



***44 Years and Still Running***

# ***THE FLYER***

RRCA SOUTHERN REGION AWARD WINNING NEWSLETTER

## **21st Annual Frosty Fifty Recap New Year's Day QR Challenge Re- view**



March/April 2021

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

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

**Auto Accidents  
Workers' Compensation  
Social Security Disability  
All Injury Claims**

When you need a North Carolina  
Personal Injury, Workers' Compensation  
or Social Security Disability attorney,  
call Daggett Shuler. We're committed to  
protecting your rights.

**You can depend on us!**

**DAGGETT  
SHULER**  
ATTORNEYS AT LAW

FREE CONSULTATION  
NO RECOVERY-NO FEE

DaggettShulerLaw.com

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

Greensboro Office  
ph 336-288-2234

**SAFE 30  
SOBER  
PROM NIGHT YEARS**

## Contents

President's Message	4
St. Patrick's Day Corned Beef Hash Run	5
Member Spotlight - Heather	6
Meet Our New Member - Hannah	8
Meet Our New Member - Jessica	9
Meet Our New Member - Jason	10
2021 Frosty Fifty - Emily	12
2021 Frosty Fifty - Richard	13
2021 Frosty Fifty - Konrad	14
1st Annual Frosty Fifty - Dan	15
2021 New Year's Day QR Challenge - Anita	16
2021 New Year's Day QR Challenge - Karen	17
2021 New Year's Day QR Challenge - J.K.	18
2021 New Year's Day QR Challenge - Chris	19
Through The Lens - Robert	21
Board of Directors	22
TCTC Services	23
TCTC Race Singlets, T-Shirts, and 1/4 Zips	24
Okay, I Joined, Now What?	25
Mar/Apr Races and Activities Calendar	26





# finish strong

## *start* here

### ORTHOPAEDICS & SPORTS MEDICINE

As Official Team Doctors for over 35 pro, collegiate and youth sports organizations, our nationally renowned experts provide leading care for children and adults. **Schedule a same- or next-day appointment** throughout the Triad. Saturday hours and walk-ins welcome at select locations.

888-716-WAKE | [WakeHealth.edu/SportsMedicine](https://WakeHealth.edu/SportsMedicine)

ACCEPTING MOST MAJOR INSURANCE PROVIDERS.

care *for* life



 **Wake Forest<sup>®</sup>**  
Baptist Health



# President's Message



2020 is in the rearview mirror, but it sure feels like it is closer than it appears. With each new year, we traditionally try to establish new positive behaviors by setting personal resolutions for growth. But the challenge of these life adjustments is establishing their permanence. My life experience

has demonstrated that the most sustainable changes emerge from a step-by-step evolution and rarely a momentous revolution.

COVID has changed all of our lives in its incremental effects with masks, habitual cleaning, and hand washing that would make Lady Macbeth proud. But its most significant and draining effect has been shifting personal physical connections to virtual ones with on screen family celebrations and holidays, online schooling, and, for us runners, virtual races. Nobody would have predicted this last February and March when COVID felt like a sudden, yet temporary, insurgence against our normalcy. However, the yearlong events of 2020 beautifully demonstrate how incremental steps and not a revolution resulted in a new normal by year end. These changes have exhausted us and left us hoping for a return to our past lives. But hope is rarely a

successful strategy.

Recently, there have been many discussions about hitting the COVID pandemic wall this winter. Ironically, this wall is not reality, but our hope and desire for a return to the past. These expectations and plans for the future become the biggest obstacles to achieving centeredness, peace, and calm in the present. So, my New Year's resolution is a personal conflict that we are challenged by so often. Live in the moment while fighting off the longing for the future return of our past lives. Developing this virtue will extinguish our resistance - the cause of our suffering - and knock down the walls that are obstructing our future journey.

Marcus Aurelius said "People look for retreats for themselves, in the country, by the coast, or in the hills.... There is nowhere that a person can find a more peaceful and trouble free retreat than in his own mind...so constantly, give yourself that retreat, and renew yourself." Only then will we no longer see the walls, because then we have embraced Amor fati!

Chris Tuohy

# St. Patrick's Day Corned Beef Hash Run

March 13 - 9:00 am til 12:00 pm

**WHAT:** It's definitely not our "traditional hash run" and doesn't actually involve corned beef so no worries if that is not your favorite thing! Instead of finding hash flour marks left behind by a hare, you will be looking for [shamrocks](#) where Padraig the Leprechaun left behind items at TCTC members' homes. Padraig went out for a run recently. During his run, he left out some [green accessories](#) for his runner friends to wear so they don't get pinched, but he also lost all his [gold coins](#) along the way. Can you help Padraig out? He would really love for you to go out and find those green accessories to adorn yourself in his image and collect his gold coins to fill up his [pot of gold](#)! Just check the front porch



of each home marked by a shamrock and find an item to add to your green regalia and one coin to place in your pocket. By the last shamrock stop, you should be adorned from head to toe in [green bling](#) and have a pocket full of [gold coins](#) to help replenish Padraig's pot of gold at the end! If you are successful and make it to all the shamrock locations, you can bring your gold coins to Dough-Joe's in Reynolda Village. There you will find Padraig's empty pot of gold to replenish and he will reward you with a [free sweet](#) as a sign of his gratitude!

**WHO:** Any and all **TCTC members (and guests)**! This event is appropriate for adults and kids alike! Get the whole family to join in on the fun. Who doesn't like dressing up, gallivanting around in [green](#), and scoring a yummy sweet at the end as your just reward! We encourage you to bring

along a friend who you think should join the club so they can see the fun things we plan for our members (even in the middle of a global pandemic, the run must go on!) The distance covered will probably be between 5-6 miles, you can Run, Walk, or even Skip!

**WHERE:** The Start and Finish of the Run will be located at [Reynolda Village](#). We suggest you park your car there. There will be 4-6 homes marked by a Shamrock to stop at along the way. Most of the run will take place in the "[Buena Vista/Reynolda](#)" area. A map will be provided as it gets closer to the date of the run and that will provide you with the information you need to find the [shamrock](#) stops.

**WHY:** 5 reasons! 1) It's Saturday morning and you need to get a workout in. 2) Padraig the Leprechaun needs your help and cannot do it without you! 3) You need more [green items](#) to add to your St. Patrick's Day outfit so you don't get pinched on the 17th. 4) It will make people smile as you galivant in your green throughout the neighborhoods. 5) There is a yummy sweet at the end!

**WHEN:** In anticipation of St. Patrick's Day, the run will be held on lucky [Saturday March 13th](#). The accessories/coins will be out on porches from [9AM-12PM](#) that day, so please participate between those hours. There will be a [Run Sign up page](#) posted soon so that you can sign up for the event (it's free, but we would love to know how many to plan for).



# Member Spotlight - Heather



*My name is ...* Heather

*(But I'm also known as) ... Mrs. Hugosson, by my fourth grade students during the school year.*

*To sum myself up in a nutshell ... I'm a Yankee. Born in MA (same hospital as Steve Carell), but raised in Vermont with five brothers and sisters, rock star par-*

*ents and several foster siblings at various times. Proud mom of two incredible adult children, and wed my Swedish husband 33 years ago.*

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

*I've been in Winston-Salem... since 1992.*

*A proud member of Twin City Track Club ... about 10 years, I'm guessing.*

*Been a "runner"... around a decade, since my husband challenged me in the Mistletoe 5k, claiming he would beat me even if he had a heart attack crossing the finish line. He didn't.*

*The longest distance I've ever run is ... 26.2. Yeah, my body doesn't seem to like multi-mile running, especially on roads.*



*Memorable running experiences:*

*Rave run ... I was on a two-week, nine state hiking trip out west with husband, Jan, having signed up for The Bear, a five mile race that goes up Grandfather Mt. It's a tough ascent and I really wanted to finish my age in minutes. I was panicked about training for it, so we broke up one long drive with a hike near Lake Tahoe. To get some hill work in, I'd run down ahead of Jan, then turn around to run up and meet him. He would run away from me until I caught up. Fun, useful training, great hike and I ended up with a PR for The Bear that year. I drink coffee out of a Bear mug every morning.*

*Race ... My sister in NH and I did a Halloween-themed race on, around, up and down Loon Mountain in NH. Rather cold, we started off by carrying a log, then began an ascent through various obstacles including stall hopping, a snow blower pelting us as we climbed, and sliding down a foam coated slip and slide. We dressed as Ninjas and won a couple of awards (hatchets, that I couldn't*



exactly put in my carry-on to fly home). Mom and Dad were there too - which was awesome. Looking at the pictures, I wish I'd kept my face covering. It would have been during the pandemic. Who knew?

*Gone postal run and/or I'd rather forget ...* I don't know that there is a run I'd rather forget (or I've already forgotten) because each one feels like I've conquered something. Running is hard!

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

*Vice ...* Not a lover of super early morning runs, but on those occasions, no matter the time, I have to have coffee and at least toast before I go, even before the Idiot Run in Albemarle. A group from here usually meets at 3:30AM to get there by the 5:30 start time. Great fun, highly recommended 19.7 mile "fun" run. It's not a race, so there's no pressure, but fantastic race-like support. First-timers get proof of their idiocy.

*Device ...* My Shiatzu foot massager has been fabulous. I did Boston in 2017 and my feet didn't want to forgive me. I had plantar fasciitis which I didn't think would ever go away. That miraculous machine has a permanent spot at the foot of my sofa and I use it about every day.

*Advice ...* Those runs you can't seem to convince yourself to actually do, especially if you have to go alone, usually end up being among the best ones, because you made yourself just suck it up and do it. Better yet, tell someone you'll meet them and don't let them down.

*Running footwear ...* I wore Asics Kayanos and love their Venture trail shoes, recently switched to New Balance for road. A nice, wide toe box has made my formerly blue toenails less...colorful.

*Pre-run/post-run fuel ...* Oatmeal-egg pancake (sister's recipe) and coffee before and there's nothing more pleasing than an IPA after a

hot summer run.

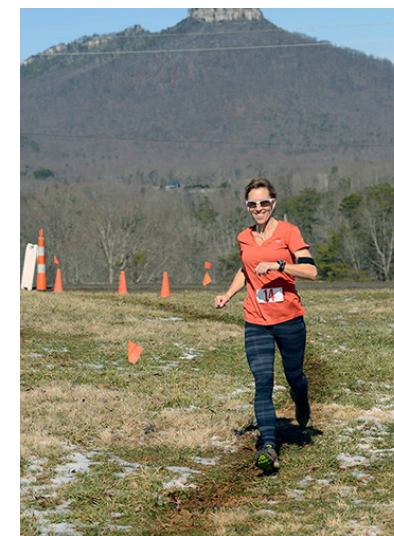
*My motivation to run is ...* the therapeutic benefits. Nothing changes a mood like a run does, especially on a trail through the woods. Jan cautiously asks if I'm going for a run when I'm...well, in a mood.

*But when I'm not running, I enjoy ...* making stuff and fixing things. I'm fairly handy, enough to be productive. I love hiking in national parks. I also adore my loveable, fathead, muscle-bound pit bull Hamrick we adopted after he'd been abandoned at the Hamrick's parking lot in W-S.

*One thing running has taught me is ...* that I still don't know why we find such satisfaction in an activity that we sometimes approach with dread but it's the best therapist out there!

*I wish I could ...* think of something really profound to say.

*Most people don't know I ...* have been known to "dumpster dive", mostly for furniture. I have rescued items and created usable art with them. I love the idea of recycling.





# Meet Our New Member - Hannah

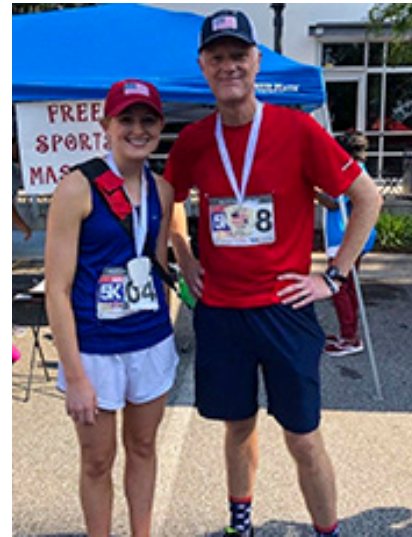
*My name is...* Hannah Boles

*Also known as...* I don't have a nick name to be honest. My parents call me Han.

*To sum up myself in a nutshell...* I am wife, dog mom to two wonderful black labs, I am a nurse, wanna-be chef/foodie, and of course a runner.

*I'm originally from...* Forsyth County. My parents moved to a little town called Midway in Northern Davidson County when I was in the 3rd grade. I currently live in Pfafftown and have been here for 5 years.

*Became a TCTC member because...* I have always enjoyed running but I don't love running solo and I do best in running groups. Long story short, I needed motivation to get back into running once I graduated nursing school. I joined a Fleet Feet half marathon training program and met a few people from the TCTC and we became running buddies. I decided to join the club when I heard about ZAP fitness camp a couple of years ago and you had to be a member to go. So, I finally became a member of the track club and I am so glad that I did. I have met so many wonderful people and runners over the past few years. Since joining the club I have been enjoying Tuesday night track night and Saturday Long runs weekly. The people I have met along the way have become true friends and we motivate and encourage each other to become better runners and meet our running goals.



*Been a runner since...* I started running when I was 12 years old. My uncle Mike put together the first Winston Salem Rescue Mission 5K I wanted to train and run the race to help support him. My dad and I trained for the race and I can remember thinking during the race how bad I hurt and never wanted to run again...until I ended up winning my age group and that seemed to spark my love for running. I ran cross country and track in high school all 4 years. I ran off and on throughout college, but honestly did not enjoy it like I did in high school. Once I graduated nursing school, I wanted to pick it back up, not only get healthy, but I wanted to fall back in love with the sport. I joined my first half marathon training group through Fleet Feet and the rest is history. I have completed a number of half marathons and 4 marathons since getting back into running.

*My motivation to run is...* I run to stay healthy and fit. Anyone that knows me knows that I love to eat and when people or patients of mine ask me why I run so many miles I always laugh and say I run so I can eat! But it is the truth. I run so I can eat and enjoy wonderful





food. Running is also my therapy. When I have a hard day at work and I lace up my shoes and go out for a run it makes everything better. I have never been on a run and come back regretting it. I run to push myself to become stronger and set new PR's. I run to escape the crazy world for just a little part of my day. Most of my runs are with people but I do enjoy running solo at times and putting on worship music and spending time with God. Last, but not least, I run to hang out with my friends. Running has become a huge part of my social life and I look forward to all my different running groups throughout the week.

*But when I'm not running, I enjoy...* Hanging out with my family and my husband Ben. Being the best dog-mom I can be to my two beautiful fur babies, Sadie and Bella. Cooking up delicious new recipes and having friends and family over to feed them. I also enjoy going on a hike outdoors and golfing.



# Meet Our New Member - Jessica

*My name is ...* Jessica Tallant

*(But I'm also known as) ...* most people call me "Jessy"

*To sum myself up in a nutshell ...* I'm a hardworking health nut

*and I'm originally from ...* Macon, Georgia - (go dawgs!)

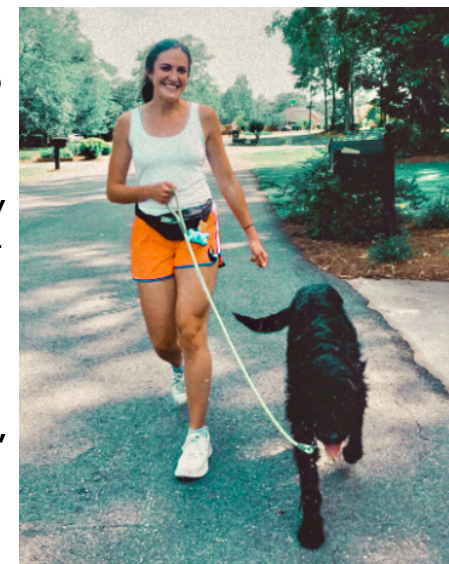
*I've been in Winston-Salem...* since August when I moved here for law school at Wake.

*Became a TCTC member because ...* I heard about it over winter break from law school and am hoping to take some breaks from the books and get to know some people in the local running community in this new year.

*Been a "runner" since...* track in middle school - haven't been able to kick it since.

*My motivation to run is ...* I get antsy if I go too long without it. Also cookies.

*But when I'm not running, I enjoy ...* teaching my rescue labradoodle Shaggy some new tricks. "Roll over" is his newest. Also going to breweries.



# Meet Our New Member - Jason



*My name is ...* Jason Lynch

*To sum myself up in a nutshell ...*

I am a local business owner with 2 daughters, age 12 and 15, here in Winston-Salem.

and I'm originally from ... Up-state NY, but moved down to NC almost 20 years ago to start my business, Everkem, for manufacturing caulks and sealants.

([www.everkemproducts.com](http://www.everkemproducts.com))

I've been in Winston-Salem... for 20 years

*Became a TCTC member because ...* I want to become more connected with runners in the community to share in some good adventures. If you are out there doing what I am doing, please come find me!

*Been a "runner" since...* I have been running pretty consistently for 15 years now averaging about 15 - 20 miles per week, mostly trail running. You may see me running usually around sunrise at Reynolda Village, Muddy Creek Trail, or out on the trails along the Yadkin River or at Pilot Mountain. Being a practitioner of the Wim Hoff Method for over a year now, I would be that crazy guy running shirtless in freezing weather and jumping in the Yadkin river during a pandemic. If you see me, please stop me to say hello.

*My motivation to run is ...* As my girls grow older, I find myself out

on the trails more and I have been exploring new places in the Piedmont. At 47 years young and aging backwards, running is a meditation that brings balance to my life and I am enjoying the journey.

*But when I'm not running, I enjoy ...* Spending time with my girls, meditation, Yoga, playing music and enjoying the Winston-Salem downtown.

I want to send an invitation to connect with anyone who may be interested in running some great trails locally and within a 30 minute drive from Winston-Salem. Come find me on Facebook, Instagram, Linked In or YouTube. I hope to see you out on the trail!







# 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)



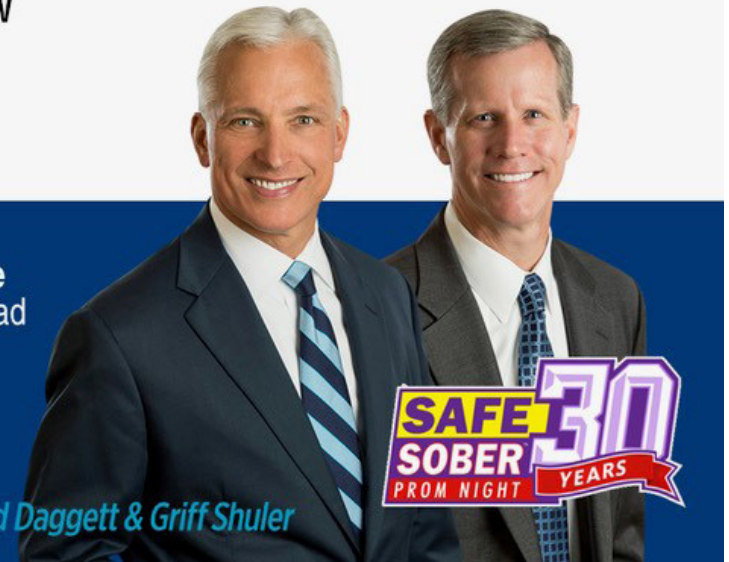
**DAGGETT  
SHULER**  
ATTORNEYS AT LAW

*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



# 2021 Frosty Fifty - Emily

Like many others I was planning to start the new year with a real in-person race, the TCTC Frosty 50 (or 25K in my case). This would be my fourth one and I had signed up early. A few weeks before we were told that due to Gov. Cooper's latest order, we would not be able to do a traditional race. But we could run it anytime on the race weekend, January 2nd or 3rd.

TCTC promised a little more of the traditional race trappings. If one did the race on Saturday morning, the start and finish line would be set up, and mile markers would be up all weekend. And we could pick up our bib and shirt beforehand to wear during the race. Sounded like fun!



I am a senior runner and not the speediest, so I decided to start at 7:00 a.m., hoping to get a good spot to park near the course for my refueling/hydration station (my car). I crossed the start line right at 7:00 and off and running counterclockwise around the lake. It was a solitary run as the sun came up on a chilly but beautiful morning. The mile markers were there to help gauge one's progress. About mile 7 the first of the other racers passed me, then on

to the turnaround on the greenway and back and up the hill to the



first pass of the start line. A little contingent was there to cheer, how encouraging! A quick stop at my car to for hydration and on to lap 2; the sun was fully up and lots of folks passed me with a friendly word (note: I never passed anyone!). About mile 13 saw my friend Great Blue Heron, then on to the second turn-around and back up the hill to the 25K finish. Hooray! The happy finish line crew cheered and took a few photos for me. It was a great day!

In 2020 I did quite a few virtual races, from 5Ks to the virtual Marine Corps Marathon. These were self-timed on the honor system. Despite a sense of accomplishment when I posted my time and a photo of my Garmin on the MCM site, it felt a bit anti-climactic... the Frosty 25K virtual was ever so much better!!!! Running the actual course, fellow runners, a finish line, and perfect weather. Sincere and heartfelt thanks to the organizers and volunteers who made it happen. Thank you TCTC!!!!

Emily Read





# 2021 Frosty Fifty - Richard



Whenever I reach for a running shirt on the upper shelf, a Frosty Fifty shirt or two falls down. I throw them up there sloppily, but it's mostly because there are a lot of them up there. Same style, different colors.

Much like the shirt,

the Frosty Fifty is a comfortable race. I run it every year after my fall marathon. I always think about all of the 50K people as I sign up for the 25K. I tell myself that I am still tired from the marathon, but next year I'll do the 50K.

I learned through 2020 that virtual races are not the same. For virtual Boston, I drove up to the Mt. Airy Greenway and met a small group of friends. While it was nice running a new route, it was nothing like a real race to me. No screaming crowds, no cups of Gatorade. I ran and ran and never passed the screaming Wellesley girls. There was a lady outside a seedy-looking motel right on the greenway who glared at me, but that was about it. We spent most of the run bickering about whether it was OK to pause your Garmin when you stop at your car to get Gatorade. I finished at my car with no fanfare. For virtual New York, I added an extra lap to the Salem Lake 30K. I felt great for the 30K part, but I faded on the last lap. No cheering fans, no Central Park. When I finished the extra lap, Bill Gibbs was done dismantling the finishing area. I didn't even have a finish line.

So I was excited about the Frosty Fifty this year. I got an e-mail from TCTC reminding me about the upcoming race. It was a great dis-

traction from work, where the hospital was filling up rapidly with COVID-19 cases. When I went to the website, I got the message that registration was paused due to rising COVID-19 cases. And I had had enough of virtual races.

To my surprise, Frosty Fifty was a good and safe experience. Two days before the race, Heather Huggoson texted that I should come run the Frosty Fifty that weekend (of course we were only going to do the 25K because I was a little tired). You could show up any time and run the course. It was a little strange at first, no traffic and no parking volunteers (where was Garry Russ?) But there was a start line. I have seen very few start lines in the past year. I headed off around the lake with the feeling of a real race. I knew the route, but I felt comforted by the course markings. When I got to the turnaround on Salem Creek Greenway, I looked all over for George Cleland. He was nowhere to be found, but I still said "hi" to him anyway. It was a great day as I went around the second lap. The knowledge that there would be a finish line helped as I tried to keep pace with Chris Cutler. I made it to the finish line. There were no crowds, no big celebration, but I do appreciate the few people clapping at the marina as I struggled up that last little hill. I salute all the people in TCTC who worked hard to put on a safe, distanced Frosty Fifty. This easily beat a virtual race.

I hope the world will be a better place and that I can be back for a normal Frosty Fifty next year. I would like to propose a rainbow-colored shirt. And maybe I will do the 50K.

Richard Bloomfeld

# 2021 Frosty Fifty - Konrad



## Not Just Another Day at the Lake

When my sister-in-law told me that registration for the Frosty Fifty had shut down early, I got hopeful. I did not want to do the race. Bad knees, weight gain, as yet undiagnosed health problems, and an honest uncertainty concerning my place in the great sport of ultrarunning had slowed my pace to a pitiful shuffle on good days, and an even more

pitiful dejected walk on bad ones. I logged more days running in 2020 than I ever had but for the most part they were slow and short.

The Frosty Fifty was the only race I completed in 2020. In the midst of the pandemic, that would be forgivable, but I also had two DNF's and a DNS. Also, I realized halfway through a forty miler that I just didn't want to stumble around in the woods anymore that day. So, where did that leave me? I used to love stumbling around in the woods for hours and hours on end. After this year, where were all of us in our training, motivation, and race readiness?

All I knew was I wanted out of the Frosty fifty, but I had signed up. Maybe I just needed a finish to get me back in the game. Maybe that is what a lot of us needed. Then the worst possible case scenario came true, the Frosty Fifty would go virtual, at Salem Lake. "What could be worse?", I thought. Any of us on any given day could go out to Salem Lake and run around it four times. But we wouldn't because

that would be horrible. Well, on either January 2nd or 3rd, some of us, including me, would.

On Friday at packet pickup, I talked with Bill Gibbs, Frosty Fifty Race Director, about how tough it is to put on a race in 2021. Every decision that is out of your hands is made at the last second. I eventually applauded his insistence that the race be held at Salem Lake on the course. (ALL decisions involving course design in ultramarathons should be made in favor of the most difficult options. "Do we go over the mountain or around it?" "Over it!". "Should we cross the stream right here or take another trail that avoids it?" "Cross the stream!" "Take the rocky trail or the road that runs parallel to it?" "Take the trail!"). Bill did a great job of making the best of a pretty bad situation.

My race day started by arriving at dawn to the marina and realizing I'd left my hand bottle at home, which put my finish even later in the day than I had planned. The night before I stashed an aid station in a shoebox behind the bathrooms at the Linville Road parking area. It included Cokes, Red Bulls, M&M's, Honey Stinger Waffles, gels, Gatorades, and potato chips.

The sky was cloudy. The air was chilly. The sun was supposed to come out, but it did not. On the bright side, my wife had very reluctantly agreed to join me for my last loop. She hates running at Salem Lake. Today I was afraid she'd not be in good company.

First loop wasn't bad. The Second loop wasn't great. Knowing I had a third loop before my running partner joined me made it pretty grueling. My back hurt. My knees hurt. You run. You know the drill. But it



was great to see the other runners as they passed me and were kind enough to offer encouragement. No doubt I looked like I needed it.

Eventually, the second lap saw it's conclusion as did the third. I was so looking forward to seeing Melissa. But she was not at the start/finish line and I did not see her car either. I scanned the parking lot as I filled my bottle and put on a jacket, but finally hung my head and shuffled off alone. Something had come up with our daughter and she couldn't make it. At this point I probably wasn't too much fun to be around anyway.

I saw Bill Gibbs as I was finishing my last time around the lake and he assured me he wasn't going to enforce the seven hour cutoff. I was so humbled by the fact that at any other Frosty Fifty I would not be an official finisher. This year I took advantage of a loophole.

Without aid stations, volunteers, spectators, and my fellow members of the community of EFFORT, this Frosty Fifty was a tough one. Congratulations to all the finishers of the 50K and the 25K! Next year let's do it with a lot more participants, high fives, hugs, handshakes, and cheering. I miss that stuff.

Konrad Gannon



# 1st Annual Frosty Fifty - Dan

From 21 Years Ago...

Imagine a cool, clear dawn at Salem Lake. Look out over the waters of the lake as they sparkle in the winter sunrise. See your breath smoke as you run the trail in the comfortable near solitude with a few fellow runners on this bright frosty morning. Now picture yourself stretching your running limits with support from your hometown friends in this familiar setting - winning kudos from them as you step up to a new challenge. Go just a little further than that marathon distance that everyone talks about, taking modest advantage of those new bragging rights as one of the select finishers of Winston-Salem's first ultramarathon, The Salem Lakeshore Frosty Fifty.

Wait! Don't stop reading yet. Think about it. Cool weather, perfect for distance running. Winston-Salem's most beautiful trail setting. No long drives or travel costs. Regular aid stations with food, drink, hot and cold running volunteers.

Sure, it's a challenge, but an achievable one. You'll be meeting and talking with new running friends already pre-registered from as far away as Ohio and Georgia (maybe further). Your running friends from TCTC will be out to support you.

Take my word for it. If you can do that 20-mile training run – if you can race that marathon – you can finish this 50K (just 31.1 miles) with “go” to spare. The secret is that there's no physical challenge to the 50K different than the marathon. It's in your head – pace yourself to 31 miles rather than 26, and it's a snap.

TCTC's own SLFF kicks off at 8 am January 8, 2000. Plan to be there.

Dan Besse

# 2021 New Year's Day QR Challenge - Anita

I don't think I've missed a New Year's day hash run in 18 years. But since we weren't going to be running together and New Year's day was cold and raining, I was perfectly content to stay at home. It wasn't until my daughter said "Well are we going?" and my husband said "I'll go if we walk it", that I realized this could be a fun family outing. So we made sure our QR scanners worked, put on waterproof shoes and rain jackets, and headed to the first stop at Hanes Park. The first QR code was right where the clue said it would be and the codes were not difficult to decipher. So we made our way to each stop: the start of the Ultimate Runner, the YMCA, St. Leo's Church, RJ Reynolds High School, Krankies on Reynolda, The Porch and the final destination- Joymonger's. Actually the last clue to Joymonger's was the only one that we had to rely on our phones for, otherwise we might have headed to West End Cafe.

We regret we didn't see fellow TCTCers. Where was everyone? We may have missed you because we went later in the day. We are looking forward to New Year's Day 2022, when we can run TOGETHER again!!!

Anita Clark-Anderson





# 2021 New Year's Day QR Challenge - Karen

I knew that TCTC would not be able to host the annual New Year's Day Hash Run in the traditional manner this year so I was pleased to see the email from the running club about a New Year's Day QR Challenge. After reading the email, I wanted to participate, especially knowing that someone had to put a lot of effort into planning this unique activity. However, I had a couple of obstacles to overcome. First, my running partners know that I strongly dislike running in the rain. The weather forecast showed rain all day beginning early morning for January 1st. Second, I am also known for being challenged by anything app-related or having to use my mobile phone.

The TCTC email advertised that we could begin the QR Challenge any time after 8 am on January 1st. Thankfully, it was not raining at my house at that time. I talked my husband, Bob, into doing the run with me. He was able to overcome my second challenge by downloading a QR app and agreeing to carry his phone. By scanning the QR code in the TCTC email, we could see that the run started at the corner of Reynolda Rd. and Northwest Blvd. As we drove there, it started to rain, but it was light so I thought I could tolerate it. At the start, we easily found the well-placed, laminated QR sign, scanned the code, and read the first clue. We then ran to the second sign and proceeded on the route. We did have a slight problem scanning the third sign which concerned us as we would not be able to continue without the clue. However, after several tries, Bob was able to get it to work, and we got a hill work-out running from the YMCA to St. Leo's church.

Overall, we had a lot of fun with the QR Challenge, even running in the rain! The clues were cleverly written, and it was not difficult to find the next clue. We ran in an area we don't usually run which made it interesting. We even added on a little more running at the end to explore the West End neighborhood and see new businesses that

have opened.

I appreciate TCTC for coming up with a creative running idea for our "new normal" pandemic era and for taking the time to write the clues and place the signs along the route. It was a great way for me and Bob to begin the year!

Karen Preli



# 2021 New Year's Day QR Challenge - J.K.



I appreciate the effort that went into creating a fun course that TCTC members could run any time on New Year's Day.

I managed to talk my son Zeke into completing the challenge with me. The first clue that arrived in an email from the track club sent us to the corner of Hanes Park. The sign with the QR code was in a spot that had been obscured with campaign signs a couple months earlier. That clue sent us into the park to the Ultimate Runner finish line.



From this point, we felt pretty confident we'd be able to interpret all the clues. Neither Zeke nor his brother Lucas are particularly enthusiastic or habitual runners. However, living in a TCTC household they have watched their dad compete in the Ultimate Runner over many different years. They have also managed to participate, at

least occasionally, in local races, including the Mistletoe 5k and St. Leo's 5k. So, we were in familiar territory with the 3rd and 4th clues connected to those races.

The most physically challenging part of the day involved getting from the YMCA to St. Leo's. Though there are several possible routes, they all involve noticeable elevation gain. After getting there we were sent on to Reynolds High School, the Coffee Park airstream, and the Porch, before winding up at Joymongers. Even though I

often run in or near Hanes Park, the QR Challenge offered the novelty of a route not revealed in advance. And, it gave me something fun but socially distanced to do with a teenager following months of numerous activities being cancelled.

J.K. Curry





# 2021 New Year's Day QR Challenge - Chris

It early on an overcast New Year's Day as I was tying my shoes, finishing my morning coffee, and considering where to embark on my first official run of 2021. Suddenly, I remembered seeing the Twin City Track Club's QR Challenge on my social media account. After quickly reviewing the instructions and scanning the code to discover the starting point, I jumped in the car and was on my way.

As I approached the corner of Hanes Park, I could see the first QR code but then spotted a familiar car pull into a nearby parking spot. As it so happened, fellow TCTC members, Er and Cathy Ralston had the same plan for the day! We took the opportunity for a commemorative [masked] group photo, then scanned the code to get the first clue – "The ULTIMATE place to be a RUNNER". Then we parted ways, as the Ralstons were planning to take a slightly more relaxed approach to the challenge.

This clue led me to the track and the finish line of an annual TCTC tradition for 34 years, the Ultimate Runner competition. After scanning the QR code there, the next clue was revealed – another finish line! This time of a race which is a local traditional for many, that often marks the end of the racing season but the beginning of the holidays. The YMCA Mistletoe races!

As I approached the entry to the parking lot for the William White YMCA, I could see the next QR code. A quick scan with my phone brought me this clue – "Whether you're looking for a 5k, 10k or the 'Big Roar', this is the place to soar." Well, if the Mistletoe is the last local race of the year, this clue obviously references the St. Leo's races that many consider the season's kickoff. Confident in this reasoning, I started jogging down the sidewalk in that direction, just as a light rain started to fall.

Arriving at the common start and finish area for the spring races that are hosted by St. Leo's Catholic Church and School, I did not see the next QR code anywhere. Second guessing myself that I had interpreted the clue incorrectly, I started walking toward the old church entrance. Then I saw it, stuck in a flowerbed, and now covered in water droplets because of the rain. This made the code difficult to scan with the app on my phone (and it was a problem I had for the rest of the challenge).

"Sitting upon 'Society Hill', we dress in back and gold" was the starting line of next clue. Having grown up in Winston-Salem, NJ Reynolds High School was the main rival of my alma mater, Mount Tabor, so I was very familiar with its traditions and school colors. I was initially concerned about finding the hidden QR code on the large campus, but as luck would have it, I ran straight to it. It took multiple tries this time to get my phone to recognize the code, but once I finally got it, the clue was obvious.

The Coffee Park airstream trailer is always my go-to for local coffee, and the "Silver Bullet" referenced to by the clue. The rain had mostly stopped at this point, but it had gotten no warmer, so I found myself wishing I could enjoy a coffee without having to worry about spilling it all over the sidewalk as I ran. Scanning the QR code there directed me to a place where one could "get your fill" of "tacos, margaritas, and Tex-Mex", which was obviously describing The Porch. Promising myself a return visit to the airstream for coffee later, off I ran.

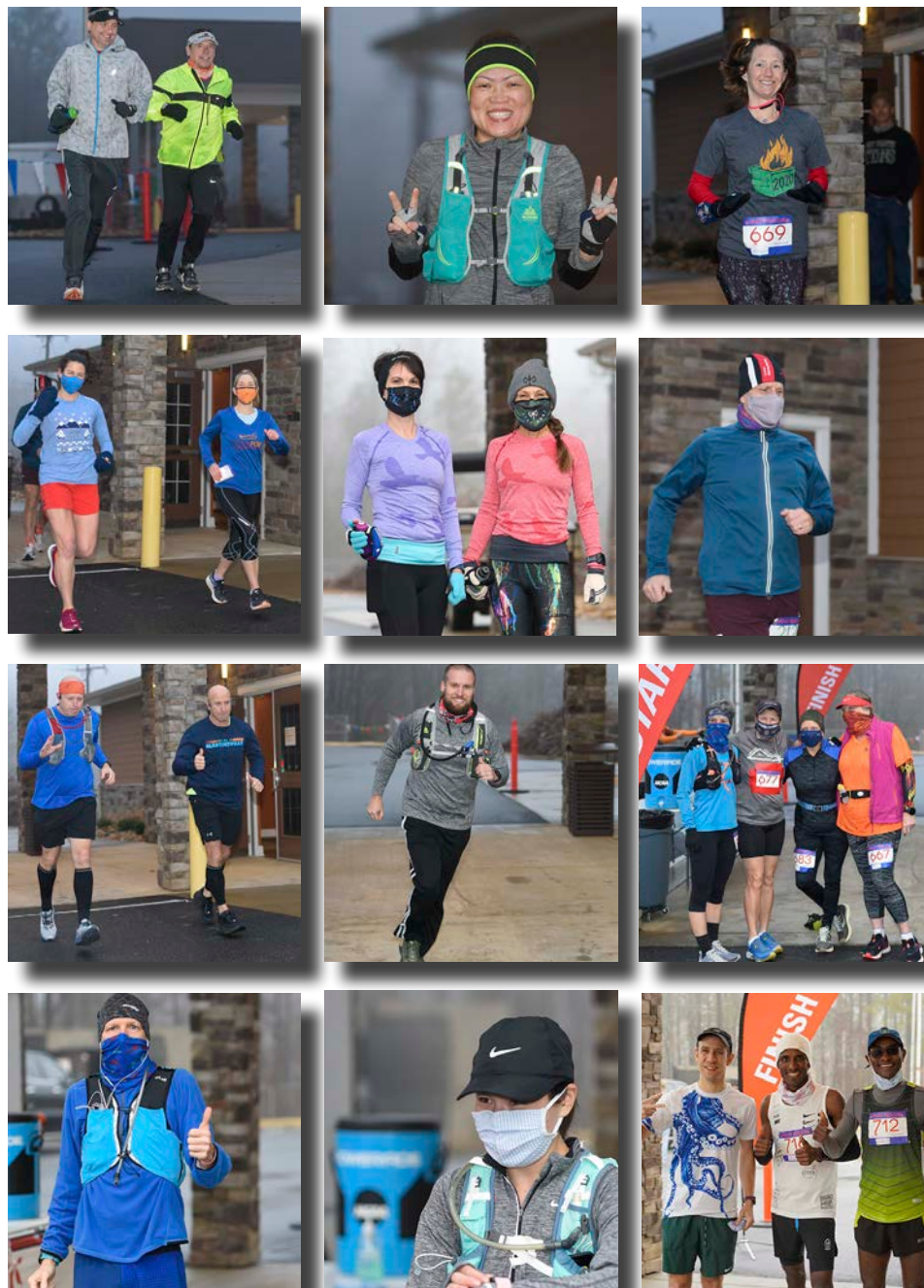
The clue mentioned I would find the next QR code by the back deck, which I did. This was the most difficult QR code to scan because of the conditions (was that part of the challenge?!?), and eventually I had to download a different QR scanning app on my phone to finally

# More Frosty Fifty Photos

get it. The final stop was revealed, a nearby pre-pandemic watering hole for many a runner after a sweaty workout – Joymongers Barrel Hall. It was just a short jog away, but sadly brought me to the end of the challenge. I took the opportunity to snap a quick selfie, and then headed back to the car.

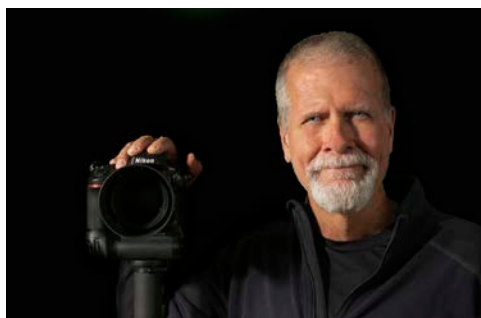
Thanks to the Twin City Track Club, especially the creative team who put so much work into the clues and the route. It was such a fun way to kick off the New Year!

Chris Cutler





# Through The Lens - Robert



Robert Hill  
Flyer Editor

It was a Frosty Fifty like no other, but what has been the same over the last year or so? Normally, I would get up early, drive to Salem Lake, take photos of the sunrise, and proceed to shoot

the start of the race. After the start, I would hustle to around the 6 mile mark at the bridge to take photos of the runners as they passed by. Obviously, this was not a normal year. I was able to get photos of some of the folks that got an early start but no actual running photos.

I did get up early and I did drive to Salem Lake. Once there, the fog put a damper on my sunrise photos, just as the COVID-19 virus has put a damper on almost all races over the previous 9 months. There was no crowd at the start line. Dan Besse was not there to start things off with his bugle because there was no start. And, as Richard Bloomfield stated in his article, there was no Garry Russ to help us park since the parking lot was fairly empty. But I can tell you who was there, Bill Gibbs was there to set up the finish line and see that folks got their numbers, t-shirts and to answer any questions runners might have. Bill Walker was there, in the cold, dark, damp morning to travel the 7 mile loop around Salem Lake with Jim Wade to be sure the course was passable. Mack Roebuck was there to help with the setup and Ann Walker was there to help with the cleanup. Other volunteers who helped make this happen were Eva Owens, Heather Hugosson, Ashley Esleeck, and Becky Davis.

A big Thank You goes out to Bill Gibbs for having the vision to host the race on the actual race course instead of virtually where you run wherever you want and turn in a time. In all fairness, it was easier done at Salem Lake than it would have been on city streets such as Beat The Heat but, it was his vision that made the race successful. He gave runners a weekend, both Saturday and Sunday, to complete the course. He did not have to be there, but he was, endless hours on the first weekend of the year. Bill, along with his staff of volunteers, made it as good as it could be.



## Dennis McNeil

336 993 3936

dennismcneil.net

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

# Board of Directors



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



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



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



Activities  
Gini Piekarski  
[activities2@twincitytc.org](mailto:activities2@twincitytc.org)



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



Membership  
Molly Nunn  
[membership@twincitytc.org](mailto:membership@twincitytc.org)



Race Timing  
Terry Wilmoth  
[racetiming@twincitytc.org](mailto:racetiming@twincitytc.org)



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



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



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



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



Past President & Flyer Editor  
Robert Hill  
[pastpresident@twincitytc.org](mailto:pastpresident@twincitytc.org)



# TCTC Services



Chip Race Timing, Finish Line and Results, Equipment Rentals - Digital Clocks, Time Machines, Tents, Finish Chute materials and Stop Watches: Contact [Bill Walker](#)



TCTC Flyer Ads: Contact [Robert Hill](#)

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

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

*Have you seen the new TCTC Singlets? Want one?*

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

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

Go to the [TCTC online store](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.



# Mar/Apr 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
	<b>Mar 1</b>	2	3 JDL Indoor Track	4	5	6
7	8 St Leos' 5K & 10K, Virtual	9	10 JDL Indoor Track	11	12	13 St. Patrick's Day Hash - Check Social Media for signup
14 Board Meeting  Deacon Dash for Down Syndrome, Virtual	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	<b>30</b>	31	<b>Apr 1</b>	2	3
4	5	6	7	8	9	10
11 Board Meeting	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	