

# ON YOUR MARK

APRIL 2021

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Litter Getter, May 16



SPRING FEVER 5K LAUNCHES THE SEASON'S RACES



# 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!**

## Officers

*All area codes are 757 unless otherwise stated.*

President: Steve Peters, 951-3874

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

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

Secretary: Helen Worthington,  
(804) 642-5998

Treasurer: Mike Thomas, 872-9380

Newsletter Editor: Bruce Davis, 989-0072

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

Webmaster: Thea Ganoe, 272-2927

Volunteer Coordinator:

Jaime Cox, 817-1221

Social Coordinator:

Maria Peters, 897-7083

Litter-Getter Coordinator:

Amanda Collier, 870-5159

Race Schedule: Rick Platt, 229-7375

Course Measurement:

Pam Garrett, 285-6645

Scott Bartram, 867-8547

Triathlete Information:

Connie Maxwell, 596-4067

Photography: <position open>

Coaching: Robert Trujillo, 927-5004

Christine Schaffner, 898-3258

## ON YOUR MARK

BRUCE DAVIS, Editor  
Steve Amarillo, Graphics Editor

Submit ads and articles to:

Bruce Davis  
152 Rustling Oak Ridge  
Yorktown, VA 23692  
weatherwizard1@juno.com

### ADVERTISING RATES FOR 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

## Contributors

**April 2021 issue:** Steve Amarillo

Bruce Davis, Helen Worthington

Steve Peters, Mike Thomas, Thea Ganoe

Dale Abrahamson, Larry Turner

Danielle Hundley, Brenda Mitchell

Pauline Ely, Mike Gontesky, Rick Platt

## Newsletter Deadline!

To include flyers, articles, ads, or news in the **May/June 2021 issue** of *On Your Mark*, (stuffing on May 20), email Bruce Davis (weatherwizard1@juno.com) no later than **May 12**.

## 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: \$25 annually (\$40–2 years, \$55–3 years); Family: \$30 annually (\$50–2 years, \$70–3 years). Membership includes a free PTC T-shirt to new members (available for pick-up at general membership meetings), subscription to *On Your Mark*, and discounts at some local businesses.

## Virginia Running Club Contacts

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





# 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](http://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

## 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

Sat. March 20 through Sat. April 10  
Gloucester High School, Gloucester, VA  
Mike Jenkins (804) 694-0640  
mickj1@cox.net  
Helen Worthington, (804) 642-5998  
rhworthington@cox.net

### Run for the Stage 5K

May 29 through June 6  
Matteson Trail, Hampton, VA  
<https://sites.google.com/hampton.k12.va.us/run4thestage18/home>  
Joy Charbonneau,  
jcharbonneau@hampton.k12.va.us

### Fort Eustis 10K Run & Ruck

Through Sat., April 10  
Anderson Fieldhouse, Ft. Eustis, VA  
Margy Glass, (757) 878-2097  
margaret.w.glass2.naf@mail.mil  
Lee Graves (757) 878-6075  
Lee.Graves.naf@mail.mil  
Sports office: (757) 878-0013  
[www.active.com](http://www.active.com)  
[www.eustismwr.com](http://www.eustismwr.com)

### 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. Once you have achieved 42K, run additional events to improve your marathon time!  
Bruce Davis (757) 989-0072  
weatherwizard1@juno.com  
Signup: PTC Virtual marathon

## LIVE RACES

### APRIL

## 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

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  
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

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  
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  
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  
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  
weatherwizard1@juno.com  
<http://peninsulatracclub.com>

## 21 Smart Smiles 5K

Sat., August 21, 8:00 a.m.

(USATF cert. VA17036RT)

Mariners' Museum, Newport News, Va.  
Info: (757) 223-7204  
[www.bagclub.com](http://www.bagclub.com)  
info@bagclub.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.

Visit [peninsulatrackclub.com](http://peninsulatrackclub.com), the PTC Facebook page, and @PeninsulaTrack on Twitter for up-to-date info on club events..

## APRIL 17, MAY 29, & MAY 31 - HAMPTON ROADS SUPER GRAND PRIX

The next three *Hampton Roads Super Grand Prix* races are hosted by each of the *three Hampton Roads Running Clubs*. First is a *Colonial Road Runner* event, the *Run the D.O.G. Street Challenge 5K* in *Williamsburg* on *April 17*. Then on *May 29*, the *Tidewater Striders* host the *Elizabeth River Run 10K*, which is returning to its

original location in *Norfolk*. Two days later, on *Memorial Day, Monday, May 31*, the *PTC* hosts the *Yorktown Freedom Run 8K* on the *Yorktown Battlefield* tour roads. For questions or information on signing up for the *Hampton Roads Super Grand Prix* including the latest *HRSuperGP schedule*, check out [www.hrsupergp.com](http://www.hrsupergp.com) or email [hrsupergp@gmail.com](mailto:hrsupergp@gmail.com).

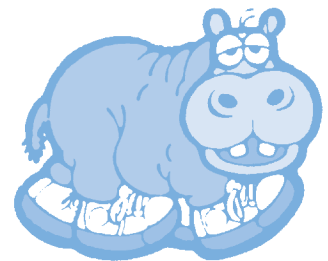
## MAY 16 PTC ADOPT-A-HIGHWAY LITTER GETTER

The second *PTC Adopt-a-Highway Litter Getter* of 2021 will be on *Sunday morning, May 16*. *Start time 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**.

## 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

ellow runners and volunteers, I would like to be able to report that we're getting back to a "normal" PTC race schedule, but as I was in the middle of preparing these thoughts for the newsletter, I learned that the *Ft. Eustis 10K Ruck & Run* has gone completely virtual—as of today there is only one "Live" PTC race in April, the *Virginia 24-Hour Run for Cancer*—a great and important event, but not a typical road race.

Speaking of the 24-Hour race, welcome to **Tim Scott**, who has taken over from George Nelsen as the new race director. Tim has some ideas to make this great event even better. Thanks to George Nelsen, who created the Virginia 24-Hour Run, for his many years of service as race director. I'm sure there will be a George sighting at the race again this year!

It has been a sad month for the PTC family—most have probably heard that we lost our dear friend **Pauline Ely** on March 3<sup>rd</sup>. What is clear from her obituary, from the words written by her husband, **Mike Gontesky**, and the thoughts shared by long-time friends, Pauline was an amazing person,

great runner, and wonderful volunteer, serving on the PTC board for over 20 years, including as PTC volunteer coordinator and as our long-serving treasurer until she retired from it in 2018. It was particularly enjoyable to see the look on her face at the *2019 PTC Annual Awards Banquet* when she was inducted into the *"Class of 2018" Peninsula Road Racing Hall of Fame*, a well-deserved honor for this special lady and friend.

One can't think of Pauline's time with PTC without the word "volunteerism" coming to mind. Pauline epitomized the word. She was a selfless, thoughtful, dedicated volunteer, and she was meticulous as our treasurer. She made us all better through her example.

As I highlighted last month, PTC is an all-volunteer nonprofit organization; without our volunteers we cannot function, we can't execute our "PTC-owned" races, nor can we provide finish line timing and race scoring for the dozens of local races and the charities they support.

We will get back to a normal race schedule—or perhaps only a "new normal"

for a while—and we'll reach out as we always do asking for you, our members, to volunteer. Whether we're timing a road race, working a water stop at the One City Marathon, "stuffing" flyers into our newsletters, or performing our quarterly "Litter Getter" Adopt-a-Highway cleanup, we will always need volunteers—we need you! The next time you receive the email call for volunteers for an event, I ask that you think of Pauline and her years of tireless service to PTC and our local running community and consider joining our volunteer ranks—maybe for the *Joe & Sue Moore Memorial PTC Scholarship 5K* on May 8! It doesn't pay well. Okay, actually it doesn't pay at all—but we do have fun, you will meet some wonderful people and make new friends, and I promise you that every volunteer opportunity is fulfilling.

In the spirit of the late **Joe Harney**, a stalwart volunteer himself, 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](http://www.peninsulatrackclub.com).

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

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@taskpeninsulaymca.org

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

rickplatt1@juno.com

[www.colonialroadrunners.org](http://www.colonialroadrunners.org)



May 1

## **Virginia Regional Ballet 5K**

First Colony Clubhouse

Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

[www.colonialroadrunners.org](http://www.colonialroadrunners.org)

May 2

## **Run for the Animals**

### **Half-Marathon, 10K & 5K**

Onancock, Va.

Andrea Derby (757) 999-4999

andrea@runfortheanimals.com

[www.runfortheanimals.com](http://www.runfortheanimals.com)

May 15

## **Run for Mental Strength 5K**

Eastern State Hospital, Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

[www.colonialroadrunners.org](http://www.colonialroadrunners.org)

May 29

## **Elizabeth River Run 10K**

Norfolk, Va.

**Hampton Roads Super Grand Prix**

Tidewater Strider

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



April 10

## **Singletrack Maniac 50K**

### **& Cray Cray 10K**

Freedom Park, Williamsburg, Va.

Ellen Alexander, [ultraellen@gmail.com](mailto:ultraellen@gmail.com)

[www.happycatevents.com](http://www.happycatevents.com)

[www.ultrasignup.com](http://www.ultrasignup.com)

April 11

## **Noland Trail 50K & Relay**

Mariners' Museum, Newport News, Va.

[raceteam@flatoutevents.com](mailto:raceteam@flatoutevents.com)

Info(757) 880-8843

[www.flatoutevents.com](http://www.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](mailto:info@colonialsportswilliamsburg.com)

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

rickplatt1@juno.com

[www.colonialroadrunners.org](http://www.colonialroadrunners.org)



April 24

## **Striders Dismal Swamp 5-Miler**

Dismal Swamp Canal Trail

Chesapeake, Va.

Tidewater Striders [www.runsignup.com](http://www.runsignup.com)

[www.tidewaterstriders.com](http://www.tidewaterstriders.com)

April 25

## **Striders Spring Marathon**

### **& Half-Marathon**

1200 Dismal Swamp Canal Trail

Chesapeake, Va.

Tidewater Striders [www.runsignup.com](http://www.runsignup.com)

[www.tidewaterstriders.com](http://www.tidewaterstriders.com)

June 27

## **Taskinas Creek Marathon**

York River State Park, Williamsburg, Va.

Ellen Alexander, [ultraellen@gmail.com](mailto:ultraellen@gmail.com)

[www.happycatevents.com](http://www.happycatevents.com)

July 17

## **Night Owl 9K**

Freedom Park, Williamsburg, Va.

Ellen Alexander [ultraellen@gmail.com](mailto:ultraellen@gmail.com)

<http://happycatevents.com>

July 27

## **Mel Williams Memorial 5K**

Norfolk Botanical Gardens, Norfolk, Va.

**Hampton Roads Super Grand Prix**

Tidewater Striders

[www.tidewaterstriders.com](http://www.tidewaterstriders.com)



August 7

## **H.E.A.R.T 5K**

Warhill Nature Trail, Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

[www.colonialroadrunners.org](http://www.colonialroadrunners.org)

August 7

## **Strider Mile**

### **& 1500 m Race Walk**

Virginia Wesleyan, Virginia Beach, Va.

**Hampton Roads Super Grand Prix**

Tidewater Striders

Steve Shapiro (757) 592-6720

[sshapiro@hampton.gov](mailto:sshapiro@hampton.gov)

[www.tidewaterstriders.com](http://www.tidewaterstriders.com)



August 14

## **CDR Superhero5K**

Vinyards at Jockeys Neck

Williamsburg, Va.

Colonial Road Runners

Info: Nancy Wigley, (757) 566-3300

[nancyw@cdr.org](mailto:nancyw@cdr.org)

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

rickplatt1@juno.com

[www.colonialroadrunners.org](http://www.colonialroadrunners.org)

August 14

## **Soupy 7-Hour Run**

New Quarter Park, Williamsburg, Va.

Ellen Alexander, [ultraellen@gmail.com](mailto:ultraellen@gmail.com)

<http://happycatevents.com>

August 21

## **Bow Wow and Meow 5K**

York River State Park, Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

[www.colonialroadrunners.org](http://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

With the return of Daylight Saving Time, the Wednesday evening *PTC Intervals* at the *Tabb High School track* return under the evening light on the Tabb athletic fields. Everyone is welcome to this coached interval training for runners of all abilities. 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](http://www.peninsulatrackclub.com))

Info: Robert Trujillo, 927-5004.

tree\_n\_3@msn.com

Christine Schaffner, 898-3258

## Welcome New Members and Returning Members

Walt Bruce  
Robert Claypoole  
Asher Claypoole  
Canaan Claypoole  
Zuri Claypoole  
Angela Claypoole  
Alicia Graham  
Dennis Guthinger  
DJ Guthinger  
Josh Guthinger  
Madison Guthinger  
William Hodges  
Rod Manadero  
Alan McCollum  
John Munday  
Jean Phelan  
Tim Stewart  
Hillary Stewart  
Andrew Stewart  
James Stewart  
Emma Stewart  
Steve Tyndall  
Angela Walter  
Helen Worthington  
Ron Worthington

## PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

### February 2021

Checking Account Balance 1/31/2021 **\$ 17,229.14**

### February Revenue

Membership Dues	\$ 1,110.00
Race Income (Run for the Heart 10-Miler)	4,589.02
Race Income (Scholarship 5K)	457.80
Race Income (Virtual Marathon)	20.50
Newsletter Advertising	450.00

**Total Income:** + \$ **6,627.32**

### February Operating Expenses

Race Proceeds (Heart 10-Miler)	\$ 5,277.13
Awards (Grand Prix, Virtual Marathon)	494.34
Newsletter Postage	46.40
Membership Refund	27.50
Monthly Check Fee	\$2.00

**Total Operating Expenses:** – \$ **5,847.37**

**Net Income Gain/Loss (Checking)** \$ **779.95**

Checking Funds Available 2/28/2021 **\$ 18,009.09**



## 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>.

# Remembering Pauline

On March 3, 2021, the PTC lost one of our most loyal and dedicated members, Pauline Ely. Born in Hampton, Pauline was “always a Crabber,” later forming a bond with road running in 1993 at the age of 54 when she ran a PTC race, the Drachen Fire 5K.

Joining the PTC, Pauline became a board member first as volunteer coordinator (2000-2007) and later as treasurer from 2007 until retiring in 2018. Pauline’s dedication resulted in an RRCA National Volunteer Award in 2002 and the John Hort PTC Volunteer Award in 2013. Pauline was inducted into the Virginia Peninsula Road Racing Hall of Fame in 2018. She was a member of the Peninsula Track Club, Colonial Road Runners, Tidewater Striders, Richmond Road Runners and North Carolina Road Runners Club.

Having competed in over 500 PTC and CRR races, her local, regional, and national running awards were numerous, including an age-group first place at the San Diego Rock-n-Roll Half-Marathon and one of her favorites, an age-group first place at the Charlottesville 10-Miler on April 2, 2005. Pauline was also a vocal advocate for the equal distribution of age groups in road races for both men and women, something that was at times lacking in the 1990s.



“Her first year of competing (1993), Pauline met Alice Wilson of the Tri-Cities Road Runners (Petersburg) and became friends and competitors. Wilson held multiple Virginia state age-group records at the time, but later was diagnosed with

Parkinson’s disease, which affected her balance. Wilson’s husband Neil, asked Pauline to run hand-in-hand with Alice to help support her in what would be her final race, the Neptune 8K. They ran together the entire race to place third and fourth in their age group. Alice died less than two years later.”

—Rick Platt

“This morning, Ken asked me about a race we ran several years ago, so I pulled out my scrapbooks to find what he wanted. My scrapbook fell open to a page with this photo of Pauline at the 2010 Wicked 10K. I love the inscription on the back. I thought maybe you could use it in your newsletter tribute to her. Wearing her 7th grade gym suit was just typical of her cute and quirky ways.”

—Brenda Mitchell

“I always remember how she ‘danced up’ to get her age-group awards.

—Larry Turner

“She was one of our first ambassadors of women running. I’ll never forget my first half-marathon (the Crawling Crab in 1998), not sure I could even do it, but following her while we ran through downtown Hampton. She always wore a matching outfit. I’ll never forget that day.

—Thea Ganoe



BARBARA BIASI

“Most runners have a comment or story to tell after each race—that was a PR, that course seemed long, they ran out of tee shirts, the finisher awards are nicer than the placing awards’...and so on.

Pauline’s first race was the Drachen Fire 5K Run for Arthritis, RRCA Virginia State 5K Championship, at Busch Gardens, April 17, 1993. She was 54 years old; age group was 50+, and she placed third. At that time neither of us even knew what RRCA stood for.

As the runners were finishing, some of them were losing their most recent meal. Pauline said to me, “Am I supposed to be doing that?” Regardless—a passion was born that day.

Her last race was the Menchville Winter Chill 5K on January 18, 2020, when she was 81. If COVID had not interrupted the racing schedules I am sure she would have continued to compete for a while.

We plan to celebrate her life sometime this fall at our home. A BIG Thank You to the Peninsula Track Club for being her family and their support of me.

Cheers,

—Mike Gontesky





# SPRING FEVER 5K

SANDY BOTTOM NATURE PARK, HAMPTON, VIRGINIA  
A PENINSULA TRACK CLUB EVENT

Saturday, March 20, 2021, 9:00 AM

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1		STEVEN KAST	56	YKT	19:10*
2		LOGAN ST JOHN	26	WBG	20:59*
3		BRIAN HOLLIFIELD	49	NNW	23:42
TOP OVERALL WOMEN					
1		CONNIE GLUECK	56	WBG	24:07*
2		SUSAN HAGEL	47	NOR	25:30*
3		JENNIFER CORNETTE	49	NOR	25:58 *
MEN: 19 AND UNDER					
NONE					
MEN: 20 - 24					
1		BRETT HUBERT	22	HPT	39:17
MEN: 25 - 29					
1		AUSTIN LINGENFELTER	27	YKT	27:53*
2		DAKOTA BOCK	27	CHS	28:05
MEN: 30 - 34					
1		LARRY REID	31	VAB	25:33
MEN: 35 - 49					
NONE					
MEN: 50 - 54					
1		ALBERT NEWBERT	52	CHS	24:45
2		PAUL CLARK	52	HPT	32:56
MEN: 55 - 59					
1		RALPH DRAVISR	57	WBG	24:43
2		MARK YATES	56	SUF	25:04
3		STEVEN PETERS	56	YKT	33:01*
MEN: 60 - 64					
1		KEN ALBERG	60	SUF	24:39
2		TIMOTHY WESTFALL	62	NOR	25:59*
3		DWIGHT STARKS	60	VAB	28:17
4		MICHAEL LINGENFELTER	61	YKT	30:05 *
MEN: 65 - 69					
NONE					
MEN: 70 AND OVER					
1		JIMMY C BLOUNT	70	WBG	28:16*
2		RON WORTHINGTON	77	BEN	29:25*
3		ANDREW MEDVEC	70	HPT	31:57*

\* denotes PTC member

Place	OALL	Name	Age	City	Time
WOMEN: 9 AND UNDER					
1		JESSICA HUNDLEY	5	NNW	49:14
2		SAMANTHA HUNDLEY	7	NNW	57:42
WOMEN: 10 - 14					
NONE					
WOMEN: 15 - 19					
1		REBECCA HUNDLEY	17	NNW	57:50
WOMEN: 20 - 24					
1		ELIZABETH HALL	23	HPT	39:16
WOMEN: 25 - 29					
1		KE'LYIN JOHNSON	27	VAB	27:42
WOMEN: 30 - 34					
1		SHANNON RETZBACH	34	YKT	28:11
2		STEPHANIE BOCK	31	CHS	38:25
WOMEN: 35 - 39					
1		ALLISON ACREE	36	NNW	57:51
WOMEN: 40 - 44					
1		JENNIFER LITTLE	41	YKT	27:22*
2		ALICIA GRAHAM	43	NNW	40:18*
WOMEN: 45 - 49					
1		LEILA GARCIA	49	SUF	47:17
WOMEN: 50 - 54					
1		ALYSON KAST	51	YKT	30:20*
2		JILL ALLEN	53	WBG	31:12
WOMEN: 55 - 59					
1		GABRIELE LINGENFELTER	58	YKT	27:54*
2		JULIE ROSE	55	NNW	31:12
3		MARIA PETERS	56	YKT	33:34*
WOMEN: 60 - 64					
1		SHARON CURRANT	61	NOR	28:02*
2		LYNNE ENNEKING	60	YKT	34:14
3		BRIDGET MYERS	64	HPT	37:45
4		JUDITH SPARROW	61	NNW	49:13
5		JEANNE LINK	62	NKT	57:52
WOMEN: 65 - 69					
1		HELEN WORTHINGTON	66	BEN	33:52*
WOMEN: 70 AND OVER					
1		BARBARA BIASI	73	YKT	32:57*

## 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/>.

### Spring Fever 5K

Sandy Bottom Nature Park, Hampton, Va.  
Saturday, March 20, 2021, 9:00 a.m.

Men	Age	Time	Grade
1. Steve Kast	56	19:10	80.00
2. Ron Worthington	77	29:25	66.12
3. Ken Alberg	60	24:39	64.37
4. Ralph Dravisr	57	24:43	62.58
5. Jimmy Blount	70	28:16	61.67
Women	Age	Time	Grade
1. Connie Glueck	56	24:07	73.12
2. Sharon Currant	61	28:02	66.77
3. Barbara Biasi	73	32:57	66.72
4. Gabriele Lingenfelter	58	27:54	64.70
5. Jennifer Cornette	49	25:58	62.84







JENNIFER  
LITTLE



BRETT  
HUBERT

ELIZABETH  
HALL



LOGAN  
ST. JOHN



KEN  
ALBERG



DWIGHT  
STARKS



BRIAN  
HOLLIFIELD



JILL ALLEN

JULIE ROSE



ALICIA  
GRAHAM

LOOK NO FURTHER FOR *Award Winning*  
COMPREHENSIVE **ORTHOPAEDIC CARE.**

AVAILABLE AT **MULTIPLE LOCATIONS** ON THE PENINSULA AND SOUTHSIDE

 JON SWENSON MD	 ANTHONY CARTER MD	 DANIEL CAVAZOS MD	 JOHN ALDRIDGE MD	
 ADRIAN BADDAR MD	 KINJAL SONAGIA MD	 BRENDAN MCCONNELL DPM	 NELSON KELLER, DPM	
 ALEXANDER LAMBERT II MD	 SCOTT BRADLEY MD	 REBECCA SHOEMAKER MD	 RYAN HARRELL DO	 MARK KERNER MD

VISIT ONE OF OUR FIVE LOCATIONS

- NEWPORT NEWS
- WILLIAMSBURG
- YORKTOWN
- SOUTHSIDE

Hampton Roads Orthopaedics  
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# 2021 PTC Grand Prix Standings (1 of 10 events completed)

## MEN (G.P. QUALIFIED)

Name	run	vol	total
Dale Abrahamson	10	3	13
Braxton Lee	7	3	10

## MEN (NOT YET QUALIFIED)

Name	run	vol	total
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
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 (G.P. QUALIFIED)

Name	run	vol	total
Amanda Collier	7	5	12

## 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
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

.....

## GRAND PRIX UPDATE

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

Volunteer points have been tallied through the *Spring Fever 5K* held on *March 20*.

## 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 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!*

## QUESTIONS?

For questions or corrections regarding the *2021 Grand Prix* standings, please contact **Bruce Davis** at [weatherwizard1@juno.com](mailto:weatherwizard1@juno.com)

## NEXT GRAND PRIX RACES:

**Joe & Sue Moore Memorial Scholarship 5K**  
**MAY 8, 2021**

**Yorktown Freedom Run Memorial Day 8K**  
**MAY 31, 2021**

## 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**



# The End of the Chute

Well, it's been a year—a year since the last regular newsletter stuffing. A year since the last mass mailout of a printed newsletter. And it was just over a year ago when the first **COVID-19- related race delays** and then

## THE RETURN OF FLYERS

cancellations hit. For the **PTC**, the first casualty was the **Fort Eustis 10K** on March 13, 2020. Subsequently all the races in 2020 were either canceled, rescheduled, or modified in some manner. Virtual events became all the rage because basically there were no other options.

COVID-19 restrictions affected the publishing of the “**On Your Mark**,” the PTC newsletter. With limits on gatherings, we couldn't have newsletter stuffings. But since there were no races, there were no race flyers to stuff anyway. And no races meant no race income for the club to pay for the printing and mailing expenses for “**On Your Mark**”. Our bottom line was taking a hit. The PTC may be a nonprofit organization, but we have to offset our expenses.

This was addressed two ways. First, since race results were few and far between, there wasn't the normal amount of content (race results, pictures, etc.) to publish. So some issues of the newsletter were combined. We even cobbled together three months (**June**, **July**, and **August**) into a **Summer 2020** issue. Reducing the number of issues lowered printing costs.

Second, we did what many running clubs across the country have done over the last two decades—we **published online**. Each issue became available as a **viewable PDF file**, and club members were notified via email when a new issue dropped. A limited number of copies were printed and mailed (although at a higher first-class rate), but most members received their content online. This reduced cost for printing and postage to better match the reduced income of the club.

But now we have **vaccines**. Some of you have gotten both shots. Some of you are like me, first shot down—one to go. With the vaccine rollout ramping up and more people getting their shots, slowly, ever so slowly, things seem to be opening up. This goes for races and the newsletter as well.

Some races remain virtual. The **Fort Eustis 10K Run and Ruck**, which had been restricted to personnel with base access, has

opted to be virtual—it was felt that the small number of early registrants didn't warrant the logistical challenge of a live race. A decision was made late last year to have the **Gloucester 3K/8K** become a **virtual 5K** race instead. Similarly, the **Run for the Stage 5K** in June has opted to go **virtual**.

But the **PTC** has hosted **two** live races so far in 2021: the **Run for the Heart 10-Miler** (the **only** race on the PTC schedule to be successfully held on its regular date in **both 2020 and 2021**) and the **Spring Fever 5K**, a one-off PTC race held on what is normally the **Shamrock race weekend** in **Virginia Beach**.

And other live races are coming back. The **Virginia 24-Hour Run** returns on **April 24-25**. The **Joe & Sue Moore Memorial PTC Scholarship 5K** will be a live event held at **Sandy Bottom Nature Park** on **May 8**, although you **can** opt to run the event **virtually**. Both live and virtual finishers will be awarded **PTC Grand Prix points**.

The last day in May marks the **third PTC Grand Prix** race, the **Yorktown Freedom Run Memorial Day 8K** on the **Yorktown Battlefield** tour roads. This is the only area race held on **Memorial Day Monday**, and it is a **PTC Grand Prix** and **Hampton Roads Super Grand Prix** event.

Other live events lurk on the horizon. The **Trailzilla** races at **Sandy Bottom** return in June—the **Trailzilla Fast 5K** on **Tuesday, June 15** and the **Trailzilla Feel Good 4-Miler** on **Tuesday, June 29**—both evening races starting at **6:30 p.m.** The final **Trailzilla** event is the **fourth PTC Grand Prix** race, the **Joe-Zilla 5-Miler** on **Saturday, July 10** at **9:00 a.m.**

August brings the **PTC Summer Fun Run Series** and the **fifth PTC Grand Prix** race, the **Smart Smiles 5K** on **August 21**. Flyer information for some of these races can be found on **pages 12-15**.

Next issue we may actually have race flyers to insert in the newsletter. Plans are to do a full mailout of the **May/June** issue of **On Your Mark** if conditions continue to improve. Next month you could very well be reading this article from the comfort of your easy chair instead of gazing into a laptop screen.

Meanwhile, mask up, get your vaccine, and stay safe everyone

Later...



Bruce Davis  
Newsletter Editor

## 2021 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 Virtual Marathon at [www.runsignup.com](http://www.runsignup.com) or link to it through the PTC website: [www.peninsulatrackclub.com](http://www.peninsulatrackclub.com).
- Run any timed event on the PTC schedule and receive credit for the distance/time run. Once you register, all races already completed in 2021 will count towards your Virtual Marathon. (For distance credits, See chart below)
- Your Virtual Marathon finishing time will be the sum of event times that comprise your 42K.
- Run additional PTC events beyond 42K to improve your Virtual Marathon finishing time..

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

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

### Entry Fee

\$15 for PTC members

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

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

NAME	AGE/GENDER	TIME
------	------------	------

**Finish Line: 42K**

**At the Starting Line: 5K**

Alicia Graham	43 F	0:40:18
---------------	------	---------





# OH, IT'S ON!!

## JOE & SUE MOORE MEMORIAL SCHOLARSHIP 5K



**Saturday  
May 8**

**Sandy Bottom  
Nature Park  
Hampton**

[CLICK TO  
REGISTER](#)

Spring is here, and that means great weather for running a 5K. Now is the time to sign up to run. As with most races, social distancing protocols will be in place. There is no mail-in registration. And as before, many wonderful door prizes will be offered. *Proceeds will go to the Joe & Sue Moore Scholarship.*





## HCS Run for the Stage 6 Virtual Event - May 29th-June 6th, 2021

Please join Hampton City Schools by participating in a community virtual week long event to support on-time graduation. Proceeds from this event will provide community college scholarships to deserving Hampton City School graduates. Whether you want to run, walk, ride a bike, walk the dog or show support, we encourage you to come and celebrate the successes of our high school graduates!

**Entry fees: \$25 Individual, \$10 Student, Team rate: \$20 Individual/\$8 Student**

*Fees include: door prizes, swag bag and t-shirts (if ordered by t-shirt guarantee date, 05/10/20).*

### **Make checks payable to:**

Hampton City Schools  
c/o **Run for the Stage**  
1 Franklin Street #552  
Hampton, Virginia 23669



**Online Registration, Donation/Sponsorship** and credit card payment available at

<https://www.active.com/running/distance-running-races/hcs-run-for-the-stage-6-2021>

**Awards:** Most creative Selfie, Team Spirit Award, Participation Awards, and more!

### **Registration contact:**

HCS Run for the Stage Committee: [hcsrun4thestage@gmail.com](mailto:hcsrun4thestage@gmail.com)

T-shirt Size (Circle)      Youth      S   M   L   XL   XXL  
AdultS      M   L   XL   XXL   XXXL (XXL and XXXL \$2 extra)

First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Age (on Race Day): \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender (circle)   M   F  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Additional Donation amount: \$ \_\_\_\_\_

### **Runners Agreement Waiver, Release & Acknowledgement**

**All runners are required to sign this waiver. Registrations that are not signed will not be processed.** I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat, humidity, or extreme cold, traffic or the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all persons involved in HCS Run for the Stage, RRCA, Peninsula Track Club, all volunteers, all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Strollers, baby joggers, headphones, and pets are not permitted on the racecourse. I certify that the information provided is true and complete and agree that to comply with the conditions of this event.

**Participant signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Under 18: This is to certify that my son/daughter has my permission to compete in the HCS Run for the Stage. Race officials have permission to authorize emergency treatment.

**Parent/guardian signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **30th Annual Yorktown Freedom Run 8K\***

### **Run/Walk Memorial Day, May 31, 2021**

### Awards, Medals, and Cash Prizes (see reverse)

**Start: 8K, 8:00 AM. Start and finish adjacent to York High School.**

### Race Day Registration in/by York High School Cafeteria

**6:30-7:40 a.m.** All pre-registered runners pick up materials at the same time (6:30-7:40 a.m.) Register & pay on-line at [RunSignUp.com](http://RunSignUp.com) or by mail, with check.

**Cost: \$30 (\$35 if postmarked after May 24th or on Race Day).**

**T-shirts for all runners. More info and flyers are available at:**

**[www.yorktownrotaryclub.org](http://www.yorktownrotaryclub.org)**

**Cutoff for pre-registration is May 24th.**

**This event is coordinated by the Yorktown Rotary Club.**

**Race timing is provided by the Peninsula Track Club (PTC).**

**PTC Coupons are accepted (during pre-registration only).**

**A PTC Grand Prix Event \*Certified Course**



**All proceeds go to the Yorktown Rotary Foundation for Youth Activities and community services as noted on the back.**

### -Detach-

**Make Checks Payable To: YORKTOWN ROTARY FOUNDATION,**  
**which is a tax-exempt 501(c)3 charitable organization. No transfers or exchanges.**  
**Send to: Yorktown Freedom Run, 104 Aquia Turn, Yorktown, VA 23693**



Name (First, MI, Last)

[illegible]

Mailing Address      Street Include Apt.

[illegible]

City

State

Zip Code

[illegible]

Age on Day of Race                      T-Shirt Size (circle one) S   M   L   XL   PTC Member (circle one) Y   N

Sex (circle one) M F EMAIL:

(Optional for Participation Recognition) High School currently attending:

I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RUN. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF WEATHER, INCLUDING THE EFFECTS OF HIGH HEAT, AND HUMIDITY, TRAFFIC CONDITIONS OF THE ROAD, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE PENINSULA TRACK CLUB, ROAD RUNNERS CLUB OF AMERICA, YORK HIGH SCHOOL, NATIONAL PARK SERVICE, YORK COUNTY, YORK COUNTY SCHOOLS, ROTARY CLUB OF YORKTOWN, YORKTOWN ROTARY FOUNDATION, AND ALL OTHER SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT. I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTOGRAPHS, MOTION PICTURES, OR ANY OTHER RECORD OF THIS EVENT FOR ANY LEGITIMATE PURPOSE. I ALSO UNDERSTAND THAT IN THE EVENT THAT THIS RACE CANNOT BE HELD DUE TO ACTS OF GOD, SUCH AS WEATHER, A REFUND IS NOT GUARANTEED.

GUARDIAN OR

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ PARENT SIGNATURE (UNDER 18) \_\_\_\_\_

Phone Number (w/area code): \_\_\_\_\_ Your email/phone will not be released.

**Register online at <https://runsignup.com/race/va/yorktown/yorktownfreedomrun>**



# Boys & Girls Clubs of the Virginia Peninsula's 14TH ANNUAL SMART SMILES 5K

## A Peninsula Track Club Grand Prix Event



BOYS & GIRLS CLUBS  
OF THE VIRGINIA PENINSULA



AUGUST 21, 2021 • MARINERS' MUSEUM PARK • 8:00 AM RACE START

Please return complete registration forms with check payment to 11825 Rock Landing Drive, Chesapeake Bldg., Newport News, VA 23606.  
Credit card payment and online registration is also available at [www.bagclub.com/smartsmls5k](http://www.bagclub.com/smartsmls5k)

TEAM NAME: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Age on Race Day: \_\_\_\_\_ Gender: M / F Military Branch: \_\_\_\_\_

T-shirt Size (circle one): Youth- S M Adult- S M L XL

**SHIRT SIZES AND RACE BAGS ONLY GUARANTEED TO REGISTRATIONS BEFORE JULY 17!**

☐ YES, I would like to make an additional donation of \$ \_\_\_\_\_ to Smart Smiles.

### Please read the following and sign below

I HAVE READ THE ACKNOWLEDGEMENT AND ASSUMPTION OF RISK, WAIVER, OF LIABILITY IN ITS ENTIRETY BELOW AND I FREELY VOLUNTEER EXECUTE THE SAME. I UNDERSTAND THAT I MAY BE WAIVING CERTAIN LEGAL RIGHTS BY EXECUTING THIS DOCUMENT AND I GRANT FULL PERMISSION TO BOYS & GIRLS CLUBS OF THE VIRGINIA PENINSULA AND ITS AGENTS AUTHORIZED BY THEM TO USE MY PHOTOGRAPHS, VIDEOTAPES, MOTION PICTURES, RECORDING, OR ANY OTHER RECORD OF THIS EVENT FOR ANY PURPOSE.

**ACKNOWLEDGEMENT AND ASSUMPTION OF RISK AND WAIVER OF LIABILITY:** I know that walking or running in a road race is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and condition of the roads- all risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heir executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and to waive, release, and discharge the City of Newport News, Boys & Girls Clubs of the Virginia Peninsula Foundation, Boys & Girls Clubs of the Virginia Peninsula, The Mariners' Museum, The Peninsula Track Club, Delta Dental of Virginia, Race Officials, Volunteers, and any and all sponsors- including their agents, employees, assigns, or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. The Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian Signature (if under 18): \_\_\_\_\_



# 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.

**Virginia 24-Hour Run**  
**April 24-25**

**Joe & Sue Moore Scholarship 5K**  
**May 8**

**PTC Litter Getter**  
**May 16**

**Yorktown Freedom Run**  
**May 31**

**Trailzilla Fast 5K**  
**June 15**

**Trailzilla 4-Miler**  
**June 29**

**Joe-Zilla 5-Miler**  
**July 10**

**Predict Your Time 5-Miler**  
**August 3**

## 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:  
**May 20 (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, July 1** (open), **Thursday, September 30** (open), and **Thursday, August 4** (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](mailto: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](http://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

"OUR MESSAGE IS, 'YES YOU CAN!' YOU CAN DO ANYTHING YOU  
WANT TO DO AS LONG AS YOU MAKE UP YOUR MIND TO DO IT."

— DICK HOYT OF TEAM HOYT

## 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 ☐ \$25 ☐ \$40 ☐ \$55 Membership Fee: \$ \_\_\_\_\_

Family ☐ \$30 ☐ \$50 ☐ \$70 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

NON PROFIT ORG.  
U.S. POSTAGE  
PAID  
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.

### APRIL

**10** Gloucester Virtual 5K Reporting Deadline

**10** Fort Eustis Virtual 10K Run & Ruck

**24-25** Virginia 24-Hour Run

### MAY

**8** PTC Scholarship 5K (*PTCGP event*)

**16** PTC Adopt-a-Highway Litter Getter

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

### JUNE

**6** Run for the Stage Virtual 5K Reporting Deadline

**15** Trailzilla Fast 5K

**29** Trailzilla Feel Good 4-Miler



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(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