



ON YOUR MARK

MAY/JUNE 2021

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MARK YOUR CALENDAR

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JOE & SUE MOORE MEMORIAL SCHOLARSHIP 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 eight times a year, social activities such as our General Membership Meetings and Annual Awards Banquet, and other costs incurred in operating a nonprofit organization. Our running club officers are all volunteers, and we encourage you to get involved. You'll find it a lot of fun and very rewarding.

Welcome again and have a safe and healthy running season!

Officers

All area codes are 757 unless otherwise stated.

President: Steve Peters, 951-3874

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

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

Secretary: Helen Worthington,
(804) 642-5998

Treasurer: Mike Thomas, 872-9380

Newsletter Editor: Bruce Davis, 989-0072

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

Webmaster: Thea Ganoe, 272-2927

Volunteer Coordinator:

Jaime Cox, 817-1221

Social Coordinator:

Maria Peters, 897-7083

Litter-Getter Coordinator:

Amanda Collier, 870-5159

Race Schedule: Rick Platt, 229-7375

Course Measurement:

Pam Garrett, 285-6645

Scott Bartram, 867-8547

Triathlete Information:

Connie Maxwell, 596-4067

Photography: <position open>

Coaching: Robert Trujillo, 927-5004

Christine Schaffner, 898-3258

Club Meetings

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

Membership Dues

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

ON YOUR MARK

BRUCE DAVIS, Editor
Steve Amarillo, Graphics Editor

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

ADVERTISING RATES FOR 2021

Flyer Insert: \$50 per issue

Full Page: \$50/issue • \$250/6 issues

1/2 Page (7.5 x 5 in): \$35/issue • \$175/6 issues

1/3 Page (5 x 5 in): \$25/issue • \$125/6 issues

1/6 Page (2.5 x 5 in): \$20/issue • \$100/6 issues

Mini (2.5 x 2.5 in): \$10/issue • \$50/6 issues

Contributors

May/June 2021 issue: Steve Amarillo
Bruce Davis, Helen Worthington
Steve Peters, Mike Thomas, Jaime Cox
Dale Abrahamson, Rick Platt, Tim Scott
Danielle Hundley, Amanda Collier

Newsletter Deadline!

To include flyers, articles, ads or news in the *July/August 2021 issue* of *On Your Mark*, (stuffing on June 30), email Bruce Davis (weatherwizard1@juno.com) no later than **June 24**.

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 Runners, https://www.facebook.com/DCRunners/



COMING UP
2021

Race Days 2021 Peninsula Track Club Road Racing Schedule

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



indicates a PTC Grand Prix Event.



indicates a HR Super Grand Prix Event.

RACE CANCELLATIONS

Because of ongoing restrictions on gatherings due to COVID-19, the following races have been canceled for 2021:

Coast Guard Day 5K

Sat., July 31

Billy Hogge: William.C.Hogge@uscg.mil

VIRTUAL RACES

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

Run for the Stage 5K

May 29 through June 6

Matteson Trail, Hampton, VA

<https://sites.google.com/hampton.k12.va.us/run4thestage18/home>

Joy Charbonneau,

jcharbonneau@hampton.k12.va.us

PTC Virtual Marathon

Results Deadline: Fri., December 31

Sign up anytime in 2021, and all timed PTC races, virtual races, and fun runs completed in 2021 will count toward your marathon distance/time. Once you have achieved 42K, run additional events to improve your marathon time!

Bruce Davis (757) 989-0072

weatherwizard1@juno.com

Signup: [PTC Virtual marathon](#)

LIVE RACES

MAY

31 Yorktown Freedom Run 8K

Mon., May 31, 8:00 a.m.

(USATF cert. VA16022RT)

York High School, Yorktown, Va.

Hampton Roads Super Grand Prix

Tom Hunter (651) 675-7928

tom.d.hunter@gmail.com

<http://yorktownrotaryclub.org>



JUNE

15 Trailzilla Fast 5K

Tues., June 15, 6:30 p.m.

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe (757) 272-2927

theaellen@hotmail.com

29 Trailzilla Feel Good 4-Miler

Tues., June 29, 6:30 p.m.

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe (757) 272-2927

theaellen@hotmail.com

JULY

10 Trailzilla Joe-Zilla 5-Miler

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

Sandy Bottom Nature Park, Hampton, Va.

Thea Ganoe (757) 272-2927

theaellen@hotmail.com



AUGUST

3 Tom Ray Memorial Predict Your Time 5-Miler (PTC Summer Fun Run Series)

>>> No Watches <<<

Tues., August 3, 6:30 p.m.

Newport News Park Bikeway

Christine Schaffner (757) 898-3258

Bruce Davis, weatherwizard1@juno.com

<http://peninsulatracclub.com>

10 Lake Matoaka 4.3-Mile Trail Challenge

(PTC Summer Fun Run Series)

Tues., August 10, 6:30 p.m.

Zable Stadium, Williamsburg, Va.

Susan Hagel (757) 754-4859

Rick Platt (757) 229-7375

<http://peninsulatracclub.com>

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

Tues., August 17, 6:30 p.m.

Newport News Park, Picnic area #3

Bruce Davis (757) 989-0072

weatherwizard1@juno.com

<http://peninsulatracclub.com>

21 Smart Smiles 5K

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

(USATF cert. VA17036RT)

Mariners' Museum, Newport News, Va.

Info: (757) 223-7204

www.bagclub.com

Madison Owens (757) 223-7204

mowens@bagclub.com



SEPTEMBER

11 Mulberry Island Half-Marathon & 5K Runs

Sat., September 11

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) 878-2097

margaret.w.glass2.naf@mail.mil

Lee Graves (757) 878-6075

Lee.Graves.naf@mail.mil

sports office: (757) 878-0013

www.active.com www.eustismwr.com



18 Poop Matters 5K

Sat., September 18, 8:30 a.m.

(USATF cert. VA13054RT)

Newport News Park, Newport News, Va.

Steve Amarillo (757) 869-8895

thepeninsulatracclub@gmail.com

<http://peninsulatracclub.com>

OCTOBER

23 Funktoberfest 5K

Sat., October 23, 8:30 a.m.

Matteson Trail, Hampton, Va.

Heidi Olson (757) 722-2261

Holson@Transitionsfvs.org

30 Poquoson Run for the Bulls 5K

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

(USATF cert. VA14036RT)

Poquoson High School, Poquoson, Va.

Judy McCormick (757) 719-5055

email: judy.mccormick1@gmail.com



Upcoming Events

MAY 29 & MAY 31 – HAMPTON ROADS SUPER GRAND PRIX

The next two *Hampton Roads Super Grand Prix* races are on *Memorial Day weekend*. First is on *Saturday, May 29*—the *Elizabeth River Run 10K* hosted by the *Tidewater Striders* and returning to *Norfolk*. Two days later on *Memorial Day, Monday, May 31*, the *PTC* hosts the *Yorktown Freedom Run 8K* on the *Yorktown Battlefield* tour roads. For questions or information on signing up for the *Hampton Roads Super Grand Prix* including the latest *HRSuperGP schedule*, check out www.hrsupergp.com or email hrsupergp@gmail.com.

JULY 10 – PTC POTLUCK PICNIC

The *Annual PTC Potluck Picnic* is returning and will be held on *Saturday, July 10* at *Bethel Park* in Hampton, just off *Big Bethel Road*. The picnic immediately follows the *Joe-Zilla 5-Miler* held earlier that morning down the road at *Sandy*

Bottom Nature Park. At *Bethel Park* there will be post-race picnic with games, activities, and more. *Please bring a potluck dish to share with others*. Hot dogs, hamburgers, soda, and beverages will be provided by the club. For info or to volunteer to help out, please contact Steve and Maria Peters at *951-3874*.

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 3*. **NO WATCHES**; predict your time to run 5 miles of the *Newport News Park Bikeway*; runner closest to their predicted time wins. A week later on *Tuesday, August 10* 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 17* with the *Swamp Bridge 5K* on the *White Oak Trail* in *Newport News Park*. The *start time* for each *Summer Fun Run* is *6:30 p.m.* Signup is on the day of the event. Don't forget to bring your *canned food* donations as your *entry fee*.

COVID-19 EVENT MODIFICATIONS

While COVID-19 restrictions on masking and event gatherings are being eased due to the vaccination program, please be advised that races and events may still be delayed, modified, rescheduled or canceled due to ongoing **COVID-19** considerations including the availability of venues and restrictions on the size of gatherings.

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

THOUGHTS FROM THE PTC PRESIDENT

Fellow runners and volunteers, we had a beautiful weekend for the *Virginia 24-Hour Run for Cancer* at Sandy Bottom Nature Park (SBNP). **Tim Scott** and his team of volunteers provided a great event for the many ultra runners who participated. There were a number of noteworthy performances, but I want to highlight **Robert S. White**, 97, for his 11.5 miles and setting a National Age Group Record! We also could not have asked for a more perfect day for the *Joe & Sue Moore Memorial PTC Scholarship 5K*, also at SBNP. **Danielle Hundley**, her family, and many volunteers put on a great race. Congratulations to all the competitors and award winners. As always, the door prizes were over the top as well! Neither of these events would be possible without the approval of the City of Hampton and SBNP itself. Thanks especially to **Art Mertz** and his team of park rangers for supporting our events!

It has been another sad month for the PTC family. **Margaret “Chips” Halley** passed away after a brave fight with Alzheimer's

disease. Chips and her husband Jim were the leaders of my first PTC group runs where I spend many weekend mornings with them at either Sandy Bottom or the Yorktown Battlefields, including helping me train for my first marathon. Chips was there when I finished the Shamrock Marathon in 2009 and always had a smile on her face for others' achievements. Chips was also regular PTC volunteer at most of our races, and she and Jim also served as PTC social coordinators for many years. I know that, like me, all our runners and volunteers will miss Chips dearly... she was a special friend.

Now that COVID-19 restrictions are starting to ease, we can really look forward to our next few races. First, a Memorial Day fixture is the *Yorktown Freedom Run 8K*, put on by the *Rotary Club of Yorktown*. After that, registration is open for the first three races in our Summer Series—Trailzilla is back! Leading the Trailzilla planning is another spectacular PTC volunteer, **Thea Ganoe**. I hope to see many of you at our

Tuesday evening races on June 15 and 29, and the *Joe-Zilla 5-Miler* (in honor of the late **Joe Harney**) on Saturday morning, July 10 (followed by our PTC Picnic at Bethel Park). Unfortunately, we've learned the *Coast Guard Day 5K* is canceled for 2021, but we expect it to be back in 2022.

One thing is clear—each of these races needs volunteers to be successful. As COVID-19 restrictions ease, particularly for those of us who have been vaccinated, I ask that you consider volunteering at our upcoming races or at other opportunities such as our quarterly *Litter Getter Adopt-a-Highway* cleanup (led by PTC volunteer **Mandy Collier**) or at a newsletter stuffing (stay tuned—these will be back!).

In the spirit of the late **Joe Harney**, our volunteer “PTC President for Life,” please pray for our country, our elected officials, our military, healthcare workers, and first responders.

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.

May 29

Elizabeth River Run 10K

Norfolk, Va.

Hampton Roads Super Grand Prix

Tidewater Striders

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



August 7

Strider Mile & 1500m Race Walk

Virginia Wesleyan, Virginia Beach, Va.

Hampton Roads Super Grand Prix

Tidewater Striders

Steve Shapiro (757) 592-6720

sshapiro@hampton.gov

www.tidewaterstriders.com



September 4

Kindness Miles

Bruton Parish Church, Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

www.colonialroadrunners.org

June 5

Kingswood Klam 5K

Kingswood Pool, Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

www.colonialroadrunners.org

June 26

WISC Scholarship 5K

Williamsburg, Va.

Colonial Road Runners

Jen Berberich (757) 253-1947

jberberich@thewisc.com

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

rickplatt1@juno.com

www.colonialroadrunners.org

June 27

Taskinas Creek Marathon

York River State Park, Williamsburg, Va.

Ellen Alexander, ultraellen@gmail.com

www.happycatevents.com

July 17

Night Owl 9K

Freedom Park, Williamsburg, Va.

Ellen Alexander: ultraellen@gmail.com

<http://happycatevents.com>

July 27

Mel Williams Memorial 5K

Norfolk Botanical Gardens, Norfolk, Va.

Hampton Roads Super Grand Prix

Tidewater Striders

www.tidewaterstriders.com



August 14

CDR Superhero5K

Vineyards at Jockeys Neck

Williamsburg, Va.

Colonial Road Runners

Info: Nancy Wigley, (757) 566-3300

nancyw@cdr.org

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

rickplatt1@juno.com

www.colonialroadrunners.org

August 14

Soupy 7-Hour Run

New Quarter Park, Williamsburg, Va.

Ellen Alexander: ultraellen@gmail.com

<http://happycatevents.com>

August 21

Bow Wow and Meow 5K

York River State Park, Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

www.colonialroadrunners.org

August 21

Striders 10-Miler

Dismal Swamp Canal Trail

Chesapeake, Va.

Hampton Roads Super Grand Prix

Tidewater Striders

www.tidewaterstriders.com



August 28

Democracy Dash 10K

Jamestown Island, Va.

Colonial Road Runners

Historic Triangle Triple Crown

Hampton Roads Super Grand Prix

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

rickplatt1@juno.com

www.colonialroadrunners.org



September 25

Ice-Aholics Freedom Run 8K & 5K

Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

www.colonialroadrunners.org

September 25

Crazy 8-Miler Trail Run

York River State Park, Williamsburg, Va.

Ellen Alexander: ultraellen@gmail.com

<http://happycatevents.com>

October 9

Weighted Angels 5K

Sentara Regional Hospital

Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

www.colonialroadrunners.org

October 16

Strider XC Classic 5K

Bells Mill Park, Chesapeake Va.

Hampton Roads Super Grand Prix

Tidewater Striders

www.tidewaterstriders.com



October 16

Heritage Humane Society FURever 8K & 5K

Jamestown High, Williamsburg, Va.

Colonial Road Runners

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

rickplatt1@juno.com

www.colonialroadrunners.org

October 23

Logy Bear 8K and Gummy Bear 5K

New Quarter Park, Williamsburg, Va.

Emily Honeycutt

www.colonialroadrunners.org

Come Run with Us



As restrictions ease on gatherings due to the COVID-19 quarantine, look for reinstatement of other organized training sessions and organized fun runs in upcoming issues of *On Your Mark*.

PTC WEDNESDAY INTERVALS

Wednesday evening *PTC Intervals* at the *Tabb High School track* continue into the summer. Everyone is welcome to this coached interval training for runners of all abilities. 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

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>.



PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

March 2021

Checking Account Balance 2/28/2021 **\$ 18,009.09**

March Revenue

Membership Dues	\$ 540.00
Race Entries (Heart 10 Miler)	399.05
Race Entries (Spring Fever 5K)	1,393.84
Race Entries (Scholarship 5K)	837.87
Race Entries (Virtual Marathon)	14.16
Adopt-A-Family	40.00

Total Income: + \$ 3,224.92

March Operating Expenses

Race Expenses (Spring Fever)	\$ 983.21
Newsletter Printing	177.53
Newsletter Postage/Bulk Mail	300.00
Membership Supplies	172.44
Race Supplies	62.20

Total Operating Expenses: – \$ 1,695.38

Net Income Gain/Loss (Checking) \$ 1,529.54

Checking Funds Available 3/31/2021 **\$ 19,538.63**

Welcome New Members and Returning Members

Chris Geraghty	Don Mertz
Gia Geraghty	Brenda Nickel
Bary Hughes	Rob Thornburgh
June Hughes	Nina Ullrich
Michael Lingenfelter	David Ullrich
Gabriele Lingenfelter	Katelynn Stickle
Austin Lingenfelter	



Cleanup Crew

Dedicated to making an environmental difference, a group of PTC volunteers participated in the quarterly-scheduled Litter Getter. A 2.5-mile section of York County always needs tidying up and through the volunteers' efforts, they ensure that the scenic roads near Yorktown Battlefield remain scenic. The next scheduled cleanup date will be posted in an upcoming newsletter and at www.peninsulatrackclub.com

★ On April 17, 2021, the PTC lost another longtime member, volunteer, and former PTC board member, Margaret (Chips) Halley, after a battle with Alzheimer's disease.

Margaret Waldrop was born and raised in Roanoke, Virginia, graduating there from Patrick Henry High School. In 1967, Chips arrived in Hampton, Virginia where she met and in May 1969 married Jim Halley. They traveled to Italy, Alabama, and returned to Langley AFB in 1978. In 1987, Chips began a 20-year civil service career at Langley Air Force Base working in the Surgeon General's Office and then the Intelligence Office, from which she retired in 2007.

Chips and Jim developed an interest in running in 1994, becoming members of all three area running clubs—the Peninsula Track Club, Colonial Road Runners, and Tidewater Striders. They ran many local and destination races, including the 2008 Marine Corps Marathon, the New York City Marathon in 2010 and traveled to the Outer Banks many times with other PTCers for the weekend of the OBX Marathon, Half-Marathon and 5K. Chips and Jim loved to travel and took many cruises with family and friends to Bermuda, Eastern Caribbean, Western Caribbean, and the Panama Canal.

Chips and Jim served as PTC board members, first as social coordinators from 2002–2005 and later coordinating the Adopt-A-Highway Litter Getter from 2012–2018. Chips always had a smiling face and a warm greeting for everyone at post-race activities and newsletter stuffings. Chips, you will be missed.

Remembering Chips



VIRGINIA 24-HOUR RUN FOR CANCER

Sandy Bottom Nature Park, Hampton, Va.

Saturday, April 24 – Sunday, April 25, 2021, 7:00AM
A PENINSULA TRACK CLUB EVENT

Place	Name	City	State	Age	Gender	Total Miles							
1	Jim Warner	Wanaque	NJ	35	M	105	61	Chris Laws	Newport News	VA	45	M	52.5
2	Jason Wood	Newport News	VA	39	M	101.25	61	Brian Martin	Newport news	VA	32	M	52.5
3	Zachariah Nelson	Virginia Beach	VA	30	M	93.75	61	Sean McPherson	Virginia Beach	VA	47	M	52.5
4	Steve Speirs	Virginia Beach	VA	54	M	90	61	Crit Muniz	Virginia Beach	VA	46	M	52.5
5	Glenn Hinda	Yorktown	VA	60	M	88	61	Bruce Sinclair	Chesapeake	VA	57	M	52.5
6	Joshua Fosberg	Virginia Beach	VA	34	M	82.5	61	Gabriel Swift	Knob Noster	MO	41	M	52.5
7	Amie Singletary	Newport News	VA	39	F	82	61	Jason Todd	Newport News	VA	40	M	52.5
8	Mike Delancey	Virginia Beach	VA	59	M	81.75	61	Robert Wyco	Gloucester	VA	57	M	52.5
9	Lisa Georgis	New Ringgold	PA	52	F	79	88	Alan Zwart	Washington	DC	50	M	52.5
10	Connie Gardner	Akron	OH	57	F	78.75	89	Kim Ratcliffe	Yorktown	VA	53	F	52
10	John Calabrese	Hampton	VA	41	M	78.75	90	William Allen	Great Mills	MD	60	M	51.25
10	Paul Speight	Hampton	VA	35	M	78.75	90	Anastasia Card	Stafford	VA	50	F	50
10	Jim Harrison	Hampton	VA	63	M	76.75	90	Lillian Ghigliotti	Chesapeake	VA	57	F	50
14	Joanna McCandlish	Williamsburg	VA	39	F	76	90	Nia Harrison	Hampton	VA	33	F	50
14	Joseph Roth	Yorktown	VA	55	M	76	90	Michele Hill	Virginia Beach	VA	51	F	50
16	John Epps	Yorktown	VA	41	M	75	90	Cyria Jackson	St. Louis	MO	45	F	50
16	Chris Gronbech	Virginia Beach	VA	54	M	75	90	Nicole Knight	Yorktown	VA	16	F	50
16	Chris Guerra	Virginia Beach	VA	37	M	75	90	Diane McBride	Virginia Beach	VA	59	F	50
16	Dominick Moore	Virginia Beach	VA	32	M	75	90	Amanda Toti	Grand Rapids	MI	40	F	50
16	Alan Thompson	Norfolk	VA	46	M	75	90	Brandon Breitberg	Norfolk	VA	42	M	50
21	Paul Starling	Dunn	NC	53	M	74.25	90	Eugene Bruckert	Arlington Heights	VA	85	M	50
22	Brian Burk	Louisburg	NC	56	M	72.5	90	Andy Chang	Cary	NC	38	M	50
23	Nikki Niemeyer	Akron	OH	28	F	71.25	90	Douglas Craft	Lanexa	VA	57	M	50
23	Logan St. John	Virginia Beach	VA	26	M	71.25	90	Robert Davies	Fredericksburg	VA	48	M	50
23	Brian Toti	Plainsboro	NJ	36	M	71.25	90	Ryan Garber	Williamsburg	VA	41	M	50
23	Robert Walkiewicz	Salem	VA	32	M	71.25	90	Thomas Green	Columbia	MD	70	M	50
27	Michael Nicolaidis	Norfolk	VA	58	M	70	90	D.J. Guthinger	Yorktown	VA	18	M	50
28	Kimberly Durst	Goldsboro	NC	38	F	67.5	90	Larry Lovell	Mechanicsville	VA	77	M	50
28	John Burcher	Yorktown	VA	48	M	67.5	90	Albert Maas	Fredericksburg	VA	42	M	50
28	Henry Lupton	Goldsboro	NC	57	M	67.5	90	David Macluskie	Yorktown	VA	48	M	50
28	Wrightly Reed	Gwynn	VA	31	M	67.5	90	Hugo Medrano	Suffolk	VA	31	M	50
28	Joshua Thomas	Charlottesville	VA	31	M	67.5	90	Patrick O'Shea	Virginia Beach	VA	49	M	50
33	Rebecca Garson	Afton	VA	56	F	65.75	90	Mark Pearson	Yorktown	VA	54	M	50
33	Sean Verma	Norfolk	VA	41	M	65.75	90	Bill Sublett	Fredericksburg	VA	63	M	50
35	David Anderson	Williamsburg	VA	51	M	65	90	John Syarto	Bristow	VA	53	M	50
35	Tim Clapp	Evens	GA	64	M	65	90	Winston Trice	Hayes	VA	48	M	50
37	Lori Sherwood	Portsmouth	VA	57	F	64	116	Christopher Young	Virginia Beach	VA	45	M	50
37	Jonathan Goshea	North Chesterfield	VA	46	M	64	116	Seko Francis	Virginia Beach	VA	54	M	48.75
39	Laura Dover	Yorktown	VA	41	F	63.75	118	Rufno Vegamora	Selma	TX	44	M	48.75
39	Lillian Thomas	Newport News	VA	37	F	63.75	118	Traci Bishop	Newport News	VA	37	F	45
39	Nick Cruz	Milford	DE	24	M	63.75	118	Stephanie Hannam	Ayden	NC	38	F	45
39	Ben Leach	Virginia Beach	VA	68	M	63.75	121	Kimberly Mikel	Hampton	VA	40	F	45
43	Eric Britt	Suffolk	VA	32	M	63	122	Amanda Dent	Newport News	VA	38	F	43.5
44	Andrew Galata Jr	Imperial beach	CA	30	M	61.25	122	Mike Bailey	Richmond	VA	39	M	41.25
45	George Nelsen	Williams	AZ	66	M	60.25	122	Dwayne Lewis	Norfolk	VA	51	M	41.25
46	James Camp	Colonial Beach	VA	38	M	60	122	John Price	Virginia Beach	VA	66	M	41.25
46	Stephen Conlon	Virginia Beach	VA	38	M	60	126	Robert Sitler	Lynchburg	VA	62	M	41.25
46	Tom Gerhardt	Chesapeake	VA	69	M	60	127	Amy Campbell	Greenville	NC	44	F	41
46	Rachel Swift	Knob Noster	MO	42	F	59.5	128	Julia Blakeburn	Virginia Beach	VA	65	F	38.75
50	George Ash	Chesapeake	VA	50	M	56.25	129	Wendy Murray	Southern Shores	NC	47	F	38.5
51	Juliann Barrington	Virginia Beach	VA	33	F	56.25	129	Rachel Brassine	Greenville	NC	43	F	37.5
52	Amanda Collier	Yorktown	VA	41	F	56.25	129	Rick Mueller	Burke	VA	46	M	37.5
52	Maria Peters	Yorktown	VA	56	F	56.25	132	Thomas Sullivan	Newport News	VA	52	M	37.5
52	Jennifer Price	Tarboro	NC	38	F	56.25	132	Bobbi Argabright	Yorktown	VA	38	F	35
52	Bobby Buchter	Norfolk	VA	36	M	56.25	134	Karen Smith	Chesapeake	VA	44	F	35
52	Ron Hartlaub	Greenville	VA	63	M	56.25	134	Audrey Himes	Shaker Heights	OH	20	F	33.75
52	Michael Horner	Virginia Beach	VA	56	M	56.25	134	Toni Tharpe	Gloucester	VA	38	F	33.75
58	Steven Shapiro	Virginia Beach	VA	67	M	54.5	134	Marie Brustowicz	Robbinsville	NJ	58	M	33.75
59	Robin Olsen	Toano	VA	42	F	53.75	134	Randall Edwards	Elizabeth City	NC	51	M	33.75
60	Richard Letter	Mechanicsville	VA	48	M	53.5	134	William Gunn	Durham	NC	49	M	33.75
61	Jessica Anderson	Williamsburg	VA	39	F	52.5	134	James McMannes	Virginia Beach	VA	51	M	33.75
61	Kayla Davies	Fredericksburg	VA	18	F	52.5	134	Tim Scott	Lynchburg	VA	36	M	33.75
61	Shalisa Davis	Suffolk	VA	52	F	52.5	134	Greg Smith	Morrisville	NC	49	M	33.75
61	Angie Fitzsimmons	Virginia Beach	VA	42	F	52.5	143	Mike Thomas	Charlottesville	VA	62	M	33.75
61	Beverly Grimmett	Norfolk	VA	45	F	52.5	143	Sherrell Andrews	Florissant	MO	46	F	31.25
61	Katie Nesbitt	Newport News	VA	33	F	52.5	143	Patricia Boyce	Newport News	VA	55	F	31.25
61	Debra Price	Newport News	VA	57	F	52.5	143	Melissa Carmines	Yorktown	VA	47	F	31.25
61	Karen Sanzo	Hampton	VA	44	F	52.5	143	Michele Vecchione	Seaford	VA	38	F	31.25
61	Clair Smith	Yorktown	VA	40	F	52.5	143	Christine Youtsey	Yorktown	VA	55	F	31.25
61	P.J. Affnito	Hampton	VA	40	M	52.5	143	Arthur Mertz	Hampton	VA	49	M	31.25
61	Spencer Beloin	Alexandria	VA	30	M	52.5	150	James Rose	Hampton	VA	46	M	31.25
61	David Berger	Williamsburg	VA	45	M	52.5	150	Morgan Brooks	Virginia Beach	VA	33	F	30
61	Orion Berger	Williamsburg	VA	14	M	52.5	150	Jamie Gallup	Poquoson	VA	40	F	30
61	Shane Dover	Yorktown	VA	47	M	52.5	150	Deanna Hill	Newport News	VA	59	F	30
61	Troy Egan	Las Vegas	NV	55	M	52.5	150	Caroline Leean	Woodbridge	VA	59	F	30
61	Joe Hain	Triangle	VA	58	M	52.5	150	Brenda Nickel	Newport News	VA	54	F	30
61	Kevin Harrison	Poquoson	VA	54	M	52.5	150	Katie Sutherland	Yorktown	VA	43	F	30
61	Christopher Johnson	Poquoson	VA	52	M	52.5	150	Dave Bach	Newport News	VA	60	M	30
								James Brooks	Virginia Beach	VA	42	M	30

150	Troy Eisenberger	Virginia Beach	VA	43	M	30	178	Roy Blakeburn	Virginia Beach	VA	33	M	22.5
150	Trenton Gabriel	Virginia Beach	VA	51	M	30	178	Rob Clinton	Great Mills	MD	38	M	22.5
150	Larry Gilchrist	Fredericksburg	VA	50	M	30	178	Adam Wilkie	Yorktown	VA	37	M	22.5
150	Brett Himes	Shaker Heights	OH	62	M	30	184	Jaime Cox	Newport News	VA	43	F	20.75
150	Brian Nichols	Providence Forge	VA	46	M	30	185	Kate Barrett	Tall Timbers	MD	44	F	18.75
150	Al Shochet	Virginia Beach	VA	73	M	30	185	Ashleigh Bujacich	Chesapeake	VA	32	F	18.75
150	Jeffrey Vieyra	Lafayette	CA	74	M	30	185	Isabella Hyslop	Norfolk	VA	21	F	18.75
165	Kim Flint	Newport News	VA	56	F	26.25	185	Becky Riebeling	Newport News	VA	52	F	18.75
165	Linda Lanotte	Wanaque	NJ	63	F	26.25	185	Kathryn Thomas	Germentown	MD	29	F	18.75
165	Naomi Muellner	Virginia Beach	VA	45	F	26.25	190	Reagan Barrett	Tall Timbers	MD	20	F	15
165	Dawn Overton	Virginia Beach	VA	54	F	26.25	190	Debby Toti	East Brunswick	NJ	65	F	15
165	Marian Petersen	Norfolk	VA	48	F	26.25	190	Claire Weis	Norfolk	VA	41	F	15
165	Susan Snead	Virginia Beach	VA	65	F	26.25	190	Steve Schweizer	Norfolk	VA	46	M	15
165	Tracy Sudbrook	Dexter	IA	50	F	26.25	190	Patrick Shagena	Lynchburg	VA	49	M	15
165	Darlyn Warner	Newport News	VA	63	F	26.25	195	Robert White	Newport News	VA	97	M	11.5
165	Dan Brand	Toano	VA	51	M	26.25	196	Dawn Currier	Hampton	VA	46	F	11.25
165	Chris Gaskins	Chesapeake	VA	51	M	26.25	196	Jo Ann Perkins	White Stone	VA	72	F	11.25
165	Charlie Goodwin	Virginia Beach	VA	61	M	26.25	196	Lisa Usselman	Hampton	VA	45	F	11.25
165	Chris Hiatt	Springfield	VA	37	M	26.25	196	Veronica Warwick	Poquoson	VA	34	F	11.25
165	Austin O'Bier	Hampton	VA	20	M	26.25	196	Courtney Will	Yorktown	VA	27	F	11.25
178	Kimberly Gaskins	Chesapeake	VA	50	F	22.5	201	Andrew Fritz	Chesapeake	VA	26	M	7.5
178	Kim Hague	Chesapeake	VA	46	F	22.5	202	Fallon Morey	Virginia Beach	VA	39	F	3.75
178	Linda Holmes	Hampton	VA	56	F	22.5	202	Mahlon Lawrence	Hampton	VA	53	M	3.75

Team Results

660.5 miles	Wingnutz
606.5 miles	Track Tuesday
579 miles	Tumor Busters
413.75 miles	Cancer Crushers
326.25 miles	Run About It
296.25 miles	Liberty Legs
293.75 miles	Secret Squirrel Society
292.5 miles	Team Mishmash
210 miles	Quaranteam
152.5 miles	Tattered Flag
130 miles	Running Impaired
67.5 miles	Revenue Running Service



TEAM WINGNUTZ



GEROGE NELSEN PRESENTS WENDY MURRAY WITH A 500-MILE JACKET



MR. ROBERT WHITE, 97-YEAR-OLD WWII VETERAN, COMPLETING 11.5 MILES AT THE VIRGINIA 24-HOUR RUN FOR CANCER

Age-Graded Results

From *Runner's World*

Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age-graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender. The score is expressed as a percentage of the world-best time for the distance for a given age and gender. Using the information from race results, the age and gender of those who finished around you are used to see whose performance was relatively best.

Example:

50-year old male
5K finishing time of 25:00

Result:

Age-Graded Score: 58.99
Age-Graded Time: 21:52

90% World Class
80-89% National Class
70-79% Regional Class
69%-less Athlete

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

JOE & SUE MOORE MEMORIAL SCHOLARSHIP 5K

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

Men	Age	Time	Grade
1. Steve Kast	56	18:43	81.92
2. Lucas Simmons	16	16:17	80.55
3. Cooper Hirst	17	16:47	77.16
4. Michael Jones	17	17:09	75.51
5. Orlando Perez	59	21:16	73.98
6. Carter Ficklen	46	19:30	73.57
7. Dale Abrahamson	71	24:20	72.53
8. James Deviese	69	23:55	72.06
9. Kelvin Anderson	59	21:55	71.79
10. Christopher Laws	45	20:04	70.02
Women	Age	Time	Grade
1. Connie Glueck	56	23:03	76.50
2. Briana Frank	10	23:21	73.88
3. Helen Worthington	66	27:21	72.94
4. Svetlana Goncharova	23	20:29	71.93
5. Madison Henderson	15	22:05	70.11
6. Norma Phillips	60	26:27	69.94
7. Karen Sanzo	44	22:37	68.75
8. Barbara Biasi	73	32:06	68.48
9. Martha Gullo	68	30:17	67.69
10. Gabriele Lingenfelter	58	26:55	67.06



KAREN SANZO



BRIAN BROWN

RONALD COLLIER



CHRISTINE SCHAFFNER



TAYLOR BATTY

ASHE MORALES



ADRIAN BADDAR



SUSAN HAGEL



MADISON HENDERSON

2021 PTC Grand Prix Standings (2 of 10 events completed)

MEN (G.P. QUALIFIED)

Name	run	vol	total
Dale Abrahamson	20	3	23
Ron Worthington	10	10	20
Braxton Lee	16	3	19
Randy Hawthorne	9	6	15
James Gullo	9	3	12
Will Palagy	6	6	12
Bruce Davis	5	5	10
Bob Curtin Jr.	4	4	8
Arthur Mertz	2	2	4
Steve Peters	2	2	4

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Jack Gorton	19	0	19
Carter Ficklin	19	0	19
Ronald Kellum	18	0	18
Timothy Westfall	18	0	18
Christopher Laws	15	0	15
Greg Lynn	10	0	10
Ed M. Rietscha	10	0	10
Robert Whitaker	10	0	10
Stephen Scudder	10	0	10
James Deviese	10	0	10
Steven Kast	10	0	10
Kai Manadero	10	0	10
Orion Berger	9	0	9
Jim Highsmith	9	0	9
Austin Lingenfelter	9	0	9
Jason Miller	8	0	8
Joseph Roth	8	0	8
D.J. Guthinger	8	0	8
Richard Hartung	8	0	8
Andrew Medvec	8	0	8
David Milby	8	0	8
Jimmy Blount	7	0	7
Robert Claypoole	7	0	7
Glen Young	7	0	7
Matthew Hoffman	7	0	7
Michael Lingenfelter	7	0	7
Rick Platt	7	0	7
Dean Tomalka	7	0	7
Joe Day	6	0	6
George Dever	6	0	6
Hayden Mertz	6	0	6
Michael Daly	5	0	5
John Olson	5	0	5
Rich Bowen	5	0	5
Rick Webb	4	0	4
Davis Berger	3	0	3
Joseph Kendall	3	0	3
Paul Currant	1	0	1
Christian Holter	1	0	1
Rod Manadero	1	0	1

WOMEN (G.P. QUALIFIED)

Name	run	vol	total
Helen Worthington	20	20	40
Susan Hagel	19	16	35
Amanda Collier	15	10	25
Barbara Biasi	10	3	13
Martha Gullo	9	3	12
Susanne Mendola	4	4	8

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Norma Phillips	20	0	20
Jennifer Cornette	19	0	19
Stephanie Eitzen	18	0	18
Raquel Manadero	17	0	17
Karen Sanzo	11	0	11
Connie Glueck	10	0	10
Alyson Kast	10	0	10
Grace Manadero	10	0	10
Lauren Palagy	10	0	10
Sharon Currant	9	0	9
Patricia Travis	9	0	9
Mary Brown	9	0	9
Maya Gorton	9	0	9
Blythe Kendall	9	0	9
Gabrielle Lingenfelter	9	0	9
Maria Ramirez Gorton	8	0	8
Tara Dress	8	0	8
Ashley Kendall	8	0	8
Jami Callahan-Brill	7	0	7
Lori Sherwood	7	0	7
Katelynn Stickles	7	0	7
Valor Foy Jones	6	0	6
Nina Ullrich	6	0	6
Lori Palagy	6	0	6
Erin Gedicke	5	0	5
Karen Schenck	5	0	5
Jennifer Tomalka	5	0	5
Simona Malace	2	0	2
Dawn Rolph	2	0	2

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2021 PTC GRAND PRIX RACE SCHEDULE

- 10-Mile Run for the Heart
- Joe & Sue Moore Scholarship 5K
- Yorktown Freedom Run 8K
- Joe-Zilla 5-Miler
- Smart Smiles 5K
- Mulberry Island Half-Marathon
- Poquoson Run for the Bulls 5K
- Riverwatch on the Piankatank 5K
- Run with the Son for Haiti 5K
- Yorktown Battlefield 10-Miler

GRAND PRIX UPDATE

Race points have been tallied through

the *Joe & Sue Moore Memorial Scholarship 5K* held on *May 8*.

Volunteer points have been tallied through the *PTC Litter Getter* held on *May 16*.

GRAND PRIX RULE SUMMARY

The **Peninsula Track Club Grand Prix Race Series** is designed to encourage participation in *PTC events*, promote competition, reward volunteerism and recognize long-term running performance. Grand Prix points can be earned by *running designated Grand Prix races* and by *volunteering for any PTC race or Litter Getter*. You do not have to sign up for the Grand Prix—if you are a member and you run a Grand Prix race or volunteer, you automatically earn points. However, *in order to qualify for a Grand Prix racing award, you must volunteer for a race at least once during the year.*

GRAND PRIX SCORING

Racing

For each designated PTC Grand Prix event, racing points are awarded to the top ten (10) male and female runners in each age group. For the purposes of the Grand Prix, five-year age groups are used no matter how the age groups are broken down in each particular race. *Scoring is as follows:* 1st place in each age group receives 10 points, 2nd place receives 9, 3rd gets 8 and so on down to the 10th place runner who receives 1 Grand Prix point.

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

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

Volunteering

The *PTC Grand Prix* is unique in that points can be earned through volunteering. Every time a member volunteers for an event, race or litter-getter they receive a three (3) Grand Prix volunteer points. Additionally **bonus volunteer points** are awarded for the following conditions:

1) **Double points for two-race events or extended events** like *Mulberry Island* or the *Virginia 24-Hour Run* count as **two races** (6 points total).

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

3) **Volunteer Bonus:** Members also receive a **one-time bonus of 7 points** (10 points total) for their **third volunteer effort**. This is to reward any member who helps out the Club three or more times during the year.

To **volunteer for a race** simply contact our **Volunteer Coordinator (Jaime Cox, 817-1221 or volunteerptc12@gmail.com)** to **officially** volunteer for the race of your choice. On race day, show up one (1) hour prior to race time and check in with the Volunteer Coordinator.

There is no limit to the number of volunteer points that can be earned, although no more than 6 volunteer points can be earned for a single event. Also, when the Grand Prix points are totaled, **volunteer points cannot exceed the racing point total**. The member with the highest Grand Prix point total (combined racing and volunteering) at the end of the year will be crowned the **2021 PTC Grand Prix Champion. Good Luck!**

NEXT GRAND PRIX RACES:

Yorktown Freedom Run Memorial Day

MAY 31, 2021

Joe-Zilla 5-Miler

JULY 10, 2021



2021 PTC VIRTUAL MARATHON

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

How it works

- Sign up for the PTC Virtual Marathon at www.runsignup.com or link to it through the PTC website: www.peninsulatrackclub.com.
- Run any timed PTC event (Grand Prix race, non-Grand Prix race, fun run, or virtual run on the Peninsula Track Club schedule and receive credit for the distance/time run. **Once you register, all races you have previously completed in 2021 will be counted towards your Virtual Marathon distance/time.**
- Run PTC events totaling 42K or more and you are a FINISHER in the PTC Virtual Marathon.
- Your Virtual Marathon finishing time will be the sum of event times that comprise your 42K.
- Run additional PTC events beyond 42K to improve your Virtual Marathon finishing time.

Entry Fee

\$15 for PTC members

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

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

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 MAY 8, 2021)

Finish Line: 42K

NAME	AGE/GENDER	TIME
10K		
Barbara Biasi	73 F	1:05:03
5K		
Alicia Graham	43 F	0:40:18



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

HAVE PEACE OF MIND KNOWING THAT THE MAJORITY OF OUR STAFF HAVE BEEN VACCINATED AGAINST COVID-19



JON SWENSON MD



ANTHONY CARTER MD



DANIEL CAVAZOS MD



JOHN ALDRIDGE MD



ADRIAN BADDAR MD



KINJAL SOHAGIA MD



BRENDAN MCCONNELL DPM



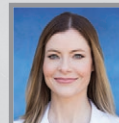
NELSON KELLER, DPM



ALEXANDER LAMBERT II MD



SCOTT BRADLEY MD



REBECCA SHOEMAKER MD



RYAN HARRELL DO



MARK KERNER MD

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The End of the Chute

The weather is getting warmer, and it appears that COVID-19 has finally begun to recede. The PTC has managed to get a few live races under our belt over the last six months—from the *Riverwatch on the Piankatank 5K* in November 2020, through the *Joe & Sue Moore Memorial Scholarship 5K* on May 8. At each of these races, due to required social distancing, the club used a race management technique not usually employed by the PTC: **wave starts**.

The use of wave starts for road races are nothing new. For mega-events like the *Boston, New York, and Chicago marathons*, wave starts are common as a way to manage the massive crowds. Smaller races occasionally use waves to spread out the crowd, especially when participants need to negotiate a physically restrictive area presenting a choke point on the race course.

The first time I witnessed a wave start live was in the *1990s* at a triathlon held in *Norfolk*. The event began with an out-and-back swim in an area of water that had limited shore access. Since the triathletes entered and exited the water at the same location before moving to the bike transition, the triathlon was set up as a series of waves, broken out by age and gender. This technique mitigated the choke point at the race start.

When the PTC stuck our collective toes back in the road racing waters late in 2020, *COVID-19 guidelines* limited the number of people who could gather in an outdoor venue, essentially creating a “choke point” at the race start. Again, the solution was to use waves to spread the running crowd out from the getgo.

This technique is simply a series of gun starts with offsets recorded for each wave. The finishing time for each runner is then adjusted based on their starting wave. This capability has long existed in Runscore, the software used by the PTC to score races. In fact, this offset calculation is how we score wheelchair participants, since they start before runners for logistical and safety reasons.

A wave start takes some additional pre-race logistics to execute, including the cooperation of runners to start in the correct wave. Runners have been very accommodating and cooperative, which is important. Accurate results hinge on runners starting in their assigned wave. The few

instances when a runner had to switch to a different wave have been manageable.

You might have questions about running a smaller race with a wave start. For instance:

- Do wave starts in smaller events affect your time?
- Do wave starts in smaller events affect the finishing order?
- Is there any advantage to starting in an earlier wave?

Let’s use PTC races as examples:

From *late 2020* through *mid-May 2021*, the PTC scored *five events* using wave starts. As I said before, a race with wave starts is no more than a series of gun-timed races. One difference is that all runners are able to line up closer to the start line. Additionally, fewer runners at the start mean fewer runners to negotiate through after the race starts. Both these facts should allow runners to get up to their race pace quicker. So, do wave starts in small races affect your finishing time? The short answer, I think, is “no,” and the longer answer is that wave starts *may even improve* your finishing time.

Now, do wave starts affect the finishing order? Again, if your time is as good or better than in a mass start, the same would be true for *every* runner in the event. So, by this logic, the finishing order should be unaffected.

But is there any advantage to starting in an earlier wave. Well, at the *Yorktown Battlefield 10-Miler* in *December 2020*, about *250 runners* were set in *10 waves* of *25 each*. We attempted to seed the early waves with the faster men and faster women so they would finish first. For the most part this worked, with the fastest runners finishing toward the front, but there was a surprise when the results were posted. One runner, **Joey Hallock**, 67 of *Virginia Beach*, who started in the *tenth and final wave*, not only won her age group, but *set a Virginia 10-Mile state record for Women 65-69* with a time of *1:18:53*, passing many runners who started in earlier waves in the process. Clearly starting in the last wave did not impede Joey’s time. It may have even assisted given the number of “rabbits” she passed from earlier waves.

More recently, at the *Joe & Sue Moore Scholarship 5K*, the race started with *three waves* of about *50 runners each*. Here all runners were seeded in the *order they registered*, so there was no grouping

of faster runners. The result was of the six runners making up the *Top Three Men* and *Top Three Women*, *five* started in *Wave 3* and *one* started in *Wave 2*. Again, it would appear that in smaller races, it really doesn’t matter which wave is your starting wave.

As for our summer racing season, it kicks off with the *Yorktown Freedom Run Memorial Day 8K* on the *Yorktown Battlefield* tour roads. Next up is the *Trailzilla race series* at *Sandy Bottom Nature Park*. First is the *Trailzilla Fast 5K* on *Tuesday, June 15*, next the *Trailzilla Feel Good 4-Miler* on *Tuesday, June 29*—both Tuesday evening races starting at *6:30 p.m.* The final *Trailzilla* event is the *fourth PTC Grand Prix race*, the *Joe-Zilla 5-Miler* on *Saturday, July 10* at *9:00 a.m.*

Also on *July 10*, immediately following *Joe-Zilla*, travel up *Big Bethel* from *Sandy Bottom* to *Bethel Park, Shelter #2* for the *Annual PTC Potluck Picnic*. There will be hot dogs, hamburgers, soda, and beverages provided by the PTC for this outdoor event, but *please bring a potluck dish to share with others*. For info or to volunteer to help, please contact **Steve** and **Maria Peters** at *951-3874*.

While *COVID-19* seems to be receding, allowing more live races and activities like our *Potluck Picnic*, there is still some effect on the PTC race schedule. The *Coast Guard Day 5K*, which would normally occur on *July 30*, is *canceled* for this year. They expect to return in 2022.

August brings the *PTC Summer Fun Run Series* on Tuesday evenings and the *fifth PTC Grand Prix race*, the *Smart Smiles 5K* on *Saturday, August 21*. Flyer information can be found on *pages 15–17* or on the PTC website.

We will aim for a full mailout of the next issue of *On Your Mark*. And you might consider the one last virtual event—the *2021 PTC Virtual Marathon*. Run *42K of PTC races* and earn a finisher medal based on the actual times you ran. It’s additional motivation to come and race with the *PTC*.

Meanwhile, mask up when necessary, get your vaccine, and stay safe everyone.

Later...

Bruce Davis
Newsletter Editor





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

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

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

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

Make checks payable to:

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



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

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

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

Registration contact:

HCS Run for the Stage Committee: hcsr4thestage@gmail.com

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

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

Runners Agreement Waiver, Release & Acknowledgement

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

Participant signature: _____ **Date:** _____

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

Parent/guardian signature: _____ **Date:** _____

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

A Peninsula Track Club Grand Prix Event





BOYS & GIRLS CLUBS
OF THE VIRGINIA PENINSULA



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

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

TEAM NAME: _____

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

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

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

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

Please read the following and sign below

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

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

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

VOLUNTEERS NEEDED

FOR RACES: To volunteer to work a race, simply call or email *PTC Volunteer Coordinator Jaime Cox* (see below). Then just show up on race day *one hour* prior to race start. You'll enjoy the volunteer experience, qualify for the *2021 PTC Grand Prix competition*, earn Grand Prix volunteer points, and—if available—a race T-shirt.

TO VOLUNTEER FOR A RACE

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

VOLUNTEERS NEEDED FOR:

Yorktown Freedom Run
May 31

Trailzilla Fast 5K
June 15

Trailzilla 4-Miler
June 29

Joe-Zilla 5-Miler
July 10

Predict Your Time 5-Miler
August 3

Lake Matoaka Challenge
August 10

Swamp Bridge 5K
August 17

Smart Smiles 5K
August 21

Mulberry Island Half & 5K
September 11

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:
June 30 (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, August 26* (open), *Thursday, October 7* (open), *Thursday, November 11* (open), and *Thursday, December 16* (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.

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

"TO GO PLACES AND DO THINGS THAT HAVE NEVER BEEN DONE BEFORE—
THAT'S WHAT LIVING IS ALL ABOUT."

— MICHAEL COLLINS, APOLLO 11 ASTRONAUT

Peninsula Track Club Membership Application

Membership is for myself Membership is a gift for: _____

Name: _____ Gender: M F New Member or Renewal

Address: _____ Date of Birth: _____

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

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

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

Individual \$25 \$40 \$55 Membership Fee: \$ _____

Family \$30 \$50 \$70 Total Amount Enclosed: \$ _____

(Make checks payable to Peninsula Track Club)

Name: (additional names for Family Membership)

Gender: Date of Birth:

M F _____

M F _____

M F _____

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

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

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

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

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



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

ADDRESS SERVICE REQUESTED

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UPCOMING PTC EVENTS

MAY

31 Yorktown Freedom Memorial Day 8K (PTCGP & HRS GP event)

JUNE

6 Run for the Stage Virtual 5K Reporting Deadline

15 Trailzilla Fast 5K

29 Trailzilla Feel Good 4-Miler

JULY

10 Joe-Zilla 5-Miler (PTCGP event)

10 PTC Potluck Picnic (following Joe-Zilla race)

AUGUST

3 Predict Your Time 5-Miler (Summer Fun Run Series)

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

17 Swamp BridgeRun 5K (Summer Fun Run Series)

21 Smart Smiles 5K (PTCGP event)



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 (757) 491-2340

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