

ON YOUR MARK

FEB/MAR 2021

IN THIS ISSUE

- > 2020 Grand Prix Results
- > A Virtual Gloucester
- > Tracking Down Our Roots

MARK YOUR CALENDAR

- > PTC Adopt-a-Highway Litter Getter, February 21
- > Virginia 24-Hour Run, April 24-25



10-MILE RUN FOR THE HEART STARTS OFF 2021

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 eight 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 2021

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

February/March 2021 issue:

Steve Amarillo, Helen Worthington

Bruce Davis, Steve Peters

Mike Thomas, Dale Abrahamson

Rick Platt, Karen Joyner, Paul Pelletier

Newsletter Deadline!

To include flyers, articles, ads or news in the **April 2021 issue** of *On Your Mark*, (virtual stuffing on April 1), email Bruce Davis (weatherwizard1@juno.com) no later than **March 24**.

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, website
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.tricityroadrunners.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
2021

Race Days 2021 Peninsula Track Club Road Racing Schedule

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

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



indicates a PTC Grand Prix Event.



indicates a HR Super Grand Prix Event.

RACE CANCELLATIONS

Because of ongoing restrictions on gatherings due to COVID-19, the following races have been canceled for 2021:

Tabb High School May Day 5K

Sat., May 1

Fox Hill Community 5K

Sat., May 15

Run for the Stage 5K

Sat., June 5

VIRTUAL RACES

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

Gloucester Virtual 5K Run/Walk

Begins Sat. March 20

Reporting Deadline: Sat. April 10

Register at <https://runsignup.com/gcef5k>

<https://www.facebook.com/GloucesterEdFoundation>

GloucesterEdFoundation

Helen Worthington (804) 642-5998

email: rhworthington@cox.net

PTC Virtual Marathon

Results Deadline: Fri., December 31

Sign up anytime in 2021 and all timed

PTC races, virtual races and fun runs

completed in 2021 will count toward your marathon distance/time.

Bruce Davis, (757) 989-0072

email: weatherwizard1@juno.com

LIVE RACES

MARCH

20 Spring Fever 5K

Sat., March 20, 9:00 a.m.

Sandy Bottom Nature Park, Hampton, Va.

Steve Peters, (757) 951-3874

email: steve.peters.ptc@gmail.com

<https://runsignup.com/ptcspringfever5k>

APRIL

10 Fort Eustis 10K Run & Ruck

Sat., April 10, 9:00 a.m.

(USATF cert. VA14007RT)

Anderson Fieldhouse, Ft. Eustis, Va.

Must have base access to participate

Margy Glass, (757) 878-2097

email: margaret.w.glass2.naf@mail.mil

Lee Graves, (757) 878-6075

email: lee.graves.naf@mail.mil

sports office: (757) 878-0013

www.active.com www.eustismwr.com

24-25 Virginia 24-Hour Run

Sat., April 24-25, 7:00 a.m.

(USATF cert. VA12075RT)

Sandy Bottom Nature Park, Hampton Va.

(individuals or teams of 2 to 12)

Tim Scott

email: tjscott100@hotmail.com

<http://va24hourrunforcancer.com>



MAY

8 Joe & Sue Moore Memorial Scholarship 5K

Sat., May 8, 9:00 a.m.

Sandy Bottom Nature Park, Hampton, Va.

Danielle Hundley, (757) 873-6863

email: danimdanim@hotmail.com

31 Yorktown Freedom Run 8K

Mon., May 31, 8:00 a.m.

(USATF cert. VA16022RT)

York High School, Yorktown, Va.

Hampton Roads Super Grand Prix

Tom Hunter, (651) 675-7928

email: tom.d.hunter@gmail.com

<http://yorktownrotaryclub.org>

JUNE

15 Trailzilla Fast 5K

Tues., June 15, 6:30 p.m.

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe, (757) 272-2927

email: theaellen@hotmail.com

29 Trailzilla Feel Good 4-Miler

Tues., June 29, 6:30 p.m.

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe, (757) 272-2927

email: theaellen@hotmail.com

JULY

10 Trailzilla Joe-Zilla 5-Miler

Sat., July 10, 9:00 a.m.

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe, (757) 272-2927

email: theaellen@hotmail.com

AUGUST

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

>>> No Watches <<<

Tues., August 3, 6:30 p.m.

Newport News Park Bikeway

Christine Schaffner, (757) 898-3258

Bruce Davis, weatherwizard1@juno.com

<http://peninsulatracclub.com>

10 Lake Matoaka 4.3-Mile Trail Challenge

(PTC Summer Fun Run Series)

Tues., August 10, 6:30 p.m.

Zable Stadium, Williamsburg, Va.

Susan Hagel, (757) 754-4859

Rick Platt, (757) 229-7375

<http://peninsulatracclub.com>

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

Tues., August 17, 6:30 p.m.

Newport News Park, Picnic area #3

Bruce Davis, (757) 989-0072

email: weatherwizard1@juno.com

<http://peninsulatracclub.com>

SEPTEMBER

11 Mulberry Island Half-Marathon & 5K Runs

Sat., September 11

7:30 a.m. – Half; 7:45 a.m. – 5K

Anderson Fieldhouse, Ft. Eustis, VA

Hampton Roads Super Grand Prix

sports office: (757) 878-0013

www.active.com www.eustismwr.com

Upcoming Events

DELAYED EVENTS

Please be advised that races and events may be delayed, rescheduled, or canceled due to ongoing **COVID-19** considerations, which include the availability of venues and restrictions on the size of gatherings.

For up-to-date info on club events, check out the PTC website, peninsulatrackclub.com, the PTC Facebook page, and @PeninsulaTrack on Twitter.

FEBRUARY 21 PTC ADOPT-A-HIGHWAY LITTER GETTER

The first *PTC Adopt-a-Highway Litter Getter* of 2021 will be on **Sunday morning, February 21**. **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/Route 238 and Old Williamsburg Road 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**.

MARCH 27 & APRIL 3 HAMPTON ROADS SUPER GRAND PRIX

The next two *Hampton Roads Super Grand Prix* races are *Colonial Road Runner* events. First is the **Queens Lake 5K** on **March 27** followed a week later on **April 3** by the **Victory at Yorktown 10K**. For questions or information on signing up for the *Hampton Roads Super Grand Prix* including the latest *HRSuperGP schedule*, check out www.hrsupergp.com or email hrsupergp@gmail.com.

SCHOLARSHIP APPLICATIONS

High School Seniors—The deadline to submit your application for the **Joe & Sue Moore Memorial PTC Scholarship** is **May 24, 2021**. Submission date is judged by postmark. Scholarship application and instructions can be found on **pages 16 & 17**. So, start gathering your application material. **Don't let this opportunity pass you by.**

THOUGHTS FROM THE PTC PRESIDENT

Recently, someone told me, “PTC is getting older every year and is slowly dying out. Younger people are not joining. If this trend continues, there will not be a PTC in 10 years.” They also said “There are no benefits and/or privileges to [PTC] membership.” It forced me to stop and consider whether each of these points is valid...and to do some analysis.

At each PTC board meeting we review the most current membership numbers. Until now I had never analyzed them in-depth; it was difficult to do so due to the combination of family and individual memberships (sometimes without ages for each member) and membership gaps.

A quick (and I guarantee not exact) analysis does show that our club is indeed aging...at an approximate rate of 1 year per year. We also know that, since COVID-19 restrictions began, our memberships are down...not unexpected in this time of mostly virtual races.

But let me get back to the original premise: that there will not be a PTC in 10 years, and there are no benefits/privileges to membership.

To answer this I turned to the core goals in our PTC Constitution: *The primary objective of [PTC] shall be the promotion and encouragement of long-distance running...hold championships, races...social events...publish newsletters; make awards...etc...[to] engage in community activities...coordinate with other agencies advocating running...and [not conduct activities not in line with our Section 501(c)(3) non-profit status].*

In the past year, your board has been struggling with the question of investing in a chip-timing system—to “stay relevant.” But collectively we realized that PTC is not a chip-timing business; rather, we assist community organizations in hosting races with cost-effective services such as finish-line setup, timing, results, equipment, course marking, etc. One asked the pointed question “Has anyone ever said to you they won’t run a PTC race because it’s not chip-timed?”...to which everyone answered “NO”!

We have been looking at ways to increase both volunteerism by existing members and overall membership. That is a challenge and goes to the heart of the question of “benefits and privileges” of PTC membership.

PTC is an all-volunteer, nonprofit organization.

None of us—whether PTC board members or race/newsletter stuffing/Litter Getter volunteers—are paid for what we do. We do it because we love PTC and our local running community. Some may volunteer for PTC Grand Prix points, and that is fantastic! Please, continue to do so! Our GP competition is important, and we are the only running club in our area that includes volunteer points in our GP scoring—because volunteering is at the core of who we are, not for the sake of the GP but for the sake of our community. PTC members who serve as Race Directors even receive extra volunteer points...but that is not the reason someone takes on such an enormous responsibility. They become a Race Director for the love of running and the cause their race supports. PTC also presents “Volunteer Awards” as part of our annual GP awards, which is a great way to recognize stalwart volunteers who aren’t as competitive in the GP running competition.

What are the “benefits and/or privileges” to membership?

Let’s start with the feeling we get when supporting a race that raises money for a cause; or pulling tags in the chute as runners and walkers come through at a 5K—some for their only “race” of the year; or starting almost 200 runners in waves in perfect running conditions at the recent *Run for the Heart 10-Miler! THAT IS WHAT WE ARE ABOUT!* If you doubt whether PTC will still exist in 10 years, just look at the many races we both support and organize year after year after year. As long as there are organizations who need cost effective race services, PTC will exist. PTC isn’t about race entry discounts, early entry, giveaways, or even the PTC GP; those are secondary benefits to the volunteer nonprofit organization we are. The intangible benefit to our members is what we do for others, not for ourselves, and how it relates to our own passion, and in our case—our love of running. That is what motivates me as a PTC member, volunteer, and president. *What about you?* We will always need members and volunteers to keep our club successful both today and 10 years from now.

In the spirit of Joe Harney, please pray for our country, our elected officials, our military, healthcare workers, and first responders.

Steve Peters
PTC President

Races in Other Places



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.

February 20

Colonial Half Marathon & 5K

Williamsburg, Va.

Hampton Roads Super Grand Prix

Half-marathon – 8:30 am, 5K – 8:45 am

Jim Elder, (757) 253-0277 jim@

colonialsportscustoms.com

www.colonialhalfmarathon.com

February 27

Striders Distance Series 20-Mile & 12-Mile Runs

Dismal Swamp Canal Trail

Chesapeake, Va.

Tidewater Striders

www.tidewaterstriders.com

www.runsignup.com

March 5-14

One City Marathon, Half-Marathon & Maritime 8K Virtual Experience & Multi-Race Challenge

Newport News, Va.

www.OneCityMarathon.com

March 6

Jamestown Swamp Run 5K

Jamestown High, Williamsburg, Va.

Colonial Road Runners

Michaelle & John Gaul, (757) 869-7530

jhsabcinfo@gmail.com

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

www.runsignup.com/jhs

March 6

Rumba on the Lumber 5K

Lumberton, N.C.

www.robersonroadrunners.com

Info: (910) 671-3869 www.active.com

March 13

Virginia Fire Chiefs 5K

Bruton Parish Church, Williamsburg, Va.

Colonial Road Runners

Donald Booth, (757) 810-7538

email: donald.booth@djginc.com

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

<https://runsignup.com/Race/VA/Williamsburg/>

VirginiaFireChiefsFoundation5k

March 13

March Maniac 11-Hour Endurance Run

Warhill Nature Trail, Williamsburg, Va.

Ellen Alexander: ultraellen@gmail.com

<http://happycatevents.com>

Registration: www.ultrasignup.com

March 19-21

Yuengling Shamrock Marathon, Half-Marathon & 8K

Virginia Beach, Va.

J&A Racing, (757) 412-1056

email: info@shamrockmarathon.com

www.shamrockmarathon.com

March 27

Queens Lake 5K

New Quarter Park, Williamsburg, Va.

Hampton Roads Super Grand Prix

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

<https://runsignup.com/Race/VA/Williamsburg/QueensLake5K>

April 3

Victory at Yorktown 10K

Yorktown Waterfront, Yorktown, Va.

Hampton Roads Super Grand Prix

Historic Triangle Triple Crown event

Colonial Road Runners

Tom Tragle, (757) 254-6599

Michael Bennett, (757) 342-5338

Michael.bennett@peninsulaymca.org

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

April 10

Singletrack Maniac 50K & Cray Cray 10K

Freedom Park, Williamsburg, Va.

Ellen Alexander, ultraellen@gmail.com

www.happycatevents.com

www.ultrasignup.com

April 11

Noland Trail 50K & Relay

Mariner's Museum, Newport News, Va.

www.nolandtrail50k.com

Info: Flat-Out Events, (757) 880-8843

email: raceteam@flatoutevents.com

April 17

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

Merchants Square, Williamsburg, Va.

Colonial Road Runners

Hampton Roads Super Grand Prix

Historic Triangle Triple Crown event

Jim Elder, (757) 253-0277

info@colonialsportswilliamsburg.com

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

April 24

Striders Dismal Swamp 5-Miler

Dismal Swamp Canal Trail

Chesapeake, Va.

Tidewater Striders www.runsignup.com

www.tidewaterstriders.com

May 1

Virginia Regional Ballet 5K

First Colony Clubhouse

Williamsburg, Va.

Colonial Road Runners

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

May 15

Run for Mental Strength 5K

Eastern State Hospital, Williamsburg, Va.

Colonial Road Runners

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

May 29

Elizabeth River Run 10K

Norfolk, Va.

Hampton Roads Super Grand Prix

Tidewater Striders

<http://elizrivrun.tidewaterstriders.com/>

June 5

Kingswood Klam 5K

Kingswood Pool, Williamsburg, Va.

Colonial Road Runners

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

email: rickplatt1@juno.com

www.colonialroadrunners.org

June 27

Taskinas Creek Marathon

York River State Park, Williamsburg, Va.

www.happycatevents.com

Come Run with Us



Many organized training and fun runs are on hiatus due to 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

The Wednesday evening *PTC Wintervals* at the *Tabb High School track continue* under the ambient light of the Tabb athletic fields. This is coached interval training for runners of all abilities. Everyone is welcome. Social distancing in accordance within 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

Welcome New Members and Returning Members

Ellen Alexander	Maryanne Lee
David Alexander	Krista Manware
Jean Barto	Christie McGowan
Philip Burke	David McGowan
Helen Currant	Dave Milby
Paul Currant	Norma Phillips
Sharon Currant	Robert Read
Mike Daly	Tim Scott
Milda Donahoe	Wanda Sellers
Jim Duffy	Michael Southwood
Stephanie Eitzen	Jessica Templeton
Jim Gullo	James Thayer
Martha Gullo	Rebecca Thayer
Janice Kailos	Gene Thies
Mark Konst	Eric Wiebke
Boston lee	Rick Zinser
Braxton Lee	Roy Zinser
Bryton Lee	Sarah Zinser
Jarret Lee	

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

December 2020 – January 2021

Checking Account Balance 11/30/2020 **\$ 20,487.39**

December Revenue

Membership Dues	\$ 100.00
Race Income (Fast Before the Feast)	60.00
Transfer from Savings (Scholarship)	25.00

Total Income: + \$ **185.00**

December Operating Expenses

Fast Before Feast chip timing	\$ 600.00
Peninsula Foodbank Donation	7,500.00
Zoom Meeting License	157.40
Virginia State Corporation Fee	25.00
AED Battery for Defibrillator	147.00
RRCA Annual Dues	1,416.50
Monthly Check Fee	2.00

Total Operating Expenses: – \$ **9,847.90**

Net Income Gain/Loss (Checking) **\$ (9,662.90)**

Checking Funds Available 12/31/2020 **\$ 10,824.49**

January Revenue

Membership Dues	\$ 555.00
Race Income (Piankatank, Battlefield)	598.00
Race Donation (Scholarship)	1,513.26
Race Entries (Fast Before Feast)	1,505.44
Race Entries (Heart 10-Miler)	2,381.98
Adopt-a-Family	5.00
Returned Check	23.50

Total Income: + \$ **6,582.18**

January Operating Expenses

Newsletter Printing	\$ 177.53
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Total Operating Expenses: – \$ **177.53**

Net Income Gain/Loss (Checking) **\$ 6,404.65**

Checking Funds Available 1/31/2021 **\$ 17,229.14**

It's a Virtual 5K for Gloucester in 2021

In 2020, the Gloucester Educational Foundation's 3K and 8K Run/Walk on March 7 was the last live PTC race before COVID-19 closed everything down. It became clear that holding a live event would not be feasible in 2021, so instead, our event, like so many, will be a virtual 5K. It's still a PTC race, so please support it if you can. We hope to be back to a live-race format in 2022.

You can register online at <https://runsignup.com/gcef5k> or download a flyer from the PTC website. Complete the 5K anytime between March 20 and April 10, 2021 and receive a finisher's medal for \$20 or a finisher's medal and a short-sleeved cotton T-shirt for \$30. We depend on proceeds from this event to fund our main projects—Gloucester Teacher of the Year recognition and mini-grants for additional classroom instructional support.

The race normally offers cash prizes for the top three overall male and female finishers, but sadly we must reserve those prizes for live races—so, all you speedy runners—maybe next year. However, we will still be offering some of our other incentives. Gift cards will be awarded to the oldest and youngest male and female finishers and also to the person who finishes in the “middle of the pack.” These awards are presented in memory of Ann Burruss, who was an active member of the Gloucester Educational Foundation board and a former school board member.

Bruce Davis, our statistician extraordinaire, will still compile the results, which will be posted on the PTC website and listed in *On Your Mark*.

For more information, please go to <https://www.facebook.com/GloucesterEdFoundation> or email Helen Worthington at rhworthington@cox.net.



THANKS TO PTC

During this season of giving, the gift of a meal is the most precious gift you can give. It is particularly important during the current health crisis when so many more individuals are reaching out for help, many for the very first time.

Through your recent contribution of \$7,500, you understood this and provided hope to children, families, veterans, and seniors who may not have otherwise been able to enjoy this holiday season. They may have been concerned about keeping the heat on. They may have been wondering how they would be able to fill their gas tanks to get to work. They may have skipped much needed prescription medicines. When you gave your gift to the Foodbank, you showed you care about the less fortunate in our community.

Thank you for being a partner in providing nourishment and hope to these children, families, veterans, and seniors across the greater Peninsula. Your generosity has provided us the means to purchase additional food needed this year to serve the community. Thank you for once again providing support for us and the community!

Karen Joyner
Chief Executive Officer
Virginia Peninsula Foodbank

Keeping
BODIES IN MOTION
for over
60 YEARS *with*

JOINT
REPLACEMENT

SPINE
CARE

SPORTS
MEDICINE

FOOT & ANKLE
CARE

PAIN
MANAGEMENT

OUR SPECIALIZED DOCTORS

*Hampton Roads Orthopaedics
Spine & Sports Medicine*
HROSM
Keeping Bodies in Motion

<p>Jon Swenson, M.D. Anthony Carter, M.D. Daniel Cavazos, M.D. John Aldridge, M.D.</p>	<p>Adrian Baddar, M.D. Kinjal Sohagia, M.D. Brendan McConnell, D.P.M. Nelson Keller, D.P.M. Alexander Lambert II, M.D.</p>	<p>Scott Bradley, M.D. Rebecca Shoemaker, M.D. Ryan A. Harrell, D.O. Mark B. Kerner, M.D.</p>
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WWW.HROSM.COM | (757) 873-1554

NEWPORT NEWS

WILLIAMSBURG

YORKTOWN

SOUTHSIDE

2020 PTC Grand Prix Final Results

MEN (RUNNERS-UP)

Name	run	vol	total
Braxton Lee	87	16	103
Dale Abrahamson	71	19	90
Randy Hawthorne	45	31	76
Bruce Davis	35	35	70
Rick Platt	44	21	65
Chris Novakoski	41	19	60
James Gullo	24	16	40 *
Ron Worthington	20	20	40
Will Palagyi	28	6	34
Mike Thomas	12	12	24

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Robert S. White	20	3	23
Bob Curtin Jr.	15	6	21
Jimmy Blount	14	6	20 *
P.J. Mendola	10	10	20
John Edwards	9	9	18
David Anderson	9	9	18
Ronald Kellum	10	6	16 *
Steve Peters	8	8	16
John Gallo	7	6	13
Rod Manadero	9	3	12 *
Rich Bowen	6	6	12
Norman Lehner	6	6	12
Peter Navin	5	5	10
Steve Amarillo	4	4	8

(* race points tiebreaker)

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2020 PTC Grand Prix Races were:

Menchville Winter Chill 5K
10-Mile Run for the Heart
Joe & Sue Moore Scholarship
Virtual 5K
Smart Smiles Virtual 5K
Mulberry Island Virtual
Half-Marathon
Riverwatch on the Piankatank 5K
Yorktown Battlefield 10-Miler
Run with the Son for Haiti
Virtual 5K
Raptor Chapter Ugly Sweater
Virtual 5K



Susan Hagel

2020 PTC Grand Prix Champion

Run Points

98

Volunteer Points

53

Points Total

151

WOMEN (RUNNERS-UP)

Name	run	vol	total
Helen Worthington	89	39	128
Maria Peters	75	42	117
Jennifer Little	48	16	64
Amanda Collier	28	28	56
Valor Foy Jones	48	6	54
Dottie Humphreys	35	16	51
Erin Gedicke	33	16	49
Kathy Gallo	39	6	45
Martha Gullo	21	16	37
Barbara Biasi	30	6	36

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Karen Schenck	13	13	26
Rachel Novakoski	14	3	17
Nancy Ayler-Milby	14	3	17
Catherine Harden	7	7	14
Susanne Mendola	6	6	12
Brenda Mitchell	8	3	11
Christine Schaffner	7	3	10

.....

PTCers who scored
in all 9 Grand Prix races:
 Susan Hagel, Braxton Lee
 Helen Worthington

.....

PTCers who scored
in 8 of 9 Grand Prix races:
 Maria Peters

.....

PTCers who scored
in 7 of 9 Grand Prix races:
 Dale Abrahamson



Check out the
2021 PTC Grand Prix
Rules and Standings
 on **Page 13.**

Yorktown Battlefield 10-Mile Run

Yorktown Battlefield, Yorktown, Va.
Saturday, December 5, 2020

Age Graded Results

Women	Age	Time	Grade
1. Joey Hallock	67	1:18:53	87.62
2. Jenny Moran	42	1:06:26	77.37
3. Helen Worthington	66	1:31:36	74.38
4. Julie Hicks	45	1:14:07	71.06
5. Sorena Jean	18	1:11:38	69.82
6. Norma Phillips	60	1:29:58	69.77
7. Ekaterina Aaron	22	1:10:18	69.70
8. Jean Phelan	64	1:36:14	68.84
9. Sarah Doyle	39	1:14:12	67.99
10. Kirsten Kelly	50	1:21:51	67.81

90% World Class
80-89% National Class
70-79% Regional Class
69%-less Athlete

Men	Age	Time	Grade
1. Roger Hopper	29	53:37	81.60
2. Robert Whitaker	62	1:09:00	79.40
3. Richard Grant	67	1:13:29	78.32
4. Andre Gallant	22	56:56	76.84
5. Toby Worm	47	1:02:37	76.44
6. Thomas Hicks	49	1:04:09	75.92
7. Jim Duffy	68	1:16:39	75.82
8. Andrew Crookston	48	1:04:03	75.38
9. Keith Schumann	50	1:05:10	75.35
10. Dale Abrahamson	71	1:22:14	72.94
11. Paul Pelletier	55	1:07:27	72.79
12. Gregory Dawson	55	1:07:47	72.44
13. Daniel Shean	37	1:01:38	72.04
14. Bob Becker	69	1:22:34	71.99
15. Greg Lynn	46	1:06:29	71.40
16. Tom Murphy	67	1:21:37	70.51
17. Evan Clary	19	1:02:30	70.00

2020 Virtual Marathon Final Standings

NAME AGE/GENDER TIME

Finish Line: 42K

Dale Abrahamson	71 M	3:40:58
Susan Hagel	47 F	3:41:08
Rick Platt	70 M	3:42:16
Braxton Lee	11 M	4:04:29
Maria Peters	55 F	4:11:26
Amanda Collier	41 F	4:12:34
Erin Gedicke	30 F	4:17:28
Valor Foy Jones	57 F	4:21:52
Maryanne Lee	38 F	4:31:22
Bob Curtin Jr.	67 M	6:35:23

41K:

John Munday	80 M	6:15:31
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37K:

Dawn Rolph	45 F	4:04:43
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26K:

Barbara Biasi	72 F	2:49:31
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25K:

Kathy Gallo	63 F	2:51:46
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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

PTC VIRTUAL MARATHON

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

How it works

- Sign up for the PTC Virtual Marathon at www.runsignup.com.
- Run any timed event on the Peninsula Track Club schedule, including all races (Grand Prix and non-Grand Prix), Fun Runs (including the PTC Summer Fun Run Series) and PTC Virtual Runs (where you report your virtual time) and receive credit for that distance/time run.
- Again, for 2021, any official Virtual PTC event will be credited toward your 2021 Virtual Marathon distance/time. (For distance credits, see the distance chart in the previous column)
- Run PTC events totaling 42K or more and you are a FINISHER in the PTC Virtual Marathon.

- Run additional PTC events beyond 42K and you can improve your Virtual Marathon finishing time. For instance, two 5K times can replace a single 10K time and vice versa.

- Sign up anytime before July 31, 2021 and all 2021 PTC events, including virtual runs, already completed will count towards your 2021 Virtual Marathon finishing distance/time. By signing up early, you can support the Virtual Marathon and allow finisher medals to be ordered.

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

\$40 for non-members
(fee includes one-year PTC membership)

All Virtual Marathon Finishers receive unique finisher medal.



10-MILE RUN FOR THE HEART

Sponsored by the Knights of Columbus Council 5480
A PENINSULA TRACK CLUB GRAND PRIX EVENT

Saturday, February 6, 2021, 9:00 AM
USATF Cert. #VA12072RT

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						MEN:35 - 39						MEN:50 - 54					
1	1	ROGER HOPPER	30	CHS	56:41	1	4	ADAM KENYON	39	SUF	1:03:55	1	17	SCOTT WELLS	53	HPT	1:11:05
2	2	JONATHAN TORRES	31	NNW	1:02:29	2	9	JIM HIGHSMITH	38	NNW	1:05:48*	2	51	HOWARD PRICE	52	CHS	1:22:48
3	3	TOBY WORM	47	SMF	1:03:18	3	15	CHRISTOPHER DAVIS	36	HAY	1:09:07	3	74	GREGG WEBER	54	SUF	1:26:08
TOP OVERALL WOMEN						4	22	HARRISON GARLICK	37	NNW	1:13:00	4	76	MATTHEW ZENTZ	53	PRT	1:27:06
1	18	BETHANY SPECTOR	31	VAB	1:12:29	5	30	JEFF WOOD	36	NNW	1:17:20	5	85	ALBERT NEWBERT	52	CHS	1:28:48
2	21	GWEN RILEY	27	PRT	1:12:54	6	31	MICHAEL PALUSZKIEWICZ	37	NNW	1:17:33	6	110	TIMOTHY KELLY	53	VAB	1:34:48
3	24	JESSIE JAPZON	34	CHS	1:14:03	7	32	BRYAN SPARKMAN	38	YKT	1:17:47	7	125	MARK SWARRINGIM	53	LXA	1:39:26
MEN:19 AND UNDER						8	33	MICHAEL STALLINGS	37	VA	1:17:50	8	133	PAUL CLARK	52	HPT	1:42:07
1	25	GLENN GLASS	17	WBG	1:14:18	9	60	MIKE HOUGARD	35	CHS	1:23:45	9	136	CHARLIE REESE	51	CAR	1:43:07
2	34	JOHNNY CRAIN	15	NNW	1:17:52	10	94	THOMAS DISTEFANO	38	CAR	1:31:34	10	143	EARL DAVIS	54	PRT	1:45:02
3	42	JACK GORTON	14	NNW	1:19:29*	11	113	KEN PACKARD	39	NOR	1:36:45	11	148	RICHARD DOWNING	52	NOR	1:47:27
4	57	ORION BERGER	14	WBG	1:23:21*	12	163	NICHOLAS STEELE	39	ALX	1:54:18	12	149	MARTIN FLEMINGS	52	CHS	1:48:36
5	101	DREW MCFADDEN	16	HPT	1:33:00	MEN:40 - 44						13	174	BRIAN CHILES	51	VAB	2:00:46
6	112	BRAXTON LEE	11	QTN	1:36:14*	1	5	ED M RIETSCHA	42	WBG	1:04:15*	MEN:55 - 59					
7	122	MAGNUS CHILES	14	VAB	1:38:33	2	8	JASON HERNANDEZ	43	VAB	1:05:17	1	14	JON LEIDING	58	VAB	1:09:02
MEN:20 - 24						3	16	JASON MILLER	43	WBG	1:10:04*	2	23	ORLANDO PEREZ	58	NNW	1:13:48
1	140	JOHN CHILES	23	VAB	1:44:33	4	27	ROBERT CLAYPOOLE	44	HPT	1:14:56*	3	41	JOSEPH ROTH	55	YKT	1:19:23*
MEN:25 - 29						5	89	JOHN STRUNK	44	NOR	1:30:05	4	86	DAVID SCHENGBER	59	YKT	1:29:38
1	7	NOAH ADERHOLD	26	SD	1:05:06	6	127	THOMAS DRANEY	41	HPT	1:40:19	5	93	IRA HAYNIE	56	NNW	1:31:27
2	61	SAM BURGETT	29	SMF	1:23:48	MEN:45 - 49						6	99	JOE BUCK	55	CHS	1:32:54
3	171	JOSH MCMANN	27	NOR	1:57:57	1	6	GREG LYNN	46	HAY	1:05:04*	7	111	DONALD CUTLER	55	SMF	1:35:06
MEN:30 - 34						2	10	CARTER FICKLEN	46	YKT	1:06:04*	8	126	GREG CLEVELAND	55	CHS	1:39:33
1	20	JORDAN SPECTOR	33	VAB	1:12:49	3	11	RANDY SHELTON	45	MEC	1:06:47	9	150	KENNETH ALLEN	58	CHS	1:48:37
2	26	MATTHEW DYRDAHL	34	CHS	1:14:40	4	13	ANDREA BUOSO	47	NOR	1:08:52	10	187	JOHN MARKLEY	56	NNW	2:20:48
3	36	BRIAN HEMMIS	31	VAB	1:18:07	5	19	CHRISTOPHER LAWS	45	NNW	1:12:31*	MEN:60 - 64					
4	37	NICHOLAS KEY	32	HPT	1:18:21	6	45	PAUL SCRIBBINS	48	GLC	1:19:50	1	12	ROBERT WHITAKER	62	YKT	1:08:19*
5	47	SHAUN ALEXANDER	32	YKT	1:21:07	7	48	AVINASH KELLEY	49	CHS	1:21:19	2	35	KEITH ALSTON	60	CHS	1:17:54
6	56	JONAS LEVERAAS	30	VAB	1:23:18	8	66	DAVID BERGER	45	WBG	1:25:14*	3	46	TIMOTHY WESTFALL	62	NOR	1:21:00*
7	92	RICHARD DILLAHUNT	32	NOR	1:31:16	9	71	DAVID GLASS	48	WBG	1:25:34	4	55	GLENN YOUNG	63	CHS	1:23:03*
8	105	FRANK NIXON	34	CHS	1:33:40	10	98	RYAN GOULETTE	49	CHS	1:31:51	5	58	TONY HEIMER	63	CHS	1:23:23

10-MILE RUN FOR THE HEART RACE RECORDS

Age Group	Name	Time	Year	Age	City	State
Male Record	Duncan Chonge	53:07	2018	26	Woodbridge	VA
Female Record	Saki Wilson	1:04:41	2020	28	Norfolk	VA

M 9 & under	<none>					
M 10 - 14	Logan Jackson	1:06:47	2017	14	Yorktown	VA
M 15 - 19	Paul Glass	1:01:05	2020	18	Williamsburg	VA
M 20 - 24	Robert Medina	57:33	2018	24	Norfolk	VA
M 25 - 29	Duncan Chonge	53:07	2018	26	Woodbridge	VA
M 30 - 34	Roger Hopper	56:41	2021	30	Chesapeake	VA **
M 35 - 39	Douglas Marshall	1:01:19	2013	38	Mathews	VA
M 40 - 44	David Lockard	1:03:06	2013	43	Hampton	VA
M 45 - 49	Millard Thomas	1:01:09	2018	49	Richmond	VA
M 50 - 54	John Piggott	1:02:25	2018	52	Williamsburg	VA
M 55 - 59	Craig Hymes	1:04:28	2018	55	Yorktown	VA
M 60 - 64	Robert Whitaker	1:08:19	2021	62	Yorktown	VA **
M 65 - 69	Jim Christol	1:15:28	2013	65	Yorktown	VA
M 70 - 74	Dale Abrahamson	1:19:40	2021	71	Yorktown	VA **
M 75 +	Ronald Kellum	1:43:13	2021	76	Hampton	VA **

F 9 & under	<none>					
F 10 - 14	Nina Parziale	1:18:51	2017	14	Williamsburg	VA
F 15 - 19	Stephanie Arnold	1:24:34	2016	18	Newport News	VA
F 20 - 24	Jackie Hoffman	1:10:57	2017	24	Chesapeake	VA
F 25 - 29	Saki Wilson	1:04:41	2020	28	Norfolk	VA
F 30 - 34	Bethany Spector	1:08:05	2020	30	Virginia Beach	VA
F 35 - 39	Jessica Riggs	1:08:55	2016	38	Williamsburg	VA
F 40 - 44	Jessica Riggs	1:10:08	2018	40	Williamsburg	VA
F 45 - 49	Andrea Leber	1:12:06	2013	48	Suffolk	VA
F 50 - 54	Kim Ratcliffe	1:17:09	2018	50	Yorktown	VA
F 55 - 59	Karla Havens	1:20:05	2019	56	Plainview	VA
F 60 - 64	Carolyn Harrison	1:16:52	2018	61	Virginia Beach	VA
F 65 - 69	Barbara Biasi	1:35:19	2014	66	Yorktown	VA
F 70 +	Barbara Biasi	1:44:46	2020	72	Yorktown	VA

** new record in 2021

MEN:65 - 69					
1	39	JIM DUFFY	68	VAB	1:18:25
2	59	JESS BROWN	66	NOR	1:23:34
3	78	ROY BLAKEBURN	65	VAB	1:27:34
4	88	JOHN WILLS	68	VAB	1:29:45
5	147	THOMAS MCANULTY	68	NOR	1:46:45
6	179	DAVE BLACK	68	PQN	2:06:21
MEN:70 AND OVER					
1	44	DALE ABRAHAMSON	71	YKT	1:19:40*
2	68	BILL HART	71	VAB	1:25:16
3	84	JOHN DICARLO	71	VAB	1:28:44
4	109	JIMMY C BLOUNT	70	WBG	1:34:23*
5	137	RONALD KELLUM	76	HPT	1:43:13*
6	141	JOE DAY	70	YKT	1:44:59*
7	142	MICHAEL DALY	74	WBG	1:44:59*
8	185	STEPHEN V SCUDDER	72	VAB	2:19:00*

WOMEN:19 AND UNDER					
1	70	LILY SINES	17	WBG	1:25:30
2	90	PETRA CUTLER	16	SMF	1:30:43
3	100	RAQUEL MANADERO	15	NNW	1:33:00*
4	124	BROOKE SWARRINGIM	15	LXA	1:39:25
WOMEN:20 - 24					
1	38	SVETLANA GONCHAROVA	23	WBG	1:18:23
WOMEN:25 - 29					
1	49	KERA MACFARLANE	29	YKT	1:21:43
2	75	THERESE TVEIT	28	VAB	1:26:51
3	130	MEAGHAN BRENNAN	29	HPT	1:40:55
4	153	MARLENE LIE	28	ARL	1:49:24
5	176	ALLISON SADLER	27	CHS	2:03:09

* denotes PTC member

Place	OALL	Name	Age	City	Time
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WOMEN:30 - 34

1	28	LAURA MCCARTHY	34	CHS	1:15:11
2	52	CAITLIN REISER	30	CHS	1:22:57
3	65	LINE LINDELL	31	VAB	1:24:47
4	67	MCKINZIE NEWMAN	33	NOR	1:25:16
5	118	VERONICA WARWICK	34	PQN	1:37:50
6	138	ERIN GEDICKE	31	HAY	1:43:58*
7	161	KATIE SPENCER	34	VA	1:52:37
8	175	MORGAN BIGGINS	31	FEU	2:01:36

WOMEN:35 - 39

1	29	KAREN GRABOWSKI	36	TNO	1:17:04
2	43	ERIN WOOD	35	NNW	1:19:32
3	50	ANNA MACLEOD	38	VAB	1:22:28
4	53	STEPHANIE GIAMMITTORI	37	NNW	1:22:57
5	54	REBECCA UMSTOT	38	CHS	1:22:58
6	62	TARA DYCKMAN	35	VAB	1:23:53
7	63	JACQUELINE BETHEL	35	ALX	1:23:55
8	82	JOHANNE KIVLE	38	VAB	1:28:02
9	97	TRACI BISHOP	37	NNW	1:31:47
10	104	DANA STALLINGS	37	VA	1:33:15
11	114	MICHELLE BRODERICK	37	NOR	1:37:04
12	146	MARYANNE LEE	38	QTN	1:46:08*
13	152	KATHERINE DRANEY	37	HPT	1:49:22
14	154	TARYN GRAY	38	YKT	1:49:52
15	159	JACQULYN RIDER	36	NNW	1:51:33
16	168	KATY PALIS	35	NNW	1:55:39
17	173	LAURA SCHMITT	38	NNW	1:58:42
18	177	STEPHANIE SPARKMAN	38	YKT	2:03:28

WOMEN:40 - 44

1	77	HOLLY KERSTETTER	40	WBG	1:27:33
2	83	MAY CARLSON	44	HPT	1:28:30
3	108	STEPHANIE EITZEN	42	YKT	1:34:17*
4	119	AMANDA COLLIER	41	YKT	1:37:51*
5	121	RACHEL STRUNK	40	NOR	1:38:24
6	129	JEREE GRIMES	43	YKT	1:40:24
7	134	ANNETTE WILLIAMS	43	FLE	1:42:47
8	144	KARIANN NORHEIM	42	VAB	1:45:15
9	157	SIMONA MALACE	42	NNW	1:51:19*
10	164	MOLLIE STEELE	43	ALX	1:54:18
11	165	AMY BROWN	40	YKT	1:54:56
12	172	JENNIFER CARPENTER-FI	43	NNW	1:58:36

WOMEN:45 - 49

1	80	JENNIFER CORNETTE	49	NOR	1:27:54*
2	91	SUSAN HAGEL	47	NOR	1:30:59*
3	95	ADRIENNE SINES	46	WBG	1:31:40
4	106	KRISTI CHILES	49	VAB	1:33:43
5	117	SHELIA JOHNSON	49	CHS	1:37:32
6	131	CARISSA WORM	45	SMF	1:41:17
7	132	LAUREN ROSENBAUM	47	NNW	1:41:36
8	135	ROBIN MITCHELL	45	CHS	1:42:52
9	158	DAWN ROLPH	45	PQN	1:51:26*
10	167	MARIA RAMIREZ GORTON	49	NNW	1:55:21*
11	184	LYNN JONES	47	VAB	2:12:36

WOMEN:50 - 54

1	40	KIRSTEN KELLY	50	VAB	1:19:13
2	81	IRENE BIERIE	54	WBG	1:27:59
3	87	KAYE GREEN	52	SMF	1:29:42
4	102	JAMI CALLAHAN-BRILL	54	HPT	1:33:07*
5	123	DONNA COPLEY	54	CHT	1:39:06
6	128	BELINDA DESHAZO	53	SPF	1:40:20
7	169	PETULA ARMSTEAD	52	HPT	1:55:55
8	180	MARIE PRICE	52	CHS	2:08:02
9	186	TERESA MARKLEY	52	NNW	2:20:45

WOMEN:55 - 59

1	96	DEBRA PRICE	57	NNW	1:31:47
2	107	CAROLINE KIGGINS	57	YKT	1:34:13
3	145	MERETE LEANGEN	56	VAB	1:45:15
4	170	LORI A SHERWOOD	56	PRT	1:57:02*
5	181	MONICA GREEN	59	YKT	2:08:47
6	182	LETTY MARINO	58	VAB	2:10:19
7	188	CINDY HUFFMAN	59	NOR	2:37:01

WOMEN:60 - 64

1	79	NORMA PHILLIPS	60	WBG	1:27:45*
2	115	SHARON CURRANT	61	NOR	1:37:29*
3	160	GAIL BIERMANN	62	VAB	1:52:11
4	178	CONNIE MCKEON	64	VAB	2:05:05
5	183	CARMEN HEWLETT	60	VA	2:10:36

WOMEN:65 - 69

1	139	HELEN WORTHINGTON	66	BEN	1:43:58*
2	155	PATRICIA TRAVIS	69	WBG	1:50:14*



JACK GORTON



JESSIE JAPZON



JOE DAY



JASON MILLER



JOSEPH ROTH



SVETLANA GONCHAROVA

Four Age-Group Records Fall at Yorktown 10-Miler

By Rick Platt

The Ninth Annual Run for the Heart 10-Miler on Saturday, February 6, was held entirely on the tour roads of the Yorktown Battlefield. It was the first race on the Peninsula in almost two months and a half dozen or so runners got the year off on the right foot with noteworthy performances at the Peninsula Track Club and Hampton Roads Super Grand Prix event.

The race, organized by race director John Edwards and the Knights of Columbus Council 5480 with proceeds benefiting the American Heart Association, was held under perfect weather conditions, sunny and cold with a slight breeze, and temperatures in the low 40s at race start, at the historic Surrender Field. Restricted to 225 entrants due to COVID guidelines, the race had nine separate waves of 25 each, resulting in 191 official finishers. Masks were worn at all times except while running the race, along with social distancing guidelines for the completely outdoor event. Normally registration, refreshments, and awards are held inside the York High cafeteria, but not this year - the awards were at the nearby tennis courts. The course was USATF-certified; an exact 10-mile distance (VA-12072-RT).

Four age-group records were broken. Race winner Roger Hopper, of Chesapeake, who turned 30 on January 19, entered with a goal to break many PTC and Colonial Road Runner age-group records in his new men's 30-34 age group. He succeeded in his first attempt on the Peninsula, running a time of 56:41 to smash the previous mark of 1:01:31 by almost five minutes, previously set by Ryan Doupe, then of Newport News, in 2018.

For men 60-64, Robert Whitaker, 62, of Yorktown ran a time of 1:08:19, beating the previous mark of 1:10:07 set by Dale Abrahamson, 71, of Yorktown in 2013, by almost two minutes. For Abrahamson, it was "win some, lose some," as he lost the 60-64 record but broke the men's 70-74 age group mark with a time of 1:19:40 (7:58 pace per mile). The former mark was 1:20:44 by Langston Shelton in 2018. The final age-group record was in the men's 75-79 age group, where Ronald Kellum, 76, of Hampton bettered his own mark from last year, improving from 1:45:27 to 1:43:13.

After Hopper's win, Jonathan Torres ran perhaps the best race of his life with a second-place overall 1:02:29, 6:15 pace per mile,

with Toby Worm, 47, of Smithfield finishing third overall (1:03:18). Ed Rietscha, 42, of Williamsburg was fifth overall in a time of 1:04:15, winning the men's 40-44 age group, followed in sixth overall by Greg Lynn, 46, of Hayes (1:05:04), winning the men's 45-49 age group.

The women's race was swept by Southside runners Bethany Spector, 31, of Virginia Beach (1:12:29), Gwen Riley, 27, of Portsmouth (1:12:54) and Jessie Japzon, 34, of Chesapeake (1:14:03), but two Peninsula runners were among the seven women breaking the 1:20 time barrier. Karen Grabowski, 36, of Toano was fifth female overall, winning her women's 35-39 age group in 1:17:04, her time almost two minutes faster than the 1:18:54 she ran on the same course in the Yorktown Battlefield 10-Miler on December 5. Svetlana Goncharova, 23, of Williamsburg was sixth overall for the women, winning her women's 20-24 age group in 1:18:23, improving by almost four minutes her time of 1:22:14 from that same December race.

Robert Whitaker had the best age-graded performance of the day, a national-class 80.19%, followed for the men by Hopper (77.18%), Jon Leiding, 58 of Virginia Beach (76.41), Toby Worm (75.62%), Abrahamson (75.29%), Jim Duffy, 68, of Poquoson (74.11%) and Lynn (72.95%) in the top seven. Rietscha was 11th age graded for the men (71.49%) and Torres 16th (70.02%). For the women, Norma Phillips was the age-graded best, with 71.53%, followed by Kirsten Kelly, 50, of Virginia Beach

(70.06%), women's runner-up Spector (67.72%), women's winner Riley (67.22%) and third-place Japzon (66.71%).

Whitaker focuses on his age-graded performances, as well as breaking age-group marks. In the men's 60-64 age group, he now has four PTC age group records as well as six Colonial Road Runner age group marks. Last year was a frustrating year for Whitaker. *"I was injured practically all year with a series of back-to-back injuries: Achilles tendonitis, calf strain, and all summer I fought plantar fasciitis in both feet and started this season with a minor knee injury. I spent my whole 61st year dealing with injuries, and finally got my training back on track in October."* His 2021 goals include an indoor track mile in 5:20 in March at the new Virginia Beach Sports Center, a 5:15 mile and 11:00 3,000 meters for outdoor track, and on the roads, back to 18:30 for a 5K, under 40 minutes for a 10K, and 1:06 for a fall 10-miler, possibly eying Steve Chantry's 1:06:40 record at the Yorktown Battlefield 10-Miler.

For Hopper it was a different kind of race, low-key after intense efforts at three recent Southside races, a PR or a 5K (15:36) on January 1, a PR for a 10-miler (52:56) on January 6, and a PR for a 15-miler (1:20:51) on January 30. This time he purposely took it easy, running what is known as "fartlek", a Swedish term for "speed play," where he varied his pace throughout, "it was a rare opportunity for me to do some experimenting with pace in a race setting. Of course, I wanted to win and secure Hampton Roads Super Grand Prix points" [for which Hopper is the series coordinator and scorer]. He blasted the first mile in 5:03 and to the 1.5-mile right turn in 7:40, *"an unsustainable 5:06 pace. Fun to see how fast I would have to run if I ever wanted to break 51 minutes for 10 miles!"* He then alternated relaxing (just under 6:00 pace) and blasting (down toward 5:00 pace) portions. *"I was not aware of the age-group record time, but I'll take it."*

Torres had a mixed finish to his 2020 year. While he ran a lifetime 5K PR of 17:48 at CRR's Queens Lake, he was overtaken for third place by Evan Clary in the CRR Grand Prix in the final two races of the year. So to start out 2021 with a breakthrough 10-mile PR of 1:02:29 (he ran only a 1:08:29 in December on the same course), as well as placing second overall, behind only Hopper, is a good omen. He pulled away from the pack around mile four and soloed to the



ROBERT WHITAKER

finish. Other PRs for Torres in 2021 are likely, with his current personal records as 4:53 (mile), 30:21 (8K), and 38:08 (10K).

Norma Phillips, 60, of Williamsburg easily won her women's 60-64 age group by almost ten minutes in a time of 1:27:45, more than two minutes faster than her December effort of 1:29:58. After turning 60 in October, her races included 34.5 miles in the Midnight Maniac 13-Hour Run on Halloween, 50 miles the following weekend at the Sandy Bottom 24-Hour Run, then the Yorktown Battlefield 10-Miler in December. This year she will switch from a focus on ultramarathons to the HRS GP, as well as the PTC and CRR Grand Prix series.



NORMA PHILLIPS

Dale Abrahamson, 71, of Yorktown turned 70 in May of 2019 but races sparingly, almost totally avoiding racing in the summer heat. Nevertheless, one of his 70+ highlights was running in the summer 2019 Virginia Senior Games track meet, where he finished third in the 400 meters, first in the 800 meters and second in the 200 meters. Those were back-to-back-to-back races, each a half hour apart and under oppressive mid-day 84-degree heat. The second highlight was one year ago at the CRR's Toano Frosty 5K in February 2020, where he placed second overall of 52 finishers with a time of 22:59. At the Yorktown 10-miler, Abrahamson broke Langston Shelton's men's 70-74 record. He hadn't known about the previous record until receiving a text congratulations by a friend after the race. Both Abrahamson and Shelton are former inductees into the Virginia Peninsula Road Racing Hall of Fame. Abrahamson said he



DALE ABRAHAMSON

wasn't surprised to lose his men's 60-64 mark to Whitaker, saying "He consistently age grades at the national-class level."

Shelton was also accepting of losing his mark, sending a congratulatory email, "Hall of Fame runners break course records, and get their course records broken." Abrahamson is the PTC equivalent of CRR statistician Jim Gullo in age grading that club's races. This year's focus for Abrahamson will be the CRR Grand Prix and the Hampton Roads Super Grand Prix, and reaching the national-class level (80%), age graded, sometime during the year.

For Ed Rietscha, "this was my first in-person race since COVID. I did two virtual races last spring with the Tidewater Striders." Last fall a quad muscle re-injury needed rehab, strength training, stretching and foam rolling. He was hoping for a time of 62 or 63 minutes Saturday, but the "rolling hills around the Yorktown Battlefield had other ideas. I was lucky to run just over 64 minutes, thanks to strong competition pulling me along when I mentally was ready to give up by miles 6-7."

Age-Graded Results

From *Runner's World*

Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age-graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender. The score is expressed as a percentage of the world-best time for the distance for a given age and gender. Using the information from race results, the age and gender of those who finished around you are used to see whose performance was relatively best.

Example:

50-year old male
5K finishing time of 25:00

Result:

Age-Graded Score: 58.99
Age-Graded Time: 21:52

90%	World Class
80-89%	National Class
70-79%	Regional Class
69%-less	Athlete

To discover your own age-graded time, visit <https://www.runnersworld.com/advanced/a20801263/age-grade-calculator/>.

10-Mile Run for the Heart

Yorktown Battlefield, Yorktown, Va.
Saturday, February 6, 2021, 9:00 a.m.

Men	Age	Time	Grade
1. Robert Whitaker	62	1:08:19	80.19
2. Roger Hopper	30	56:41	77.18
3. John Leiding	58	1:09:02	76.41
4. Toby Worm	47	1:03:18	75:62
5. Dale Abrahamson	71	1:19:40	75.29
6. Jim Duffy	68	1:18:25	74.11
7. Greg Lynn	46	1:05:04	72.95
8. Carter Ficklen	46	1:06:04	71.85
9. Ed Rietscha	42	1:04:15	71.49
10. Orlando Perez	58	1:13:48	71.48
11. Randy Shelton	45	1:06:47	71.08
12. Jason Hernandez	43	1:05:17	70.95
13. Scott Wells	53	1:11:05	70.93
14. Bill Hart	71	1:25:10	70.43
15. Adam Kenyon	39	1:03:55	70.27
16. Jonathan Torres	31	1:02:29	70.02

Women	Age	Time	Grade
1. Norma Phillips	60	1:27:45	71.53
2. Kirsten Kelly	50	1:19:13	70.06
3. Bethany Spector	31	1:12:29	67.72
4. Gwen Riley	27	1:12:54	67:22
5. Jessie Japzon	34	1:14:03	66.71
6. Irene Bierte	54	1:27:59	66.15
7. Debra Price	57	1:31:47	65.81
8. Laura McCarthy	34	1:15:11	65.71
9. Helen Worthington	66	1:43:58	65.53
10. Sharon Currant	61	1:37:29	65.24

2021 PTC Grand Prix Standings (1 of 10 events completed)

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Dale Abrahamson	10	0	10
Jack Gorton	10	0	10
Ronald Kellum	10	0	10
Greg Lynn	10	0	10
Ed M. Rietscha	10	0	10
Robert Whitaker	10	0	10
Orion Berger	9	0	9
Carter Ficklin	9	0	9
Jim Highsmith	9	0	9
Jason Miller	8	0	8
Joseph Roth	8	0	8
Timothy Westfall	8	0	8
Jimmy Blount	7	0	7
Robert Claypoole	7	0	7
Braxton Lee	7	0	7
Glen Young	7	0	7
Joe Day	6	0	6
Christopher Laws	6	0	6
Michael Daly	5	0	5
John Olson	5	0	5
Stephen Scudder	4	0	4
Davis Berger	3	0	3
Paul Currant	1	0	1

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Jennifer Cornette	10	0	10
Norma Phillips	10	0	10
Helen Worthington	10	0	10
Sharon Currant	9	0	9
Susan Hagel	9	0	9
Patricia Travis	9	0	9
Stephanie Eitzen	8	0	8
Raquel Manadero	8	0	8
Jami Callahan-Brill	7	0	7
Amanda Collier	7	0	7
Lori Sherwood	7	0	7
Erin Gedicke	5	0	5
Simona Malace	2	0	2
Dawn Rolph	2	0	2
Maria Ramirez Gorton	1	0	1

NEXT GRAND PRIX RACES:

**Joe & Sue Moore Memorial
Scholarship 5K**

MAY 8, 2021

**Yorktown Freedom Run
Memorial Day 8K**

MAY 31, 2021

GRAND PRIX UPDATE

Race points have been tallied through
the *10-Mile Run for the Heart*
held on *February 6*.

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 age group. *Scoring is as follows:* 1st place in each age group 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* (6 points total).

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 reward any member who helps out the Club three or more times during the year.

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. 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 with the highest Grand Prix point total (combined racing and volunteering) at the end of the year will be crowned the **2021 PTC Grand Prix Champion. Good Luck!**

2021 PTC GRAND PRIX RACE SCHEDULE

**10-Mile Run for the Heart
Joe & Sue Moore Scholarship 5K
Yorktown Freedom Run 8K
Joe-Zilla 5-Miler
Coast Guard Day 5K (tentative)
Smart Smiles 5K
Mulberry Island Half Marathon
Yorktown Battlefield 10-Miler
Riverwatch on the Piankatank 5K
Run with the Son for Haiti 5K**

QUESTIONS?

For questions or corrections regarding the *2021 Grand Prix* standings, please contact **Bruce Davis** via email at weatherwizard1@juno.com



The End of the Chute

Following a normal year, the *PTC* and the *Colonial Road Runners* wrap things up with our respective awards banquets in January. But 2020 was by no means a normal year. And the both the *PTC* and *CRR* banquets were yet further casualties of *COVID-19* restrictions. The *PTC Grand Prix* and *PTC Virtual*

Marathon awards were instead given out on the outdoor tennis courts at *York High School* during the awards ceremony for the *10-Mile Run for the Heart*.

The *PTC* and *CRR* awards banquets are also the platform for announcing the latest inductees into the *Virginia Peninsula Road Running Hall of Fame*. But with both awards banquets canceled for this year, it was decided to postpone the newest class of inductees until such a time as a proper ceremony could be conducted.

The timing was unfortunate because this last December, a likely inductee to the *VAPRRHOF* passed away. Those of you who have come to the *Peninsula* within the last 25 years may not know the name, but **Charlie Nuttycombe**, track and cross-country coach at *Newport News* and *Menchville High Schools*, was a key part of the early days of the sport of running on the Peninsula and the *Peninsula Track Club* in particular.

In order to get a proper perspective on the contributions of **Coach Nuttycombe**, we should go back to the very beginning. As you may know, the *Peninsula Track Club* is the *oldest continually active running club in Virginia*, dating back to our founding in 1955—two years older, in fact, than the *Road Runner Clubs of America*, the national organization to which the *PTC* belongs. Originally named the *Tidewater Track Club*, the club was formed by **Harry Groves**, head track coach for *William & Mary* in order “to provide direction and competition for those athletes who were no longer competing on a high school or college level.” The club operated in the area covered by the old *W&M Tidewater Track Meet*, from Virginia Beach to Richmond and on occasion to Charlottesville.

In the 1960s other running clubs sprang up in Norfolk and Richmond so efforts were then localized to the *Peninsula*. Thus, the club became the *Peninsula Track Club*. But what really got things going on a regular basis was one of the greatest track

and field coaching duos in Virginia state high school history, **Charlie Nuttycombe** and **Julie Conn**. Working with **Conn** at *Newport News High* and later coaching at *Menchville*, **Nuttycombe** was the driving force behind *23 indoor and outdoor team state championships*. With this background, **Conn** and **Nuttycombe**, along with **Thad Madden** of *Huntington High School* and **Warren Coleman** of *Carver High School*, organized Tuesday night meets held at each high school on the Peninsula so that *William & Mary* would no longer be the only venue. Basically, the work of **Julie Conn** and **Charlie Nuttycombe** made the *Peninsula Track Club* program take off in those years.

According to club founder **Harry Grove**, “*Charlie Nuttycombe, Julie Conn, Tony Anthony (of the Daily Press) and I met many times until the wee hours of the morning in an all-night hamburger joint between Williamsburg and Newport News on old Route 168. The topic was track and field. We built off each other and that’s what gave us the energy to go cross country (fall), indoor and outdoor track and all summer working on every aspect of our sport. These guys are what I call “kid men”. They were in it for the fun of working with kids. Each had his own way of getting there, but the result was the same. A lot of people benefited.*”

It was during that time that the *PTC Summer Road Racing Championships* were established, including road races on the *Newport News Park Bikeway*, the *Mariners’ Museum 7.2 Miler*, and what is still the oldest continually held road race on the *Virginia Peninsula* to this day, the *Lake Matoaka 4.3-Mile Trail Challenge*, a part of the *PTC Summer Fun Run Series*. The focus of the club during this time moved from pure track and field events to embrace road racing. But you can see that the roots of the club are based in the track and field experience and efforts of coaches like **Harry Groves**, **Julie Conn**, and **Charlie Nuttycombe**. And this is the historic reason that this club is named the *Peninsula Track Club* rather than striders or road runners.

Despite the cancelation of the awards banquet and several January races, the *PTC* has navigated our way back into road racing. The *10-Mile Run for the Heart* on **February 6** was our first race in 2021 and was very successful with an almost 30% increase in participation. It is still difficult to get a live race going, so credit goes to **John Edwards** in coordinating

the use of the *Yorktown Battlefield tour roads* and the grounds of *York High* to provide an outside venue.

The *PTC* is working to have another race with an outdoor venue. On **March 20**, we plan to hold the *Spring Fever 5K* on the trails in *Sandy Bottom Nature Park*. This 5K will be limited to 100 and will be run in starting waves of 25 runners. There is no race-day registration—all registration will be done online through RunSignUp at <https://runsignup.com/ptcspringfever5k>.

The *Fort Eustis 10K Run & Ruck* has moved to **Saturday, April 10**. The *Fort Eustis MWR* is working with their health services to approve *COVID-19* guidelines for a live race. However, participation will be *limited to runners who already have DOD access to Fort Eustis*. If a live event takes place, the *PTC* will be scoring the race. When you volunteer to help, *Fort Eustis* will place you on a list to get base access if you don’t already have it.

Sandy Bottom will again be the venue for the *Virginia 24-Hour Run* on **April 24–25**. This event is restricted to *registered runners* and *volunteers*. Volunteers are needed to count laps and support the ultra-runners. To volunteer for this or any other event, contact **Volunteer Coordinator Jaime Cox** at volunteerptc12@gmail.com.

Two weeks later on **May 8**, *Sandy Bottom* hosts the *Joe & Sue Moore Memorial PTC Scholarship 5K*. This race, which is the *next PTC Grand Prix event*, will have a participation limit, but will also offer a *virtual option*. Awards for the *Scholarship 5K* will be given for the live event, but both live and virtual competitors will be awarded *Grand Prix points*.

York High and the *Yorktown Battlefield* is the venue for the *Yorktown Freedom Run Memorial Day 8K* on *Memorial Day Monday*. This is the *third PTC Grand Prix race* of 2021.

All these events, live or virtual, count toward the *2021 PTC Virtual Marathon*. Try out this *marathon on the installment plan*. Sign up and all previous *PTC* races count towards your 42K total.

Later...



Bruce Davis
Newsletter Editor



Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2021



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 24, 2021**.

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 2021



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 **2021 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
February 21

Spring Fling 5K
March 20

Fort Eustis 10K
April 10

Virginia 24-Hour Run
April 24-25

Joe & Sue Moore Scholarship 5K
May 8

Yorktown Freedom Run
May 31

Trailzilla Fast 5K
June 15

Trailzilla 4-Miler
June 29

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:
April 1 (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, future stuffings will be virtual with no host. Hopefully we will resume regular normal newsletter stuffings in the near future. **Future stuffing dates** include: **Thursday, April 1** (open) **Thursday, May 20** (open) and **Thursday July 1** (open).

RICK & LIBBY'S
EST 2014

11006 Warwick Blvd., Unit 458

Newport News

(757) 599-5500



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

PTC MEMBERSHIP DISCOUNTS

All area codes are 757 unless otherwise stated.

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

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

Sporting Goods/Running Stores

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

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

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

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

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

Fitness Centers and Services

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

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

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

Performance Chiropractic & Acupuncture — 1307 Jamestown Road, Ste. 103, Williamsburg; (229-4161) Runner's Diagnostic Questionnaire and/or Performance Chiropractic T-shirt for new chiropractic or acupuncture patients.

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

Tidewater Performance Centers — Newport News; (223-5612) Gloucester; (804-210-1343) Complimentary sports assessment including functional movement screening.

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

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

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



Mary's Custom Quilts

Not sure what to do
with those old T-shirts

Recycle Them!!

Recycle them into a NEW custom
Quilt from Mary

(757) 340-7385
Reasonable Rates

MOVING?

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

Steve Amarillo
clubmembership.ptc@gmail.com

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

The post office will
NOT forward the
newsletter.

The Last Word

"AT THE END OF THE DAY WE SHALL ALL BE OK AGAIN.

THE SUN WILL SHINE ON YOU AGAIN AND THE CLOUDS WILL GO AWAY."

— CAPTAIN SIR TOM MOORE

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

ADDRESS SERVICE REQUESTED

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HAMPTON, VA

PERMIT NO. 9

UPCOMING PTC EVENTS

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

FEBRUARY

21 PTC Adopt-a-Highway Litter Getter

MARCH

20 Spring Fever 5K

20 Gloucester Virtual 5K Start

APRIL

10 Gloucester Virtual 5K Reporting Deadline

10 Fort Eustis 10K Run & Ruck (*base access required*)

24-25 Virginia 24-Hour Run

MAY

8 PTC Scholarship 5K (PTCGP event)

31 Yorktown Freedom Memorial Day 8K (*PTCGP & HRS GP event*)



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VIRGINIA BEACH, VA 23454
(757) 491-2340

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