

President's Letter - Human Capacity

I'd originally written a very different letter in early April. But given the events in Boston I'd like to give my personal account of that week and I hope it brings value to you as it does me.

Humans have an immense capacity to love, to hate, to celebrate, to inflict pain. This April, the runner community and our nation experienced all of these things. Many people have written or spoken about the events that happened at this year's Boston's marathon.

I was very excited about this year's Boston marathon as several friends had qualified and were attending their first Boston. I looked forward to their stories of celebration and funny anecdotes when they returned home. As I wrapped up a meeting at work someone stuck their head in and said, "Did you hear about Boston?" and my phone began to go off with texts, emails and calls. I didn't understand what was truly going on until I watched the news report and video on the Internet. I was initially stunned, then worried, then angry and despondent - much like the grieving process. As the afternoon wore on, the texts, emails and phone calls continued - they were friends, and friends of family and friends checking to see if I was in Boston, if I was o.k., and if my running family was o.k. Thanks to the modern miracle of cell phones and Facebook, we were soon able to verify everyone from our local running community was unharmed. I was overwhelmed with gratitude, but still I remained despondent and angry, searching for some way to respond in a constructive way.

...continued on page 11

Inside:

Farewell to an Old Friend	2
New Member Profile	3
Recent Event Pictures	4
Trilogy of Terrorism	6
Member Recipe	9
1,000 Mile Club Update	10
Club Meeting Minutes	13



Club members and friends showing their support for Boston. Picture from The Citizen.

<http://www.thecitizen.com/articles/04-21-2013/running-boston>

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The deadline for
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month. All are welcome to
contribute.

Please send articles &
photos to
Paul Schultz
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Next Deadline
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Farewell to an Old Friend

By Scott Ludwig

A couple months ago I read in the local newspaper that several schools in Fayette County would be closing soon. One of them was Brooks Elementary School, a quaint little school in a quaint little town not far from my house.

The school hosts a road race on the second Saturday in May every year in conjunction with their annual Brooks Day celebration. The race was founded in 1983, making today's race the 31st running of the event. I first ran the Brooks Day 10K in 1986 in a solid time of 37:44, good enough for 14th place. I returned the next year and moved up a few spots, finishing in 6th place. In 1989 I was given race number '1' as I had the fastest estimated time of all the race applicants: 37:30. As fate would have it I ran exactly 37:30, but several members of the Atlanta Track Club Men's Competitive Team competed and I wound up in a disappointing 9th place. My best Brooks finish was in 1999 when I took 4th place. While I've never won at Brooks as my friend Bob Dalton has done many, many times (I might also add that today was Bob's 22nd consecutive Brooks 10K), I've always enjoyed running in the beautiful countryside of this quiet little town.

In 2006 I ran both the 5K and the 10K in 2006 with one of my training partners, Paula (the 5K begins at 8:00 a.m. and the 10K at 8:30 a.m., so if you can finish the 5K in less than half an hour you have time to run the 10K). In a 'performance for the ages' Paula was the first female finisher in *both* events; as for me I finished an overall 7th in the 5K and 22nd in the 10K, but I had a blast tagging along for the ride and seeing Paula win both races.

As I mentioned earlier Brooks Elementary will be closing its doors for the last time later this month. The closing of the school may also signal the end of the race, as the school's PTO has been the driving force behind the race for many years.

I ran the race today so I could pay my respects to the good people of Brooks Elementary School for all of their hard work over the years.

...continued on page 9

Scott Ludwig was PTCRC VP for activities in 1993 and served as President in 1995. He later founded the Darkside Running Club for ultra runners. He has written numerous books and competed in countless ultras including the Badwater across Death Valley.

Editor's Note: This is my first attempt at producing a newsletter. As usual, I spent more time on the layout and style than actually "editing," but any comment, especially on style are more than welcome. I didn't expect to spend so much time fighting with Word to get it to do what I want it to do. Obviously, with the Boston tragedy and the closing of Brooks Elementary, this issue is more downbeat than any in a long time I expect, but we runners are resilient. Americans and those who choose to be one with us are resilient. Looking at the pictures on pages four and five are a simple reminder of this. Thanks to Susan Bothe and others for the pictures- it's good to see her on the other end of the camera, too. Her shots of PTC remind me why I love to run. Thanks to Bob Dalton and Scott Ludwig- without their content, this issue would have been pretty skinny. -Paul



Iron Couple – Steve and Katherine Scoleri

By Bob Dalton

“Once a Marine, always a Marine.” Maybe that’s why Steve Scoleri is constantly seeking new challenges. Not content with the usual half marathon or even full marathon, Steve has stepped up to 50K’s and 50 milers. Steve ran his first marathon at Disney in January 2009. Since then he has completed 15 of them in the last three years with a PR of 3:29 at Savannah in November 2011. These were just warm ups for his first ultra, the Chattanooga Mountain 50 mile run in December 2011 where he finished in 10:55. Two months later in February 2012, Steve followed up with 50K in Florida in 5:20

Seeking yet still more self-testing, this former Marine Corporal trained for and completed the Louisville Ironman Triathlon in 13:02:31 in August 2012. This past November, Steve ran the Soldier Marathon at Ft Benning the second Saturday of the month and the very next day ran the Darkside 50K.

Steve made another attempt at the Chattanooga 50 miler in December but was forced to drop out at 22 miles when he became dehydrated. Undaunted, he says he will go for it again in 2013. In the meantime he ran his third Goofy at Disney this past January – back to back half marathon On Saturday and full marathon on Sunday.

...continued on page 8



Welcome New Members!

- Scott Thurston
- Alexandra Vlachakis
- Pam Pratt
- Tom Pinaud
- Gary Moore
- Brooklynn Hellenbrand
- Matthew Campisi
- Greta Bowen
- Mohammad Amini
- Greg King

Have suggestions for a new member profile? Contact Bob Dalton or Paul Schultz

Huddleston Hustle



Auburn Half Marathon



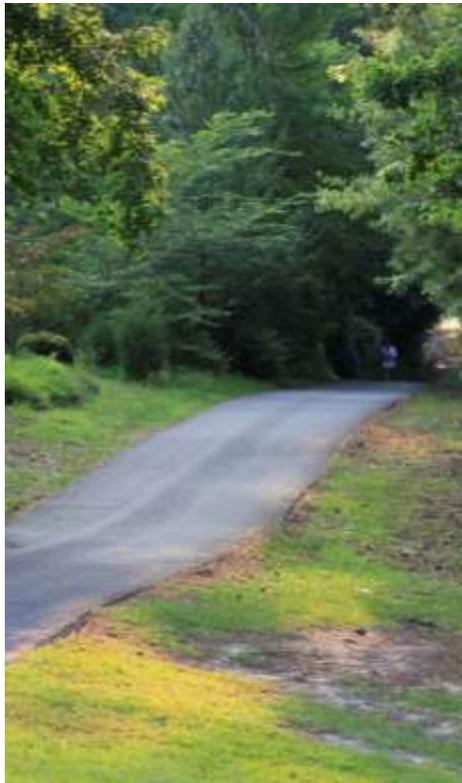
Race for Riley



Albany Snickers Full/Half



Peachtree City Cart Paths & Boats Docks



Silver Comet 10k



Trilogy of Terrorism

By Scott Ludwig

April 15, 2013 – Patriot's Day

There was a time when I referred to the weekend of the Boston Marathon as my 'Christmas in April.' I consider myself very fortunate to have had the opportunity to run in the greatest footrace in the world 12 times. When I first started running in 1978 I dreamed of one day lining up with the finest runners in the world in Hopkinton to run the fabled 26.2 mile route to Boston on Patriot's Day, a civic holiday in Massachusetts commemorating the anniversary of the Battle of Lexington and Concord, the first battles of the American Revolutionary War.

My first experience in Boston, perhaps my finest and certainly my most emotional was in 1987. I can still vividly remember choking up as I ran the final stretch on Boylston Street with the finish line banner clearly within sight. To think that someone like me could run in this, the most prestigious marathon in the world, was indeed quite the thrill. I feel honored to have experienced that thrill 11 more times over the next 23 years, my last trip to Boston being in 2010. Ironically it was the first time Cindy made the trip with me. Although I didn't run particularly well in my Boston swan song, I was glad Cindy finally got to see me run through Boston's finish line banner.

I had some great memories of Boston. I lowered my personal best marathon time at my first Boston in 1987. I ran on the Atlanta Track Club Men's Masters Team several years, breaking three hours (my personal indicator of a solid effort) three times; my younger son Josh made the trip with me and witnessed one of them. In 2003 I ran the course from the finish line to the start and then turned around and ran the race with everyone else to celebrate my 100th lifetime marathon (Note: It was also training for the Badwater Ultramarathon that I would run three months later).

Nana, my grandmother on my mom's side and arguably my biggest supporter in running passed away the weekend of the 1999 Boston Marathon. When I called my parents to tell them how I did after the race (my fastest Boston since my first one in 1987) my mom told me that Nana had passed away the day before...but she waited until then to tell me because she knew Nana would not want me to be distracted from running well. Ironically I was running in the pair of running shoes Nana had given me for Christmas four months earlier.

I had the privilege to meet many of my running idols during the Boston Marathon weekend: Bill Rodgers, Frank Shorter and Bobbi Gibb, to name a few. I feel honored to have told Bobbi's story in my book *A Passion for Running: Portraits of the Everyday Runner*. Bobbi was the first woman to run the Boston Marathon and her story is remarkable (I won't tell you about it here in hopes that you'll track down a copy of *Passion!*). I met Bobbi in person after the 2010 Boston Marathon (my 12th and in all probability my last) and will always remember what a genuinely nice and sincere woman she is.

I won't be running the Boston Marathon this year. Many of my friends will be, however and for them I have one piece of advice:

Savor every step.

April 16, 2013 – Bombs on Boylston Street

By the time you are reading this, what happened yesterday in Boston will be a part of our country's history.

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Trilogy of Terrorism

Continued from previous page

Bombs were detonated on Boylston Street near the finish line of the Boston Marathon. Clouds of death and devastating injury left an indelible, devastating mark on one of the greatest celebrations of life, health and camaraderie in the world.

I had many friends and running club members compete at the Boston Marathon yesterday. Thankfully all of them are safe; some perhaps not so sound. Throughout the afternoon I saw Facebook posts from their family members and other friends indicating they were safe and sound. All except one: My very close friend Gary from Tallahassee. I texted him and left a message on his cell phone asking if he was OK, only to learn that the people in Boston were asked not to use their cell phones for fear of detonating other bombs (if there were indeed other bombs). I called his wife Peg who was back home in Tallahassee; I left a message there as well.

Twenty minutes passed before Gary returned my call. He had finished his marathon less than 15 minutes before the bombs exploded and was about half a mile away from the finish line when it happened. Everyone near him was in the dark about what had happened back at the finish line, police and race officials included.

I had the same reaction when I heard Gary say 'I'm OK, pal' that I had an hour earlier when I saw video of the explosion on the television in the break room at work: I broke out in tears.

One day later and I still can't explain why the incident struck me the way it did. Maybe it's because the Boston Marathon provided me with some of my fondest running memories. Maybe it's because I had many friends and club members run the Boston Marathon this year, some for the very first time. Maybe it's because I paced one of them to their Boston-qualifying race to get them into this very marathon. Maybe it's because I could have been running in the marathon; there was a time not too long ago when it was an annual ritual of mine. Maybe it's because if I had run this year's Boston Marathon, my finish time would have been very close to the moment the bombs exploded. Maybe it's because the Boston Marathon will never be the same.

The lasting image of this year's Boston Marathon is of a photograph I saw. It was the three-stripe adidas logo (the long-time sponsor of the race) and the Boston Marathon unicorn logo on the sidewalk of Boylston Street...splattered with human blood.

Certainly, the Boston Marathon will never be the same.

April 17, 2013 – The Big Three

During the course of last week's Masters, the opening ceremony of golf's most illustrious weekend was perhaps the most replayed segment of the tournament on the CBS broadcast: Golf's 'Big Three,' Arnold Palmer, Gary Player and Jack Nicklaus hitting a ceremonial drive off of the first tee at Augusta National. For a person like me who grew up playing golf in the early 1970's, it brought back a lot of vivid and exciting memories of a time when a golf ball was hit off a tee with wooden clubs.

Tonight my oldest running friends Al and Valerie joined me for a ceremonial run as part of a memorial tribute to this year's Boston Marathon. As it was for me, at one time the Boston Marathon was Christmas in April for both of them as well. In fact the three of us made the trip to Boston together many times in a 10-year span starting in 1994. The three of us have the same number of Boston Marathon finishes: 12. At one time the three of us were referred to in running circles as 'the Three Amigos,' not only because our training philosophy was based on staying in marathon shape year-round (because you just never know when a

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Trilogy of Terrorism

Continued from previous page

marathon was going to break out') and taking it to the next level by running as many marathons as our busy schedules allowed. The three of us collectively have somewhere in the neighborhood of 450 marathons to our credit; many of them we ran together.

The evening produced a decent turnout for an event with little more than 24 hours advance notice. Al, Val and I posed for a photo, the three of us side-by-side in the same formation we were photographed in almost 19 years ago to the day after we finished the 1994 Boston Marathon, the first of several we would travel to together. We, along with 60 or 70 others then gathered for a group photo for the local newspaper, followed by a moment of silence to pray for the many lives impacted by Monday's atrocity. Then a simple command from the club President: 'Let's run 6.2 miles!'

Al, Val and I ran together as we had for many, many miles before, reminiscing about our favorite memories of the many trips to Boston and wondering if we had enough gas left in our tanks to qualify for the Boston Marathon one more time. Based on our individual efforts finishing a simple 6.2 miles in the twilight of a warm April evening, we realized how much work we all have to do to find our way back to the starting line in Hopkinton any time soon.

But forgive me if I had images of Palmer, Player and Nicklaus in my head as the three of us completed the 6.2-mile route which started and finished at the Peachtree City Library, a favorite running route of the local running club, the very same club of which I was President when the three of us started running together so very many years ago.

Getting old has its privileges, so I'll take that privilege and call Al, Val and I 'The Big Three.' At least for tonight, even if it's only for one memorable 6.2-mile run.

There was a great post on Facebook last Monday not long after the senseless destruction along the finish line of the Boston Marathon: *If you're trying to defeat the human spirit, marathoners are the wrong group to target.*

I can't help but think it's in the cards for The Big Three to celebrate Christmas in April once more.

Iron Couple

Continued from page 3

Steve's wife Katherine is no slouch herself. Katherine ran her first marathon at Soldiers' this past November. She is scheduled to run the Peachtree International Olympic Triathlon in May and the Augusta Half Ironman in September. Katherine was appropriately voted and awarded Most Improved Female Runner of the year for 2012 at the annual PTC Running Club Christmas Awards Banquet.

When asked how they juggle their training with two kids, Steve replied they take turns. For example, Katherine will get in her long run on Saturday mornings while Steve watches the kids and then swap roles on Sunday mornings. Somehow they make it all work.

Farewell to a Friend

Continued from page 2

I have so many fond memories of the Brooks Day Race (now 'Brooks Beat') that you can't find in the majority of today's 'big' (read: major sponsors!) races:

- Walking the halls of the school to use the restroom one last time before the race and seeing all the students' drawings and paintings proudly displayed on the bulletin boards.
- Heading over to the Brooks Day festivities after the race and watching the youngsters playing T-ball while following the sweet aroma of fresh funnel cakes so I could replace the calories I had just burned off running.
- Attending the awards presentation and listening for the names of the runners I ran with every weekend as they were called up to the main stage to accept their awards.
- Receiving the simple-yet-oh-so-appropriate cotton T-shirt with the school's heritage proudly spelled out on the front and all of the proud local sponsors listed on the back.

So here's to you, Brooks. You've had a good, long run. You should be proud of what you've done for running, for your community and most important of all for your children. As for me, I'm just proud you've given me the opportunity to support your race and run through your beautiful town these past 27 years.



Member Recipe: Energy bites

By Deanna McCurdy

One of my favorite recipes! I love to pop one or two in my mouth before our long runs, and usually finish off the entire batch in a day or two!

- 1 cup oatmeal
- 1/2 cup peanut butter (or other nut butter)
- 1/3 cup honey
- 1 cup coconut flakes
- 1/2 cup ground flaxseed
- 1/2 cup mini chocolate chips
- 1 tsp vanilla

Mix everything above in a medium bowl until thoroughly incorporated. Let chill in the refrigerator for half an hour. Once chilled, roll into balls and enjoy! Store in an airtight container and keep refrigerated for up to 1 week.

1000 Mile Club

Name	Miles as of May 6	Jacket	Club	Volunteer Activities	Meetings Attended
Adams, James	195	Yes	1000		2
Allis, Dick	640	No		6	4
Aviles, Pam	213.9	Yes	1000	1	2
Barber, Karin	205	No		2	1
Bellucci, Tiffany	149	No			1
Besch, Teri	533	Yes	20000	3	5
Bothe, Steven	858	No			3
Brown, Russell		No			1
Burkingstock, Kith	632.1	Yes	5000	2	4
Burrus, Pam	366	No			2
Butler, Mitch	821	No		1	3
Caldwell, Bryan	1029	No			2
Caldwell, Karen	616	No			2
Cardone, Mike	280.3	Yes	1000		1
Chiong, Christopher	356	Yes	5000		3
Clark, Sally	295	Yes	1000	3	3
Cole, Steve	431.35	No		2	3
Cote-Miles, Pat	420	No		1	2
Corrigan, Meredith	435.25	Yes			2
Covert, Tim	286.7	No		4	5
Daley, Cal	410	Yes	20000	1	3
Dalton, Bob	954	No		2	5
Desgain, Jules	200	No		1	2
Ernst, Helen	152	Yes	1000		1
Everage, Bill	585	Yes	10000	2	2
Farrier, Brian	410	No		1	2
Feldman, Jamie	464	Yes	1000	1	3
Fratto, Jan	356	No		3	3
Fratto, Fred	500	No		4	3
Fuentes, Marino	439	No		3	3
Fuller, Bill	220	No		3	3
Godwin, Carole	115	No		1	1
Greene, Steve		Yes	1000		1
Greer, Jeff	314	Yes	1000		2
Gulick, David	382	No		2	2
Hamill, Nancy		No			1
Hamill, Todd		No			1
Hamilt, Melanie	650	No		1	
Hamilton, Jane	240	No			2
Hamilton, Mark		No			2
Hancock, Bonnie	280	Yes	15000	3	4
Hancock, Hannah	425	No			1
Hancock, Jake	435	No			
Hancock, Steve	470	Yes	15,000	3	4

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.

Hinkle, Angie		No			0
Hinkle, Eric		No			1
Jenkins, Tom	229	Yes	1000		2
Johns, Amanda	155	Yes	1000		1
Johnson, Rachel	298.17	Yes	1000	2	3
Johnston, Bill	257	No		1	2
Kearns, Patrick	439	Yes	10,000	2	4
Kennedy, Courtney	340	Yes	1,000		0
Kennedy, David	446	No			3
Kennedy, Ryan	621	No			2
Kilgo, Karen		Yes	1000		1
Kolb, Gary	325	Yes	5000		2
Krauth, Christine	302	Yes	1000		1
Lankford, Mike	419	No		6	4
Lego, Jill	357	No		1	2
Lego, Doug	273	No		1	1
Lockard, Mara	325	Yes	1000		1
Martin, Jennifer	220	Yes	1000		1
Mathews, Lisa	440	No			2
McCurdy, Deanna	450	No		2	2
Mills, Susan	525	No		1	3
Moore, Alan	399	Yes	1000	3	2
Moore, Gary	160	Yes	1000		1
Moore, Teresa	600	No		2	5
Moore, Tracey	480	Yes	5000	1	3
Mrosek, John	124	No		1	2
Neola, Scott	87	No		2	1
Olson, Cathy	494	No		3	3
Osse, Brandi	476			1	2
Phillips, Chris	155	No		1	1
Piet, Dave	525	No		1	5
Rangnaw, Doug	30	Yes	1000		1
Reynolds, Valerie	158	Yes	20000		1
Roberts, Sue		Yes	1000		1
Robison, Caryle	130	No		exempt	exempt
Robison, Roy	450	No			1
Rose, Betty	853	No		1	3
Round, Tom	442	Yes	10000		
Ruple, Kim	677	No		1	4
Sambrone, Constance	503	Yes	10000	1	4
Schultz, Paul	119	Yes	1000	1	2
Scoleri, Katherine	165	Yes	1000		2
Scoleri, Steven	301	Yes	1000	5	1
Sheffield, Shane	314	No		5	3
Shoemaker, Adam	300	Yes	1000	1	3
Shoemaker, Ann	175	No		1	2

1000 Mile Club

Shoemaker, Jerry	240	No			1
Smith, Betty	302	No			2
Smith, Bob	280	No			2
Smith, Jed	193	No			1
Suttles, Bill		Yes	1000		1
Suttles, Stevanic		Yes	1000		1
Thurber, Karen	431	Yes	1000		3
Thurber, William	350	Yes	1000		3
Tuman, Sandy	380	No			1
Veclotch, Jason	1013.8	Yes	1000		1
Villars, Michelle	456	No		2	2
Vise, Ed	275	No			1
Vlachakis, Alexandria	200	Yes	1000		
Walker, Anastasia	417	No			2
Warren, Angie	40	Yes	1000		0
Warren, Mike	133	Yes	15000	1	1
Wassell, Joe	446	No		1	2
Waterhouse, John	457	No		3	3
Werling, Bill	336	Yes	25000	16	4
Weston, Rita	320	No		3	3
Wolfe, Hal	465	No			1
Woods, Sandra	487	No			4
Woods, Von	495	No		3	4
Zuehlke, Jill	200	Yes	1000		1

President's Letter

Continued from page 1

Early Tuesday, as I mulled it over and thought about ways to show our support for Boston runners, spectators and those killed or hurt by the terrorist my phone went off again. It was my good friend, Jules, suggesting we sponsor a run. The call went out; we'd host a 10K/whatever you can do-come one, come all. I didn't know if people would respond or how they would feel about us running when others were unable. Wednesday, as I pulled into the parking lot, a short two days since the bombing and only a day since we put out the call – you couldn't get in for the runners, dogs and even two newspaper reporters complete with their photographers. We showed up en masse – well over 50 people including several just back from Boston.

It didn't stop there as all over the country many running clubs and individuals did the same. Our own Pam Burrus worked with an organization selling T-Shirts to raise money, over \$15,000 in less than 24 hours. As of May, the news reported over \$28M has been raised to support those individuals affected by the Boston Bombing. It disappoints me that humans have such a capacity to harm others, but this is clearly outweighed by the overwhelming capacity for humans to care about one another, support and reach out in a time of need. I am proud to call myself a runner - to stand tall and RUN – with the love, support and camaraderie of so many. Thanks to all. -Kim

Did you know?
The Peachtree City
Running Club was
featured the most
recent Run Georgia
newsletter. See
www.rungeorgia.com/sopotlight.html for more

Club Meeting Minutes- March, 2013

The meeting was called to order by VP Adam Shoemaker and motion was made to accept the February minutes, which carried.

Grand Prix and Summer Track Series update by Shane Sheffield.

March Grand Prix was a consistency run.

Tuesday Night Summer Track Series will be back in June and July. E-mails and fliers coming soon!

Kim Ruple shared that she made a formal presentation to the Peachtree City Council of a check for a new water fountain.

If anyone is interested in working as the school liaison for track reports and scholarships, please let Kim Ruple know.

If you are interested in riding the bus to the Peachtree Road Race please contact Adam Shoemaker. Cost is \$8 for members and \$16 for non-members.

A "RRCA Runner Friendly Community" plaque was presented to Kim Ruple by Steven Bothe
Club Business

The evening's guest speaker was Christine Krauth from ProHealth Physical Therapy and Pilates Studio. She discussed the differences between pilates and yoga and demonstrated six essential moves for runners.

The meeting was adjourned at 8:23 PM

Club Meeting Minutes- April, 2013

The meeting was called to order by President Kim Ruple at 7:00 PM, and motion was made to accept the March minutes, which carried.

Thank you to Steve Hancock for taking over as school liaison for the high school track season.

Thank you to Jules Desgain for repair and replacement of the posts on the 10K course.

Cookies provided for tonight's meeting as a thank you from Bonnie Hancock for the help at the Oak Grove Run for the Gold.

Marino Fuentes reported that the annual golf tournament is scheduled for June 22. See Marino or the club website for additional information.

The meeting was adjourned at 7:25 PM