

THE FLYER

RRCA SOUTHERN REGION AWARD WINNING NEWSLETTER

Celebrating Those Who Unselfishly Give Their
Time And Energy,
Our TCTC Volunteers!



September/October 2020

While You're Running, We've Got Your Back!

David Daggett

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

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President's Message



Chris Tuohy

Recently, on a Saturday morning, I was listening to a Springsteen CD, reading a paper book and drinking coffee from a simple ceramic mug (no family pics or memes on it). Just a week before I had my 50th birthday and as is the cliché, it was a morning of reflection. But this was not introspection of my past, present, and future life, but my morning physical aches and pains.

Over the years, different body parts have illustrated how our bodies are machines which develop cracks, creaks, and groans just like a fence gate or a storm door. My left knee, after a traumatic injury in college, developed pain in my forties and required surgery and 1.5 years of rehab to return to running. Intermittently, my shoulder has ached but still functions well to place my hand in space to work or simply brush my teeth. Then there is the low back stiffness in the morning which makes it difficult sometimes to put on pants. Lastly, a clicking arthritic neck in need of oil for lubrication to lessen muscular cries of stiffness and spasm for "100k miles" of turning and lifting a bowling ball for 5 decades. But the pain that comes from this musculoskeletal system has a positive reminder in my life.

None of us enjoys this pain, but it does serve a beautiful and useful purpose. It articulates to us to slow down. It whispers to us we have lived. And in that way, pain is beautiful. When our nerves fail to signal our brain about pain like in leprosy and diabetes, joints crumble, freeze up, and heal into a block of solid bone.



So, what does this all have to do with running? Well remember what pain is telling you. Physical pain can reminisce with you about a great teenage run, assault to the top of a mountain for that sunrise, or jog on the beach at sunset. It is the same way other senses trigger emotions that are so perceptible

-side 1 of Led Zeppelin IV and your first kiss, the smell of funnel cake at the state fair, or the texture of sand caught in your bathing suit on that family beach trip.

And if you carefully listen to the pain and the beautifully interconnected memories in your brain, you might appreciate a few new things on your run too. Try a run without music and hear the birds and children on your run. Smell those hamburgers cooking. See the beauty of that early fog burning off. Feel the wind or rain a little closer to your hair or skin (instead of worrying about how it is affecting your time splits). Those experiences and even that pain on your next run can deliver us to a peaceful place that we all need a little more of these days.

"Where the miles are marked in blood and gold, I'll meet you further on up the road"

Further On (Up the Road)
Bruce Springsteen

Volunteering For TCTC - Cathy



Cathy Ralston

VOLUNTEERS—They Are The Heart of the Club!

Volunteering at TCTC events can be rewarding and fun. Even if you are injured or just not race

ready you can feel a part of the event. Sometimes we even get free post-race snacks and beverages!

Highlights of my volunteering include:

--Giving out bibs and pins outside at the very cold Frosty Fifty while using our phones as flashlights.

--Investigating suspicious entries. Who knew we had rap celebrities and famous politicians registered for our races? There was a trend a few years ago for some of our mischievous runners to register under aliases...

--Racing through rain and lightning to get indoors during Beat the Heat registration.

--Frantically pinning bibs on elite runners at

the start line after they were caught in traffic and arrived moments before the gun.

--Chasing down runners who failed to pay. I have been known to track down participants the day after the race to remind them to pay up. It always works!

--Deciphering cryptic handwriting

--Checking in 147 runners for the \$5K in 15 minutes with Diane Triplett



--The time I forgot to bring safety pins and Steve Bennett had to dash out to find 1000.

--Pulling tags at the end of Ultimate and the doughnut run. Pre-Covid hazardous duty!

Usual questions to be addressed are:

--"Can I run this race in place of my friend?"

--"Can I run with my stroller? dog? kid?"



--"Can I pay with a traveler's check? foreign currency? all coins?"

And of course the ever popular

--"Can I trade this t-shirt size?"

Overall it is so much fun to chat with all of these athletes whether they are nervous, excited, or still half asleep prior to the race. Volunteers can help ensure that the participants have a great experience. Added bonus is bonding with other track club members. Highly recommend!



Volunteering For TCTC - Stacy



Stacy Tolley

I've volunteered many times for TCTC but the first was at the 2012 Frosty Fifty, not long after the very first time I attended a TCTC

event- the 2011 Thanksgiving Hash Run. I remember making peanut butter sandwiches under a tent at Salem Lake in the cold (it IS the FROSTY 50 after all!) with another



new volunteer- Trish Beatty. That was not just the beginning of my volunteering with TCTC; it was also the beginning of a cherished friendship as Trish and I commiserated about fumbling to make sandwiches with frozen fingers. (Gloves & peanut butter just don't mix well!) I had been a solo runner and Trish became my very first running buddy. Since then we've gone on to travel to and run races together, including

the NYC, Pittsburgh and Chicago Marathons. The picture on the left was after the 2016 Pittsburgh Marathon.

I don't remember exactly what led me to volunteer with TCTC that first time but it was probably the wish to get involved with TCTC without feeling awkward at not yet knowing many people. Also, races can't happen without lots of volunteers so I feel that if we like to race then we need to volunteer as payback- to help other runner have the good race experiences that other race volunteers have made for us. And as with all volunteering, when you do so with TCTC you

really get more than you give!



Volunteering For TCTC - Er



Er Ralston
Race Director, Cook Medical
Beat the Heat 5K

“Volunteers are the Lifeblood of the Event. Without volunteers, a race would be chaotic at best and potentially dangerous to participants.”

The above quote is from *Organizing Running Events: The Complete Guide to Staging a Successful Road*, published by Road Race Management, Inc. In my 14 years of directing the Beat the Heat 5K, I could not agree more. Each year, we have close to 100 people volunteer for Beat the Heat to support close to 1,000 runners. Most volunteers are TCTC members, but many are not. We pull in volunteers from sponsors, charity partners, and other partner organizations as well as friends of TCTC members.

The volunteer roles vary widely. Some of the key responsibilities include packet pickup, parking, water stations, course monitors, post-race food/drink. Regardless of the role, all volunteers play a key role in keeping runners safe and providing them with an enjoyable race experience. And all volunteers need to be familiar with key aspects of the race whereas participants will ask many types of questions to any volunteer they find.



If you've never volunteered at a race before, give it a try. You might love it! You will be doing a great service for fellow runners and for Twin City Track Club. If you have volunteered, thank you! Please continue doing it. We are grateful for your service.



Happy Running!



Volunteering For TCTC - Jim



Jim Wade
Race Director, \$5K

The \$5K is different than the other races TCTC sponsors. It is held monthly, from April thru October, on years we do not have a pandemic. Also, the races take place on Tuesday evenings unlike other TCTC races which are typically run on Saturdays.

This makes the volunteers for the \$5K races a special group. The races begins at 6:30, which requires many of the volunteers to arrive at 5:30, or earlier, to setup the timing equipment, registration and finish line. These volunteers have jobs, but make the sacrifice because they love running and how it can affect your life.

We are very fortunate to have a core team that volunteer month in and month out. The core group consist of:

The core timing crew of Terry and Cameron Wilmoth, Er Ralston, Dave Corn, is supplemented with a rotation of Philip Summers, John Anderson, Alan Tripp, Greg Shelness and Dan Beavers. Bill Gibbs is also a key part of the core group. In addition to multiple responsibilities, he drags the timing trailer to all of the events. I can't forget Dan Bradley and John



Dunkleberg who did the manual timing when the race began (hard to find people who knew how to manually time an event in the era of chip timing).

The registration group of Cathy Ralston, Stacey Tollie and Diane Triplett are stalwarts that show up every month. If you can't get registered, you can't get an official time.

The stellar course management team of Angi Linville, Mack Roebuck and John Salmon provides the water, directions, and monitors the safety on the course. These are the unsung heroes that you only notice if something goes wrong – and it hasn't.

These are the regulars.

I will not try to name the dozens of people that volunteered for individual races over the last 4 years for fear of omitting someone.

I have also witnessed runners who were signed up to run an event, helped assemble finish line equipment, and helped remove a fallen tree from the course.

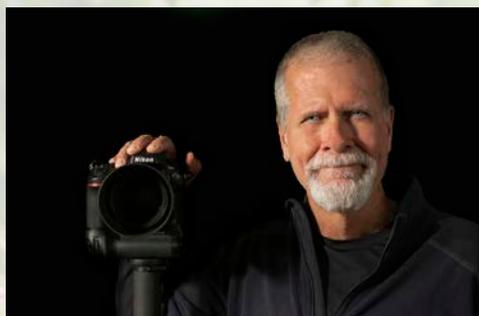
We have a special group!!

The \$5K would not happen if not for these volunteers.

THANK YOU ALL VERY MUCH



Volunteering For TCTC - Robert



Robert Hill
Flyer Editor

I think Er Ralston and Stacy Tollie both said it very well, volunteering is a heck of a lot of fun, and races and events could not go on without them.

I have dug back into the photo archives and have selected a group of shots that show volunteers in action. For those of you who have not volunteered, I hope these photos will create interest, and for those who have volunteered, I hope you find yourself and relive some fond memories.











finish strong

start here

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Member Spotlight - Robyn

Robyn McElwee

My name is ... Robyn Land McElwee

To sum myself up in a nutshell ... I'm a mom, business owner, coach, runner that is happiest when I'm outside in the sun spending time with my husband and kids.

and I'm originally from ... Wilkesboro, North Carolina

I've been in Winston-Salem... since 1993 - 27 years!

A proud member of Twin City Track Club since ... off and on since 1993!

Been a "runner"... as far back as I can remember. I started jumping in fun runs at races with my dad when I was 7.

The longest distance I've ever run is ... 18.4 miles. Back in college at Virginia Tech, it was a "thing" for the guys to run from Blacksburg UP to Mountain Lake. I was the first female to do it. We had to do it without a watch and the winner was the person who came closest to predicting their time at the start. I have no interest in ever running further!

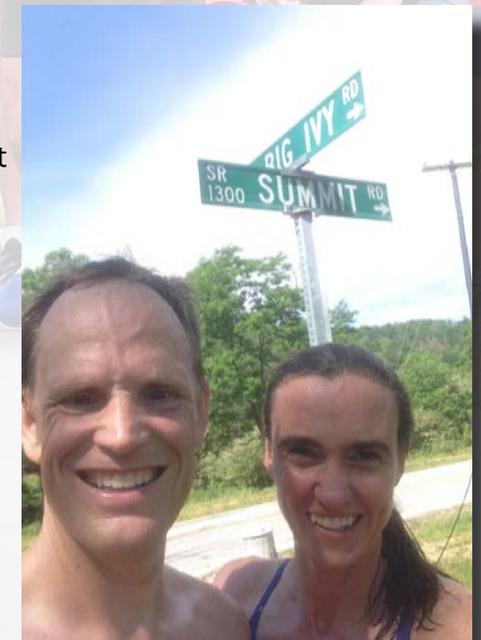


Memorable running experiences:

Rave run ... It's tough to choose just one. I'd have to say the year I ran 5:10 for the mile at the Draper Mile in 2014. The Draper Mile is a point to point, somewhat downhill mile that I've been obsessed with for decades. It's deceptive with almost 300 meters uphill near the beginning. That year, I was in great shape and stood on the line thinking to myself that I'd been healthy, training had gone great and I had nothing to lose. Everything came together for a great race for me.

Race ... It's tough to choose just one. I'd have to say the year I ran 5:10 for the mile at the Draper Mile in 2014. The Draper Mile is a point to point, somewhat downhill mile that I've been obsessed with for decades. It's deceptive with almost 300 meters uphill near the beginning. That year, I was in great shape and stood on the line thinking to myself that I'd been healthy, training had gone great and I had nothing to lose. Everything came together for a great race for me.

Gone postal run and/or I'd rather forget ... Surprisingly, after running pretty much daily for the past 36 years, this is also a hard question. Most of the runs fall on the good side. A run that ended up in utter failure and misery was a 5k race that I attempted at the indoor track in Chapel Hill. Everything went wrong,



and I ended up coughing, heaving mid-race. I ran off the track after 2 miles, straight out the side door coughing up a lung. Only race in which I have ever dropped out.

These are a few of my favorite running things:

Vice ... I really don't like to take days off.

Device ... As minimal as possible. I prefer a simple watch. I prefer to run by feel and can usually tell you exactly what pace we're running without the Garmin. I do love my iPod shuffle for tunes.

Advice ... Keep it fun. Seriously.. don't take yourself so seriously. (Yes, I need to listen to my own advice often.)

Running footwear ... I prefer to always be rotating through 3 pairs of shoes. One for long runs (Nike Pegasus right now), one for quicker workouts (currently New Balance Pursuit), and one for in between, easy shorter runs (trying a pair of Asics Gel DS now).

Pre-run/post-run fuel ... I prefer to run on an empty stomach, but nothing beats a banana and maybe a few sips of a protein shake. Post run - finish the protein shake if it was a long, hard effort. Best post-run meal is a big

breakfast of eggs and oatmeal.



My motivation to run is ...

I need it for my mental and physical well-being, in that order. Running is where I can always connect to everything that makes sense.

But when I'm not running, I enjoy ... doing anything with my husband Will, our kids and our dog Jerry, working on Crazy Running, and doing yoga.

One thing running has taught me is ... that the key to happiness is to find joy in the process.

I wish I could ... live somewhere that is always warm

and kayak every day.

Most people don't know I ... have become obsessed with succulent plants. I have a huge collection of them, and they all have names.



Meet Your New Member - John Shilt



My name is ... John Shilt, been known by many different “names” over the years given by many of those here in the endurance community, but John will do these days.

ive and healthy, has turned into a lifelong lifestyle that has allowed me to set a great example for my kids. It also has been an amazing social outlet to foster & create positivity.



To sum myself up in a nutshell ... I am a husband and father of a wonderfully beautiful wife and 3 kids trying to set a good example maintaining a healthy and active lifestyle.

Been a “runner” since... 1999

I am originally from ... Kansas City, Missouri

When I am not running ... videography/film editing (LOC Films), gardening, traveling & spearfishing

I moved to W-S ... since 2000, however I left for about 4 years to live in Boise, Idaho to work with my brother, but returned “home” after my wife and I were engaged.



I became a TCTC member because ... it was an opportunity when I first moved W-S to find people interested in the same outdoor pursuits that I was interested in and it has blossomed into so much more to include lifelong friends.



My motivation to run is ... multi-faceted. What started in 1999 with my brother “dragging” me out the door to run 1 mile to personally become ac-



Run Safety Tips

? Did You Know?

- You need good health insurance
- You need to review ALL insurance that may cover you
(auto, homeowners, disability, hospital or medical indemnity, etc.)
- Always carry your I.D. and medical information

✓ The Reality is...

- Cars **don't** see you
- You need to be *seen*, be *aware* and be *alert*
- Stay on familiar routes and always let someone know where you are

⚙ The Law says...

- On the left and on the sidewalk
- Cross only at intersections
- Obey traffic signals



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David Daggett & Griff Shuler

Board Member - Er



Er Ralston - Vice-President

Er has lived in Winston-Salem since beginning his career here in 1979. Growing up, he lived in Aiken, Georgetown, and Marion, SC, and in Wilmington and Raleigh, NC. Er was active in other sports but was not a runner in his younger years. That changed in 2001 when he ran his first race at the age of 44, competing in the local Komen 5K. Since then, he has competed

in more than 125 running races and triathlons, including 16 marathon finishes and 1 half ironman.

Er began serving as Race Director for the Beat the Heat 5K in 2007 and has directed the race every year since then, except in 2014 when he took on a key organizing role for the USTAF Masters Outdoor



Championships hosted by Twin City Track Club and held at Wake Forest University. With Er's leadership, Beat the Heat has grown to become one of the most

popular summertime races in the state. He helped to recruit Cook Medical to become the presenting sponsor beginning in 2017.

Er has held several other positions with TCTC including Social Media & Marketing, Webmaster, and Race Timing coordinator. He manages the TCTC Group Runs through the MeetUp app. He serves as an informal race advisor for several local races and helps them manage race registration sites on RunSignUp. Er is an RRCA Certified Race Director and a RaceDay Certified Race Timer.

Er's wife, Cathy, is a frequent TCTC volunteer and shares his joy for running and fitness. Er & Cathy have 2 adult children who live out of state, and also engage in running activities. Er is a strong advocate of the TCTC vision "to build a healthy and socially connected community through running", and hopes spread his passion for running to as many people as possible.



Recap of the 2020 Cook Medical Beat the Heat Virtual 5K

by Er Ralston, Race Director



Wow! Who would have thought a virtual race could be so fun? With the challenge and uncertainty of the coronavirus pandemic, all races in the Beat the Heat event were virtual this year. Many new race features were added to make it an engaging and exciting experience in a virtual environment.

Race t-shirts were made available to all participants and could be picked up in drive through packet pickup or mailed to their home for a modest additional fee. Close to 20% of registrations chose the mailing option.

Instead of pint glasses for top finisher awards, all 5K participants received a pint glass this year. We decided to do this since the race results could not be certified and to recognize this was a special year. All participants are top finishers!

With the help of David Daggett and Kathryn Vernon of race sponsor Daggett Shuler, 18 videos were produced



and shared with race participants to provide race information in a format that simulated a "live race" experience. You can view these videos here:

https://www.youtube.com/playlist?list=PLobOenP-oMW2pO8u_JrXN-gkB9JF-1wEEoe

All race finishers who posted a result were eligible for a door prize. Our sponsors and other contributors provided 50 door prizes valued at more than \$3,500. These were awarded the day after the race and announced in a live post-race awards ceremony via Instagram Live.



Even with the virtual race format, we were able to raise significant funds to support our charity partners – Ainsley's Angels of the Triad and Mission: Feet First. With the generous donations from race participants and additional proceeds from race registrations, we were able to raise more than \$3,000 this year for our charities, bringing us to a total of more than \$21,000 over the last 5 years. Thank you to everyone who donated!

In the end, 409 people registered to run the 2020 races. With the virtual format, we saw quite a few of town and out of state participants, including runners from Canada, Ireland, Japan and Singapore. It is quite clear from the large volume of social media posts and tags that everyone had a good time. And some of the posted results are really impressive! Full results can be seen here:

<https://www.bth5k.org/Race/Results/18798>

Some of the top finishers are listed below:

Beat the Heat Virtual 5K Top Females

Kimberlie Meeker	Raleigh, NC	39	18:28
Maddie Stambaugh	Winston-Salem, NC	25	20:22
Zoe Wade	Hillsborough, NC	16	21:11

Beat the Heat Virtual 5K Males

Elliot Hall	Greensboro, NC	31	16:59
Will Scott	Clemmons, NC	17	17:16
Rand Cochrane	Winston-Salem, NC	19	17:19

NC Elite 5K Women

Tristin Van Ord	Chapel Hill, NC	25	17:08
Joanna Thompson	Lenoir, NC	27	17:08
Sarah Rapp	Raleigh, NC	17	17:56

NC Elite 5K Men

Matt McClintock	Blowing Rock, NC	26	15:07
Donnie Cowart	Winston-Salem, NC	34	15:17
Nicholas Arnecke	Gastonia, NC	23	15:34

We are grateful to our race sponsors who stuck with us this year and especially our presenting sponsor Cook Medical. We could not do it without their generous support. Thank you 2020 race sponsors!

- Cook Medical
- Champion Sportswear
- Daggett Shuler & Safe Sober Prom Night
- Fleet Feet Sports Winston-Salem & We Run Winston
- ProCompression
- Sunshine Beverages
- BB&T (now Truist)
- Sills & Associates
- Flow Honda
- On | Swiss Performance Running
- Ralston Excellence
- TW Garner Foods

We are hopeful for a return to live racing for the 2020 Beat the Heat 5K Races. Thanks again to everyone who helped to make this year a success.

Healthy Fun for Everyone!
@bth5k



Summer Track Photos



August \$5K Photos



Grumpy Old Runner

by Grumpy Old Runner

What is it with all you young folks and this Strava stuff, Gal Danglt?

This must be a Millennials thing since us Baby Boomers would have none of this. What is the deal, are you too sophisticated to record your training in a training log, Dad Blastit?

You go for a run, you get home, you record your mileage. Wash, rinse, repeat. It does not get any easier than that. No devices to connect, no one to follow, and best of all, no one following you, Gol DurnIt!

These days it seems that everyone wants to be in your business, following you around on the Facebook, Twitter, Instagram, Snap-N-Chat, and that Chinese Tik-Tok thing. I do not care for everyone I know, and especially those I don't, knowing where I am, what I am doing, and who I am doing it with. Dog Gonelt!

Using a written log allows you to write down your mileage, and grab a calculator, and compute your running total. No one but you can see it. No one but you knows about it. And best of all, if anyone is noisy enough to ask about your weekly mileage, you can tell them exactly what you want them to know, nothing more, Dag Nablt!

A promotional poster for 'Run Mellow' featuring two cartoon characters, a yellow one and a white one, running. The text on the poster includes the event name, a description of the event, prize tiers, and contact information for Mellow Mushroom Pizzeria.

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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T-Shirt Winner

The following TCTC member correctly decoded my message in the last Flyer. That member is Chris Cutler! The puzzle in the May/June issue was binary code, simply ones and zeros. The July/August issue was hexadecimal code. Hex code groups binary numbers into groups of four which makes hex more compact. Congratulations Chris on being the only other track club member who would admit to knowing this!

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

"This is the first all digital Flyer"



Chris Cutler

This Issue's Puzzle

What long time Twin City Track Club member holds the state age group record for the 12K? Actually, there are 3 TCTC members holding that distinction, you only need to submit one of them. All 3 times were set on the same course over 20 years ago and they still stand today.

All correct answers will be placed into a hat and the winner of a TCTC t-shirt will be drawn from there.



Dennis McNeil

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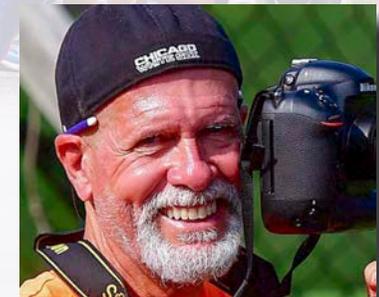
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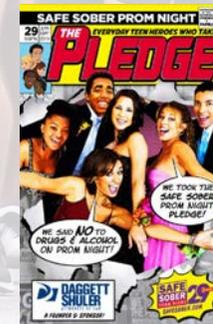


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TCTC Services



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: 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.



Sept/Oct Races and Activities Calendar

Activities 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>.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Sept 1	2	3	4	5
6	7	8	9	10	11	12
13 Board Meeting	14	15 \$5K	16	17	18	19
20	21	22	23	24	25	26 Salem Lake Trail Races
27	28	29	30	Oct 1	2	3
4	5	6	7	8	9	10
11 Board Meeting	12	13 \$5K	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31