

Priscilla Brandlehner Discovers the Fountain of Youth

By Bob Dalton

Priscilla Brandlehner (62) only started running four years ago but has already been racing and winning and placing in her age group. She was born in Illinois, lived in Michigan and Ohio, and relocated to Peachtree City with her husband John in 1994. She has been a bookkeeper with Southern Credit Union for the past 21 years. She has two daughters, four grandchildren, and a Westie named Benny. Daughter Kristi is married with two sons and lives in Atlanta. Erica is married with a son and daughter and lives in Dallas.

Priscilla started running “when I needed respite from caring for my mother.” She joined PTCRC because she “wanted to join a group who enjoys running, walking, being outdoors, and being fit.”

Back in the 90’s, she would walk her first dog at the time, a Siberian Husky, and people thought he was a coyote.

“I almost backed out of my first race, the PTC Classic 5K of 2012. I thought everyone who raced was a seasoned runner, and I would be last. But my daughter Kristi and two friends made me go. And I wasn’t in last place – not at all. My first race I finished in the middle of my age group. I’ve improved my time in every race since then. I think running is the fountain of youth and will go for it as long as I can.”



Club members socialize at the annual Fourth of July Picnic

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Please send articles & photos to
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Her favorite distance is the 15K and of course her favorite race is the PTC Classic 15K. "It is a nice race – perfect distance for 'walk/run,' a beautiful course, and fun."

Her new-found love of running has certainly paid off as she won her age group at last year's 15K Classic. She has gone on to place or win her age group in several other races as well in the last couple of years: Priscilla took 2nd AG in the 2014 PTC Classic 5K; 1st AG in the 2014 Diva 5K; 3rd AG in the 2015 Diva Half Marathon; 1st AG in the 2015 All American 5K; 1st AG in the 2016 All American 10K; 2nd Master in the 2016 Hustle for Hope; and 1st AG in the 2016 Brookhaven Bolt 5K.

One of her most memorable experiences was "winning the lottery" for the Peachtree Road Race last year, then actually running in the 60,000+ crowd in the rain with lightning and with a lot of very crazy people. Then the muddy finish in Piedmont Park."

She enjoys running because "it is relaxing, rejuvenating, refreshing, and makes me feel strong and clear-headed."

When not working or running, Priscilla likes to "visit grandchildren, read (Runner's World of course), and take long walks with my dog."

She would like to break 30 minutes in the 5K and possibly attempt the PTC Classic 20K this year. She says she "wants to keep racing and keep breaking my own PRs. Hopefully, I'll be an inspiration to my grandchildren to play hard and never give up! I could never keep up with the other children when I was young, but now I'm winning age group medals. Everyone who tries, and everyone who crosses a finish line, is a winner."

Truer words were never spoken and Priscilla has certainly proven it in her own case!



**Priscilla at the 2015
Divas Half Marathon**



Priscilla and her Family

New Member Profile

Ambassador of the Sport of Running: Vince Obsitnik

By Bob Dalton

As members of the Peachtree City Running Club, we are all ambassadors for both the club and the sport of running representing the best qualities of all they have to offer. One of our newest members, however, actually carries the title having served in that position

as a United States Ambassador. Vince Obsitnik is a 1959 Naval Academy graduate who served in the Navy and ultimately rose to become U.S. Ambassador to the Slovak Republic.

Vince grew up in the New Jersey and northern Virginia area, but has called Peachtree City home on and off for the past ten years. He snowbirds in Bonita Springs, FL during the winter months. He and his wife Annemarie have four sons and daughters-in-law with 12 grandchildren ages 10 to 21. His oldest son, Dr. Vincent and wife Dr. Suzy, are veterinarians at the PTC Animal Clinic.

After graduating from USNA with a B.S. in Engineering, Vince served one year in Destroyers and four years in the Submarine Service. He served on the USS Blenny SS324 and the USS Grouper AGSS 214. "I was in the Atlantic on the Blenny during the Cuban Missile Crisis and discharged in 1964 as LT. USN."

After active duty, "I then spent 30 years with IBM; five years with Unisys; five years with my own consulting company; five years on the US Commission for the Preservation of America's Heritage Abroad; and two years as US Ambassador to the Slovak Republic." Along the way, he also found time to earn an MBA in Finance from The American University.

At 78, Vince says he spends his time, "primarily trying to decide what to do next. However, I am enjoying retirement by traveling, running, spending time with family, involved with church activities and spending the winters in Florida."



Vince at the 1996 Boston Marathon

He has been a serious runner for the past 22 years and is also a member of the Gulf Coast Running Club. But his running career hasn't all been a bed of roses. Vince, like most of the rest of us, has faced his own share of health and injury issues.



Vince at the 1994 Marine Corp Marathon

He says, "We all find as life goes on that we have different health issues to go through, manage, and hopefully solve. During the years 1994 to 2000, I ran with no issues. Following that, I had four health challenges and was committed to returning to running after each one. Each, in itself, was a memorable experience for the fact I did return and run."

They were:

1. May 2000 - Open Heart Surgery for Mitral Valve Repair
Oct 2001 - Ran Columbus, OH Marathon
2. June 2004 - Had a ruptured disk. Recovered without surgery.
May 2006 - Ran Flying Pig Marathon in Cincinnati, OH
3. May 2007 - Heart Ablation Therapy to correct Atrial Fibrillation.
Oct 2008 - Ran Kosice, Slovakia Marathon
4. Jan 2012 - Hip Resurfacing Surgery
Feb 2014 - Ran Naples, FL Half Marathon

"Running the New York Marathon Nov 7, 1999 was my most unusual running experience. I ran it with two of my sons. However, I didn't tell them that I was scheduled for open heart surgery to repair a mitral valve the following

year. I didn't want to affect their race and have them stay close to me. We all finished fine, and I told them about it afterwards. However, during the race I was thinking quite a bit about the condition of my heart.”

His favorite race distance is the marathon and his favorite race is the Boston Marathon. “I ran it in 1996 when it was the 100th anniversary. It was an exhilarating experience. There were 33,000 runners which was the largest field to date. It was just a great honor to be able to participate in such an iconic event. I was especially pleased to achieve my goal of under 4 hours finishing in 3:58.”

Vince enjoys running because “it keeps me in shape; keeps the mental faculties very sharp; brings a certain peace to my life; provides enjoyment of the outdoors; and I like the challenge of doing the technical aspects of training to reach specific running goals.”

“I was born in Slovakia and came here as an infant. Growing up I was always interested in my roots and family connections. I have a great interest in genealogy and have been successful in building the Obsitnik family tree for both the US and the Slovak sides. The oldest recorded ancestor goes back to 1727.”

Of his time as an official representative of the United States, he says, “Serving as a US Ambassador is a very special and gratifying experience. But serving in the country of your birth and also being able to speak the language made it the best experience of my life. However, being a runner, I was determined to run a marathon in Slovakia while I was there (2007-2009). No U.S. Ambassador had ever run one there before. My schedule didn't permit me the time needed for training in order to run really well. My security detail had never run long distance before so they had to train with me whenever we had time since they had to also run the race. The race had police cars and an ambulance follow me for the last six miles to make sure they were there in an emergency. As it turned out, we finished with a 6 hour time. I have a picture of us coming to the finish line and you can see the ambulance behind us!!!”

Vince joined the club because “it is very rewarding to be with people who have the same passion for running as I have.”

For future goals, “I'd like to finish three more marathons to make it an even ten. Other than that, I'll just keep running and trying to excel in my age group. Running Boston again would be a great goal and experience.”

Welcome New Members!

Dan Campbell
Caroline Perkins
Kimberly Arnzen
Daniel Hegrenes
Tricia Buehne
Martha Wiegman

We may all come from different backgrounds and belong to a wide variety of professions – airline pilots, homemakers, mechanics, entrepreneurs, business owners, and clerks – but when we put on the shorts, shoes, and running shirts, the playing field is leveled because we all belong to the family of walkers, jogger, and runners. And that’s the beauty of the sport for which Vince serves as both role model and ambassador!



Vince at the Kosice, Slovakia Marathon with his Ambassador Bodyguards



Club Members at the Annual Peachtree 10k held on July Fourth

Upcoming Events

October

- 1 Walk to End Alzheimer's, Peachtree City
Express Your Super Power 5k/10k, Canton, GA (expressyoursuperpower5k.com)
Club Grand Prix September run makeup (Heritage Cross Country course)
- 7 Promise Place Run From Domestic Violence (Peachtree City, Friday evening)
- 8 Tyrone Founders Day Rotary 5K
Glow the Mall Pink Midnight Madness 5k, Kennesaw (discount: CLUB20 www.glowthemallpink.com)
- 15 Peachtree City Classic 5k/15k/20k (Peachtree City Running Club's Premiere Event!)
- 21 Peeples Elementary 5K (Friday evening)
- 22 Club Grand Prix: Classic 5k/15k course
- 21-23 Darkside Distance Festival 60h/48h/24h/100 mile/50mile/50k/Marathon and Half (Haralson and Senoia)

November

- 5 Sara Harp Minter 5k
- 12 Soldier Half and Full Marathon (Columbus, GA)
Braelinn Elementary 5k

Notes & News

Zazzle is now the preferred source for club running gear! There are a wide variety of items available at reasonable prices. Wearing club logo gear is worth extra points at the monthly club Grand Prix events. Plus they're good advertising for the club and make the wearer look super cool!!!

http://www.zazzle.com/ptc_running_club/about

The Club is looking for a Newsletter Editor and a Photographer. (Editor's Note: I have greatly enjoyed editing the LEGacy for more than three years, but it time to pass along the mantle to someone else. The newsletter can be what you make of it. My goal after this is to simply create content for the newsletter.)

Al Moore participated in the 5000m race walk at the USATF Georgia Association Track Meet on June 18 and was part of a photo finish coming in six-hundredths of a second behind than the winner. (Maybe next time Al runs in a large event, we can get him to wear a Peachtree City Running Club jersey.)

Reminder of Club Weekly Runs:

- Saturdays at 8:00 a.m.- Peachtree City Library, Club 10k course
- Wednesdays at 6:30 p.m.- Partners Pizza downtown
- Sundays 7:00 a.m. from Huddleston Elementary, 10 miles and up



Al Moore (r) at the USATF Georgia Association Track and Field Meet

Monthly Group Run: Abide Brewery Company in Newnan information

All distances and paces welcome!!

- **Held on the second Tuesday of the month**
- **6:30 p.m. start time: Jan 12, Feb 9, March 8, Oct 11 & Nov 8**
- **7:00 p.m. start time: April 12, May 10, June 14, July 12, Aug 9 & Sept 13**
- **Address: 130 Werz Industrial Blvd, Newnan, GA 30265**
- **Parking: Follow the signs for Abide Tours; there is also parking available next door**
- **Routes: 3-ish and ~6.2 mile route available, both are loops on sidewalks, maps & directions available at the run. You can choose one of these routes or do your own route**
- **After the run, runners (or non-running folks who want to hang out) can purchase a brewery tour from Abide Brewery for \$10. Support your local brewery!!!**
- **There will be pizza after the run, sponsored by the Peachtree City Running Club**
- **This is only open to those 21+ years of age so please be sure to leave the kiddos at home**
- **If you plan on attending either the run or the post-run brewery tour, please be sure to accept the invite (if you are on Facebook) so we can get an accurate head count and plan accordingly (however an RSVP is not required!!)**

1000-Mile Club Update

Name	Miles as of June Meeting	Club Meetings Attended	Volunteer Activities
Adams, Normer	103	3	1
Allis, Dick	343	4	3
Atkinson Katie	500	1	1
Atkinson, Bob		1	
Atkinson, Jane	485	4	1
Aviles, Pam	465	3	
Besch, Teri	652	5	1
Blood, Leigh	255	3	
Boggs, Bunny	487	5	2
Boggs, Jeff	604	4	2
Bothe, Steven	1550	4	1
Buck, Tammy		1	
Burkinstock, Kith	734.3	4	1
Butler, Bradley	884	4	1
Butler, Mitch	430	2	3
Caldwell, Bryan	1206	2	
Caldwell, Karen	470	2	
Camparella, Amy	109	2	
Chiong, Chris	850	3	
Chriistensen, Faith	156	3	
Christensen, Ken	265	3	
Christensen, Ruth	309	3	
Chrzanowski, Michael	596	1	
Clark, Sally	50	5	2
Corrigan, Meredith	402	2	
Cote-Miles, Pat	350	2	1
Daley, Cal	520	3	1
Dalton, Bob	1200	6	6
Desgain, Jules	490	4	1
Dillard, Libby	297	4	
Domaleski Mary Catherine	293	1	
Farrier, Brian	382	1	
Farrier, Brian	275	1	
Feldman, Jamie	200	1	
Feldman, Logan	285	3	
Fratto, Fred	603	4	2
Fratto, Jan	489	3	1
Fuentes, Marino	606	5	5
Gulick, David	398	3	1
Hamilton, Mark	513	2	

Name	Miles as of June Meeting	Club Meetings Attended	Volunteer Activities
Hamilton, Rylie	100	1	
Hamilton, Jane	380	3	
Hancock, Jake	115		
Hancock, Steve	350	2	3
Hinkle, Angie	598		
Hinkle, Eric	891	1	
Howard, Valerie	613	1	1
Ivaska, Lisa		1	
Iyengar, Laxmi	869	2	1
Johnson, Rachel	470	5	4
Jones, Cindy	836	6	
Jones, Heather	864	6	
Kearns Patrick	330	3	
Kenedy, Ryan	733	4	1
Kennedy, David	549	5	2
Killory, Kevin	315	5	2
Knowles, Emiy	36	1	
Kono, Haruko	200	1	
Matthew, Lisa	994	3	1
Mills, Susan	486	4	
Moore, Alan	563	4	4
Moore, Gary	524	3	
Moore, Gary	524	3	
Moore, Teresa	375	3	2
Moore, Tracey	520	3	3
Mossburg, Kris	263	2	
Mrosek, John	508	4	3
Myers, Randall	50	1	
Olson, Cathy	682	4	3
Osse, Brandi	600	2	
Painter, Sara	150	2	
Painter, Vic	65	2	
Piet, Dave	370	3	
Port, Anne	298	1	
Powell, Mark	262	1	
Robison, Roy	673	4	1
Rose, Betty	1725	4	3
Ruple, Kim	358.5	4	2
Sambrone Connie	593	5	2
Sanchez, Leo	803	3	
Scarborough, Toni	440	2	1

Name	Miles as of June Meeting	Club Meetings Attended	Volunteer Activities
Schultz, Paul	504.5	3	1
Shanahan, Kyle	110	3	
Snodgrass, Brent	216.4		
Stemkoski, Jane	544	4	2
Stephens, Benita	508.52	2	
Stephens, Wini	328.5	3	2
Thurber, Karen	500	2	
Vise, Ed	436	2	
Walker, Anastasia	110	1	
Ward, Mark	479	4	3
Warren, Mike	420	1	
Wassell, Joe	810	3	1
Waterhouse John	495	3	2
Watkiss, Amy	156	1	
Werling, Bill	555	6	28
Weston, Rita	460	3	
Wolfe, Hal	385	1	
Woods, Sandra	466	3	1
Woods, Von	483	5	4
Zuehke, Jill	315.8	2	

History of the 1,000 Mile Club

The idea for the 1,000 Mile Club was conceived in 1989 by then Peachtree City Running Club President Nora Weed. The first jackets were presented by Santa Claus at the 1989 Christmas Party at the Christ Our Shepherd Lutheran Church. Since then, the club has presented more than 170 jackets to members who have met the minimum qualifications. The 1,000 Mile Club also includes 5,000, 10,000, 15,000, and 20,000 Mile Awards.

The 1,000 Mile Club is one of the Peachtree City Running Club's most popular programs and helps promote fitness, volunteer activity, and club participation.

If you have any questions about the program, please contact the 1,000 Mile Club Coordinator, Teri Besch, at besch105@comcast.net.

Club Meeting Minutes: May 2, 2016

President Mark Ward called the meeting to order at 7:31 p.m.

April Club meeting minutes were accepted.

New members introduced themselves.

Mark presented Activities VP Rachel Johnson's updates. The next Grand Prix is May 14 at 8:00 a.m. at the PTC Library. It is a consistency run. Wednesday, June 1 marks the start of the summer track series at Riley Field, 6:00 p.m. for registration and 6:30 p.m. for the start of events.

Membership Director Bob Dalton reported that members continue to join.

Treasurer Bunny Boggs updated the account status. Checking is at \$13,932.32 and CD's are at \$52,027.29.

Administration VP Kevin Killory has arranged a June speaker who will speak on running mechanics. Seats are still available on both the party bus (5) and family bus (30) to and from the Peachtree Road Race.

Leigh Blood is looking for volunteers for Memorial Day All American 5k/10k. Runner registration can be done at Active.com. As of the May Club meeting 80 runners have registered. There are 32 sponsors.

Classic Race Director George Martin gave a several updates. Friday, May 6 is last Elementary Grand Prix race of the season at Crabapple Elementary at 7:00 p.m. There will be a hot air balloon event in Fayette County, "Balloons over Fayette" June 11 (information provided by Club Intern Tonya Hussein), the organizers are looking for volunteers. The Club needs volunteers on Saturday and Sunday, July 2 and 3 for Classic expo booth at the Peachtree Road Race expo to promote the club and handle Classic registrations. We need about 10 people to work the both.

1000 Mile Club coordinator Teri Besch explained the last time to sign up this year for the 1000 Mile Club is the May meeting. An application is necessary every year.

Marino Fuentes reported on the Club golf outing. There aren't any volunteers to organize the event, but Marino would like to know if someone wants to take it on. We won't hold the outing if there are no volunteers to organize. There have been 10-12 teams of four in the past. Marino is willing to help anyone who volunteers. No date is set right now. It could be possible to make the golf outing into a charity event.

Boston runners reported the weather was great. Gary Moore beat his own course record.

The guest speaker is Dr. Josh Davis from First Step Physical Therapy in Fayetteville. He presented an overview on five common running injuries, their treatment and prevention.

Shout-outs: Winnie Stephens got 2nd in her age group downhill half marathon, the Teardrop Half. Bob Dalton won the male masters in the same event.

Meeting adjourned at 8:25 p.m.

Club Meeting Minutes: June 6, 2016

President Mark Ward called the meeting to order at 7:31 p.m. We had guest speakers from the Atlanta Track Club, Rich Kenah and Mary Ford.

May Club meeting minutes were accepted.

New members and meeting guests introduced themselves.

Activities VP Rachel Johnson reported on the Club Grand Prix. The Marathon Relay was the Grand Prix for June. Sally Clark was a volunteer as were other members. All volunteers will get Grand Prix points. July ninth, which is the second Saturday, will be the July Grand Prix, a track challenge. It will be on Facebook. Please don't forget the Summer Track Series, which is on Wednesdays through July 9. Over 100 people participated last Wednesday, June first. The Saturday group run is 8:00 a.m. at the PTC Library and the Sunday group runs are at Huddleston at 6:30 a.m. (earlier) and the Boat Docks at 7:00 a.m. (later). Starting next month, we'll recruit for Macon Labor Day 5k/10k race teams. The PTCRC will have a Dragon Boat team. The event is the last weekend in September.

Membership Director Bob Dalton reported that members continue to join.

Treasurer Bunny Boggs updated the Club account status. Checking is at \$15,647.39 and CD's are at \$52,084.18. Plan to give a mid-year budget update next month.

Classic Race Director George Martin gave several updates. The Club needs volunteers on Saturday and Sunday, July second and third for the Classic expo booth at the Peachtree Road Race expo to promote the club and handle Classic registrations in two to two and a half hour blocks. We need about 10 people to work the booth. In addition, George gave an update on the Elementary School Grand Prix and its sponsor, the Peachtree City Rotary Club. About \$6k in seed money was turned into over \$100,000 through race entries and sponsorship. Joyce Beverly participated in all the Grand Prix races, and she will arrange for publicity based on her association with The Citizen newspaper and Fayette Woman magazine, two local publications. There were 60 award winners in all who collected points for participation in each race. George already handed out Grand Prix age group winner plaques at the Rotary Luncheon last week in addition to the ones tonight. Club member John Waterhouse who competed as an 80 year-old male necessitated the creation of a new age group after the 75 and up and became the 80 and up male award winner.

The 1000 Mile Club clipboard for recording updates was circulated. An application is necessary every year, and they are now closed for the year.

Roy Robinson will participate in the Peachtree 10k Road Race for the 35th year in a row. This will be his last year participating and has been captain every year. He has planned something special this year. He wanted some recognition from the Atlanta Track Club this year so he wrote a request, and received a reply. This is amazing as there are 60,000 runners in the Peachtree. He received a personal response to his letter.

Administrative VP Kevin Killory announced that the party bus is full with 19 spaces remaining on the family bus. There is a wait list for the party bus. The August guest speaker has been arranged. The topic is running mechanics. The July 4 picnic will be after the Peachtree Road Race at Dick and Jan Allis' home.

Rachel spoke about the Marathon Relay. This year we had the fewest number of drop-outs, and three volunteers are learning how to take over and manage the event under direction from race director Adam Shoemaker.

ATC Chairman of the Board, Mary Ford, and Executive Director Rich Kenah attended the meeting. The ATC appreciates the partnership with Peachtree City Running Club and how much the Club gives back to the community. ATC is planning new things for the Peachtree Road Race in this 47th year. There is an after party for ATC members at the Park Tavern. The Kilometer Kids Charity Chase will be in its second year this year. There will be a celebration of service members with teams from each branch of the military that will raise money for the Kilometer Kids program. There will be a local media race that will start between Wave B and C with the media personalities racing each other. The Peachtree Expo is evolving. There is a fitness zone with the Mizuno run, jump, and throw with a batting cage and driving range. ATC has made several changes in last four years: the club logo, Rich's arrival two and a half years ago, the new headquarters at 201 Armor Drive, many community events, the Mizuno relationship with Mizuno's HQ in Atlanta that includes apparel, responsibility for the Georgia Publix Half Marathon in December 2015 in advance of March 2016 event, and a new cross country event that 2000 high school students ran among other. Mary and Rich look forward to next January's PTCRC/ATC event. They will have wrist bands for the Peachtree after party for those riding the PTCRC buses.

The shout-outs at the club meeting included Leigh Blood thanking all those who came out for the All American 5k/10k. Kim Ruple congratulating Jane Stemkoski for taking 24 minutes off her half marathon time. We thanked Adam Shoemaker for Marathon Relay. Bunny Bogg's husband Jeff ran a half marathon with her in January.

Meeting adjourned at 8:25 p.m.