

# THE FLYER

RRCA SOUTHERN REGION AWARD WINNING NEWSLETTER



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Cook Medical Beat The Heat is July 20, 2019***



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# President's Message

by Robert Hill

July 1st marks the beginning of Twin City Track Club's fiscal year and the

beginning of service for several new board members. Before mentioning these new folks, I would like to offer my gratitude to the outgoing board members:

Karen Preli	Christina Hussey
Blair Harris	Renee Paquin
Emily Hoar	Jennifer Morgan

These members worked long and hard over the last year to make all our club efforts successful. Special thanks go to Karen Preli and Emily Hoar, both of whom are multi-year board members. A special thank you also goes to Dennis McNeil, last year's president. Dennis did a great job guiding the efforts of the board and seeing that the track club remained financially strong. We are lucky to have Dennis again this year in the past president's role, providing us with his wisdom gained through his experience over the last year.

Now I would like to welcome the new board members for fiscal year 2019-2020:

Kathy Jacobs	Mark Uren
Gini Piekarski	Mary Good
Mary Kate Choat	

I am excited about having these new board members as I am sure they will bring new insights and ideas to our organization. When you see them out and

about, be sure and welcome them to the board and thank them for their service.

These new folks will join a group of veterans that have honed their skills and expertise over multiple years on the board. I am honored to have my name associated with this talented group of club members.

Robert Hill	Chris Tuohy
Teresa Inman	Er Ralston
Bill Walker	Liz Handing
Dennis McNeil	Terry Wilmoth

As this fiscal year begins, one of my goals is to see many new faces at our numerous events. If you are new to the club and would like a change from your day to day running and are the least bit social, a hash run is the event for you! If your interests lean more to the service aspect of the club, then consider volunteering for one of our races, such as Ultimate Runner, Salem Lake Trail Races, Hobby Trails or Frosty Fifty. If volunteering is not your thing, then by all means, take part by running in the race. Last, but by far not least, I would like to see you at our totally social events such as TCTC Night at the Dash, our Spring Picnic, Our Winter Seminar, and our Holiday Party.

Again, I hope to see you all, old and new members, on the road, at a race, at a picnic, or at a party and to quote Sergeant Stan Jablonski, "Hey, let's be careful out there."

Robert

# Cook Medical Beat the Heat



When: July 20, 2019

Where: Wake Forest's BB&T Field, Bridger Field House

Time: 7:00 PM

[Sign Up](#)



**August 17<sup>th</sup> 2019**

Start time 8am

Hobby Park

2301 West Clemmons Rd  
Winston Salem, NC US 27103



[Sign Up](#)

# Beat The Heat 5K History

by Sandy Wetherhold and Er Ralston

## Beat the Heat 5K History 1989-2019

The Beat the Heat 5K began in 1989 as the Coors Lite Saturday Night Fever 5K. It offered an alternative to the early morning races with an evening schedule and a social atmosphere afterwards. It was modeled after a similar event in Greensboro, the Tavern Tour. In the first year The Saturday Night Fever 5K drew 335 finishers.

In 1990 Planters, whose headquarters was located next to the race course became the financial sponsor and assisted with promotion. The race was renamed the Planters Saturday Night Fever 5K and drew 423 participants. In 1991, when Planter's launched their Munch 'n Go product line, the race became the Planters Munch 'n Go 5K Road Race. Enhanced promotion brought in 723 participants and numerous spectators. Over the next five years the race continued to draw 700+ 5K runners and 200+ children in the one mile fun run. Planter's product introduction brought a new name in 1995, the Planters Run for FitNUTS 5K. In 1996 Planters relocated to New Jersey and although they remained a sponsor for that year, their participation in the race was limited, and the number of runners dropped to under 600.

1997 brought a new name and a new sponsor, the Hanes Beefy-T Family 5K. Hanes provided marketing and production assistance with a new logo and brochure produced by their marketing department. Hanes also provided T-shirts and printing assistance. Attendance slipped to the 400's in 1997 and 300's in 1998 and 1999. After 1999 Hanes moved on to sponsor the Salem Lake Trail Runs and our club was now faced with finding a new sponsor for the 5K run.

In 2000, 4 Runners Only, a running store located in Reynolda Village stepped up and the event was renamed the Beat the Heat 5K. The combined attendance of the 5K and fun run remained in the 300-400 range for several years.

Beginning in 2007, the club began adding new features to the race to add more appeal and excitement to the race. From 2007 to 2012, attendance grew to a peak of close to 1,000 race participants. Since that time, more than 700 people have participated each year in the Beat the Heat races.

In 2008, Beat the Heat began hosting the NC USTAF 5K Championship. This brought a new level of excitement to the race. In the first 4 years of hosting

this championship event, local native Bobby Mack set new course records each year. Beginning in 2016, the NC USATF 5K Championship race began running as a separate race immediately following the regular Beat the Heat 5K race. The championship race is run on a modified 3 lap course creating a great spectator event.

In 2016, Beat the Heat added charity partners to the event. The Charity Partner program is a way to further support the event mission to promote fitness and health, and improve the quality of life for individuals and families. All proceeds beyond race expenses go to non-profit organizations.

In 2017, Cook Medical became presenting sponsor for Beat the Heat, providing further assistance and resources for meeting event goals and supporting community health and fitness.

Editor's Note: After digging through old TCTC Flyers, I have been able to assemble all the race directors over the last 30 years who have made this awesome race great. A special thanks goes to Er Ralston who has spearheaded this race for the last 12 years.

### **Beat The Heat Race Directors**

- 2007 – 2019 - Er Ralston
- 2002 – 2006 - Dave Cook
- 2000 – 2001 - Jeff Sherman
- 1998 – 1999 - Sandy Wetherhold
- 1997 – John Brazil
- 1994 – 1996 - Annie Morehead
- 1992 – 1993 - Susan McKarns
- 1991 – Debbie Davis
- 1990 – Sandy Wetherhold
- 1989 – Guy Oldaker



Er Ralston  
Cook Medical Beat The Heat Race  
Director

# SATURDAY NIGHT IS ALRIGHT BY ME

by Bill Crouse

(Reprinted from the TCTC Flyer, June 1989)

The Inaugural Running of Coors Light  
Saturday Night Fever 5K  
June 3, 1989

On June 3, 1989, 375 runners successfully launched the first annual Coors Light Saturday night Fever 5K. With plenty of Coors Light at the finish and four taverns lined up for food, drink and entertainment, the evening hours beckoned to our tired, hungry and party deprived runners. The flat and fast TAC certified course was blazing as 90 degree temperatures failed to slow the party spirit of the growing crowd. With music provided by Lee Michaels of WMIX and microphone madness, mayhem and insanity courtesy of The Cowboy, the stage was set for an extraordinary evening. Prior to the start, Gator Aid and water were consumed in such massive quantities that race director Guy Oldaker (yes, the one whose eyes were fixed and dilated) got in his interval workout (10 X 800 in 2:25) by dashing to and fro between the RJR parking lot and Groves Stadium with 10 gallon containers. Even Bob Sosnik's secret emergency supply of vintage drinking water (freshly dredged daily from the septic shores of Salem Creek) was used. This crowd looked like a group of Camels (no pun intended) readying themselves for a long trek across the desert.

At 6:00 PM, Bill "The Enforcer" Walker initiated our new 44 Super Magnum starter's pistol (inducing personal temporary hearing loss) and sent everyone on their way. With the runners out of the gate, Walker and his handpicked SWAT crew of TCTC volunteers readied the chutes for the inevitable return.

As the last of the runners moved across the finish line, Dick Zeitvogel and Alpine Beverage Distributors could hardly keep up with the demand. The party continued with runners reflecting on their new PR or WC (who cares? Lets party!). A fine time was had by all as a large contingent of runners challenged to drain all remaining keys by 8:30. Finally, it was off to Tijuana Fats, Sports Club, Baity's, and Corbins for a night of good, fun, relaxing and partying.

Special thanks go to race director czar Guy Oldaker for designing the T-shirt, making SNG+F happen and keeping it going. Bill Walker for certifying the course, superbly directing the finish line and the TCTC troops, James Fussell for directing race day registration and Bob Sosnik for his one handed, resourceful computer registration and brochure printing activities, providing AC current (cheaper than Duke Power) and spare drinking water from the toilet of the Urban Assault Vehicle (a.k.a. Sozmobile). Thanks also go to Sandy Wetherhold for taking care of getting the T-shirts printed in a real hurry.

Thanks to the support of our sponsor's, Saturday Night Fever is a reality. They are Coors, Alpine Beverage Distributors, New Balance Shoes, Omega Sports, WMIX Radio, Baity's, Corbins, Tijuana Fate Mexican Restaurant, and The Sports Club.

Most of all I would like to thank the TCTC runners and volunteers for supporting and participating in Saturday Night Fever. You made it happen and because you did, we'll be back again to make the 1990 race bigger and better.

# From the Editor

These are very exciting times for the TCTC Flyer. Since 1977, the Flyer has been written, published and mailed to each track club member. In the early years, the Flyer was the only way to find out about local races and their dates and times, upcoming track club events, recaps of past events, and race results. Through its entire 42 year history, the Flyer has featured articles by and about TCTC members, most entertaining, many informative, and others just down right funny. We have poked fun at ourselves and others in a very sensitive way. We have provided serious subjects, others have been not so serious, all this mixed in with a little sarcasm. We have had pen names such as Ghost Writer and Grumpy Old Runner whose real names go virtually unknown and we have had hundreds of articles written by folks brave enough to actually sign their own name.

I am sure you have noticed over the previous two Flyers that you have received a printed copy delivered to you by your trusted mail carrier as well as the ability to read and download a digital copy via email in PDF format. I am sure you can tell by now where this is leading. This will be the last year of the printed Flyer. Beginning in July/August 2020, there will only be a digital copy of the Flyer produced so there will only be 5 more printed issues after the one you are reading now.

There are many advantages to this change. We are being good stewards of

the environment by not printing 400-500 Flyers every other month. We are saving the track club a considerable amount of money in printing and mailing costs. Just as an aside, your track club membership fee does not cover the cost of printing and mailing the Flyer to you each year.

Now, from the Editor's perspective, here are the advantages of going digital.

- We can continue with the same race information, upcoming TCTC events, recaps of past events, race results and all those articles written by our track club members.
- All of our photographs can now be in color.
- We can add video.
- We can provide links from the Contents page to the page you are interested in reading.
- We can provide links to webpages where you can get more information about those items you are interested in.
- You can access the Flyer from virtually anywhere.

I hope you see the advantages and are as excited as I am about this upcoming change. Please let me know how you feel by emailing me at [flyer@twincitytc.org](mailto:flyer@twincitytc.org) or, even better, tell the club how you feel by writing an article about this change.

# Crazy Running For The Win!

By Phillip Summers

Crazy Running took home first place in two events at the 2018 Beat the Heat. When Crazy Running co-founder, Donnie Cowart, won the State Title for the 5k

race. He charged out to an aggressive lead from the gun, leaving me nervous about whether he could hold the effort. I was praying that he would not fade.



He had the lead at the halfway point but lost ground in the second half of the race. In the final 400 meters, an older boy almost reached his shoulder, which was all the convincing Clay needed to find another gear. At

the locals were happy but not surprised. Donnie is inspiring young runners through his program and example. Crazy Running is accomplishing its goal to “positively impact the health and future of young athletes through running.”

that time he also realized the finish line was within reach. Clay summoned all his energy to cross the line in first place.

Robert Hill’s amazing photography skill caught a shot of Clay throwing himself

My 9-year-old son, Clay has been in Crazy Running since he was 5. Clay looks up to Donnie. So watching him win the state title was special for my young athlete. Watching fast runners at Beat the Heat also makes Clay hungry to run fast. The 2018 running of Beat the Heat will always be special for me as a dad.

Clay displayed great heart and drive on that hot evening during the 1-mile



into every stride at the finish. The image of this 9-year-old's effort is enough to melt a heart of stone. It makes me so proud to be part of such a running community that celebrates all that is good about running. As a family, we are members of the Twin City Track Club. We also race in Faithful Feet singlets. The singlets showcase verses of scripture like, "I run in the path of your commands, for you have set my heart free." (Psalm 119:32)

I pray you also know the joy of running and being part of an encouraging community. Winston-Salem is blessed to have such a vibrant running community

that celebrates runners of all ages and abilities. Thanks for being part of it by reading this article.



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# 'Round The Country

By Stacy Tollie

Earlier this year I had the opportunity to do something I had dreamed of: I took a 9700 mile road trip around the perimeter of the United States, visiting 27 states (including a detour from Seattle to Anchorage, AK by plane). I set- and achieved- a goal of doing a run of at least 5K in every state I passed through. Some runs that were highlights:

- Among the gracious homes in the Garden District of New Orleans with many bedecked in Mardi Gras decorations in preparation for the upcoming celebration
- Through historic downtown Mesilla, NM, where all the buildings were old adobe with cactus and succulents instead of the lawns we're used to; towering mountains loomed in the distance.
- Winding through a neighborhood of 100 year old adobe bungalows in Tucson and then stumbling upon the city's arts district, with vibrant murals on many walls, and historic Fourth Avenue- a neighborhood of shops, galleries & restaurants that I returned to explore later that day.
- Along historic U.S. Route 66 in



downtown Flagstaff, AZ 4 days after the city had a record-breaking 3-ft snowfall. I had intended to run on a trail but found a cleared sidewalk a better option and ran along Route 66 looking at buildings with icicles reaching from the edge of the roof all the way to the ground.



- On the roads of Bryce Canyon National Park in the early morning. There were multiple feet of snow here as well so the roads- with nary a car on them- were the best option. Later that morning I had the chance to go on a ranger-led snowshoe hike along the edge of Bryce Canyon's Amphitheater. Seeing the hoodoos with snow on them was truly special.
- From the Neon Museum on a quest to see the restored neon signs from long-ago casinos that are now installed as public art in various downtown Las Vegas locations. Along with those signs I passed the Nevada Supreme Court, the Marriage License Bureau, a couple wedding chapels and the casinos of Fremont Street- a dizzying combination!



- On a trail along bluffs above the Pacific Ocean in Montana de Oro State Park outside San Luis Obispo, CA. Along with having spectacular ocean views the trail was edged with very short eucalyptus brush, which I'd never seen before but which perfumed the air.
- Through 196-acre Tabor Park, which overlooks downtown Portland, OR & has a view of Mt. Hood in the opposite direction. The park's reservoirs, tall pine trees and trails that wind through them almost make you forget that you're in the middle of a (really cool!) city.
- With a friend and her 2 dogs in the quiet of the snow on trails at the base of the Chugach Mountains on the outskirts of Anchorage, AK. Though still winter, daylight had increased to a



full 12 hours and we took advantage of that. But we had to watch out for moose, which can charge & trample when they feel threatened. It was in the 40s- warmer than when I was in Minnesota a couple weeks later!

- On a trail along the Clark Fork River in Missoula, MT on a frosty morning when I had to pry myself out of a cozy bed to run. The Clark Fork had meandered back & forth under the road for many miles before we both arrived in Missoula and it felt like a friend when I finally got up close to it and was running along its shore.
- An out & back on a straight-as-an-arrow road lined by fields, barns and the occasional farmhouse in rural northern Ohio. I waved to a family that was in a farmyard and had a feeling a runner on their road was an unusual sight and that they were wondering what the heck I was doing out there.



I could list many more but will stop for sake of space. Each run, including the many I haven't listed, was special in its own way for the perspective it gave me and the way it let me get the feel of a place. We have a vast and beautiful country and I found great places to run in every part of it!

# MEMBER SPOTLIGHT



Marie Conner

**My name is ...** Marie Conner  
(But I'm also known as) ... Ree  
(from my older brother when we were children)

**To sum myself up in a nutshell ...** My family life, my Christian faith, and my love of reading and running are pretty much what define me!

**and I'm originally from ...** Connecticut

**I've been in Winston-Salem...**  
for about 20 years.

**A proud member of Twin City Track Club since ...** 2014 or 2015, I think?

**Been a "runner" ...** since September 26, 2014. I ran 14 miles in preparation for my first half marathon, the Myrtle Beach Mini Marathon. I was so excited when I finished because I knew then that no matter how the race went, I could at least cover the distance. That's when I really felt like a "runner."

**The longest distance I've ever run is ...** 26.2 miles, at the Air Force Marathon in Dayton, Ohio. My words when I crossed the finish line were, "I'm so glad I did that. I'm never doing it again," and so far, that has held true!

**Memorable running experiences:**

**Rave run ...** The Hilton Head

Island Half Marathon. I scored an early PR there, and I remember just loving the experience, the atmosphere, and the view. It was a fun, fast race with a variety of terrain, and there was a beautiful bridge crossing around the 10-mile mark that I loved.



**Race ...** The Wrightsville Beach Half Marathon. It's my favorite race and my current PR course so

far. I have run it four times and plan to do so again next year. I love finishing at the UNCW campus (though they are changing the course for next year, and I am trying not to be too upset about it!).

**Gone postal run and/or I'd rather forget ...** The Tarheel 10-miler. The weather was unusually warm and humid the year I ran it, and there were hills after hills after hills—it was unrelenting and more than I had trained for, so I wasn't as prepared as I should have been. We even had to run up a hill to the finish line! Ugh, I was miserable the whole race.



**These are a few of my favorite running things ...**

**Vice ...** Not liking wet running shoes! I try to train in most conditions, but I will no doubt pull the plug on a training run if it begins to rain really hard. I hate that soggy shoe feeling!

**Device ...** A FlipBelt for carrying water and fuel, and my Garmin

**Advice ...** Don't compare yourself to other runners, or you risk taking away the beauty of the run from yourself. Enjoy what your body can do. Don't let the comparison trap ensnare you and take away from your accomplishments.

**Running footwear ...** New Balance Fresh Foam Vongo. They are the only shoes I have ever found that truly fit my "triangle-shaped feet" (wide at the toe and narrow at the heel).

**Pre-run/post run fuel ...** Strawberry banana smoothies made with kefir before, and skim iced mochas after

**My motivation to run is ...** the peace

and solitude it provides. I never listen to music, and I train solo most of the time. I love to pray, think, and ponder life while I am running.

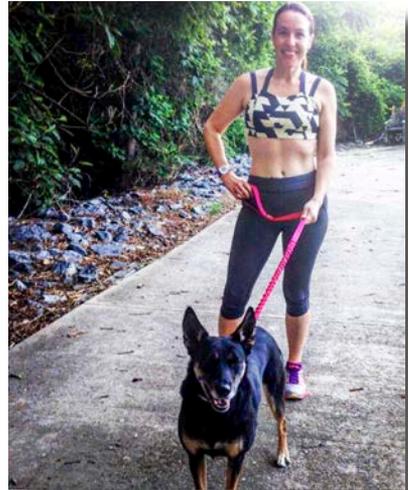
**But when I'm not running, I enjoy ...** hanging out with my family, teaching, and reading. I love reading classical literature—Gabriel Garcia Marquez, Shusaku Endo, Ernest Hemingway, and F. Scott Fitzgerald are some of my favorites, but I can get into nearly any book.

**One thing running has taught me is ...** that I can do a lot more than I think I can, and I think that is true for most people as well. I became a runner later in life and never thought I could run a marathon—until I did. It is amazing what you can do if you set your mind to it.



**I wish I could ...** find a cure for cancer that I could share with the world.

**Most people don't know I ...** have written a book. I may seek to get it published in the future—who knows?



---

## Salem Lake Trail Races



When: Saturday, September 28, 2019

Where: Salem Lake, 1001 Salem Lake Road  
Winston Salem, NC US 27107

Time: 30K - 8:00 AM, 7 Mile - 8:30 AM, 5K - 8:40 AM

[Information and Registration](#)

# Reason To Volunteer - Beer

By John Carlisle

My fiancé Cyndi Thompson and I volunteered for the Beat The Heat 5K in 2018. Since she left the volunteer registration up to me...wouldn't you know (somehow) we got assigned to the Beer Tent!

Upon arrival, we grabbed our volunteer t-shirts. Cyndi just didn't like the color or "the cut" of hers (it's a pattern). But she jumped right to our first task – find the elusive "ice man" and secure a delivery. We tore open cases upon cases of drinks (both alcoholic and not) and prepared them for the eventual arrival of glorious ice.

After all of that organization, we looked over everything and it was good. But Cyndi said it could be better, so she re-organized it all (see I told you). While she was doing that, I went and said hello to David

Daggett (already on the mic) and some folks from Cook Medical.

Soon after, we distributed ice and finished prepping our selection of liquid carbohydrates. Our full Beer Tent team assembled and assumed roles; we had ID checkers, money takers, order grabbers, and cheer leaders. We had light beer, red beer, dark beer, IPAs and hefeweizen. We even had something called Bud Light – a beer for people born without functioning taste buds.

The weather was perfect, the fellowship was great, and the racers were fantastic. Both amateurs and elites – absolutely fantastic. And we really enjoyed cooling everyone down with a fine beverage from the Beer Tent. Be sure to look there for me and Cyndi again this year. And, please, remember to tip your servers!

## Beat The Heat-One Of My Favorite Races

By Clarence Cropps



This was one of my favorite races back when I was younger, and when I was very competitive. I'm in the Old Man age group now, and I run a race ever now and then,

just for the fun of it, and to stay healthy. The name of the race says it all, Beat The Heat. 30 years and still going strong, that says a lot about this race. I was a Road Racer who loved to race in the heat, and

this race fit the bill. Running in this race bought out the best in everyone who ran it. Competition was strong, and you knew you had to run fast just to place in your age group. I was fortunate enough to win the Master's Division back in 1991 with a time of 16:24, now it's hard for me to cover 2 miles in that time. If you want to run a competitive, fun filled race, this is the one. By the way, the post race celebrations have always been Great!!

Editor's Note: Clarence is now the Head Cross Country Coach and Head Women's Track & Field Coach at Mount Airy High School

# Kara's Beat The Heat

By Karen Preli

BTH July 2005 was my first race after giving birth to my daughter, Kara, in April.

premature labor. Although, Kara was tiny, she was thankfully born healthy. I



thought it was fitting that Dr. Masciello should be at the start line with me for my post-baby race. I ended up having a good race, but the best part, as I was approaching the finish line, was seeing my husband and baby girl with a sign that said, "Run Mama Run."

Because of being a new mom and staying home with an infant all day, most of my training consisted of running out the door as soon as my husband got home from work. We lived off of Bolton Street, and I would run down Bolton and back – about 3 miles. I figured that I was at least ready to race a 5K. When I got to the start line, I looked to my side and there was the doctor, Tony Masciello, who took great care of me when I went into the hospital in April with



-Several years later we decided to participate in BTH as a family. Well, my



daughter has absolutely no interest in running, much less running races. She finally agreed to participate in the One Mile Fun Run if her daddy would run with her. Wouldn't you know it.....she got tangled up with another runner and hit the pavement right at the start of the race. Despite the tears and scraped knees, she did continue with the "Fun" run. I can't say that she loved it, but we all think that she learned an important lesson of persevering after getting knocked down.



# Join Us for A Run!

By Er Ralston

One of the great traditions of Twin City Track Club is the opportunity to join in regularly scheduled running groups. Some of the most popular running groups are:

**Monday Evening** Easy Paced Runs – Meet in front of Joymongers at 5:45pm

**Tuesday Evening** Outdoor Track – Meet in front of Joymongers at 6:00pm

**Wednesday Evening** Hill Loop – Meet in front of Joymongers at 5:30pm

**Thursday Evening** Salem Lake Runs – Meet in the parking lot next to the new playground at 6:00pm (only during Daylight Savings Time)

**Saturday Morning** Long Runs – Typically 10-20 mile options, start time and venue varies

**Saturday Morning** 11-12ish Pace Runs – Meet at Reynolda Village

**Early Morning Weekday** Runs – Meet at WGWMCA at 5:50am (Tuesday, Thursday)

Run details are posted on Meetup at <https://www.meetup.com/TCTCRunning-Groups/>.

We now have over 400 members in the TCTC Meetup group, so you can find plenty of running buddies to join you! Please RSVP if you plan to join a run so we'll know to look for you. Note that you must create a profile and ask to "join" the group to have access to detailed information about the runs.

Want to add your runs to the Meetup group schedule? GREAT! Contact Er Ralston or Garry Russ, and you can become an "event organizer."

See you on the roads!





# Hobby Trails To You

August 17 at 8 A.M

But seriously, no need for experience--just a sense of adventure.

- Should I carry a water bottle? If one 5K and two 10K water stops aren't enough to satiate your thirst, then yes.
- What if it rains? You will get wet. Thunder? Lightning? OK, the races might start late in that case.
- Will there be awards (beyond satisfaction of completion)? Yes! Plus, food and drinks, in the SHADE!
- It's easy to get lost on those trails. Will they be marked? You bet they will. No orientation required (but you may need to do some log-jumping).
- Can I run with my dog? Not a great idea. Required leash + maneuvering a technical trail = problems for all.
- Can I run with a jogging stroller? Hahahahahahahahahahaha!
- What if I have a question not addressed here? Contact race director [Bill Gibbs](#).

## What:

Single-track trail 5K and 10K race, accurately measured (don't go by your GPS watch. Its steel tape measured). There's ample parking, food, drink, and music. So if the trail doesn't beat you up, you can show some of your trail dance moves.

**Who:** Well, you and your running friends; of course, the fine folks from TCTC who know how to put on a race.

**When:** August 17 at 8 A.M. sharp; it will start on time!

**Where:** Hobby Park - 2301 West Clemmons Road, W-S, NC (36.0304° N, 80.3029° W-to be really precise)

**Why:** There's lots of shade. You can show how amazing you are racing undulating, technical (as in root-filled, rock-filled, creature-filled, and occasional bikes) single-track course a few miles outside of Winston-Salem.

**How:** Sign up at [HERE](#), and then show up ready for a romp through the woods.

## "What if" Q & A's:

- I'm not an experienced trail runner. What should I expect? You'll probably trip. Get up, so no one steps on you.



New this year! Series scoring will track results for all seven \$5 5K races in 2019 and award points based on overall and age group placement. Awards will be presented at the end of the season based upon cumulative points for the entire series.

[Click here for Races Series information, results and registration.](#)

The \$5- 5k is designed as a low-key race for the athletes who want to run a tune-up race to prepare for their targeted event, the novice who may be intimidated by the larger events and runners/walkers who want an event to test themselves without breaking the bank.

#### 2019 Dates and Times

Tuesday, April 9 at 6:30pm

Tuesday, May 14 at 6:30pm

Tuesday, June 11 at 6:30pm

Tuesday, July 9 at 6:30pm

Tuesday, August 13 at 6:30pm

Tuesday, September 10 at 6:30pm

Tuesday, October 8 at 6:00pm (Starting earlier for daylight finish)

#### Location

The events will occur at Jamison Park, which is located next to Meadowlark School (401 Meadowlark Dr.) The course is a flat out and back on the Muddy Creek Greenway that starts at Jamison Park, turns around at Robinhood Rd and returns to the Park.



## \$5 5K Photos





# Summer Sun Safety Tips!

*Have fun, but learn to protect yourself and your family from getting too much sun.*



## Melanoma is Prevalent

- 70,000 cases of melanoma are diagnosed every year
- The lifetime risk of developing melanoma is **1 in 59**



## Melanoma Prevention

- ✓ Stay out of the sun from 11 a.m. to 3 p.m. This is when UV rays are the strongest
- ✓ Wear long sleeves & hats to protect your skin
- ✓ Use a sunscreen with SPF of at least 30 for any extended outdoor activity



## Melanoma Risk Factors

- Getting blistering sunburns
- Using Tanning beds
- Having a Light complexion
- Blond or red hair or blue eyes
- Numerous pigmented lesions
- Strong family history
- Having multiple clinically atypical moles



**David Daggett**

Attorney, Father, Ironman Competitor & A Founder of Safe Sober Prom Night



"Do You Run, Too?"



TWIN CITY TRACK CLUB  
WINSTON-SALEM, NC

[twincitytc.org](http://twincitytc.org)



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# Grumpy Old Runner

By Grumpy Old Runner

"Slowpoke" – Written by Neil Young

"Alexa, play Crosby, Stills, Nash, and Young", "Shuffling songs by Crosby, Stills, Nash, and Young", that is where this rant begins. Dad Blastit!

"I got some medals hanging on my chest, I've seen some good ones, but I missed the rest."

"Slowpoke I'm gonna run with you, Wear all your clothes and do what you do. Slowpoke we got some things to find, When I was faster, I was always behind, When I was faster, I was always behind."

What is "Good Ole Neil" trying to tell me? "When I was faster, I was always behind" does not make sense to me. When I was faster, I was rarely behind! What does a rock star know about how fast I was and what medals I won? Gal Durnit!

Well, I think what Mr. Young is trying to get across to me is there is a lot more to life, or in my case running, than awards and being first across the line. I think what he is trying to get through to me is that for every medal I have won, there are many, and in some cases, thousands behind me who won nothing but were far ahead of me in the experience they had, at the pace they set. Instead of being fo-

cused just on getting done fast, they took in the entire event, everything around them, the scenery, the fellow runners, the volunteers, the crowd, and all I did was try to get from start to finish as fast as I could, noticing nothing else. Dang Gonnit!

I cannot turn back time and relive those days and don't get me wrong, I liked winning medals and finishing faster than most so I would not change that. I would, though, like to be able to go back and wear slowpoke's clothes and do what slowpoke did so that I could take in more than I did. I would like to go back and shake the hand of each and every volunteer I totally ignored in my quest for the medal. I would like to go back and high-five all the kids along the race route as they looked for and cheered for their mom or dad. I would be much more courteous to someone at a water stop whose mere presence, in my mind, was going to cost me that medal. I would stop to give assistance to someone in distress instead of thinking there were plenty of others in the race or on the street that could, and would, help him. I would enter a race with no other purpose than to run with and assist someone I might consider a "Slowpoke" so that they might have an enjoyable experience. Dad Blastit!

"When I was faster,  
I was always behind,  
When I was faster,  
I was always behind."  
Dag Nabbit!

# More \$5 5K Photos



# Summer Track Series



# ZAP Running Retreat

Twin City Track Club is happy to announce a unique opportunity for a running retreat with our friends at ZAP Fitness in Blowing Rock, NC. ZAP has invited us for a weekend of running, camaraderie, and enjoyment of their beautiful facility.



## September 6-8

**LIMITED SPACE AVAILABLE  
ONLY 24 SPOTS  
FIRST COME, FIRST SERVE!**



### **COST: \$200 per person**

This includes two nights lodging at ZAP, 2 dinners, and 2 lunches. (Meals will be prepared by ZAP's own personal chef)  
Children under 18 are welcome if accompanied by a parent or guardian

### **ACCOMMODATIONS:**

ZAP has 24 single beds. Most are double occupancy (2 single beds per room) and a limited number of singles (1 bed per room). All rooms share a bath with an adjacent room. There are 2 rooms that have private baths (usually reserved for couples). Coin-operated washer and dryer along with a refrigerator that we can use.

### **MORE INFORMATION CAN BE FOUND AT THIS LINK:**

<https://twincitytrackclub.rsupartner.com/zap-weekend>

### ***TO RESERVE YOUR SPOT:***

Reserve your spot(s) by emailing Er Ralston at  
[webmaster@twincitytc.org](mailto:webmaster@twincitytc.org)

All spots available on a first come, first serve basis

JUNE 15 – Deadline – Send Deposit of \$100 (or pay in full) to guarantee your spot)

Make checks out to Twin City Track Club and mail to:  
Teresa Inman  
755 Heron Ridge Road  
Winston Salem, NC 27106

# Activities

## July/August



We hope you enjoyed the TCTC picnic and board meeting in May!

This is a very exciting time of the year for the Twin City Track Club.

We have three great events happening, Cook Medical Beat the Heat 5K in July and Hobby Trails To You 5K & 10K in August and \$5 5K in both July and August.

- The 30th running of the Cook Medical Beat the Heat 5K - one of TCTC's biggest events of the year - is on Saturday, July 20 and the starting gun goes off at 7:00 pm. This is the second oldest race hosted by the Twin City Track Club, second only to the Ultimate Runner. We hope to see you out there running or volunteering! Head to [www.bth5k.org](http://www.bth5k.org) for more info.
- If a single-track trail 5K and 10K race is more to your liking, then Hobby Trails To You is an event I am sure will interest you. The race is August 17th at Hobby Park featuring a mile fun run at 7:30 AM followed by the 5K & 10K races at 8 AM. I know it is August but there is lots of shade and the course is single track and technical which makes it a very unique race for

this area.

- The \$5 5K's will be July 10th and August 14th at 6:15 PM. The event will take



place on the Muddy Creek Greenway behind Meadowlark School (401 Meadowlark Dr.) and Jamison Park. The course is a flat out and back on the Muddy Creek Greenway that starts at Jamison Park, turns around at Robinhood Rd and returns to the Park. This is a PR course for the competitive runner and nice easy course for the novice.

Keep checking TCTC's Facebook page and website for any other activities that may pop up! You don't want to miss out on any of the fun!

While board meetings are not exactly part of the Twin City Track Club's activities, they are held each month and are open to any and all track club members. You are welcome to attend and see what goes on behind the scenes, how and why decisions are made on various items on our agenda. The July meeting is on the 14th and the August meeting is on the 11th.

Stay Cool!

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# Okay, I Joined, Now What?

## Socialize

The Twin City Track Club has many social events each year.

- The New Year's Day Hangover Hash, The Summer Hash and Splash, Thanksgiving Hash, St. Patrick's Day Hash, Halloween Hash, and more.
- Breakfast runs at Salem Lake, a seven-mile trail run around the lake at any pace, followed by breakfast.
- We have an annual family picnic in May to celebrate your volunteer efforts.
- The Holiday Party is in December.
- A seminar is held in January or February with some fabulously well-known people in the running community.

## Race

The club sponsors several great and unique races each year:



- The first Saturday after New Year's is **The Frosty Fifty**, a 50k, a 25k, and a 50k relay, a great event to run or volunteer. And if you want to get to know people, try the relay. If you have never done a relay, you should. This one is a great way to experience some chilly team camaraderie.



- The last Saturday in June is **The Ultimate Runner**. For non-track people, this is a must to get out of your comfort zone and do a race that should be on everyone's bucket list. If you want to see what it's all about, come to the summer track series.



- Mid-July each year is **The Beat the Heat 5k**, a championship experience. Whether you are trying to break 17:00 or 30:00 minutes, you will have plenty of competition and a finish line second to none, lined with cheering spectators to help pull you to the finish.
- **The Salem Lake 30k, 7 mile, and 5K trail runs** offer unique distances, and the 30k is the perfect run before a fall marathon. These races are held in late September.
- **Hobby Trails**
- **\$5 5Ks**
- **Black Friday Relays**

### Volunteer

We won't go through all the obvious giving back to the community stuff. Volunteering can be a lot of fun. You get to be a part of the race without the effort, and you can be inspired by both the people who have more talent than you and make it look effortless and the people you look at and admire just because they took that first step in their first race. Enjoy the food and camaraderie without the pain. Aside from club sponsored races, TCTC provides finish lines and results for several small races in the area.

## TCTC Race Singlets

Have you seen the new TCTC Singlets? Want one?

There are a few options for how you, too, can run in comfort and style. Shirts are red with white lettering plus reflectors and come in male and female cut, true to size.

Go to a TCTC event, such as a breakfast run or a hash run. They will be available for purchase.

To order, click [HERE](#) and visit the TCTC online store.

Get in touch with a board member. We can let you know how.

Buy one for \$15 or two for \$25.



## **July/August Races and Activities**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	July 1	2	3	4	5	6
7	8	9 <b>\$5 5K</b>	10	11	12	13
14 <b>Board Meeting</b>	15	16	17	18	19	20 <b>Beat the Heat 5K</b>
21	22	23	24	25	26	27
28	29	30	31	<b>August 1</b>	2	<b>3</b>
4	5	6	7	8	9	10
11 <b>Board Meeting</b>	12	13 <b>\$5 5K</b>	14	15	16	17 <b>Hobby Trails 5K &amp; 10K</b>
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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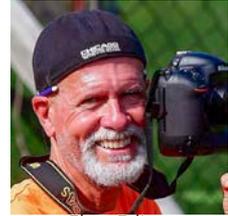
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# TCTC Services



Chip Race Timing, Finish Line and Results

Equipment Rentals - Digital Clocks, Time Machines, Tents, Finish Chute materials and Stop Watches

Contact [Bill Walker](#)



TCTC Flyer Ads and Race Inserts

Contact [Robert Hill](#)

## TCTC Membership Application & Renewal

Membership Renewals:  
[Click Here](#)

New Members:  
[Click Here](#)

**COOK** MEDICAL

# BEAT THE HEAT

HEALTHY FUN FOR EVERYONE



**SATURDAY JULY 20**  
**REGISTER @ BTH5K.ORG**  
**WAKE FOREST'S BB&T FIELD &**  
**BRIDGER FIELD HOUSE @ 7 PM**

PROCEEDS WILL BENEFIT

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