



THE FLYER

RCRA SOUTHERN REGION AWARD WINNING NEWSLETTER

An advertisement for the Beat the Heat 5K. The top half features a yellow and orange background with a woman running. The text "COOK MEDICAL" is at the top left, and "BEAT THE HEAT" is in large, bold, red letters in the center. Below that is the tagline "HEALTHY FUN FOR EVERYONE". The bottom half has a dark red background with the text "REGISTER @ BTH5K.ORG" and "WE'RE GOING VIRTUAL July 15-18, 2020". At the bottom right is the "MISSION: FEET FIRST" logo with the website "www.AinsleyAngels.org".

COOK MEDICAL

BEAT THE HEAT

HEALTHY FUN FOR EVERYONE

REGISTER @ BTH5K.ORG

WE'RE GOING VIRTUAL
July 15-18, 2020

PROCEEDS WILL BENEFIT MISSION: FEET FIRST www.AinsleyAngels.org

July / August 2020

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- Same-day/next-day appointments
- Extended hours
- Open Saturdays

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President's Message



As TCTC embarks on another year, we are surrounded by an unsettled and unique time. We have begun to emerge from isolation and are trying to find our new normal for our members and the local running community. And nearly as new as this situation is my participation in the TCTC.

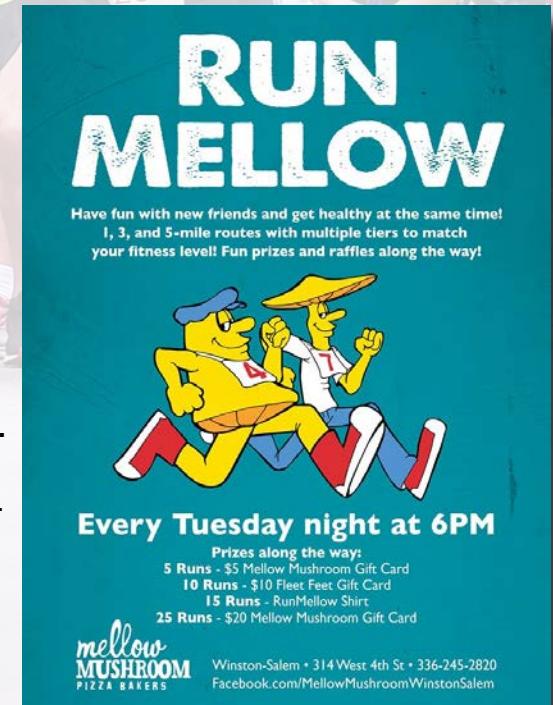
My involvement with the track club (you can see my complete profile under the new board member section), began in July of 2017 during a life transition in order to meet and connect with new people in the community. I had been an avid mountain biker for 20 years and began running in 2015; I had never been a dedicated runner before. Well, as circumstances would dictate, running became an efficient way burn off energy and clear my thoughts. I was busy as an orthopaedic surgeon, completing a Master's degree in clinical informatics, and navigating a new family structure with my two sons Patrick (16) and William (13). These commitments catalyzed a new personal direction embodied by Winston Churchill when he said, "We make a living by what we get, while we make a life by what we give."

One of life's paradoxes is giving takes energy but provides the greatest return on one's purpose and pleasure, the two true sources of happiness in life. Giving is truly the only perpetual motion machine and the most beautiful example of the first law of thermodynamics that energy is not created or destroyed. So, joining the track club seemed like a great place to start, blending a number of needs and desires. After my first year, I was nominated to be part of the board as an at-large member and from there grew into an active member.

So fast forward to 2020 and this year as president of TCTC. Welcome to COVID-19, sheltering, masks, social distancing and an overall time of "who the hell knows what is going on". Somewhere in those words, I think there is a new verse to Billy Joel's *We Didn't Start the Fire*. This time feels completely uncertain-when will we start running together again, when will races start, how will races will be organized, etc. But truly our lives have always been unpredictable and not under our control, except this time the events are so unfamiliar.

Which is a perfect reason to remember the importance of patience as a form of wisdom-it is a virtue that teaches us that things must unfold in their own time. So, please continue being excellent citizens. Respect social distancing. Wear your masks in public (you never know if you might be sick and who around you could infect). Enjoy your solitude. Lean into it.

It is amazing the things you hear with the "noise" turned down right now. Listen more deeply to your friends. Connect a little closer while staying a little further away. And before we all know it, we will be back again together for lots of great running groups, races, and hopefully a better running tribe and community. And as the Stoic philosopher, Epictetus stated, "We are disturbed not by things, but the view we take of them."



RUN MELLOW

Have fun with new friends and get healthy at the same time! 1, 3, and 5-mile routes with multiple tiers to match your fitness level! Fun prizes and raffles along the way!



Every Tuesday night at 6PM

Prizes along the way:
5 Runs - \$5 Mellow Mushroom Gift Card
10 Runs - \$10 Fleet Feet Gift Card
15 Runs - RunMellow Shirt
25 Runs - \$20 Mellow Mushroom Gift Card

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Member Spotlight

Chris Cutler

My name is ... Chris Cutler
(But I'm also known as) ... again,
Chris

To sum myself up in a nutshell
... I'm a non-traditional IT geek
who would rather be outside
running than in front of a computer or video screen.

and I'm originally from ... Technically, Chapel Hill, NC, where I was born and lived the first few years of my life. However, the majority of my childhood was spent growing up in Winston-Salem.

I've been in Winston-Salem... Since 1975.

A proud member of Twin City Track Club since ... 2010, I think.

Been a "runner"... About 10 years or so. I started my running journey later in life (more about that later).

The longest distance I've ever run is ... 50K, only twice. First at the Frosty Fifty in 2014. Then I did the Eastern Divide 50K last year to commemorate my 50th birthday.



Memorable running experiences:

Rave run ... I had the opportunity to run the Big Sur International Marathon last year and it was truly breathtaking! I enjoyed every minute of it and stopped to take a bunch of pictures along the course.

Race ... My first Boston Marathon qualifier, the Run for the Red Marathon in Pennsylvania. I was euphoric when I reached the 24 mile mark and saw that I was going to actually qualify. After I finished, and the adrenaline wore off, I could barely walk, and was sore for almost a week, but it was so worth it!

Gone postal run and/or I'd rather forget ... My second (and possibly last) Boston Marathon in 2018 when the weather was truly abominable. A nor'easter blew in on Patriot's Day, and many runners (elites included) suffered hypothermia or dropped out. I was so wet and cold that I found myself slowing down mile after mile as my joints started to seize up. Finally, I channeled downright anger that I had to suffer 25 miles in those conditions to actually pick it up in the last mile to the finish. As soon as I crossed the line, however, I started to shiver uncontrollably. A very patient volunteer actually had to pry my arms away from my body to assist me in getting on my poncho in the



finisher's area. After I shuffled the half mile or so back to the hotel, it took 20 minutes in the hottest shower I could stand to stop shaking.

These are a few of my favorite running things:

Vice ... Running gels, bars and chews. I have a whole drawer full of the things! I always forget to pack them on runs, then they just start to accumulate. Some are so old now I'm afraid they may have adverse effects during a run.

Device ... The GPS watch of choice is my Garmin 230. No heart-rate monitor, but I've never trusted those things to be accurate anyway.

Advice ... Some of the most rewarding things in life do not come easy, but just continuing to show up is half the battle. For example, when I first joined group runs or social events with the TCTC, I knew no one. I was a running novice and socially-awkward (still somewhat so), but I kept showing up. Over time, I opened up more, people got to know me, and I made great running friends.

Running footwear ... I really like the pair of Altra Superior trail shoes I own. The zero-drop heel and nice wide toe box seems to help me run with a more natural stride though the woods.

Pre-run/post-run fuel ... Usually a banana or oatmeal before long runs. Afterwards, it's pretty much anything I can get my hands on. My wife calls me the "human garbage disposal". I try to make healthy choices, but I have no problem eating that doughnut, thank you!

My motivation to run is ... To stay fit and connect with others. I wasn't a very social person before I started to run, but running and getting in shape has given me more self-confidence and many opportunities to make new friends.



But when I'm not running, I enjoy ... Time in the kitchen, as I make most of the meals at home. I dabble in baking, too, but my wife, Mary, is the blue ribbon award-winner. I also like to cycle and practice yoga.

One thing running has taught me is ... To become more self-aware of what my body is trying to tell me. There is a distinct difference in the soreness of training and the stabbing pain of injury. Many runners will push through it, ignoring the warning signs, but I always err on the side of caution and give myself a rest day, or

two, before things really go south.

I wish I could ... Run the NYC Marathon, just the one time. I've entered the lottery 6 years in a row and not been selected. Here's to lucky number 7 in 2020!

Most people don't know I ... Used to weigh 65 pounds more than I do now. When I decided to eat cleaner and get in shape, which running was a big part of, I dropped 1/3 of my body weight. Having been chubby, overweight (or obese, as one physician put on my chart) for most of my life until then, it was a massive change to all aspects of my life, not just my pants size.

Meet Your New Members - Emily

My name is ... Emily Read

I am originally from ... Buffalo, NY and grew up in Chapel Hill, NC and went to college in Manhattan, KS (K-State Wildcats!).

I moved to W-S ... May 15, 2020

I became a TCTC member because ... I have enjoyed races here such the 25K in January, the 30K in September and Beat the Heat in July. Also I have heard this is a great group!

I did my first race the year I turned 50: Steamtown Marathon in Scranton, PA. I was second to last but I finished. I could barely walk for a week after that! From that experience I learned the importance of training and preparation. Since then I have done other marathons and other distances from 5K to 30K as well as a number of triathlons.



My motivation to run is ... to maintain fitness, achieve goals, and enjoy the camaraderie of fellow runners. Running is also my meditation/stress-relief time.

When I am not running ... I spend time with my schnauzers and like to swim, walk, hike, and read books. I moved here from south-



eastern N.C. where I was a volunteer on the sea turtle nests, appropriate because I am much more of a tortoise than a hare.



I am looking forward to meeting others in TCTC.



Meet Your New Members - Lisa

My name is ... Lisa Evans

(But I'm also known as) ... BL Evans (on FB)

To sum myself up in a nutshell ... I love to stay in my "Happy Place" and want to be kind to others

and I'm originally from ... Grew up in Yadkin County

I've been in Winston-Salem... 26 years

Became a TCTC member because ... Running is such a great outlet and a therapeutic part of my life. I want to support local events and continue to meet new running buddies



Been a "runner" since... 2012

My motivation to run is ... The whole package of what it does for me physically, mentally, and emotionally.

The person who motivates me is my husband, Duane. He is the one who originally encouraged me to meet up with others to run. He is always supportive and holds the title as my biggest fan. When he was battling cancer/treatments, he continued



to be my rock. The love and backing that I received from the running community during that time will forever be a treasure to me. I thank the good Lord for blessing me with the discovery of running and for making it an integral part of my life.

But when I'm not running, I enjoy ... Spending time with my family, being involved in my church, and spending time outside.



From the Editor

It occurred to me as Flyer editor that we always provide you with our board members photos, but nothing more than that. Starting this month, we will give you some insight into who these folks are.

We will begin with our newest board members:

Molly Nunn



Britt Stanford



Colleen Sands



Lionel Alva



These distinguished new board members will be followed by our newly elected members:

Chris Tuohy



Robert Hill



In following issues, you will get to meet all the other folks that make up this year's Board of Directors of the Twin City Track Club.

New Board Members - Molly & Britt



Molly Nunn - Membership

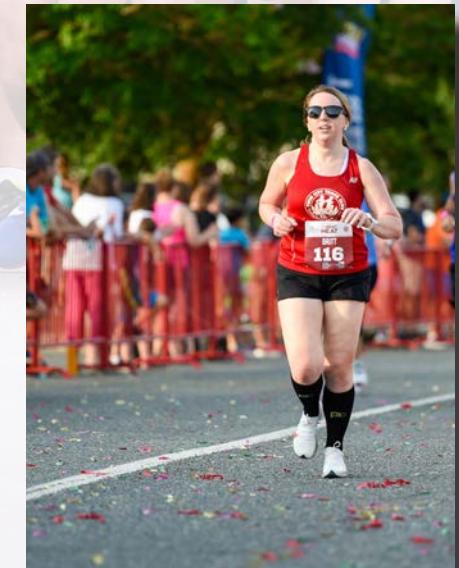
Molly is from Winston-Salem and has lived here since 1986. She obtained her BA in English & Journalism and MBA from Wake Forest. After teaching at Forsyth Country Day for four and a half years, she changed careers and worked for the Investment Group at Allegacy Federal Credit Union, then later joined Aon where she currently is a Senior FP&A manager.

Molly walked onto the Cross-Country and Track & Field team at Wake Forest, and post-college has run distances from the mile to the marathon. Her profession has provided her with the opportunity to travel globally and explore several cities via running. Molly is passionate about growing the Winston-Salem running community, volunteering at TCTC events, and continues to train and race locally.



Britt Stanford - Social Media & Marketing

Britt grew up in Greensboro and attended ECU for undergrad and graduate school (Go Pirates!). After college, she and her husband, Preston, spent five years in Charlotte before moving to Winston-Salem in 2017. Britt is an accountant at Wake Forest Baptist Health. When Britt is not running, she enjoys walks with their dog, Otis, tailgating for Panthers games and snuggling with their two cats, Tucker and Aspen.



Britt didn't start running until after college, but grew up watching her dad run. In 2016, Britt ran her first half marathon and has been hooked ever since. A few of her favorite races are the Philadelphia Marathon, Flying Pig Marathon, Cherry Blossom Ten Mile Run, Dingle Half Marathon (in Ireland) and Beat the Heat. Britt is grateful for all the places running has taken her and is looking forward to many more finish lines when we can race again!

New Board Member - Colleen



Colleen Sands - Activities

Colleen is a Florida born, Charlotte grown, and now Winston-Salem loving resident. She came to the area after graduating from nursing school at UNCG in 2012 and has loved it ever since. Colleen spends most of her days working as a Registered Nurse (RN) at Wake Forest Baptist Health in the Out-patient Cancer Center. Being an oncology nurse has been one of her most rewarding experiences over the years – just ask her about it and she'd love to fill you in on it!

When Colleen is not working as a nurse, she identifies as a dog mom, athlete and outdoor enthusiast. Colleen adopted her rescue dog, Max, at the end of 2017 and he has kept her on her toes ever since. While Colleen is "too cheap" to get a DNA test, her educated guess is that Max is a mix between black lab, great dane, hound and german short-haired pointer. As you get to know Colleen, you will know about Max as well because he is too cute and



crazy to not share stories about....and man does she have some stories to tell about their times together...let's just say it is never a dull moment when Max is around!

Colleen has spent most of her life playing sports and considers herself an athlete at heart. To this day she has that competitive drive ingrained in her. Most of Colleen's younger years were spent playing soccer and lacrosse. It was not until her adult years that she stumbled upon running and triathlons. Colleen loves training for races, but what she has realized recently is she enjoys even more the camaraderie of training with groups of people who have similar goals and interests.

Colleen also loves to spend her time outdoors and considers herself a mountain/lake kind of girl. Colleen grew up going to camps, working as a camp counselor and spending weekends with her family at Lake Lure. She has a true love for the outdoors and enjoying God's natural beauty around us. Colleen never tires of spending time outside in the sunshine, even if it means yard work and mowing the lawn!

Well, hopefully now you know a little more about who Colleen is and she hopes to meet more of you all throughout the year at some of the TCTC events!



New Board Member - Lionel



Lionel Alva - Webmaster

Lionel is from Mumbai, India, and has lived in the US for almost 20 years. Prior to moving to Winston-Salem 6 years ago, Lionel lived in Boston, New York, Chicago, Honolulu and Kansas City. Lionel started running about 5 years ago with a Couch to 5K program while he worked at Hanesbrands.

In the last 3 years, Lionel has completed 8 marathons, including Disney, Madrid, Chicago, Tobacco Road, Berlin, Cannonball, Richmond and Myrtle Beach. Lionel also completed a 50K (Frosty 50), Century bike ride (Carolina Century) and a sprint triathlon (Smiley).

Lionel enjoys running the most compared to swimming and cycling. He is working towards qualifying for Boston and is only 8 minutes shy. Lionel is the new Webmaster for TCTC and has met great people and made good friends through running with the TCTC group. Lionel looks forward to running and making new friendships with members from TCTC.



Board Member - Chris



Christopher Tuohy-President

Chris has lived in Winston-Salem since 2008 and been a member of the Twin City Track Club since 2016. He is intertwined in the athletic community as an Orthopaedic Surgeon at Wake Forest Baptist caring for both division I and recreational athletes while being a dedicated father raising his two sons, Patrick and William. In his formative years, Philadelphia was home, before his family moved to North Carolina

and he attended UNC- Chapel Hill. He completed his medical training back in Philadelphia as well as Nashville.

Chris enjoys all sports and has been a long-time recreational road cyclist and mountain biker before pursuing running in the past 5 years. Both activities are important to contributing to his focus on a healthy life style. He has participated in numerous local running and bicycling events and has the Athens Marathon on his bucket list. He is usually easy to identify at races with a distinctive colored wig since he is natural hair-challenged.

The competition in running and cycling attracts him to these events. But he has found peace and happiness physically, emotionally, and mentally by listening and connecting to his environment and his body and not making every run or ride a journey into the pain cave. His

most beautiful experiences have been running on a cold night in the falling snow along Stratford road with a head lamp and mountain biking with lights under the moon in the summer humidity during a 24-hour relay race. The wonder and spiritual Zen of these experiences are captured by Marcus Aurelius who said—"People look for retreats for themselves in the country, by the coast, or in the hills...There is nowhere that a person can find a more peaceful and trouble free retreat than in his own mind." As the 2020 TCTC president, Chris hopes to continue the TCTC mission to inspire and support all runners seeking their "peaceful and trouble free retreat" on routes in our community.



Board Member - Robert



Robert Hill - Past President & Flyer Editor

Robert grew up in Memphis, TN and has lived in Winston-Salem for the past 20 years. This is not his first time living in Winston-Salem. His first tour of duty, as Dennis Moon used to call it, was in 1987. It was during this time that he became a member of the Twin City Track Club. Just after a year, Robert's company moved him to Oklahoma, but his heart remained in Winston and after 12 years managed to return in 1999. Robert has lived from New York to California and several places in between; and in the process, made more friends in the one year in Winston than in all the other cities combined over his career. It is for that reason that he felt the desire to return for good.

The only running Robert did in school was the 90 feet between bases on a baseball diamond, except when a game was lost. The coach would take his team back to school and make them run for punishment. It was pretty much the same in college, except the distance between bases in intermural softball was 60 feet instead of 90 and no punishment for losing. College graduation was in 1974 and that is when his running got its start to get in shape for slow pitch softball. That continued until a company move to New Jersey. Other folks in his office there were into run-

ning and it seemed a good way to get to know folks. A friend told Robert about a 5 mile race in the park, he entered, and has been hooked on the sport ever since.

Wherever Robert has lived, running clubs have been a part of his life. Below is a list of those clubs.

- Amazing Feet – Chatham Township, NJ
- Charlotte Running Club – Charlotte, NC
- Tulsa Running Club – Tulsa, OK
- Inside Track – Ventura, CA
- Nashville Striders – Nashville, TN
- Memphis Runners Track Club – Memphis, TN
- Santa Barbara Athletic Association – Santa Barbara, CA



Robert is honored to have had the privilege of serving on the board in various capacities over the past 10 years and he hopes to always be an active member of the Twin City Track Club.



Waffles, Willmington, and Wunning

by Terry Wilmoth



Everybody knows what waffles are. And most North Carolinians can find Wilmington on a map. But “wunning”? What the heck is that? And what do all three have in common?

“Wunning” is what I do. I start out every race thinking I can run every step until I cross the finish line.....and end up walking half the race. And it’s what I did last November in Wilmington with my family.

My wife, Laura, and I both graduated from UNC-Wilmington and love to return to the Port City any chance we get. So when I became president of the triad alumni chapter, it meant that I (we) would need to go to Wilmington at least four times every year to attend the alumni board meetings. (Gee, darn!) It just so happened that our fourth quarter meeting last year fell on the same weekend as the [Battleship NC Half Marathon, 10K and 5K](#).

Knowing that Laura and the kids were already planning to go to Wilmington with me I asked our son, Cameron, if he wanted to try his first 10K. We looked at the course map online and discovered that both the half and the 10K circled the [USS North Carolina](#), aka “The Showboat”, via a new walkway that encircles the ship. Cameron immediately said yes! So I thought what the heck, let me ask Ashley, our daughter, if she wanted to run her second 5K. She wasn’t too

enthusiastic until she saw the design of the shirt; then it was a definite yes! And let’s be honest – a lot of us run just for the swag!! Of course, Laura wasn’t about to let our 10 year-old run around downtown Wilmington by herself; so Laura agreed to sign up for the 5K as well.

Race day arrives at 8:00am with 48 degrees and a slight breeze from the north at 9mph. Cameron and I line up with another 1,300+ runners right next to the Waffle House downtown on Front Street and.....off we go. About ten minutes later Laura, Ashley, and almost 300 other 5Ker's take off. We all head north to the first of three bridges that we will cross. Bridges? Did I say bridges? Hmm.....this is probably a good time to mention my fear of heights. It's also a good time to point out that two of these three bridges are NOT solid concrete. No, they have grates going all the way across. Grates that you can SEE through. Did I mention my fear of heights?? Okay, I'm with 1,300+ runners....just keep focused on running, the other runners, and, whatever you do, DON'T LOOK DOWN! Did I mention you could see through the grates?

I make it half way across the first bridge and.....yep.....my running was going great, breathing in check, stride felt good, so what do I do.....I LOOKED DOWN! I'm pretty sure Garmin watches were not designed to handle heart rates that high. But I made it! The second



Bibbed up and ready to run

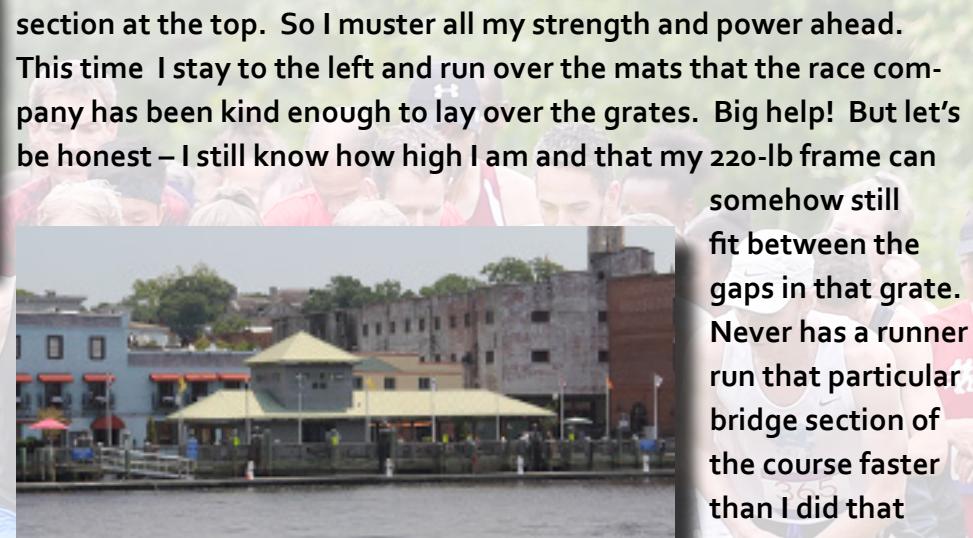


The SECU Memorial Walkway around the "Showboat" – USS North Carolina.

bridge was a piece of cake since it was concrete. No trouble there. A few miles later and we are circling the battleship. I'm still amazed something that large actually floats!

Leaving the Showboat we are faced with an uphill climb to.....you guessed it....the third – and largest – bridge. Now, not only is this a bridge, but it's a bridge that actually raises and lowers so that ships can pass underneath it to go upriver. The Cape Fear Memorial bridge is one big GRATE! Oh yeah! A GIANT SEE-THROUGH GRATE!

At this point we are only about 4 miles into the half and 10K and Cameron has left me in his wake (I'll use a nautical term since we are in a battleship race!). And my running has now been replaced with "wunning" – running intermixed with walking. At the bottom of the hill to the bridge I see a group of five wunners ahead of me and I know that I need to catch them before we make it to the grated



Riverwalk runs along the Cape Fear River in downtown Wilmington

The grate...I

mean....great...Cape Fear Memorial Bridge.

After crossing the bridge and feeling my heart restart on its own, I decided introducing myself to the paramedics would not be necessary. Cameron headed back towards downtown Wilmington to finish his 10K while I went south for a leisurely stroll around Greenfield Lake and looked for alligators. Yes, there are alligators in the lake – which is why this is not a triathlon. One lap around the lake and I'm





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

SAFE SOBER 30 YEARS PROM NIGHT

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

"Do You Run, Too?"
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headed back towards downtown myself. This is a great chance to admire the architecture of part of the historic district before turning left towards the Cape Fear river. Once at the river it's a right onto the Riverwalk and dodging a few pedestrians to get to the finish line directly across the river from the battleship!

So now you know what "wunning" is. And obviously the race took place in Wilmington. But what about waffles?

It just so happens that one of the sponsors is Waffle House. They provide fresh cooked waffles with all the trimmings to all the runners! And, WOW, did they taste really good!!

We may not have been the fastest runners there, but all four of us set PRs. Ashley and Laura did 47:43 and 47:44, respectively, in the 5K. Cameron ran 1:08 in his first 10K. And I "wunned" a 3:07 in the half – a PR by 30 minutes.

A great race in a great city with great food. Running doesn't get much better than that.

Thank You, Liz Handing!



Liz Handing will be returning to her home state of Colorado after serving the last 1 ½ years on the TCTC Board with responsibility for Social Media and Marketing. We are grateful to Liz for the outstanding job she has done in this role.

The quality and frequency of TCTC messaging has been significantly enhanced during Liz's term on the TCTC board.

Some of her contributions include:

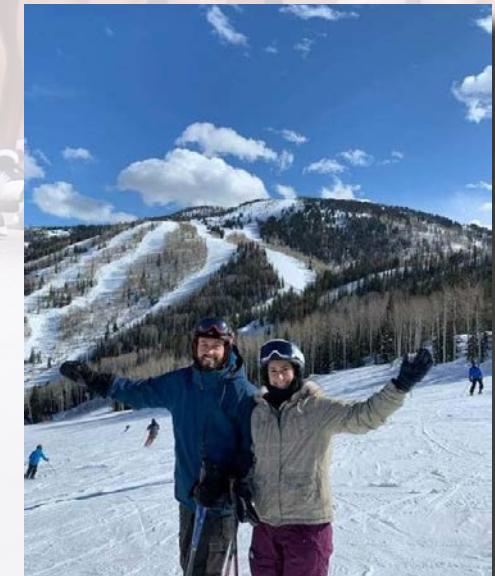
- Frequent social media stories and posts about TCTC events, activities, and accomplishments
- Regular monthly Newsletter emails about upcoming races and activities
- Enhanced use of graphics in TCTC posts and emails
- Advanced planning and scheduling of social media and marketing activities
- Planning and coordination of our first ever "Hanes Park Clean-Up Day"



Liz Handing moved to Winston-Salem in 2016 for a Research Fellow position at Wake Forest Baptist Health and joined Twin City Track Club soon after her arrival. During her time in town, she was a regular participant in TCTC races and activities, Run Mellow group runs, and trail running. She completed the Chicago Marathon in 2017 and the Table Rock 50k in September 2019. She is relocating to Denver, Colorado and will be getting married later this summer. Her impact on the local community will be long lasting.

Over the past 43 years since the founding of Twin City Track Club, many people have contributed to the success of the club. Some have made an exceptional difference by applying their unique skills and efforts to advance the club's ability to achieve its mission "To inspire and support all runners in our community." Liz is one of those people.

Best wishes, Liz, and thanks for all you have done.



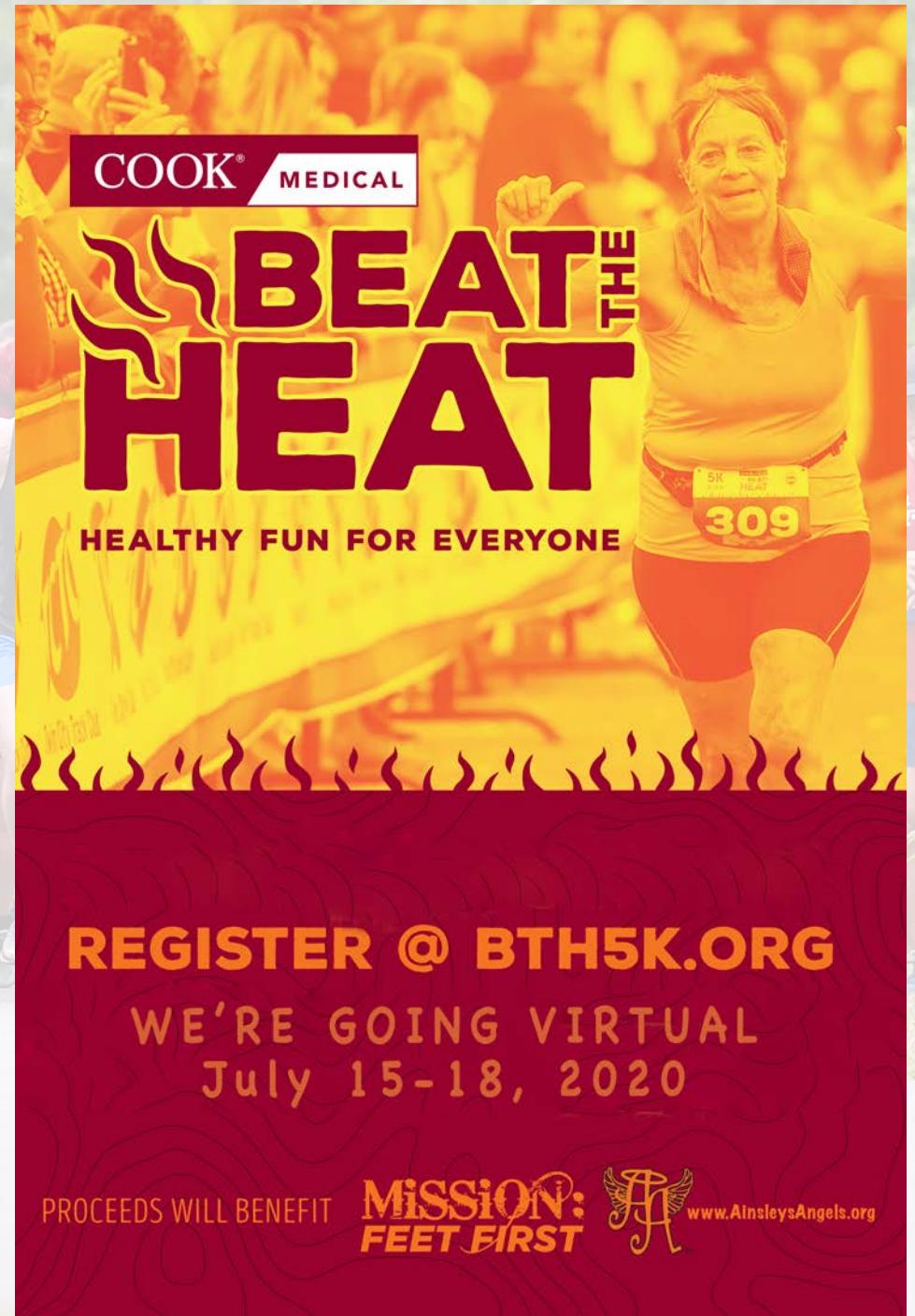
Activities

July/August

Activities and races will be phased back in over time in a manner that is in compliance with state and local regulations and provides safety for participants and volunteers while the coronavirus continues to be a threat.

We all look forward to the times when we can put this pandemic behind us, but for now we need to be cautious and to protect one another.

We will continue to post updates on the club website at <https://twincitytrackclub.rsupartner.com/covid-19-and-running.>



Grumpy Old Runner

You know what I hate, wearing a mask. You know what I love, wearing a mask, Dad Burnit!

First the love for the mask. As many of you know, I am not a real people person. I really do not like people that much so wearing a mask is great. Say I need some groceries and I head to the store. Before going in, I put on my baseball hat and a mask. Once inside, no one knows who I am. I can go anywhere in the store and nobody recognizes me. I do not have to enter into any small talk or meaningless chatter, even with folks I know, you know, neighbors and such. When a person puts on a mask, they automatically take on the persona of a zombie, walking around saying nothing. Before donning a mask, I would give those that did the side eye and avoid them like, well, like the COVID-19. Now that I wear a mask, I can avoid everyone. Even when someone does try to be in conversation with me, I just give them my best mumble through the mask, and they give up. It is a perfect world unless you go to Trader Joe's. Those folks will chat you up no matter what you are wearing, Gal Dangit!

Now for the hate part. We are all now supposed to wear a mask all the time, even when at the beach and when running. The CDC says you should wear a mask "whenever people are in a community setting, especially in situations where you may be near people". Now, try running in your neighborhood or in a park without being near people. Everyone wants to get out of the house, so people are everywhere. Husbands trying to escape wives and vice versa as well a whole family that cannot seem to get enough of each other. Well, being the civic-minded person I am, I decided to give it a try.

Well, first off, just breathing will make your mask soggy. Add sweat to that and it then becomes plain wet. Nothing like something wet and clammy against your face while running. Inevitably, during a run you will have to spit. The only folks that spit more than baseball players are runners. There are all sorts of things that can go wrong here. The first time I forgot to raise the mask and that was very unpleasant. The next time I did not raise it far enough. Now, not only do I have condensation, I have two big wads of spit in my mask. If that is not enough to make you ill, I spaced out in the middle of my run with my mind on a thousand things. Totally forgetting I had on a mask, I cleared a sinus. Now I have sweat, condensation, spit, and snot in my mask which was against my face. Now I have to hurry home to get this thing off. The harder I run, the heavier I breathe. Each exhale sends this mask away from my face like a balloon and each inhale plasters it against me. Yuck, Dang Gonnit!

It's a love, hate relationship with the mask. What is a guy to do? Dad Burnit!



T-Shirt Winners

The following 3 TCTC members correctly decoded my message in the last Flyer with the winner being Phillip Summers.

01001100 01100001 01110011 01110100 00100000 01010000 01110010
01101001 01101110 01110100 01100101 01100100 00100000 01001001
01110011 01110011 01110101 01100101

"Last printed issue"



Phillip Summers



Benjamin Jackson



Preston Stanford

This Issue's Puzzle

The first TCTC member to figure out the puzzle below will win a t-shirt. Just send me an email on Wednesday, July 1st. The first correct answer wins. PREVIOUS winners can play for fun, but not for the shirt.

54 68 69 73 20 69 73 20 74 68 65 20 66 69 72 73 74 20 61 6c 6c 20 64
69 67 69 74 61 6c 20 46 6c 79 65 72



Dennis McNeil

336 993 3936

dennismcneil.net

dennis.mcneil.cet7@statefarm.com

Board of Directors



President
Chris Tuohy
president@twincitytc.org



Vice President
Er Ralston
vicepresident@twincitytc.org



Treasurer
Teresa Inman
treasurer@twincitytc.org



Activities
Gini Piekarski
activities2@twincitytc.org



Activities
Colleen Sands
activities@twincitytc.org



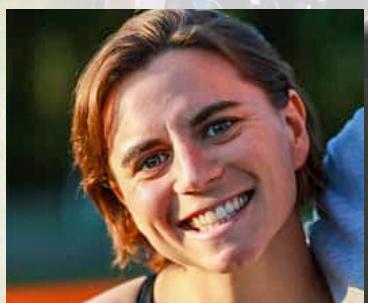
Membership
Molly Nunn
membership@twincitytc.org



Race Timing
Terry Wilmoth
racetiming@twincitytc.org



Webmaster
Lionel Alva
webmaster@twincitytc.org



Member At Large
Mary Kate Choat
atlarge@twincitytc.org



Races and Equipment
Bill Walker
races@twincitytc.org



Social Media/Marketing
Britt Stanford
socialmedia.marketing@twincitytc.org



Past President & Flyer Editor
Robert Hill
pastpresident@twincitytc.org

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: Contact [Robert Hill](#)

TCTC Membership: [Join](#) & [Renew](#)

TCTC Race Singlets, T-Shirts, and 1/4 Zips

Have you seen the new TCTC Singlets? Want one?

For the cooler winter days, how would you like a long sleeve, 1/4 zip shirt?

Singlets, T-Shirts and 1/4 Zips are red with white lettering and come in male and female cut, true to size.

Go to the [TCTC online store](#).

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

1/4 Zips are \$30.



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 various venues, run first, then eat.
- We have an annual family picnic in May to elect a new board and celebrate your volunteer efforts.
- The Holiday Party is in December.
- Our Winter 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 give it a try!
- 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



The track club offers many volunteer opportunities throughout the year, from volunteering at one of the club races or events to helping clean up an area of our city.



July/August Races and Activities Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--------|-------------------------|-----------|---|--------|--|
| | | | July 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 Board Meeting | 13 | 14 \$5K | 15 | 16 | 17 | 18 |
| | | | | Cook Medical Beat The Heat Virtual Race | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | Aug 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 Board Meeting | 10 | 11 \$5K | 12 | 13 | 14 | 15 Hobby Trails 5K & 10K |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |