

A group of runners, including children and adults, are captured in motion on a red running track. The runners are wearing various athletic gear, such as t-shirts, shorts, and sneakers. The track is surrounded by a black chain-link fence, and beyond that, there is a dense line of green trees. The scene is set outdoors during the day. The text "Run C'Ville" is overlaid in the top left corner in a large, bold, pink font. The text "Fall Running" is overlaid in the bottom center in a large, multi-colored font. The text "Oct. 2025" is overlaid in the bottom right corner in a large, orange and green font.

Run C'Ville

Fall Running

Oct. 2025

Annual CTC Party Celebration of Service



Left to right, Mark Lorenzoni, Jack Masloff (Community Partner Award), Larry Saunders (Most Improved Runner of the Year, male), Jaime Kurtz (Lifetime Service Award), Frances Manly (Most Improved Runner of the Year, female; CTC board member), Diane Rosin (CTC board member, Tim Wendel (CTC Board member), Sara Leigh (CTC board member).

Minutes of the Meeting

After a social hour and dinner, CTC President Tim Wendel opened the meeting and welcomed everyone (there were about 40 people in attendance). Tim reviewed the donations made by the club in the past fiscal year to local beneficiaries: a total of \$325,000 to 22 different organizations! Wendel listed the slate of candidates for board positions – returning board members who are at the end of a 2-year term and are up for re-election (Katie Walker, Frances Manly, and Diane Rosin) and newly-nominated Ellen Brock and Mark Stanley (both of whom attended the meeting/party). He asked for motions to accept the slate of new candidates and the slate of returning/up-for-re-election board members; motions were made and seconded, and all approved.

One of the highlights of our annual party is acknowledging and honoring people for their outstanding longtime community service and athletic achievements. Tim turned the program over to Mark Lorenzoni for his annual presentation of awards and heralding of the state of the club.

Lorenzoni applauded the success of the club as an all-volunteer organization and mentioned how CTC helps to build relationships, offers healthy entertainment, and supports the community. CTC is one of the few remaining all-volunteer, not-for-profit running clubs remaining. He talked about the All Comers Summer Track Meets, which are the oldest CTC events (even older than the Cville Ten Miler). Lorenzoni also introduced some new CTC members who were in attendance: Andrew Ballard and David Lorraine, who were participants in the training program last year.

CTC is fortunate to have many wonderful community partners whom we'd like to thank – **Pepsi of Central VA** (cups, beverages, and volunteer support via **Glen Anderson**, Plant Manager of Pepsi Cola Bottling of Central Va), **Bodo's**, media outlets (**Daily Progress** – prints race results, **WINA** and other radio stations announce at races), **Foxfield**, **Panorama Farms**, **Whitehall Community Center** (lets runners park in their lot), **Christ Church** for allowing Keene parking, **City and County Parks and Rec**, **Miller School** (runners park at their lot on Dick Woods Rd), **CHS** for use of their track (they made it available during COVID and have kept it open to the public), **UVA**, Greensprings (parking for runners), **CATS**, **Rivanna Trail Foundation**, **Tom McIntosh** (owner who lets CTC use his field for NYD 5K and training program parking), **UVA Orthopaedic**.



Lorenzoni spoke about this year's special award recipients, called them up to be honored, and presented a gift to each person.

1. Most Improved Runners of the Year: So many people grow and improve through our training programs. This year's awards for most improved female and male athletes go to Frances Manly and Larry Saunders, respectively. They are the 'come back' kids, both having recovered and improved after various challenges.
 2. Community Partner Award: Jack Masloff – for the many things he has done for club over many years (helps with preparing the course for the W4M and C10M, helps with parking for both races, and so much more)
 3. Volunteer of the Year: Mark acknowledged the many CTC volunteers and mentioned that there are many ways volunteers can help the local running community. Examples: races (directors and other roles), training programs (captains and organizers), CTC board members, etc. This year's Volunteer of the Year Award goes to Rick Willis who served as a board member for 5 years (and is now rotating off), launched the Shoes for Kids program, supports running programs for kids, volunteers at many races, brought back the CTC newsletter (and will continue to produce it even after rotating off the board), and just recently agreed to accept the role of director for the New Year's Day 5K (replacing Keith McLaughlin who was director for many years).
 4. Lifetime Service Award (person who has given back to the running community as a volunteer for 10 or more years): Jaime Kurtz was applauded for her many years of service, including having served on the board of directors and as a captain for the training programs, and mostly recently, having taken over the role of directing the W4M and doing a fantastic job!
- The official portion of the meeting was adjourned at 7:00 PM.

Respectfully submitted,
Diane Rosin Okusa
CTC Board Member and Secretary



Race Calendar

October

[Run Cville - free kids running program k-8](#)

- Sundays 1:00 PM – 2:00 PM 901 Rose Hill Dr, Charlottesville
- 18 - [Charlottesville Ten Miler Training Program](#)
- Saturday mornings at 8:00 next to the UVa track
- 25 [YMCA Gatorade Halloween Hustle](#) 10K & 2-Mile Family Walk
- 25 [Chessie Trail Marathon, Half Marathon](#), 10K, 5K & 26.2 Relay
- 26 [Jackfest](#)
- Noon to 4 p.m. Foxfield Race Track

November

- 1 - [Shelter for Help in Emergency 5K](#)
- 23 - [North Garden 5K \(Inaugural Run\)](#)

January

- 1 - [New Year's Day 5K](#)



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

New Board member: Mark Stanley is a retired zoning and land use attorney. Mark practiced law in Pennsylvania for 40+ years and retired in 2021. During his legal career, he also served as an officer and director of the Lancaster County Building Industry Association, associate vice president of the Pennsylvania Building Industry Association and sat on several state and NAHB committees. Mark enjoys running, college sports, fishing and his grandkids, not necessarily in that order. He has run 3 half marathons and other races and currently has found his sweet spot in 4 mile and 5K runs. Mark graduated from Marquette University and the University of Dayton School of Law.



WordsToRunBy

The voice in your head that says you can't do this...is a Liar

Volunteer Incentive Swag

The Charlottesville Track Club is bringing back 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

Races adding food as an experience.

- Marathon de Medoc: Participants can enjoy wine tasting along the 26.2-mile course, with oyster and steak stops also available, making for a unique, slow-paced event.
- New York City Pizza Run: This race requires runners to stop and eat a slice of pizza at three checkpoints during the 2.25-mile run.
- Krispy Kreme Challenge: A 5-mile race that involves eating 12 donuts within one hour.
- Dole Great Race of Agoura Hills: A larger event with a variety of food options, including a gourmet food buffet and a pancake booth at the finish line.
- Peaks Island Road Race: Runners can indulge in a traditional Maine lobster bake at the finish, including steak and chicken options.
- Beat the Blerch: This race features on-course aid stations with birthday cake, followed by more treats like donuts and chocolate-covered marshmallows at the finish.
- Fly Pig Marathon: Offers a variety of unique items at aid stations, such as Swedish Fish and Peppermint Patties, along with standard fare like chips and fruit.

Below: the start of the 1904 Olympic marathon. The winner drank strychnine mixed with raw egg and brandy to keep him going in the 90-degree heat



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.

2025 C10M Training Program

The 37th annual 2026 Charlottesville Ten Miler Training Program will begin in October! [Sign up here](#).

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 UVA Track for an easy five 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.

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 charlottesvilletrackclub@gmail.com.

Cold Weather Running Requires Time, Patience, and Preparation



By Dr. Robert Wilder

left to right, Dr. Robert Wilder, Dr. C. Dash Duncan, CTC president Tim Wendel, and Dr. Angela Ryck with The Runner's Clinic at UVA takes care of youth at the All Comer's Track Meets in July

Some of my favorite running memories have occurred after the "Ugh" was uttered upon entering the really cold morning. Running in the winter does have some unique challenges, but adhering to a few guidelines can ensure a fun and successful season.

We are predisposed to strains and sprains in cold weather as a result of stiffening and shortening of our muscles, tendons and ligaments. This is compounded by the fact that most of us, even if we keep up our run training, are otherwise not as active as at other times of year. More inside time means more sitting which also contributes to short and tight. Make sure you devote time to warm up and cool down. Continue your static and dynamic stretching. Ease into your runs even more so than during the previous warmer seasons. Doing so will minimize injury risk, enhance your training experience and hasten recovery.

Dress warmly. Hypothermia and frostbite are real and not fun. Wear layers. Don't forget hat and gloves and chapStick. When especially cold or windy, make sure your face is covered as well. It's better to overdress and have to shed a layer than to be caught without enough. If rain is threatening, wear rain gear. Wet and cold is a quick recipe to hypothermia. And don't forget the sunscreen on sunny days.

Watch your step. We are predisposed to falling in the winter months. The ground is harder and debris can be frozen. Ice (including the blasted black ice) is a risk. Be vigilant. Don't run without a light or headlamp when dark.

Runners with asthma may find it worsened running in the cold. Allow for a more prolonged warmup and bring your inhaler just in case.

When you are experiencing the aches and pains of running, treat them early. Ice for 5-10 minutes after running. Be sure to do your stretching. Avoid sudden increases in training activity. For many mild running injuries we can continue training even as we nurse them, provided pain is limited to the mild level (defined as 3 or less on the 10 point scale) and our gait mechanics are normal. If pain is more than mild, especially if we find ourselves limping or running lightly it is best to take a few days off and cross train before attempting to run again. If pain still persists, that is a good time to get checked. When injured, pool running, elliptical and stationary bike are great options to maintain fitness until we can run again.

Be well and warm this winter and see you on the roads!

Bob Wilder

Robert Wilder, MD, FACSM

Harrison Distinguished Professor & Chair

Department of Physical Medicine & Rehabilitation

Medical Director, The Runner's Clinic at UVA





All Comers Track Meets are about the smiles



