

ON YOUR MARK

MAY 2020

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MARK YOUR CALENDAR

All PTC activities are suspended until June per the state-mandated orders. Stay safe!



JOE & SUE MOORE MEMORIAL SCHOLARSHIP VIRTUAL 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

Contributors

May 2020 issue:

Steve Amarillo, Steve Peters

Bruce Davis, Helen Worthington

Mike Thomas, Susanne Mendola,

Danielle Hundley, Jim Gullo, Rick Platt,

Sanu Dieng

Newsletter Deadline!

To include flyers, articles, ads or news in the **June/July 2020 issue** of *On Your Mark*, (virtual stuffing on **June 18**), email Bruce Davis (weatherwizard1@juno.com) no later than **June 10**.

Club Meetings

General membership meetings are held quarterly on the **third Tuesday** of designated months and **second Tuesday** of **December** for the PTC elections. Find meeting announcements on the PTC website, Facebook and Twitter. Location is the **Nelson's Grant Clubhouse, 100 Laydon Way, Yorktown**. The **Annual Awards Banquet** serves as the January meeting. Board meetings are on the second Tuesday of each month. If you would like to attend or bring an issue before the board, please contact the club secretary to reserve a slot on the agenda.

Membership Dues

Individual: \$20 annually (\$35–2 years, \$50–3 years); Family: \$25 annually (\$45–2 years, \$65–3 years). Membership includes a free PTC T-shirt to new members (available for pick-up at general membership meetings), subscription to *On Your Mark* (10 times annually), and discounts at some local businesses.

Virginia Running Club Contacts

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

COMING UP
2020

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.

RACE CANCELLATIONS

Because of ongoing restrictions on gatherings due to COVID-19, the following races have been canceled for 2020:

Fox Hill Community 5K
Sat., May 16

Yorktown Freedom Run 8K
Mon., May 25

Riverwatch on the Piankatank 5K
Sat., June 20

Trailzilla Feel Good 4-Miler
Tue., June 23

VIRTUAL RACES

- 1) Register for the virtual race.
- 2) Prior to the **Event Results Deadline**, run and complete the race distance (5K or 3.1 miles) on your own course.
- 3) Record your time.
- 4) Report your result via email or upload as indicated by the race.

The following races are now being held as **VIRTUAL RACES**:

Run for the Stage VIRTUAL 5K

Results Deadline: Sat., May 30
Joy Charbonneau
jcharbonneau@hampton.k12.va.us
Info and signup:
HCS Run for the Stage 5K
or via Google Docs:
Run for the Stage 5K Google Registration Form

Trailzilla Feel Good Virtual 5K

benefiting Friends of Sandy Bottom
Results Deadline: Tue., June 30
Bruce Davis (757) 989-0072
weatherwizard1@juno.com
Signup: RunSignup.com
email Virtual Finishing Time:
ptcvirtualmarathon@gmail.com

PTC Virtual Marathon

Results Deadline: Thurs., December 31
All PTC races completed in 2020 count
Bruce Davis (757) 989-0072
weatherwizard1@juno.com
Signup: **PTC Virtual Marathon**

JULY

11 Trailzilla Joe-Zilla 5-Miler

Sat., July 11, 9:00 a.m.
*** Tentative ***
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

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

8 Fast and Funky 5K

Sat., August 8, 8:30 a.m.
Matteson Trail, Hampton, Va.
Heidi Olson, (757) 722-2261
Holson@Transitionsfvs.org

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

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

Tues., August 18, 6:30 p.m.
Newport News Park, Picnic area #3
Newport News, Va.
Bruce Davis (757) 989-0072
weatherwizard1@juno.com
www.peninsulatrackclub.com

22 Smart Smiles 5K

Sat., August 22, 8:00 a.m.
(USATF cert. VA17036RT)
Mariners' Museum, Newport News, Va.
Laurel Ramey, (757) 223-7204
lramey@bagclub.com
Michele Benson, (757) 223-7204
mbenson@bagclub.com

SEPTEMBER

12 Mulberry Island Half-Marathon & 5K Runs

Sat., September 12
7:30 a.m. – Half; 7:45 a.m. – 5K
(Half – USATF cert. VA14019RT)
(5K – USATF cert. VA14014RT)
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

26 Poop Matters 5K

Sat., September 26, 8:00 a.m.
Newport News Park, Newport News, Va.
Steve Amarillo, (757) 869-8895
thepeninsulatrackclub@gmail.com



Upcoming Events

JUNE 15

DEADLINE FOR PTC SCHOLARSHIP APPLICATIONS

High School Seniors—The deadline to submit your application for the **Joe & Sue Moore Memorial PTC Scholarship** has been extended to **June 15, 2020**. Given the unprecedented disruption of the COVID-19 epidemic, this delay should help applicants gather the needed documents to apply for the scholarship. Submission date is judged by postmark. Scholarship application and instructions on **pages 12 & 13**. **Don't miss out on this opportunity.**

JULY 11 (TENTATIVE)

PTC POTLUCK PICNIC

The **Annual PTC Potluck Picnic** is scheduled for **Saturday, July 11** at **Bethel Park** in Hampton, just **off Big Bethel Road**. The picnic immediately follows the **Joe-Zilla 5-Miler** tentatively held earlier that morning at nearby **Sandy Bottom Nature Park**. At **Bethel Park** there will be post-race picnic with games, activities, and more. **Please bring a potluck dish to share with others.** Hot dogs, hamburgers, soda and beverages provided by the club. For info or to help out, please contact **Steve and Maria Peters** at **951-3874**.

JULY 25 & 28

HAMPTON ROADS SUPER GRAND PRIX RACES

With races being delayed, the next two **Hampton Roads Super Grand Prix** races are in July. First is a **PTC Grand Prix event** as well, the **Coast Guard Day 5K** on **Sat., July 25** at the **U.S. Coast Guard Training Center** in **Yorktown**. Immediately after that on **Tuesday evening, July 28** is a **Tidewater Strider event**, the **Mel Williams Memorial 5K** at the **Norfolk Botanical Garden**. For questions or information on signing up for the **Hampton Roads Super Grand Prix** (and to see revisions to the **HRSuperGP schedule**), check out **www.brsupergp.com** or email **brsupergp@gmail.com**.

AUGUST

PTC SUMMER FUN RUN SERIES

The **PTC Summer Fun Run Series** is a set of unique low-key races held on Tuesday evenings in August. **Entry fee** for each event

DELAYED EVENTS

Events and volunteer opportunities delayed due to COVID-19 restrictions on gatherings include:

PTC Club Pub Run

PTC Adopt-a-Highway Litter Getter

Volunteers for 24-Hour Run

Volunteers for J-Lab Runaround

When new dates for these events have been determined and confirmed, they will be listed in **On Your Mark** under **Upcoming Events**.



is a **can of people food** and a **can of pet food**. First up is the **Tom Ray Memorial Predict Your Time 5-Miler** on **Tuesday, August 4**. **NO WATCHES**; Predict your time to run 5 miles of the **Newport News Park Bikeway**; runner closest to their predicted time wins. A week later on **Tuesday, August 11** is the **Lake Matoaka 4.3-Mile Trail Challenge**, the **oldest continually held run on the**

Peninsula, which starts and finishes at **Zable Stadium** on the campus of **William & Mary**. The series concludes on **Tuesday, August 18** with the **Swamp Bridge 5K** on the **White Oak Trail** in **Newport News Park**. **Start time** for each **Summer Fun Run** is **6:30 p.m.** Signup is on the day of the event. Don't forget to bring your **canned food** donations as your **entry fee**.

THOUGHTS FROM THE PTC PRESIDENT

As we muddle our way through these challenging times, I hope you are all well and looking forward to the next race or volunteer opportunity. Maria and I certainly are anxious to get out there with our running community.

By the time you are reading this, your **PTC Board of Directors** will likely have held our second "virtual" monthly meeting. We are trying to stay focused on planned events in the post-"Stay Home" world. Although all local races through June have been canceled, we'll try to have our first **PTC Pub Run** at **The Oozlefinch Craft Brewery** on **Ft. Monroe** once the stay home and social distancing restrictions are eased and will allow us to do so safely.

Thank you to all who participated in the "virtual" **Joe and Sue Moore Memorial Scholarship 5K**. We had over 80 participants who completed their race and supported a great cause. Thanks again to **Danielle Hundley, Steve Amarillo, Bruce Davis, and Susanne Mendola** for enabling the race to take place, if only virtually.

We have had very few members interested in the **RRCA Virginia Virtual 5K & 10K Club Challenge**. While we as a club may not be competitive in that competition, I've seen plenty of activity on social media to convince me that our members are staying active and training for the day the races are held again. Perhaps we'll see new course records at the **Trailzilla Joe-Zilla 5-Miler** (July 11) and the **Coast Guard Day 5K** (July 25) with many runners having fresh race legs!

We are starting a new project for the club... the **PTC Memories Box**. Several months ago I was contacted by **Rick Stearns**, a former PTC member, who was cleaning out some drawers and came across his vintage PTC singlet from 1962! He offered to donate it to the club, which inspired me to start the PTC Memories Box, with his singlet being the first piece of memorabilia. If you have any PTC memorabilia that you would like to donate to the club, please contact me, and I will make arrangements to pick it up. While PTC doesn't have a "clubhouse," the plan is to collect these items and put together some form of display for the **PTC Annual Awards Banquet**.

Please remember to collect your pull-tabs from your aluminum cans for the **Ronald McDonald House Charities** and bring them to our next race or club activity.

In the spirit of **Joe Harney**, please pray for our country, our elected officials, our military, and, until we are out of this pandemic, for our medical personnel and caregivers. Remember as well the millions of people whose small businesses, jobs, and livelihoods are suffering. Continue to support them when possible and, when the **stay-at-home order** and **social distancing** guidance are eased or lifted, please look for ways to help our communities and local businesses get back on track for the sake of our local, state, and national economies.

Stay active and healthy and, for the sake of our entire nation, please practice proper **social distancing** in all of your daily activities.

Steve Peters
PTC President

Races in Other Places

ROAD TRIP



The following is a non-inclusive list of regional and national races of general interest. For an expanded list, visit www.peninsulatrackclub.com.

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

June 13

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

June 27

Queens Lake 5K

New Quarter Park, Williamsburg, Va.
Colonial Road Runners
Paul Pelletier, (757) 253-0625
ppelletier4@gmail.com
Thomas Tate, (757) 870-0429
thomas.tate21@gmail.com
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org
www.runsignup.com

July 11

Grandfather Mountain Marathon

Boone, N.C.
Info: John Weaver (828) 262-3074
weaverjt@appstate.edu
www.gmhg.org/marathon2.htm

July 25

Twilight Delightfully Different 3.5-Miler

Richard Bland College, Petersburg, Va.
Tri-Cities Road Runners
James Vardy, (804) 470-9298
jrv081270@gmail.com
www.tricityroadrunners.org
www.runsignup.com

July 28

Mel Williams Memorial 5K

Norfolk Botanical Garden, Norfolk, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
www.tidewaterstriders.com

August 1

Strider Mile & 1500m Race Walk

Virginia Wesleyan, Virginia Beach, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
Steve Shapiro (757) 592-6720
sshapiro@hampton.gov
www.tidewaterstriders.com

August 1

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

August 8

CDR Superhero5K

Vineyards of Williamsburg Clubhouse
Williamsburg, Va.
Colonial Road Runners
Info: Nancy Wigley, (757) 566-3300
nancyw@cdr.org
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org

August 15

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
www.runsignup.com

August 16

Dismal Swamp 10-Miler

Dismal Swamp Canal Trail,
Chesapeake, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
www.tidewaterstriders.com

August 29

Patrick Henry Half-Marathon

Ashland, Va.
Richmond Sportsbackers
www.sportsbackers.org/events
(804) 285-9495 www.rrrc.org/events
phhalf@rrrc.org

August 29

Democracy Dash 10K

Jamestown Island, Va.
Colonial Road Runners
Historic Triangle Triple Crown
Hampton Roads Super Grand Prix
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org

August 30

Annapolis Ten-Miler

Annapolis, Md.
Annapolis Striders
www.annapolisstriders.org
a10@annapolisstriders.org

September 5

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

Merchants Square, Williamsburg, Va.
Colonial Road Runners
Hampton Roads Super Grand Prix
Historic Triangle Triple Crown event
Jim Elder, (757) 253-0277
info@colonialsportswilliamsburg.com
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org

September 5

Rock 'n' Roll Virginia Beach Half-Marathon & 5K

Virginia Beach, Va.
Competitor Group, (800) 311-1255
www.runrocknroll.com/virginia-beach
www.active.com

September 12-13

Outer Banks Triathlon

Manteo, N.C.
(Sprint: 750-m swim, 20K bike, 5K run)
(Olympic: 1.5K swim, 40K bike, 10K run)
(Half: 1.9K swim, 90K bike, 13.1-mile run)
Outer Banks Sporting Events
www.obxse.com www.active.com

September 26

Take the Crown at Yorktown 5K

Yorktown Waterfront, Yorktown, Va.
Hampton Roads Super Grand Prix
Historic Triangle Triple Crown event
Colonial Road Runners
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org

September 26

Ukrop's Monument Avenue 10K

Richmond, Va.
Richmond Sports Backers
info@sportsbackers.org
www.sportsbackers.org (804) 285-9495

Come Run with Us



Restrictions on gatherings due to the COVID-19 quarantine require that all organized training and fun runs be on hiatus until June 10. Look for reinstatement of training sessions and organized fun runs in the July issue of *On Your Mark*.

Transitions Thanks

Dear Friends,

On behalf of the board, staff, volunteers and the clients we serve, we want to thank you for your continued support. We appreciate your generous gift of \$1,000 on April 16, 2020.

This year, we are excited about addressing new trends we have identified on our community. Last year, men accounted for 20% of the victims we served. Also, many training sessions and conversations were held with community partners to address the rise of human trafficking in Hampton Roads.

As we work diligently to create and enhance services to address these trends, your support is incalculable to our efforts to end domestic violence in our community. With committed donors and partners like you, last year, children's, hotline, shelter and outreach services were provided to 3,152 individuals and families, free of charge. This was a 28% increase from the previous year. This is an indication that more people are speaking up and seeking help.

Thank you again for your support and investment in our work. With your help, we are one step closer to creating homes and communities free from the threat of domestic violence. Please visit our website at www.transitionsfvs.org and our Facebook page for updates on programs, events and agency updates.

We are beyond appreciative!

*With Gratitude,
Sanu Dieng
Executive Director
Transitions Family Violence Services*

PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer
March 2020

Checking Account Balance 2/29/2020 **\$ 17,087.14**

Revenue (Income)

Membership Dues	\$ 459.85
PTC Race Income – Menchville 5K	270.00
Adopt-a-Family	30.00

Total Income: **+ \$ 759.85**

Operating Expenses

Banquet Expense	\$ 430.94
Litter Getter Expense	37.64
Membership Expenses	86.91
Timing Equipment Repair	258.83
Newsletter Supplies	93.14
Newsletter Printing	620.60
Bulk Mail Permit	240.00
Bulk Mail Fees	500.00
PTC Clothing	280.88
Banking Fees	2.00

Total Operating Expenses: **– \$ 2,550.94**

Summary

Net Income Gain/Loss (Checking) **– \$ 1,791.09**

Checking Funds Available 3/31/2020 **\$ 15,296.05**



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>

Desert Distancing

by Steve Amarillo

Prior to COVID-19 measures being put in place, I was lucky to have traveled to the desert southwest for a book festival in Tucson, Arizona. My initial plans morphed into a weeklong trip of distance running and not social distancing. In fact, social distancing was not yet a part of everyday behavior and conversation. Besides, I planned to see many people—all past, current, and new friends.

Just outside Phoenix, the White Tank Mountain Range was the backdrop for the Mesquite Canyon Trail Runs. Five races from 8K to 50 miles were held simultaneously, and the half-marathon would prove to be a test for my injured knee. I tore my meniscus in September 2018; the recovery road had been long, but I was excited to get back to trail running.

The night before the race, I found an organization offering Sunset Baby Goat Yoga. I convinced some Instagram friends to join me, and with a little warmup, we were quickly inundated with two-dozen goats and kids. The adults leapt onto our backs, jumping from person to person and the newborns just liked to hang out during the poses.



Kidding around

Because Arizona had one of the first cases of coronavirus, race officials were already taking precautions. We were instructed not to reach for food or liquids at the aid stations. All race volunteers wore gloves and handed out those items to each participant.

The race began with a few miles of fairly flat trail, but that soon ended with the long climb to the first mountain pass. The trail was lined with saguaro cactus, and many desert plants were in bloom. Upon reaching the halfway point, I realized that my expected finishing time was grossly miscalculated by at least an hour. The climbs were longer than I had expected, and I needed to be a bit over-protective of my knee. The trail was not technical, but a few steep dropoffs kept me alert.

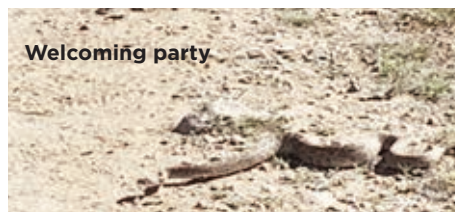
In fact, my alarm bell went off within 300 yards of the finish. As another runner and I



Traversing over to Mesquite Canyon



were approaching mile 13, a woman flagged us down and warned us of the rattlesnake just ahead. If you have run with me, you are well aware of my fear of snakes. They always seem to be on my side of the trail, and this rattlesnake apparently knew I was coming. I could not convince the other runner to grab the snake and toss it a safe distance; thus, we had to detour through the cactus-infested scrub to get out of striking distance.



Welcoming party

A finishing time of 3:08 was my slowest half-marathon to date, but my sprint to the finish was motivated by said snake.

Former PTC president George Nelsen and his wife, Terri, recently made Arizona their retirement home. And I took the opportunity to join George on two runs through the McDowell Mountain Regional Park. This



Trailing with George Nelsen

is now George's home training area, and he guided me through some of the trails, pointing out the surrounding areas of interest.

I spent the remainder of my week in Tucson reuniting with another former PTC runner, Mahendra Jani. Mahendra was quite active in the club in the mid '90s and is still an avid runner. In fact, he paced me at Western States 100-Miler, so our friendship is quite entrenched in our love of running.

My visit to Tucson also included a stop at a cactus nursery whose owner was apparently good friends with Mahendra. And a surprise was in store for me. The owner, Gene Joseph, completed the Western States 100-Miler in the same year as I did, and his support crew included his wife, Jane. Mahendra connected with them upon returning to Tucson and they have remained friends ever since.

While in Tucson, I connected with George's daughter, Rebecca, and she took me on two runs along the Rillito River. It was Rebecca who informed me that the book festival scheduled to take place on Saturday had been canceled due to COVID-19. Disappointed but not dejected, I discovered a 5K in Phoenix that I could easily do before my red-eye flight that evening. It would end up being one of the last races in the state.

Sponsored by Heroes to Hometowns, the 5K took place in a small city park, and the proceeds went to honoring wounded military. When the race personnel discovered I was their farthest participant, they kindly gave me a bag of their freshly roasted coffee as a gift, and I certainly appreciated their generosity. The course was a double loop of grass, gravel, sidewalk, and asphalt. And most importantly, snake-free.

JOE & SUE MOORE MEMORIAL SCHOLARSHIP VIRTUAL 5K RACE

To benefit the Joe & Sue Moore Memorial PTC Scholarship Fund
Thursday, April 30, 2020

A Peninsula Track Club Grand Prix Event
FINAL STANDINGS

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						MEN: 55 - 59						WOMEN: 35 - 39					
1	1	LUKE TOMPKINS	WBG	15	17:05	1	6	GRATTAN GARBEE	LYN	57	20:02	1	32	JAIME LAWSON	HPT	37	27:16*
2	2	MARK TOMPKINS	WBG	44	17:24*	2	10	ORLANDO PEREZ	NNW	58	21:02	2	36	MARY HALL	GLC	38	27:44
3	3	FRANK LEONE	NNW	35	18:45*	3	12	ALAN VAN ZANDT	NNW	58	22:44*	3	45	REBECCA THAYER	HPT	38	29:56*
TOP OVERALL WOMEN						4	29	JEAN DUSSAULT	FL	59	26:55	4	47	RACHEL NOVAKOSKI	CHS	37	29:57*
1	7	CAROLINE BAUER	WBG	14	20:08	5	38	RICHARD BOWEN	HPT	55	27:53*	WOMEN: 40 - 44					
2	9	CLAIRE BAUER	WBG	15	20:34	6	54	STEVEN PETERS	YKT	55	31:43*	1	37	AMANDA COLLIER	YKT	40	27:50*
3	15	ERIN MACHIE	NNW	35	24:02	MEN: 60 - 64						2	57	JENNIFER LITTLE	YKT	40	32:16*
MEN: 10 AND UNDER						1	21	DANNY YOUNG	NNW	64	25:48*	3	67	NINA ULLRICH	HPT	41	38:47*
1	26	BRAXTON LEE	QTN	10	26:19*	2	23	MICHAEL LINGENFELTER	YKT	60	26:02*	WOMEN: 45 - 49					
2	30	JOSHUA EDWARDS	YKT	10	27:02*	3	50	SKIP COLE	PQN	64	30:49*	1	18	SUSAN HAGEL	NOR	47	24:45*
3	39	DYLAN AZALTOVIC	YKT	10	28:20	MEN: 65 - 69						2	31	MARIA RAMIREZ-GORTON	NNW	48	27:06*
4	60	KAI MANADERO	NNW	8	33:00*	1	20	JAMES GULLO	WBG	65	25:05*	3	42	EVELYN COOPER	WBG	48	28:45
MEN: 11 - 14						2	22	RICK PLATT	WBG	69	25:57*	4	71	STEPHANIE STANLEY	HPT	45	41:30*
1	14	JOSHUA GUTHINGER	YKT	11	24:00*	3	24	JAMES DEVIESE	YKT	68	26:03*	5	73	MARY HENRIE	YKT	45	42:00
MEN: 15 - 19						4	61	ANDREW MEDVEC	HPT	69	33:10*	WOMEN: 50 - 54					
1	4	DJ GUTHINGER	YKT	17	19:03*	5	74	BRUCE D DAVIS	YKT	66	42:40*	1	41	MANON GRONDIN	FL	54	28:44
MEN: 20 - 24						6	83	PETER NAVIN	HPT	65	54:59*	2	43	MICHELLE GRAU	NNW	51	29:22*
1	28	BRIAN MURPHY	NOR	24	26:32	MEN: 70 - 79						3	56	TARA DRESS	YKT	52	31:58*
MEN: 25 - 29						1	13	DALE ABRAHAMSON	YKT	70	23:54*	4	62	CATHERINE HARDEN	NNW	53	33:39*
1	11	DEREK COOK	WBG	28	21:28	2	64	JOSEPH L VERDIRAME	SUF	70	34:10*	5	69	ELIZABETH CARHART	NOR	52	39:39
MEN: 30 - 34						3	65	JOHN ADAMS	HPT	72	34:29	WOMEN: 55 - 59					
1	19	NICHOLAS KEY	HPT	32	24:59	MEN: 80 AND OVER						1	44	MARIA PETERS	YKT	55	29:45*
MEN: 35 - 39						1	80	ROBERT S WHITE	HPT	96	50:37*	2	46	VALOR FOY JONES	NNW	56	29:56*
1	5	CHRIS NOVAKOSKI	CHS	38	19:17*	2	82	PJ MENDOLA	NNW	88	54:29*	3	76	BETH BALDWIN	VA	59	45:30
2	8	JOHN EDWARDS	YKT	39	20:29*	WOMEN: 10 AND UNDER						WOMEN: 60 - 64					
3	25	JEFFREY HELLNER	WBG	38	26:09	NONE						1	53	THEA GANOE	HPT	62	31:40*
4	33	JONATHAN NONNEMACHER	HPT	36	27:38*	WOMEN: 11 - 14						2	55	KATHY GALLO	NNW	63	31:45*
MEN: 40 - 44						1	16	GRACE MANADERO	NNW	12	24:06*	WOMEN: 65 - 69					
NONE						2	17	RAQUEL MANADERO	NNW	14	24:26*	1	35	HELEN WORTHINGTON	BEN	65	27:39*
MEN: 45 - 49						WOMEN: 15 - 19						2	51	PATRICIA TRAVIS	WBG	68	31:00*
1	59	ARTHUR MERTZ	HPT	48	32:57*	1	77	LAURALEE BALDWIN	VA	15	45:30	3	58	DOTTIE HUMPHREYS	NNW	68	32:41*
2	68	ROD MANADERO	NNW	48	39:06*	WOMEN: 20 - 24						4	66	MARTHA GULLO	WBG	67	34:31*
3	70	DENNIS GUTHINGER	YKT	48	39:43*	NONE						5	75	SUSANNE MENDOLA	NNW	65	44:35*
4	72	CHRIS STANLEY	HPT	45	41:31*	WOMEN: 25 - 29						6	78	NANCY ATLEE	GLC	67	45:52*
MEN: 50 - 54						1	27	JAMIE COOK	WBG	28	26:26	7	79	KAREN SCHENCK	ARK	65	46:02*
1	34	JOSEPH ROTH	YKT	54	27:38	2	52	MINDY CRAIG	HPT	29	31:22	WOMEN: 70 AND OVER					
2	40	PAUL CLARK	HPT	51	28:40	3	81	LEMESHIA STEELE	CAR	29	53:05	1	63	BARBARA BIASI	YKT	72	33:43*
3	49	WILLIAM PALAGYI	SUF	54	30:29*	WOMEN: 30 - 34											
						1	48	ERIN GEDICKE	HAY	30	30:04*						

* denotes PTC member

Runner Doc



Daniel Shaye, DC, CCSP, FIAMA

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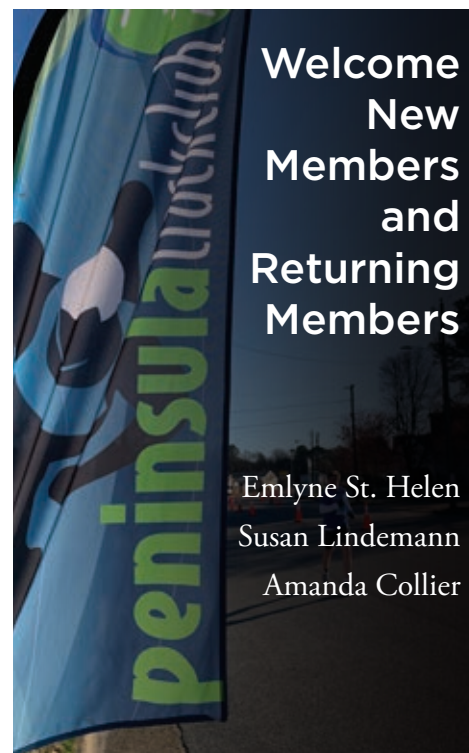
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229-4161

1307 Jamestown Road #103 • Williamsburg

Welcome
New
Members
and
Returning
Members

Emlyne St. Helen
Susan Lindemann
Amanda Collier



2020 PTC Grand Prix Standings (3 of 11 events completed)

MEN (QUALIFIED)

Name	run	vol	total
Chris Novakoski	31	19	50
Braxton Lee	28	3	31
Dale Abrahamson	20	3	23
P.J. Mendola	10	10	20
John Edwards	9	9	18
Randy Hawthorne	7	7	14
Robert S. White	10	3	13
John Gallo	7	6	13
Rod Manadero	9	3	12
Bruce Davis	6	6	12
Steve Peters	5	5	10
Peter Navin	5	5	10
Steve Amarillo	2	2	4

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Rick Platt	28	0	28
Joseph Verdirame	28	0	28
Joshua Guthinger	20	0	20
Christopher Laws	19	0	19
D.J. Guthinger	19	0	19
Will Palagyi	18	0	18
Alan Van Zandt	17	0	17
Skip Cole	16	0	16
Andrew Osborne	13	0	13
Jim Highsmith	12	0	12
Mark Tompkins	12	0	12
Frank Leone	11	0	11
Bill Dancy	10	0	10
Steven Kast	10	0	10
Jason Miller	10	0	10
Charles Terrell	10	0	10
Chris Geraghty	10	0	10
Ronald Kellum	10	0	10
Kai Manadero	10	0	10
Danny Young	10	0	10
James Gullo	10	0	10
Michael Gontesky	9	0	9
Larry Arata	9	0	9
Winston Trice	9	0	9
Michael Lingenfelter	9	0	9
George Fenigsohn	8	0	8
Christian Holter	8	0	8
Joe Day	8	0	8
Glenn Young	8	0	8
Joshua Edwards	8	0	8
Dennis Guthinger	8	0	8
James Deviese	8	0	8
Jonathan Nonnemacher	7	0	7
Chris Stanley	7	0	7
Andrew Medvec	7	0	7
John Scott	6	0	6
Bob Curtin Jr.	6	0	6
Rich Bowen	6	0	6
David Milby	3	0	3
Edward Rietscha	1	0	1

WOMEN (QUALIFIED)

Name	run	vol	total
Helen Worthington	28	27	55
Susan Hagel	30	22	52
Dottie Humphreys	17	16	33
Valor Foy Jones	19	6	25
Kathy Gallo	19	6	25
Jennifer Little	18	6	24
Amanda Collier	12	12	24
Barbara Biasi	20	3	23
Maria Peters	18	3	21
Erin Gedicke	15	3	18
Rachel Novakoski	14	3	17
Catherine Harden	7	7	14
Susanne Mendola	6	6	12

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Sheila Scotti	21	0	21
Thea Ganoe	19	0	19
Patricia Travis	18	0	18
Tara Dress	14	0	14
Jennifer Anderson	13	0	13
Megan Schulze	12	0	12
Pauline Ely	10	0	10
Karla Havens	10	0	10
Alyson Kast	10	0	10
Grace Manadero	10	0	10
Jamie Lawson	10	0	10
Raquel Manadero	9	0	9
Maria Ramirez-Gorton	9	0	9
Michelle Grau	9	0	9
Amie Singletary	8	0	8
Rebecca Thayer	8	0	8
Nina Ullrich	8	0	8
Katherine Scott	7	0	7
Christine Schaffner	7	0	7
Stephanie Stanley	7	0	7
Martha Gullo	7	0	7
Nancy Atlee	5	0	5
Mary Flaherty	4	0	4
Karen Schenck	4	0	4
Stephanie Eitzen	3	0	3

2020 PTC GRAND PRIX RACE SCHEDULE

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

GRAND PRIX UPDATE

Race points and volunteer points have been tallied through the **Joe & Sue Moore Memorial Scholarship Virtual 5K** held on **April 30**.

NEXT GRAND PRIX RACES

Joe-Zilla 5-Miler
July 11, 2020

GRAND PRIX RULE SUMMARY

Grand Prix points can be earned by **running Grand Prix races** and by **volunteering for any PTC race or Litter Getter**. No signup required—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 male and female runners in each five-year age group. Additional points awarded for male and female overall winners. There is no limit to the number of **racing points** that can be earned.

VOLUNTEERING

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

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

QUESTIONS?

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

The End of the Chute

It seems we are currently living, at least some of the time, in a virtual world. Whether it is online education, Zoom meetings, on-line gaming, watching virtual *NASCAR* and

A VIRTUAL WORLD

IndyCar races, or even a virtual *Kentucky Derby*, that's where we are. Virtual exercise has been around for awhile (from televised treadmill workouts to Peloton commercials), but it is now coming to the forefront like never before. And that goes for running, both indoors and outdoors.

Each January for the last few years, I have participated in a *Star Trek*-themed 5K virtual run put on by the Moon Joggers. With virtual race names like *Klingons Against Cancer 5K*, the *Delta Quadrant 5K*, and the *Resistance is Futile 5K* (with a finisher medal featuring a Borg mothership), these were perfect events for a fan of the *Star Trek* universe. Frankly, I signed up to get the cool Star Trek finisher medals like a *Klingon Bird-of-Prey*, a *Tribble*, or the *Starship Enterprise* itself. But signing up for these events prompted me to kickstart my training (such as it was) and get out to do at least 3.1 miles sometime after the first of the year.

In this new era of social distancing, I have seen many more virtual challenges cross my computer screen—ranging from virtual races similar to the *Moon Jogger* events to long-distance training events from companies including *virtualrun.com* and *yes.fit*. Virtual training events generally provide a lengthy and unique race venue that can be run in piecemeal fashion, with mileage accumulating until you reach a final goal, much like cross-country ultras.

One of these, from the *Conquerer Virtual Challenges*, caught my eye. It was a trek of

90 miles along the length of *Hadrian's Wall* in *England* near the Scottish border. Built by the *ancient Romans* during the reign of *Emperor Hadrian*, *Hadrian's Wall* spans the width of *England* from *Wallsend* near the *North Sea* in the east to *Bowness on Solway* and the *Irish Sea* in the west. Having never visited *Hadrian's Wall* but having an interest in the history of the *Roman Empire*, I thought this particular challenge was most inviting. And it didn't hurt that the finisher medal looked really cool as well.

Costs vary for these challenges, but they are generally in line with most running events. I was even able to order a customized T-shirt (optional, of course). Once entered, you have a start date for your challenge and a set period to complete it, in my case **84 days** for the **90 mile trek**. Updates to your mileage are easily made online or through a downloadable app on your phone. The day I signed up, I added my morning 5K and immediately received an "*attaboy*" message about being a fast starter. Similar encouragement comes as you attain various percentages of mileage.

But the most motivating thing I found is the course map. The route is laid out on *Google Maps* with a customizable "*pin*," which can display an uploaded picture showing your current location. You can zoom down and see the pins of other participants in front of and behind you as well. Click on your pin and you see your mileage, percentage complete, and a link to *Google Street View*.

Google Street View displays your surroundings along the route and embeds your pin in the scene. It's the next best thing to actually being there—a virtual tour of the *Hadrian's Wall Trail*. You can move up and down the trail as you wish using the *Google*

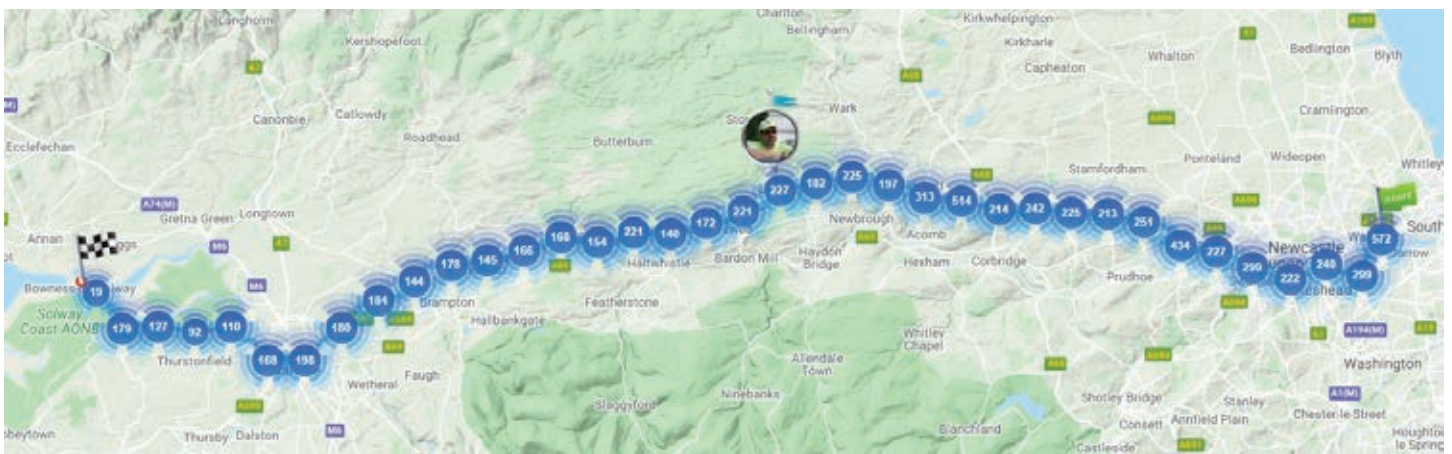
Street View tools and even see the pins of other runners in the process.

There are other virtual challenges available besides the **90-mile Hadrian's Wall**, both longer and shorter. For swimmers, the *English Channel* (**21 miles**) might be the ticket. There is also the *Inca Trail Marathon* (**26.2 miles** through *Machu Picchu* in *Peru*), the *Appalachian Trail* (**1,968 miles**), and for literally a cross country course, *Route 66* (**2,280 miles** from *Chicago* to *L.A.*) I have found this to be a truly a great training motivator.

Until recently, virtual events were like that—training motivators or, on occasion, a method for runners in far-away locations to participate in an event. We have had virtual runners, primarily deployed members of the military, running *PTC races* like the *Fort Eustis 10K*, *Mulberry Island Half-Marathon* and the *Colonial Half-Marathon*. But now, with the restrictions of *COVID-19*, virtual races are the thing.

The *PTC* just completed its first official virtual race, the *Joe & Sue Moore Memorial Scholarship Virtual 5K*, which replaced the physical race previously set for **March 28**. And the virtual turnout was actually **larger** than some past events—with **118 entries** and **83 runners finishing** and reporting their times.

The *PTC* has lost most of our races scheduled in **May** and **June**, the exception being the *Run for the Stage 5K*, which has also gone virtual. This includes the **first two Trailzilla races**, which benefited the *Friends of Sandy Bottom Nature Park*. So, to continue our support of the park, the club is looking to go virtual again with a *virtual Trailzilla*. The *Trailzilla Feel-Good Virtual 5K* will still **benefit the Friends of Sandy Bottom** and will be run





like the *Scholarship 5K*. You can sign up for the race at www.runsignup.com. Then sometime before **June 30**, run your 5K race, and record your time. You can make multiple attempts at your best 5K, but once you report your single finishing time, that will be considered your official time for the race. Then email your finishing time to ptcvirtualmarathon@gmail.com. Details on the *Trailzilla Feel-Good Virtual 5K* and the *Run for the Stage Virtual 5K*, which is also a virtual event, can be found on **Page 3**.

Both these virtual races will count toward the **2020 PTC Virtual Marathon**. If you don't know, the *PTC Virtual Marathon* is a marathon run on the *installment plan*. Just sign up for the *PTC Virtual Marathon* at www.runsignup.com and then run *any* timed PTC race; *Grand Prix race, non-Grand Prix race, PTC Virtual race* or *timed Fun Run*—any event where you are timed for a specific distance. Your goal is to run races totaling a *distance of at least 42K*. Once you hit 42K, you have *completed the*

virtual marathon! We are up to 10 virtual marathoners so far. Add your name to the mix. And given the constraints on racing in the COVID-19 era, *sign up for the PTC Virtual Marathon by July 4*, and *all PTC events, virtual or not, already run in 2020 will count toward your 42K total*. Finisher medals will be awarded at the end of the year.

So you've heard about my virtual training. Now it's your turn. Tell us how you are navigating socially distanced running. Everyone has a story to tell, and I'm sure there are more than a few frustrated writers out there. You have the time. You have the topic. *Tell us a tale.*

In the meantime, I'll see you all from Hadrian's Wall. Stay safe, everyone.



Later...
Bruce Davis
Newsletter Editor

2020 PTC VIRTUAL MARATHON

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

How it works:

- Sign up for the PTC Virtual Marathon at www.runsignup.com or link at the PTC website: www.peninsulatrackclub.com.
- Run any timed event on the Peninsula Track Club schedule and receive credit for the distance/time run. **For 2020, any official Virtual PTC events will be included.** (For distance credits, see chart below.)
- Run PTC events totaling 42K or more and you are a FINISHER in the PTC Virtual Marathon.
- Run additional PTC events beyond 42K to improve your Virtual Marathon finishing time.
- Sign up by July 4, 2020 and all PTC events, including virtual runs, already completed in 2020 will count towards your 2020 Virtual Marathon finishing time.

Virtual Marathon Entry Fee:

- \$15 for PTC members
- \$35 for non-members (fee includes one-year PTC membership)

All Virtual Marathon Finishers receive a unique finisher medal.

Custom awards for top 3 finishers.

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

PTC VIRTUAL MARATHON STANDINGS (through May 10, 2020)

Finish Line—42K

39K:	Braxton Lee	10 M 3:52:30
34K:	Erin Gedicke	30 F 3:31:38
31K:	Susan Hagel	47 F 2:40:08
	Rick Platt	69 M 2:40:13
21K:	Amanda Collier	40 F 2:07:03
	Barbara Biasi	72 F 2:18:29
	Dawn Rolph	44 F 2:19:50
15K:	Dale Abrahamson	70 M 1:10:39
13K:	Maryanne Lee	36 F 1:22:19
10K:	Kathy Gallo	63 F 1:12:41



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 June 15, 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.
6. If a requested supplemental document cannot be provided due to current COVID-19 restrictions, please attach a letter of explanation.

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 June 30, 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 Chair at the address provided.



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:

No live events before June 10
Events June 10 and later tentative

Joe-Zilla 5 Miler – July 11

Coast Guard Day 5K – July 25

Predict Your Time 5-Miler – Aug. 4

Fast & Funky 5K – August 8

Lake Matoaka 4.3 Miler – August 11

Swamp Bridge 5K – August 18

Smart Smiles 5K – August 22

Mulberry Island Runs – Sept. 12

Poop Matters 5K – September 26

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:
Virtual Stuffing
June 18 (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). The June stuffing will be virtual with no host. Hopefully we will resume regular newsletter stuffings in July. *Future stuffing dates* include: **Thursday, July 23** (open), **Thursday, August 27** (open), **Thursday, October 1** (Laura Cvitanovich) and **Thursday, November 5** (Debi Henderson), **Thursday, December 17** (open) **Thursday, January 21** (open) and **Thursday, February 25** (open).



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

PTC MEMBERSHIP DISCOUNTS

All area codes are 757 unless otherwise stated.

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

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

Sporting Goods/Running Stores

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

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

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

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

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

Fitness Centers and Services

In Motion Therapy and Sports

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

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

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

Performance Chiropractic & Acupuncture — 1307 Jamestown Road, Ste. 103, Williamsburg; (229-4161)

Runner's Diagnostic Questionnaire and/or Performance Chiropractic T-shirt for new chiropractic or acupuncture patients.

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

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

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

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

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



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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

"RUN OFTEN. RUN LONG. BUT NEVER OUTFRAN YOUR JOY OF RUNNING."

— JULIE ISPHORDING

Peninsula Track Club Membership Application

☐ Membership is for myself ☐ Membership is a gift for: _____

Name: _____ Gender: ☐ M ☐ F New Member ☐ or Renewal ☐

Address: _____ Date of Birth: _____

City/State/Zip: _____ T-shirt size (new members only): ☐ S ☐ M ☐ L ☐ XL

Phone: Home _____ Email _____ (to receive club announcements)

Membership Fees: One-Year Two-Year Three-Year PTC Adopt-a-Family Contribution (optional):\$ _____

Individual ☐ \$20 ☐ \$35 ☐ \$50 Membership Fee: \$ _____

Family ☐ \$25 ☐ \$45 ☐ \$65 Total Amount Enclosed: \$ _____

(Make checks payable to Peninsula Track Club)

Name: (additional names for Family Membership)

Gender: Date of Birth:

M F
M F
M F

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

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

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

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

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



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

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ADDRESS SERVICE REQUESTED

UPCOMING PTC EVENTS

Because of restrictions on gatherings due to COVID-19, there will be no PTC events prior to June 10. All listed events should still be considered tentative for the time being.

MAY

30 Run for the Stage Virtual 5K

JUNE

30 Trailzilla Feel-Good Virtual 5K

JULY

11 Joe-Zilla 5-Miler (PTCGP event)

11 PTC Potluck Post Race Picnic

25 Coast Guard Day 5K (PTCGP & HRSuperGP event)

AUGUST

4 Tom Ray Memorial Predict Your Time 5-Miler

8 Fast and Funky 5K



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