



Thank you for joining Potomac Valley Track Club and/or renewing your membership! We are pleased to have you on our winning team!

If you haven't renewed yet for 2023, its easy. Just go to our website <https://www.pvtc.org> and click on JOIN. Membership for 2023, is still only \$20 for individuals and only \$3 per additional member of your household.

We're excited about everything that will be happening in 2023!!

## **It's time to GET INVOLVED!!**

This is our 51<sup>st</sup> year in providing services to the track and field, road racing, and racewalking communities with activities for all ages and abilities - from youth to masters. As we return to our new normal (Post COVID-19), we are planning a full year of activities for everyone.

### **Indoor Track and Field Meets:**

- Sunday January 22, 2023 (evening event) at Thomas Jefferson Community Center, Arlington, VA
- Sunday February 5, 2023 (evening event) at Thomas Jefferson Community Center, Arlington, VA

In addition, we have members attending the following Indoor Meets. We are in the process of forming relay teams to help bring home another Championship Team Trophy.

- February 26, 2023: USATF East Region Masters and Potomac Valley Association Indoor Championships, PG Sportsplex, Landover, MD
- March 10-12, 2023: National USATF Masters Indoor Championships, Louisville, KY
- World Masters Athletics Indoor Championships, March 26 – April 1, 2023, Toruń, Poland.

**Outdoor Track and Field Meets:** will be starting in May. We are anticipating one Outdoor Track meet a month, up to Labor Day weekend, when we will host our annual Potomac Valley Championships.

**Penn Relays:** April 27-29, 2023. We are looking to form both Men's and Women's relays. More information will be forthcoming.

**Throws Meets:** We are planning some special throws meets in addition to the Fall Ultra Weight Pentathlon. Stay Tuned.

**Other Outdoor Events:**

- Annual Decathlon – June 2023
- 2<sup>nd</sup> Annual Backwards Running Championship
- 1<sup>st</sup> Annual Relay Championship Meet
- 2<sup>nd</sup> Annual Night of Miles

**Road Racing:**

The annual Ed Barron Memorial races will be held on:

- February 11, November 18, and December 16 at East Potomac Park, Washington DC,
- April 8 at Bluemont Park in Arlington, Virginia
- July 4 on W&OD Trail in Vienna, Virginia.

**Racewalking:**

- Annual Wood and Good Memorial 1-Hour Racewalk

You can find us on:

Facebook <https://www.facebook.com/groups/2245401901>

Instagram <https://www.instagram.com/potomacvalleytrackclub>