

# Peninsula Pumpkin Run

## 2 Weeks to Go! And a New Sponsor!

WWW.PUMPKINRUN5K.COM

OCTOBER 15 2009 VOL 2

### PUMPKIN POINTS OF IN- TREST

- Pumpkins Originated in North America.
- The first pumpkin pies were not pies but hollowed out pumpkins filled with creams and spices and cooked in the coals of fires.
- The Celts were the first to hollow out gourds and place glowing embers inside over 3 millennia ago
- Irish immigrants were the first to use Pumpkin and began using candles instead of embers in the 1800's based upon the Irish legend of Jack O' Lantern .
- The pumpkin is not a vegetable but is in fact a fruit!

How to contact us!

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## Join us on Halloween Morning!

October 31, 2009 is the date for this year's pumpkin run sponsored by Alion Science and Technology . Runners and walkers will set off on a fun flat course beginning in City Center, Newport News, and wind through Oyster Point finishing on Mariners way.

This year stands to be a quantum leap forward for this race with the addition of a Costume contest. New Halloween and Pumpkin medals and trophies, The addition of a 1/2 mile children's run and a new walker category .

We even adjusted the course to take advantage of the beautiful fountain area of City Center allowing even more spectator and cheering section opportunities.

Sponsoring the race for a second year is Alion Science and Technology as part of their Alion Cares Charity Gift Giving. This



Join the Peninsula Pumpkin Run  
Community on Facebook!

year the fall campaign if for the Light the Night Foundation for the Leukemia/Lymphoma Society.

Also back for a second year to time the event are the good people at Kale Running. Offering immediate results and a great

series of their own races. We are very grateful to have them join us again this year. Road ID is back as a sponsor and we are very proud to be listed as a Runners World Race Series Event!

After the race please visit the local shops and restaurants that make up City Center and have generously provided many of the door prizes we give away.

**Don't Forget to bring  
your friends and  
Neighbors !**

**The Peninsula Pumpkin  
Run is on Facebook!**

## The Good Stuff! (Details)

### Visit [www.pumpkinrun5k.com](http://www.pumpkinrun5k.com) for constant updates

Early Registration has passed... The fee through the 30th is \$25.00 and race day will be \$30.00

Per registered Runners will receive a Race T-Shirt.

Final Race instructions will be issued on Wed the 28th via Email ans on the Website along with the weather forecast.

Parking is free in City Center! The closest Garage is on the corner of Thimble Shoals Blvd an Fountain Way. Right on the Start Finish line!

**We can always use Volunteers! If you have a group that would like to help please give Dan a call!**

The Race begins at 8:00 am for the 5K Run/Walk and at 9:00 am for the children's run.

Awards to follow after the children finish their run.

Most shops open about 10:00 am and cafés are open early for your shopping and dining needs. They would love for you to come by!

# Light the Night Foundation

## Join us this Saturday Night, October 17th!

Each year, in communities all across the United States and Canada, families, friends, neighbors and teams from local businesses and national companies come together for The Leukemia & Lymphoma Society's (LLS's) Light The Night Walk events to bring help and hope to people battling blood cancers.

Light The Night Walk events are evenings filled with inspiration. Carrying illuminated balloons - white for survivors, red for supporters and gold in memory of loved ones lost to cancer - thousands of walkers - men, women and children - form a community of caring, bringing light to the dark world of cancer.

Whether you're a cancer survivor, supporting some-

one who is battling cancer or have lost a loved one, please join us and help Light The Night.

Actual distances vary by route and city, so please contact your local LLS chapter or office for the exact distance. A leisurely pace is the norm for this event, which takes less than an hour to complete.



*"The difference between a jogger and a runner is an entry blank"*

*-Dr. George Sheehan*

## Funds raised by walkers provide:

- Lifesaving blood cancer research
  - Financial assistance to cover patient expenses for transportation, medication and testing
  - Free educational materials and events for patients and their families
  - Local programs such as Family Support Groups and First Connection, a peer-to-peer counseling program
- Comprehensive, personalized assistance through our Information Resource Center

**For more Information please go to:**

<http://www.lightthenight.org/hr/>

You will find a list of local walks and ways to donate.

The Pumpkin Run folks will be at the Peninsula Walk October 17th at the Alion Booth. Anyone registering at the booth will receive the early registration fee for the Pumpkin Run!



## Welcome to our New Sponsor The Runners Source!

Moving to their new location in Port Warwick on Monday October 19th, the Runner's Source has proudly served the Virginia Peninsula since 2006. their mission is simple: to help you run happier, healthier, and safer. Take the time to visit the shop. The layout is

unlike other "big box" stores you may be used to frequenting. The floor isn't lined with shopping carts and massive displays. They are a little more understated and would rather impress you with their knowledge of running rather than larger than life

displays. Don't be surprised if one of the friendly team members takes the time to greet you and say hi right after you walk through our door. Along with a hello, the shop dog Jo-Jo will want to say hi also. CONT...

## The Runners Source Cont...

Whether you are beginning to run your first mile, or have a room full of trophies, The Runner's Source has you covered. They pride ourselves on doing more than selling a pair of shoes. They take the time to ask questions, to get to know you personally and as a runner. If you aren't used to that type of service, the good folks at The Runners Source apologize that no one has offered it to you before seeing them!

And don't feel that if you come to see them you will get pressured into buying something. They love having friends stop by during the middle of a run for some water, or just to come in and shoot the breeze. That's what they do that makes The Runner's Source a unique shopping experience. If you aren't convinced yet, then come by for a visit. We know you'll be pleased!

We at the Pumpkin Run are very happy to be teamed up with the Runners Source and want to make sure you know about the Port Warwick 5K on

October 25th. That is the weekend before the Pumpkin Run!

Proceeds from the Port Warwick 5K benefit the Alzheimer's Association Memory Walk.

For more information Please Visit

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

And don't forget to stop by after the race!



## The Runners Source New Location Port Warwick October 19th . 2140 William Styron Square Newport News, VA

Our Mascot's name Jack Lantern has been around for hundreds of years. Little known fact is that he is from Ireland and immigrated with his family in the 1800's Jack is a practical joker and you never know when he will pop up... Even though it is Halloween and a very busy time He may be at the race!



*"In running, it doesn't matter if you come in first, in the middle of the pack or last. You can say 'I have finished.' There is a lot of satisfaction in that"*

*-Fred Lebow*

## Halloween Costumes... Thoughts

It is getting close to Halloween and panic is setting in... What do I wear for Halloween? Well the obvious answer is a costume from smart-alecks like myself... But the real answer is well, what interests you? What is your fantasy, Formula 1 Driver, Olympic Equestrian, Comic Hero, Movie Star, Monster? These are the easiest and generally ready made costumes you can find. (minus the horse for the equestrian of course) you

generally can find sewing patterns as well if you are talented in that art as my Mom is. All my costumes growing up were hand made. Which, I still think, are the best way to go. Forgo the rubber masks... Most people ditch them early on and its tough to jam a candy bar through the small mouth holes anyway... For the Pumpkin Run we have the following categories; Overall Best, Funny, Scary, and Pumpkin Themed. Falling into one of these categories is probably best and we will be judging costumes during the

race morning. Jack tells me he is personally judging the pumpkins... Just remember, No masks, sharp objects, objectionable costumes or slogans. Being a family event we ask that you keep the more suggestive costumes at home and for the more appropriate adult Halloween parties. Additionally, this is not the place for making a statement, Social or Political. This is for having fun only...



*Just run...  
Just Enjoy  
and don't  
forget to  
smile...*

## Running Etiquette for Our new Runners and Refresher training for the rest of us...

Your first Race can be a bit daunting... To help you feel more comfortable here are some tips and golden rules to help everyone out...

### Starting the Race

- Pin your race bib to the front of your shirt, shorts or fuel belt. This makes it more visible to race officials and the all-important race photographers.
- Do not race if you are not registered. This is called running as a bandit. Bandits use resources allotted for paid registrants and can create hazards if large numbers show up and crowd the course.
- Line up according to your pace, slower runners and walkers toward the back of the pack. New runners and walkers may feel like lining up in front to give themselves extra time to finish. This creates a traffic hazard as faster runners try to move around them.
- Listen to the course marshals' instructions at the start. There may be specific information regarding the race route or course changes.
- Competitors using GPS devices like a Garmin should

turn it on a few minutes before the start time to give it a chance to acquire the satellite positioning.

- Don't bring a dog, stroller, skates or a bike unless race rules specifically allow them.

### During the Race

1. If running or walking with a group, make sure participants walk only two abreast. Having people spread three, four or five across may take up the entire lane, preventing other racers from passing.
2. Slower runners and walkers should stay to the right.
3. Athletes using a run-walk method should move to the right when beginning their walk interval. Sometimes raising a hand in the air is helpful to alert other competitors of the upcoming change in pace.
4. When passing, the racer should call out "On the left/right" to let others know of their intention. When being passed, allow the other competitor the space to pass.
5. Don't stop in the lane! Move aside and off the course if possible if stopping is required. If trying to retrieve a dropped object, wait until other racers have gone by.

### Crossing the Finish Line

1. Don't stop! This may cause a collision with another exhausted racer.
2. Family and friends not competing should not cross the finish line. This causes unnecessary congestion at the finish and may confuse results.
3. Smile, wave your arms, be ready for the finish line photographer.
4. Wait until after crossing the finish line to turn off the GPS or that will be the image captured in the finish photo.
5. If using a timing chip, proceed to the volunteer cutting them off of shoes.
6. Post-race refreshments are only for competitors. Take only what is needed so that there is enough for everyone.
7. Thank the volunteers!

Thanks to

### Race Tips for New Runners and Walkers

Running Etiquette Makes for a Better Experience for All Athletes

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[Sep 20, 2009](#)

# Halloween Treat Ideas

Like most people I love Halloween... It evokes great memories of going door to door with bags full of candy with all my friends in costumes we spent weeks planning. Sadly those days of children running around neighborhoods seem to be waning quickly. However! What hasn't changed is all the great treats associated with the Holiday.

Halloween parties at school always brought out the competitive side of the Moms and Dads in their baking skills. Goopy popcorn balls made with Carmel and Marshmallow. Cupcakes frosted and Decorated. Sugar Cookies, Candied Apples, All the stuff you could eat as a kid with out gaining a pound... Then... Now we look at a candied apple and go for a five mile run out of guilt! Well not to fear... We have some great treats that will keep you in the Halloween spirit!

As we have little space I will include the links to the sites we have found with the best Halloween foods...

## Fun Food Sites...

- [www.foodnetwork.com/halloween](http://www.foodnetwork.com/halloween)
- [www.celebrations.com/halloween-treats](http://www.celebrations.com/halloween-treats)
- [www.cooksrecipes.com/holiday-recipes/halloween](http://www.cooksrecipes.com/holiday-recipes/halloween)
- [www.halloweenkitchen.com](http://www.halloweenkitchen.com)
- [www.halloweenrecipe.net](http://www.halloweenrecipe.net)

As you can see even with the five sites listed there are hundreds of recipes to show off your cooking and baking skills. Give the bags of candy away to your trick or treaters and make some great Halloween treats for you, your family and your friends!

**PS If you need a taster drop me a line...**



phillemartin.pro

*“Why are there ridges in pumpkins? To keep us from rolling off the table of course....”*  
**Jack Lantern**

**Final Instructions will be sent out and posted on October 28**



## Upcoming Races at KaleRunning.com...



Saturday April 17, 2010

Parks and Recreation Department  
**Chesapeake**  
VIRGINIA  
Take a Break...Recre-8!

Our Friends at Kale Running host many the regions best races. They know how to do it right and are Runners supporting Runners. We here at the Pumpkin Run count them as partners and good friends. Please visit their Website at [www.kalering.com](http://www.kalering.com) for more information



## Fun Children's Coloring

### November Races:

Town Center 5k 11/7/09  
Carter Gunn Mem 8K 11/14/09  
Cape Henry 10 mile and Duathlon 11/21/09  
Blue Talon Bistro Turkey Trot 11/26/09

### Visit our friends who listed the Pumpkin Run-

Kale Running [www.kalerunning.com](http://www.kalerunning.com)  
Running Etc. [www.runningetc.com](http://www.runningetc.com)  
Tidewater Striders [www.tidewaterstriders.com](http://www.tidewaterstriders.com)

### Special Thanks to:

Alion Science and Technology  
Kale Running  
The Runners Source  
Road Id  
Runners World Magazine  
City of Newport News  
City Center, Newport News

We couldn't do this without you!

The Peninsula Pumpkin Run is managed by Peninsula Running Services (PRS) and sponsored by Alion Science and Technology.

### Contact

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