



Dr. Jon Lewis

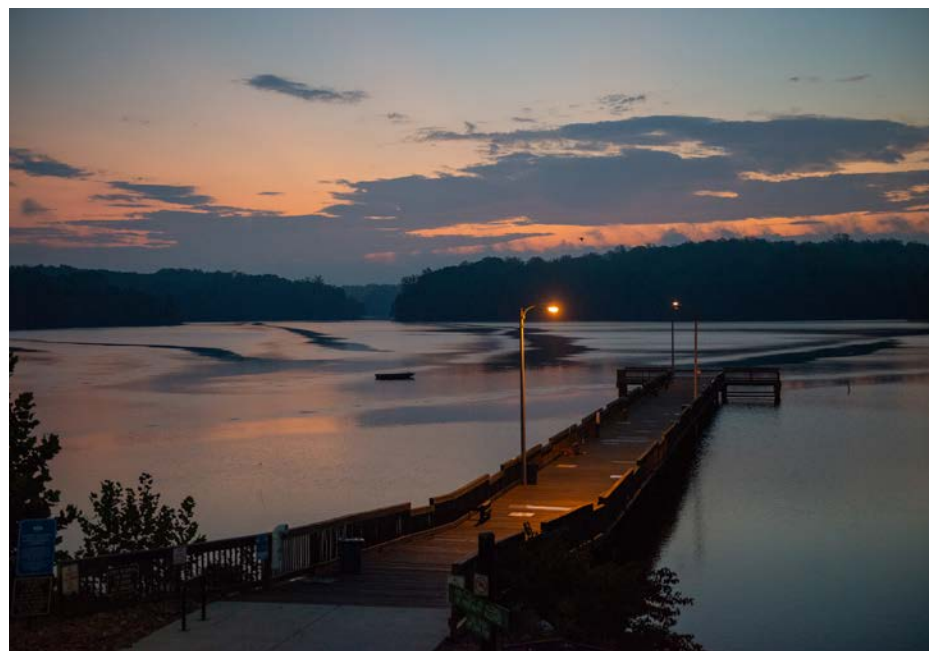
1941 - 2020

***Founding member and past president of the
Twin City Track Club***

THE FLYER

RRCA SOUTHERN REGION AWARD WINNING NEWSLETTER

Salem Lake Trail Races Recap 21st Annual Frosty Fifty



January/February 2021

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finish strong

start here

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President's Message



This year was my fiftieth-year living. With that background, I have had many thoughts and reflections about life. And lots of time with the pandemic! This year has provided me with an opportunity to exercise my gratitude in writing a thank you note each week this year to an individual who was influential and instrumental in my life. The notes were

simplified by staying vulnerable and remembering what each individual did to shape my personal journey.

As an introvert, the generation of 50 (one for each year of life) people for the list was more difficult than writing the notes. You hear the term, "self-made person". But if you really reflect on that term and your life, you start to realize all the instrumental people along your life's journey that allow you to achieve your goals. For me, there is endless gratitude for my sons, their mom, and the many individuals in different hospitals that taught me a trade that has become my lifetime skill of being a surgeon.

This year has greatly reduced the number of races and events the Twin City Track Club has been able to put on. So, here is one more note to some great people in the Twin City Track Club, I want to offer my sincerest gratitude at this holiday time and the end of the year.

\$5K - a "Chuck Yeager thanks" to Jim Wade who did a fabulous job

directing our first races back this year safely still in the middle of the pandemic

Cook Medical Beat the Heat - Er Ralston gets the "Jumanji thanks" for carrying on BTH virtually.

Summer Track Series - a "Nadia Comaneci thank you" to Bill Walker for his scheduling and rescheduling agility during the pandemic to get participants ready for the Ultimate Runner.

Ultimate Runner - this was one of the most difficult races to carry out during the pandemic which gets Sandy Wetherhold the "largest cocktail party tradition continues thanks" for a 34th year.

Hobby Trails to You and Salem Lake Trail Races - Bill Gibbs was able to execute wonderfully not one but two live races achieving the "the Alex Trebek Double Jeopardy" thanks.

Thanksgiving Day Hash Run – Robert Hill, Colleen Sands and Gini Piekarski worked out a great plan to maintain social distancing to achieve the "Butterball turkey" thank you.

Chris Tuohy

Volunteers Of The Year



Bill Gibbs - Race Director
Salem Lake Trail Races, Frosty
Fifty, and Hobby Trails



Sandy Wetherhold - Race Director
Ultimate Runner



Jim Wade - Race Director
\$5K

I think we all agree that 2020 was very hard on all of us, the Track Club included. During these stressful times, three of our members have stepped up to make the most of the situation. As a result of their hard work and ability to adapt to the ever-changing circumstances, all of the races they direct were successful, in-person events for our track club and our running community this year. For this reason, the Track Club has chosen three well deserved members as Volunteer of the Year: Bill Gibbs, Sandy Wetherhold, and Jim Wade.



Member Spotlight - Phillip



My name is ... Phillip Summers
(But I'm also known as) ... Faithful Feet because I race in custom designed singlets that illustrate God's love of creation found in His Words. The anchor verse is Habakkuk 3:19 and I have designed four singlets with the a feature verse in this order Jeremiah 9:23-24; Psalm 119:32; Ephesians 6:10-20;

Galatians 5:22-23.

To sum myself up in a nutshell ... I am a follower of Jesus looking for positive expressions of faith and have found that running affords numerous ways to enjoy creation and to build community while maintaining fitness.

and I'm originally from ... Raleigh, NC

I've been in Winston-Salem... since we bought a house in Waughtown on June 2, 2010.

A proud member of Twin City Track Club since ... I moved to town. I remember running Salem Lake that year, which I believe was the last year of the 10k. After the race I became friends with Joe Willis because he was nice enough to explain his training and how he so easily beat me! The running community is so vibrant and I am grateful for the support of the track club, the youth development of Crazy Run-

ning, and the example of groups like Black Girls Run.

Been a "runner"... Since the summer of 1996. I was desperate to start my senior year on the soccer team so I began to train before the season. That summer I ran a mile every day to get in shape for tryouts. Turns out I liked running and being in shape.

The longest distance I've ever run is ... Frosty 50k though I walked some to a time of 4:35.

Memorable running experiences:

Rave run ... Any time I get to be part of a Blue Ridge Relay team. I love the mountains and being part of a team is good fun. It is like a weekend long 5k with all the festivities, spectating and giving and receiving encouragement in the running community. In 2018, I was pretty fit so it didn't hurt as much as the other 2 times I ran up and down the blue ridge mountains. I enjoy finding creeks and swimming holes to wash away the sweat after each leg of the relay.

Race ... WSSU put on the Physical Therapy Cares 5k. The flat fast course is on the Salem Creek Greenway which I consider home turf on the southside of Winston-Salem.



In 2015, the proceeds benefited a wellness program for people living with Multiple Sclerosis. My mom has MS and she came up for the race to cheer me on. I went out with the leaders and was with them through 2 miles. I was surprised to see the pack begin to thin out and I knew we were about .5 miles from the finish. Having my mom at the finish helped motivated me to put it all on the line. I took the tape for the win. I have only won a few 5ks and my time that day was 18:22 on a course that was likely short. Winning that race and making my mom proud is a sweet memory. I enjoy reminiscing about that day of racing fast.

Watching my kids enjoy running and racing has been a treat. My heart feels like it is going but burst with joy watching them run. My oldest son has done well at Beat the Heat the past 2 years and my Daughter did well this past year. We are bummed to miss it this year.

Gone postal run and/or I'd rather forget ... I think it was called the Yellow Brick Road 5k that finished at the GatewayY. I had trained way too hard for it and was going for the win only to get 3rd. All the strain of hard training and racing hard resulted in a stress reaction in my foot that took way too long to heal. I had to reevaluate my running goals after that.

These are a few of my favorite running things:

Vice ... I am way too competitive and not that fast. I am realizing more and more I just want to be able to train.

Device ... Garmin Forerunner 45. I am new to the GPS scene and bought it out of the necessity to take my training online because of the SARS CoV-2 pandemic. Strava is fun and racing segments stokes my competitive drive.

Advice ... 1 Timothy 4:8: "For physical training is of some value, but godliness has value for all things, holding promise for both the pres-

ent life and the life to come."

Running footwear ... I wish they still made the Saucony Nomad.

Pre-run/post-run fuel ... Cereal, Banana, Chocolate Milk, Pizza.

My motivation to run is ... Recreation because it refreshes and re-creates; as an activity it renews my health and lifts my spirits through the enjoyment of movement.

But when I'm not running, I enjoy ... Working in public health and community development. I am an active transportation advocate and blog about mobility justice at www.blindspot.city. With my family we enjoy biking to Church, dancing at Merlefest and camping.

One thing running has taught me is ... Enjoy every step! Don't take it for granted. Having recreation time is a blessing, a gift to treasure and to share.

I wish I could ... Run the Ultra Trail Mount Blanc or Crew for Jim Walmsley at Western States 100. I think that would be fun to hang out in either of those beautiful places.

Most people don't know I ... I am the worst speller and I really struggle to write. I had to learn to love to read. Though I have published for work and writing is so essential in the information age it has never come easily to me.



Meet Our New Member - Christy

My name is ... Christy Hemby but you may remember me as Christy Dunkelberg

To sum myself up in a nutshell ... I am a wife, a mom, a 2nd grade teacher, middle school XC coach and lifetime runner.

and I'm originally from ... Charleston SC.

I've been in Winston-Salem... since middle school, even went to WFU as a runner.

Became a TCTC member because ... I always read my dad's copy and forget to join myself.

Been a "runner" since... I was little, because my dad was a runner and always encouraged me to run too.

My motivation to run is ... for peace and exercise.

But when I'm not running, I enjoy ... my family, my dogs, friends, food and yard work.

Editor's Note: I think this was 1987 and this was the Kernersville YMCA 5K and one mile family competition. It was John and Christy Dunkelberg vs me and my son Preston, squaring off in the mile. Well, in my mind, it was a battle. In reality, probably not. John and Chrisy took first place and my son and I finished a distant second.





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



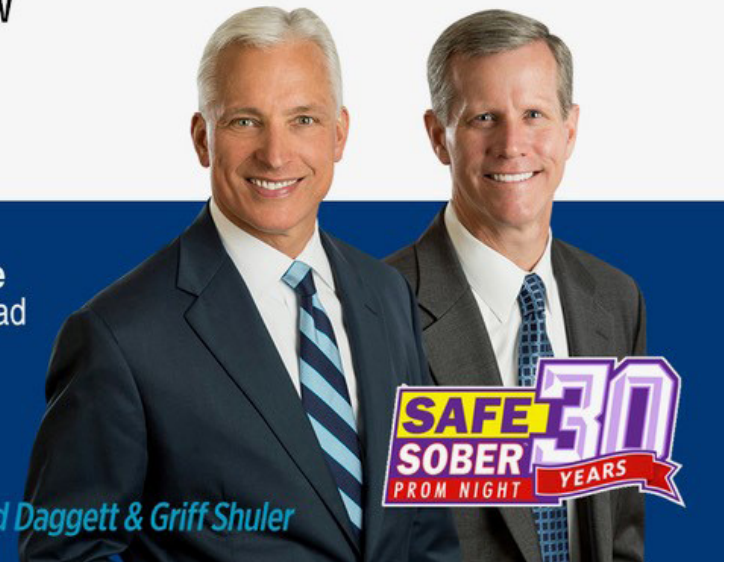
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2020 Salem Lake 30K and 7 Miler

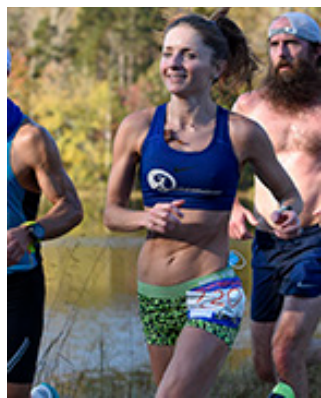
by Bill Walker

The Twin City Track Club held its Salem Lake 30K and 7 Miler on a warm and humid October 24, one month later than usual - thanks to the Covid-19 pandemic. The 30K had 115 finishers, and the 7 Miler had 228.

Ben Kassel, (38), won the 30K in 1:52:43 (6:03/m). Molly Nunn, (37), was the 30K female winner in 2:05:00 (6:42/m). Sam Lloyd-Perks, (25), won the 7 Miler in 40:46 (5:48/m). Bailey Reutinger, (17), was the 7 Miler female winner in 47:40 (6:49/m). The best age-graded time of 77% was turned in by Robert Murray, (60), who ran the 7 Miler in 47:51 (6:50/m). For complete results, go to www.twincitytc.org.



Ben Kassel



Molly Nunn

Race director Bill Gibbs modified several parts of the events to comply with state and local covid-19 regulations. Packet pick-up was streamlined to minimize the runners' time spent in the lake marina building. Pre-race, the runners were kept in corrals, away from the start area. And once a corral was called to the start, the runners were spaced 6 feet apart by Xs painted on the trail. Post-race refreshments were simplified to reduce the likelihood of runners grouping together.

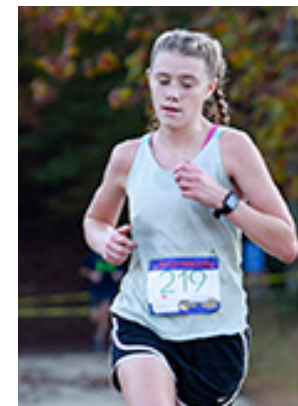
The timing crew of Chris Cutler, Alan Tripp, Cameron Wilmoth, and Er Ralston managed the finish line, produced chip-timed results, and



identified the award winners.

Eva Owens, Ashley Eslick, Amy King, and Heather Hugosson managed packet pick up on Friday and Saturday and helped director Gibbs throughout race day. Mack Roebuck, George Cleland, and Jim Wade managed the water stops and the course marking. Garry and Penny Russ organized the parking crew.

Particular thanks are due race director Gibbs, who put in countless hours dealing with countless thankless tasks and the added headache of Covid-19 restrictions. Bill has directed the Salem Lake races for over ten years and has maintained the races' reputation as one of the best running events in North Carolina and the Southeast.



Bailey Reutinger



Board Member - Mary Kate



Mary Kate Bowman Choat - Member at Large

Mary Kate was born in Charlotte, NC but has spent the majority of her life here in Winston-Salem. She attended Reynolds High School and then went to Appalachian State University to study music education and play Division I golf. In 2010, she moved with her husband Colin to Austin, Texas to earn a masters degree in trombone performance and

college at App State, she found relief from the stresses of golf and music in running. As a sophomore at ASU she ran her first half marathon and caught the "running bug." After returning to Winston in 2012, Mary Kate and Colin joined the Twin City Track Club.

She quickly made running buddies and was talked into trying to qualify for her first Boston marathon (thanks Garry Russ!). Since



returned to Winston in 2012 shortly after graduation.

Mary Kate and Colin now live in downtown Winston-Salem and are both band directors in the Winston-Salem/Forsyth County School system. She has taught at Hanes Magnet School for 9 years (where she has also taught many TCTC children!) and has coached the women's golf team at Reagan High School since 2014.

Mary Kate grew up a swimmer and has always had a competitive soul. In

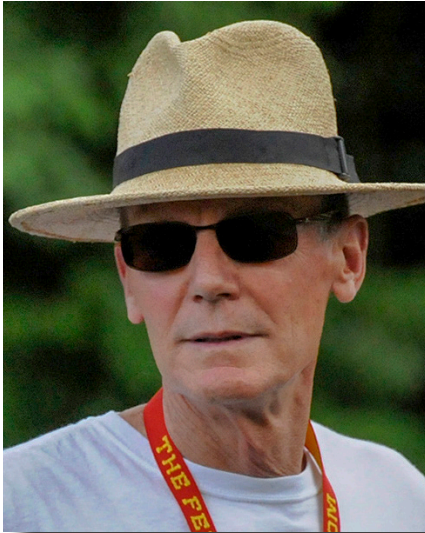


then she has run Boston twice (2016 and 2017) and has become an avid triathlete - racing her first full Iron-man in September of 2019.

Since joining the track club, she has served as both activities chair and member-at-large on the TCTC board. TCTC has shaped her life (and Colin's) for the better.

"We hope to keep doing this (running) for the rest of our lives!"

Board Member - Bill



Bill Walker - Races and Equipment

Bill started running competitively in 1968, when he joined the Gettysburg College cross country team. (He really wanted to play baseball but never could hit a curveball.) The XC coach was a biology professor who had been pressed into service because he was a "jogger." He didn't know much about running, but the team had one runner who was talented and knowledgeable, and that guy pretty much dictated their workouts. They often raced twice each week so Bill spent a lot of time riding around the middle

Atlantic states in a station wagon going to dual meets.

Bill joined his first running club, the Tidewater Striders, in 1972 when he was stationed in Yorktown, VA. The Striders organized a marathon in Virginia Beach in 1973, and he registered for it even though he had not run more than 15 miles at one time. Bill realized he'd made a big mistake at about mile 20 of the race. Still, Bill survived and qualified for the Boston Marathon which he ran the next April. In those days, the field at Boston was about 2,000 (almost all male), and you just drove into Hopkinton on race day and checked in at a local gymnasium.

Bill and Ann (his wife) moved to Winston-Salem in 1974, where Ann started working at Hanes as a chemist, and Bill began law school. Bill was able to keep up his running which led to his meeting many of the local runners in town. Bill missed the creation of the Twin City Track

Club in 1977 because he wasn't in the bar that night. Anyway, Bill learned that if he put in the training and the mileage, he could run solid times in races, including the marathon.

Bill set all of his personal bests in 1980 and 1981. He is proudest of his marathon PR of 2:29:07 set in Huntsville, AL, in December 1980. (The Rocket City Marathon is put on by the Huntsville Track Club, and they do an excellent job.) The course was flat and run on city streets with a field of around a thousand, which Bill thought was perfect since he could train and race in the summer and fall in North Carolina and then finish his season in good marathon weather. Bill has run 23 marathons, about seven of which have been in Huntsville (with four under 2:30).

In recent years, Bill learned what all runners eventually learn: You slow down as you get older, you get hurt more often, your injuries take longer to heal, you develop a sense of proportion, and you need a sense of humor. (Two weeks ago, Bill was finishing an easy run in his neighborhood and as he passed a car stopped at a light, the driver asked if he needed any help. That's how pitiful Bill looks running these days.) But Bill dreams of the day when his legs feel better and he can once again gobble up the miles in training and then humiliate the other three guys in his age group at the local 5K.

Bill has enjoyed being a part of TCTC these many years. He has met wonderful people who share his love of running and who want to give back to our sport by donating their time and effort to organize running events for everyone, regardless of their talent.



Salem Lake - J.K.



When I married a runner (Dan Bradley) neither one of us expected I'd ever turn into a runner. Runners did hard to fathom things like going for 18 mile training runs or participating in races like the Frosty Fifty—running round and round Salem Lake in January! However, living with a runner can have a strange influence and in my late 40s I decided to actually try running myself. This is not one of those amazing stories where somebody starts running at 45 or 55, discovers remarkable untapped athletic

ability, and starts setting age group records. Instead, with a lot of effort I managed to turn myself into a very average runner.

As I started to run more miles, Salem Lake became a regular destination. I completed my very first 10 mile run there as part of a Fleet Feet half marathon training program. While preparing to run the New York City Marathon in 2017, I decided to use the Salem Lake 30k as a training run. Thinking that only “serious” runners would sign up for a 30k, I remember being rather nervous that I would finish last. In fact, there were still several finishers after me. I ran it again in 2019. It was a much hotter day and I was much slower—but still not last.

The idea of running the Frosty Fifty actually entered my mind for the first time in 2015 after I ran my first marathon. But due to injury and doubts I always talked myself out of it. I volunteered at the race a couple times. In 2018 it was so cold I thought I'd probably be happier running 50k than standing around at the finish line. Finally got nudged by the “Fit Four of Forfeit” series in 2019-20. There was a challenge within a challenge to run the longest available distance in all four races. After signing up for Hobby Trails 10k, I was mentally committed to attempt the Frosty Fifty.

For the 2020 Frosty Fifty there was rain at the start line, but it cleared up not long after we got going. All the 25k runners and most of the 50k runners missed it, but a few of us slower runners were still on the course for a drenching down-pour and ankle deep water on the greenway. But, I didn't mind because by the time it struck I knew I was going to be able to finish the longest distance I'd ever tried to run—and 25 minutes ahead of the designated cut off time. Overall, it was a memorable experience and, though I didn't know it at the time, good mental training for the rest of 2020.

Dr. J.K. Curry



Jon Lewis, 1941 - 2020



When perusing my daily emails, it is always a joy to receive a note from John Danforth, long time Track Club member and friend. The particular email I received on 12/20 had a name I did not recognize and the letters, RIP. John asked that I pass on information about the death of a man who was instrumental in the founding of the Twin City Track Club, Jon Lewis.

A little checking located the obituary in the Winston-Salem Journal, you can read it [here](#). The obituary stated that Jon was a founding member of the Track Club. A quick look at the TCTC website found Jon on the Track Club's first board of directors in 1977-1978, as an at-large member. Jon remained on the board in 1978-1979 as president and 1979-1980 as ex-officio.

Bill Walker joined the board in 1978, the year Jon was president, and remembers Jon as a very nice person, intelligent and genuinely interested in what the Track Club was doing. Bill also remembered Jon's willingness to volunteer at races as well as directing and helping direct several races.

Jon Lewis, RIP, and thank you for helping to start the Twin City Track Club. We all have benefitted from your foresight and work.

Salem Lake - Robert

Salem Lake has been a big part of my running life for the last 20 plus years. Since my return to Winston Salem in 1999, I have logged many miles around the lake with guys like Steve Bennett, Perry Macheras, Phil Ponder, Bubba Gelly, Dennis Moon, Bill Walker, Glenn Wells, Jeff Norris, Keith Stone, Greg Fagan and many others. Whether it was a social single lap around or a more serious three lap marathon training run, the lake was always an enjoyable place to be and there was always something new to see. There was the deer flies that would pester you, the occasional snake on the path, and even once a deer that ran along side of us in the woods for a quarter mile or so. Steve Bennett was always quick to point out "Bubba's Rock", which was a rock Bubba tripped over and face planted as he make a left turn towards the bridge at 6 miles.

I still get out to the lake for an occasional lap, and I enjoy the lake as much as always, but I do miss those days of the large group runs on Saturday mornings. Most of my time now at the lake is spent with camera in hand, photographing others as they enjoy the venue.

The Salem Lake Trail Runs and the Frosty Fifty give me an opportunity to mix two passions, running and photography. Being behind the camera gives me the opportunity to enjoy the sport and to "meet" everyone who is in the race. While I don't know most by name, I get to know everyone by their face. After the races are over, I get to off load all the photos and go through each one to find the ones I like the best. It is like personally getting to know everyone who ran that day and getting to spend time with them afterwards. Once I have completed choosing, cropping, and toning my selections, they are posted on RunSignUp and on my website for all to enjoy.

Robert Hill

Salem Lake - Emily

Salem Lake is a delight! I have done two of TCTC's 30K races and I have signed up for my third Frosty 25 in January. I try to run there twice a week; 7 miles is a great distance no matter what race distances are in one's future. I find joy in looking for the two (I think) great blue herons who live there, and have even seen a green heron. Clockwise or counterclockwise, both are fun: love the coves and hills and beautiful views, and the camaraderie shared with other runners. For sure Salem Lake is my favorite W-S running venue!

Emily Read



Salem Lake - Herbert

I run quite often at Salem Lake and really enjoy the sights, smells and sounds despite the ever present GPS inaccuracies. More recently though I have tried to avoid Salem Lake as it is just too crowded with all the COVID19 boredom, unless it is a rainy cool day. But that is really true for most trails here, except of course I always laugh when folks call Salem Lake a trail - it is really best described as a gravel road.

Herbert Krabel



Salem Lake - Penny

My most memorable Salem Lake Run was the year I made a friend because I fell on my face! I was in the 30K race event, less than two miles from the finish. I saw a runner ahead of me stumble, and I gasped. She very gracefully found her footing. I, on the other hand - having taken my eyes off what I was doing - caught a rock with my toe and went down hard. When I got to the finish the other runner - Debbie Jacob (now Debbie Brooks) - found me and we shared a laugh, especially when I saw that she'd subsequently fallen just as spectacularly as I had.

We looked around at the other finishers and realized we had plenty of company, including the runner on the left whose name I don't recall. It was definitely a photo op.

Debbie and I have remained good friends and stayed in touch, and we still laugh about the circumstances that made our paths cross - or maybe I should say crash.

Penny Russ



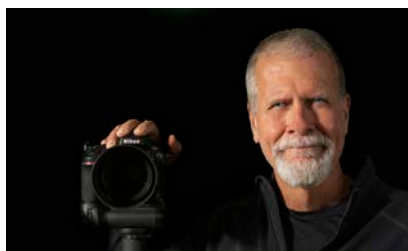
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Through The Lens - Robert



Robert Hill
Flyer Editor

On Saturday, 12/5/2020, Mount Tabor boys won the Norman Trzaskoma Invitational, which is the Forsyth County cross country championships at Ivey Redmon Park. Luke Armontrout and Conner Inman, members

of the winning Mount Tabor team, are also TCTC members. Below are their photos from the event.



Luke Armentrout

Conner Inman



T-Shirt Winner

Stacy Tollie is the winner of last issues Track Club Trivia. She correctly identified Eva Owens as the long time Twin City Track Club member who is originally from New Jersey and has been known to do her 6 mile runs in Hyde Park, London, speed work in Milan, and distance runs to the Copa Cabana. Way to go Stacy!

Track Club Trivia

What long time Twin City Track Club member was born in Germany and has been fondly referred to as Duck Butt and Princess High and Mighty?

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

Board of Directors



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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](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 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.



Jan/Feb 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
					Jan 1	2 Frosty Fifty
3 Frosty Fifty	4	5	6 Track Night at JDL	7	8	9
10	11	12	13 Track Night at JDL	14	15	16
17	18	19	20 Track Night at JDL	21	22	23
24	25	26	27 Track Night at JDL	28	29	30
31	Feb 1	2	3	4	5	6
7	8	9	10 Track Night at JDL	11	12	13
14	15	16	17 Track Night at JDL	18	19	20
21	22	23	24 Track Night at JDL	25	26	27
28						