



# LEGACY

Newsletter of the Peachtree City Running Club  
September/October 2015

## Thank You from the Southside Pioneers

As received by George Martin

Thank you so much for your generous support of Southside Pioneers Track and Field Club. Your monetary gifts provided three scholarships for athletes to improve their running skills. The recipients were Khadim Jones from McIntosh HS, Rodney Warren from Sandy Creek HS, and Nathan Stembridge from McIntosh HS. Because of your financial support, Aaron Powell from Fayette HS received monetary assistance which allowed him to compete at the AAU Club Nationals in Disney.

Please share the success of these athletes with the members of the PTC Running Club, and let them know that their contributions are making a positive impact on the running community here in Fayette County. Without their support, these athletes would have been unable to participate in our summer program.

Khadim Jones is headed to Western Carolina University thanks to participation in our program. He is going to receive a partial track scholarship. He ran the 400 in 49.6 seconds which was a PR for him. He participated on our 4 x 4 and 4 x 100 relays; both medaled at Disney. The 4 x 4 relay team advanced and participated in the USATF Nationals in Jacksonville, FL.

Nathan Stembridge is a rising senior who ran a personal best in the 1500 with a 4:27. He is currently running cross country at McIntosh.

Rodney Warren is a rising junior and improved in all of his events this summer. This was his first year running, and we look forward to seeing continual improvement of his times. He is participating in Cross Country at Sandy Creek.



Southside Pioneers Rodney Warren, Khadim Jones, and Nathan Stembridge

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Aaron Powell is a rising sophomore who participated in the sprint medley and 4 x 4 at Disney, and helped both teams medal. He performed a personal best in the 1500, and he is running Cross Country at Fayette HS.



Again, thank you for your support!

With Gratitude,

Steve Sattinger and the Southside Pioneers Track and Field

### **Macon Labor Day Race Results**

By Bob Dalton

A strong contingent from the PTC Running Club made its way down to Macon on Labor Day for the 39th Annual Macon Track Club 5K/10K race. Instead of the usual heat and humidity typical for the end of summer event, the day was actually pleasant for racing with relatively low humidity and temps in the low 70's. So conditions made or some very fast times.

PTCRC had a team entered in each of the two distances. The Quads of Fury Team raced the 5K and finished a very respectable 5th overall out of 28 teams entered. Individual results are as follows:

Bob Dalton	18:48	1st AG
Tiffany Bellucci	19:27	1st AG
Steve Scoleri	20:36	8th AG
Maria Natal	21:26	2nd AG
Meredith Rielly	23:25	4th AG



The PTCRC Team, Cirque du Sore Legs, raced to finish 2nd on the very challenging 10K course. They posted the following individual results:

Rusty Burns	37:38	4th OA, 1st Master
Mike Chrzanowski	42:42	2nd AG
Paul Schultz	43:11	3rd AG
Rachel Johnson	47:19	1st AG
Teresa Moore	58:14	3rd AG

All in all, it was a very successful day for the PTCRC as evidenced by all the individual and team hardware they brought back and the fun times had by all!

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  
October 23, 2015

## New Member Profile

### Mother Daughter Team – Cindy and Heather Jones

By Bob Dalton

Cindy Jones (44) is originally from Simi Valley, California but has called Senoia home for the last 12 years along with her husband Pat, a retired Deputy Sheriff, and their three children, Heather (21), Brittney (18), and Hunter (7).

She received her nursing degree and a B.S. in Healthcare Management from Clayton State University and currently works as a school nurse at Willis Road Elementary School in Coweta County.

Cindy and her eldest daughter are the runners in the family. Heather is a freshman at West Georgia and like her mother, only took up running in the past couple of years.

Both agree that their most unusual running experience was the time they got lost on a winter run in the mountains. “We left out for a quick run but before too long it started snowing and we were lost about 8 miles from our cabin. We finally got a cell signal though and they were able to find us by studying the map and using the GPS. All the roads seemed to have the same name after we started running and the mental note I had of the map I studied.... It just wasn’t coming back to me. It made for a memorable run though.”



Jones Family at Disney



Cindy & Heather at Minneapolis Half

When asked about her most memorable running experience, Cindy responds that it “Probably was the day I got married. I get stressed out about situations so I thought going out for a run would help. I didn’t want to go alone so I decided to wake up the people in my wedding party to go for a run (it was a small group). I went out with Pat (groom), Eric (best man) and Sammy (bridesmaid). They were all good sports about it and went out for a run with me (I couldn’t ask for better friends.) We ended up getting a good run in and still made it to the church that morning in time to get ready!”

For Heather, it was being the first woman finisher overall (out of 650 women) at the Outer Banks 5K. “I got to cut the finisher’s ribbon for the first time.”

Cindy was in a car accident about 15 years ago that badly injured her leg. The doctors told her she would never be able to run again. So she took up bicycling and joined the Randonneurs biking club and took part in some ultra rides including one in Tennessee that took 38 hours to complete a 600 KM course (360 miles!). Of course, she has certainly proven the doctors wrong when she earned her 1000 Mile Jacket along with Heather last year.

One of their favorite destination runs is the Pirate Half Marathon in Outer Banks. For the past three years, they have left after school on a Friday afternoon in April and driven through the night in time to run the 5K on Saturday

morning. They then run the Half Marathon on Sunday morning and return home afterwards in time for school again on Monday morning.

Besides running, Cindy enjoys “bicycle riding, hiking, and hanging out the beach. I like to travel and right now my new kind of hobby is visiting the different lighthouses and photography. Then a little floral arrangements thrown in.” Heather likes going to the beach and hanging out with friends and family.

Both joined the club to learn more about running, and to meet more people who also love the sport. Cindy’s bucket list includes running the Big Sur Half Marathon in California one day and eventually run an ultra.

In a similar vein, Heather wants to run a half marathon under 1:40 and then move up to completing a full marathon. In the meantime, they both have their sights set on achieving another 1000 miles this year in their quest earn the 5000 mile jacket.

## Welcome New Members!

Dave Tamburro

Brendon Hall

Lisa Ivaska

Ria Story

Andrew Klimecki

Paul Birkeli

Michelle Barkhuff

Joel Cziok

Jane, Bob, & Katie Atkinson

Richard Rodriguez

Jonathan Rogers

Julie Golden

Logan Hart

April Healy

Umesh Patil

## Four Things about China

By Fred and Jan Fratto

*We asked club members Fred & Jan Fratto to tell us about their recent cycling trip in China. Most of their days were spent cycling through rural areas of rice paddies, small villages and beautiful mountains, but they also visited large cities like Xian, Beijing and Hong Kong, and historical treasures like the Great Wall, the Forbidden City and the Terra Cotta Warriors. While there is too much to tell in this newsletter, they picked out four things that left lasting impressions. Here is their story:*

Our trip was arranged through an “active vacations” company, which we recommend as the way to go. The company furnished the bikes and the routes. They also provided local guides who facilitated communications, made hotel and meal arrangements and educated us about the country as we traveled. We will skip the socio-political topics and summarize 4 of the many other things that we found interesting. Hope you do, too.

### A Land of Contrasts

China is a land of ancient ways amid ultra-modern developments. We spent our time in the eastern 25% of China, home of 75% of its 1.357 billion people (over 4 times the population of the US). Even with more than 1 billion people in the eastern quarter, much rural farm land still exists where people work the land as they have done for centuries. We regularly cycled past rice paddies being cultivated by one person with a hoe, standing in ankle-deep water. One telling contrast was the existence of 40 foot high concrete pillars being constructed right through the ancient farmland to support the overhead railway for a bullet-train which will cross rural southern China at 180mph. We encountered villagers pulling rickshaws loaded with tree limbs and walking their water buffalos along the road. Later the same day, we would ride into a city of over 1 million people with skyscrapers, beautiful hotels and the accompanying traffic and smog.



Just walkin' the water buffalo.

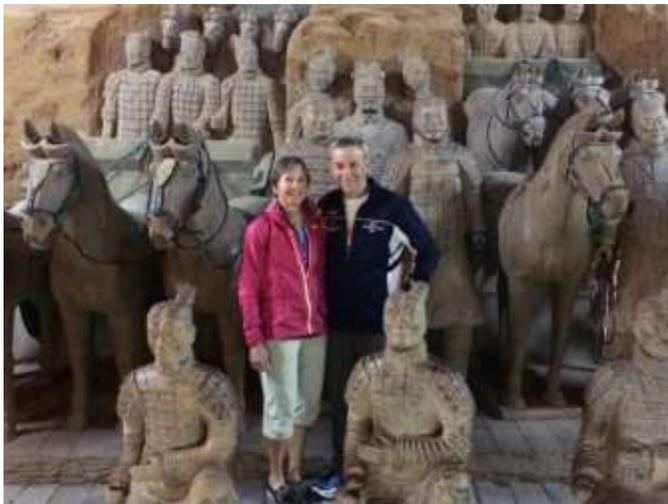
### Friendly and Industrious People

In rural areas we were quite a sight for the local residents. First, in remote villages Westerners are rare. Second, our spandex cycling clothes and aero helmets were very odd garb. And third, we were traveling on bicycles, which seemed out of context to local residents- they work hard to move up from bicycles to motor bikes, and they didn't understand why people they considered "wealthy" would travel by bicycle. We were the subject of lots of stares, and our Chinese guide explained that staring at something unusual is not considered rude in their culture. The village residents were all busy, working in the shops, around their homes and in fields. At the same time, they were quite welcoming and friendly. We would hear calls of "Hello!" as we rode past homes and businesses, and the children (who are taught English in school from an early age) had a lot of fun practicing phrases such as "It is nice to meet you".



### The Terra Cotta Warriors were almost not discovered

Around 220 BC, China's first emperor, Qin Shi Huangdi, (pronounced 'chin' and from whom China gets its name) ordered the creation of an army of terra cotta warriors, horses and chariots to be buried with him. It was believed these objects could be animated in the afterlife to serve the emperor. Over 7,000 warriors, each one unique, were created and buried in military formation. It is considered one of the greatest archaeological sites in the world, and it was discovered 2,200 years later completely by accident.



In 1974, peasant farmer Yang Zhifa was digging a well. He found some terra cotta pieces which he thought they were pieces of a bowl or jar. Thinking he might find some usable jars to take home, he and his helpers dug carefully. As they dug, they discovered more pieces which they took to authorities. As it turns out, the well site was at the very edge of the several-acre underground vault containing the terra cotta army. If Yang had dug 20 yards away, the terra cotta warriors would remain undiscovered today. It is interesting to note that nearly all of the warriors were found broken into many pieces. It is believed that ancient locals entered the tomb, destroyed the warriors and burned the wooden roof that held the dirt above the warriors, causing cave-ins that further damaged the figures. This was done

because they feared the warriors and wanted to remove the threat of the army attacking them! Archaeologists are using sophisticated computer modeling to slowly re-assemble the figures, and most have still not been repaired. Farmer Yang now signs books in the gift shop!

### The Great Wall Really is Great

For starters, it is over 13,000 miles long! And it is not one wall but a network of many walls, each built to protect newly conquered territory during a period from 770 BC to 1644 AD. The wall is typically 25-30 feet high and 15 feet wide, and contains troop stations, watch towers, beacon towers where fires and smoke were used to send messages, and gun ports. At times, over 1,000,000 soldiers were stationed on the wall. Historians say it was

built by hundreds of thousands of soldiers, common people and criminals, with countless deaths resulting from the effort. The wall climbs steep mountains, requiring nearly vertical steps, so visitors should be ready to work!

Much of the Great Wall has deteriorated, but many sections are intact or have been restored. Walking on the wall, thinking about the others who have been there over thousands of years, is an amazing experience.

If you like active vacations and are considering an international trip- China is a trip of a lifetime!



### More China Pictures



These boys rode back and forth saying "Hello!"



Still farming the old fashioned way- very typical.



The farmer who discovered the Terracotta warriors while digging a well. Now autographs photo books in the gift shop.



Street market- This is where to get really fresh chicken for dinner!

## Rotary Elementary Grand Prix Race Calendar

The Rotary Club of Peachtree City, in cooperation with the PTC Running Club has created a series of races that provide the opportunity for both children and adults to participate in healthy events as well as raising much needed funds for our local elementary schools. Last year about \$100,000 was raised by the schools and the series of races has become one more campaign in the fight against childhood obesity.

October 3, 2015	Fayetteville Elementary 5K
October 10, 2015	Christian City Griddle Gallop 5K
October 24, 2015	Peebles Elementary 5K
November 7, 2015	Sara Harp Minter 5K
November 14, 2015	Braelinn Elementary 5K
December 5, 2015	Peachtree City Elementary Jingle Bell Trail 5K
December 12, 2015	The Bedford School 5K
January 16, 2016	St. Paul Lutheran School 5K
February 6, 2016	Kedron Elementary School 5K
March 5, 2016	Oak Grove Elementary 5K
March 11, 2016 (Friday night)	Springhill Elementary 5K
March 19, 2016	Burch Elementary 5K
March 26, 2016	Inman Elementary 5K
April 16, 2016	Huddleston Elementary 5K
April 23, 2016	Cleveland Elementary 5K
April 29, 2016 (Friday night)	Crabapple Lane Elementary 5K

Points will be awarded for participation in each race, for all age groups, both male and female. At the end of the school year, awards will be presented to the top three runners, both male and female, in all age groups, who have accumulated the most points. Special bonus points will be awarded based on the number of races a runner completes. Each race will be conducted by the individual schools as fundraisers for that school only. Waivers must be signed and fees paid for each race.

### Dragon Boat Races, Saturday, September 26

Enjoy the thrill of dragon boat races on Lake McIntosh and enjoy a taste of culture, food, and art from around the world. The objective is to raise awareness of our cultural diversity and increase interest in international commerce through the interaction of the community, business and the arts. Please contact Activities V.P. Rachel Johnson at [Rachel6139@hotmail.com](mailto:Rachel6139@hotmail.com) to join the team! Up to 12 club members may participate



## Upcoming Events

### September

- 26 Night Owl 5k (Panola Mountain State park, discount code PTCRC, benefit Wild Animal Rescue)

### October

- 2 Promise Place Run from Domestic Violence 5k (Peachtree City)
- 3 Alzheimer's 5k walk/run (Peachtree City)
- Fayetteville Elementary 5k
- 10 Christian City Griddle Gallop 5k
- Running With The Goats 5k/10k/Goat Fun Run (Elkmont, Alabama)
- 17 Peachtree City Classic 5k/15k/20k, (Peachtree City Running Club's Premier Event)
- 23 Senoia 60 Running Festival (a Darkside Running Club event)
- 24 Peeples Elementary 5k

### November

- 7 New Hope Harvest Classic 5k (Fayetteville)
- American Lung Association Lung Force 5k (Virginia Highlands, Atlanta)
- Sara Harp Minter 5k
- Soldier Marathon, Half Marathon, and 5k (Columbus, GA)

## Notes & News

The Club has gone live with a new PTC Classic volunteer sign up system. Anyone interested in signing up to help on either race day or Friday afternoon/evening before the race can go ahead and register for their preferred spot. Here is the direct link: <http://ptcrc.com/volunteer-sign-up/>

Don't forget the Abide Brewery Run on select Tuesdays at the Abide Brewery in Newnan. Information will be on the Club Facebook page. Come join us for a 5k or 10k loop and a tour of the brewery!

### **Peachtree City Classic Week - October 12-17**

**The Classic is our premiere signature event and requires the help of EVERYONE in the club to successfully ensure the event lives up to its name.**

**Wednesday, October 14**      **Race packet stuffing in the evening, October 14**

**Friday, October 16**            **Race Expo**

**Saturday, October 17**        **Peachtree City Classic- showtime!**



**Brad Mason, former PTCRC member, who is now in stationed in Germany with the U.S. Army, in the Zermatt Ultra (Switzerland)**



**Switzerland between Riffelburg (marathon finish) and Gornergrat (ultra finish)**

## 1000-Mile Club Update

Name	Miles as of April Meeting	Volunteer Activities	Club Meetings Attended
Adams, Normer	265	2	4
Allis, Richard	830	4	6
Amini, Mohammad	173		1
Anderson, Bill	209		1
Arthonsen, Aaron	150		1
Aviles, Pam	413		4
Bellucci, Tiffany	525		3
Besch, Teri	836.2	2	6
Blood, Leigh	639	2	5
Boggs, Bunny	626	0	2
Boggs, Jeff	457.4	0	2
Bothe, Steven	1722	3	6
Burkingstock, Kith	832.9	3	6
Butler, Bradley	1150	2	4
Butler, Mitch	795	2	5
Caldwell, Bryan	720	1	2
Caldwell, Karen	675		3
Chiong, Chris	842	1	2
Chrzanowski, Anne	154		1
Chrzanowski, Michael	1262	3	3
Christansen, Ken	549	2	4
Christansen, Ruth	617	2	4
Clark, Sally	340	4	4
Cole, Steve	109.55		1
Corrigan, Meredith	528		3
Cote-Mels, Pat	490	1	3
Daley, Cal	530	2	4
Dalton, Bob	1618	9	5
Desgain, Jules	650	5	5
Dillard, Libby	578		3
Domaleski, Mary Catherine	350	1	2
Dorsey, Steve	575	2	4
Ellsworth, Daymon	304		1
Ernst, Emily	61		2
Ernst, Helen	400	1	4
Farrier, Brian	30		2
Feldman, Jamie	706	2	5
Feldman, Logan	680	2	5
Ferero, Lou	60		1
Forero, Sandy	50		1

Name	Miles as of April Meeting	Volunteer Activities	Club Meetings Attended
Fox, Gail	259	1	5
Fratto, Fred	262		3
Fratto, Jan	795	4	3
Fuentes, Marino	794	4	6
Greer, Jeff	212		1
Gulick, David	542	2	3
Hamilton, Jane			1
Hancock, Bonnie	240	1	2
Hancock, Jake	250		
Hancock, Hannah	260		
Hancock, Steve	210	1	2
Hinkle, Angie	1030	3	2
Hineline, Maria	106		1
Howard, Valerie	300		2
Iyergar, Laxmi	688.42	2	3
Johnson, Rachel	860		5
Jones, Cindy	352		4
Jones, Heather	990		4
Kearns, Patrick	240	1	2
Kennedy, David	702	4	3
Kennedy, Ryan	937	2	3
Kohring, Casey	50		2
Kono, Haruko	375	3	5
Krauth, Christine	250		1
Landgren, Jo	250		1
Landgren, Larry	250		1
Lego, Jill	123.5		1
Mascara, Mark	125		1
Matthews, Lisa	704	1	4
Miller, Lee	25		1
Mills, Susan	588	3	4
Mitchell-Feigen, Kelley	488	2	3
Moore, Alan	569	5	3
Moore, Gary	38.7		1
Moore, Teresa	800	9	5
Moore, Tracey	700	6	3
Mowery, Warren	107		1
Mrosek, John	330		2
Myers, Randall	1124		3
Olson, Cathy	765	3	5
Osse, Brandi	700		2

Name	Miles as of April Meeting	Volunteer Activities	Club Meetings Attended
Outland, Scott	30		1
Piet, Dave	522	2	5
Port, Ann	578		1
Robison, Roy	941	6	2
Round, Tom	143	1	1
Rose, Betty	2525	4	5
Ruple, Kim	1448	4	7
Sambrone, Constance	703		6
Sanchez, Leo	327	3	4
Schultz, Paul	777.5	10	6
Shanahan, Larry	278		1
Sharpless, Chris	268	1	2
Shoemaker, Adam	8	2	1
Shoemaker, Jerry	500	2	2
Snow, Canon	267.88		2
Stemkoski, Jane	826	4	3
Stephens, Wini	644.2	3	5
Threatt, Kristi	486	1	3
Thurber, Karen	800		3
Villars, Michelle	63		1
Vise, Ed	698	4	4
Walker, Anastasia	465		1
Warren, Mike	625	6	2
Wassell, Joe	952		3
Waterhouse, John	515	2	4
Weida, Julie	100		3
Welsh, Will	392.56	1	3
Werling, Bill	744	45	5
Weston, Rita	528		5
Wolfe, Hal	811	1	2
Woods, Von	741	3	6
Zuehlke, Jill	624	1	5

### 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](mailto:besch105@comcast.net).

## Club Meeting Minutes: August 3, 2015

President Kim Ruple call the meeting to order at 7:31 p.m.

Kim asked for guests or new members to introduce themselves. Julie Golden, Jane Atkins, Katie Atkins, and Emily Knowles introduced themselves.

There are free samples of Gevalia Iced Coffee and coupons for members to take and try.

There are two lost and found items, a chair and a half-zip jacket, left at the Fourth Picnic and the Peachtree bus.

We have a new online store we are testing, and there will be information in a few weeks.

Kim thanked Jane Stemkoski for helping to install the 10k course markers. Thanks to Bill Ruple for making the markers.

The Next club meeting is Tuesday, September 1 at 7:00 p.m. at Partner's Pizza. The meeting will be informal. A fun run will be at 6:00 p.m.

The Club appreciates Adam for coordinating the Peachtree buses.

The minutes from June Club meeting were approved.

Rachel Johnson stated the July Grand Prix make-up will be on August 22. The following Saturday, August 29, will be the Heritage Grand Prix.

Kim handed out the complimentary new member merchandise.

Teri Besch reported that it is now too late to sign up for the 1000 Mile Club for this year. Going forward, members should let Teri know if they won't be able to complete 1,000 miles. Other requirements for the 1000 Mile Club are attending three volunteer events and three club meetings.

The Peachtree City Alzheimer's Walk is October third at 9:00 a.m. at Frederick Brown amphitheater. Please attend support if possible.

Summer Track Series was phenomenal thanks to Rachel Johnson and Bill Werling's efforts. Each week there were many runners and volunteers including a track team from Macon that attended one session.

Bob Dalton, Membership Coordinator, has free club decals for new members and any other members who would like them.

Normer Adams reported that the current checking account balance is \$8,816.45 and the current CD balance is \$51,590.94.

George Martin, Race Director, gave an update on several items. The Diva half marathon and 5k is September 12. They need some paid volunteers for parking and many more (unpaid) volunteers. Locally, they support

the Promise Place 5k, Christian City Griddle Gallop, and are a Classic sponsor. George showed the Classic quarter-zip long sleeve shirts, which have been popular on social media. As of August 3, there have been 500 registrations, with the early bird discount ending on August 3. There is a need for three coordinators: 1) kids marathon finish, 2) shirt (sort and hand out 2,500 shirts), and 3) race expo to support business presence at the Classic. Additionally, we will need 150 volunteers. The Classic is the main club fundraiser. All volunteers who work during the Classic will be able to run the routes the following Saturday. Eric Hinkle is coordinating volunteer positions, which will be tentatively listed online in August for the purpose of sign-up.

Susan Bothe announced the Abide Brewery fun run next Tuesday. There are three and five mile routes. Purchase of a Brewery tour comes with free samples.

The PTC Tri Sprint Triathlon is September fifth. There is a participant limit due to parking availability so register early.

Rachel announced that the Club will take team to the Macon Tracks Labor Day 5k/10k. Each team needs five members with a minimum of two females per team. We will carpool from Peachtree City. The entry fee is currently \$20.

Club will sponsor a dragon boat team. The races are on September 26. We need 11 volunteers who should expect to attend two practices and race day.

Paul Schultz showed the presentation he used to gain Panasonic sponsorship of the Classic. The key point is how the Club turns its financial backing into vital community services worth more than the actual amount of contribution due to specialized resources we provide to groups holding races to raise funds. We create the success of local non-profits, civic and religious groups when they use our race services.

The 1000 Mile Club log was passed around.

Paul Schultz asked that LEGacy submissions be turned in by August 21.

Rotary Elementary schedule will be set third week of August. On August 18 is meeting with the schools.

There are plenty of opportunities to be a club officer next year. President, VP of Administration, VP of Activities and Treasurer will all become vacant. Paul Schultz will continue to be Secretary. Rachel Johnson will continue as VP of Activities but would like to become VP of Administration. There are lots of people behind the scenes who help out, and there are many knowledgeable Club members so any officer will have plenty of support.

George has plaques from Rotary Elementary Series. If you haven't claimed yours, please do so.

Meeting was adjourned at 8:30 p.m.