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

ON YOUR MARK

OCT/NOV 2020

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MARK YOUR CALENDAR

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RACING IS ON HOLD, BUT RUNNING STILL HAPPENS

The Peninsula Track Club

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

Welcome again and have a safe and healthy running season!

ON YOUR MARK

BRUCE DAVIS, Editor
Steve Amarillo, Graphics Editor

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

ADVERTISING RATES FOR 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 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.

Contributors

October/November 2020 issue:
Steve Amarillo, Helen Worthington
Bruce Davis, Steve Peters, Mike Thomas
Dale Abrahamson, Judy Townsend
Wally and Kathy Egger, Rick Platt

Newsletter Deadline!

To include flyers, articles, ads or news in the ***December 2020/January 2021 issue*** of ***On Your Mark***, (virtual stuffing on *December 17*), email Bruce Davis (weatherwizard1@juno.com) no later than ***December 9***.

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**
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, **website**
PTC	Peninsula Track Club, P.O. Box 11116, Newport News, VA 23601, **www.peninsulatrackclub.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 Runhers, **https://www.facebook.com/DCRunhers/**

COMING UP 2020 2021

Race Days 2020–21 Peninsula Track Club Road Racing Schedule

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

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

RACE CANCELLATIONS

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

HCA 5K the Warrior Way
Sat., November 14

VIRTUAL RACES

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

Run with the Son for Haiti Virtual 5K

Results Deadline: Sunday., Dec. 6
Running Man Subdivision
York County, Va.
PTC Virtual Grand Prix Event
Judy Townsend, (757) 876-2417
email: Judy.Townsend@verizon.net
www.stkaterirun.com
Enter at https://www.raceentry.com/races/virtual-runwalk-with-the-son-for-haiti-5-k/2020/register

Gloucester Virtual 3K and 8K Run/Walk

Results Deadline: Sat., March 27
Gloucester High School, Gloucester, Va.
Mike Jenkins, (804) 824-4146
email: mickj1@cox.net
Helen Worthington, (804) 642-5998
email: rhworthington@cox.net

PTC Virtual Marathon

Results Deadline: Thurs., December 31
Sign up anytime in 2020 and all timed PTC races and fun runs completed in 2020 will count toward your marathon distance/time.
Bruce Davis, (757) 989-0072
email: weatherwizard1@juno.com
Signup: PTC Virtual Marathon

LIVE RACES

NOVEMBER

7–8 17th Annual Virginia 24-Hour Run

Sat., November 7–8, 7:00 a.m.
(***USATF cert. VA12075RT***)
Sandy Bottom Nature Park, Hampton Va.
(***individuals or teams of 2 to 12***)
George Nelsen, (757) 879-4159
email: nelsengeorge@msn.com
http://va24hourrunforcancer.com

14 Riverwatch on the Piankatank 5K

Sat., November 14, 2:00 p.m.
Riverwatch subdivision, Gloucester, Va.
PTC Grand Prix Event
Hampton Roads Super Grand Prix
Karen Schenck, (571) 224-5450
email: schenckk@gmail.com
Enter at https://runsignup.com/Race/VA/Gloucester/RiverwatchonthePiankatank5K

26 Fast Before the Feast 4K*ish* & Virtual 5K

Thurs., November 26, 8:30 a.m.
(4K limit: 200; no race-day registration)
Mariners' Museum Warwick Field
Newport News, Va.
www.peninsulatrackclub.com
Enter at https://runsignup.com/Race/VA/NewportNews/FastBeforetheFeast5K

DECEMBER

5 Yorktown Battlefield 10-Miler

Sat., December 5, 10:00 a.m.
(10-Miler USATF cert. VA12072RT)
York High School, Yorktown, Va.
PTC Grand Prix Event
Hampton Roads Super Grand Prix
www.yorkcountylionsclub.org
Lion Frank Alcorn, (318) 331-3600
email: frankalcorn@gmail.com
Enter at https://runsignup.com/Race/VA/Yorktown/YorktownBattlefield10Mileand5KRuns

JANUARY 2021

1 New Year's Day 5K

Fri., January 1, 2021, 10:00 a.m.
Newport News Park, Newport News, Va.
Thomas Tate, (757) 870-0429
email: thomas.tate21@gmail.com
email: thepeninsulatrackclub@gmail.com

23 Menchville Winter Chill 5K

Sat., January 23, 2021, 9:30 a.m.
Menchville High School
Newport News, Va.
Joe Biava, (757) 328-4992
email: Juanvaldez345@gmail.com
Jennifer Jarrett
email: Jennifer.Jarrett@nn.k12.va.us

FEBRUARY

13 10-Mile Run for the Heart

Sat., February 13, 2021, 9:00 a.m.
(USATF cert. VA12072RT)
York High School, Yorktown, VA
John Edwards, (757) 876-8386
email: murmur291@gmail.com

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Upcoming Events

DELAYED EVENTS

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

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

NOVEMBER 15
PTC ADOPT-A-HIGHWAY LITTER GETTER

The next ***PTC Adopt-a-Highway Litter Getter***, which was delayed from last month, will be on ***Sunday morning***, ***November 15***. ***Start time*** for the litter pick-up is ***8:00 a.m. Meet at Yorktown Middle School just off Route 17 on Goosley Road***. Help us clean up our adopted section of highway (***Goosley Road/Route 238*** and **Old Williamsburg Road** near the Yorktown waterfront/battlefield) and earn ***PTC Grand Prix volunteer points***. Litter bags and safety vests will be provided, but ***please bring gloves to protect your hands and masks to protect your face***. For info, contact **Amanda Collier** at ***870-5159***.

THOUGHTS FROM THE PTC PRESIDENT

Calling all **PTC Volunteers!** My theme for this month's newsletter is **PTC Volunteer Opportunities.** Another month has passed with no "live" PTC races, but I'm excited about our upcoming live races in November and December!

The City of Hampton has placed some restrictions on the ***Virginia 24-Hour Run for Cancer*** to be held at Sandy Bottom Nature Park on November 7–8, but the race will happen. Spectators are discouraged and unlike previous years, pacers are allowed only after dark for runners 70+ years of age. Volunteers have already been informed of their scheduled times, and George Nelsen will reach out if he needs any additional volunteers.

We'll definitely need to get back into PTC volunteer mode beginning November 14 for the ***Riverwatch on the Piankatank 5K,*** a PTC Grand Prix and Hampton Roads Super GP event. This afternoon race should be a great event and supports a great cause, the Special Olympics of Virginia, hosted by Karen Schenck and the Ice-aholics Polar Plunge Team. Please consider this **PTC Volunteer Opportunity** or run this race.

Our ***Fast Before the Feast 4K*(ish)** live race is capped at 200 (and filled up quickly!), but the Virtual 5K is open to all. Jaime Cox, Steve Amarillo, and their team have put together a great event with another important cause to support—the Virginia Peninsula Foodbank. Please consider registering for the race and supporting this **PTC Volunteer Opportunity.**

Hopefully you've heard that this year's ***Yorktown Battlefield 10-Miler,*** hosted by the Lions Club, was rescheduled for December 5, 2020. The race is capped at 200 runners and is both a PTC Grand Prix and Hampton Roads Super Grand Prix event. This is definitely a big **PTC Volunteer Opportunity** to support the finish line and make it a success.

Another recurring **PTC Volunteer Opportunity** is the ***Litter Getter,*** our Adopt-a-Highway cleanup led by **PTC Volunteer** Amanda Collier. It was postponed due to weather and moved to November 15.

We had good turnouts for our first three PTC Pub Runs, but with the change to standard time, we're losing too much daylight to safely continue through the winter months. Maria Peters will spread the word when she schedules our next pub run in the spring.

Maria is also looking at how and if we can safely hold our PTC Annual Awards Banquet, currently scheduled for January 16, 2021. Members will receive a "Survey Monkey" email asking for input so we can make an informed decision on our options based both on member feedback and CDC/Virginia Department of Health guidelines.

The always popular PTC Intervals are coming to a close. Thanks especially to **PTC Volunteer** coach Robert Trujillo for his time and expertise this year through the pandemic to keep intervals going. For those who enjoy the challenge, look for details on PTC Wintervals.

In the coming weeks we will open the "PTC Catalog" through Colonial Sports that will allow individuals to order a variety of gear with the PTC logo, including jackets, hoodies, hats, running shorts, singlets, and other gear. Look for an email and a link on our PTC website when we go active for ordering.

By the time you read this newsletter our national and state elections will likely be behind us. Regardless of where you stand on the political spectrum, please pray for our country that we will move forward peacefully and heal the wounds that divide us. In the spirit of Joe Harney, please pray for our country, our elected officials, our military, and first responders. As the impacts of COVID-19 continue, please also pray for our healthcare workers, for those most vulnerable to the disease, for healing for those who contract it, and for small businesses across our country and local businesses negatively impacted by it, that they may recover also. As always, stay active and healthy and, for the sake of our entire nation, please follow guidance by local and state officials in the practice of social-distancing and mask-wearing so we can move beyond the impacts of this horrible virus. Thank you again to our amazing race directors for your efforts in putting on live, safe races and to my fellow PTC board members for helping to steer our club through these turbulent times—and I will thank in advance our selfless **PTC Volunteers** who I know will help us make these upcoming races a success for the host organizations and their supported charities.

Steve Peters
PTC President

Races in Other Places

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

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

October 31
Queens Lake 5K
New Quarter Park, Williamsburg, Va.
Hampton Roads Super Grand Prix
Colonial Road Runners
Paul Pelletier, (757) 253-0625
ppellitier4@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

November 7
Outer Banks Virtual Marathon, Half-Marathon, 8K & 5K
Kitty Hawk to Roanoke Island, N.C.
Outer Banks Sporting Events
(252) 255-6273 www.obxse.com
www.outerbanksmarathon.com

November 7-22
VCU Health Richmond Virtual Marathon, Half-Marathon & 8K
Richmond, Va.
Richmond Sports Backers (804) 285-9495
Virtual chip timing with RunSignup.com
email: marathon@sportsbackers.org
www.richmondmarathon.com

November 21
Tidewater Strider Marathon & Half-Marathon (Live and Virtual)
1200 Dismal Swamp Canal Trail
Chesapeake, Va.
Tidewater Striders
Info: orangerunning@yahoo.com
www.tidewaterstriders.com

November 21
JFK 50-Miler
Boonsboro, Md.
Mike Spinnler (301) 739-7004
email: spinnlem@msn.com
www.jfk50mile.org

November 26
Turkey Trot 10K – Event 1 (Live and Virtual)
Dismal Swamp Canal Trail
Chesapeake, Va.
(***limited to 220 runners***)
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

November 28
Turkey Trot 10K – Event 2
Dismal Swamp Canal Trail
Chesapeake, Va.
(***limited to 220 runners***)
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

December 6
Christmastown Dash Virtual 8K
Busch Gardens, Williamsburg, Va.
Flat-Out Events
email: raceteam@flatoutevents.com
Info: (757) 880-8843
www.flatoutevents.com
www.christmastowndash.com

December 6
Blue & Gray Half Marathon & 5K
Central Park, Fredericksburg, Va.
(540) 310-4803 email: vix@farc.org
www.runfarc.com www.runsignup.com

December 12
Sentara Sleighbell 5K
Geddy Outpatient Center
Sentara Hospital, Williamsburg, Va.
Hampton Roads Super Grand Prix
Colonial Road Runners
Rick Platt, (757) 345-1431, (757) 229-7375
email: rickplatt1@juno.com
www.colonialroadrunners.org
Jim Elder (757) 253-0277
email: Jim@colonialsportscustom.com

December 19
Outer Banks Jingle Jog 5K & 10K
The MarketPlace Shopping Center
Southern Shores, NC 27949
www.theobxrunningcompany.com

January 9
Striders Distance Series 10-Mile & 6-Mile Runs
Dismal Swamp Canal Trail
Chesapeake, Va.
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

January 30
Striders Distance Series 15-Mile & 10-Mile Runs
Ft. Monroe, Hampton, Va.
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

February 13
Love on the Run 5K
Sanctuary Vineyards, 7005 Caratoke Hwy.
Jarvisburg, NC 27947
www.theobxrunningcompany.com

February 27
Striders Distance Series 20-Mile & 12-Mile Runs
Dismal Swamp Canal Trail
Chesapeake, Va.
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

March 6
Rumba on the Lumber 5K
Lumberton, N.C.
www.robesonroadrunners.com
Info: (910) 671-3869 www.active.com

Come Run with Us

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

PTC WEDNESDAY INTERVALS

With the end of daylight saving time, the Wednesday evening ***PTC Intervals*** at the ***Tabb High School track*** become the ***PTC Wintervals*** under the ambient light of the Tabb athletic fields**.** The only thing that changes is the name. This is training for runners of all abilities. Everyone welcome. Social distancing in accordance with current COVID-19 guidelines will be followed. For info, check out the PTC website, PTC Facebook page or contact ***Coaches*** **Robert Trujillo** or **Christine Schaffner.**

Location: Tabb High School track
Wednesdays – 6:00 p.m.
(check: ***www.peninsulatrackclub.com***)
Info: Robert Trujillo, 927-5004.
email: tree_n_3@msn.com
Christine Schaffner, 898-3258

Welcome New Members and Returning Members

Elizabeth Boys Jorlett

David Landry

Debbie McHugh

Susan Sorlie

Carolyn Harrison

Thomas Tate

Guy Levy

Robin Levy

Josephn Roth

Ed Rietscha

Jim Christol

Donna Christol

PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

September 2020

Checking Account Balance 8/31/2020			***$ 9,225.65***
September Revenue (Income)			
Membership Dues	$	275.00	
Race Income (Trailzilla Virtual 5K)		38.55	
Race income (Virtual Marathon)		15.00	
Adopt-A-Family		35.00	
Total Income:	***+ $***	***363.55***	
September Operating Expenses			
Newsletter Printing	$	164.98	
Newsletter Postage		37.80	
Fun Run Expenses		17.56	
Litter Getter Expenses		58.13	
Total Operating Expenses:	***– $***	***278.47***	
Net Income Gain/Loss (***Checking***)			***$ 85.08***
Checking Funds Available 9/30/2020			***$ 9,310.73***

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

MAKES A GREAT HOLIDAY GIFT!

End of the Rainbow

Road races have not been the only casualty of the COVID-19 pandemic. For over 30 years, the Peninsula Track Club has relied on Rainbow Racing as a primary source for racing bibs, safety pins, stringers—basically, everything an organization would need to put on and score a race. Unfortunately, a recent internet search for racing bibs resulted in the posting you see below. Rainbow Racing apparently shut down late in the summer. But their closing website message displays an organization that has contributed greatly to the sport of road racing for decades.

RAINBOW RACING
EST. 1982

Sorry…this site is closed

After 38 years of producing and selling numbers and supplies for running, XC, cycling, mountain bike, shooting, rodeos, tryouts, auctions, lawnmower races and any other event you can imagine, Rainbow Racing System is quitting business.

Covid-19 has bitten the running industry in the butt big-time. Hopefully, 2021 will see a return of large running and cycling events across the country and life will be better for everyone. We are constantly asked if we will be back printing next year. All we can say is, time will tell. Keep checking our site – we'll keep you updated if anything changes.

It was 1982 and the Running Boom was just starting, but the only numbers available were non pull tag track numbers. There were no bibs with pull tags, no barcodes, no hand held stopwatch printers, no timing companies and no timing chips. Everyone putting on a road race was coming up with their own ideas on how to time and find the age group winners.

Wally Egger started Rainbow Racing System with an idea. An avid runner and marathoner, he started working finish lines for area events and quickly realized that a better system was needed. People didn't want to wait for 2 hours after a race to find out how they had placed.

Wally invented the pull tag race number with a perforated strip that could be torn off in the finish chutes. Along with that, color coded stickers for the various age groups were affixed to each runner's pull tag depending on his/her age group. When the runners came through the finish chutes and their tags were collected in the order of finish, the results crew looked for the first 3 tags collected for the color assigned to each age group. Easily, you could find your age group winners before the last person crossed the finish line. From there, you could also determine times with the help of a Chronomix (later Seiko) timer, clock and timing team. This was "old school", mostly done by hand and amazingly accurate!

He started Rainbow as a "one stop shop" for race directors and coaches, developing many of the products himself. As a featured speaker at the national RRCA convention and races nationwide, he presented the pull tag number and how to score events using a multiple chute system. And here in Spokane, WA, he was Bloomsday's finish line director for many years having developed the timing system for Bloomsday's 60,000 runners - all before the "chip" was ever invented.

So now, many years, races, conventions, finish lines and customers later, we say good-bye. It's been a great run. Thank You to all our great customers for your business and support throughout these years. Keep running, keep putting on events and stay safe!

Wally & Kathy Egger

Running with Wildlife in the Age of COVID by Dale Abrahamson

The age of COVID has dramatically changed the lives of men and women across the globe. What about the wildlife that inhabit this a planet with us? During my weekly neighborhood runs, mallard ducks normally fly away when anyone approaches them. Beginning in mid-March they did not fly away as I approached. Instead, the drake and hen sized me up and waddled off the road. As spring marched on the mallards didn't even move as I approached. Instead, they waited for me to change course. Wildlife at the Yorktown Battlefield were unfazed by my shuffling feet, heavy breathing, spitting, and clearing my nasal passages on the fly. In fact, during a virtual race beginning from a view point on Surrender Road near the entrance to the Surrender Field parking lot, two deer stepped out of the woods and watched my slow steady approach. As the distance between us closed, their ears began to twitch. Suddenly they stepped on to the race course, gauged my speed and trotted across the road. It appeared they were unimpressed by my snail-like effort. At least an eastern box turtle paused as I thundered by.

With the daytime temperatures rising and the humidity increasing, it was time for our annual migration north to upstate New York. Because of COVID, we doubled the amount of time we normally spend on the northern end of Lake George. Running along Black Point Road toward Ticonderoga, it became obvious animal behavior had changed dramatically since last year. In July the two porcupines I encountered paid no attention to my passage. On several days a black rabbit sitting underneath a bush four feet from the edge of the road and 0.8 mile from our camp watched my passage and return. In early August I found myself in the midst of a Canada geese traffic jam. A gray pickup had passed me just before the road dropped down next to the lake. Two minutes later the truck came to a screeching stop as a gaggle of 35 geese waddled down the road toward Ticonderoga. Behind the truck, a lake side owner backed his red pickup onto Black Point Road and started toward town. As I approached the traffic jam, the second vehicle stopped behind the slow moving green truck; he abandoned his vehicle and began yelling and chasing the geese. As the geese parted and the gray truck pulled away, I slipped by the herdsman. On my right, one adult goose was waddling on a low brick wall. It picked the pace and matched my speed. For 10–15 yards we stayed side by side until the goose ran out of juice and I ran on. Two-tenths of a mile later, a gang of turkeys appeared in an apple orchard on my left. Four adults and six young turkeys angled away from the road, as six more young turkeys bobbed and weaved out of the tall grass not more than four feet away from me.

"On my right one adult goose was waddling on a low brick wall. It picked the pace and matched my speed. For 10–15 yards, we stayed side by side until the goose ran out of juice and I ran on."

Two weeks later on the opposite side of the road not a tenth of a mile from the apple orchard, a larger gang of twenty-four turkeys (six adults and 18 young turkeys) tacked back and forth like ships in a waving sea of grass. Two weeks later on the last run of our extended vacation, I decided to cut the run short. A half-mile into the return leg, as I ran into traffic, a reinforced turkey gang appeared on my left no more than 15 feet away. Out a three-foot-wide strip of tall grass next to the road, young turkeys burst forth and re-formed the flotilla. Though I put on the brakes, the turkeys continued on course across a well maintained yard. By the time I pulled out my cell phone and brought it back to life, the twenty-plus turkey flotilla had reached a children's swing set. The gang leader paused briefly then executed a 90-degree left turn in front of a white outbuilding. That's when I began taking pictures. Once the adult turkeys cleared the building, the flotilla swung 90 degrees to the right and began entering the woods. Without making a sound the gang slipped away.

The days of northern exposure had come to a satisfying end. Much like the Canada geese that flew south, we prepared to follow suit. What awaits us? Who knows? Maybe the descendants of that gang of Virginia turkeys I ran behind on a section of Surrender Road over a decade ago will watch the runners and walkers and decide to join in.

38TH ANNUAL

MULBERRY ISLAND VIRTUAL HALF-MARATHON AND 5K

Saturday, September 30, 2020
A Peninsula Track Club Event

HALF-MARATHON RESULTS

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	RAYMOND STALEY	35	FEU	1:53:37
2	3	MIKE THOMAS	61	NNW	2:20:34*
3	8	BRAXTON LEE	11	QTN	2:30:30*
TOP OVERALL WOMEN					
1	2	SUSAN HAGEL	47	NOR	2:10:01*
2	4	HELEN WORTHINGTON	66	BEN	2:24:20*
3	5	AMANDA COLLIER	41	YKT	2:25:50*
MEN: NO AGE GROUP RESULTS					
WOMEN: 34 AND UNDER					
NONE					
WOMEN: 35 - 39					
1	9	CRISTINA SIMKINS	38	YKT	2:32:06
WOMEN: 40 - 44					
1	6	JENNIFER LITTLE	41	YKT	2:26:33*
WOMEN: 45 - 54					
NONE					
WOMEN: 55 - 59					
1	7	VALOR FOY JONES	57	NNW	2:29:52*
2	10	MARIA PETERS	55	YKT	2:33:53*
WOMEN: 60 AND OVER					
NONE					

* denotes PTC member

5K RESULTS

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	ORLANDO PREEZ	58	NNW	21:23
2	2	BRENDEN ALLEN	35	NNW	27:03
3	3	SAM OCHINANG	34	WA	27:23
TOP OVERALL WOMEN					
1	4	VALOR FOY JONES	57	NNW	29:29*
2	7	TERESA MARKLEY	51	NNW	38:50
3	8	TAMARA KREPPS	47	NNW	46:17
MEN: 19 AND UNDER					
1	5	JOSHUA KREPPS	13	NNW	33:02
MEN: 20 - 54					
NONE					
MEN: 55 - 59					
1	6	JOHN MARKLEY	55	NNW	37:18
MEN: 60 AND OVER					
NONE					
WOMEN: 24 AND UNDER					
NONE					
WOMEN: 25 - 29					
1	10	KAYLEE TACKETT	28	FEU	58:08
WOMEN: 30 - 34					
NONE					
WOMEN: 35 - 39					
1	9	AMANDA STALEY	35	FEU	58:03
WOMEN: 40 AND OVER					
NONE					

* denotes PTC member

PTC VIRTUAL MARATHON

There's still time to register for the PTC Virtual Marathon. Register before December 1 and the times and distances for any PTC race (live race, virtual race, timed fun run) previously run in 2020, will count towards your 42K finish and this PTC Virtual Marathon Finisher medal!

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 PTC schedule and receive credit for the distance/time run. ***For 2020, any official Virtual PTC events will be included.***
- Run PTC events totaling 42K or more and you are a FINISHER in the PTC Virtual Marathon.
- Run additional PTC events beyond 42K to improve your Virtual Marathon finishing time.
- Sign up anytime before December 1, 2020 and all PTC events, including virtual runs, already completed in 2020 will count toward your 2020 Virtual Marathon finishing distance/time.

Virtual Marathon Entry Fee:

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

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

Event Distance = Distance Credited
3K = 3K; 4K = 4K; 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 October 22, 2020)

Finish Line—42K

42K

Susan Hagel		47 F	4:00:39
Braxton Lee		10 M	4:19:13
Valor Foy Jones		57 M	4:27:15
Amanda Collier		41 F	4:32:04
Erin Gedicke		30 F	4:33:44
Rick Platt		70 M	4:35:17
Maria Peters		55 F	4:46:58
Bob Curtin Jr.		67 M	6:40:22

31K

Maryanne Lee		36 F	3:19:45

25K

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

21K

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

15K

Kathy Gallo		63 F	1:45:41

PTC Virtual Marathon Signup
https://runsignup.com/Race/VA/NewportNews/PTCVirtualMarathon

2020 PTC Grand Prix Standings (5 of 9 events completed)

MEN (QUALIFIED)

Name	run	vol	total
Braxton Lee	49	16	65
Chris Novakoski	31	19	50
Rick Platt	28	8	36
Dale Abrahamson	31	3	34
Randy Hawthorne	17	17	34
Bruce Davis	16	16	32
Robert S. White	20	3	23
P.J. Mendola	10	10	20
Mike Thomas	12	6	18
John Edwards	9	9	18
James Gullo	10	6	16
John Gallo	7	6	13
Rod Manadero	9	3	12
Rich Bowen	6	6	12
Steve Peters	5	5	10
Peter Navin	5	5	10
Steve Amarillo	2	2	4

MEN (NOT YET QUALIFIED)

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

WOMEN (QUALIFIED)

Name	run	vol	total
Susan Hagel	55	44	99
Helen Worthington	50	30	80
Maria Peters	37	27	64
Jennifer Little	38	16	54
Dottie Humphreys	26	16	42
Valor Foy Jones	29	6	35
Erin Gedicke	25	3	28
Barbara Biasi	20	6	26
Kathy Gallo	19	6	25
Amanda Collier	12	12	24
Rachel Novakoski	14	3	17
Catherine Harden	7	7	14
Martha Gullo	7	6	13
Susanne Mendola	6	6	12
Christine Schaffner	7	3	10
Karen Schenck	4	4	8

WOMEN (NOT YET QUALIFIED)

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

2020 PTC GRAND PRIX RACE SCHEDULE

Menchville Winter Chill 5K

10-Mile Run for the Heart

Joe & Sue Moore Scholarship 5K

Smart Smiles Virtual 5K

Mulberry Isl. Virtual Half-Marathon

Riverwatch on the Piankatank 5K

Run with the Son for Haiti Virtual 5K

Yorktown Battlefield 10-Miler

Raptor Chapter Ugly Sweater 5K

GRAND PRIX RULE SUMMARY

The **Peninsula Track Club Grand Prix Race Series** is designed to encourage participation in ***PTC events***, promote competition, reward volunteerism and recognize long-term running performance. Grand Prix points are earned by ***running designated Grand Prix races*** and by ***volunteering*** for ***any PTC race or Litter Getter***. If you are a PTC member and run a Grand Prix race or volunteer, you automatically earn points. However, ***in order to qualify for a Grand Prix racing award, you must volunteer for an event at least once during the year***.

GRAND PRIX SCORING

RACING

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

VOLUNTEERING

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

- ***Double points for two-race events or special events***—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.

GRAND PRIX UPDATE

Race points and volunteer points have been tallied through the ***Mulberry Island Virtual Half-Marathon*** ending on ***September 30***.

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

COVID-19

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

The End of the Chute

AT LAST—RACES

When the ***Colonial Road Runners*** were first restarting live road races, **Rick Platt** wrote an article making several observations about runners, health, and the ***Coronavirus***. Rick noted the following:

"…of all the recreational sports, running road races outdoors is one of the safest of all these activities. First, being outdoors makes a huge difference compared to being indoors, in terms of the danger of transmission, as any viral particles get diluted to infinity by the atmosphere."

"Second, anyone actually suffering the worst effects of COVID-19 will be very unlikely to want to participate in a strenuous physical activity." Both valid points, but I would like to add a caveat to the second one.

About six months after I first started running races (***1989*** *for those of you keeping track*), I signed up for my ***very first 10K***, the ***Turkey Trot 10K***, a ***Thanksgiving*** morning race put on by the ***Tidewater Striders*** at ***Mount Trashmore*** in ***Virginia Beach***. When the racing bug hits, it can be quite strong, and you simply do not want to miss a race once you've sent in your entry fee. I wanted to give this longer distance a go. And besides, the T-shirt looked cool.

But the week before ***Thanksgiving***, I felt something coming on—perhaps a case of the sniffles. Should you run or not run in this situation. **Dr. Edward R. Laskowski** of the ***Mayo Clinic*** states, "*Mild to moderate physical activity is usually OK if you have a common cold and no fever. Exercise may even help you feel better by opening your nasal passages and temporarily relieving nasal congestion.*"

The ***Mayo Clinic*** also advises:

- *"Exercise is usually OK if your symptoms are all "above the neck." These signs and symptoms include those you may have with a common cold, such as a runny nose, nasal congestion, sneezing, or minor sore throat.*
- *Don't exercise if your signs and symptoms are "below the neck," such as chest congestion, a hacking cough, or upset stomach.*
- *Don't exercise if you have a fever, fatigue, or widespread muscle aches.*"

"***Let your body be your guide***" is the basic principle. "*If you do choose to exercise when you're sick, reduce the intensity and length of your workout. If you attempt to exercise at your normal intensity when you have more than a simple cold, you could risk more-serious injury or illness.*" But here's the thing: runners sometimes think running is an ***be-all***, ***end-all***, and possibly ***cure-all*** for what ails you. And a runner who really wants to race may not objectively analyze how they are feeling.

So, like many runners, I just pushed through and ran that ***Turkey Trot 10K***. But after the race I never really felt that good. A visit to the doctor a few days later resulted in a diagnosis of ***bronchitis,*** which then developed into ***pneumonia***. The result—a week of bedrest, several antibiotics, and over a month off from running. In retrospect, it was apparent that I should have simply skipped the 10K. I likely sucked germs and phlem into my lungs during the race, making my condition worse than it had to be. Bottom line, discretion can be the better part of valor—it is simply better to lay off, lay out, and get over what ails you.

Today we are dealing with a pandemic that appears to be more contagious with possibily more serious health consequences. And now it looks like the PTC will get back to the business of live road races. As with any type of sporting event or gathering, the utmost importance is for ***everyone to stay safe***. So, please be objective about how you are feeling when considering your participation.

On the weekend of ***November 7–8***, the ***Virginia 24-Hour Run*** will take place in ***Sandy Bottom Nature Park***. Postponed from ***April***, this event is restricted to ***registered runners*** and ***volunteers***. Volunteers to count laps and support the ultra-runners have already been secured. If you are interested in being on volunteer-standby, contact **George Nelsen** at ***nelsengeorge@msn.com***.

On ***November 14***, the ***Riverwatch on the Piankatank 5K*** returns to the ***PTC*** schedule with an afternoon race (***2:00 p.m. start***). ***Piankatank*** will be a ***PTC Grand Prix event*** and ***HR Super Grand Prix event***. Volunteers are needed here as well. The flyer is on ***Page 12***.

On Thanksgiving morning, the ***Fast Before the Feast***, traditionally the largest event on the PTC schedule, will take the form of a ***hybrid race—part live***, ***part virtual***. The ***live race*** is ***limited to 200 runners*** and will be a ***distance of 4K***; the ***City of Newport News*** would not grant permission to use ***Lion's Bridge,*** which runners cross before the traditional 5K turn-around. Thus, a slightly shorter 4K course has been devised. For a longer distance, run the ***Fast Before the Feast Virtual 5K,*** which can be run and reported anytime between ***November 21*** and ***November 29***.

The ***Yorktown Battlefield 10-Miler***, postponed from November 7, will be held on ***Saturday***, ***December 5***. This is a ***10-mile event only—no 5K***—and will be ***limited to 200 runners***. The ***Battlefield 10-Miler*** is a ***PTC Grand Prix event,*** as well as a ***HR Super Grand Prix event***. Packet pickup will likely be set up near the ***tennis courts at York High*** since the school cafeteria cannot be used due to ***COVID-19*** restrictions.

The ***Raptor Chapter Ugly Sweater 5K*** may still take place as a live event in ***Newport News Park*** on ***Saturday***, ***December 12***. If the ***Ugly Sweater 5K*** is not approved by ***Newport News Park***, the race will become the ***Ugly Sweater Virtual 5K***. Either way, it remains a ***PTC Grand Prix event***. The PTC website will have info on all of these races.

One ***PTC Grand Prix event*** that ***didn't*** take place was the ***Poquoson Run with the Bulls Virtual 5K***. After indicating that the ***Poquoson 5K*** was going virtual, it looks like the event faded from view for this year. However, the ***Run with the Son for Haiti Virtual 5K***, which remains a ***PTC Grand Prix virtual event***, can be run between ***November 2***1 and ***December 6***. Flyer is on ***Page 13***.

Again, all these events count toward the ***2020 PTC Virtual Marathon***. Why not join in on this ***marathon on the installment plan*** and commemorate this year of virtual events with a ***2020 PTC Virtual Marathon finishers medal.*** Sign up and all previous PTC race distances and times count toward your 42K total.

Meanwhile, train and race safely, as the PTC dips our collective toes back into live road racing. And if you are feeling a bit run-down on race day, just stay home. Do as I say, not as I did.

Stay safe everyone. Later…

Bruce Davis
Newsletter Editor

4th Annual Riverwatch on the Piankatank
5K RUN/WALK – Super Grand Prix
SATURDAY, November 14, 2020 Gloucester, VA
Register now @ www.RunSignUp.com

Organized by the Ice-ahloics Polar Plunge team and Riverwatch HOA to benefit the Special Olympics of Virginia

TIME: 1:30pm 1MILE FUN RUN 2:00pm 5K Run/Walk

LOCATION: Parking, registration, and Grab & Go refreshments at the Riverwatch Pool, 8031 Riverwatch Circle, Gloucester,VA 23061. Run/Walk through the beautiful Riverwatch Neighborhood.

Door prizes for all present with opportunity to purchase additional door prize tickets and a $20 - 50/50 raffle to be drawn after the race. (You do not need to be present for the 50/50 raffle).

REGISTRATION: Registration fee includes a short sleeve technical shirt guaranteed to all pre-registered runners/walkers prior to November 4, 2020. T-shirts will be available race day while supplies last.
$15 One mile fun run (only pre-registered runners/walkers are guaranteed a T-shirt)
$25 early bird registration by November 4.
$30 registration November 5th – November 12th.
$35 race day registration.

RACE PACKET PICKUP: On race day packets can be picked up starting at 12:30pm at Riverwatch Pool.
AWARDS: Top 3 men & top 3 women overall, Top 3 men & top 3 women by age category in 5-year age groups from 10-and-under to 70-and-over. Top 5 men and women walkers. All fun run participants will receive a ribbon. Walkers are encouraged to walk through this beautiful neighborhood.

Please Print
First Name_____ Last Name_____Sex_____ Age_____

Street Address _____Date of Birth_____

City_____State _____ZIP_____

Phone (_____)_____ Email_____

Race entered (Circle One)	**Fun run**	**5K Run**	**5K Walk**		
Adult T-Shirt size (Circle One)	**S**	**M**	**L**	**XL**	**XXL**
Youth T-shirt (Circle One)	**S**	**M**	**L**	**XL**	

Make checks payable to: Riverwatch Run

Mail check and entry form to: Karen Schenck, P.O. Box 537, Ark, VA 23003

Waiver I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risk associated with running/walking in this event including, but not limited to; falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and for anyone entitled to act on my behalf, waive and release the Colonial Road Runners, Riverwatch Neighbor, Gloucester Virginia and all sponsors, their representatives and successors, from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purpose. This is a road race under the rules of RRCA and USATF. No partial or full refunds. ALL ENTRANTS MUST SIGN WAIVER

Signature (parent or guardian if under 18) _____Date_____

St. Kateri's Run with the Son for Haiti

Virtual 5K Run/Walk

All proceeds will benefit the education of the children in Boucan-Carre, Haiti

Run or walk anywhere….alone or as a team….

between Nov. 21 - Dec. 6, 2020

ENTRY FEE:
$25 per person, $20 student/family

REGISTRATION INFO:
www. raceentry.com *or* ***www.stkaterirun.com***

Prizes awarded to Men and Women top 3 overall and top 3 Masters (40+)and to the runners finishing first, second and third in the following categories: : 8 and under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. Prizes to the top 3 men and top 3 women walkers.
High School Challenge: Trophy to the winning high school (average top 5 runners).

.**Race Information**: Judy Townsend, Race Director 757-876-2417 email: judy.townsend@verizon.net www.stkaterirun.com

SPECIAL RAFFLE:

3 Nights - Soundfront Condo, Pirates Cove Resort. Manteo NC
4 BR, 3 BA, Elevator, Sleeps 10 Available April, May, September-December
Condo Raffle Tickets: $5 each, 6 for $20

"MYSTERY RAFFLE": Tickets: $1 single, $5 for (6), $10 for (15)

Presenting Sponsor: LeJeune Family Dentistry

Mail entry and payment to: Susan Northcutt, 202 Villa Way, Yorktown VA 23693 **Checks payable to "St. Kateri Tekakwitha"'**

St. Kateri's Run/Walk with the Son for Haiti 5K Registration **Please check one: ❑ Runner ❑ Walker**

First Name (please print)_____MI _____ Last Name _____

Street Address_____City_____State_____Zip code_____

Phone _____ Email_____

Age on Race Day _____Date of Birth_____/_____/_____ Gender: ❑ M ❑ F High School (if entering challenge) _____

I want to purchase _____ Special Raffle - Condo Ticket(s): $_____ _____ Mystery Raffle Ticket(s))$_____

I want to make a donation: $_____for the educational support of the children in Haiti.

Runners Agreement Waiver, Release & Acknowledgment

All runners are required to sign the waiver below. Registrations that are not signed will not be processed.
I know that running a road race is a potentially hazardous activity. I should not enter a run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running this event, including, but not limited to falls, contact with other participants, the effects of weather, including, high heat or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the York County, Peninsula Track Club, St. Kateri Tekakwitha Catholic Church, Road Runners Club of America, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of RRCA and USATF; it is not intended for individuals with headphones, baby strollers, dogs on leashes, skateboards, skates or rollerblades.

Signature of Runner_____Date_____

Signature of parent/guardian if runner is under 18 _____ 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:

Due to Covid-19, all events tentative.

Piankatank 5K
November 14

PTC Litter Getter
November 15

Fast Before the Feast
November 26

Battlefield 10-Miler
December 5

Ugly Sweater 5K
December 12

New Year's Day 5K
January 1

Menchville Winter Chill 5K
January 23

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:
December 17 (no host)

TO HOST A STUFFING: If you would like to ***host*** a monthly newsletter stuffing, please contact **Bruce Davis** at ***989-0072*** (stuffing dates are listed below). Due to COVID-19 and a lack of flyers, future stuffings will be virtual with no host. Hopefully we will resume regular normal newsletter stuffings in the near future. ***Future stuffing dates*** include: ***Thursday, February 4*** (open), ***Thursday, March 18*** (open), ***Thursday, April 29*** (open) and ***Thursday, June 10*** (open).

RICK & LIBBY'S
EST 2014
11006 Warwick Blvd., Unit 458
Newport News
(757) 599-5500

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

PTC MEMBERSHIP DISCOUNTS

All area codes are 757 unless otherwise stated.

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

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

Sporting Goods/Running Stores

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

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

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

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

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

Fitness Centers and Services

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

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

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

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

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

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

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

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

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

Mary's Custom Quilts

Not sure what to do with those old T-shirts

Recycle Them!!

Recycle them into a NEW custom Quilt from Mary

(757) 340-7385
Reasonable Rates

MOVING?

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

Steve Amarillo
clubmembership.ptc@gmail.com

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

The post office will NOT forward the newsletter.

The Last Word

"I DON'T RUN TO SET RECORDS. I DON'T EVEN RUN TO WIN. I RUN BECAUSE I LIKE IT."
— CARLOS LOPES
1984 OLYMPIC MARATHON CHAMPION

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

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UPCOMING PTC EVENTS

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

NOVEMBER

- 7 Virginia 24-Hour Run
- 14 Riverwatch on the Piankatank 5K (PTCGP & HRSGP event)
- 15 PTC Adopt-a-Highway Litter Getter
- 26 Fast Before the Feast 4K*ish* & Virtual 5K

DECEMBER

- 5 Yorktown Battlefield 10-Miler (PTCGP & HRSGP event)
- 6 Run with the Son for Haiti Virtual 5K (PTCGP event)
- 12 Raptor Chapter Ugly Sweater 5K (PTCGP event)

JANUARY

- 1 New Year's Day 5K
- 23 Menchville Winter Chill 5K (PTCGP event)

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