



# LEGACY

Newsletter of the Peachtree City Running Club  
September / October 2016

## Classic Preview

By Paul Schultz

Once again the Club is putting on its premier annual event, the Peachtree City Classic 5k/15k/20k on Saturday, October 15, and if the recent reduction in morning temperatures and weather is any indication, it will be a crisp yet pleasant, sunny morning.

Upcoming events in preparation and post-event are:

- Cart path cleanup on Saturday, October 8, 8:00 a.m. at Luther Glass Park
- Race packet stuffing party on Wednesday, October 12, 6:00 p.m. at Partners Pizza downtown
- Classic Race Expo on Friday, October 14, at 4:30 p.m. to 8:30 p.m. at the Crowne Plaza Conference Center
- Classic volunteer party on October 15 at the Log Cabin from 5:00 p.m. to 9:00 p.m. featuring BBQ from Dickey's.

The monthly club meeting on October 3 at 7:30 p.m. at the Crowne Plaza will be all things Classic as is typical of the October meeting.

The sponsors this year are Panasonic as Presenting Sponsor, Orangetheory as Fitness Challenge Sponsor, Piedmont Fayette, Rotary Smart Directory, Lion's Den, the Richard Horning Foundation, Country Fried Creative, FC&A, Chick-fil-A, the Avenue Starbucks, Resurgens Orthopaedics, Publix, Minuteman Press Peachtree City, the Law Offices of Lee Mason, and the Divas Half Marathon. The sponsors really allow the Club to fulfill our community mission. We turn all sponsorships back over to the community in the form of scholarships, the promotion youth running, our Fayette elementary school partners and many other groups. If you can please patronize our community sponsors when possible.



2016 Classic Race Shirt Design



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**PTCRC 2016  
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**Classic Race Director  
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**Newsletter Editor  
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**Newsletter Picture Editor  
Jamie Feldman**

**RRCA Liaison  
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**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.**

**Next Deadline  
October, 2016**

## **Editor's Note: LEGacy & Volunteers**

By Paul Schultz

Now that my tenure as LEGacy newsletter is coming to an end I'd like share some observations about the club and volunteerism. The one thing that has been consistent during my tenure as editor for three years and six months has been Bob Dalton's submission of excellent profiles of club members, and I deeply appreciate Bob's dedication to this endeavor. His profiles show up in my email inbox every other month like clockwork and never need editing except in very rare situations (Bob and I do disagree about putting two spaces after a period, but I let this go ☺). The profiles have helped me get to know many club members, and I guarantee if you join the club and come to a few events such as the monthly club meeting or Grand Prix runs or conspicuously volunteer, Bob will reach out to see if you'd like to be profiled. Please agree to do this.

As an editor, what makes a newsletter great is content. I can have the best editing skills in the world and create an attractive format, but without content there is simply nothing to read. I know club members attend events throughout the Southeast and beyond, scour travel destinations for unique places to run, support charities through running, and rave about shoes and other gear they like. Please help the next editor and give him or her content about things like these. I'm looking forward to not being editor so I can create content.

When I sit down and do it, the newsletter takes about three hours to put together from start to finish, and if I weren't so lazy, I would have learned a proper newsletter editing program. As it stands I have simply used Microsoft Word. Additionally, there is no need to use the style I selected. Keeping it simple is better. The Darkside Running Club newsletter is black and white with some pictures added, but it is informative and readable, and they recently had a new newsletter editor take over as well- a sign of their club's volunteerism also.

Volunteers really make the Club. Classic week is coming up, but there are opportunities to volunteer throughout the year. I really appreciated Marino Fuentes' reviving the quarterly practice of picking up litter along the Club 10k route and round two which is the 15k race course. Sometimes making something "old" into something "new" is just what it takes. I wonder if there are other Club practices from the past that could be revived.

There are four positions in addition to newsletter editor that need to be filled: VP of Administration as Kevin Killory is moving along to a new employment opportunity, support for Rachel Johnson in her role as VP of Activities as she will be the Classic Race Director, club photographer, and strategic planning support. I was leading strategic planning, but my professional life has been so consuming that it is very difficult for me to simply bring the committee together.

I found out while editing this newsletter that club hero Tonya Hussein (profiled in this edition!) and her husband are moving out of state. She has been an invaluable help, and I see nothing in Tonya's future but good things because she works hard no matter what the endeavor. When it comes to fitness, she really knows her stuff, too!

## Member Profile

# Meet the Strategic Planning Volunteer – Tonya Hussein!

By Bob Dalton

Earlier this year, the club began a rigorous strategic planning endeavor to determine the direction for the club over the next five years. Under the guidance of the Club Secretary, Paul Schultz, Tonya Hussein has been doing yeoman's work in planning, organizing, managing, coordinating, and conducting the planning sessions, interviews, surveys, briefings, and presentations of this project. To say she has invested significant personal time for the benefit of the club would be the understatement of the year.

Tonya Hussein (32) started life as an Army Brat in Hinesville, GA outside of Savannah while her father was stationed at Ft. Stewart. From there, she moved to Palmetto where she spent the next 7-8 years living on a farm. She and her husband Robbie, have called Fayetteville home now for 18 years. Robbie is a financial advisor with Country Financial. He obtained ownership of his own agency with Country Financial in January 2016 of this year.



**Tonya Hussein and husband  
Robbie in Hawaii**

Tonya is a 2002 graduate of Fayette County High School and attended the Art Institute of Atlanta where she earned her diploma in Patisserie & Baking. She then went on to Clayton State University where she just graduated with a B.S. in Health and Fitness Management.

While working on her degree, she worked full time at a local fitness facility. While there “I created a Race Team back in 2011 that grew up to 100 runners at the Peachtree City Classic in 2014. I managed that Race Team for over four years. The team included walkers and runners and we did not shy away from other outdoor events.” In fact, she took her team to numerous local races including the Old Courthouse Run, Race for Riley, Hustle for Hope, and the Fayette Charity Classic.

During her now almost 20-year athletic career, Tonya has had quite a few experiences but found this one



**Chef Tonya**

somewhat common but impactful nonetheless. “I think my most unusual running experience happened when I tried to alter my foot strike to improve my running economy. I have known of runners losing toe nails after running and thought they must have pushed it too hard. And, yes, a lot of times that may be the case if they ignore a pain but usually the person just needs to keep those toe nails trimmed! However, in injury prevention courses, I have learned of many different undesirable conditions the foot can experience from sports activities. I have never lost a toe nail, but I did realize that my second toe is a tad longer than the first toe after I began running with more of a forefoot strike. The condition is known as Morton's Toe and is nothing to be alarmed about when the condition is mild. After running a few sets of sprints over several occasions, a mild bruise came up on my second toe on both feet. Consequently, without rest, the mild bruise turned into a black toe nail. Eeeww! No ladies want black toe nails! In my case, the second toe wants to push off ahead of the big toe. I learned that I could eliminate the

problem by trimming that nail down close to the quick. I would have to say that has become my most unusual running experience because a black toenail looked super ugly!”

Robbie earned a trip to Hawaii through his job last year and it turned into one of Tonya’s favorite running memories. “An early morning trail run in Maui along the ocean line with many rocks below was super beautiful and most memorable. The trail was very narrow where you could only run single file while the greenery would brush your ankles. The sunrise was beautiful and the weather felt great. I built up quite an appetite for breakfast after that run. There’s nothing better than a healthy breakfast equipped with a healthy balance of carbohydrate, protein, fat, and some fresh fruit after a run!”

Her favorite race distance is the 5K and her favorite race is the Macon Labor Day 5K. She first attended the event in 2013. “Mitch Butler provided the transportation and it was my husband and my first out of town race. I enjoyed running over the inroad railroad tracks that went through town and most of all, the water fall that the fire station set up at the end of the race! That felt great!”



**Tonya at the 2013 Race for Riley**

Tonya does not take her athleticism for granted and is quick to give credit where it is due. “God blessed me with good health and I want to thank Him for it by taking care of my body. Running is only part of my workout routine. It is also a fun activity and I am thankful to be able to do it”

But Tonya is obviously more than just a runner. “My hobbies are very widespread and could be considered unusual to some because they are so random. I enjoy cooking, baking and decorating cakes and petit fours, hiking, swimming, boating, fishing, kayaking, racquetball, tennis, zip lining, racing cars if permissible, cleaning and working on cars if able to, scrapbooking, studying and reading, yoga, heavy weight training, and being outdoors. Overall, I enjoy adrenaline and adventure! I do Facebook some and use the Internet but I think they are all draining away society’s ability to enjoy nature and one another. And, television is not my hobby so I watch it at a minimum.”



**Tonya working as a Fitness Trainer**

She also has to find time to take care of her pet. “Robbie and I have a rabbit named Binks. He is an English Lop. We never knew how much work a rabbit would be in regards to its feeding regimen but we are used to it now and that bunny has become part of our family.”

Given her blonde hair and fair complexion, one thing you would never guess about Tonya is that “I am a one quarter Japanese. My grandmother is full Japanese and my mother is half. The Japanese food is amazing and I love how most Asian families celebrate and socialize around home cooked food.”

She says “I joined the PTCRC to obtain internship hours during my last semester at CSU. I am still helping out the club with some volunteer work.” That’s putting it mildly. Tonya has been the driving force in helping the club to look at where it has come from in order to help determine the direction it wants to go in the coming years.



But she is not at all content to rest on her laurels. “I am working on obtaining a Certified Strength and Conditioning Specialist certification through the National Strength and Conditioning Association in order to continue training part time at a fitness center. However, I plan to go back to school for a masters and doctorate as time permits and would ultimately like to teach courses at the college level or at fitness conventions.”

In spite of all her achievements, Tonya still maintains a humbleness that is genuine. “I want to thank the club for allowing me to help out with first steps of the strategic planning process. I thoroughly enjoyed the many different personalities of the club and learning about each person’s role. I wish the club much success in implementing its strategic plan.”

### Welcome New Members!

La Shannee Carter  
Genevieve Mays  
Barbara Hudson  
Diego Montoya  
Ken Walters

## New Member Profile

### Amy Campanella

By Bob Dalton

This three-time Hood to Coast veteran and former competitive swimmer is now a die-hard runner for the PTC Running Club since last year and has definite plans to continue her competitive streak. Amy Campanella (29) is originally from Stevenson Ranch, California, but moved to Senoia last year to pursue a job opportunity with Hilti Global Construction Company where she is a Field Engineer. “I’m a Technical Consultant for Architects and Mechanical Engineers regarding firestop and concrete anchors.”

She attended California Polytechnic State University and California State University, Northridge where she earned her BS in Civil Engineering. While living in CA, Amy ran for Team Runners Lane (Santa Clarita, CA) and the Los Angeles Kings Running Club (Manhattan Beach, CA). It was then that she ran HTC in 2011, 2013, and 2014 with a friend and his family members who made up the team.

While those were exciting events with a lot of camaraderie and fantastic memories, Amy found the Wings for Life Run in 2014 and 2015 to be her most unusual running experiences. “It is a world-wide race where every location starts at the same time. In Santa Clarita, CA the start time was 3 AM. There’s a moving finish line. You run until the Catcher Car catches you. 100% of the entry fee goes to spinal cord research.”

Her favorite race distance is the half marathon but her favorite race is Hood to Coast. In fact she plans out heading out to Oregon again this year because “I love the close team atmosphere of relays and it keeps me in touch with friends from Cal Poly.”

“I was originally a competitive swimmer, but as an adult, swim clubs and races are few and far between. In 2008 a friend of mine from Cal Poly convinced me to start running with him and in 2011 I joined his Hood to Coast team and was completely hooked. I love running because, in addition to keeping me in shape, it’s a way to eliminate stress and it helps me focus more easily on other non-running related tasks.”



Amy Campanella at the  
2016 Hood to Coast

Her other hobbies include “snowboarding, swimming, shooting, L.A. Kings (hockey) games, and attending Dodgers games.” And here are three other trivia facts you didn’t know about Amy:

- I went skydiving for the first time on May 30, 2016 from 14,000 feet. You can watch the video at <https://vimeo.com/168703857>.
- I played the trumpet in high school and college and was in the Cal Poly Marching Band and Pep Band.
- I have kissed the Stanley Cup.

When asked why she joined the club, Amy responded, “After moving across the country, I joined the PTCRC to meet new friends and to feel the same camaraderie I had with my California running groups.”

Amy plans to run Hood to Coast again this year and to compete in the Alcatraz Sharkfest Swim next year. It consists of a mile and a half swim from Alcatraz prison to the San Francisco Aquatic Park in choppy water that is only 58-62 degrees. She swam the 100 meter breaststroke, the 500 meter freestyle, and for the relay teams while in high school. In college, she swam with the masters club, so she has no doubts she can complete the trek across the bay.

“I would also really like to do a triathlon.” Given her running and swimming background, the biking portion should be a piece of cake! And there are plenty of tri’s right in our own backyard, so her biggest challenge will probably be trying to decide which one to choose!



**Amy Campanella at the 2014 Hood to Coast**

## **PTC Running Club Helps Keep PTC Beautiful!**

By Marino Fuentes

Something old, something new as the saying goes. Well on August 27<sup>th</sup> we picked up on an old PTCRC tradition that ties to something new like a new city motto, “Keep Peachtree City Beautiful.”

Due to an outstanding effort of several club members we had an excellent turn out on a hot August morning to walk or jog the 10K course using this time to pick up trash along the course.

Tonya Hussein designed a poster which was converted into a yard sign announcing our initiative to clean up along the 10 K course once a quarter. Bob Dalton spread the word via e-mail and the turnout was better than expected. The picture, taken before the walk, shows the smiling faces of those volunteers in attendance which makes up about 30% of our membership.

Although the course was fairly clean, it seems to have more trash near Kroger and some of the fast food businesses close to the cart path in the Braelinn area. This area has always been a problem.

One more clean-up day is planned for October 8th, one week prior to the Classic. This will perhaps help us advertise the race and project a positive image of our Club to the community. Our plan is to send a picture of our

Clean-Up Day to the “Citizen” to let the community know that we care about our city and are doing our part to “Keep Peachtree City Beautiful.”

Many thanks to all the volunteers who came out to pick up trash; we appreciate your help and dedication to the Club and our community.



**Peachtree City Running Club Members Picking UP Litter on the 10k Course**

## Notes & News

Zazzle is now the preferred source for club running gear! There is 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](http://www.zazzle.com/ptc_running_club/about)

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 won the USATF Race Walk Masters Athlete of the Year 2016**

# Upcoming Events

## October

- 7 Promise Place Run From Domestic Violence (Peachtree City, 6:00 p.m.)
- 8 Tyrone Founders Day Rotary 5K  
Glow the Mall Pink Midnight Madness 5k, Kennesaw (discount: CLUB20 [www.glowthemallpink.com](http://www.glowthemallpink.com))  
5k Purple Run supporting the Community Welcome House (Newnan, GA, in Active)
- 15 Peachtree City Classic 5k/15k/20k (Peachtree City Running Club's Premiere Event!)
- 16 Shelby Farms Park Greenline Half Marathon (Memphis, TN)
- 21 Peebles 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/Senoia)

## November

- 5 New Hope Harvest Classic 5k (Fayetteville, GA)  
Sara Harp Minter 5k  
Disabled Veterans DAV 5k (Piedmont Park, Atlanta, GA [www.dav5k.org](http://www.dav5k.org))
- 12 Soldier Half and Full Marathon (Columbus, GA)  
Braelinn Elementary 5k  
Landmark 5k/1mile (Fairburn, GA)

## December

- 3 Peachtree City Elementary Jingle Bell Trail 5k

### 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: October

Name	Miles as of October Meeting	Club Meetings Attended	Volunteer Activities
Adams, Normer	103	3	1
Allis, Dick	744	5	4
Atkinson Katie	735	2	7
Atkinson, Jane	701	5	6
Aviles, Pam	829	4	3
Besch, Teri	989	7	6
Blood, Leigh	698	4	2
Boggs, Bunny	747	6	2
Boggs, Jeff	960	6	2
Bothe, Steven	2068	5	2
Buck, Tammy		1	
Burkinstock, Kith	1039.1	6	6
Butler, Bradley	1404	5	1
Butler, Mitch	870	2	3
Caldwell, Bryan	1702	3	
Caldwell, Karen	800	3	
Camparella, Amy	109	2	
Chiong, Chris	1200	4	2
Chriistensen, Faith	804	3	
Christensen, Ken	870	4	1
Christensen, Ruth	921	4	
Chrzanowski, Michael	1375	2	3
Clark, Sally	616	5	4
Corrigan, Meredith	723	4	3
Cote-Miles, Pat	847	3	3
Daley, Cal	520	3	3
Dalton, Bob	1740	8	12
Desgain, Jules	680	5	3
Dillard, Libby	982	4	4
Domaleski Mary Catherine	840	2	3
Farrier, Brian	382	1	
Farrier, Brian	698	1	3
Feldman, Jamie	200	1	
Fratto, Fred	603	5	2
Fratto, Jan	850	4	1
Fuentes, Marino	927	7	7
Greer, Jeff	789	2	
Gulick, David	705	4	3
Hamilton, Mark	513	3	3
Hamilton, Rylie	770	2	4

Name	Miles as of October Meeting	Club Meetings Attended	Volunteer Activities
Hamilton, Jane	700	4	5
Hinkle, Angie	1004	3	
Howard, Valerie	1201	2	1
Ivaska, Lisa	612	2	
Iyengar, Laxmi	1941	3	3
Johnson, Rachel	750	7	10
Jones, Cindy	1349	7	2
Jones, Heather	1384	7	2
Kearns Patrick	330	3	2
Kenedy, Ryan	1044	5	3
Kennedy, David	847	6	3
Killory, Kevin	415	6	2
Matthews, Lisa	1857	4	3
Mills, Susan	900	4	
Moore, Alan	847	4	4
Moore, Gary	909	4	1
Moore, Nathaniel	832	4	4
Moore, Teresa	920	5	4
Moore, Tracey	810	5	5
Mossburg, Kris	916	4	4
Mrosek, John	657	5	3
Myers, Randall	892	2	
Olson, Cathy	935	5	5
Osse, Brandi	810	3	2
Painter, Sara	832	2	3
Piet, Dave	840	5	3
Port, Anne	878	1	2
Powell, Mark	1183	2	
Robison, Roy	1095	4	4
Rose, Betty	1725	4	3
Ruple, Kim	467.5	5	3
Sambrone Connie	777	6	7
Sanchez, Leo	1394	4	8
Scarbrough, Toni	440	2	1
Schultz, Paul	800	7	4
Shanahan, Kyle	110	3	
Stemkoski, Jane	730	5	7
Stephens, Benita	903.4	3	1
Stephens, Wini	669	3	2
Thurber, Karen	860	3	3
Vise, Ed	657	3	2

Name	Miles as of October Meeting	Club Meetings Attended	Volunteer Activities
Walker, Anastasia	110	1	
Ward, Mark	700	5	3
Warren, Mike	1021	2	3
Wassell, Joe	810	3	1
Waterhouse John	679	4	2
Werling, Bill	733	7	37
Weston, Rita	930	3	1
Wolfe, Hal	895	2	1
Woods, Sandra	801	5	3
Woods, Von	912	7	2
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](mailto:besch105@comcast.net).

## Club Meeting Minutes: August 1, 2016

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

June Club meeting minutes were accepted.

New members and meeting guests introduced themselves.

Mark passed around a sheet to all in attendance that has proposed new club logos for them to select a design they like. Mark explained some of the history of the logo, the current logo, and why he is proposing a new logo. He showed the Atlanta Track Club logo and how simple it is. The goal is to put the new logo on t-shirts, hats, and polo shirts. Teri Besch asked when the new logo will be adopted because she needs to order 1000 Mile Club jackets later in the year, and Mark assured her that we will be finished in time. Marino Fuentes suggested we select colors that stand out.

Teri reported on the 1000 Mile Club. If you know you're not going to meet the requirements, please let her know as soon as possible as she will continue to follow-up if she doesn't receive any information.

Membership Director Bob Dalton had nothing to report.

Activities VP Rachel Johnson reported the next Club Grand Prix is Saturday, August 13. It will be a 5k at Shakerag starting at 8:00 a.m. On Labor Day is the Macon Tracks Labor Day 5k/10k race. It has the three things that Georgia running is known for: heat, humidity, and hills. There will be parent-child teams, husband-wife teams, and five person teams (two members must be women) in both the 5k and 10k as well as individual participation and

awards. Club members will carpool from The Avenue shopping center early in the morning. We will take the Club tent and have it at the finish. The Dragon Boat races are also coming up Saturday, September 24. It is a unique experience learning to paddle a Dragon Boat. The Club used the event to promote the Classic, and there are free shirts for those who participate. The event has food, drink, and an International Food Fair. The event starts around 7:30 a.m. and lasts to mid-afternoon so plan on most of the day. There is no cost to club members to participate. There will be two practices most likely on two Sundays in September. It is tough but a lot of fun and very rewarding.

Classic Race Director George Martin gave several updates. October 15 is the Classic 5k/15k/20k, and the Race Expo is at Crowne Plaza hotel on Friday, October 14. We need two Expo coordinators, one of whom will coordinate vendors. There have already been 500 registrations. Panasonic is the presenting sponsor. Orange Theory Fitness, PTC and Newnan locations, is the sponsor of Fitness Challenge. Piedmont Fayette Hospital is the Kids' Marathon Sponsor. We need 200 volunteers the day of the race. The week after the Classic is the Club's run of the Classic. George has posters to hang in gyms, businesses and other locations around town. The Divas Half Marathon is Saturday, September 10. We need six club members who will be paid to work the Friday before. We also need several hundred volunteers as course marshals. The Divas half is a Classic Sponsor (\$2000) and their expo is September 8 and 9, and the PTCRC will have a booth to solicit memberships and Classic registrations. Diva course is same as last year. Divas has a three-year agreement with the City, which expires this year, and they want to come back in 2017 but want to change the event date to November 18, which is the Saturday before Thanksgiving. Please give George feedback on this date if you have any. The first Elementary Grand Prix race is September 17 at Fayetteville Elementary.

The Club and Crowne Plaza hotel staff have nearly completed an agreement for the Classic Friday. They will have a block of rooms at rate of \$109 per night with shuttle service to and from the start line, and there will be a pasta dinner on Friday.

Treasurer Bunny Boggs updated the Club account status. The Club has passed the May-June low cash balance period without having to reach into the club CD's. We've paid for 20 scholarships at \$500 each (\$10,000 total) and paid a 40% deposit of \$6,440 for Classic shirts; however we've received \$19,300 for sponsorships including Chick-Fil-A, Panasonic, Orange Theory Fitness, Community Association Management, and Piedmont Fayette Hospital. Checking is at \$14,170.37 and CD's are at \$52,175.35.

New business. Marino Fuentes proposed an activity. Club members used to go around the Club 10k course on the cart parts and pick up trash once a quarter, and he is happy to coordinate this activity again. He proposed Saturday, August 27 as the first date. Keep PTC Beautiful has put out barrels along the cart paths we can use. There used to be enough people on a regular Saturday morning run to do this. The course will be split into 2-mile segments to balance the work, and we could do it again before the Classic. Marino proposed contacting The Citizen for a photo opportunity. Those who will attend are encouraged to wear Club gear! We will walk and carry trash bags. Teri Besch indicated that supermarket bags are big enough to hold the amount of trash we will find. After picking up two miles, we will run the remainder. The Club will provide gloves. Members approved this activity.

Dave Piet mentioned the City took responsibility for the plaques at the water fountains a year ago, and some still haven't been reset to be at grade rather than sunk in the surrounding concrete. The plaque at the Luther Glass Park water fountain is especially low.

A meeting attendee announced the Purple Run, which is on October 8 and supports the Community Welcome House, a domestic violence advocacy, prevention, and care charity. The course is in Newnan and has challenging hills. Flyers were in back to pick up after the meeting.



Susan Bothe announced that the second Tuesday of the month is the Abide Brewery Run. Details are in the Club newsletter. Tours are available for purchase and include samples. The Club brings in veggies, cheese and meat tray and other foods.

Cathy Olson announced the Alzheimers Walk on Saturday, October 1. Registration is at 8:30 a.m. with the event soon after. The Club has sponsored a team in the past. An envelope circulated during the meeting to collect donations. Please make checks out to Alzheimer's Society.

Administrative VP Kevin Killory announced the evening guest speaker, owner of Goperformance and Fitness in Peachtree City owners Lane and Payden Montgomery. Lane attained a CSCS as his first certification and started training athletes. He started working with runners to change mechanics and has worked with other coaches to improve his own skills and to be a better coach. Two things help running: stride frequency (turnover) and stride length (focus on force and power into ground). Length does not mean overstriding. Lane sent around a handout explaining his program.

Meeting adjourned at 9:15 p.m.

## Club Meeting Minutes: September 6, 2016

Activities VP Kevin Killory called the meeting to order at 7:02 p.m.

August Club meeting minutes were accepted.

New members and meeting guests introduced themselves.

Treasurer Bunny Boggs updated the Club account status. Checking is at \$28,928.74 and CD's are at \$52,228.56. Classic sponsors \$21,300. Registrations \$17,980.

Activities VP Rachel Johnson reported that the September Grand Prix is being rescheduled and October's Grand Prix is the Classic course the Saturday after the Classic. Dragon Boat Races will be held September 24 at Drake Field at 7:30 a.m. and run all day. The club needs four more team members. Practices are on September 11 at 2:00 p.m. At the recent Macon Tracks 5k/10k PTCRC was represented by 12 members and 11 took home medals and 10 of the 12 received two medals. The Club thanks Rachel for doing a superior job organizing our participation.

Classic Director George Martin gave an update on the Classic. We are doing well on registrations. We have 800 runners so we are down over last year. George distributed paper applications. For the upcoming Diva Run the club needs course marshals. Diva supports local community organizations: Promise Place and Christian City.

1000 Mile Club organizer Teri Besch indicated that mile registers were being passed around. Additionally, she is collecting donations for the Alzheimer's Walk in October.

Marino Fuentes reported that there will be a trash pickup on the 15k course in advance of the Classic on October 8 from 8:00 a.m. An email with details will go out. For the previous pickup, the participants were recognized in The Citizen local newspaper.

No other Club officers or directors had announcements.

Business meeting adjourned at 7:18 p.m. and members continued to enjoy themselves at Partners Pizza.