

# THE FLYER

RRCA SOUTHERN REGION AWARD WINNING NEWSLETTER

## Meet Your New Board Members



Hannah Boles



Bill Gibbs



Ashley Esleeck



Sheri Masters



Latisha Alford

July/August 2021

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

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# President's Message



We're getting there! The "return to normal" continues to progress for TCTC and most other things in our lives. In-person racing is back on the calendar. Activities are being scheduled. Group runs are growing in numbers. It feels good.

As we've continuously adapted and learned over the past 16 months, we've been fortunate to have access to information from numerous other running organizations about how to address the COVID pandemic. Our parent organization, Road Runners Club of America, has been an invaluable resource. We've also learned from Road Race Management, USA Track and Field, RunSignUp and others. Your board has deliberated the best way to approach club events and activities. It hasn't been easy, but I'm proud of how your board has handled things. Board members displayed resilience and innovation in deciding what to do and how to do it.

You elected a new board of directors, and they went to work May 2. I want to thank our two members who rotated off the board this year. Molly Nunn served the past year as Membership Chair and did a nice job during a challenging year. Molly has been an active TCTC member for many years, and we look forward to her future contributions to our club. Thanks Molly!

The other board member who rotated off this year is Robert Hill.

Robert served most recently as Webmaster and as President two years ago. In total, Robert has now served 14 total years on the TCTC board, exceeded only by Bill Walker, Bob Sosnik and Keith Stone. Robert continues to serve TCTC with his photography talents at many TCTC races and activities. Thank you, Robert, for all you've done and continue to do for TCTC!

We welcomed five additions to the TCTC Board for 2021. Two are members who have served previously. Bill Gibbs will take on the Race Timing role and Ashley Esleeck is in the Vice President role. We have three first-time TCTC Board members serving this year: Hannah Boles is Activities Co-Chair, Sheri Masters is Flyer Editor, and Latisha Alford is a Member at Large. We've packed the board with a lot of talent, and I look forward to seeing what we can do.

It was exciting to see 55 club members at the picnic held on May 2 at Leinbach Park. At the meeting, we introduced the new board members mentioned above and acknowledged a member-supported update to the club bylaws. The bylaws updates include the addition of our club mission statement and specific board responsibilities to carry out our mission and objectives. One of these responsibilities is a commitment to diversity, equity and inclusion—have you read about William Jones III's Prolyfyck Run Crew in Charlottesville, Virginia? We will do our best to serve our members and the running community at large in the fulfillment of our duties and responsibilities.

I will close with my challenge to all of you as club members. Seek out ways to get involved. Support club events and activities as

a participant and/or volunteer. Help to promote the value of TCTC membership to other runners. And please let us know what you're thinking. Reach out to a board member and let us know how we're doing and how you want to help—and how we can help you. We're over 550 strong, and, together, we can make a big difference in Winston-Salem.

Happy Running!

Er



It is now official, The Twin City Track Club has adopted Hanes Park!

Keep your eye on social media for dates and times for us to gather as a group to keep our adopted property clean and beautiful!



# Meet Our New Board Member - Sheri



Sheri Masters - Flyer Editor

If you asked, Sheri Masters would tell you that she is definitely not an athlete. But diving into Meetup 10 years ago to challenge herself to do things she is not good at has literally changed her life. From hiking and running and cycling, she has gained amazing friends and good health. She strongly encourages every person she knows to try something

every year that they're just not good at. The results are astonishing.

A native of Kankakee County in Illinois, Sheri graduated from Eastern Illinois University in Charleston with a degree in English and French. She then moved to North Carolina, where she took a job teaching high school English, social studies and French for Davidson County Schools, also serving as cheerleader coach and color guard instructor. She taught high school English, French and drama at Wesleyan Chris-

tian Academy in High Point, and then she decided to try something different.

Sheri's second career was as an editor and writer at Pace Communications in Greensboro, where her writing won awards. And in 2015, she started her third career as an internal communications manager for Volvo Trucks and Mack Trucks in Greensboro. Again, a theme: Be willing to try new things.

In 2013, Sheri began running, completing her first 5K in March of 2014. Other races followed, and she began to build her running community. In March of 2015, right after scoring her personal best in a 5K, a cancer diagnosis tried, and failed, to slow her down. She ran her first 10K that year, and in 2016 she started running with the Twin City Track Club.

Sheri's goal as editor of The Flyer is to bring to light all of the stories of runners—those who were born to run and those who are moving along, slowly, and getting a bit better every day. The joy in that perfect run, the frustration in not being where you want to be, the encouragement of those who know exactly how you're feeling—these are stories of the running community. These are the stories of this amazing band of athletes and not-quite-athletes. And Sheri is eager to share them all.

# Meet Our New Board Member - Hannah



Hannah Boles - Activities Co-Chair

Hannah Boles is a wife, a nurse and a dog mom to two wonderful black labs. Hannah is from Forsyth County and currently resides in Pfafftown, where she has lived for the past five years.

Hannah started running when she was 12 years old. Her uncle Mike put together the first Winston-Salem Rescue Mission 5K, and she wanted to train and run the race to help support him.

Her dad trained with her, and she can remember thinking during the race how badly she hurt and how she never wanted to run again ... until she ended up winning her age group and that seemed to spark her love for running.

Hannah ran cross country and track in high school all four years. She also ran off and on throughout college, but honestly did not enjoy it as she had in high school. Once Hannah graduated nursing school, she wanted to pick it back up, not only get healthy but also to fall back in love with the sport. Hannah joined her first half marathon training group through Fleet Feet and the rest is history. She

has completed a number of half marathons and four marathons since getting back into running.

Hannah decided to join the track club when she heard about ZAP Endurance a couple of years ago. She had to be a member to go, so she joined the track club. She is so glad she did. She's met so many wonderful people and runners over the past few years and has been enjoying Tuesday night track night and Saturday long runs weekly. The people she's met along the way have become true friends, and they motivate and encourage one another to become better runners and meet their running goals.



Hannah is motivated to run to stay healthy and fit. Anyone that knows her knows that she loves to cook and when people or patients ask her why she runs so many miles, she always laughs and says she runs so she can eat! But it is the truth. Hannah runs so she can cook and enjoy wonderful food.

Running is also her therapy. When she has a hard day at work, she can lace up her shoes and go out for a run, which makes everything better. Most of Hannah's runs are with people, but she does enjoy running solo at times, putting on worship music, and spending time with God. Last, but not least, Hannah runs to hang out with her friends. Running has become a huge part of her social life and she looks forward to all her different running groups throughout the week.



# Meet Our New Board Member - Latisha



Latisha Alford - At Large

Latisha is a new member of the Twin City Track Club and its board. She came to Winston-Salem by way of Winston-Salem State University, where she earned a Bachelor of Science in management information systems and accounting. She later earned a Master of Business Administration with a concentration in ac-

counting from Gardner Webb University in Boiling Springs. Latisha is employed full-time at Wells Fargo as a business consultant in information technology.

Latisha discovered her passion for fitness and healthy living years ago and has not stopped. She has run races of various distances and trained several women in the Winston Salem running community through the national organization Black Girls Run, for which she served as an ambassador and run coordinator. One of her most

memorable races was the Chicago Marathon in 2018. In addition, she enjoys motivating others to live longer, healthier lives.

Nutrition and fitness have become large parts of Latisha's life. She is the owner of Back to the Basics Nutrition and Fitness, LLC. Latisha has run certifications from Road Runners Club of America (RRCA) and Revozlution Running. She has a nutrition background and is a certified Fierce4 Nutritional Coach. She is also a certified personal trainer through Interactive Fitness Trainers of America (IFTA). She is also part owner of Trifecta Fitness Studio, which has locations in Jamestown and Winston-Salem.

Latisha has a passion for showing women how easy it is to improve their lifestyles with basic changes. She believes that with God anything is possible. She often tells her clients, "We are aiming for progress, not perfection!"

Latisha is a mother and full-time entrepreneur, but she makes time to help others meet their goals and volunteer in the community.





# Meet Our New Board Member - Bill



## Bill Gibbs - Race Timing

In 1994, a friend bet Bill that he could run faster. To prove his speed, Bill entered the Planters for Fitnuts race—a precursor to the Beat the Heat race. He won a prize—\$20—and gained a community. The racing season has been an integral part of his life ever since.

Bill initially joined the track club simply to get the race discount, but the club is now an immensely satisfying

part of his life and his running. In fact, other than bringing a puppy into his home—Lewis—he considers joining the track club one of the best things he's ever done.

He's very excited about his new role taking charge of race timing—it's the difference between being an actor and being a director he says—and working to make the club a welcoming place for new members like it has been for him. He is also very involved in this year's Fit 4 or Forfeit series, which has increased importance to him this year. See "Fit 4 or Forfeit—With a Special Touch" on page 16 to learn more about the race and its significance to Bill this year.

Outside of his TCTC responsibilities, Bill is very involved in ... running.

In fact, since 2012 his life has been dedicated to running in a variety of ways. He works for JDL Fast Track and has coached at Crazy Running—a program for young athletes—and Redeemer Presbyterian Church. His life and the racing schedule work in sync. He has more than 200 race shirts, even after giving many away. He's run the Ultimate Runner races 27 years in a row and has finished below 3 hours in 13 consecutive marathons.

Now that COVID concerns are beginning to recede a bit, Bill is more than ready to get back to racing. He loves the competition and hates to lose, but after the year we've all had and an especially challenging personal year, Bill is more aware than ever of what in this life is truly valuable. And he appreciates the gift of a good run with like-minded people.



# Meet Our New Board Member - Ashley



Ashley Esleeck - Vice President

Finally back home! After being gone for almost 12 years, Ashley has returned to Winston-Salem after living in Charlotte; Gastonia; Macon, Georgia; and Wilmington, North Carolina. This time around, she comes back with a husband, a daughter and a Goldendoodle, appropriately named Salem.

Since she moved to Winston-Salem at 5 years old,

Ashley has deep ties to the community. She received her undergraduate degree in psychology from the University of North Carolina at Wilmington and an MBA from Wake Forest Babcock School of Business. Choosing to stay in the area, Ashley worked for Krispy Kreme Doughnuts for eight years before getting married and moving to Charlotte to work for Coca-Cola.

Ashley first joined the Twin City Track Club after a chance encounter with a teammate on her women's adult soccer team. After overhearing two teammates talk about running the New York City Half Marathon in July 2007, she found herself thrust into a seven-week training program overnight and never looked back. After meeting some of her nearest and dearest friends that year through TCTC, running became Ashley's way of meeting new people as her husband's job had them

traversing the East Coast many times. She has often been overheard saying, "I don't actually love running, but I do love the people I meet and the places it takes me!"

This is Ashley's second time on the board after she served as Flyer Editor from 2007 to 2009. She brings a lot of business knowledge, organizational skills and several years' experience serving as Race Director for the Susan G Komen Race in Macon, Georgia.

In her free time, Ashley enjoys spending time with her husband, Doug, and 5-year-old daughter, Grier; working out in the gym; running; and, of course, volunteering for TCTC races!



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# Member Spotlight - Eddie



*My name is ...* Eddie Wooten  
*But I'm also known as ...* The Running Shorts guy.

*To sum myself up in a nutshell ...*  
Married and father of two adult sons (Will, with daughter-in-law Briana, and Joe). Sports editor of the Winston-Salem Journal and the News & Record in Greensboro. Filed my first

story for the Farmville Enterprise in August 1976 at age 13; 43rd year of journalism. Lifelong North Carolina resident. Mini-season ticket holder for the Carolina Hurricanes, longtime fan of the once-great Baltimore Orioles and equally once-great Washington Football Team.

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

*I've been in Greensboro ...* Since summer 1998.

*A proud member of Twin City Track Club since ...* 2017, but an admirer well before that in participating in multiple Winston-Salem races.

*Been a "runner" ...* Since 2003.

*The longest distance I've ever run is ...* 34 miles at the Doggettville 12 in 2018 in remnants of Hurricane Florence.

*Memorable running experiences:*

*Rave run ...* Rim to Rim at the Grand Can-

yon in October 2014 with Greensboro's Bobby Christiansen. Been to the Canyon three times, and breath-taking is a cliché but is accurate.

*Race ...* The Mistletoe Run, of course; 17-time participant. My running calendar begins with the first Saturday in December.

*I'd rather forget ...* Really, none of them, but I started a Myrtle Beach Marathon on what was later diagnosed as a tibial stress fracture, DNF'd at the farthest point from the hotel and endured a long walk of shame back to the room.

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

*Vice ...* Nautical and civil twilight before sunrise, 45 degrees. ...

Talking to and writing about runners in the Triad (shameless plug; building a new Running Shorts site, [running-shorts.ghost.io](http://running-shorts.ghost.io) to house that content).

*Device ...* My Samsung phone. Tracks my runs, tucks into a FlipBelt.

*Advice ...* "Don't outrun the fun." Wise runners, including the Triad's late Bob Hodges, have said that. I did it this winter but am





finding fun again.

*Running footwear ... Mizuno for life. Wave Inspire.*

*Pre-run/post run fuel ... Pop Tarts and coffee before a run. A soft drink can hit the spot afterward.*



*My motivation to run is ... To enjoy a form of competition, vs. myself and the watch. To stay in shape. To eat what I want.*

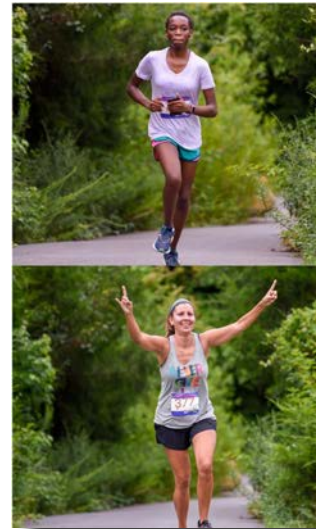
*But when I'm not running, I enjoy ... Watching NHL, MLB or NFL in high definition. Attending sports events. Drinking North Carolina craft beer and visiting Triad breweries.*

*One thing running has taught me is ... That it's mentally and emotionally rejuvenating to be a part of a community in which everyone*

*is moving in the same direction. Everyone's motivations, goals and paces are different, and most certainly we are all different. But we're all moving toward a finish line, cheering each other along the way.*

*I wish I could ... Be less lazy about fitness and strength, eat better and sleep better so that I would be a faster runner.*

*Most people don't know I ... Won the Pitt County Spelling Bee for junior high school students in 1976.*



April 13  
August 10

May 11  
September 14

June 8  
October 12

July 13  
[Info Here](#)

## TCTC Night at the Dash - July 22, 2021



# Meet Our New Member - Jeff

*My name is ...* Jeff Berwager

*To sum myself up in a nutshell ...* Husband to Danielle, doctor, dog dad

*I'm originally from ...* Dillsburg, Pennsylvania

*I've been in Winston-Salem since ...* 2017 when I started medical school at Wake Forest University. I graduated in May 2021 and began my residency in anesthesiology at Wake Forest Baptist Health on July 1.

*Became a TCTC member because ...* I would love to get to know the running community in Winston-Salem and I am passionate about community health and fitness. And the free shirt was great, too!

*Been a "runner" since ...* off and on since high school.

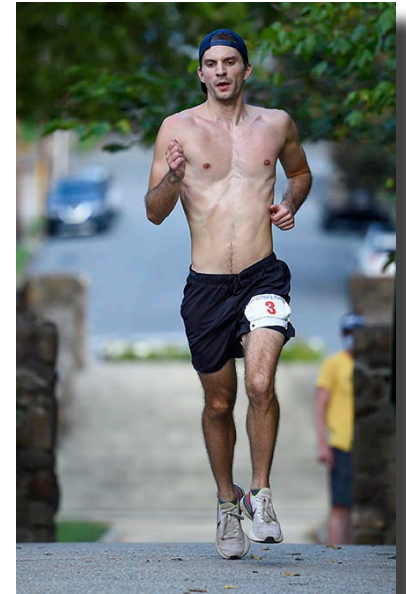
*My motivation to run is ...* to find the optimal balance of performance, health, and longevity.

*Favorite distance to run ...* For a race, one mile. My favorite fun run is the 7-mile loop around

Salem Lake.

*TCTC events participated in ...* Ultimate Runner and the \$5K series

*But when I'm not running, I enjoy ...* I enjoy playing with my golden retriever Phoebe. I like hiking (favorite local trail at Hanging Rock and favorite overall at Angel's Landing in Zion National Park) and going to the beach (favorite beach is Wrightsville).





# The Hanes Park Track has a new name!

Bob Sosnik was dear to us all and was lovingly know as the "Soz." After seeing the TCTC Flyer dedication to the Soz, a long-time track club member generously gave a large donation in memory of Bob. This donation was used to create a plaque and name the Hanes Park Track "The Bob Sosnik Track" after the Soz!

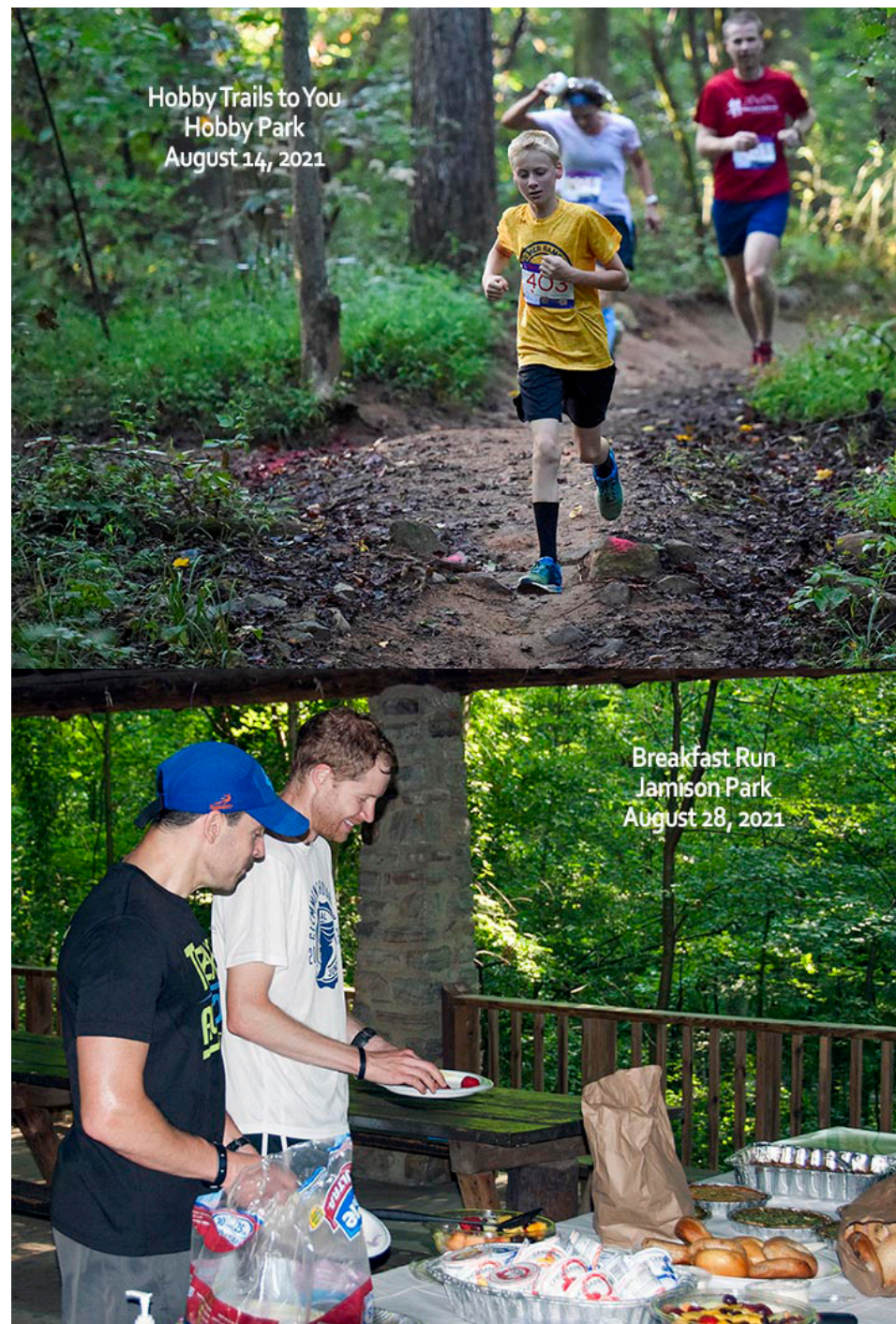


## *The Bob Sosnik Track*

The Bob Sosnik Track honors the memory of Bob Sosnik (1923-2007), a pillar of the Winston-Salem running community whose efforts helped make Winston-Salem a role model for running and fitness.

A Winston-Salem native and optometrist, Sosnik became an avid runner after suffering a heart attack at age 60. From 1986 until 2003 he edited the Twin City Track Club Flyer newsletter, which was recognized during his tenure as the top newsletter in the South region for the Road Runner Clubs of America. Sosnik amused and inspired hundreds of runners with his "Bobversations" column, which drew enough attention to get him published in the national Runner's World magazine.

Naming this track in Sosnik's honor is a fitting tribute to a man who had tremendous influence on the growth and impact of the Twin City Track Club and running in the Winston-Salem area.





# Grumpy Old Runner

By Grumpy

You have heard me say it before, but I feel compelled to say it again, I HATE TECHNOLOGY! Gosh darnIt!

I can remember when I would anxiously wait for the monthly issue of the TCTC Flyer to arrive at my home via the good ole U.S. Postal Service. I would ever so quickly remove the booklet from my mailbox, grab the biggest pair of scissors or flat head screwdriver I owned, and pry that huge honkin' staple that secured the pages for mailing open. From there, I would spend the next hour or so reading about races folks ran, results from local races, a Bobbservation or two, what social events the track club had coming up, and a list of local, and some not-so-local, upcoming races, dad blastIt.

You see, that was how you found out about what was going on in the life of the Twin City Track Club. The Flyer always had a special spot on the coffee table where I could grab it in case I wanted to find a race for the upcoming weekend or what time the Mexican Dinner Night started or how fast I should run a 10K to better Sandy Wetherhold's last race. Everything you wanted or needed to know about the track club was there, gal darnIt!

Today, everything is on daggone social media. No waiting on the mail. No prying open huge staples. Everything is on your freakin' iPhone, iPad, Android or some other thing that I know nothing about. You get it fast. You get it now. You barely have time to read one newsletter or Facebook post before two more arrive. And don't get me started on Twitter or Instagram. All the track club stuff is all over the gal dang place! How many places do I have to go to be sure I don't miss something?

I long for a simpler time. A time when I could relax, turn pages with my hands and read about the life of the track club. "Some People Grow Up. Some People Just Grow Old." – Oana Petrache. I guess I am just growing old, dag nabbit.

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# Fit 4 or Forfeit Race Series - With a Special Touch

By Bill Gibbs



The Fit 4 or Forfeit Race Series, consisting of four races—Hobby Trails to You!, Salem Lake Trail Races, Black Friday Relays and Frosty Fifty—kicks off with the first race on August 14.

After taking last year off due to COVID, the series is back and ready to welcome racers. Those who compete in all four events receive distinctive apparel honoring their achievement. And this year the Black Friday Relays include a virtual aspect, because that's a busy day!

The race series concludes with Frosty Fifty. New to Frosty Fifty this year is a Friday 5K; kids obstacle course; and friends, family survivor cheering section.

On a personal note, the Frosty Fifty will be especially meaningful for me this year. Although it is always my favorite event to be a part of, watching it grow over the years, this year the relay will be even more special.



It will be dedicated to the memory of my sister Gwyn, who lost her battle with breast cancer on January 17, 2021. The race will be called the [Gwyn's Grace Relay](#). The relay will be an exciting team effort composed of all male, all female or mixed teams with 9 total awards, including master and grand master!

The dates are as follows:

- August 14, 2021: [Hobby Trails to You!](#)
- September 25, 2021: [Salem Lake Trail Races](#)
- November 26, 2021: [Black Friday Relays](#)
- January 7 & 8, 2022: [Frosty Fifty](#)

Finishing all four races, any distance, will earn runners great bragging gear. Running the most miles in all four events (10K, 30K, 5K and 50K) wins you Mega Star status. Special recognition will be given for those who travel the farthest distances to run these iconic Winston-Salem races. Awards will be presented at the Frosty Fifty race in January 2022.

This event, and the entire Fit 4 or Forfeit Race Series, will raise money for special needs children, my sister's passion. The charity partners for the race series are the [Down Syndrome Association of Greater Winston-Salem](#) and the [Winston-Salem Street School](#).

If you would like to be a sponsor of the Fit 4 or Forfeit Race Series, contact Bill Gibbs at [runthelastmile245@gmail.com](mailto:runthelastmile245@gmail.com)

[Read more about Gwyn's story here.](#)

# Smiling at the Red Cardinal

By Phillip Summers



I recently helped a friend run 100 miles in 18 hours and 29 minutes. I was a pacer and a crew member. Our job was to keep him moving, and we did. He only stopped for about one minute each hour, and that includes bathroom breaks.

As a pacer, I ran with him for miles 60–80. As a crew member, I made sure he had the calories, hydration and anything else he needed, like batteries for his flashlight. Going into the event,

I had a hunch that it would be a running party, a party with all the excess that goes with the word “party.” We ate and drank running for the entire weekend.

Turns out the book, [The Happy Runner](#), is the perfect muse for a 100-mile running party. We read it aloud. It delves into your “why” of running and offers advice on how to keep going when it’s hard. The authors suggest that you power yourself with kindness, and, rather than seeing competitors, you see community. When my friend was struggling during mile 75, he asked himself a rhetorical question that sounded askew to my ears but in all the right ways. He asked himself aloud, “How well can I move right now?”

“How well can I move right now” is way different than “am I on pace.” It is nothing like “what place am I in.” It even makes room for the hard stuff like “my hamstring is killing me, but at least I can move.”

Yesterday, on my 10-mile run at Salem Lake, I put some of this “Happy Runner” approach into practice. The lake was in winter mode with all the foliage gone, so I was able to see the wildlife. In my bliss, I was able to see and [smile at a bright red cardinal](#) while powering myself with kindness and being grateful for the sanctuary.

I was struggling, too, because the day before I was [sharpened against stout competition](#) charging up and down Pilot Mountain.

I am learning to measure my running differently. With age, I can relate to the joy of seeing community rather than competitors. I know that nobody cares what my personal records (PRs) are, but they do care about how running can positively impact us all.

It turns out running can feel like a team sport.







# Summer Sun Safety Tips!

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



## 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



## Melanoma Prevention

- 🔥 Stay out of the sun from **11 a.m. to 3 p.m.**, when UV rays are the strongest!
- 🔥 Wear long sleeves & hats to protect your skin. Also, use at least a **30 SPF** Sunscreen for any extended outdoor activity



## Melanoma is Prevalent

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



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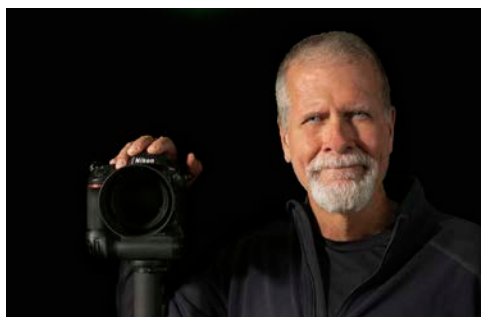


**David Daggett**

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



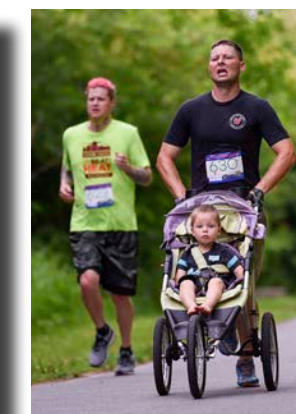
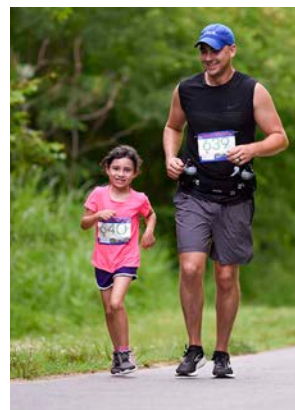
# Through the Lens - Robert



It was really a lot of fun to be back out at Jamison Park to photograph the \$5K on June 8. It was great to be outside again with fellow runners without having to start in waves or a few seconds apart to meet CDC guidelines for COVID. Seeing everyone all together at the start made everything seem normal. I had missed photographing the start of a race with everyone starting en masse.

The \$5K is the type of race everyone seems to enjoy. It has all the makings of a much larger race—i.e., race numbers, chip timing, clock at the end—but without the cost. The race is FREE to all track club members and is only \$5 for nonmembers. For this reason it is easy for a family to come out and enjoy an evening run together. And it is for this reason that I enjoy it so much. I love photographing the families, especially the youngsters.

I hope everyone reading this has had an opportunity to come out and enjoy this event. If you have not, you should consider giving it a try. It's a small taste of what we've all missed in the past year, and that is priceless.





# Board of Directors



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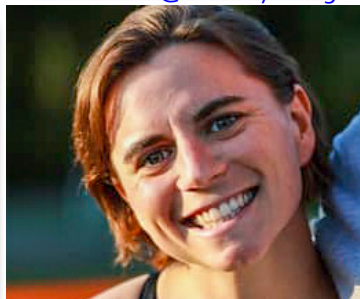
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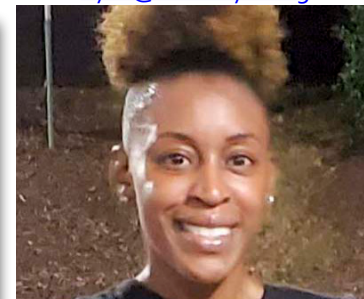
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# TCTC Services



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 [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](https://www.twincitytc.org).

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.





# July/August 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
				July 1	2	3
4	5	6	7	8	9	10
11	12	13 <a href="#">\$5K</a>	14	15	16	17 <a href="#">Cook Medical Beat The Heat</a>
18	19	20	21	22 TCTC Night at the Dash	23	24
25	26	27	28	29	30	31
August 1	2	3	4	5	6	7
8	9	10 <a href="#">\$5K</a>	11	12	13	14 <a href="#">Hobby Trails to You</a>
15	16	17	18	19	20	21
22	23	24	25	26	27	28 Breakfast Run - Jamison Park
29	30	31				