

Running Shorts

Charlottesville Track Club



May 2010

A Word from Your Editor

"The Marathon Bug"

You might call this crazy, but it is a legitimate illness. You train for and run one marathon, and instantly you are hooked. Who knows if it is all the training runs with your friends where you talk to your fellow running compatriots about work, problems, family, or your spouse. Or maybe it is your personal time when you are alone and get to listen to your favorite iPod songs (again and again and again) with no one telling you to change the station. Maybe you like the adrenaline you get on the morning of the grueling 26.2 miles of the event, or the accomplishment you feel after you've propelled yourself almost 27 miles (none of us can run a straight line) down the course. Whatever it is, we finish, and even though we may need a little recovery time in the next few weeks, we sign up for another, and another, and another.

Many call us crazy. There is a broad definition of crazy, and it can be interpreted differently. If you ask one of us, we won't admit to any weird brain activity, in fact we will most likely tell you that running is a way to let go, and shed our problems. Some may even call running with our friends 'group therapy.'

Personally, the marathon bug bit me in the fall of 2008. I was a 5k runner but I wanted to run my first marathon, and check it off that bucket list. After I finished, even though very stiff for the next few days, I wanted to enter another one and improve my time. I trained with my training group for the next year and then I completed my second in the Fall of 2009, then my 3rd in the spring of 2010. That's how it starts for many of Charlottesville's local marathoners. You have beginners like myself, then you have pro's like **Andrea Wright**, and **Bev Wispelwey**, who continually place in the top of their age groups.

Who knows the many reasons that draw us to the event, but we get hooked, and the camaraderie we find in our fellow marathoners can't be found anywhere else.

Want to hear more about the marathon bug? Check out the Hook stories written by **Janis Jaquith**, wife of fellow CTC member **Harry Landers** - readthehook.com/stories/2009/02/12/ESSAY-Marathons-Jaquith.aspx and readthehook.com/stories/2010/04/29/ESSAY-jaquith-bostonMarathon-a.aspx

Another local runner, and one of the 2009 CTC "Most Improved Runners" and CTC marathon training program graduate, **Jerri Emm**, also has been bitten by the marathon bug. Below is her story.

Thinking of running your own marathon? Check out the [CTC's marathon/half marathon training program](#), starting in June.

Don't forget to check out our website for online entries. Or if you prefer the paper method, mail the paper entries back to us at: Charlottesville Track Club | P.O. Box 495, Charlottesville, VA 22902

*~Kristen Keller
Interim Editor*

CTC's Most Improved Runner Goes to Boston

by Jerri Emm

When I moved here from San Francisco in 2001, I'd been running for 20+ years for fun and exercise. I'd never run/raced more than a 12K (including the famous Bay-to-Breakers "running block party" held every May in SF - complete with costumed and not-so-clothed runners, kegs in shopping carts, and many thousands of "fun" runners -- traversing the 7.5 miles from the bay to the beach through the beautiful city where I left my heart). I arrived in Charlottesville with a six-month old baby girl (not to mention two boys - ages four and six) so my running habit had slowed a bit in recent months. It wasn't too long after I arrived that I discovered the throngs of people running EVERYWHERE in Albemarle County and the vast number of races to choose from here - everything from a mile to a half marathon. I was thrilled!

I joined the CTC 10-miler training group in the fall of 2003, thinking that 10 miles was a daunting distance, but I was ready to get back in shape and challenge myself on a new level. I met lots of great running buddies, found many new places to run and completed the race the next spring (what a great experience from the start in October to the finish line in April). A month later I ran the Charlottesville Half Marathon (how hard could it be?) and the next thing I knew I was attending the CTC training program meeting for people wanting to run a half or a full marathon that fall. I still remember telling Mark Lorenzoni that I wasn't sure what to train for since I had just done a half marathon, but wasn't really trained for it. He said, "You should train for the full marathon because you can always scale-back to the half, but you want to be prepared for the full." Ahhhh, famous last words from the town's most illustrious running-junkie, cheerleader, race director, shoe guru and coach! And that's how my first marathon -- Richmond 2004 -- was born.



I trained by-the-book through the summer and fall and I loved every minute of it - from getting up on Saturdays at 5:00 a.m. for a beautiful training run somewhere in the county to all of the wonderful people I met along the way. When race-day arrived (a chilly fall day in Richmond), I took it easy, followed my race plan and had a great first-marathon experience. I exclaimed to my husband immediately after crossing the finish line, "It wasn't that hard!" Uh oh. But I must say that I had no intention of registering for and running another marathon any time soon and I didn't until the next fall when I attempted Richmond again - this time knowing what a BQ was (Boston-qualifying time) and forgetting all other goals in pursuit of this. That race did not go as well (I believe my finish-line quote this time was something eloquent and meaningful like, "That sucked!"). That's both the beauty and the agony of the marathon, though, you just never know what the day will bring. All the perfect training in the world can't guarantee the ideal weather or that you are going to have a good day that day.

Fast-forward to fall 2009. After lots and lots of miles, more new friends and comrades and several more attempts (three to be exact) at the ever-elusive BQ, I finally broke the four-hour mark at the Wineglass Marathon in Corning, NY. It was practically in my hometown of Binghamton, NY and my parents and youngest daughter (now nine!) were in attendance (along with several running buddies from Charlottesville who also scored BQs!). I was Boston-bound and couldn't have been more excited as I phoned my husband from the finish line and screamed, "It starts with a three!!" 3:58:34 - I had time to spare!

Boston 2010 was everything I could have imagined it to be. After training through the harshest weather in recorded history (and again enjoying almost every minute of it), the weather there turned out to be almost ideal on race day - quite cool at the start (runners wrapped in sleeping bags before the race!) and the sun stayed behind clouds for a lot of the way. I tried to just soak it all in while sticking to a conservative plan for the first several miles (which is hard when you're running downhill!), and then did what I could in the latter miles to chug up the hills and keep moving to Boylston Street. The screaming crowds lining the course were key to the experience for me, as was seeing my name on a neon-pink sign at mile 17.5 where fellow training-partner and good friend, Kathryn Laughon, jumped in to run the rest of the way with me. It was so much fun to have her there and she also served as my valet as she handed me nuun electrolyte drink and water whenever I needed it (I highly recommend having someone meet you on the course to support you, if the race allows for it - or at least doesn't "strongly" disallow it!).

We carpooled to Boston with the Kwiatkowski family. I ran the race with long-time friend and running partner, Lisa Kwiatkowski, and her husband Rick - who slowed way down to run with us, cheer us on, and take video the whole way. We didn't cross the finish line together, but we were within a minute of each other the entire way and ran several miles side-by-side, including the infamous heartbreak hill. During the last mile, with the finish line in sight (how far away is that anyway?!), I heard (then saw) my kids and my husband screaming for me from the jam-packed sidewalk. Overcome by emotion, I surged across the finish line to clock-in just under four hours. That was awesome!

Boston 2010 in the books. Boston 2011 in my future. Many thanks, Mark L.!

2010 CTC Skip Kinnier Scholarship Winners

The board increased the number of scholarships* awarded during 2010 from 8 to 12 scholarships. It was a difficult choice, as there were 36 applicants for only 12 spots. Congratulations to Charlottesville Track Club Skip Kinnier Scholarship Award Winners:

Male

David Coe (Blue Ridge School)
Alexander BeVillie (William Monroe HS)
David Snellings (Madison HS)
Ahmad Shahim Abdul-Satar (CHS)
Preston Williams (Orange HS)
Nicholas Janssens (AHS)

Female

Jessica Jackson (CHS)
Amanda Tharp (Madison HS)
Molly Michie (CHS)
Alexandra Lamb (Fluvanna HS)
Leanne Batten (William Monroe HS)
Aly Baker (AHS)

*The CTC presents \$1,000 scholarships to area high school athletes who participated in Track and Field or Cross Country. The student must be a cross country or track runner at one of the four Charlottesville or Albemarle public high schools. The scholarship is not based on athletic achievement. Membership in the CTC is not a requirement. The Scholarship is based on the following criteria: 35% financial need, 25% academic achievement, 20% community and extracurricular activities, and 20% personal recommendations.

At the Races

'At the Races', are results submitted by race directors for the various races in the area. Being listed does not necessarily mean this is a CTC sponsored event, or that the CTC has anything to do with this event. Listing this event, means the race director submitted their own results and recaps to us to include in our newsletter. See the race classification system below. Note all CTC sponsored races are for charitable purposes only. For further information go to:

charlottesvilletrackclub.org/racedirectors/

Category 1: Club sponsored races

(10-Miler, NY's 5K, Master's 5K, Summer track meets, Women's Four Miler, Bruce Barnes Mile)

Category 2: Club-coordinated races

(Valentine's Day, Discovery Dash, OAR 5k & 10k, Kiwanis 5K, Pepsi 10K, Boar's Head Turkey Trot, Fairview 5K, MJH 8k, Blue Ridge Burn, Buck Mountain ½ Marathon, Men's Four Miler)

Category 3: non-sponsored activity

(All races not listed as Category 1 or 2)

Category 4: Run by and for the benefit of a Professional Promoter

(Category 3 Race)

Run For Autism 5K (April 17): CTC members **Alec Lorenzoni** (16:17) and **Carmia Steyn**(18:15) were the top finishers at the **Run For Autism**, as they led over 500 runners and walkers into the chutes for this most

worthy cause. Carmia Steyn continued her amazing spring with a very impressive 18:20 win as she led **Jennifer Hochrein** (20:15) into the chutes. CTC age group winners included **Jeff Wilson, Peter Krebs, Linda Owens, Mary Claire, Scott Smith & Chris Samley**. Many other members had excellent races over this Rugby Avenue/Greenleaf neighborhood course, including **Mark Outlaws, Brook Dezio, Natalie Krovetz, Pete O'Shea, Tom Herrick, Joe Stirt, Lise Willingham, Diddy Morris**. All total, including the kids mile, the race shattered its record with 572 participants raising over \$50,000 for the school.

(Category 4 Race)

The 8th Annual Charlottesville Marathon with their new head sponsorship from State Farm is now called "The State Farm Charlottesville Marathon". The marathon had one of its best showings to date, thanks to a brand new course, perfect weather, a great crowd and an exciting post-race party. The men's race was won by a three and a half minute margin, while the women's race was won by a native Virginian. The day also included the **Arch's 8K** (the winning time was 23:58), the **Miller Lite Half Marathon** and a really fun **Whole Foods Kids Marathon**. The post-race Health and Wellness Fair entertained all the runners for over 5 hours, with four great live local bands, chiropractors, massage and many other local vendors. The race was scored with the innovative disposable chip timing system from My Lap. The race was proud to partner this year with the Hope Center of Charlottesville and to help promote its wonderful cause of supporting local underprivileged kids (many of whom participated in the Whole Foods Kids Marathon), the homeless and refugees. Many local runners and CTC members competed in the events, including **George Gillies** and Hosni Haghghian, who has run every single Charlottesville Marathon so far!

(Category 3 Race)

The Montalto Challenge 5K was a great success! Over \$4,000 was raised to support the Thomas Jefferson Foundation's maintenance of the Monticello Trail. Over 30 walkers begin the 3.1 miles at 7:15 am and over 120 runners begin at 8:00 am. In all, 158 participants took the Montalto Challenge. That is almost twice the number of participants from last year, which makes the Montalto Challenge the fastest growing race in Charlottesville. You can view the results on our website monticello.org/parkway/montalto_challenge_2010results.html. Top CTC finisher, and overall finisher was **Alec Lorenzoni**,



who received a newly designed polka dot t-shirt, for being 'King of the Mountain', while blazing a new course record of 20:28. He was followed closely by CTC members **Doug Bloor** 21:21, and **William Cox** 22:25, to top become the top CTC finishers. On the women's side, **Carmia Steyn** (24:21) and **Kristen Keller** (25:51), who finished 2nd and 3rd also broke the women's course record. The youngest CTC finisher was **James Looney** coming in 2nd in his age group. Several CTC members scored amazing efforts over the areas most challenging 5K including the following age group winners: **Tom Nash** (60-69), **Peggy Mowbray** (50-59), **Gerhard Van de Venter** (40-49), **Charlie Beckum** (50-59), and **Sarah Trundle** (40-49). Other races of note over this amazing climb were **Laurie Wilson, Peter Krebs, Harold Workman, Jeanine Wolanski, Robin Truxel, Jerri Emm, Lisa Kwiatkowski, Linda Scandore & Leah Connor**. Longtime CTC member **Peter Hatch** (who is also the head gardener at Monticello) & Leslie Bowman, are to be commended for hosting this special event. One of the special treats at this year's event were the bands that played for the participants along the way, particularly the wonderful bagpipes that awaited the folks at the top of the mountain. It was a great way to be called to the finish of this incredible challenge of a race. A huge thanks to the race sponsors - first and foremost, **Mark Lorenzoni** and the Ragged Mountain Running Shop, Foods Of All Nations, Harris Teeter, Giant, Coca-Cola, and Bodos. Also to the musical guests, the Albemarle High School Drum Line and Albemarle Pipes and Drums.

(Category 3 Race)

Fluvanna Meals On Wheels: mealsonwheelsfluvanna.org

The second annual "Fluvanna Miles for Meals 5K Race and 2 Mile Walk" (April 24) with all proceeds benefiting the local chapter of Fluvanna Meals on Wheels. To date, over \$3,000 has been raised which was an increase over last year. This year there were 86 total participants registered with 59 runners which was

also an increase over last year of a total of 69 participants. It was a rainy morning with temperatures around 60 degrees so the race organizers were a little worried about the turn out, but they were all amazed and blessed by the numbers that came out on race day. They had gift bags for all runners which included a metal sports water bottle with other goodies as well. At the end of the race, prizes were awarded for overall winners donated by Ragged Mountain Running Shop. They also had a raffle drawing for all registered participants for prizes and gift certificates from area businesses with over 35 prizes in all so everyone had a chance to win something. Thanks to the overall sponsor for the second year in a row, Jefferson Pharmacy located in the Food Lion Shopping Center off State Route 53 in Fluvanna County. In spite of the economy, all the businesses were more than willing to sponsor and display the race flyer to advertise the race as well.

(Category 3 Race)

The Cale PTO 5K Run and 1/2-mile Fun Run (April 17) had 125 enthusiastic runners and walkers, with more than 50 kids crossing the 1/2-mile finish line. The top two overall males in the 5K finished in 20:01 & 20:06. The top CTC female, and 2nd overall female was **Eleni Heesch** (25:49). The speedy first male Cale student was clocked in at (24:04). The first female Cale student was clocked at 27:48. The youngest two 5K participants were Jack Ebrel (age 5) and Jason Armstrong (age 6). Thanks go out to sponsors: Morin & Barkley, RMRS, SuzySaid.com, Vitality, and Charlottesville Press. Also thanks to Chandler's Bakery, Smoothie King, Spudnuts, Food Lion and Kroger for providing refreshments for the participants, and to all of the volunteers who made it all run smoothly! Door prizes were offered by Attitudes Salon, Universal Video, Hong Kong, Charlottesville Karate Club, and Sticks. Be sure to say thank you to them with your business!

(Category 3 Race)

The Nelson County Earth Day 5K took place on April 25. For a first year event on a rainy day, the Rockfish River Elementary School PTA was very happy with the great turnout (over 120 people) and the enthusiasm of the participants. Planning for next year's event has already begun! The race results and prize winners are posted here:

sites.google.com/site/nelsoncountyearthday5k/hot-news-1/raceresults

and the business sponsors to thank are here:

sites.google.com/site/nelsoncountyearthday5k/hot-news-1/thankyoutoourgenerousbusinesssponsors

(Category 3 Race)

The Batesville 10K (May 1): Miller school x-country coach, Peter Hufnagel (35:33) led one of the largest fields in recent history over the areas most challenging 10K course en route to victory at this year's Batesville 10K. The area's second oldest race (32 years) features one of the toughest climbs, and this year over 80 folks made the trek with several members scoring impressive times over this hilly course. CTC member **Carmia Steyn**(40:30) out legged CTC masters ace **Beth Cottone** (41:52) for the women's title. Longtime member **Bill Guerrant** kept his streak alive as he ran his 32nd Batesville having never missed a start! Other CTC times of note were clocked by **David Meyer** (36:44), **Doug Bloor**(37:38), **Gerhard Van de Venter**(39:22), **Rick Kwiatkowski** (42:14), **Charlie Beckum** (45:49), **Becky Keller** (44:57), **Eileen Wittwer** (61:56), **Julia Given** (53:54), and **Bethany Coppock** (47:39) Results are posted online:

http://batesvilleva.org/Batesville_Community/10K_Race_files/Batesville10Krun.pdf

Thanks to the sponsors: The Savy Sleeper, Ragged Mountain Running Shop, Old Dominion National Bank & Dr. Ho's Humble Pie. Thanks to Supporters Bodo's Bagels for after-the-race bagels & Whole Foods for after-the-race fruit.

(Category 4 Race)

The Dominion Riverrock Filthy 5k Mud Run kicked off Dominion Riverrock on May 14 with some down and dirty fun. Full Results are available here: dominionriverrock.com/mud_run.html. **The James River Scramble** was not your normal 10k! Participants ran over a unique course bringing together some of Richmond's greatest riverfront attributes, including Brown's Island, the Canal Walk, James River Park, Belle Isle and the Floodwall. Full Results are available here: results.active.com/pages/searchform.jsp?rsID=93104

Members on the Run

Nicola Ratcliffe finished 23rd in her age group in the National Duathlon Championships. Her time was 2:08:06 (5k 21:10, 38k bike 1:22, 5k 21:35).

CTC members **Alec Lorenzoni** (16:17) and **Carmia Steyn** (18:15) were the top finishers at the Run for Autism (April 17th), as they led over 500 runners and walkers into the chutes for this most worthy cause.

Carmia Steyn continued her amazing spring with a very impressive 18:20 win as she led **Jennifer Hochein** (20:15) into the chutes. CTC age group winners included **Jeff Wilson, Peter Krebs, Linda Owens, Mary Claire, Scott Smith & Chris Samley**. Many other members had excellent races over this Rugby Avenue/Greenleaf neighborhood course. Including **Mark Outlaws, Brook Dezio, Natalie Krovetz, Pete O'Shea, Tom Herrick, Joe Stirt, Lise Willingham, Diddy Morris**. All total, including the kids mile, the race shattered its record with 572 participants raising over \$50,000 for the school.

Several CTC members scored impressive races at the "Granddaddy" of them all the Boston Marathon. **Louise Knudson** (2:51), **Bill Potts** (3:17), **Kenny Ball** (3:22), **Kristen Keller** (3:23), **George Rich**(3:25), **Harry Landers** (3:29), **Heidi Johnson** (3:34), **Paula Capobianco** (3:56), **Julia Bellis** (3:34) **Bev Wispelwey** (3:47), **Jerri Emm** (3:59), **Paul Humphries**(3:55), **Linda Scandore** (4:17), **Lisa & Rick Kwiatkowski** (4:00), **Bonnie Wilfore** (4:12), **Meghan Cloud** (3:26), **Cynthia Lorenzoni** (3:34), **Ken Nail**(3:41), **Brian Kayser** (3:02), **Diane Rosin** (4:37), **Trish Foley** (3:56), **Marit Gay** (3:48) all had excellent Boston Marathon efforts and just about everybody re-qualified for yet another 26.2 trip from Hopkinton to Copley Square next year.

Hernan Garbini finished 3rd overall (1:23:26) at the 2nd Annual Park to Park Half Marathon in Waynesboro on May 1st.

Scattering around the country with other fast CTC members, **Bill Potts** successfully completed his 7th straight Promised Land 50K in April, **Andrew Zapanta** scored an impressive PR (3:51) on a very hot and humid day at the Pittsburgh Marathon in early May. **Pete O'Shea** ran a sub 3:20 at the Maine Marathon on May 15th.

Glen Anderson completed his 4th marathon in 7 weeks on May 15th. Anderson has now run marathons in 25 different states, bringing him that much closer to his dream goal of running a marathon in all 50 states. South Dakota was his latest notch in his impressive growing list.

Charlie Hurt set a new course record (31:35) as he crossed the finish line first at the Cary Town 10K on May 15th.

Dave Meyer rocketed to an impressive 10:24 victory at the Jennifer Wells Moonlight Meningitis Two Miler at Monticello High on May 8.

Harry Landers sprinted into the all time Central Virginia race records books when he became the oldest male to finish first in a foot race. At 57 years old, Harry Landers outkicked his younger training partner Kenny Ball (54 years old) en route to winning the overall male division for the Run for the River 5K in Louisa on May 15th.

A number of members finished strong at the Marine Corps Historic Half in Fredericksburg, VA on May 16. **Leah Connor** finished 10th in her age group (1:46:52). **Kiyoko Asao-Ragosta** finished 8th in her age group (1:55:14). **Kurtis Pivert** finished in 1:53:42. **Theresa Coppola** came in 22nd in her age group (1:55:24). **Karen Durland-Jones** came in 39th in her age group (1:58:47). **Elaine Miller** came in 28th in her age group (2:36:39). **Kathleen Moore** came in 38th in her age group (2:45:39). **Elizabeth Arnold** finished in 2:01:33.

Dues Renewal Time

Just a friendly reminder that June and July are dues renewal months for all CTC members. You can renew your CTC membership [online](#) or via an application form listed on our [website](#)

To renew online, go to: raceit.com/register/registantSearch.aspx?event=500, search for your name, click on "renew" and enter your payment information.

Your dues are extremely important for this organization and without them we wouldn't be able to offer all the special services we do for Central Virginia runners throughout the year. Your support for the CTC this past year has made it a great year for the running community in the Charlottesville area. I hope you will be able to

renew your membership at this time and continue being an active member of the CTC.

Thanks

~Manoj Patel, Membership chair

Tip

Thinking of starting to train for a run? Are you looking at competing in your first 5K, the Women's 4 Miler this fall, or are you aspiring to run a fall marathon? The Charlottesville Track Club has a training program for you.

A [training program](#) can be pivotal getting ready for these events. Start out too fast, and you may sideline yourself for the season, which can lead to no competition. Learn the basics for training in one of our programs. An old pro, use the programs to find new running partners and get yourself on a set schedule.

Check our [schedule](#) on the website.

Bit of News

CTC MEMBERSHIP SURVEY CLOSES MAY 31

There's still time to let your voice be heard! The online CTC Membership Survey will be closing on May 31. If you haven't completed it, we urge you to do so now! charlottesvilletrackclub.org/survey.html

We've already had an overwhelming response from almost 180 members and 20 nonmembers since posting the survey in April. Please take 5-10 minutes to fill out the 15 questions so that we can better understand our membership and offer additional events and benefits to you. We value your time and input and will review all your comments thoroughly. A summary of the results will be shared with members in our June newsletter.

UVA TRACK

Please note the UVA track's new hours in which it is open to the public. Full details can be found on the CTC website.

TRAINING PROGRAM DISCOUNT

CTC members receive a \$5-10 discount to CTC training programs (not races) with the CTC reimbursing the training programs.

ONLINE SOCIAL NETWORKING

Please also note the [CTC FaceBook fan page](#), [Athlinks.com group](#) and [message board](#). Use it to try to find running partners in the area. Or post photos of you and your loved one in a recent track club event or on the award stand.

Volunteer Call

Bright Stars 5K - May 22

From Jay Wildermann: "Anybody up for helping out at a real fun run?I'm making an appeal for volunteers for the world-famous Bright Stars run. In case you're not familiar with it, here are the particulars: The run is on Saturday, May 22, 2010 at 8 AM. We're looking for volunteers at 7AM. Start and end is at Greer Elementary, which is behind Albemarle High School. It's a 5K course which runs around the County Schools grounds before going out and back down Lambs Road and Ivy Ridge Road. It's relatively small (about 150 finishers), so we use a simpler timing method (craft sticks and manual entries) instead of computer. Bright Stars is Albemarle County's Pre-K program, a worthy cause... This race is what's called a "Category 3" race, so it's not a CTC event to count for volunteer points, but it's a good time and pretty laid back. I sure hope you can make it. Please let me know at: jwildermann@yahoo.com or give me a call at (434) 295-5029. Thanks!"

Women's Four Miler Training Program

Looking for some way to give back this summer to a program where many of you started out? The famous Women's Four Miler Training Program begins June 19 and we are looking for volunteers to assist with the more than 1,000 participants - **especially those who can run 12 minute mile pace or faster!** If you can devote 3 or 4 Saturday mornings (7-9 am) over the summer, it would be appreciated and rewarding. Help coach our lady runners with improvement in their times and distances. Contact pinkpammie@ymail.com or [sign up online](#).

YMCA's Healthy Kids Day in Charlottesville - June 12th

We are looking for volunteers to help organize relay races at the YMCA's Health Kids Day in Charlottesville on June 12th. This is a nationwide event that is a cross between a field day and a fair to promote healthy and safe living. It will take place at Charlottesville High School from 9:00 AM - 1:00 PM. If you are interested, please contact Charlie Heaton at specialevents@charlottesvilleclub.org.

Many of the Not-for-Profit races in the area are still in need of volunteers to help at packet pick up, and race day and for other parts of the event. So please call/email the race director and volunteer your services and time. If you are not sure when an event is, please check out the [track club calendar](#), which has links to upcoming races in the area. If it is one of the races supported by the Track Club, you may get [volunteer points](#) for participating (Hint: leads to prizes, determined by amount of points, awarded at the CTC banquet).

Summer Training Programs

Its about time for training programs to start again: June marks the beginning of the [CTC Marathon & Half Marathon Training Program](#), as well as the [Women's 4 Miler Training Program](#).

Please note that registering in the training program is not the same as registering for the [Women's 4 Miler](#). These are two separate events.

Women's Four Miler Training Program: Tell all your female family and friends to join the 17th annual Women's Four Miler Training Program (W4MTP) for another great PINK year starting June 19th and going all summer! The program will be held at the UVA Track on Saturday mornings and involve fabulous speakers, giveaways, group runs and stretches starting at 7:30am. This is more than a training program, this is motivation to move, meet new friends and really get your inner Diva going! The program is already planning a fun filled summer training to include everyone at every fitness level from walking to running from age 10 to 100! Cost is only \$20 (\$15 for CTC members) and includes a training manual AND women's fitness book! Online registration is now open at www.W4MTP.com Also follow us on Facebook & Twitter!

Madison Women's Four Miler Training Program is in its fourth year, and has prepared more than 80 women to run or walk the Charlottesville Women's 4 Miler Race, while promoting a healthier lifestyle and a happier life outlook. The Madison Training Program is sponsored by the Charlottesville Track Club and is an official satellite program of the Charlottesville Training Program. Opening Day for the Madison W4MTP is June 12 at 7 AM at the Madison County High School Track. The 2009 Madison W4MTP received generous donations from CIM Automation Systems, Plow & Hearth, Sweely Estate Winery, PBM Products, and Billy Hale State Farm Insurance. Women 10 years of age and older, of any skill level, from Madison County and the surrounding counties of Culpeper, Greene, Orange and Rappahannock are invited to participate in the Madison Satellite Program. The 12-week training program is only \$20 per person, and includes weekly work-out sessions, a training guide, motivational speakers, health and training tips, and the camaraderie of working with others toward a common goal. For more information, please contact Jean Link, Madison Organizer, 540-923-4038 or spider_hollow@yahoo.com.

RUNNING SHORTS

Running Shorts is published by the CTC to inform its members of local and regional events of interest, recognize and compliment member accomplishments, provide tips, and give other pertinent information. All of this should be done in a positive manner. Submissions are due to the Editor by the 10th of each month. Letters are limited to 250 words and must include the full name, address, telephone and signature of the author. If the submission is sent by [email](#) the author will be verified. All submissions including letters may be edited. The newsletter staff has the right to publish what they deem appropriate information. Any rejected submissions will be referred to the CTC Board for consideration.

CTC
P.O. BOX 495
Charlottesville, VA 22902