

# THE FLYER

RRCA SOUTHERN REGION AWARD-WINNING NEWSLETTER

## Salem Lake Trail Runs



September 25, 2021

# Contents



## Dennis McNeil

336 993 3936

dennismcneil.net

[dennis.mcneil.cet7@statefarm.com](mailto:dennis.mcneil.cet7@statefarm.com)



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# ORTHOPAEDICS & SPORTS MEDICINE



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# President's Message



“Change is the only constant in life.”  
Greek philosopher Heraclitus made this statement around 500 B.C. It's still true!

Of course some change is welcome—who's looking forward to a change to cooler fall weather for running workouts? Bring it on! We're also looking

forward to a return to traditional fall races that had to be modified or canceled last year due to the COVID pandemic. COVID—that was an unwelcome change which continues to create inconvenience for most and tragedy for many. Boo, hiss.

But back to fall races, the Salem Lake Trail Runs are coming up on September 25. This is one of the club's biggest and most popular races. It will be the second race in the FIT 4 or Forfeit Race Series. The last two \$5K races of the year will be held on Sept. 14 and Oct. 12. And TCTC will be timing a few contract races including the Quarry Rocks race for Special Olympics on Oct. 2 (change in location to Jamison Park this year) and the Ardmore RAH! Races on Oct. 16. I hope to see many club members running and/or volunteering at these awesome races.

Another COVID-created change is the rescheduling of the Boston Marathon from Patriots Day (April 19) to Columbus Day (October 11). Many TCTC members will be running the race and we'll be cheering you on! (see list, page 5)

Our big summer race, Beat the Heat, had to deal with a last-minute change in venue this year! This had nothing to do with COVID but was caused by a construction project at our traditional site next to the Wake Forest football stadium. Fortunately, the staff at the Winston-Salem Fairgrounds was very accommodating and the race was held with over 500 in attendance. Thank you soooooo much to the awesome volunteers who helped make this happen. Special thanks go out to those who stayed after the sudden change in weather (what a storm!) or came back the next morning to clean up.

Our TCTC Night at the Dash changed from a traditional June activity to July this year. Apparently, this was well-received with over 100 TCTC members and guests signing up for tickets. It was so much fun seeing everyone and catching up. And that bright red TCTC Tent sure did look good near the stadium entrance. Great exposure for the club.

As we continue to plan for the coming months and next year, we're hoping to resume many of our traditional activities such as a holiday party and winter seminar. We don't yet know what changes we'll need to consider with the numerous challenges of planning an event these days, but we're committed to providing our members with opportunities to engage and share running experiences.

If nothing else, some of the challenges we've faced over the past 18 months have given us pause to think about what and how we do things as a club. Some things we will change be-

cause we must and some we will change to make us even better.

And with that, I'll leave you with a quote from Mahatma Gandhi: "Be the change that you wish to see in the world."

Happy Running!

Er Ralston

Entry List of TCTC Members in Boston Marathon

Bodwell, Lori	55	F	Clemmons
Bush, Jeremy	41	M	Winston-Salem
George, Eva	36	F	Winston-Salem
Grannis, Matthew	43	M	Winston-Salem
Ha, Green	45	F	Clemmons
Inman, Teresa	44	F	Winston-Salem
Krabel, Herbert	56	M	Winston-Salem
Lather, Rosemary	65	F	Clemmons
Maat, Stephen	58	M	Winston-Salem
Miller, Keith	64	M	Winston-Salem
Monroe, Mitch	60	M	Clemmons
Nunn, Molly	38	F	Clemmons
Russ, Penny	63	F	Winston-Salem
Sabio, Hernan	47	M	Winston-Salem



April 13

May 11

June 8

July 13

August 10

September 14

October 12

[Info Here](#)

# Wayne Yarbrough - A Life Well Run

By John Danforth

NOTE: *The November/December Flyer edition will have a more complete story about Wayne with remembrances and photos from his friends. Stay tuned.*



I am proud to be a friend of Ann and Wayne Yarbrough, and when I found out that Wayne had passed away on Saturday, August 7, I immediately felt a great sense of loss. His wife, Ann, was my running partner for over 20 years until I got too slow to run with her. Sometimes Wayne would run with us, always keeping a step

ahead, of course. All runners know the high we get from our daily run with our friends. It is what running is all about. What was special about running with Ann and Wayne was the fact that they brought out the best in fellow runners. Looking way back in the history of the Twin City Track Club, Ann and Wayne were among the pioneers of the club and ran in some of the first road races ever staged in our city. They both dominated their age groups and sometimes either won or placed highly in races all over the Southeast, earning a reputation for excellence.

The fact that Wayne ran a marathon in 2:36 is not surprising, given the fact that he could endure pain better than anyone else I knew. Running was not the only sport that he dominated—add motorcycle racing, dirt bike enduro racing and road cycling after he “retired” from running road races. He was the strongest athlete I ever knew. Most of all, I

will miss his jokes, his stories about his broken bones, his advice on how to fix things, and his walks with their dogs Sunny and Lucy.

Wayne inspired me to run faster, to cycle better and to be more adventurous in this short life we have on earth. Thanks Wayne for making my life better!

# Member Spotlight - Frances



**My name is** ... Frances Miller.

**To sum myself up in a nutshell**

... I've been married to Keith for 32 years, have a daughter and grandson, and work at Wake Health in Neuroscience research. We live on a small farm with 2 dogs, 2 cats and 3 llamas. I am also the face of Tuesday Night Track Night.

**and I'm originally from** ... Cullowhee, NC.

**I've been in Winston-Salem** ... 40 years. I moved here to work at the medical school after graduating from Western Carolina University.

**A proud member of Twin City Track Club since** ... 2016.

**Been a "runner"** ... 1982 and started running back when the only races were 10Ks and marathons! I started running because of a guy, and, even though that didn't work out, it gave me a lifelong love of running.

**The longest distance I've ever run is** ... a marathon, Charlotte in 1984, Shamrock in Virginia Beach as my Boston Qualifier in 2019, and Virtual Boston run on the Mount Airy greenway in 2020.

**Memorable running experiences:**



**Rave run** ... Bethel Half Marathon is probably my favorite race with Richmond Half a close second. They are completely different atmospheres. Bethel is a very small race, a fundraiser for the local school system on an open course where you have to draw on your own internal toughness. Richmond is very large and runner-friendly with plenty of crowd support to propel you along.



**Race** ... My 2020 Boston qualifier, Shamrock at Virginia Beach, was incredible. Unfortunately I was one of the 10,000 that got cut from the Boston field this year because of COVID restrictions, so I'm not sure if I will ever run Boston now that I have to requalify.

The most memorable race was Cooper River, where I was able to pace a friend in a race that she had always dreamed of running but was not sure she could accomplish. Knowing I was able to help her achieve that goal is special.



**Gone postal run and/or I'd rather forget** ... The year I ran the Kernersville 4th of July race with Norovirus! I thought it was just nervous runner's stomach and found out days later I was really



sick. Ironically, I still won my age group!!

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

**Vice** ... Being able to run at low tide on the beach at sunrise.

**Device** ... Garmin 245 Music. I have only had a music watch for about 5 years and only listen to music if I am running by myself. I don't mind running without music and use it as a perfect time to mentally work out problems.

**Advice** ... always trust your training! And always brush your teeth before you run, it will help with that dry mouth feeling.

**Running footwear** ... Newtons. I've worn them since they first formed the company 15 years ago.

**Pre-run/post run fuel** ...

Pre-run/post run ... Fuel before a long run is a couple of frozen waffles or a bagel with cream cheese and a drinkable yogurt. Before a race add some oatmeal with fruit. Running fuel is usually gummies or gels, but lately I have been experimenting with boiled baby potatoes with sea salt and getting great results. Post run first a Gatorade and either yogurt with fruit and nuts or a pineapple/banana milkshake from Cookout!

**My motivation to run is** ... Staying upright and mobile! The social aspect when running with others is motivating. It certainly helps with mental health and I use solo running time to mentally work out problems.

**But when I'm not running, I enjoy** ... skiing, playing with my grandson and relaxing in my garden. I also weave and play the fiddle.

**One thing running has taught me is** ... You have unlimited possibilities for why you run. Whether it is for companionship, quiet reflection or competition, there is something about it that can appeal to almost anyone.

**I wish I could** ... Encourage more people to run, no matter their speed or ability. I want to be the reason someone tried something new!

**Most people don't know** ... I once ran the Mistletoe Half in the morning, then drove to the mountains and skied all afternoon. A double day of fun!



# Get to Know Black Girls RUN!

By Sharlie Brown



According to the Centers for Disease Control, 80% of African-American women are overweight. To lower that percentage and, subsequently, lower the number of women with chronic diseases associated with an unhealthy diet and sedentary lifestyle, Black Girls RUN! (BGR!) was born in 2009. The group's goal is simple: Encourage and motivate black women to practice a healthy lifestyle.

The organization was formed during a time when there was a huge misconception that black women don't run and also during a growing obesity epidemic in the African-American community. We know this epidemic can contribute to other health issues disproportionately impacting the Black population, such as increased risk for diabetes, cancer and heart disease.

Black Girls RUN! wants to encourage African-American women to make fitness and healthy living a priority. BGR! provides encouragement and resources to both new and veteran runners. "No woman left behind" is our motto, and we strongly encourage women of all fitness levels to join.

Today, the national organization has over 200,000 members and over 75 running groups across the country.

The Winston-Salem chapter launched in August 2011, started by former BGR! Ambassador Jameil Weldon, and it quickly grew in size. We currently have just under 4,000 members in our local chapter's Facebook group, and the current leadership has a team of Ambassadors: Sylvia Funderburk, Lea Harvin, Vanessa Williams and myself. The organization is free to join and offers 5K (Walk



Before You Run training program), half marathon and full marathon training groups during certain seasons.

Currently, we have a group of more than 20 women training for the Cannonball half marathon and full marathon to take place this October 23 in Greensboro, North Carolina.



# Why Running Is Important for This Black Girl

By Shirley Gaither



My journey as a runner started with me walking by myself in my neighborhood for health reasons. Then I added some running to it and haven't looked back.

In 2012, a Facebook friend told me about a group of ladies that get together and run on a regular basis. She added me to Black Girls Run (BGR) Facebook page and it's been an amazing journey ever since.

I love the camaraderie, positivity and motivation from all the ladies. I think that's one of the reasons the Winston-Salem chapter of BGR is so strong and has a solid foundation for all ladies, no matter what their race.

Unfortunately, when the pandemic took over, all group runs were canceled. Fortunately for me, my husband became a runner after seeing me progress, and we ran together during the shut down. I never missed a beat.

I also teach Zumba in the community. During the pandemic, I taught classes via Zoom. The ladies loved it.

I love seeing people exercising. Running, walking, Zumba, weight training—whatever a person enjoys doing to move that body is great. I firmly believe that our health is definitely our wealth. BGR has helped me stay motivated and to motivate others.

# Salem Lake Trail Races



When: Saturday, September 25, 2021

Where: Salem Lake Marina, 815 Salem Lake Road  
Winston Salem, NC US 27107

Time: 30K - 8:00 AM, 7 Mile - 8:15 AM, 5K - 8:20 AM

[Information and Registration](#)

# 30 Years of the Ultimate Runner

By Dan Besse

I ran my first Ultimate Runner the year before I moved to Winston-Salem. It was 1992 and I was working down east in New Bern but visiting here most weekends. At the time I was mostly running ultramarathons, trails by preference, with a variety of road races mixed in for fun.



It had been years since I had raced on a track, and this unique multi-distance contest looked interesting. I was getting to know some of the local runners and they talked it up as a must-do. At 37, I was training and racing hard. I thought I was fast and enjoyed finishing ahead of younger runners. Little did I know what I was getting into.

That last Saturday in June, I showed up at the Hanes Park track ready to run. I went all-out at every event

and ran a lifetime PR in the 800. By the end of the 5K I was exhausted but decided it was fun.

It was like a school track meet but better. The runners all watched and cheered for each other. Many knew each other and were talking about individual match-ups and records from previous years. Late finishers got the same enthusiasm as the early heat winners. All ages participated, men and women, fast and not so

fast. Then the evening wrapped up over pizza, beer and entertainment in the form of corny puns and narration by master of ceremonies Sandy Wetherhold, handing out the finishers' T-shirts.

Your finishing times weren't the main point; the effort was. You had to start each event on time when called, and finish each one. Unearned T-shirts were burned in the parking lot afterward. It was like being initiated into a special society, democratic in its eligibility to try out but strict in its standards for admission, and you had to earn your way in.

When asked during the shirt awards that evening I said yeah, I'll come back next year. And so I have.

Over the 30 years I've run this event, I have come to appreciate the fellowship of the runners most. A natural introvert, I find that making friends doesn't come easily to me. The Twin City Track Club has formed the core of my social network for years now, and Ultimate Runner has been the foremost anchoring annual ritual for renewing that fellowship.

I can remember and tell stories that stand out in my memory:

- The year Ultimate Runner was featured in *Runner's World*.
- The year Bubba Gelly managed to wrangle an Olympic flame relay torch, and used it to light the T-shirt bonfire.
- The year in Ultimate intervals training when Keith Stone refused to stop the repeats during a downpour and thunderstorm until lightning struck so close in Hanes Park that we could smell a

burning pine treetop. (Only one other runner was dumb enough to keep running with Keith until after that happened. Guess who.)

- The “Duel at Danablo” year when Dan Bradley and I pushed each other through all five events before he narrowly won the matchup on strength of a better 100 meter sprint.
- The “Red Oak Challenge” year when Wetherhold dared me to beat his scores at age 50. I fell one place short because I was passed at the finish line of the 400 meters by ... Dan Bradley. You owe me for that beer, Dan.
- The year that the late, great Jack Ibraham fell during the first event (the mile) and got up injured but would not quit. Already in his late 70s, Jack finished every event that evening in his bloody T-shirt, finally letting someone take him to the ER for multiple stitches after it was over. Jack finished every one of the first 30 Ultimate Runners.

I know how fortunate I’ve been to be able to run this for 30 years. I’ve won a handful of age group awards here over that time, but they were primarily fun for the good-natured bragging rights among fellow TCTC running friends. Over the past few Ultimates, when cumulative knee damage has cut my top speed to a fast shuffle and my main goal is to finish, I still look forward to my chance on the last Saturday in June to extend that streak one more year.

And every time I’m asked whether I’ll be back again next year. Every time for 30 years now, my answer has been the same.

If I can walk, I’ll be there.

# All Together Now: Choose Your Teams for the Black Friday Relays

By Sheri Masters

The day after Thanksgiving, grab a friend (or two or three) and celebrate the beginning of the festive season with a 5K run. Yep, it’s time to get ready for the Black Friday Relays.

This year marks a return to running together for the Black Friday Relays. Join with one, two or three other runners for a relay of 5K races. Choose from three options—a 20K relay for 4-person teams, a 15K relay for 3-person teams or a 10K relay for 2-person teams—all held on the Salem Lake trails in Winston-Salem. The start and finish line will be near the playground trailhead.

All relay races start together at 9:00 a.m., and out-and-back 5K legs allow teams to see where the competition is at the turnaround.

The Black Friday Relays are the third of the four Fit 4 or Forfeit Race Series events, which kicked off with Hobby Trails to You! in August.

Going out of town for the holiday? Don’t let that keep you from hitting the road. You can lace up for a virtual 5K on your own—or with family and friends. Virtual or in-person, the Black Friday Relays are the ideal way to avoid the crowds of shoppers and run off all that turkey and pumpkin pie.

# In Motion: Molly Nunn wins ninth Ultimate Runner title

By John Dell

Reprinted with permission from the Winston-Salem Journal, June 28, 2021



Molly Nunn won her ninth Ultimate Runner on Saturday at Hanes Park  
Robert Hill, Twin City Track Club

Winston-Salem's Molly Nunn loves the Ultimate Runner for what it brings in terms of its unique format and the community aspect.

She also loves it because she's good at it and has now won it nine times in its 35 years.

Nunn, 37, was consistent in all five events within the Ultimate Runner on Saturday at the Bob Sosnik Track at Hanes Park. Nunn, who ran track and cross country at Wake Forest and competed in her first Ultimate Runner in 2004, said it's always fun to compete in her hometown.

"Now closing in on nearly two decades later, this is not only a race, in my opinion, it is a gift," Nunn said. "It's family, friends and com-

munity coming together in a common experience where we root for, support, and enjoy fellowship with one another. It was particularly sweet this year after all that was 2020, and even the weather was a little cooler."

The Ultimate Runner, directed and co-founded by Sandy Wetherhold, had a field of 98 runners, and 95 completing all five races – the mile, 400 meters, 800, 100 and 5K.

Records were set in the mile and the 800 by men's winner Brandon Hudgins of Jamestown, a former runner at Appalachian State. Hudgins, 34, ran a 4:15.8 mile and a 1:56.6 in the 800 to edge Wil Zahorodny, 31, for the men's title. Hudgins also won the 5K in 19:16.4. Zahorodny won the 400 in 53.1 and the 100 in 11.96.



Dan Besse completed his 30th Ultimate Runner on Saturday  
Robert Hill, Twin City Track Club

Zahorodny, the three-time defending champion, lost 8-7 in one of the closest men's competitions in history.

Tying the late Jack Ibraham for the most Ultimate Runners completed was 66-year-old Dan Besse, who ran in his 30th. Ibraham, who died in January 2020 at age 84, ran in the first 30 Ultimate Runners. He ran in his first one at the age of 50 and his final one at the age of 80.

Part of the community aspect of this year's race included the Twin City Track Club encouraging runners and spectators to donate used running shoes for sneakers4Funds.com.

According to the website shoes can take 30 to 40 years to decompose in a landfill but the donated shoes can be used for micro-enterprise partners or small business owners around the world. The company also distributes the shoes all over the world to under developed countries.



Old running shoes were collected for charity at the 35th Ultimate Runner on Saturday night.  
John Dell

In case you missed it, Hanes Park is now ours to keep beautiful.



Here are the results of our last clean-up event.



The next Hanes Park Cleanup will be:

***September 18 at 9 a.m.***

# The Ultimate Joy of Running

By Molly Nunn

When I remember the first year I competed in the Ultimate Runner, I wasn't sure what I had signed up for, but I thought, "Why NOT?" And it hooked me for a lot of reasons. It's hard to believe that the first time I ran in the race was as a 20-year-old in 2004 ... 17 years ago! People aren't kidding when they say, "time flies." It certainly has for me.

There were years I couldn't compete for one reason or another, but the years I have participated have each brought unique joys, and, over time, I have created a fabric of friendships and memories that I value deeply.

On that last Saturday of June each competition year, my nerves dance around inside all day in anticipation of what that 4:30 p.m. race time will bring—"What's the temperature?" "How humid is it?" "Are there storms in the area?" "That person's mile time is WHAT!?" "How fast are their sprints?" "Did I pack enough Gatorade and snacks?" "When is it finally going to be time to get ready?" "Let me find one more inspirational YouTube video to watch!"

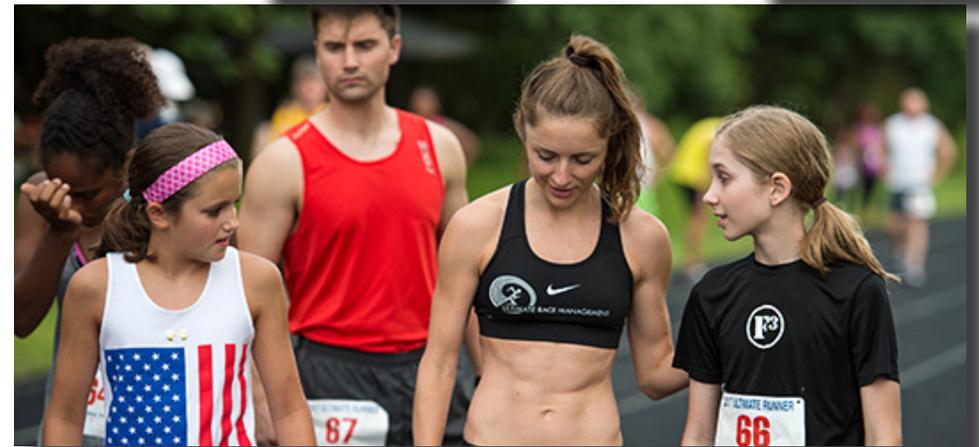
I may or may not be fully prepared for the five events, but I know I am going to run as hard as I can and it is GOING to hurt!

But I know something else as well.

With all the nerves race day brings, it also brings calmness and peace mingled with excitement. I get to see my running friends! Some of the runners and supporters are friends I only see at the Ultimate Runner, and it feels like a reunion. As much as I am focused on my races, my heart is also pounding with excitement as I watch others—seeing how they're running, cheering loudly for

them as they race as hard as they can. I catch up with them between events, laughing and joking—enjoying the full experience of what Ultimate Runner is.

While it only happens once a year, my main driver for coming back to run—hopefully for many years to come—is that it is a focused five plus hours of the things that I find really important in life: being present in the moment, fully embracing the experience, and enjoying that time with family and friends. And it is also the chance to do that amazing thing that lights me on fire—I get to run!



# Meet Our New Member - Jon



**My name is** ... Jon Kapell

**(But I'm also known as)** ...

Sweatman...I sweat a LOT when I run.

**To sum myself up in a nutshell**

... I'm trying to live my life in a way that makes the world a better place. Nothing fancy...just want to run, cycle, laugh, and have fun while being part of the local community.

**and I'm originally from** ... Lancaster, Pennsylvania, but I

lived up and down the East Coast during my adult life—western Massachusetts, Philadelphia and, most recently, Wilmington, North Carolina, for the past 15 years before moving to Winston-Salem in June.

**I've been in Winston-Salem** ... since June of this year. I

moved here because I accepted a position at Winston-Salem State University to work in their Student Affairs division. I've been exploring and really like what I've seen so far ...but suggestions are more than welcome!

**Became a TCTC member because** ... I was very active in the

Wilmington Road Runners. I really enjoy being part of a running community where we support one another, run together and get to know each other in social settings. Joining the TCTC was a no-brainer for me and my first run with Hannah and Colleen made me feel very welcome (except for those hills!).

**Been a "runner" since** ... I started running in 2012, so I am new to all of this. In my former life, I weighed over 260 pounds, so once I lost about 85 pounds, I learned that not only could I run, but I really enjoyed it. I've been doing it ever since.

**My motivation to run is** ... I love the way it makes me feel. It gives me a great sense of accomplishment to know I can do this. I also run, because I like to eat ... a lot.

**But when I'm not running, I enjoy** ... driving my Jeep, cycling, going to breweries, doing jigsaw puzzles and petting every dog I can.



# Meet Our New Member - Lori



**My name is ...** Lori Gabriel

**(But I'm also known as) ...** Just Lori!

**To sum myself up in a nutshell ...** I am an administrator at Wake Forest University, dating Keith, who is a cyclist. I have a cat and dog. If you see me running I am probably with Sue Bubel and Mary Comer.

**And I'm originally from ...** Milwaukee, Wisconsin

**I've been in Winston-Salem ...** since August 2002. I moved here for my job.

**Became a TCTC member because ...** I heard a lot of positive things about the TCTC from members Rachel Barron and Shawn Roberson, who encouraged me to join. I didn't join in the past because I assumed TCTC was only for elite runners.

**Been a "runner" since ...** 2012

**My motivation to run is ...** mainly to stay healthy. I always tell people that the older female runners in town are my role models. I hope I am still running when I'm in my 70s and 80s! Running is also a stress reliever and social activity for me.

**But when I'm not running, I enjoy ...** walking and swimming with my dog, yoga, traveling and watching movies.



# Grumpy Old Runner

By Grumpy

You know what I hate? Change. Gawl darnIt!

Why can't things just stay the same? As soon as you get used to something and grow to either like or accept it, someone changes it. Here are some examples:

**Time Change** – I hate Daylight Saving Time. Twice a year, I have to remember to fall back or fall forward, spring back or spring forward. When I go for a run, I have to remember if it's 10 a.m. before the time change or 11 a.m. after the time change or vice versa. And then I have to figure out how hot or cold it really is. It all just confuses me and upsets my sleep patterns. Gosh dognit!

**Running Shoes** – It takes a lot of trial and error to find a really good pair of running shoes that fit you just right and look decent, too. And what happens when you find that shoe? The shoe company changes it. They make the design either wider or narrower so the shoes don't fit anymore. They change the cushioning so they're either too hard or too soft. They change the upper so that it laces funky, and they make it yellow. Dad burnIt!

**Running Shorts** – I can remember wearing the same style Adidas shorts for years. Nothing about them changed. I liked that. Someone along the way decided shorts should be longer; then they decided they should be tighter. Then they decided they should be looser; then they decided they should be a little shorter than the longer ones. Why can they not just stay the same? Gawl durnIt!

**Race Courses** – You like to race and you have several favorite races you like to run each year. You get to know the courses and you know what to expect. You can mentally run the courses prior to the race, getting mentally prepared. You get to the race only to find out that there is some construction, or some dam broke, or somebody decided that the course cannot run through their proper-

ty anymore, or some other silly reason to change the course. Now you are thrown totally off, not knowing what to expect around each turn. Dog gonnit!

**Race Day** – The Boston Marathon has been run on Patriot's Day for a bazillion years and now it is going to be run in October! I know it is a COVID thing and I understand that I should just be glad that it is being run, but I don't have to like it. Dang blastIt!

Coming from someone who does not even like to change his underwear, all this change is a little hard to take. Dang gonnit!

## Who is ready for a Scavenger Hunt?

Our next ever-popular Scavenger Hunt is coming in October. Keep a look out on social media and TCTC newsletters for the date and time. You will not want to miss this!



# A Lightning Finish to the Cook Medical Beat the Heat Elite 5K

By Robert Hill

It was the best of nights and it was the worst of nights. The evening started off calmly enough with some sun and a lot of clouds. The weather forecast was calling for rain, some possibly heavy, around 8 p.m. or so. We all hoped that the rain would hold off until after the races were done and we were packed up.

At the 5K start, it did look promising. The weather gave a slight indication that it might hold off, or was that just my wishful thinking? Toward the end of the 5K, a few stray drops of rain were felt, but nothing ominous. It was enough, though, to prompt me to put my rain protection on my camera before heading to the start of the elite 5K.

At the start of the elite 5K, the wind seemed to pick up a bit but it still did not look that bad, or was that more of my wishful thinking? Both races got off fine and I was hopeful that the rain would hold off. After all, we really needed only 15 minutes or so after the men's start for the races to be over.

Well, it did not take long for all of that to change. It got dark quick

and approximately half way through the elite race, all hell broke loose. Please check out the photos from start to finish of the Cook Medical Beat the Heat Elite 5K.



Jonna Strange  
Female Winner



Donnie Cowart  
Male Winner



# 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



TWIN CITY TRACK CLUB  
WINSTON-SALEM, NC

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



**DAGGETT  
SHULER**  
ATTORNEYS AT LAW

*You can depend on us!*  
[DaggettShulerLaw.com](http://DaggettShulerLaw.com)

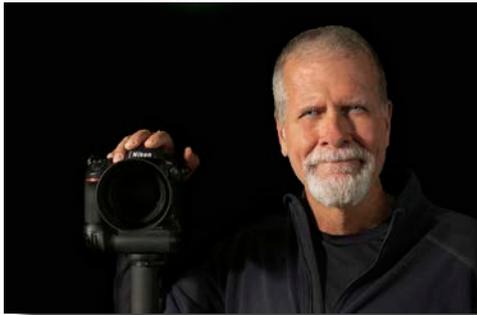
Winston-Salem Office  
2140 Country Club Road  
ph 336-724-1234

Greensboro Office  
ph 336-288-2234

*David Daggett & Griff Shuler*



# Through the Lens - Robert



I like photos. I have nothing against video; I just prefer the ability to study an image as opposed to seeing it fly by at 24 plus frames per second. You may have heard me say that one of the great things about photographing events is that I can relive them as many times

as I want. For every hour I spend shooting, I spend at least another hour reviewing and editing the photographs. In doing so, I am able to study the images, and see things I may have missed when I took them or reviewed them the first time. Hang with me, there is a reason for my telling you this.

The first thing I do when I go to offload the photos from my card is to ingest them into Photo Mechanic. It is here where I write the captions for the photos, such as event name, date, copyright information, etc. I also make a first pass to mark photos for deletion that I do not want to keep, are out of focus, etc. Once that is done, the photos are renamed and imported into Lightroom, where I try to correct white balance and exposure and make a group of other tweaks prior to doing any cropping that is required.

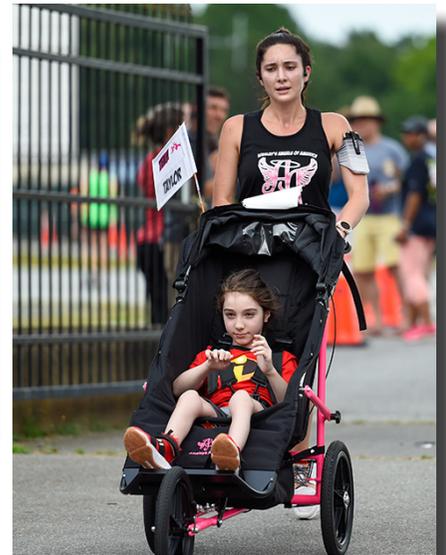
I had gone through this entire process when I saw this. I mean, really saw it. I spend a considerable amount of time studying this photo. This is something I could not have done in video. Here it is! Bam!



Ainsley's Angels in the Triad

I am having a hard time putting into words what this photo and the ones that follow say to me. They give me a beautiful, warm feeling that is hard to describe. I look at the faces of the kids and I see excitement and anticipation. In the faces of the adults, I see happiness and love. Even these words do not give justice to what these photos say to me, and each time I look at them another emotion arises in me that I have a hard time giving justice to with words.

Please take a few moments and enjoy the fun these folks are having and excitement of this day.



# Activities: September/October

We hope everyone has enjoyed a great summer of running and maybe even a vacation or two. With in-person Twin City Track Club events and activities picking back up, we wanted to recap the past few months of what's been happening with TCTC.

In June, we held the second Hanes Park clean up, where club members collected more than 23 trash bags and other miscellaneous items—including a bed frame!—found in the park. We had a great turn out, with 27 volunteers participating, some after running our first ever Juneteenth run. This event came at a perfect time. The park was beautiful for Ultimate Runner just a week later.

July brought a record turnout at the Winston-Salem Dash game, with more than 80 people coming out to enjoy a night of baseball and fellowship at the ballpark.

In August, we hosted the Muddy Creek bRUNch run and paired up with [Crazy Running Club](#), which offers running, track and field, and conditioning programs for young athletes. Friends and families enjoyed running along the greenway and working up an appetite for BRUNCH. TCTC served delicious, healthy foods for everyone to try, featuring some recipes from [Run Fast. Eat Slow.](#) cookbooks by Shalane Flanagan and Elyse Kopecky.

We still have a month or two left of warm running weather, but fall is just around the corner! If you are like us, training in the heat makes the cooler temps and fall races a welcome change. Be sure to join in one or more of the upcoming events the Track Club has planned for this fall.

## Coming this fall:

Saturday, September 18, is our quarterly Hanes Park clean up. Meet at 9 a.m. at the track and clean up around the park and the track. Hanes Park and the newly named [Bob Sosnik Track](#) are used by many runners and community members throughout the year, and this is an opportunity to show our appreciation by helping to keep the park clean and safe!

In October, be on the lookout for the second TCTC Scavenger Hunt. The event will be held at Incendiary Brewery, and the theme will be Aliens ... perfect to get you into the Halloween spirit! Following the Scavenger Hunt, teams can hang out at the brewery and drink a refreshing brew or two. Once the date is finalized, there will be a Run Signup page to purchase tickets.

## And don't forget to save the dates for these future events.

### Details to follow:

Thanksgiving Day Hash Run around the Ardmore neighborhood on November 25 at 9 a.m. Get huffing and puffing prior to the gravy and stuffing! After the run, the Club will provide light snacks and coffee. Mark your calendar and bring the whole family!

And this year the TCTC Holiday Party is back! The location and date are still being narrowed down, so be on the lookout for more information soon.

# Board of Directors



President  
Er Ralston  
[president@twincitytc.org](mailto:president@twincitytc.org)



Vice President  
Ashley Esleek  
[vicepresident@twincitytc.org](mailto:vicepresident@twincitytc.org)



Treasurer  
Teresa Inman  
[treasurer@twincitytc.org](mailto:treasurer@twincitytc.org)



Activities  
Colleen Sands  
[activities@twincitytc.org](mailto:activities@twincitytc.org)



Activities  
Hannah Boles  
[activities2@twincitytc.org](mailto:activities2@twincitytc.org)



Membership  
Gini Piekarski  
[membership@twincitytc.org](mailto:membership@twincitytc.org)



Race Timing  
Bill Gibbs  
[racetiming@twincitytc.org](mailto:racetiming@twincitytc.org)



Webmaster  
Lionel Alva  
[webmaster@twincitytc.org](mailto:webmaster@twincitytc.org)



Races and Equipment  
Bill Walker  
[races@twincitytc.org](mailto:races@twincitytc.org)



Flyer Editor  
Sheri Masters  
[flyer@twincitytc.org](mailto:flyer@twincitytc.org)



Social Media/Marketing  
Britt Stanford  
[socialmedia.marketing@twincitytc.org](mailto:socialmedia.marketing@twincitytc.org)



Past President  
Chris Tuohy  
[pastpresident@twincitytc.org](mailto:pastpresident@twincitytc.org)



Member At Large  
Mary Kate Choat  
[atlarge1@twincitytc.org](mailto:atlarge1@twincitytc.org)



Member At Large  
Terry Wilmoth  
[atlarge2@twincitytc.org](mailto:atlarge2@twincitytc.org)



Member At Large  
Latisha Alford  
[atlarge3@twincitytc.org](mailto:atlarge3@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 [Sheri Masters](#)

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 [Cook Medical 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](#)
- [\\$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.



# September/October 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
			September 1	2	3	4
5	6	7	8	9	10	11
12	13	14 <a href="#">\$5K</a>	15	16	17	18 Hanes Park Cleanup
19 Board Meeting	20	21	22	23	24	25 <a href="#">Salem Lake Trail Races</a>
26	27	28	29	30	October 1	2 <a href="#">Quarry Rocks 5K and 1 Mile Fun Walk &amp; Roll</a>
3	4	5	6	7	8	9
10 Board Meeting	11	12 <a href="#">\$5K</a>	13	14	15	16 <a href="#">Ardmore RAH! 10K, 5K, Fun Run</a>
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						