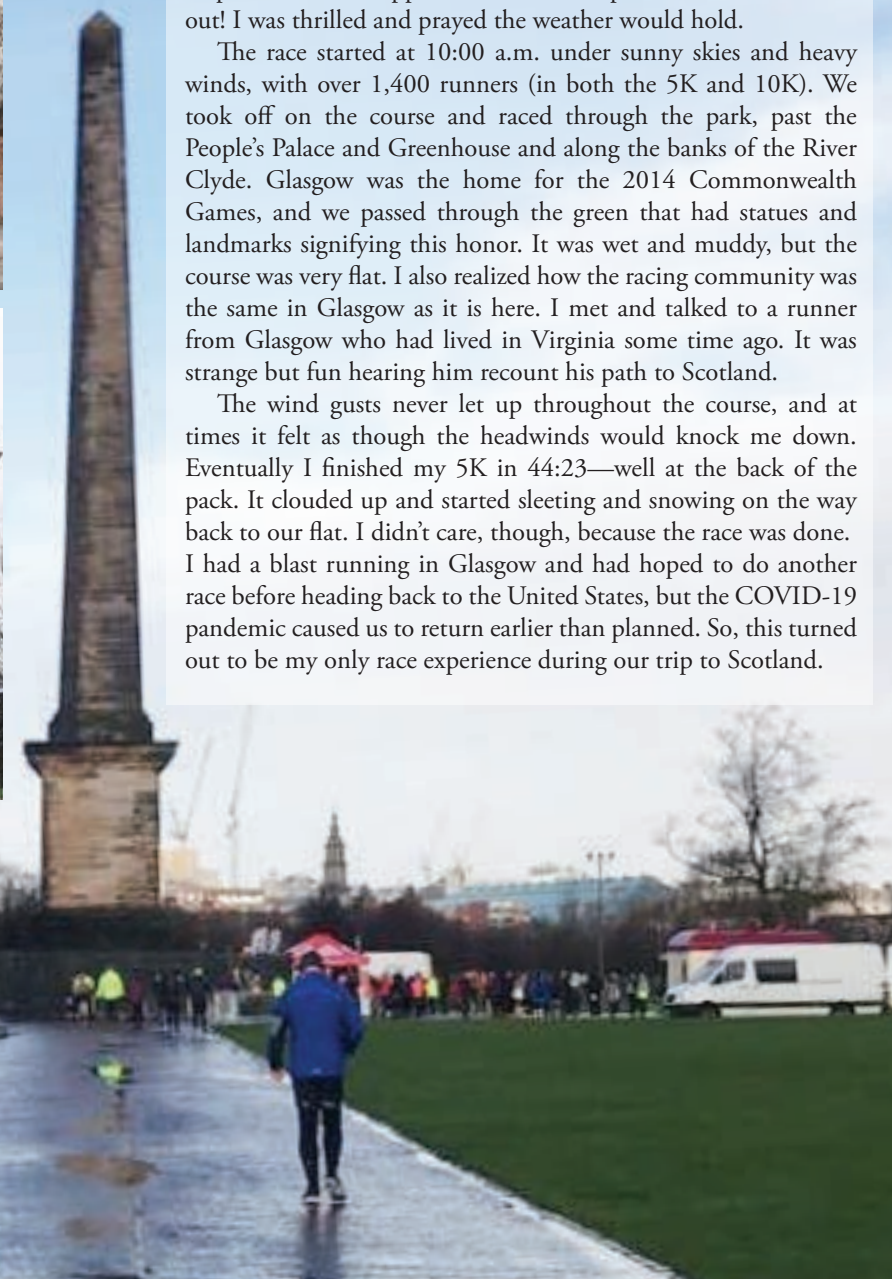
My wife and I left the United States in December 2019 for an opportunity of a lifetime. She is a professor at Christopher Newport University and had the chance to teach at the University of Glasgow for a semester.

When we arrived in Glasgow on December 31, it was cold and wet—it didn't get much better the entire time we were there. In fact, February 2020 was the wettest on record in Glasgow. We never had consecutive days of sun during our time there. I am not complaining, though; it was a wonderful experience.

One of my goals after arriving in Glasgow was to race in another country. On February 22, I ran in the Glasgow 5K/10K Winter Warmup at Glasgow Green. To say the weather was challenging would be an understatement. While traveling to the race, I experienced sleet, snow, rain, and wind gusts of up to 25 miles per hour. Also, the train station I needed was closed due to flooding from two previous storms (Ciara and Dennis), so I had to walk from another train station to reach my destination. It was still raining when I arrived at 9:00 a.m. for check-in. Much to my surprise, the rain stopped, the clouds dissipated, and the sun came out! I was thrilled and prayed the weather would hold.

The race started at 10:00 a.m. under sunny skies and heavy winds, with over 1,400 runners (in both the 5K and 10K). We took off on the course and raced through the park, past the People's Palace and Greenhouse and along the banks of the River Clyde. Glasgow was the home for the 2014 Commonwealth Games, and we passed through the green that had statues and landmarks signifying this honor. It was wet and muddy, but the course was very flat. I also realized how the racing community was the same in Glasgow as it is here. I met and talked to a runner from Glasgow who had lived in Virginia some time ago. It was strange but fun hearing him recount his path to Scotland.

The wind gusts never let up throughout the course, and at times it felt as though the headwinds would knock me down. Eventually I finished my 5K in 44:23—well at the back of the pack. It clouded up and started sleeting and snowing on the way back to our flat. I didn't care, though, because the race was done. I had a blast running in Glasgow and had hoped to do another race before heading back to the United States, but the COVID-19 pandemic caused us to return earlier than planned. So, this turned out to be my only race experience during our trip to Scotland.



The End of the Chute

So far four individuals have completed the **2020 PTC Virtual Marathon**—no mean feat given the number of canceled and postponed races we have endured as of late.

SO FAR . . .

Braxton Lee at the **PTC Virtual Marathon** finish line.

It helped that in August, while the **PTC** had a single virtual race (the **Smart Smiles Virtual 5K**), we actually held **three** physical run runs; the **PTC Summer Fun Run Series**. Since the **Summer Fun Runs** are generally lightly attended events, we managed to stay under the **Phase 2 Covid-19 restrictions** (groups limited to 50 or fewer) utilizing wave starts to spread runners out when necessary. Food collected at the **PTC Summer Fun Runs** has been donated to the **Gloucester-Mathews Humane Society** and the **York County Church Women United Food Closet**, which on a recent occasion has actually run out of food.

After **Labor Day, Hampton Roads** moved back to **Covid Phase 3 guidelines** allowing larger outdoor gatherings. While the **PTC** races in September and October have either been canceled or become virtual, it looks like we may actually get a few physical races in later in the year.

On **November 14**, the **Riverwatch on the Piankatank 5K**, originally scheduled for June, will return to the **PTC** schedule with an afternoon race (**2:00 p.m. start**). **Piankatank** will also be a **PTC Grand Prix event** as well as a **Hampton Roads Super Grand Prix event**. Of course, this is contingent on continued improvement in the Covid-19 situation.

In December, tentatively on **Sunday, December 13**, the **PTC** schedule will welcome the return of the **Frostbite Frolic 5.3-Miler**, a run around the **Newport News Park Bikeway**. This race will also be a **PTC Grand Prix event**, but details are still being ironed out. Keep an eye on the **PTC website**, **Facebook**, and **Twitter** feeds and the next newsletter for details.

In the meantime, **PTC Intervals** continue—**6:00 p.m. every Wednesday** at the **Tabb High School track**, where everyone is welcome to participate. There will be a **PTC Picnic at the Pub** at **Oozlefinch Craft Brewery** at **Fort Monroe** on **Saturday,**

September 26, and a **PTC Club Pub Run** at **Tradition Brewery** in **Newport News City Center** on **Wednesday, October 7**. For info on the **Pub Runs**, contact **Maria Peters, 897-7083**. And **Sunday, October 11**, **PTC** members will again return to our adopted roadways in Yorktown for a **PTC Adopt-a-Highway Litter Getter**.

Of course, there are numerous PTC events that have become virtual and can use your support. Remember, **all PTC Virtual Races** as well as live events will count toward the

2020 PTC Virtual Marathon. Why not join in on this **marathon on the installment plan**. Details below.

Later...

Bruce Davis
Newsletter Editor



2020 PTC VIRTUAL MARATHON

PTC VIRTUAL MARATHON STANDINGS

(through August 31, 2020)

Finish Line—42K

42K

Braxton Lee	10 M	4:19:13
Erin Gedicke	30 F	4:33:44
Rick Platt	70 M	4:35:17
Bob Curtin Jr.	67 M	6:40:22

36K

Susan Hagel	47 F	3:06:16
-------------	------	---------

31K

Valor Foy Jones	56 M	2:55:51
Maria Peters	55 F	3:13:41
Maryanne Lee	36 F	3:19:45

26K

Amanda Collier	40 F	2:34:04
----------------	------	---------

25K

Dale Abrahamson	70 M	1:57:43
John Munday	80 M	3:56:23

21K

Barbara Biasi	72 F	2:18:29
Dawn Rolph	44 F	2:19:50

15K

Kathy Gallo	63 F	1:45:41
-------------	------	---------

5K

John Munday	80 M	0:42:47
-------------	------	---------

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 PTC schedule and receive credit for the distance/time run. **For 2020, any official Virtual PTC events will be included.**
- 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.
- Sign up anytime before December 1, 2020 and all PTC events, including virtual runs, already completed in 2020 will count toward your 2020 Virtual Marathon finishing distance/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 Signup

<https://runsignup.com/Race/VA/NewportNews/PTCVirtualMarathon>

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:

Due to Covid-19, all events tentative.

PTC Litter Getter
Oct. 11

Yorktown Battlefield Runs
Nov. 7

Virginia 24-Hour Run
Nov. 7-8

Piankatank 5K
Nov. 14

Fast Before the Feast 4K
Nov. 26

Frostbite Frolic 5.3-Miler
Dec. 13

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:
October 29 (no host)

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). Due to COVID-19 and a lack of flyers, the September stuffing and possibly future stuffings will be virtual with no host. Hopefully we will resume regular newsletter stuffings in the near future. Future stuffing dates include: *Thursday, December 17* (open) *Thursday, January 28* (open), *Thursday, March 4* (open) and *Thursday, April 8* (open).



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

"THE TRUE RUNNER IS A VERY FORTUNATE PERSON.
HE HAS FOUND SOMETHING IN HIM THAT IS JUST PERFECT."

— DR. GEORGE SHEEHAN

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 ongoing restrictions on gatherings due to COVID-19,
all events listed should be considered tentative for the time being.

SEPTEMBER

- 26** PTC Picnic at the Pub
- 30** Mulberry Island Half-Marathon & 5K (PTCGP event)

OCTOBER

- 7** PTC Pub Run
- 11** PTC Adopt-a-Highway Litter Getter
- 26-30** Run, Walk, Roll Virtual 5K
- 31** Poquoson Run with the Bulls Virtual 5K (PTCGP event)

NOVEMBER

- 7** Yorktown Battlefield 10-Miler & 5K (PTCGP & HRSuperGP event)
- 26** Fast Before the Feast 4K



RUNNING
ETC
NORFOLK • VIRGINIA BEACH

EVERYTHING FOR RUNNERS!

SHOES
APPAREL
ACCESSORIES

WWW.RUNNINGETC.COM

1707 COLLEY AVE. (GHENT)
NORFOLK, VA 23517
(757) 627-1500

1940 LASKIN RD., SUITE 302
VIRGINIA BEACH, VA 23454
(757) 491-2340

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