

PTC Marathon Relay: The Volunteer View

By Hannah Moore

The Marathon Relay is a summer tradition for my family. My mom and I have participated all six years the event has been held, with my brother and dad only missing one.

The morning begins as the volunteers begin setting up the start area and making preparations for the runners. It does not take long before runners arrive and begin gathering with their teams to discuss strategy and team names. Once the teams have all gathered and the no-shows discovered, the race begins. After the national anthem and a short prayer, the teams set off for the prologue. This short loop ends quickly, and the first loop runners are off.

The air soon fills with the smell of bananas, Gatorade, and sweat, as runners and volunteers prepare for the rest of the relay. I stand at the table, making sure everything is right with the food, and watch the first of the first loopers finish. Adam Shoemaker, race director, keeps up with the teams and enters times on his computer. Runners who have finished their loop or have yet to set out mill around talking, eating, and of course staying hydrated. Fold out chairs, tents, and even some hammocks litter the start area, where music plays in the background.



**Race Director
Adam Shoemaker**

I am soon drafted into assisting the voting for the best team name. I wander through the runners to ensure each one votes. The names all are hilarious! Ranging from my favorite, "Worst Pace Scenario" to "I thought they said Rum,"

The winner this year was "I am here because it's free." Soon I go back to the tables where pizza and Chick-Fil-A have been set up. I help hand out the pizza and keep the napkins from flying away.



Marathon Relay Finish

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**PTCRC 2016
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Vice-President
Kevin Killory**

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**Classic Race Director
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**RRCA Liaison
Rogelio Quintanar**

Around me, activity buzzes as the teams finish the finale leg. It is not long before every piece of pizza is gone and every team has crossed the finish line. The awards begin, and I hand out medals as Adam announces the winners. My favorite



award, the Sandbag Award, is next. Adam described it as the runner who says their slow, when they're actually fast. In addition to their medal, they receive a 50 pound sandbag. The awards are soon finished. It was a good race day!



**I enjoy volunteering for the
Marathon Relay because I end up having as much fun as the
runners do ...sometimes even more.**

Pizza!

New Member Profile

Toni Scarbrough is Totally Dopey!!

By Bob Dalton

That's right. New member and 44 year-old Toni Scarbrough took the Dopey Challenge and ran a 5K, a 10K, a Half Marathon, and a Full Marathon all in the span of four days at Disney World this past January. But that's not what makes her so unusual. After all, other people in the club have also accepted and met that challenge. What makes the difference for Toni is that she did it with an Implantable Cardioverter Defibrillator (ICD)!



Toni and her Dopey Medals

Toni was born in Florence, Kentucky, moved to PTC when she was eight years old and lived there until 1994 when she married and moved to Newnan. She works in aviation maintaining technical publications and is also a catering supervisor for NASCAR events. Her husband, David, also works in aviation and they have two daughters, Amy (16), and Abby (12). In her catering job, Toni has worked such venues as Talladega, Daytona, Phoenix, California, Atlanta Motor Speedway, Kansas Speedway, and the Michigan International Raceway.

She was born with a heart condition that runs in her family known as Long QT Syndrome. It is essentially a disorder of the heart's electrical activity that can cause sudden, uncontrollable, dangerous arrhythmias in response to exercise or stress. In fact, Toni had completed a 65-mile bike ride one weekend and fainted at home the next night. The doctor decided it was time to implant the ICD, so in July 2012, she underwent the

The Legacy is published six times per year: January, March, May, July, September, and November. The deadline for submissions is generally the third Friday of the previous month. All are welcome to contribute.

Please send articles & photos to
Paul Schultz
paul@ptchome.net

Next Deadline
July 23, 2016



Toni and her Family

great shirts, and just being at Disney is great!"

She enjoys running because "it relieves stress, is rewarding, has great health benefits, and sets high expectations for my girls (don't quit what you start)."

She joined PTCRC "to get the 1000 Mile Jacket, to meet new people, and to learn all I can about running." Besides running, Toni "likes traveling, hiking, beach trips, and setting up NASCAR events."

For future goals, she wants "to do an ultramarathon this year and do a marathon every 10 years." She currently has her sights set on the Deer Dodge 50K in Milton, Florida this December. If there's anything certain about Toni, it's that if she sets her mind on something, she will make it happen, ICD or not!

procedure. An ICD is a Defibrillator and a Pacemaker combined and will shock the heart when dangerous arrhythmias occur, and it also keeps her heart rate at a constant beat and no lower. Two months later to the day, she ran a Breast Cancer 5K in Fayetteville and was the first female finisher!! "I ran my first marathon one year later (Savannah Rock n' Roll) and haven't stopped since." She just completed the Publix Marathon this past March.

Her favorite distance is the marathon and her favorite race is the Dopey because "it is very entertaining, very rewarding, they have beautiful medals and



Toni and Publix Marathon Medal



Peachtree City Running Club Members at the All American 5k/10k on Memorial Day

Member Profile

Meet the New Administrative Vice President – Kevin Killory!!

By Bob Dalton

Kevin may be only a relatively young 24 years old, but he is certainly not shy about stepping up and taking on responsibility as the new Administrative Vice President for the Club. This Georgia Tech grad earned his B.S. in Chemical and Biomolecular Engineering with a Minor in Materials Science Engineering and puts it to good use as a Specification Engineer at Southwire in Carrollton. There he “resolves discrepancies between our CableBuilder, SpecEngine, and RealTime programs at the Cofer Technology Center.”

Originally from Lakeland, Florida, Kevin has lived in PTC for the past 16 years and attended Starr’s Mill High School where he ran varsity track and cross country and lettered in both sports all four years! He continued running cross country for two years at West Georgia where he matriculated before transferring to Georgia Tech.

Kevin has a brother (Brandon), and seven step siblings (Raelyn, Jordan, Jenna, Randon, David, Rachel, and Joel), two dogs (Tanner and Kady Lynn), and a cat (Abby). His parents are Brian and Lori Killory, and Bunny and Jeff Boggs. That’s right, the club Treasurer Bunny Boggs is Kevin’s mother!

We have had several husband and wife teams serve as officers in the club and as co-race directors of the Classic over the years, but this is the first Mother-Son team to serve on the Executive Board. PTCRC makes history again!!

Kevin came to running under somewhat unusual circumstances. “I started running when I was eleven to begin controlling my allergy-induced asthma. Once I began track in middle school, I was set from there. It’s an activity I can do right after work to keep in shape now that I work for a living.”

His favorite racing distance is the Half Marathon and his favorite race is the Disney Princess Half because “running through the park is a very fun experience and is a great destination run that benefits the Children’s Miracle Hospitals.”

During his running career, Kevin has already set some impressive PRs: Mile - 4:49; 5K - 16:47; 10K - 40:04 (Peachtree Road Race, 2011); 1/2 Marathon - 1:27:40 (ATL Thanksgiving 2010); 8K - 29:20 (GSC Invitational, 2010).



Kevin Killory

Welcome New Members!

Karen Hinson

Philip Kearney

Stewart Smits

LaToya (Benita) Stephens

Dr. Jacob Taylor

Kristene Hayter

One of his favorite running experiences was “being sub-seeded at the Peachtree Road Race in 2011 and being just in front of the American flag while the national anthem was being played.” Another memory he won’t soon forget was “while running along the cart paths, avoided stepping on a young copperhead thanks to my father pulling me away at the last second ... I thought it was a twig.”

In his spare time, Kevin likes to chill out with golf, weight lifting, soccer, and taking the dog to the local dog park. He joined PTCRC because “now that I graduated and work in the area, I have the time to properly contribute to the club.”

For future goals, Kevin would like to qualify for the Boston Marathon and foresees that happening within the next few years.

As Admin V.P., Kevin is responsible for coordinating the Peachtree buses, obtaining guest speakers, and assuming the duties of the President in his absence - a tall order for a young man to take on. But the club is expecting big things in the future from Kevin both in contributions to club business and on the road and track. So no pressure Kevin, we know you can do it!!

Upcoming Events

August

- 6 ARTReach 180 Freedom 5k (McDonough, GA, register on Active.com)
- 13 Club Grand Prix: SPARK! 5k

September

- 3 Club Grand Prix: Heritage Cross Country Course
- 5 Macon Tracks Labor Day 5k/10k (Macon, GA, Club Team and Individual Event)
- Darkside Labor Day non-event (Peachtree City)

October

- 15 Peachtree City Classic 5k/15k/20k (Peachtree City Running Club’s Premiere Event!)
- 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)



Peachtree City Running Club Summer Track Series Underway

Something Different and Challenging: Memorial Day Murph

By Paul Schultz

After qualifying to run the 2017 Boston Marathon last year and the preparation involved with that, I decided that 2016 would be my year to simply enjoy running and fitness. After having lunch at local Club-favorite Mimi's Good Food, I noticed a sign on their door for a Memorial Day Murph hosted by CrossFit PTC, and since I enjoy unique events (you'll never see me in a Spartan Run though), I decided to see what it is and give it a try.

Murph is named after a Navy SEAL, Lt. Michael Murphy, who used it as one of his conditioning workouts, and he called it "body armor," I suspect due to the fact that it conditions the whole body, and it is done while wearing body armor, or in my case a 20-pound weighted vest. The workout is a one-mile run followed by 100 pullups, 200 pushups, and 300 squats followed again by a one-mile run. Without the weighted vest this is a challenge. A key to the workout is cycling the exercises into sets of five, 10 or 15. Even with a solid plan, there are very few who could do this event "cold." My strategy was to simply pace myself, which is something I have learned from running. I started preparing myself four weeks before by increasing the number of pullups, pushups and squats I do and rigging up a string bag or weights to simulate the 20-pound vest, which ended up being a lot more comfortable than the string bag with two 10-pound weight plates inside!



**CrossFit PTC's Ric Thompson
Presentation about Lt. Murphy**

On Memorial Day morning, we met at Crossfit PTC. There were four separate Murph sessions spaced about an hour and a half apart. I selected an earlier session to avoid the heat- something else I learned from running! Each session consisted of learning about Lt. Murphy's service to our country and his tragic, unfortunate death while surrounded by Taliban forces as part of the War in Afghanistan. The body of the citation for his posthumous Medal of Honor was read aloud, followed by a moment of silence. (This is what Memorial Day should be about.) After this, we got underway with the Murph!



At the Finish

There were three things I deeply appreciated about the event. First, it was timed, but there were no awards; it was simply about doing one's personal best. Everyone at the event had different fitness levels and capabilities, and it was not about competing with others. Second, CrossFit PTC opened the Murph to the community at large rather than making it simply their members' event. Think about this: how many fitness establishments put on events for the whole community on a public holiday where their facility and staff are fully invested in the success of the event? I can't think of any. Of course, those in the Running Club are used to having big Club events on holidays that engage all of us! Third, all the proceeds from the event went to Healing 4 Heroes (H4H), a group that provides service animals to wounded service members and veterans, Coco's Cupboard, which is a combination pet food pantry and animal rescue service in Pike County that is funded by donations and volunteer hours, and GROW Restored, an organization that provides affordable counseling.

I would recommend this event to anyone interested in something different and something challenging. It was efficiently run, a lot of fun and so very appropriate for Memorial Day!

2015-2016 Rotary Elementary Grand Prix Awards



Rotary Elementary Grand Prix Winners at the Awards Luncheon (May 26)



Club Race Director (and Club Hero) George Martin Presenting Awards



Many Club Members Won Awards Including Kith Birkingstock

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!!)

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

Ronnie Godwin Memorial Scholarship Recipients



Ryan Kennedy with Recipient Alyssa LeClair at McIntosh High School



...with Recipient Nicole Zauby



...with Recipient Nicole Zauby



Recipient Christina Cauthen with Bob Dalton at Fayette County High School

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.



Support Ovarian Cancer Awareness with Shoe Bling!

Support Ovarian Cancer Awareness with a purchase of shoe bling at any club meeting from Pat (patricia.miles@northhighland.com), Jane (jfstemkoski@yahoo.com) or Jane (jmbhamilton@mindspring.com) or simply donate at <http://www.ovarian.org/donate.php>

Ovarian cancer is difficult to detect, especially, in the early stages. This is partly due to the fact that these two small, almond shaped organs are deep within the abdominal cavity, one on each side of the uterus. These are some of the potential signs and symptoms of ovarian cancer: bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, feeling the need to urinate urgently or often. Other symptoms of ovarian cancer can include: fatigue, upset stomach or heartburn, back pain, pain during sex, constipation or menstrual changes. If symptoms persist for more than two weeks, see your physician.

Club Meeting Minutes: March 7, 2016

President Mark Ward called the meeting to order at 7:33 p.m.

The minutes from the February Club meeting were approved.

Mark introduced Kevin Killory as a candidate for VP of Administration. Kevin ran two years at West Georgia and states that he is organized and would like to support the club.

Membership director Bob Dalton indicated there are three weeks remaining for membership renewal as we are still in the grace period but please renew as soon as possible. He has paper applications, and the application is also online.

Teri Besch explained the 1000-Mile Club rules: members must attend three club meetings, volunteer for three running-related activities, and run or walk 1,000 miles. It is necessary to sign up every year for the 1000-Mile Club, and adding your name to the mileage clipboard isn't sufficient. If you haven't claimed your certificate from 2015, please do so. It is possible to sign up through the May meeting.

Leigh Blood, member of the local American Legion Post 50, announced that they will be serving Spam Burgers at the WWII Heritage Days in Peachtree City on April 30 and May 1, 2016. Additionally, on Saturday, May 28, which is during Memorial Day weekend, the PTCRC and the American Legion will be partners for the seventh time to hold the All American 5k/10k race. Leigh appreciates the club's support. Race registration is online Active.com and three people have registered. The race needs 80 volunteers. Please reach out to Leigh.

Club Activities VP Rachel Johnson will post the Club Grand Prix results the next few days. Next Saturday, March 12 is the next Club Grand Prix. There are some beautiful posters and a social media presence. The run is the partner-up run. Two runners have to finish close to each other's time but also under a time limit. Time is 8:00

a.m. at the PTC Library. Please show up a little early to register and be sure to wear club gear to get extra points.

Paul Schultz explained the next LEGacy newsletter deadline will be next weekend with the intent to publish soon thereafter.

Tonya Hussein, club intern, gave an update on strategic planning committee work. The board developed a mission statement, which is currently in draft form. The SPC made a SWOT analysis to list internal and external club strengths, weaknesses, opportunities and threats. This information will be published online.

Treasurer Bunny Boggs gave a financial update. The club has \$19,594.63 in checking and \$51,936.42 in CD's.

Race Director George Martin gave a Classic update. The Classic needs 25 specific coordinators and previous coordinators will be approached to fill roles again this year. If you'd like to be one, please see George. The Classic 5k/15k/20k will be October 15 this year.

New members were introduced. Toni Scarbrough ran 1,000 miles with Moms Run This Town last year, and Fenette Beresford wants to get back into running.

Pat Cote-Miles, Jane Stemkoski and Jane Hamilton made a presentation to raise money for an ovarian cancer charity and as support of former club president, Kim Ruple. You can purchase some shoe bling for \$5.

Past-president Kim Ruple handed the 2015 Most Improved Runner Award (Male) to Gary Moore. Congratulations!

Melissa Bauer from the American Lung Association announced the "Fight for Air Climb." The American Lung Association was founded in 1904 to prevent tuberculosis and eventually expanded to cover all lung issues, improve lung health, and end lung disease. The Fight for Air Climb will be 191 Peachtree Tower, and it covers 51 stories with a total of 1,272 steps and promises to be a fun and unique event. Running Club member Ken Christensen and his family have participated. Peachtree City and Fayette County fire departments participate. There are two divisions: law enforcement and firefighter teams and regular event participants. This year is the tenth anniversary. Volunteers are needed, and there will be a party at Red Brick Brewery after the event. Fund raising of \$100 required. Lung cancer is not a smokers' disease: two-thirds of lung cancer diagnoses are for non-smokers. The event website is listed on the flyer being handed around at the meeting and is for registration or for volunteering. Mark Ward will contribute \$100 to the first member from the PTCRC who registers. Ryan Kennedy was suggested.

The club elected Kevin Killory Club VP of Administration.

Shout-outs: Toni Scarbrough did the recent Dopey, which was a race every day for four days, ending in a marathon the last day. Bunny Boggs also did Dopey; her first marathon at the age of 50. Mike Chrzanowski and club friend Gina Bolen both recently qualified for the Boston Marathon. Rachel would like to ask for all club members who qualified for the 2016 or 2017 Boston Marathon to make yourselves known. Also, if you know a club member who did, please let Rachel know. We need to celebrate our club's accomplishments and also support runners who attend these events since a group is likely going. PTCRC is a small club but we send a lot of runners to Boston. All of our board members are going to the RRCA convention this year as is Bob Dalton due to his winning an RRCA National Running Award.

Bill Werling has volunteer opportunities over the next few weeks to support middle and high school track meets. Please reach out to him if you're interested.

Ken Christiansen's daughter, Faith, has been doing some fundraising for the Fight for Air Climb (see above). She hand-made a pine needle basket for a raffle and Rachel Johnson won the basket. Congratulations!

Spring Hill Elementary Trash Dash 5k is 6:00 p.m. on March 11 at the school.

Meeting was adjourned at 8:20 p.m.

Club Meeting Minutes: April 5, 2016

President Mark Ward called the meeting to order at 7:04 p.m.

March Club meeting minutes were accepted.

Activities VP Rachel Johnson gave several updates. Thanks to those who participated in the group run at Partners. There were 40 members who participated in the Grand Prix run the past Saturday, and results will be updated and emailed for posting. The next Grand Prix run is Saturday, May 14 and will be a consistency run, which requires running as close to the same time out and back, with the closest being the winner. Next Tuesday is the Abide Brewery run at 7:00 p.m.: do your own distance, but there are 3 mile and 7 mile routes. The Club will order pizza.

Adam Shoemaker announced buses to and from the Peachtree Road Race. The cost is \$10 for members and \$20 for non-members. The bus sign-up sheet is being passed around, but payment is the only thing that secures a seat. There are 112 seats available. The Marathon Relay is back this year at Shakerag. It is free again this year and should be a good time. The website for both the Marathon Relay and Peachtree bus payment processing is active the day after the Club meeting.

Emily Poole, Jennifer Vette, and Michael Mumper of AVPRIDE gave an update on their Hawaiian Run Thingy, which is Saturday, April 16.

Membership Director Bob Dalton thanked all those who renewed club membership for doing so.

Classic Race Director George Martin gave a Classic update. Orange Theory Fitness is the Corporate Fitness Challenge Sponsor and Piedmont Fayette Hospital is sponsoring \$5,000.

Teri Besch will update 1000-Mile Club on website. Teri Besch explained the 1000-Mile Club rules: members must attend three club meetings, volunteer for three running-related activities, and run or walk 1,000 miles. It is necessary to sign up every year for the 1000-Mile Club, and adding your name to the mileage clipboard isn't sufficient. If you haven't claimed your certificate from 2015, please do so. It is possible to sign up through the May meeting.

Club Intern Tonya Hussein gave an update on the Strategic Planning Committee, which has been working since January. The second meeting will be April 19. The SPC has completed a SWOT analysis and created a membership survey. She will have updates at next Club meeting.

Past Club President Kim Ruple handed out new member items.

Mark Ward gave an update on the Road Runners Club of America (RRCA) Convention. He appreciates that Club members allowed the Board to travel so we can get new ideas to continue improving the Club. Bob Dalton received the National Running Award for Excellence in Journalism while at the convention. Mark Ward runs the silent auction, which supports kids running and RRCA State Reps attendance at the convention, and more than \$16,000 was raised.

Club member Lisa Mathews ran 100 miles last weekend.

Members who qualified for the Boston Marathon were recognized.

Club Member Tracey Moore's son is a Boy Scout, and he is selling camp cards for \$5 each.

Meeting adjourned at 7:25 p.m.