

ON YOUR MARK

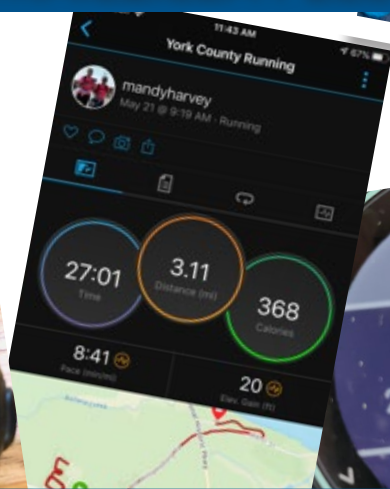


- > RRCA COVID-19 Recommendations
- > A Virtual Smart Smiles 5K
- > It's Been A While

- > PTC Summer Fun Runs, August 4, 11, 18
- > PTC Club Pub Run, August 26
- > PTC Potluck Picnic, September 26



TRAILZILLA FEEL-GOOD 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!

Officers

All area codes are 757 unless otherwise stated.

President: Steve Peters, 951-3874

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

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

Secretary: Helen Worthington,
(804) 642-5998

Treasurer: Mike Thomas, 872-9380

Newsletter Editor:

Bruce Davis, 989-0072

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

Webmaster: Thea Ganoe, 272-2927

Volunteer Coordinator:

Jaime Cox, 817-1221

Social Coordinator:

Maria Peters, 897-7083

Litter-Getter Coordinator:

Amanda Collier, 870-5159

Race Schedule: Rick Platt, 229-7375

Course Measurement:

Pam Garrett, 285-6645

Scott Bartram, 867-8547

Triathlete Information:

Connie Maxwell, 596-4067

Photography: <position open>

Coaching: Robert Trujillo, 927-5004

Christine Schaffner, 898-3258

ON YOUR MARK

BRUCE DAVIS, Editor
Steve Amarillo, Graphics Editor

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

ADVERTISING RATES FOR 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

Contributors

Summer 2020 issue:

Steve Amarillo

Bruce Davis, Helen Worthington

Steve Peters, Maria Peters, Mike Thomas

Dale Abrahamson, Rick Platt,

William Jarret Lee

Newsletter Deadline!

To include flyers, articles, ads or news in the **September 2020 issue** of *On Your Mark*, (virtual stuffing on *September 10*), email Bruce Davis (weatherwizard1@juno.com) no later than **September 2**.

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
DCRRC	DC Road Runners Club, P.O. Box 100561, Arlington, VA 22210, (703) 241-0395, www.dcroadrunners.org
FARC	Fredericksburg Area Running Club, www.runfarc.com
OBRC	Outer Banks Running Club, www.outerbanksrunningclub.org
PTC	Peninsula Track Club, P.O. Box 11116, Newport News, VA 23601, www.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

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

Coast Guard Day 5K

Sat., July 25

Race for the Music 5K

Sat., October 24

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:

Smart Smiles Virtual 5K

PTC Virtual Grand Prix Event

Results Deadline: Mon., Aug 31

Jenna Lowrance, (757) 223-7204

email: jlowrance@bagclub.com

Info and signup:

Smart Smiles Virtual 5K

<http://www.bagclub.com/smartsmls5k>

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**

[https://runsignup.com/Race/VA/](https://runsignup.com/Race/VA/NewportNews/PTCVirtualMarathon)

NewportNews/PTCVirtualMarathon

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.

Bruce Davis, weatherwizard1@juno.com

www.peninsulatrackclub.com

11 Lake Matoaka 4.3-Mile Trail Challenge (PTC Summer Fun Run Series)

Tues., August 11, 6:30 p.m.

Zable Stadium, Williamsburg, Va.

Susan Hagel, (757) 754-4859

Rick Platt, (757) 229-7375

www.peninsulatrackclub.com

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)

VIRTUAL RACE—See info at left

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 Fast and Funky 5K

Sat., September 26, 8:00 a.m.

Matteson Trail, Hampton, Va.

Heidi Olson (757) 722-2261

email: holson@transitionsfvs.org

OCTOBER

10 Smithfield Hog Jog 5K

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

Waterfront, Downtown Smithfield, Va.

Hampton Roads Super Grand Prix

Info: Michael Murphy

email: smithfieldhogjograce@gmail.com

Barbara Stafford

email: barbarastafford@gmail.com

17 Fort Eustis 10K Run & Ruck

Sat., October 17, 9:00 a.m.

(USATF cert. VA14007RT)

Anderson Fieldhouse, Ft. Eustis, Va.

Margy Glass, (757) 878-6075

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

Kellie Jorgensen, (757) 878-2097

email: kellie.m.jorgensen.naf@mail.mil

Michael Washington, (757) 878-5556

sports office: (757) 878-0013

www.jble-eustismwr.com/home/our-events/

31 Poquoson's Run for the Bulls 5K

Sat., October 31, 8:30 a.m.

(USATF cert. VA14036RT)

(Sorry, no PTC race passes)

Poquoson High School, Poquoson, Va.

Judy McCormick, (757) 719-5055

email: judy.mccormick1@gmail.com

NOVEMBER

7 Yorktown Battlefield 10-Miler & 5K

Sat., November 7

9:00 a.m., (10 Miler), 9:10 a.m., (5K)

(10-Miler USATF cert. VA12072RT)

(Sorry, no PTC race passes)

York High School, Yorktown, Va.

Hampton Roads Super Grand Prix

www.yorkcountylionsclub.org

Lion Frank Alcorn, (318) 331-3600

email: frankalcorn@gmail.com

or enter at: www.runsignup.com

Upcoming Events

DELAYED EVENTS

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

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

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 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. Meet in Newport News Park at the campground parking lot.

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** starting and finishing at **Picnic Area #3** in **Newport News Park**. **Start time** for each **Summer Fun Run** is **6:30 p.m.** Signup on the day of the event. Don't forget to bring your **canned food** donations as your **entry fee**.

AUGUST 26 - PTC PUB FUN RUN

We're going to have another informal **PTC Club Pub Run** on **Wednesday, August 26**. Meet in the parking lot of **Oozlefinch Craft Brewery, 81 Patch Rd. on Fort Monroe** at **6:00 p.m.** to check in. Run through the fort, by the casemates, along the seawall, past the **Old Point Comfort Lighthouse** and the **Chamberlain** (route, distance, and pace of your choice.) Then meet back at **Oozlefinch** afterwards for craft brews and food truck food. For more info, contact **Maria Peters, 897-7083**.

THOUGHTS FROM THE PTC PRESIDENT

As July comes to a close, there are unfortunately very few PTC activities to look back on due to the ongoing COVID-19 restrictions, but hopefully many to look forward to. We held our first **PTC Pub Run** on July 8 at Oozlefinch Beers & Blending on **Fort Monroe**. The weather was hot and humid, but a breeze off the water made for a very enjoyable run and post-run socializing and the turnout was very good with 22 runners participating. We're planning our next pub run for the end of August. I hope to see more members there.

On July 19 we had our **PTC Litter Getter** adopt-a-highway opportunity, doing our best to pick up trash along Goosley Road while maintaining our social-distancing. We had 13 stalwart volunteers in the 85+ degree heat and humidity for the effort but had to skip the post-event breakfast since the McDonald's dining room was closed. A special thanks to **Mandy Collier** for leading the team.

Coach **Robert Trujillo** has been leading **PTC Interval Training** at the Tabb High School track most Wednesday evenings at 6 p.m. If you want to improve your race pace, consider trying intervals. Watch for weather updates or cancellations on the PTC website, Facebook page, and Twitter.

In order to comply with ongoing COVID-19 restrictions, we canceled our **Trailzilla** race series; however, we created the **Trailzilla Feel-Good Virtual 5K**, and postponed our annual **PTC Picnic** for September 26. We are planning to hold our August **PTC Summer Fun Run Series** races. I hope to see you at the **Tom Ray**

Memorial Predict Your Time 5-Miler (August 4), the **Lake Matoaka 4.3-Mile Trail Challenge** (August 11), and the **Swamp Bridge 5K** (August 18). We will also need **PTC Volunteers** for these races. Also, please consider supporting the virtual **Smart Smiles 5K**.

While we haven't held our famous newsletter "stuffing" since the first week of March, our team, led by **Bruce Davis** and **Steve Amarillo**, have continued to produce these very high-quality digital versions. I do, however, look forward to getting back to our "old school" award-winning, full color printed versions of **On Your Mark** soon—hopefully beginning with the next newsletter. There is just something about holding it in your hands to read the great articles and running news.

Continue to check both our PTC website and Facebook page for status and updates on activities and races. Although all of our July races were canceled and the City of Hampton prohibited any August races, I remain cautiously optimistic that our currently scheduled September and October races will take place. We have a very full schedule of races, many postponed from the past few months. For August weekend races, check out both **Tidewater Striders** and **Colonial Road Runners** race schedules, particularly this year's **2nd Annual Historic Triangle Triple Crown Series**, which includes the **Democracy Dash 10K** (August 29), the **11th Annual Run the D.O.G. Street 5K** (September 5), and the new **Take the Crown at Yorktown 5K Run/Walk: The Logy Bear 5K & Gummy Bear 1 Mile Fun**

Run (September 26) (benefiting the LL12 Foundation in memory of Logan Koontz, the Tabb High School sophomore killed in a tragic car accident on October 26, 2019).

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.

Finally, congratulations to our **2020 Joe & Sue Moore Memorial PTC Scholarship** winners! We awarded a total of \$7,000 to six very-deserving young women and men heading to college.

In the spirit of **Joe Harney**, please pray for our country, our elected officials, our military, first responders, healthcare workers, and all those supporting relief efforts or struggling with the effects of this pandemic. 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. I thank you for your patience with your club officers as we try to figure out the "art of the possible" in this ever-changing environment—it really is a constantly moving target. I would like to thank all of our PTC officers for their continued hard work and support in executing what we can, when we can, for the sake of our local running community and the charities and organizations we support.

See you at the races.

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.

July 25

Twilight Delightfully Different 3.5-Miler

Richard Bland College, Petersburg, Va.
Tri-Cities Road Runners
James Vardy, (804) 470-9298
email: jrv081270@gmail.com
www.tricityroadrunners.org
www.runsignup.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
email: rickplatt1@juno.com
www.colonialroadrunners.org

August 1

Strider Mile & 1500 m Race Walk

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

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
email: 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
email: 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
email: rickplatt1@juno.com
www.colonialroadrunners.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
email: 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 13

Mel Williams Memorial 5K

Norfolk Botanical Garden, Norfolk, Va.
Tidewater Striders
www.tidewaterstriders.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 19

Elizabeth River Run 10K

Ntelos Pavilion, Portsmouth, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
Brian Sagedy, (757) 496-9267
email: sagedy@juno.com
www.tidewaterstriders.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
email: rickplatt1@juno.com
www.colonialroadrunners.org

September 26

Neptune Festival 8K

Oceanfront, Virginia Beach, Va.
www.neptunefestival.com
Brian Sagedy, (757) 498-0215
email: bls@neptunefestival.com

September 26

Ukrop's Monument Avenue 10K

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

October 2-4

Crawlin' Crab 5K & Half-Marathon

Hampton Roads Convention Center
Hampton, Va.
J & A Racing, (757) 412-1056
email: info@crawlincrabhalf.com
www.crawlincrabhalf.com

October 11

Noland Trail Marathon & 50K

Newport News, Va.
(757) 880-8843
email: raceteam@flatoutevents.com

October 17

Cross Country Classic 5K

Virginia Beach, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
www.tidewaterstriders.com

October 24

Ocean Isle Bridge Half-Marathon & 5K

Ocean Isle Beach, N.C.
SBIC Run For Food, Box 1461
Shallotte, NC 28459 www.active.com
Tom Horan, (910) 579-5994
email: tom.horan@atmc.net

Come Run with Us



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

PTC WEDNESDAY INTERVALS

Wednesday evening *PTC Intervals* have restarted at the *Tabb High School track*. 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



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>

Welcome New Members and Returning Members

Brian Engesser
Rolande Phillips
Wendy Satchell
Thomas Tate
Shannon Woods

PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer
April-June 2020

Checking Account Balance 3/31/2020 **\$ 15,296.05**

April Revenue (Income)

Membership Dues	\$ 625.00
Race Income – Scholarship 5K	850.88
Race Income – PTC Virtual Marathon	45.00
Race Contracts – Gloucester 8K	588.50

Total Income: **+ \$ 2,109.38**

April Operating Expenses

Race Supplies – 24-Hour Bibs	\$ 222.13
Newsletter Printing	164.98
Transitions Annual Donation	1,350.00
Transitions COVID-19 Donation	1,000.00
Banking Fees	2.00

Total Operating Expenses: **– \$ 2,739.11**

Summary

Net Income Gain/Loss (*Checking*) **– \$ 629.73**

Checking Funds Available 4/30/2020 **\$ 14,666.32**

May Revenue (Income)

Membership Dues	\$ 165.00
Race Income – Scholarship 5K	2,498.21
Race Sponsorship – Scholarship 5K	200.00
Race Income – PTC Virtual Marathon	69.50

Total Income: **+ \$ 2,932.71**

May Operating Expenses

Newsletter Printing	\$ 164.98
---------------------	-----------

Total Operating Expenses: **– \$ 164.98**

Summary

Net Income Gain/Loss (*Checking*) **+ \$ 2,767.73**

Checking Funds Available 5/31/2020 **\$ 17,434.05**

June Revenue (Income)

Membership Dues	\$ 35.00
Race Income – Trailzilla 5K	\$ 15.00

Total Income: **+ \$ 50.00**

June Operating Expenses

Newsletter Postage	\$ 86.60
York Co. Property Tax – Trailer	\$ 21.00

Total Operating Expenses: **– \$ 107.60**

Summary

Net Income Gain/Loss (*Checking*) **– \$ 57.60**

Checking Funds Available 6/30/2020 **\$ 17,376.45**

Boys & Girls Clubs of the Virginia Peninsula's 13th Annual Smart Smiles 5K Run/Walk

**WE'RE GOING
VIRTUAL!**

A Peninsula Track Club Grand Prix Event



**BOYS & GIRLS CLUBS
OF THE VIRGINIA PENINSULA**



Register, Run & Report your time by August 31, 2020

**Please return complete registration forms with check payment to 11825 Rock Landing Drive, Chesapeake Bldg., Newport News, VA 23606.
Credit card payment and online registration is also available at www.bagclub.com/smartsmiles5k**

TEAM NAME: _____

Last Name: _____ First Name: _____ Phone: _____

Email: _____ Address: _____

City: _____ State: _____ Zip: _____

Age on Race Day: _____ Gender: M / F Military Branch: _____

Registration Fee: \$20 Military and Ages 18 and under: \$15

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

Please read the following and sign below

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

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

Signature: _____ Date: _____

Parent/Guardian Signature (if under 18): _____

Questions? Contact Race Coordinator, Jenna Lowrance, at jlowrance@bagclub.com or 757-223-7204

Sponsorship Opportunities Available

4TH ANNUAL HAMPTON CITY SCHOOLS RUN FOR THE STAGE VIRTUAL 5K

Saturday, May 30, 2020

A Peninsula Track Club Event

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						WOMEN: 19 AND UNDER						WOMEN: 40 - 49					
1	1	BRYCE JOHNSON	43	NNW	20:31	1	17	BONNY LANGILLE	15	CN	27:56	1	14	PATRICE WILLIAMS	47	HPT	27:21
2	2	JOE GARRITY	57	HPT	21:55*	2	35	ELLIE EPPS	10	YKT	32:43*	2	21	CARLEEN LAWSON	43	PQN	28:38
3	3	JAMES HARRIS	36	SUF	23:12	3	49	ZOE GORAL	10	CHS	38:30	3	34	LORI LANG	45	HPT	32:41
TOP OVERALL WOMEN						4	73	TIFFINI CHAMPION	19	HPT	47:30	4	36	JENNIFER HUMBLE	42	HPT	32:44
1	8	CHELSEA O'HANLON	28	HPT	25:23	5	95	ADDISON HOLMES	7	HPT	59:00	5	43	LATONYA HARRIS	44	HPT	36:12
2	9	BETTY ALEXANDER	32	HPT	25:35	6	115	RACHEL LANG	7	HPT	1:06:00	6	44	ASHLEY WAITE	41	NNW	36:16
3	11	MARIE GILES	38	HPT	25:51	WOMEN: 20 - 29						7	53	RENEE GUYNN	43	HPT	41:01
MEN: 19 AND UNDER						1	12	CARRIE O'HANLON	28	HPT	25:53	8	55	DONNA PHAN	45	YKT	41:19*
1	40	DAVID LANG	11	HPT	34:30	2	26	CAROLINE THATCHER	22	OH	31:20	9	59	KELLIE GORAL	42	CHS	42:41
2	91	REESE MORRIS	16	HPT	56:48	3	27	MARGARET RHODES	23	HPT	31:20	10	64	JULIE BUCKMAN	47	NNW	43:18
3	99	JASON HOLMES	12	HPT	59:00	4	47	MICHELLE WILLS-DIEUJU	29	HPT	37:09	11	70	KERRY AMBROSINO	40	HPT	46:09
4	102	SEAN MORRIS	18	HPT	59:21	5	113	A'NNA IRBY	29	HPT	1:04:30	12	71	SARA FORREST	42	PQN	46:52
MEN: 20 - 29						6	121	SAMANTHA PYNE	27	VAB	1:15:00	13	78	VERONICA HILL	43	CHS	50:25
NONE						WOMEN: 30 - 39						14	87	KENDRA BOYKIN-MILES	41	HPT	55:10
MEN: 30 - 39						1	15	STEPHANIE KNIGHT	39	HPT	27:22	15	88	KRISTY HARMON	45	NNW	55:46
1	4	THOMAS WORRELL	37	HPT	23:30	2	18	ANDREA HELMS	39	PRT	28:27	16	93	TAMIKA BRICE	41	HPT	57:00
2	7	CURTIS BLAUCH	30	YKT	25:18	3	22	NATALIE WELLS	31	HPT	29:34	17	94	BECCA LECOMPTE	41	NNW	57:09
3	10	ANDREW LLOYD	32	NNW	25:44	4	24	BRYNNE CERE	35	HPT	30:38	18	96	JENNIFER HOLMES	42	HPT	59:00
4	30	MATTHEW ALEXANDER	34	HPT	32:09	5	29	DANIELLE PETERS	39	NNW	31:43	19	97	CHARLENE RALLS	49	HPT	59:00
5	46	RON LIEBERUM	31	NOR	36:43	6	32	MALLORY HINSHAW	33	HPT	32:26	20	103	SHAMEKA POLLARD	40	HPT	1:00:00
MEN: 40 - 49						7	33	EMILY SIMS	34	VAB	32:30	21	112	JENNIFER KAZALSKI	48	NNW	1:03:00
1	16	MATT HOUSER	41	HPT	27:45	8	39	CAITLIN WHITE	30	VAB	34:21	22	116	LATOSHA BROWN-DAVIS	45	HPT	1:07:00
2	19	JASON LANG	46	HPT	28:29	9	50	ANGELA BANKS	39	YKT	38:50	23	117	KIMBERLY WEAVER	47	SUF	1:10:53
3	25	JAMES KIMBROUGH	47	WBG	30:39	10	51	TAMEKA BROWN	30	HPT	39:42	24	124	NICHOLE BOSTON	42	HPT	1:15:58
4	37	JOHN EPPS	40	YKT	32:44*	11	57	ASHLEY POULSEN	38	SUF	42:13	25	126	CRISTIE LOVEDAHL-STEE	47	NNW	1:50:00
5	48	MARK MINGEE	41	HPT	37:43	12	60	ROBIN HUNT-CRENSHAW	38	PRT	43:00	WOMEN: 50 - 59					
6	100	RASAN HOLMES	44	HPT	59:00	13	61	ERIN HARVEY	38	HPT	43:12	1	13	JOY CHARBONNEAU	54	NNW	26:21
MEN: 50 - 59						14	62	AMY JOHNSON	39	HPT	43:12	2	23	TIRZAH SARRO	52	HPT	29:39
1	20	JOE BIAVA	58	NNW	28:32	15	66	ASHLEY IDE	35	HPT	44:23	3	28	VICTORIA LUCCHESI	51	HPT	31:26
2	54	TIM CASON	54	PQN	41:15	16	74	PHYLCIA LITTLETON	32	HPT	48:12	4	31	MIA POLLARD	52	WBG	32:22
3	79	JOHN EAGLE	56	WBG	50:51	17	76	KATHLEEN HENRY	31	HPT	49:51	5	38	TINA BECOVARAKIS	52	HPT	32:48
4	92	EDWARD MORRIS	56	HPT	56:48	18	77	KRISTEL KIRKLAND	30	HPT	50:00	6	41	NYARINDA ADUMA-KELLY	52	HPT	35:40
MEN: 60 AND OVER						19	83	EMILIE MORRIS	39	NNW	51:25	7	42	SHEILA WASHINGTON	56	HPT	36:00
1	5	DALE ABRAHAMSON	71	YKT	23:45*	20	86	TATIANA COUNCIL	31	NNW	55:00	8	45	BETH HAYWOOD	50	SMF	36:25
2	6	DONALD WILLIAMS	61	HPT	24:50	21	108	CHRISTINA HORN	35	HPT	1:00:06	9	56	LORIAN FREEMAN	58	HPT	42:08
						22	118	DIAMOND TORRES	30	HPT	1:11:00	10	58	LISA HOFSTRA	51	SEA	42:37
						23	120	DIAMOND GEE	31	HPT	1:15:00	11	63	MARY GREENE	50	YKT	43:15

Runner Doc



Daniel Shaye, DC, CCSP, FIAMA

Doctor of Chiropractic
Certified Chiropractic Sports Physician
Fellow, International Academy of Medical Acupuncture

**Safe, Gentle, Effective Care
Aches, Pains, Sprains, Strains**

**PERFORMANCE
Chiropractic, L.L.C.**

State of the Art, With A Caring Touch
Chiropractic • Acupuncture • Massage

www.performancechiropractic.com

229-4161

1307 Jamestown Road #103 • Williamsburg

WOMEN: 60 AND OVER					
1	52	PAM SMITH	62	HPT	40:00
2	69	ELAINE COSME	63	HPT	45:48
3	107	YOLANDA HODGES	62	HPT	1:00:00
4	109	LINDA MCNEAL	69	NNW	1:00:14
5	111	GLORY GILL	62	HPT	1:02:35
6	114	CAROL TICE	60	PQN	1:05:00
7	119	CANDY SCHERBERGER	60	YKT	1:11:05
WOMEN: AGE UNKNOWN					
1	101	JOYCE BUCHANAN	VA		59:05

* denotes PTC member

2020 TRAILZILLA FEEL-GOOD VIRTUAL 5K

Tuesday, June 30, 2020 6:30 PM

Benefiting the Friends of Sandy Bottom

A Peninsula Track Club Event

Sandy Bottom Nature Park, Hampton, Va.

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						MEN: 60 - 64						WOMEN: 35 - 39					
1	1	AUSTIN LINGENFELTER	YKT	26	23:40*	1	6	MICHAEL LINGENFELTER	YKT	60	26:15*	1	14	SARA LEONE	NNW	35	28:44*
2	2	DALE ABRAHAMSON	YKT	71	24:24*	2	20	SKIP COLE	PQN	64	29:32*	2	16	JENNIFER M FOX	FL	37	29:07
3	3	TIMOTHY WESTFALL	NOR	62	25:38*	MEN: 65 - 69						3	19	MARYANNE LEE	QTN	37	29:27*
TOP OVERALL WOMEN						1	7	DANNY YOUNG	NNW	65	26:16*	4	28	JESSICA TEMPLETON	NNW	36	37:50*
1	5	JENNIFER CORNETTE	NNW	49	26:02*	2	15	JOE DAY	YKT	69	28:48*	4	34	KRISTIN MAZZOCCA	IL	36	1:11:36*
2	8	GABRIELE LINGENFELTER	YKT	57	26:47*	3	29	BRUCE D DAVIS	YKT	66	42:28*	WOMEN: 40 - 44					
3	9	AMANDA COLLIER	YKT	41	27:01*	4	31	BOB CURTIN JR	HPT	67	44:50*	1	26	BRIANA MESEROLL	YKT	44	33:15*
MEN: 19 AND UNDER						MEN: 70 - 74						WOMEN: 45 - 49					
1	18	BRAXTON LEE	QTN	10	29:27*	1	23	ANDREW MEDVEC	HPT	70	30:59*	NONE					
MEN: 20 - 29						MEN: 75 AND OVER						WOMEN: 50 - 54					
NONE						1	22	RONALD KELLUM	HPT	76	30:02*	1	10	JULIE ROSE	NNW	54	27:25
MEN: 30 - 39						2	30	JOHN MUNDAY	CHS	80	42:47*	WOMEN: 55 - 59					
NONE						3	33	ROBERT S WHITE	HPT	96	54:10*	1	13	VALOR FOY JONES	NNW	57	28:32*
MEN: 40 - 49						WOMEN: 19 AND UNDER						2	17	MARIA PETERS	YKT	55	29:09*
NONE						WOMEN: 20 - 29						WOMEN: 60 - 64					
MEN: 50 - 54						NONE						1	25	KATHY GALLO	NNW	64	33:00*
1	12	PAUL CLARK	HPT	51	28:11	WOMEN: 30 - 34						2	32	MARY GIBBS	PQN	61	50:01*
2	27	DEREK LE VIE	YKT	50	34:24	1	21	ERIN GEDICKE	HAY	30	29:57*	WOMEN: 65 - 69					
MEN: 55 - 59						NONE						1	11	HELEN WORTHINGTON	BEN	65	28:02*
1	4	STEVE AMARILLO	NNW	57	25:49*	WOMEN: 70 AND OVER						NONE					
2	24	STEVEN PETERS	YKT	56	31:48*												

* denotes PTC member

AGE GRADE SCORING

90% World Class

80-89% National Class

70-79% Regional Class

69%-less Athlete

AGE GRADE RESULTS – RUN FOR THE STAGE VIRTUAL 5K

Name	Age	AG score
Men		
1. Dale Abrahamson	71	74.46
2. Joe Garrity	57	71.10
3. Bryce Johnson	43	68.24
4. Donald Williams	61	64.83
5. James Harris	36	57.47
6. Thomas Worrell	37	57.09
7. Joe Biava	58	55.08
8. Curtis Blauch	30	53.03
9. Andrew Lloyd	32	50.84
10. Matt Houser	41	49.73

Women		
1. Joy Charbonneau	54	65.53
2. Patrice Williams	47	58.50
3. Chelsea O'Hanlon	28	58.17
4. Betty Alexander	32	57.79
5. Mary Giles	38	57.19
6. Carrie O'Hanlon	28	57.05
7. Tirzah Sarro	52	56.94
8. Bonnie Langille	15	55.55
9. Stephanie Knight	39	55.12
10. Carleen Lawson	43	54.02

AGE GRADE RESULTS

TRAILZILLA FEEL-GOOD VIRTUAL 5K

Name	Age	AG score	Name	Age	AG score
Men					
1. Robert S. White	96	77.45	1. Helen Worthington	65	70.39
2. Dale Abrahamson	71	72.47	2. Gabrielle Lingenfelter	57	66.77
3. Robert Kellum	76	63.54	3. Julie Rose	54	62.95
4. Danny Young	65	63.39	4. Jennifer Cornette	49	62.80
5. Timothy Westfall	62	63.33	5. Maria Peters	55	59.92

ADOPT-A-HIGHWAY LITTER GETTER



2020 PTC Grand Prix Standings (3 of 10 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
Smart Smiles Virtual 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
Raptor Chapter Ugly Sweater 5K

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**, simply 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 *Trailzilla Feel-Good Virtual 5K* held on **June 30**.

NEXT GRAND PRIX RACE

Smart Smiles Virtual 5K
August 31, 2020

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's been a while, hasn't it? The last time we talked, er...well, you read, it was just before *Memorial Day*. With little in the way of race results or running news since that time and with everything being canceled, there wasn't much to write about. Bottom line, we decided to skip the *June/July issue* of *On Your Mark*. Now, since we're deep into the heat of the summer, we've combined *June, July* and *August* into a *Summer 2020 issue*.

Over the last month, the PTC has made our first ventures out from quarantine, of course with all necessary social distancing and *Covid-19* precautions. The **Wednesday evening PTC Intervals** have restarted - **6:00 p.m. every Wednesday** at the *Tabb High School track*, and everyone is welcome to participate. We have had the first **PTC Club Pub Run** at *Oozlefinch Craft Brewery* on **Fort Monroe**, and on **July 19**, PTC members returned to our adopted roadways in Yorktown for the **PTC Adopt-a-Highway Litter Getter**.

There are some changes in August. The **Fast and Funky 5K** on the *Matteson Trail*, previously set for August 8, will now take place on **September 26**. And our **next PTC Grand Prix race**, the **Smart Smiles 5K**, has gone **virtual**. You will find a registration form for Smart Smiles on **Page 7**, but you can register online at www.bagclub.com/smartsmls5k. Grand Prix scoring will be done similar to the **Joe & Sue Moore Scholarship Virtual 5K**. Sign up—it really is a great way to pick up **Grand Prix race points**.

But you also have a chance to get some **Grand Prix volunteer points** with the **PTC Summer Fun Run Series**, a set of unique, low-key races held on Tuesday evenings in August. We need volunteers, but if you want to run, **entry fee** for each event 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. Next is **Tuesday, August 11**—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**, starting and finishing at *Picnic Area #3* 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 entry fee**. And be advised—rest room facilities may be spotty, so plan accordingly.

We're going to have another informal **PTC Club Pub Run** on **Wednesday, August 26**. Meet in the parking lot of *Oozlefinch Craft Brewery*, **81 Patch Rd.** on **Fort Monroe** at **6:00 p.m.** to check in. Run through the fort, by the casemates, along the seawall, past the **Old Point Comfort Lighthouse** and the **Chamberlain** (route, distance and pace of your choice.) Then meet back at *Oozlefinch* afterwards for craft brews and food truck food. For more info, contact **Maria Peters**, **897-7083**.

Remember, **all timed Summer Fun Runs** and **all PTC 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**. Sign up 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!** Your marathon time will be the combination of times for the races you have run. Run **additional races** beyond 42K and possibly improve your virtual marathon time!

And now a hearty congratulations to our **first 2020 PTC Virtual Marathon finisher**, **Braxton Lee**, an experienced 10-year old runner who completed the **42K** with a combined time of **4:21:57**. So far we have a total of **13 virtual marathoners**, but with the constraints on racing in the **COVID-19** era, you can **sign up for the PTC Virtual Marathon by November 1**, and **all PTC events (races, virtual races or timed fun runs) that you have run or will run in 2020 will count toward your 42K total**. Finisher medals will be awarded at the end of the year.

So keep up your training in whatever form it is taking. In the meantime, I'll see you at the Summer Fun Runs. 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 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 by November 1, 2020 and all PTC events, including virtual runs, already completed in 2020 will count towards your 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 July 20, 2020)

Finish Line—42K

42K:	Braxton Lee	10 M	4:21:57
39K:	Erin Gedicke	30 F	4:01:35
31K:	Susan Hagel	47 F	2:40:08
	Rick Platt	70 M	2:40:13
	Valor Foy Jones	56 M	2:55:51
29K:	Bob Curtin, Jr	67 M	4:36:02
26K:	Amanda Collier	40 F	2:34:04
21K:	Barbara Biasi	72 F	2:18:29
	Dawn Rolph	44 F	2:19:50
20K:	Dale Abrahamson	70 M	1:34:24
18K:	Maryanne Lee	36 F	1:51:46
15K:	Kathy Gallo	63 F	1:45:41
5K:	John Munday	80 M	0:42:47

RRCA Recommendations for Runners, Walkers, and Running Club Members

By Randy & Tia Accetta (Randy is the RRCA Director of Coaching Education)

With regulations and guidelines from governments and health experts regarding COVID-19 constantly evolving, so too are best practices and advice for runners and walkers. Always make sure to consult the latest information from the **Coronavirus Federal Task Force** (White House, CDC, FEMA at [coronavirus.gov](https://www.coronavirus.gov)) as well as your state and county health agencies before exercising outside. The **CDC has a listing of all State Health Departments**, which is a quick and easy resource to help you find information for your community.

Advice and Public Health Overview

First and foremost, always draw on expert medical advice from the CDC and from your state and county's public health agencies. Know your local mandates, which may provide for stricter limitations for a longer duration. For example, the Governor of Virginia (where RRCA is based) previously issued a statewide stay-at-home order "to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19 until June 10, 2020."

As physician and RRCA coaching course instructor Dr. Bobby Gessler says, "It is extremely important to protect oneself and other people. This needs to be a community effort with family, extended family, friends, and neighbors all doing their part."

At this time, the RRCA recommends running alone or only with those you reside with such as children, a significant other, or roommate. If you run with a friend, do so only with one person that you have had regular contact with in recent weeks and respect the 6–8 ft spacing recommendations. Keep in mind, running alone also comes with its own set of safety concerns. Make sure to review the RRCA's **"General Running Safety Tips"** before heading out on a workout on your own.

What Experts Say About Exercise and Immune Health

To help us think about how to stay safe during this public health crisis, we looked at a few academic articles in the field of immune health and exercise. As with all fields, there

are competing viewpoints, but we've leaned on these sources for the following information, and we are grateful for the private communication with some of these authors:

"Should, and how can, exercise be done during a coronavirus outbreak? An interview with Dr. Jeffrey A. Woods." *Journal of Sport Health Science*. Retrieved March 17: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7031769/>

"Can exercise affect immune function to increase susceptibility to infection?" *Exercise Immunology Review*. Simpson, Campbell, Gleeson, Kruger, Nieman, Turner, Pyne, and Walsh. Retrieved March 17: https://www.researchgate.net/publication/339775058_Can_exercise_affect_immune_function_to_increase_susceptibility_to_infection?

"Debunking the Myth of Exercise-Induced Immune Suppression: Redefining the Impact of Exercise on Immunological Health Across the Lifespan." *Frontiers in Immunology*. Campbell and Turner. Retrieved March 15: <https://www.frontiersin.org/articles/10.3389/fimmu.2018.00648/full>



“Recommendations to maintain immune health in athletes.” *European Journal of Sport Science*. Neil P. Walsh. Retrieved March 17: <https://www.tandfonline.com/doi/full/10.1080/17461391.2018.1449895>

Takeways In Support of Exercise:

From the Simpson, et al. (2020) article: There is agreement that, “Regular bouts of moderate to vigorous intensity exercise are beneficial for the normal functioning of the immune system and likely help lower the risk of respiratory infection/illness and some cancers. The frequent exchange of immune cells between the blood and the tissues with each bout of moderate to vigorous intensity exercise likely contributes to enhanced immune surveillance, improved health and a lower risk of illness.”

From Woods: “It is safe to exercise during the coronavirus outbreak. One should not limit the multitude of health benefits that exercise provides us on a daily basis just because there is a new virus in our environment. However, there may be some additional precautions to reduce your risk of infection.”

From Campbell and Turner: “Evidence from epidemiological studies shows that leading a physically active lifestyle reduces the incidence of communicable (e.g., bacterial and viral infections) and non-communicable diseases (e.g., cancer), implying that immune competency is enhanced by regular exercise bouts...exercise should be encouraged, particularly for older adults who are at greatest risk of infections and who may obtain the greatest exercise-induced benefits to immune competency.”

“leading an active lifestyle is likely to be beneficial, rather than detrimental, to immune function...”

Opposing Viewpoint: According to Simpson, et al. (2020), there is a viewpoint that “illness risk may be elevated during periods of heavy exertion that go beyond recommended physical activity guidelines, especially when other stressors are present.”

Training Advice for Runners

If you are new or returning to running after a long break, the [RRCA has recommendations for getting started during the era of social distancing](#).

While following government guidelines, if you can get outside for your regular run, that’s great. At this time, RRCA advocates moderate training effort, while reducing the physical and mental stress of holding yourself to a focused training cycle. However, if you continue to train, consider managing your effort spikes and planning a recovery or adaptation week every second or third week.

Evidence indicates that this is a time to incorporate a bout of moderate effort followed by a recovery period—NOT what is commonly called cumulative fatigue, where you are in constant low-level stress in order to build the ability to handle constant fatigue. That is, give yourself a gentle spike of effort followed by enough rest to recover—as opposed to doing consistent bouts of effort that leave you fatigued on an ongoing basis. In contrast to training for peak performance, the goal in this phase is to be moderate. In this public health crisis, you want to provide time for rest and recovery so that you are not feeling lethargic.

Go Back to Base: As races and events cancel, you may lose your motivation to train. Remember, though, this is a great time to cycle into a phase of Base Training. Easy conversational pace running has proven mental health benefits and proven cardiorespiratory benefit, so spend this time doing easy running at a low heart rate.

Depending on fitness, a base program of 1–2 runs of 25–40 minutes, 1–2 runs of an hour or so, and a longer run of 90–120 minutes will get you in excellent aerobic shape. (More running for those who run more and less for those who run less...)

Add in a 10–20 minute protocol of standard body-weight strength work and any of the standard flexibility/mobility exercises. A few months of this gentle running and you’ll be in excellent shape.

Sprinkle in Some Effort: On the other hand, the good news is that you can also continue with high intensity training. As Dr. Jeff Messer, an exercise physiologist and 2017 U.S. Girls High School Coach of the Year writes in an email, “Two (2) such vigorous sessions per week, for example, interspersed with multiple recovery sessions might be highly conducive to both a progressive enhancement of aerobic fitness and

a corresponding enhancement of immuno-competency.”

Thus you may feel comfortable adding in 20 minutes of Lactate Threshold Tempo Run or 1–3 miles total of Track Tuesday-style vigorous sessions. Dr. Messer writes that this sort of training, “presupposes, of course, that an individual has no physician-imposed limitations to aerobic exercise / training and no substantially or potentially limiting health issues (such as a prior myocardial infarction, for instance).”

In sum, Dr. Messer indicates that consistent mild-to-moderate intensity interspersed with periodic vigorous intensity bouts “can collectively yield improved immunological health.”

Run-Specific Cross Training and Indoor Exercise:

We love activities that mimic the running motion and increase our ability to bring in and process oxygen. Due to many of the community restrictions, this is a great time to include run-specific cross-training activities in a training regimen, such as walking, hiking, elliptical, ElliptiGo, stair-stepper, cross-country skiing, snow-shoeing, bike riding, and swimming (but only if you own a personal pool at this point in time).

If you can’t leave your house, there are still multiple ways to exercise:

- Do body-weight exercises for muscle strength.
- Stretch for flexibility and mobility.
- Do core workouts for stability.
- Do modified cardiorespiratory workouts such as walking up and down flights of stairs.
- Set-up a cross-fit style exercise course in your home using household items as weights.

Keep sight of the fact that the goal right now is to maintain or improve your health. Experts also suggest that we all try to get quality sleep, eat well, and make efforts to reduce stress as much as possible.

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.

Predict Your Time 5-Miler – Aug. 4
Lake Matoaka 4.3-Miler – Aug. 11
Swamp Bridge 5K – Aug. 18
Smart Smiles 5K – Aug. 31, Virtual
Mulberry Island Runs – Sept. 12
Fast & Funky 5K – Sept. 26
Smithfield Hog Jog 5K – Oct. 10
Fort Eustis 10K – Oct. 17
Run with the Bulls 5K – Oct. 31

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:
September 10 (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, the September stuffing and possibly future stuffings will be virtual with no host. Hopefully we will resume regular newsletter stuffings in the near future. Future stuffing dates include: **Thursday, October 29** (open), **Thursday, December 17** (open) **Thursday, January 28** (open) and **Thursday, March 4** (open).



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

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

PTC MEMBERSHIP DISCOUNTS

All area codes are 757 unless otherwise stated.

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

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

"THERE IS MAGIC IN MISERY. JUST ASK ANY RUNNER."

— DEAN KARNAZES

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

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

ADDRESS SERVICE REQUESTED

UPCOMING PTC EVENTS

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

AUGUST

- 4** Tom Ray Memorial Predict Your Time 5-Miler
- 11** Lake Matoaka 4.3-Mile Trail Challenge
- 18** Swamp Bridge 5K
- 31** Smart Smiles Virtual 5K (PTCGP event)

SEPTEMBER

- 12** Mulberry Island Half Marathon & 5K (PTCGP & HRSuperGP event)
- 26** Fast & Funky 5K
- 26** Annual Potluck Picnic

OCTOBER

- 10** Smithfield Hog Jog 5K (HRSuperGP event)
- 17** Fort Eustis 10K Run & Ruck (PTCGP event)



RUNNING
ETC
NORFOLK • VIRGINIA BEACH

EVERYTHING FOR RUNNERS!

SHOES
APPAREL
ACCESSORIES

WWW.RUNNINGETC.COM

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

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

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