peninsulatrackclub
MONTHLY NEWSLETTER FROM THE PENINSULA TRACK CLUB, ACTIVE ON THE VIRGINIA PENINSULA SINCE 1955

ON YOUR MARK

FEBRUARY 2020

IN THIS ISSUE

> PTC Awards Banquet
> VA Peninsula Foodbank Thanks
> Channeling Jimmy Mad

MARK YOUR CALENDAR

Tuesday, February 18
General Membership Meeting
Sunday, March 1
Water Stop at One City Marathon

NEW YEAR'S DAY 5K

The Peninsula Track Club

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

Welcome again and have a safe and healthy running season!

ON YOUR MARK

BRUCE DAVIS, Editor
Steve Amarillo, Graphics Editor

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

ADVERTISING RATES FOR 2020

Flyer Insert: $50 per issue
Full Page: $50/issue • $250/6 issues
1/2 Page (7.5 x 5 in): $35/issue • $175/6 issues
1/3 Page (5 x 5 in): $25/issue • $125/6 issues
1/6 Page (2.5 x 5 in): $20/issue • $100/6 issues
Mini (2.5 x 2.5 in): $10/issue • $50/6 issues

Officers

All area codes are 757 unless otherwise stated.
President: Steve Peters, 951-3874
1st Vice-president: Christine Schaffner, 898-3258 (Meeting arrangements)
2nd Vice-President: Pam Garrett, 285-6645 (RRCA Liaison, Contracts)
Secretary: Helen Worthington, (804) 642-5998
Treasurer: Mike Thomas, 872-9380
Newsletter Editor: Bruce Davis, 989-0072
Membership: Steve Amarillo, 869-8895 (Address changes)
Webmaster: Thea Ganoe, 272-2927
Volunteer Coordinator: Jaime Cox, 817-1221
Social Coordinator: Maria Peters, 897-7083
Litter-Getter Coordinator: Amanda Collier, 870-5159
Race Schedule: Rick Platt, 229-7375
Course Measurement: Pam Garrett, 285-6645; Scott Bartram, 867-8547
Triathlete Information: Connie Maxwell, 596-4067
Photography: <position open>
Coaching: Robert Trujillo, 927-5004; Christine Schaffner, 898-3258

Club Meetings

General membership meetings are held the *third Tuesday* of **February, April, June, September, October,** and *second Tuesday* of **December** at ***Nelson's Grant Clubhouse, 100 Laydon Way, Yorktown.*** No meetings in other months. The ***Annual Awards Banquet*** serves as the January meeting. Board meetings are generally on the second Tuesday of every month. If you would like to attend or bring an issue before the board, please contact the club secretary to reserve a slot on the agenda.

Membership Dues

Individual: $20 annually ($35–2 years, $50–3 years); Family: $25 annually ($45–2 years, $65–3 years). 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.

Contributors

February 2020 issue:
Steve Amarillo, Steve Peters
Bruce Davis, Helen Worthington
Mike Thomas, Rick Platt
Dale Abrahamson, Larry Turner

Newsletter Deadline!

To include flyers, articles, ads or news in the ***March 2020 issue*** of ***On Your Mark***, (stuffing on *March 5*), email Bruce Davis (weatherwizard1@juno.com) no later than ***February 25***.

Virginia Running Club Contacts

BS	Blacksburg Striders, P.O. Box 764, Blacksburg, VA 24063
CTC	Charlottesville Track Club, P.O. Box 495, Charlottesville, VA 22902, (434) 293-6115
CRR	Colonial Road Runners, P.O. Box 657, Williamsburg, VA 23187, (757) 229-7375
DCRRC	DC Road Runners Club, P.O. Box 100561, Arlington, VA 22210 (703) 241-0395 www.dcroadrunners.org
FARC	Fredericksburg Area Running Club, www.runfarc.com
OBRC	Outer Banks Running Club, www.outerbanksrunningclub.org
PTC	Peninsula Track Club, P.O. Box 11116, Newport News, VA 23601, www.peninsulatrackclub.com
RR	Reston Runners, P.O. Box 2924, Reston, VA 20195, (703) 437-FOOT
RRCA/Gatorade Hotline	(703) 683-RRCA, www.rrca.org
RRRC	Richmond Road Runners Club, P.O. Box 8724, Richmond, VA 23226, Hotline: (804) 360-2672
SCS	Star City Striders, P.O. Box 8331, Roanoke, VA 24014, (540) 966-7866
TCRR	Tri-Cities Road Runners, P.O. Box 1512, Petersburg, VA 23805
TRRR	Twin Rivers Road Runners, www.twinriversroadrunners.org
TS	Tidewater Striders, (757) 681-0248, www.tidewaterstriders.com
WR	Washington RunHers, www.facebook.com/DCRunhers/

COMING UP 2020

Race Days 2020 Peninsula Track Club Road Racing Schedule

Note: All races are tentative until the actual race flyer is printed.
For complete race schedule information, visit **www.peninsulatrackclub.com**

indicates a **PTC Grand Prix Event.** indicates a **HR Super Grand Prix Event.**

FEBRUARY

8 Knights of Columbus 10-Mile Run for the Heart

Sat., February 8, 9:00 a.m.
(USATF cert. VA12072RT)
York High School, Yorktown, Va.
John Edwards, (757) 876-8386
kofc5480@gmail.com
www.runsignup.com

MARCH

7 Gloucester 3K & 8K Run/Walk

Sat., March 7, 9:30 a.m.
(USATF cert. VA16057RT)
Gloucester High School, Gloucester, Va.
Carol Dehoux (804) 693-1425
GCPSEDFOUND@gc.k12.va.us
Mike Jenkins, (804) 824-4146
mickj1@cox.net
Helen Worthington, (804) 642-5998
rhworthington@cox.net
www.runsignup.com/gcef3k8k

14 Fort Eustis 10K Run & 10K Ruck

Sat., March 14, 2020, 9:00 a.m.
(USATF cert. VA14007RT)
Anderson Fieldhouse, Ft. Eustis, Va.
Hampton Roads Super Grand Prix
Margy Glass, (757) 878-6075
margaret.w.glass2.naf@mail.mil
Kellie Jorgensen, (757) 878-2097
kellie.m.jorgensen.naf@mail.mil
Michael Washington, (757) 878-5556
sports office: (757)878-0013
www.active.com www.eustismwr.com

28 Joe & Sue Moore Memorial Scholarship 5K

Sat., March 28, 9:00 a.m.
Sandy Bottom Nature Park, Hampton, Va.
Danielle Hundley, (757) 873-6863
danimdanim@hotmail.com
www.runsignup.com

APRIL

25–26 Annual Virginia 24-Hour Run

Sat., April 25-26, 7:00 a.m.
(USATF cert. VA12075RT)
Sandy Bottom Nature Park, Hampton Va.
(individuals or teams of 2 to 12)
George Nelsen, (757) 874-4635
nelsengeorge@msn.com
www.va24hourrunforcancer.com

MAY

2 Tabb High School May Day 5K

Sat., May 2, 8:00 a.m.
Tabb High School, York County, Va.
Wendy Wilson, (757) 867-5306
Lindsay Olson, lolson2@ycsd.york.va.us

9 Langley Race Around the Base 10-Miler

Sat., May 9, 8:00 a.m.
(registration deadline May 1, 2020)
(no race-day registration)
Langley Air Force Base, Va.
Nicole Blews, (757) 225-0473
nicole.blews@us.af.mil
Tony Arroyo, victor.arroyo@us.af.mil
Linsun Jackson, linsun.jackson@us.af.mil
langleyratb@gmail.com

16 Fox Hill Community 5K

Sat., May 16, 8:00 a.m.
Langley Elementary, Hampton, Va.
Rich Bowen, rfbowen@cox.net
Natalie Bowen, (757) 477-7589

25 Yorktown Freedom Run 8K

Mon., May 25, 8:00 a.m.
(***USATF cert. VA16022RT***)
York High School, Yorktown, Va.
Tom Hunter, (651) 675-7928
tom.d.hunter@gmail.com
www.yorktownrotaryclub.org

30 Run for the Stage 5K

Sat., May 30, 8:30 a.m.
Matteson Trail, Hampton, Va.
Joy Charbonneau
jcharbonneau@hampton.k12.va.us

JUNE

10 Trailzilla Fast 5K

Wed., June 10, 6:30 p.m.
Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
theaellen@hotmail.com

20 Riverwatch on the Piankatank 5K

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

23 Trailzilla Feel Good 4-Miler

Tues., June 23, 6:30 p.m.
Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
theaellen@hotmail.com

JULY

11 Trailzilla Joe-Zilla 5-Miler

Sat., July 11, 9:00 a.m.
Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
theaellen@hotmail.com

25 Coast Guard Day 5K

Sat., July 25, 8:30 a.m.
(USATF cert. VA10027RT)
Coast Guard Training Ctr, Yorktown, Va.
Hampton Roads Super Grand Prix
William Hogge, (757) 856-2132
William.C.Hogge@uscg.mil
Rachel Miller, (757) 856-2226
Rachel.a.miller@uscg.mil

AUGUST

1 Warwick 5K

Sat., August 1
(USATF cert. VA17036RT)
Mariners' Museum Warwick Field
Newport News, Va.
Vanessa Osmon
Vanessa.osmon@nn.k12.va.us

4 Tom Ray Memorial Predict Your Time 5-Miler

(PTC Summer Fun Run Series)
>>> No Watches <<<
Tues., August 4, 6:30 p.m.
Newport News Park Bikeway
Newport News, Va.
Christine Schaffner, (757) 898-3258
Bruce Davis; weatherwizard1@juno.com
www.peninsulatrackclub.com

11 Lake Matoaka 4.3-Mile Trail Challenge

(PTC Summer Fun Run Series)
Tues., August 11, 6:30 p.m.
Zable Stadium, Williamsburg, Va.
Susan Hagel, (757) 754-4859
Rick Platt, (757) 229-7375
www.peninsulatrackclub.com

Upcoming Events

FEBRUARY 15
HAMPTON ROADS SUPER GRAND PRIX

The next ***Hampton Roads Super Grand Prix*** race is a ***CRR event***, the ***Colonial Half-Marathon*** on ***Sat.***, ***February 15***. For information on the ***Hampton Roads Super Grand Prix***, including how to sign up for it, check out ***www.hrsupergp.com*** or email ***hrsupergp@gmail.com***.

FEBRUARY 18
PTC GENERAL MEMBERSHIP MEETING

The first ***PTC General Membership Meeting*** of 2020 will be held ***7:00 p.m.***, ***Tuesday evening***, ***February 18***. Location is the ***Nelson's Grant Clubhouse***, ***100 Laydon Way*** in ***Yorktown***. Among the activities will be a "***constitutional convention***" of sorts—as the newly updated PTC Constitution will be presented. So start the New Year right and join us for the meeting and enjoy the refreshments and fellowship. New members: Come to the meeting and get your ***PTC Race Crew T-shirt***. For more info, please contact **Christine Schaffner** at ***898-3258*** or ***cjschaffner.ptc@gmail.com***.

MARCH 1-2
PTC BOOTH AT THE ONE CITY MARATHON EXPO

The ***PTC*** will be sharing an info booth with the ***Colonial Road Runners*** at the ***One City Marathon Expo***. Stop by, check it out, and say, "***Hi***."

MARCH 3
PTC WATER STOP AT ONE CITY MARATHON

PTC will be manning a ***Water Table*** for the ***One City Marathon*** on ***March 3***. If you aren't running the race, come volunteer and cheer for the marathoners. The PTC water stop will near ***Mile 8*** of the marathon. For complete info, contact **Jaime Cox** at ***817-1221*** or ***volunteerptc12@gmail.com***.

MAY 18
DEADLINE FOR PTC SCHOLARSHIP APPLICATIONS

High School Seniors—The postmarked deadline to submit your application for the ***Joe & Sue Moore Memorial PTC Scholarship*** is ***May 18, 2020***. Scholarship application and instructions on ***pages 16 and 17***. ***Don't pass up this opportunity***.

THOUGHTS FROM THE PTC PRESIDENT

As I assume the duties of PTC President, I would like to first thank out-going PTC President **George Nelsen.** George took up the mantle in 2017 immediately upon the loss of our dear friend and long-time President **Joe Harney,** and was unanimously re-elected for his recent term. If not for George's recent retirement and plans to move west soon, he would have remained our committed PTC President for at least another term. George, you will be missed, but we wish nothing but the best for you and your family.

I would also like to thank all of our **PTC Board Members** for their selfless volunteer work…past, present and future. PTC could not be what it is without a very committed team leading it.

PTC had a very successful 2019 and a great start to 2020 with our **PTC New Year's Day 5K.** Participation at the event was strong with over 145 participants, and we have decided to make this an annual race. Special thanks to **Thomas Tate, Steve Amarillo,** and the rest of the crew who organized our newest race. We look forward to seeing some of our newest PTC members (membership was a unique benefit of the New Year's Day 5K) at future races, meetings, and volunteer opportunities.

We had a great turnout at the **PTC Annual Awards Banquet** on January 18 (including some new club members from the PTC New Year's Day 5K) at the Edgehill Association Clubhouse. Thank you to all the volunteers who helped set up and clean up for the event, but especially my wife, **Maria Peters,** our PTC Social Coordinator—for organizing another great evening and enabling us to socialize with old friends, meet new friends, share running and family stories, eat great "potluck" food, and recognize our annual **PTC Grand Prix** winners, **Hampton Roads Super Grand Prix** winners, and faithful **PTC Volunteer Award** winners. Congratulations to **Susan Hagel** for her 5th Overall PTC Grand Prix title! **The John Hort Volunteer Award** went to **George Nelsen** for both his service as PTC President and as Race Director for the **Virginia 24-Hour Run for Cancer,** now in its 17th year. Congratulations are also in order for the three new inductees into the **Virginia Peninsula Road Racing Hall of Fame: Susan Hagel, Jim Thornton,** and **Adam Otstot,** all worthy inductees. We also presented a new club award, the **PTC Members' Choice Award** for the best PTC-timed event as rated by our members. The inaugural winner was **Danielle Hundley** and the **Joe & Sue Moore Memorial Scholarship 5K.** Congratulations, Danielle, to you and your entire event crew!

Our quarterly **Adopt-A-Highway "Litter Getter"** volunteer event on January 26 was another great success thanks to **Mandy Collier,** our fearless volunteer "Litter Getter" coordinator. Please watch for an announcement for the next quarterly Litter Getter. Much like our military, we are an "all volunteer force" and cannot succeed without active participation and volunteerism from our membership, so we are always thankful when volunteers show up.

I am both humbled and excited to have been selected to lead this organization, which is rich in history with a very promising future. As I think of the many past PTC Presidents (including **Joe Harney, George Nelsen, Larry Turner, Barbara Biasi, and Rick Platt,** just to name a few), I realize I have some very large shoes to fill. To better understand how PTC and I can better serve our members and the community, as well as how we can increase member participation as both runners and volunteers, you'll be receiving a survey soon asking some brief questions. Please take this opportunity to provide me and your board the feedback we need to continue to improve our great running club.

In closing, in the spirit of **Joe Harney,** please pray for our country, our elected officials, and our military.

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.**

February 8
Loch Lothian 5K & 10K
Midlothian, Va.
lochlothianrace@gmail.com
www.runsignup.com

February 15
Colonial Half-Marathon & 5K
Colonial Williamsburg Art Museum
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 16
RRRC Sweetheart 8K
Midlothian, Va.
Richmond Road Runners Club
www.rrrc.org (804) 787-4508
sweetheart8k@rrrc.org

February 29
Striders Distance Series 20-Mile & 12-Mile Runs
Dismal Swamp Canal Trail
Chesapeake, Va.
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

March 1
One City Marathon, Half-Marathon & Maritime 8K
Newport News, Va.
Flat-Out Events, (757) 880-8843
Info: raceteam@flatoutevents.com
www.OneCityMarathon.com

March 7
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
rickplatt1@juno.com
www.colonialroadrunners.org
www.runsignup.com/JHS

March 7-8
March Maniac 11-Hour 50-Mile & 50K
Warhill Nature Trail, Williamsburg, Va.
Ellen Alexander, ultraellen@gmail.com
www.ultrasignup.com
Facebook: @marchmaniac11

March 14
VFCF Fire Chiefs 5K
Bruton Parish Church, Williamsburg, Va.
Colonial Road Runners
Donald Booth, (757) 810-7538
Donald.booth@djginc.com
Rick Platt, (757) 345-1431,
(757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org

March 14
Pocahontas Trail Festival Marathon & Half-Marathon
Chesterfield, Va.
rvadirtraces@gmail.com
www.runsignup.com

March 14
Running of the Leprechauns 5K & 10K
Satterfield Soccer Complex
Nags Head, N.C.
Outer Banks Sporting Events
www.obxse.org www.active.com

March 15
Tobacco Road Marathon & Half-Marathon
Cary, N.C.
info@tobaccoroadmarathon.com
www.tobaccoroadmarathon.com

March 21
Rebel Run 5K
Richmond, Va.
www.dsfathleticbooseters.org

March 21
Race for Equal Justice 5K & 10K
East Potomac Park, Washington, D.C.
rvadirtraces@gmail.com
www.active.com

March 21-22
Yuengling Shamrock Marathon, Half-Marathon & 8K
Virginia Beach, Va.
J&A Racing (757) 412-1056
info@shamrockmarathon.com
www.shamrockmarathon.com

March 28
Singletrack Maniac 50K & Cray Cray 10K
Freedom Park, Williamsburg, Va.
Ellen Alexander, ultraellen@gmail.com
www.happycatevents.com
www.ultrasignup.com

March 28
Ukrop's Monument Aveue 10K
Richmond, Va.
Richmond Sports Backers
info@sportsbackers.org
www.sportsbackers.org, (804)285-9495

March 28
Bunny Hop 5K
Portsmouth Pavillion, Portsmouth, Va.
www.tidewaterstriders.com

March 29
Yates Anchors Away 5K
Yates Elementary, Newport News, Va.
www.active.com

April 4
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
rickplatt1@juno.com
www.colonialroadrunners.org

April 4
Charlottesville Marathon, Half-Marathon & 8K
Charlottesville, Va.
Dr. Francesca Conte, (434) 218-0402
francesca@badtothebone.biz

Come Run with Us

All area codes are 757 unless otherwise stated.

PTC WEDNESDAY INTERVALS

Wednesday evening ***PTC Wintervals*** continue at the ***Tabb High School track***. Training for runners of all abilities. Everyone welcome. 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.
Updates at ***www.peninsulatrackclub.com***
Info: Robert Trujillo, 927-5004.
tree_n_3@msn.com
Christine Schaffner, 898-3258

BILLSBURG BREWERY PUB RUNS

5K distance.
Tuesday evenings – 6:00 p.m.
Registration: 5:45 p.m.
Location: Jamestown Marina, off Jamestown Road near the Jamestown ferry.
Info: Nancy Blount, 220-0440
nblount1@cox.net
Rick Platt, 229-7375
rickplatt1@juno.com

WILLIAMSBURG WINERY RUNNING CLUB

5K distance.
Thursday evenings through November Run – 6:00 p.m. Registration: 5:30 p.m. Food & drink specials: 6:30–8:00 p.m.
Location: 5800 Wessex Hundred, Williamsburg.
Info: 229-0999
Rick Platt, 229-7375
rickplatt1@juno.com

ENTERPRISERS RUN

5- to 20-mile distance runs on a variety of courses and paces.
PTC members welcome.
Saturdays – 6:00 a.m.
Location: Meet in parking lot between Baskin-Robbins and Trellis Restaurant at Merchants Square in Williamsburg.
Info: Lisa Osterhoudt
lisaann0714@yahoo.com

POINT 2 RUNNING GROUP RUNS

Point 2 Running Company serves all types of walkers and runners and promote endurance running and walk/jog groups (open to everyone). Register on their Facebook page.
Mondays – 6:00 p.m. Pub Run
Location: Point 2 Running store
12080 Jefferson Ave., Ste 910
Marketplace at Tech Ctr., Newport News.
Info: 223-5000; www.runpoint2.com

DOG STREET PUB

RUNNING CLUB

Casual family & dog friendly runs.
Location: 401 W. Duke of Gloucester St., Williamsburg.
Mondays – 6:00 p.m. Register: 5:30 p.m.
Info: 293-6478
www.facebook.com/dsprc

HILLS, DAMS, AND TRAILS

Location: Yorktown (meet at upper garage)
Mondays (10 hills for 3+ miles) and ***Wednesdays*** (Onion Run down to Wormley Dam and back for 4.2 miles)–4:00-4:30 depending on season.
Location: Newport News Park Bikeway – meet in parking lot near campsites.
Sundays (or Saturdays if PTC event conflicts) – 8:00 a.m. Two groups, running and walking, with a "Pick Your Distance" based on how many people and the mileage desired.
Info: Helen Worthington, rhworthington@cox.net or (804) 815-5817 to be added to the email list to receive start-time updates.

NEW ENERGY TRAINING

The Peninsula New Energy youth running group restarts on March 10 and welcomes young runners of all ability levels. Sign up on Runsignup.com.
Location: Menchville High School Track, 275 Menchville Road, Newport News.
Tuesdays/Thursdays: 5:30–6:30 p.m.
Info: Thomas Tate, 870-0429
thomas.tate21@gmail.com
newenergy.peninsula@gmail.com

NOVICE & FASTER BIKE RIDES

Novice training bike rides meet on Saturday mornings. Faster-paced bike rides meet on Sunday mornings.
Location: Village Bicycles
9913 Warwick Blvd., Newport News.
Saturdays – 8:30 a.m. (Novice rides)
Sundays – 8:00 a.m. (Faster rides)
Info: Connie Maxwell, 596-4067

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

PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

December 2019

Checking Account Balance 11/30/2019		***$ 30,783.26***
Revenue (Income)		
Membership Dues	$ 410.00	
Contract Race Income	1,231.25	
Race Sponsorship – FBTF	250.00	
PTC Race Income – New Year's 5K	100.00	
PTC Race Income – FBTF	8,006.32	
Total Income:	***+ $ 9,997.57***	
Operating Expenses		
Newsletter Printing (Nov, Dec/Jan)	$ 1,193.48	
Race Equipment Repair	142.81	
RRCA Annual Dues	1,396.34	
VA Peninsula Foodbank donation	14,576.00	
Fast before the Feast Supplies	1,420.61	
Fast before the Feast Timing	1,870.00	
Virtual Marathon medals	329.19	
New Year's Day 5K expenses	1,278.59	
PTC Clothing (jackets, singlets)	3,227.12	
PTC Banquet expenses	500.00	
Banking Fees	2.00	
Total Operating Expenses:	***– $ 25,936.14***	
Summary		
Net Income Gain/Loss (Checking)		***– $ 15,938.57***
Checking Account Balance 12/31/2019		***$ 30.783.26***
Checking Funds Available 12/31/2019		***$ 14,844.69***

Thank you PTC

Dear PTC Friends,

During this season of giving, the gift of a meal is the most precious gift you can give.

Through your recent contribution of $14,576.00, 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. Thank you for your generosity from the Fast Before the Feast!

Karen Joyner
Chief Executive Officer
Virginia Peninsula Foodbank

VIRGINIA PENINSULA Foodbank

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 **www.peninsulatrackclub.com** for a link to the PTC. store.

Welcome New Members and Returning Members

Dale Abrahamson
Alice Allred
Jen Anderson
Luis Aviles
J. Robert Azaltovic III
Terrance Bellock
David Berger
Leif Berner
Connor Biebel
Tami Brill
Christopher Brown
Emily Brown
Aaron Candella
Matt Chism
Brian Clapp
Skip Cole
Karen Corl
Paul Currant
Sharon Currant
Kathy Day
James Deviese
Martin Doxey
Tara Dress
Lisa Eby
Thomas Edman
Robert Edman
Stephanie Eitzen

George Fenigsohn
Mary Flaherty
Emily Forrest
Amber Foster
Tony Foy
Valor Foy Jones
Thea Ganoe
Erin Gedicke
Amy Gelhaar
Alison Glygalonis
Jim Gullo
Martha Gullo
D.J. Guthinger
Joshua Guthinger
Susan Hagel
Catherine Harden
Traci Harman
Mary Harman
Michelle Haskiell
Dave Haskiell
Randy Hawthorne
Melissa Shay Hitchings
Joseph Hoffman
John Hogan
Kim Hogan
Shelley Horner
Linda Hughes

Andrew Hughes
Dottie Humphreys
Renitha Irvin
Corie Johnson
Valerie Johnston
Christopher Justice
Morgan Kanai
Holly Kanai
Alyson Kast
Mark Kast
Andrew Kent
Eric Kent
George Knierbein
Kimberly Knierbein
Lindsay Knierbein
Tony Kowalski
Christina Kuhn
Katie Kuhn
Maryanne Lee
Frank Leone
Katelyn Leone
Erica Leone
Margaret Litt
Amy Lunden
Simona Malace
Shirley McRae
David Milby

Jason Miller
Mark Mozol
Michael Nicoletti
Leslie Osborn
Andrew Osborne
William Palagyi
Tamara Pelletier
Keith Pelletier
Timothy Perkett
Maria Peters
Donna Phan
Josh Pike
Greg Pike
JoAnne Pike
Mike Pilola
Rick Platt
Sharma Rajlumar
Randy Rajlumar
Maria Ramirez-Gorton
Ed Rietscha
Lamont Rush Jr.
Christine Schaffner
Megan Schulze
Sheila Scotti
Michael Scudder
Marnie Shartzer
Thea Shaw

Logan St. John
Chris Stanley
Stephanie Stanley
Mary Stowe
Linda Talay
Rebecca Thayer
James Thayer
Barbara Thomas
Daniel Tomaino
Jennifer Tomalka
Mark Tompkins
Nina Ullrich
David Ullrich
Joseph Verdirame
Cheryl Waldron
William Waldron
Kurt Weidman
Renee Weidman
Max Weidman
Karen Wilda
Adam Wilkie
Christine Williams
Wayne Williams
Genevra Wilson
Larry Wilson
David Witte
Crystal Witte

2019 PTC Grand Prix Final Results

MEN (RUNNERS-UP)

Name	run	vol	total
Chris Novakoski	118	43	161
Christopher Brown	83	37	120
Randy Hawthorne	52	49	101
Rick Platt	45	24	99
Andrew Medvec	45	43	88
Dale Abrahamson	49	31	80
P. J. Mendola	39	39	78
James Gullo	48	22	70
Alan Van Zandt	61	3	64
George Nelsen	31	31	62
James Deviese	47	6	53
Christopher Laws	43	3	46
David Anderson	27	16	43
Peter Navin	18	18	36
Jimmy Blount	25	6	31
Skip Cole	15	15	30
Eric Wiebke	26	3	29
Mike Thomas	12	12	24
Steve Peters	12	12	24
Richard Bowen	12	12	24
Bob Curtin Jr.	17	6	23
George Fenigsohn	16	3	19
Will Palagyi	9	9	18
Scott Bartram	9	9	18
Urijah Harden	9	9	18
Rick Webb	9	3	12
Danny Young	6	6	12

PTCers who scored in all 12 Grand Prix races:
Chris Novakoski

PTCers who scored in 11 of 12 Grand Prix races:
Susan Hagel

PTCers who scored in 10 of 12 Grand Prix races:
Valor Foy Jones, Maria Peters
Helen Worthington

Susan Hagel

2019 PTC Grand Prix Champion

Run Points	Volunteer Points	Total
111	89	200

PTC GRAND PRIX

Check out the *2020 PTC Grand Prix Rules and Standings* on *Page 14.*

WOMEN (RUNNERS-UP)

Name	run	vol	total
Helen Worthington	98	75	173
Maria Peters	92	64	156
Valor Foy Jones	97	52	149
Dottie Humphreys	73	58	131
Barbara Biasi	89	34	123
Patricia Wiedemann	60	58	118
Amanda Collier	71	46	117
Catherine Harden	60	46	106
Jennifer Little	59	40	99
Emily Brown	68	22	90
Patricia Travis	66	6	72
Martha Gullo	43	22	65
Karla Havens	56	3	59
Thea Ganoe	25	25	50
Rachel Novakoski	43	6	49
Christine Schaffner	24	24	48
Dione Edwards	25	16	41
Kathy Gallo	17	16	33
Maria Ramirez-Gorton	18	3	21
Jessica Anderson	9	9	18
Katherine Canalichio	10	6	16*
Karen Schenck	8	8	16
Mary Gibbs	9	6	15
Kim Flint	7	7	14
Gail Lucado-Phelps	8	3	11
Sridevi Maddiveni	8	3	11
Nancy Blount	8	3	11
Carol Bartram	4	4	8

(* race points tiebreaker)

The 2019 Grand Prix races were:

Menchville Winter Chill 5K
10-Mile Run for the Heart
Fort Eustis 10K
Joe & Sue Moore Scholarship 5K
Yorktown Freedom Run 8K
Joe-Zilla 5-Miler
Coast Guard Day 5K
Smart Smiles 5K
Mulberry Island Half-Marathon
Poquoson Run with the Bulls 5K
Yorktown Battlefield 10-Miler
Run with the Son for Haiti 5K

PTC Annual Awards Potluck Banquet

Remembering 'Bee' McLeod

BY RICK PLATT

The Hampton Roads running community recently lost one of its greatest contributors. Elizabeth 'Bee' McLeod died suddenly and unexpectedly in her sleep last month (December 21), at her home in Norfolk at age 57. According to her husband, John 'Goody' Goodenow Tyler, III, there was a history of heart disease in her family. There already is a race in her honor, the Bee and Goody 5K that has been held annually the Sunday before Thanksgiving on the William and Mary campus, with timing and finish line help by the Colonial Road Runners.

Bee's impact to the running community was profound—both locally with the Tidewater Striders and William and Mary, and nationally with the Road Runners Club of America.

Born in Lock Haven, Penn., she attended Notre Dame High School in Lawrenceville, N.J., a freshman at age 12, the youngest in school history, and where she started running, first on the boys cross country team, as their was no girls team. She entered W&M at age 16 and was on the cross country team, graduating with a B.B.A. in 1983 and with an M.B.A. in 1991. Bee and her husband endowed scholarships at both her high school and at W&M, but were major donors to W&M—first with $1 million of exercise equipment for the student recreation center, then much more to the McLeod Tyler Wellness Center, which opened in the fall of 2018.

Bee was president of the Striders from 2000 to 2004, with the Striders hosting the 44th annual RRCA National Convention in 2002 in Norfolk, a convention that was the most contentious and controversial in history, and where a renegade group took over the national organization, leading to both financial problems for the RRCA and the formation of the AARC (American Association of Running Clubs) Bee served as a board member of the AARC for two years, before long-time loyal supporters of the RRCA took back control and the AARC merged into the RRCA. She became president of the re-formed RRCA from 2004 to 2008 and is credited with being 'the savior' of the RRCA, instituting major updates to the RRCA bylaws that remain in force today. At the end of her presidency, the RRCA eliminated its financial deficit and had over $500,000 in reserves. She won the Browning Ross Spirit of the RRCA award in 2014.

Bee ran over 60 marathons, qualifying for the U.S. Olympic Trials Marathon in 1988, with a time of 2:47:51, while finishing third at the 1987 Marine Corps Marathon. She ran 2:52:35 to place 100th of 204 starters and 159 finishers in the 1988 Olympic Trials in Pittsburgh. She also won the Shamrock Marathon in 1988 (2:50:30) and 1989 (3:03:01), and won the Richmond Marathon in 1988 (2:54:19), 1993 (2:59:07) and 1996 (3:02:06). At shorter distances, she ran an 18:58 for 5K, and a 1:03:28 at the 1995 Virginia 10-Miler in Lynchburg. She was inducted into the Tidewater Striders Hall of Fame in 2011.

AGE-GRADED RACE RESULTS

World Class (90%–100%), National Level Time (80-89%), Regional Level Time (70-79%), Athlete (69% and less)

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

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

PTC New Year's Day 5K

Newport News Park, Newport News Va.
Wednesday, January 1, 2020, 10:00 a.m.

Men	Age	Grade
1. Mark Tompkins	44	83.35
2. Andrew Osborne	26	78.45
3. Steven Kast	54	76.08
4. Jason Miller	42	73.44
5. Brian Clapp	31	72.50
6. James Deviese	68	71.80
7. Dale Abrahamson	70	71.73
8. Greg Pike	55	70.55
9. Aaron Candella	50	68.98
10. Frank Leone	35	68.74
Women	**Age**	**Grade**
1. Megan Schulze	37	74.65
2. Tamara Pelletier	45	73.39
3. Sharon Currant	60	67.76
4. Chris Schaffner	67	67.54
5. Shelly Horner	37	67.01
6. Valor Foy Jones	56	66.94
7. Sheila Scotti	36	65.96
8. Michelle Haskiell	54	65.86
9. Emily Brown	32	65.80
10. Jami Brill	53	65.08

Menchville Winter Chill 5K

Menchville H.S., Newport News, Va.
Saturday, January 18, 2020, 9:30 a.m.

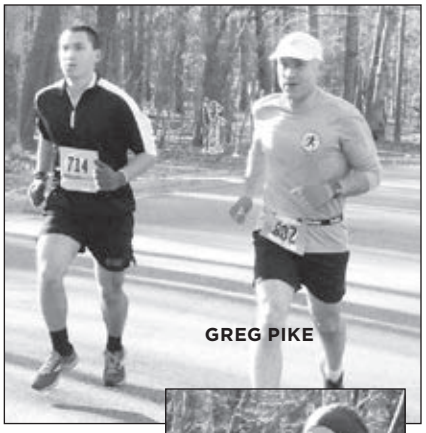
Men	Age	Grade
1. Andrew Osborne	26	82.00
2. Steven Kast	55	80.21
3. Dale Abrahamson	70	77.98
4. Jim Highsmith	37	76.81
5. Christopher Laws	44	76.15
6. Jason Miller	42	75.61
7. Dillon Britt	23	74.33
8. Jonathan T. Plaza	30	73.13
9. Bill Dancy	66	71.39
10. Jim Warner	33	70.42
11. Rick Platt	69	69.69
Women	**Age**	**Grade**
1. Karla Havens	57	82.67
2. Jennifer Anderson	39	80.30
3. Megan Schulze	37	78.57
4. Emily Honeycutt	28	75.28
5. Helen Worthington	65	73.82
6. Sheila Scotti	36	67.27
7. Elizabeth McElfresh	14	67.16
8. Susan Hagel	46	66.27
9. Raquel Manadero	14	62.22
10. Lindsey Crain	24	57.26

PTC NEW YEAR'S DAY 5K

Newport News Park, Newport News, Va. Wednesday, January 1, 2020, 10:00 a.m.

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	ANDREW OSBORNE	26	YKT	16:33*
2	2	MARK TOMPKINS	44	WBG	16:55*
3	3	BRIAN CLAPP	31	SMF	18:00*
TOP OVERALL WOMEN					
1	9	MEGAN SCHULZE	37	GLE	20:03*
2	14	TAMARA PELLETIER	45	YKT	21:25*
3	16	SHELLEY HORNER	37	TX	22:20*
MEN: 19 AND UNDER					
1	7	DJ GUTHINGER	17	YKT	19:29*
2	11	CONNOR BIEBEL	14	YKT	20:39*
3	34	J ROBERT AZALTOVIC II	14	YKT	25:58*
4	66	ANDREW KENT	19	HPT	30:35*
5	72	BRAXTON LEE	10	QTN	31:28*
6	106	ANDREW HUGHES	15	NNW	40:09*
MEN: 20 - 24					
1	63	MAX WEIDMAN	22	SEA	29:16*
MEN: 25 - 29					
1	5	LOGAN ST JOHN	25	WBG	19:05*
2	18	JOSHUA PIKE	25	NNW	22:27*
MEN: 30 - 34					
1	10	CHRISTOPHER BROWN	32	NNW	20:09*
2	77	ROBERT EDMAN	30	PQN	31:34*
3	82	TERRANCE BELLOCK	31	NNW	31:52*
MEN: 35 - 39					
1	6	FRANK LEONE	35	NNW	19:18*
2	12	MIKE PILOLA	38	YKT	20:42*
3	22	MICHAEL SCUDDER	38	NOR	22:51*
4	42	ADAM WILKIE	36	YKT	26:29*
5	46	JOSEPH HOFFMAN	39	LXA	27:02
6	89	JAMES THAYER	36	HPT	33:59*
7	91	DANIEL TOMAINO	38	NNW	34:39*
8	98	MICHAEL MCCAUGHAN	37	NOR	37:16*
MEN: 40 - 44					
1	4	JASON MILLER	42	WBG	18:56*
2	31	DAVID BERGER	44	WBG	24:48*
3	53	LAMONT RUSH JR	44	NNW	27:59
4	81	MARK MOZOL	44	NNW	31:51*
5	108	RANDY RAJLUMAR	43	NNW	40:40*
6	113	CHRIS STANLEY	44	HPT	42:52*
MEN: 45 - 49					
1	23	LUIS A AVILES	46	NNW	23:01*
2	24	TIMOTHY PERKETT	49	GLC	23:05*
3	50	ERIC KENT	49	HPT	27:41*
4	132	LARRY WILSON	46	NNW	52:46*
MEN: 50 - 54					
1	8	STEVEN KAST	54	PQN	20:00*
2	13	AARON CANDELLA	50	YKT	21:23*
3	17	LEIF BERNER	50	PRT	22:25*
4	29	WILLIAM PALAGYI	54	SUF	24:35*
5	32	DAVID WITTE	54	YKT	25:26*
6	40	GEORGE KNIERBEIN	51	SUF	26:20*
7	62	KURT WEIDMAN	53	SEA	29:15*
8	125	CHRISTOPHER JUSTICE	52	NNW	48:02*
MEN: 55 - 59					
1	15	GREG PIKE	55	YKT	21:44*
2	21	TONY M KOWALSKI	58	YKT	22:41*
3	45	PAUL CURRANT	59	NOR	26:48*
4	49	EDWARD RIETSCHA	59	YKT	27:36*
5	54	DAVE HASKIELL	55	YKT	28:21*
6	58	DAVID MILBY	59	SAL	28:48*
7	64	RICHARD BOWEN	55	HPT	29:36*
8	114	JOHN HOGAN	57	OR	42:57*
MEN: 60 - 64					
1	33	KEITH PELLETIER	62	YKT	25:43*
2	76	THOMAS EDMAN	60	PQN	31:34*
3	79	MARTIN DOXEY	63	SMF	31:41*
4	90	SKIP COLE	63	PQN	34:36*
5	130	TONY FOY	63	VAB	52:26*
MEN: 65 - 69					
1	26	JAMES DEVIESE	68	YKT	23:47*
2	28	JAMES GULLO	65	WBG	24:28*
3	36	WAYNE WILLIAMS	66	PQN	26:08*
4	44	RICK PLATT	69	WBG	26:45*
5	102	WILLIAM WALDRON	67	YKT	38:52*
6	126	MICHAEL NICOLETTI	69	HPT	48:30*
MEN: 70 AND OVER					
1	27	DALE ABRAHAMSON	70	YKT	24:21*
2	43	JOSEPH L VERDIRAME	70	SUF	26:33*
3	71	GEORGE FENIGSOHN	72	PQN	31:22*
4	99	CHARLES R TERRELL	81	NNW	37:17*
WOMEN: 19 AND UNDER					
1	35	MORGAN KANAI	15	YKT	26:00*
2	93	ERICA LEONE	13	HPT	35:11*
3	94	KATELYN LEONE	16	HPT	35:14*
4	95	BLYTHE KENDALL	12	YKT	36:15*
5	128	KATIE KUHN	7	NNW	49:05*
WOMEN: 20 - 24					
1	96	ASHLEY KENDALL	20	YKT	36:15*
WOMEN: 25 - 29					
1	118	SARAH LANGSTON	28	PQN	46:11*
WOMEN: 30 - 34					
1	19	EMILY BROWN	32	NNW	22:28*
2	25	CRYSTAL WITTE	34	YKT	23:14*
3	47	SARAH HARRIS	33	GLC	27:13*
4	51	KAREN WILDA	31	SUF	27:49*
5	56	ERIN GEDICKE	30	HAY	28:44*
6	75	EMILY FORREST	32	PQN	31:33*
7	119	AMBER FOSTER	32	VA	46:53
WOMEN: 35 - 39					
1	20	SHEILA SCOTTI	36	NNW	22:35*
2	52	REBECCA THAYER	38	HPT	27:49*
3	70	JENNIFER ANDERSON	39	WBG	31:17*
4	83	MARYANNE LEE	37	QTN	31:52*
5	109	VALERIE JOHNSTON	37	NNW	41:24*
6	116	MARLYN ANDINO	39	NNW	45:46*
7	122	LINDA HUGHES	38	NNW	46:57*
8	127	CORIE JOHNSON	37	HPT	48:50*
WOMEN: 40 - 44					
1	61	STEPHANIE EITZEN	41	YKT	29:15*
2	80	JENNIFER TOMALKA	42	NNW	31:48*
3	84	SIMONA MALACE	41	NNW	31:54*
4	87	ALISON GRYGALONIS	41	WBG	33:07*
5	88	DAWN ROLPH	44	PQN	33:20*
6	111	NINA ULLRICH	41	HPT	42:34*
7	120	DANI BURTON	41	NNW	46:54
8	121	THEA SHAW	41	NNW	46:55*
9	124	RENITHA IRVIN	43	HPT	48:00*
10	129	CHRISTINA KUHN	41	NNW	49:06*
WOMEN: 45 - 49					
1	30	SUSAN HAGEL	46	NOR	24:45*
2	55	JOANNE PIKE	49	YKT	28:33*
3	67	MELISSA HITCHINGS	46	FL	30:46*
4	68	HOLLY KANAI	48	YKT	30:53*
5	69	MARIA RAMIREZ-GORTON	48	NNW	31:17*
6	86	MARNIE SHARTZER	48	YKT	32:56*
7	100	MARGARET LITT	49	CHS	37:41*
8	101	DONNA PHAN	45	YKT	37:42*
9	107	SHARMA RAJLUMAR	48	NNW	40:40*
10	110	AMY LUNDEN	45	WBG	41:24*
11	112	STEPHANIE STANLEY	45	HPT	42:51*
12	133	GENEVRA WILSON	46	NNW	53:18*
13	135	AMY GELHAAR	45	NNW	56:23*
WOMEN: 50 - 54					
1	38	MICHELLE HASKIELL	54	YKT	26:13*
2	39	JAMI BRILL	53	HPT	26:15*
3	57	MARIA PETERS	54	YKT	28:48*
4	59	ALYSON KAST	50	PQN	28:49*
5	60	RENEE WEIDMAN	53	SEA	29:14*
6	92	MARY FLAHERTY	53	YKT	34:48*
7	104	LESLIE OSBORN	52	YKT	39:14*
8	105	KATHY DAY	50	YKT	39:38*
9	115	KIM HOGAN	53	OR	42:57*
10	117	ALICE ALLRED	50	WBG	45:57
WOMEN: 55 - 59					
1	37	CHRISTINE SCHAFFNER	56	YKT	26:11*
2	41	VALOR FOY JONES	56	NNW	26:25*
3	65	KIMBERLY KNIERBEIN	55	SUF	30:20*
4	78	CHRISTINE WILLIAMS	57	PQN	31:37*
WOMEN: 60 - 64					
1	48	SHARON CURRANT	60	NOR	27:21*
2	85	THEA GANOE	62	HPT	32:11*
3	103	CHERYL WALDRON	64	YKT	38:54*
WOMEN: 65 - 69					
1	73	MARTHA GULLO	66	WBG	31:31*
2	74	DOTTIE HUMPHREYS	67	NNW	31:32*
3	97	KAREN CORL	65	WBG	36:45*
4	134	LINDA TALAY	69	NNW	53:50*
WOMEN: 70 AND OVER					
1	123	BARBARA THOMAS	70	SMF	47:49*
2	131	MARY STOWE	72	SMF	52:27*
3	136	SHIRLEY GELHAAR	70	NNW	56:23*

* denotes PTC member



LEIF BERNER

ERIN GEDICKE

ANDREW OSBORNE MARK TOMPKINS

MENCHVILLE WINTER CHILL 5K

Menchville High School
Newport News, Va.

Benefiting the Menchville High School Chorus

Saturday, January 18, 2020 9:30 a.m.
A Peninsula Track Club Grand Prix Event

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	ANDREW OSBORNE	26	YKT	15:50*
2	2	JIM HIGHSMITH	37	NNW	17:28*
3	3	DILLON BRITT	23	NC	17:36
TOP OVERALL WOMEN					
1	8	JENNIFER ANDERSON	39	WBG	18:47*
2	9	MEGAN SCHULZE	37	GLE	19:03*
3	12	EMILY HONEYCUTT	28	NNW	19:37
MEN: 13 AND UNDER					
1	14	JOSHUA GUTHINGER	11	YKT	21:15*
2	46	BRAXTON LEE	10	QTN	28:33*
3	79	COLIN JAMES	13	NNW	42:39
4	80	CAMERON LUNSFORD	13	NNW	42:40
MEN: 14 - 19					
1	18	FRANCISCO DURAN	14	NNW	23:11
2	19	JOHNNY CRAIN	14	NNW	23:11
3	20	JAXON KIRSCH	14	NNW	23:12
4	37	X-ZAVIER PIPKIN	16	NNW	26:11
5	59	SEAN GLAUNER	17	NNW	31:17
6	68	TREVIN ROUNDS	16	NNW	35:24
7	72	LUKE JACKSON	19	PQN	39:13
MEN: 20 - 24					
NONE					
MEN: 25 - 29					
1	39	GIOVANNI AVELAR	27	VAB	26:43
MEN: 30 - 34					
1	4	JONATHAN TORRES PLAZA	30	NNW	17:48
2	7	JIM WARNER	33	NNW	18:39
3	25	NICHOLAS KEY	31	LNG	23:53
4	31	LEE CRAIG	31	NNW	24:56
5	38	GEOFF MOREHART	34	NNW	26:18
MEN: 35 - 39					
1	11	CHRIS NOVAKOSKI	38	CHS	19:22*
2	48	GREG W HUFFSTETLER	39	NNW	28:56
MEN: 40 - 44					
1	5	JASON MILLER	42	WBG	18:23*
2	6	CHRISTOPHER LAWS	44	NNW	18:31*
3	13	BRETT CLINE	40	NNW	20:47
4	27	SCOTT JENKINS	40	NNW	24:22
5	82	JEREMY SCICCHITANO	42	NNW	43:00
6	83	JERRY SCICCHITANO	42	NNW	43:01
MEN: 45 - 49					
NONE					
MEN: 50 - 54					
1	21	WILLIAM PALAGYI	54	SUF	23:22*
2	28	MIKE KIRSCH	51	NNW	24:29
3	63	CHARLES WEBB	52	NNW	33:43
MEN: 55 - 59					
1	10	STEVEN KAST	55	PQN	19:07*
2	45	MIKE SMITH	58	NNW	28:19
3	56	CHRISTIAN HOLTER	56	NNW	30:35*
4	60	JOHN CRAIN	55	NNW	31:27
5	67	JOHN R SCOTT	56	NNW	35:20*
MEN: 60 - 64					
1	24	CECIL SALYER	63	PRT	23:34
2	49	MICHAEL BYRUM	61	SUF	28:59
3	55	SKIP COLE	63	PQN	30:02*
4	77	JOHN GALLO	63	NNW	39:59*
MEN: 65 - 69					
1	23	BILL DANCY	66	SMF	23:32*
2	29	RICK PLATT	69	WBG	24:48*
3	81	SHELDON SLAUGHTER	68	GLC	42:46
MEN: 70 AND OVER					
1	17	DALE ABRAHAMSON	70	YKT	22:24*
2	36	JOSEPH L VERDIRAME	70	SUF	26:00*
3	47	GEORGE FENIGSOHN	72	PQN	28:48*
4	51	RANDY HAWTHORNE	74	WBG	29:01*
5	65	CHARLES R TERRELL	81	NNW	34:53*
6	69	CLINT PAGE	75	NNW	36:02
7	85	MICHAEL GONTESKY	77	HPT	48:42*
WOMEN: 13 AND UNDER					
1	32	GRACE MANADERO	11	NNW	25:09
2	73	KAITLYN SCICCHITANO	8	NNW	39:34
3	74	KATHERINE SCICCHITANO	5	NNW	39:35
WOMEN: 14 - 19					
1	22	ELIZABETH MCELFRESH	14	NNW	23:30
2	34	RAQUEL MANADERO	14	NNW	25:22
3	58	MARY FRANCES CRAIN	18	NNW	31:16
4	66	KATHERINE SCOTT	16	NNW	35:20*
5	76	ASHLYN COOPER	19	NNW	39:49
WOMEN: 20 - 24					
1	30	LINDSEY CRAIN	24	NNW	24:51
WOMEN: 25 - 29					
1	42	KOLBY KELLER	29	NNW	27:31
2	43	LAUREN CRAIN	26	CHV	27:48
WOMEN: 30 - 34					
1	35	KATHRYN NESBITT	32	NNW	25:49
2	50	RACHEL LARSON	33	NNW	29:00
WOMEN: 35 - 39					
1	16	SHEILA SCOTTI	36	NNW	22:09*
2	53	NICOLE OTTEN	35	NNW	29:51
3	54	JACQUELINE NEISE	38	NNW	29:59
4	71	KATY PALMER	38	NNW	36:13
WOMEN: 40 - 44					
1	33	KRISTIE MANNING	40	NNW	25:11
2	41	JENNIFER LITTLE	40	YKT	27:11*
3	75	BETH SCICCHITANO	41	NNW	39:36
4	87	LEANNE ALLEN	43	NNW	54:21
WOMEN: 45 - 49					
1	26	SUSAN HAGEL	46	NOR	23:55*
2	52	KYMANI PEARSON-BROWN	46	NNW	29:21
3	61	DANA MUSICK	47	NNW	31:31
4	64	LISA FRANKLIN	45	NNW	33:50
5	70	MICHELLE BANKS	46	NNW	36:04
6	88	STACY BOHON	45	NNW	54:22
7	89	SUSAN WEBB	45	NNW	54:23
WOMEN: 50 - 54					
1	44	ALYSON KAST	50	PQN	27:48*
WOMEN: 55 - 59					
1	15	KARLA HAVENS	57	VA	21:38*
2	57	BETH DUNN	56	NNW	30:48
WOMEN: 60 - 64					
1	78	KATHY GALLO	63	NNW	40:56*
WOMEN: 65 - 69					
1	40	HELEN WORTHINGTON	65	BEN	26:44*
2	62	DOTTIE HUMPHREYS	68	NNW	32:53*
3	86	DENISE BANKS	66	YKT	49:09
WOMEN: 70 AND OVER					
1	84	PAULINE ELY	81	HPT	48:42*

* denotes PTC member

COURSE RECORDS: Menchville Winter Chill 5K

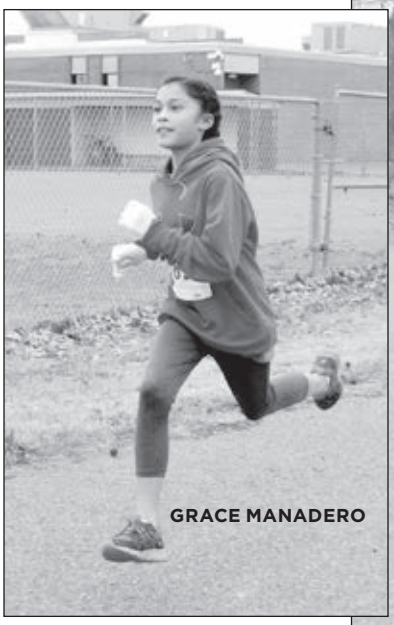
Male Records

Age Group	Name	Time	Year	Age	City, State
Overall	**Ryan Carroll**	**15:38**	**2017**	**34**	Portsmouth, VA
9 & under	Braxton Lee	28:34	2019	9	Gloucester, VA
10 - 14	***Joshua Guthinger***	***21:15***	***2020***	***11***	***Yorktown, VA *****
15 - 19	David Brakman	16:39	2014	17	Newport News, VA
20 - 24	Collins Ombikhwa	17:04	2019	20	Hampton, VA
25 - 29	***Andrew Osborne***	***15:50***	***2020***	***26***	***Yorktown, VA *****
30 - 34	Ryan Carroll	15:38	2017	34	Portsmouth, VA
35 - 39	Ed M. Rietscha	16:53	2014	35	Hampton, VA
40 - 44	Douglas Marshall	17:23	2016	41	Mathews, VA
45 - 49	John Scott	18:11	2013	49	Newport News, VA
50 - 54	Wayne Parfitt	18:18	2016	50	Newport News, VA
55 - 59	Craig Hymes	18:30	2019	56	Yorktown, VA
60 - 64	Jim Thornton	20:13	2019	64	Toano, VA
65 - 69	Dale Abrahamson	21:47	2017	67	Yorktown, VA
70 - 74	***Dale Abrahamson***	***22:24***	***2020***	***70***	***Yorktown, VA *****
75 - 79	William Coker, Jr.	30:50	2016	77	Hampton, VA
80 - 84	***Charles Terrell***	***34:53***	***2020***	***81***	***Newport News, VA *****
85 - 89	P. J. Mendola	48:38	2019	87	Newport News, VA
90 - 94	Robert S. White	43:31	2016	92	Hampton, VA

Female Records

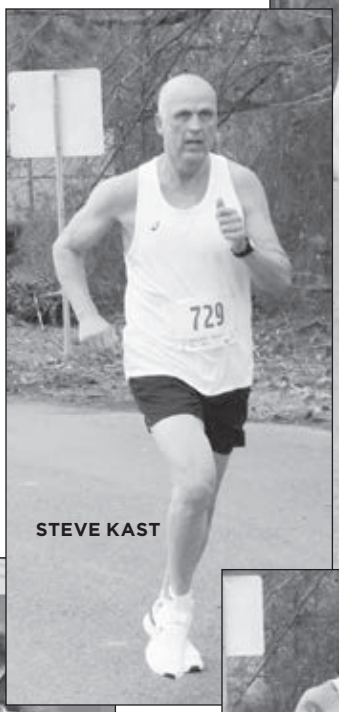
Age Group	Name	Time	Year	Age	City, State
Overall	**Sika Henry**	**18:19**	**2017**	**33**	Newport News, VA
9 & under	***Kaitlyn Scicchitano***	***39:34***	***2020***	***8***	***Newport News, VA *****
10 - 14	Camden Carpenter	23:00	2012	12	Newport News, VA
15 - 19	Sarah Scott	22:04	2015	17	Newport News, VA
20 - 24	Lauren Palagyi	23:46	2016	20	Suffolk, VA
25 - 29	***Emily Honeycutt***	***19:37***	***2020***	***28***	***Newport News, VA *****
30 - 34	Sika Henry	18:19	2017	33	Newport News, VA
35 - 39	***Jennifer Anderson***	***18:47***	***2020***	***39***	***Williamsburg, VA *****
40 - 44	Susan Hagel	21:51	2016	42	Norfolk, VA
45 - 49	Connie Glueck	20:29	2013	48	Williamsburg, VA
50 - 54	Mercedes D'Amico	20:27	2012	54	Newport News, VA
55 - 59	Mercedes D'Amico	19:54	2013	55	Newport News, VA
60 - 64	Susan Lindemann	24:22	2018	60	Yorktown, VA
65 - 69	***Helen Worthington***	***26:44***	***2020***	***65***	***Williamsburg, VA *****
70 - 74	Robin Jorlett	33:23	2015	71	Newport News, VA
75 - 79	Linda Lumia	50:55	2016	75	VA
80+	***Pauline Ely***	***48:42***	***2020***	***81***	***Newport News, VA*****

*** indicates new record in 2020*



GRACE MANADERO

MIKE SMITH

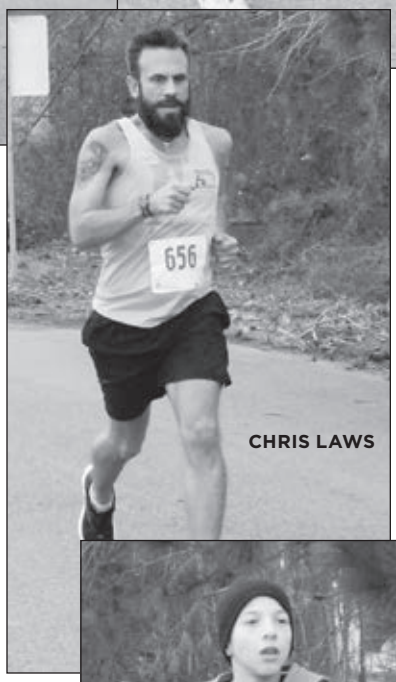


STEVE KAST

ANDREW OSBORNE

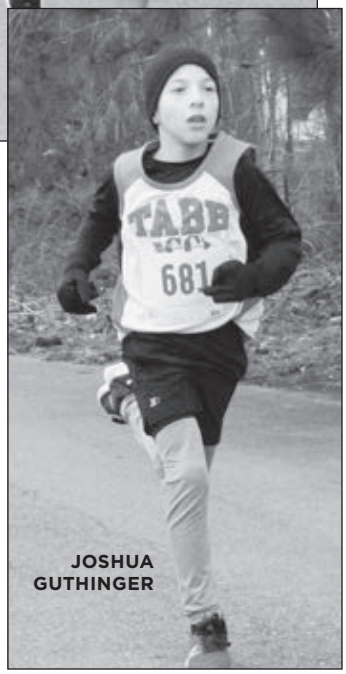
JENNIFER ANDERSON

RAQUEL MANADERO



CHRIS LAWS

WILL PALAGYI JOHNNY CRAIN FRANCISCO DURAN JAXON KIRSCH



JOSHUA GUTHINGER

2020 PTC Grand Prix Standings (1 of 12 events completed)

MEN (QUALIFIED)

Name	run	vol	total
Chris Novakoski	10	3	13
Randy Hawthorne	7	3	10

WOMEN (QUALIFIED)

Name	run	vol	total
Susan Hagel	10	3	13
Helen Worthington	10	3	13

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Andrew Osborne	13	0	13
Jim Highsmith	12	0	12
Dale Abrahamson	10	0	11
Bill Dancy	10	0	10
Joshua Guthinger	10	0	10
Steven Kast	10	0	10
Jason Miller	10	0	10
Will Palagyi	10	0	10
Charles Terrell	10	0	10
Michael Gontesky	9	0	9
Chistopher Laws	9	0	9
Braxton Lee	9	0	9
Rick Platt	9	0	9
Joseph Verdirame	9	0	9
Skip Cole	8	0	8
George Fenigsohn	8	0	8
Christian Holter	8	0	8
John Gallo	7	0	7
John Scott	6	0	6

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Jennifer Anderson	13	0	13
Megan Schulze	12	0	12
Pauline Ely	10	0	10
Kathy Gallo	10	0	10
Karla Havens	10	0	10
Alyson Kast	10	0	10
Sheila Scotti	10	0	10
Dottie Humphreys	9	0	9
Jennifer Little	9	0	9
Katherine Scott	7	0	7

NEXT GRAND PRIX RACES

10-Mile Run for the Heart
February 8, 2020

• • • • • •

Fort Eustis 10K
March 14, 2020

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 a points. However, ***in order to qualify for a Grand Prix racing award***, ***you must volunteer for a race at least once during the year***.

GRAND PRIX SCORING

RACING

Points are awarded to the top ten (10) male and female runners in each five-year age group.***Scoring is as follows***: 1st place receives 10 points, 2nd place receives 9, 3rd gets 8, and so on down to the 10th place runner, who receives 1 Grand Prix point.

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

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

• • • • • • • • • • • • • • • • • •

THE 2020 PTC GRAND PRIX SCHEDULE

Menchville Winter Chill 5K
10-Mile Run for the Heart
Fort Eustis 10K
Joe & Sue Moore Scholarship 5K
Yorktown Freedom Run 8K
Joe-Zilla 5-Miler
Coast Guard Day 5K
Smart Smiles 5K
Mulberry Island Half-Marathon
Poquoson Run with the Bulls 5K
Yorktown Battlefield 10-Miler
Run with the Son for Haiti 5K

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,*** which count as ***two races—***you get 6 volunteer points.

2) Volunteer to be a Race Director or ***Race Coordinator*** for a race. The ***Race Director receives 10 bonus points*** (13 points total), ***Race Coordinator*** gets ***5 bonus points*** (8 points total).

3) Volunteer Bonus: Members also receive a ***one-time bonus of 7 points*** (10 points total) for their ***third volunteer effort***. This is to encourage members to help the club out three or more times during the year.

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 (male or female) with the highest Grand Prix point total (combined racing and volunteering) at the end of the year becomes the ***2020 PTC Grand Prix Champion***.

• • • • • • • • • • • • • • • • • •

GRAND PRIX UPDATE

Race and volunteer points have been tallied through the *Menchville Winter Chill 5K* held on *January 12.*

• • • • • • • • • • • • • • • • • •

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

GOOD LUCK!

The End of the Chute

A 2020 VISION

Maybe seeing "***Hamilton***" at ***Chrysler Hall*** just before Christmas had something to do with it. Or having retired from ***Newport News Shipbuilding*** last year, maybe I thought I had a bit more time on my hands. Whatever the reason, at the first board meeting under our new ***President*** **Steve Peters**, when the question came up about the number of meetings the club is supposed to have during a calendar year, the answer was in the club bylaws. Steve's next logical question was, "Exactly where are these bylaws?" Frankly, I didn't exactly know.

You wouldn't think a simple question like this would result in a fair amount of work. But after that board meeting, I took it upon myself to find a copy of those elusive bylaws. I have several files of old documents including quite a few old diskettes and binders of documents given to me by former ***Treasurer*** **Pauline Ely**. So, I searched, eventually finding several old copies of the "***Constitution of the Peninsula Track Club of Virginia, Inc***." dating as far back as ***1991***.

The most recent copy of the constitution I could find was adopted in ***2003***, written during the period that the ***PTC*** (along with the ***Colonial Road Runners*** and ***Tidewater Striders***) had joined the fledgling ***Association of American Running Clubs*** (***AARC***) as our national affiliate organization. The ***AARC*** had been formed by running clubs who had left the ***Road Runners Club of America*** (***RRCA***) due to a disagreement with the directors of the organization, how finances were being handled, and the fees member clubs were being assessed. In ***2005*** this all became moot, water under the bridge if you will, when, upon the election of new management and changes to the ***RRCA*** procedures, the ***AARC*** merged back into the ***RRCA***. The ***PTC*** has been a proud member of the ***RRCA*** ever since.

But here I was looking at a version of the ***PTC constitution*** stating we were still part of the ***AARC***, an organization that no longer exists. While this might simply be an out-of-date version of the constitution, I never found a more recent copy in my searches. Given that there have been a number of changes to the club since 2003, especially in the online world, I took it upon myself to retype the PTC constitution from the copies I had uncovered and update it where necessary to reflect the club as we enter the decade of the 2020s. I thought of myself as channeling my inner **Hamilton**, but then realized I was really channeling my inner **James Madison** (or ***Jimmy Mad*** as the students at ***JMU*** sometimes refer to him).

There is actually a pressing reason to update the ***PTC constitution***. In the years since the PTC was first founded, banking regulations have tightened. In order to set up things like online banking and bill-paying, the bank, (in our case Wells Fargo) needs to have a copy of the approved constitution/bylaws stating which officers are allowed access to club funds. The 2003 constitution has that info, but was not current, and I didn't have a more recent copy.

This ***updated PTC constitution*** will be reviewed at our next ***PTC Board meeting***, then will be presented to you, the membership, online through the PTC website for comment. Then at the next ***PTC General Membership*** meeting on ***Tuesday***, ***February 18***, the updated constitution will be presented for approval. ***And you can be there for this moment club history*** (*not to mention refreshments*). This might seem like a lot of work, but it needs to be done. Credit our new president **Steve Peters** as the spark to get the process going. And I've come to embrace my ***inner Jimmy Mad*** while drafting the newly revised constitution. (*I'm even trying to see if I can get a powdered wig from* ***Amazon***).

The ***first PTC meeting of 2020*** was actually the ***PTC Awards Banquet,*** which is not only the January meeting, but an opportunity for recognizing running achievements and handing out volunteer kudos. One big thank you goes to our ***Social Coordinator***, **Maria Peters,** who spearheaded the event along with all who helped with the setup and cleanup. Thanks also to **Jimmy Blount**, **Sheldon Slaughter,** and the ***Slaughterhouse band*** for the musical entertainment that included a musical "*tribute*" to out-going PTC President and ultra runner **George Nelsen**. And thanks to all who attended and saw **Susan Hagel** become the ***PTC Grand Prix Champion*** for an ***unprecedented fifth time***.

The ***first Grand Prix race of 2020***, the ***Menchville Winter Chill 5K***, is already in the books. And the ***second PTC Grand Prix event***, the ***Run for the Heart 10-Miler*** on the ***Yorktown Battlefield Tour Roads*** is quickly coming up on ***February 8***. March then features three races, including two more ***Grand PTC Grand Prix events*** as well.

The ***Fort Eustis 10K Run & Ruck*** on ***March 14*** is the ***third Grand Prix race***. The ***Ruck Challenge*** is a ***10K*** where participants carry rucksacks weighing 30+ pounds. ***Ruckers*** start a half hour before the runners; ***8:30 a.m.*** for the ***ruck***; ***9:00 a.m.*** for the ***run***. But ***PTC Grand Prix points*** apply only to the ***runners*** in the 10K, so don't worry about having to carry that weight (*unless you really want to*).

Two weeks later, on ***March 28***, is the fourth ***PTC Grand Prix*** race, ***Joe & Sue Moore Memorial Scholarship 5K,*** which takes place in the ***Sandy Bottom Nature Park*** benefiting the ***PTC scholarship*** named in honor ***of Joe & Sue Moore***, two long-time PTC members. At the ***PTC Awards Banquet***, the ***Joe & Sue Moore Scholarship 5K*** received the ***Members' Choice Award for Best Overall Race*** in ***2019***. Compliments go to ***Race Director*** **Danielle Hundley** and her crew for this honor. The event is a great cause and a great opportunity for runners to amass ***Grand Prix points***. Guidelines and application for ***the PTC Scholarship*** itself are on ***pages 16 & 17***.

But ***March*** starts with the ***Gloucester 3K & 8K*** on ***March 7***. This race, like all the races on our schedule, needs volunteers to assist at the finish line. And since the ***Gloucester 3K & 8K*** on ***March 7*** is a two-race event, ***double Grand Prix volunteer points*** will be awarded. If you can help out, please contact volunteer coordinator ***Jaime Cox*** at ***volunteerptc12@gmail.com*** or ***817-1221***. It's not hard, it's just a matter of showing up.

We're also looking for volunteers to help man the ***PTC water-stop*** at the ***One City Marathon*** on ***Sunday***, ***March 1***. Our table will be located around the ***8-mile mark***. Again, contact **Jaime Cox** if you can help.

So, welcome everyone to the ***Peninsula Track Club*** in ***2020***. Come by the ***PTC booth*** at the ***One City race expo*** on ***February 28-29*** and say, "***Hi.***" Or come to our ***February 18 membership meeting*** and take part in the ***2020 PTC Constitutional Convention***. I just hope they carry those powdered wigs on ***Amazon Prime***.

Later…

Bruce Davis
Newsletter Editor

Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2020

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

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

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

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

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

A recipient is ineligible to receive the award for any successive years.

The completed application form and supplemental documents must be ***postmarked by May 18, 2020***.

These documents are:

1. Completed application form (see next page).
2. High school transcript to date of submittal.
3. Two letters of recommendation:
    - One from a track/cross country coach or other athletic coach
    - One from a person of the applicant's choice
4. An essay relating the applicant's running experience to applicant's educational aspirations and his/her outlook for the future. Length – 500 to 750 words (two to three double-spaced typewritten pages).
5. Any other information the applicant feels is pertinent to the selection process.

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, 2020 regarding the final selection. Requests for application forms, this announcement letter, or inquiries concerning the clarification of the specifications addressed herein should be sent to the Scholarship Committee Chairperson at the address provided.

peninsulatrackclub

Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2020

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

TELEPHONE: _____

HIGH SCHOOL: _____

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

PTC MEMBERSHIP IN NAME OF: _____

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

ON SEPARATE SHEET, PLEASE PROVIDE THE FOLLOWING:

1) HIGH SCHOOL TRANSCRIPT TO DATE OF SUBMITTAL.

2) TWO LETTERS OF RECOMMENDATION.

   A) ONE FROM THE TRACK/CROSS COUNTRY COACH OR OTHER ATHLETIC COACH.

   B) ONE FROM A PERSON OF THE APPLICANT'S CHOICE.

3) AN ESSAY RELATING THE APPLICANT'S RUNNING EXPERIENCE TO APPLICANT'S EDUCATIONAL ASPIRATIONS AND HIS/HER OUTLOOK FOR THE FUTURE.

4) ANY OTHER INFORMATION THE APPLICANT FEELS IS PERTINENT TO THE SELECTION PROCESS.

APPLICANT'S SIGNATURE: _____

DATE SUBMITTED: _____

FOR SCHOLARSHIP COMMITTEE'S USE ONLY

DATE RECEIVED: _____ FOR YEAR _____

ACTION TAKEN: _____

BY: _____ DATE: _____

VOLUNTEERS NEEDED

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

TO VOLUNTEER FOR A RACE

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

VOLUNTEERS NEEDED FOR:

10-Mile Run for the Heart – Feb. 8
One City Expo – February 28-29
One City Water Stop – March 1
Gloucester 8K & 3K – March 7
Fort Eustis 10K – March 14
PTC Scholarship 5K – March 28
Virginia 24-Hour Run – April 25-26
Tabb May Day 5K – May 2
Jefferson Lab RunAround – May 5
Langley 10-Miler & 5K – May 9
Fox Hill Community 5K – May 16

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:
Thursday, March 5
Host:
Michele Grove
(867-7924)

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). Host for the November stuffing is **Michele Grove**, ***130 Cardinal Lane*** in ***York County***. The stuffing starts at ***7:00 p.m.*** For directions, call Michele at ***867-7924***. ***Future stuffing dates*** include: ***Thursday***, ***April 9*** (**Scott & Carol Bartram**), ***Thursday***, ***May 14*** (**Karen Schenck**), ***Thursday***, ***June 18*** (**Ron & Helen Worthington**), ***Thursday***, ***July 23*** (open), ***Thursday***, ***August 27*** (open) and ***Thursday***, ***October 1*** (**Laura Cvitanovich**).

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.

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 Chairperson:

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

"WE ALL HAVE SELF-DOUBT. YOU DON'T DENY IT, BUT YOU ALSO DON'T CAPITULATE TO IT. YOU EMBRACE IT."

— KOBE BRYANT

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
Individual	☐ $20	☐ $35	☐ $50
Family	☐ $25	☐ $45	☐ $65

PTC Adopt-a-Family Contribution (optional): $_____

Membership Fee: $_____

Total Amount Enclosed: $_____

(Make checks payable to Peninsula Track Club)

Name: (additional names for Family Membership) Gender: Date of Birth:

_____ M F _____

_____ M F _____

_____ M F _____

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

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

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

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

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

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

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

ADDRESS SERVICE REQUESTED

UPCOMING PTC EVENTS

FEBRUARY

8 Run for the Heart 10-Miler (PTCGP event)
18 PTC General Membership Meeting
28-29 PTC Booth at One City Expo

MARCH

1 PTC Water Stop at One City Marathon
7 Gloucester 3K & 8K
14 Fort Eustis 10K Run & Ruck (PTCGP and HRSuperGP event)
28 Joe & Sue Moore Scholarship 5K (PTCGP event)

APRIL

21 PTC General Membership Meeting
25-26 Virginia 24-Hour Run

MAY

2 Tabb High School May Day 5K

peninsulatrackclub.com

MEMBER OF RRCA ROAD RUNNERS CLUB OF AMERICA

RUNNING ETC
NORFOLK • VIRGINIA BEACH

EVERYTHING FOR RUNNERS!

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

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

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