

A photograph of a wooden boardwalk or bridge winding through a dense, green forest. The boardwalk is made of weathered wooden planks and is bordered by a dark metal mesh fence. The trees are tall and leafy, creating a canopy overhead. The sky is visible in small patches through the branches.

# *Run C'Ville*

Where will your running  
take you this year?

*Jan. 2026*



# NYD5K: Musings from a First Time Race Director

Rick Willis



## Starting the Race was not on my checklist

and as I sprinted, mostly, to the start line five-minutes late, I hoped people weren't too cold. After a 10 second count down and HAPPY NEW YEAR! the runners were off.

First of all huge props to Keith McLaughlin, former NYDK race director, for sending me a Race Template for Dummies that helped me navigate the process.

Nicole Brimer was right there with me to help guide me through Run Sign Up. Mark Lorenzoni marked the course and took the photos of the runners you'll see in this newsletter. See the [Youtube finish line here](#).

The race could not be run, literally, without the volunteers. Harry, Cynthia, Mark, Evan, Ben, Ellen, Keith, Mark, Frances, Sean, Kristen, Carol, Diane, Anne, Monticello students, The Trio of Shiffletts - Thanks for the sign, Marty!

Tom McIntosh, who graciously supports the race with the use of his field for parking. Huge! Thanks!

Glen Anderson & Pepsi donated water. Bodos donated the bagels. Ragged Mountain sponsored the nutritional supplements. Ann and Jason Dunn, Formula Complete Fitness, donated the age group prizes.

The hats seemed to be a winner for the give away...Already thinking about what next year's give away will be. If you have any thoughts, send me a note at [westeditor@gmail.com](mailto:westeditor@gmail.com). One thought is to continue with a cool hat/scarf / ? give away, but let people purchase running gear with Charlottesville Track Club logo (at cost) as a separate item.









# Race Calendar

## February

7 — [Walnut Creek Five & Dime Trail 5K/10 Miler \(CATS\)](#)

8 — [2026 Freeze Your Socks off 5K Run/Walk](#)

28 — [Prolyfyck's Liberation & Freedom Day Run](#)

## March

7 — [Naked Creek Trail 10K & 25K](#) (CATS)

14 — [The Haven 8K Run & 4K Walk](#)

28 — [The Charlottesville Ten Miler](#)

## April

18 - [Run Fest](#) Panorama Farms



## Charlottesville Track Club Board

Tim Wendel, President, Frances Manly, Vice President, Diane Rosin Okusa, Secretary, Katie Walker, Treasurer At Large members: Ellen Brock, Kristen Heinan, Kate Kaminski, Sara Leigh, Mark Stanley

**What's your passion? Why do you run? Do you want to help runners, non-profits, students? We are taking nominations to fill board member positions.**

To be eligible to serve on the board of directors of the CTC you must:

- be a member of the CTC
- have no conflict of interest
- be willing to serve on the board (2-year term: fiscal year Oct-Sept)
- be able to attend monthly meetings
- be willing to choose a role for participating in board and CTC tasks

If you would like to serve, or you would like to nominate someone please go to [the link in our bio](#) to download the application.

**Contact us at: [cvilletrackclubboard@gmail.com](mailto:cvilletrackclubboard@gmail.com)**



## WordsToRunBy

Running is like CoFFee...I'm not sure if I need it to sURviVE.  
I'm not QuiTTinG to find out...

# Volunteer Incentive Swag

The Charlottesville Track Club encourages you to participate in its [Volunteer Incentive Program](#) this year, [you can learn more about it here.](#)

Races include the Charlottesville 10 Miler, Women's Four Miler, the New Year's Day 5K, Summer All Comer track meets and the Bruce Barnes Mile, The Pepsi 10K, Kiwanis 5K, and the Boar's Head Turkey Trot.

## Earning CTC Volunteer Points

6 points – CTC Board Member (We currently have several openings.)

5 points – Race Director or Training Program Coordinator (We currently are seeking persons to help with our Women's Four Miler training program and perhaps to serve as Ten Miler co-director.)

4 points – Volunteer Coordinator (For any of our sponsored races.)

3 points – Training Program 'Captain'

2 points – Race-day volunteer in leadership role (Parking Director, Course Coordinator, etc.)

1 point – Race volunteer

## From the Running World Wide Web

### Creative Running

- Lenny Maughn [uses GPS](#) to creat art in San Francisco. Whaaaaat?
- Running is Dope: Running boosts dopamine, a neurotransmitter linked to creativity, improving mood and imaginative thinking.
- Seth Godin's [The Practice: Shipping Creative Work](#). Show up every day and trust yourself to do the work, regardless of and unworried about the outcome.
- Decisions. Decisions. Decisions. What's best: Morning or Evening Running? Training by Heart Rate or Pace? Running Fast or Slow?. [24-minute video](#).
- Article touting 16 simple ways to make running fun again. Really? 'Just' 16. [Ignore this link](#). Just go run. And smile while doing so...See kids' photo below...run like a kid...
- Our own Rick Kwiatkowski takes photos and posts them **LIKE OUR COVER this month** to his facebook page.



# Group Run Opportunities

**Wednesday morning Community Speed Workouts:** Open to all abilities but your long run must be a minimum of five to six miles in length. The group works out in pace groups and the workouts begin at 5:30 a.m. at the UVA Track. Free! Signup [HERE](#).

**Annual Marathon/Half Marathon Training Program:** Meets starting in May for weekly group long runs every Saturday at 6:15 a.m. Text Coach Mark at 434-962-1694 for more information.

[Charlottesville Ten Miler Training Program](#) Saturdays through Sat March 28

**Prolyfyck Run Crew** holds a community-building run – four miles with varying paces. All welcome! M, W, F at 6:00 a.m. at the Jefferson School. Staggered start. Walkers often leave about 5:50 a.m. fastest runners leave at 6:15 a.m. Following the run is an inspirational talk. [@prolyfyckruncrew](#).

**Sunday Morning Social Run:** Meets every Sunday morning at 6:45 a.m. next to Greenberry's in the Barracks Road Shopping Center. Four to five relaxed miles at paces varying from 9:00-11:00 minutes/mile. Coffee and fellowship afterwards. Free – for the run! (Coffee is extra)

**Wolfpack:** Sunday mornings at 7 a.m. at the SW JPJ Parking Lot for an easy 3, 4 or 5 miles.

**RTF [Loop De'Ville Monthly Walks](#):** Last Sunday of the Month at 10:00 a.m.

**Charlottesville Women's Four Miler Training Program** (Annually, beginning in the Spring)

**SuperFly Run Club [Wednesday evenings](#)**

**Random Row Run: [Tuesday evenings](#)**

**Charlottesville Area Trail Club [Tuesday/Thursday: cvilleareatrailrunners](#)**

**Rivanna Trail Foundation (RTF): [rivannatrails.org](#)**

**Looking for a Running Partner.....?**

Join our [Facebook Community Group](#)—Send a note to our [facebook page](#) and we'll help out.



## Running And Community Driven

CTC president Tim Wendel will DJ a show on WTJU-FM on Wednesday, February 4 from 10 a.m. to noon. It is part of the station's 2026 Folk Marathon. Wendel will be joined by co-host Stephen Barling for "Zep Unledded," a presentation of acoustic Led Zeppelin.

## CTC Offering Free Memberships to Youths

To foster an active lifestyle among local youth, the Charlottesville Track Club (CTC) offers [free memberships](#) for pre-school to high school students. The Club's goal is to promote running as a sport and healthy lifestyle within our community and to engage athletes at every age.

If you have any questions, please contact us at [charlottesvilleclub@gmail.com](mailto:charlottesvilleclub@gmail.com).



# Letter to the CTC Board from Chris Pikrallidas

Hi Charlottesville Track Club Board and Ms. Katie, Treasurer:

It is my pleasure to renew my membership that started in 1980 or so (I have a ribbon from a 1979 All-Comers Meet somewhere!). I will be sending \$60 to Charlottesville Track Club for Senior Membership and Sponsor Status.

Movingly, Chris Pikrallidas

*We followed up with a couple questions, as Chris may be the longest running consecutive year membership sponsor of the Charlottesville Track Club.*

I ran track in high school in Northern Virginia, in the late 60's.

My first pair (very few brands available then) of running shoes were Adidas. My spikes were Nike. I kept using my Nike even when running CTC meets in late 70's and 80's.

I have kept running shoe stores in business since by purchasing I would estimate 100 pairs of shoes since then.

I am guessing I still hold the 100-meter and 200-meter CTC submasters records. Maybe, I am wrong.

*Many thanks, Chris! For your support and participation throughout the years! We would not be a track club without loyal members like yourself!*

## The membership +25 years roster from the 2010 Awards Banquet & Celebration

### Membership

The CTC was established in 1976 and has been serving local runners ever since.

### 25+ Year Members

Gerry Bambrick (former CTC President)	Larry Fielding	The Lorenzonis	Pete Runge
Rich Barnett	Carol Finch	Don Mathes	Adam Slate
Jim Bell (former CTC President)	Mark Foley	The McCoids	The Somervilles
Carolyn Belt	Connie Friend (former CTC President)	Al McLearen	Rollin Stanton
Virgil Berry	Tim and Ellie Gathright	The Mikalsons	Joe Stirt
Jim Boyd	Bill Guarrant	Dan Monahan	Kathy Thomas
Tom Buckley	Andrew Hersey	Skip Mullaney	Suzanna Turner
Jim Cargile	Frances Hersey	Dave Murphy (former CTC President)	The Wilkinsons
Peggy Cornett	Chip Hopper	Chris Pikrallidas	The Wildermanns
John Eros	Dave Lasch	The Posners	The Wists
Joan Esposito	John Lloyd	The Posts	Pete York (former CTC President)

## Run Fest coming April 18 to Panorama Farms.

Enjoy a [running themed community festival](#) featuring local brews, live music, and real good eats. Choose from the 4 mile trail race, join 3 friends for the 4 X 1 Mile relay, try the 1 mile fun run or do all 3!

The event benefits [The Innovation Hub](#).

Panorama Farms is the home course of the UVA Cavaliers Cross Country teams and hosted the 2023 NCAA Cross Country Championships







