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Classic 5k/15k Preview

By George Martin, Classic Race Director

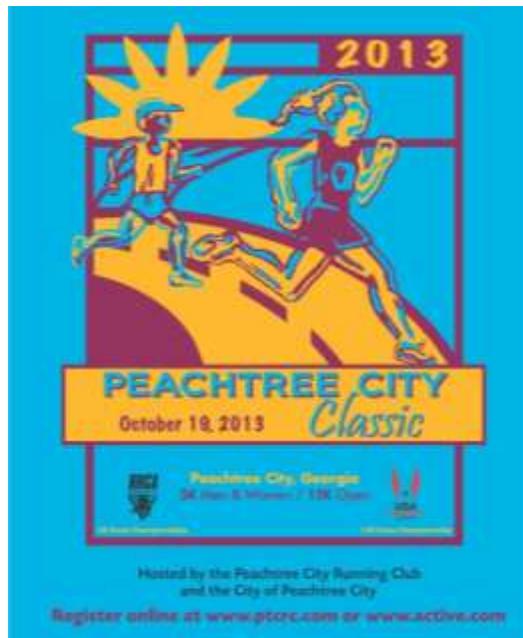
Summer vacations have ended, children have gone back to school and the days are getting shorter, which means only one thing for the Peachtree City Running Club: our annual Peachtree City Classic 5k/15k, which is October 19 this year. As of the writing of this column, there are five exciting weeks left before the event itself. As we enter a key time, I appreciate all club members and their efforts to support the Classic as our premier annual club event.



George Martin
Classic Race Director

I'd like to take a moment to recognize our sponsors. If you have an opportunity to use or recommend their products or services, please don't hesitate to do so as they are the ones that provide material or financial assistance to put on the Classic and support our club's mission.

This year the Classic is the USATF Long Distance/Masters state championship in the 15k, and the 15k is also the in the USATF state Grand Prix. Additionally, the 5k is the RRCA State Championship. We expect an increase in runners due to these designations. We are working to expand the number of sponsorships and corporate, educational, government, and military-based teams participating in the event.



All corporate sponsorships are returned to the local community in the form of contributions to local elementary, middle, and high schools to support their running programs. Classic sponsorships fund college scholarships awarded to local graduating seniors.

Additionally, when different groups form teams, we see two results: groups return in following years and become sponsors, and at an individual level, non-runners become runners and may join the club. Everything we do for the Classic returns benefits for the club and all our members!

We expect an excellent event this year, but still need volunteers both before and on race day. If you have volunteered in the past- thanks! If you haven't, we'd love to welcome you!



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President's Letter: It Takes a Village

By Kim Ruple

It's that time of year when the Peachtree City Running Club gets busy putting on our premiere running event, the Classic 5K/15K. As they say, it takes a village to make it happen. It starts with our own George Martin, race director extraordinaire, and spreads out to all the coordinators, volunteers, runners and our extended family, the team and sponsors.

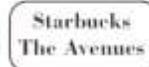
So you may ask yourself, how can I get involved? You have lots of choices, and they aren't mutually exclusive!

- Run - bring your friends, family, total strangers, co-workers or form a corporate team. To register see our website or active.com or pick up a paper registration form.
- Volunteer – we always need people for things like packet stuffing (free food and you get to meet some fun people), manning the tables and registration at the race expo (meet the excited runners), handing out T-shirts on race day, parking cars, setting up, taking down, and being course marshals. I often park cars with Bill Werling (he's looking for a protégé) then run the race. Trust me, parking cars increases your agility! And don't forget the volunteer party that night – always a good time and another opportunity to volunteer for set up/clean up. See Eric Hinkle for race volunteer opportunities or Rita Weston to help with the party.
- Be a sponsor or help us get them – most don't realize it but our sponsorship money goes directly back into the running community. This is how we are able to install new drinking fountains, provide scholarships to students, assist schools with their running programs, and support the numerous community events. Last year we contributed \$25,800 to community programs. See George Martin for more information.

As you see there are many ways to get and stay involved. We need you! Happy Trails!
-Kim

2013 Peachtree City Classic 5k/15k Sponsors

Presented by



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 25, 2013

New Member Profile

Welcome New Members!

Stephen Tracy
Robert Phillips
Karen Bloecher
J. Culpepper Gardner
Carole Sypes
Christina Zepeda

Trail Running 101

By Deanna McCurdy

Over the river and through the woods...Okay, maybe I am a little too giddy about the approach of fall. The months of late September, October and November symbolize cooler temperatures, a break in humidity, leaves changing, and trail running! Trail running is a great way to take in the sights and smells of fall and to clear the head and enjoy the freedom of running where pace does not really matter for a little while.

Many runners, however, are intimidated by the trail, fearing twisted ankles or falling. While trail running technique may vary a bit from road running, once learned, running on trails can actually help develop strength and prevent overuse injuries common with road running. Chronic injuries often associated with the repetitive pounding on pavement during road running include IT band irritation, tendonitis, shin splints and plantar fasciitis. Trail running softens the impact of the foot to the ground as well as associated forces that travel up the leg to the hip. Running on trails where the surface is uneven and the runner has to compensate for the terrain helps develop intrinsic muscles that help stabilize the hip joint, knee and ankle, making them stronger and more balanced.



Following these simple tips will not only help develop trail running skills but will also take your running to places that many have not dared to tread:

- Start slowly. Do not hop onto your first trail and expect to run a PR or even fast right out of the gates. Like learning to drive a car, you should not look straight down at your feet, instead gaze 5-10 feet in front of you, taking in the roots, rocks, and any other obstacles that might be in the path. Pick out the most easily navigatable line to travel and anticipate how you will move over it.
- Pick an easy trail. Once you feel comfortable running on a fairly flat, smooth trail surface, you can gradually increase elevation, difficulty, distance and intensity of your run. As with any running training, going all out from the start can lead to injury. Do not be afraid to hike up a hill rather than run. Even elite trail runners hike, realizing that often times, the pace they are going up the hill running is the same as they would be at a fast paced hike. By hiking, they are conserving valuable energy and are able to focus on form.
- Balance. Balance is key to form in trail running. You want to maintain your shoulders and hips square over your feet. On uphills, try to “sit” into the hill rather than lean forward. This will help utilize your glutes and hamstring muscles, instead of placing all the work on the quadriceps for the climb. On the downhill, a slight lean with the decent helps keep you lighter on your feet and more balanced over your body rather than leaning back as if putting on the breaks going down a hill.
- Stride length. To prevent tripping over rocks or roots, lift your toes slightly as you run. Shorten your stride on an uphill, telling yourself “short, quick steps”. Lift your knees and pump your arms. This will help you generate more power as you climb. On a downhill, be sure not to overstride. Overstriding brings the foot strike out in front of the body’s center of gravity, increasing the chance of rolling and ankle or falling.

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Macon Labor Day 10k: The Tradition Continues

By Bill Fuller

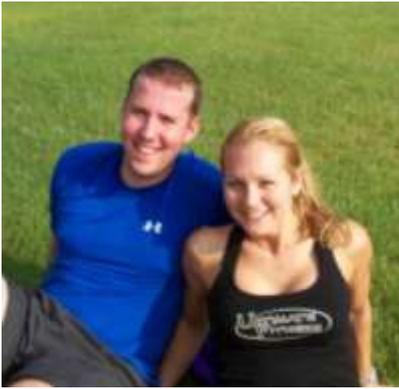
Twenty two runners represented the Peachtree City Running Club in good style on Labor Day for Macon Track Club's annual 10k and 5k races. As we have done for the past few years, we entered the five runner team division with each team being comprised of three males and two females. In addition to team awards, runners were also eligible for individual age group categories, and our runners did an outstanding job. We also had one team in the husband and wife category for the 5k race with new club members Robbie and Tonya Hussein.

With respect to results, special recognition has to go to the women: Deanna McCurdy won women's first place in a time of 38:58, and Melanie Hamilt won second place with a time 41:05. On the men's side, Steven Bothe on a very hot humid day almost had a PR with a time of 36:56 and won fourth place overall - fantastic job! The Grand Masters award went to none other than the Dude of Dudes, Mark Greiner. We were pre-warned that we would have competition this year from Macon Track Club and Perry Track Club. In fact, Alan Black who has dominated this 10k for some years and took first place again in a time of 33:37 had also put a team together. Despite the odds, Peachtree City RC still claimed the top honors

This was a super club trip with not too far to drive. Following the run, our group really enjoyed the social in the park, taking time to re-live the race and the challenges.



Race Day Pictures



Caffeine and the Long Run

By Kim Bramblett

If you are looking for a magic pill to make you run faster in your next half or full marathon, I've got the answer for you! Caffeine is a stimulant that has been proven to boost performance, increase pain threshold, improve mood and reduce overall tiredness. Caffeine can also help repair muscle and help with recovery. If used properly, it can be an inexpensive and effective part of your racing regime.

While there is no substitute for hard work, smart training, proper nutrition, hydration and pacing, you can use caffeine to help you grab a few extra minutes in your next race. While caffeine is commonly used and found in many items, please make sure that caffeine is something that is appropriate for you. Always check with your doctor if you have any specific concerns with your consumption.



You may have heard that caffeine can help on race day but aren't sure how to use it. Here are a few tips:

- Drink the same amount of coffee, tea or soda on race morning that you would on any other training day. Example: don't show up to your marathon on one cup of coffee when you normally drink five!
- To maximize the effects of caffeine you may want to consider backing down the amount you consume before race day. Caffeine is a drug and does have withdrawal effects so back off slowly to minimize those effects. I recommend no more than 25% reduction per day.
- As with anything else, try using caffeine BEFORE race day and start with a small dose to see what you can tolerate. The best time to practice this would be on a long simulation run.
- Do NOT overuse caffeine as an aid in running. Save it for race day for an extra boost!
- Too much caffeine can cause IBS. Again, test this in training. If you find it causes a problem either stop taking it or back down the amount you take.

There are many ways to ingest caffeine – gels, pills and drinks. This is personal preference so find what works for you and stick with it. Gels generally have 35-50 mg; NoDoze has 200 mg; Salt Stick Pills with Caffeine have 350 mg; eight ounces of brewed coffee have 50 mg. Read labels and to see what you are purchasing.

Regular caffeine users will want to consume 5-6 mg/Kg before racing and 2-3 mg/Kg every 90-120 minutes during. Non-users should use 3-4 mg/Kg before racing and 1-2 mg/Kg every 90-120 minutes during. Example: a 150 pound athlete weighs about 68 kg. Pre-race he will want to consume 340 mg and then 136 mg every 90-120 minutes. I find it much easier to split this up into smaller amounts of approximately 45 mg every 30 minutes.

Lastly, caffeine has been proven to help aid with muscle repair and recovery after your long or hard workouts by helping rebuild glycogen stores more effectively than without. Plus a cup of coffee just tastes great after a long hard run – so enjoy!

If you are looking for a buzz on race day, why not give caffeine a shot? It may be what gets you that Boston Qualifying time you are looking for!

References: Seebohar, Bob. Caffeine Protocol for Endurance Athletes

Kim Bramblett is the Head Coach for Multisport Performance. She has been a USA Triathlon Certified Coach for ten years is a 15-time Ironman Finisher and 3-time Boston Qualifier.

Racewalker- Alan Moore

by Bob Dalton

Alan Moore, 68, is originally from New Jersey but has called Riverdale home for the past 30 years. He is retired from the U.S. Army Reserves and the U.S. Food and Drug Administration, but hasn't let that slow him down. If anything, he has had more time to focus on his blossoming running and race walking career. His wife, Diane, is a retired Clayton County food service worker.

This Viet Nam vet says "As a retiree, I enjoy spending time with nine grandkids, working out for fitness and health, running or walking 40 races a year, and traveling." He is also a member of the Atlanta Track Club, the Darkside, and three walking clubs! Alan was formerly an avid outdoorsman; he especially liked hunting. But he gave it up about four years ago when he got hooked on race walking. "Running and walking gives me a sense of well being and keeps me trim, fit, and healthy with good health being the most important."

His favorite race and distance is the 1500 meter and Half Marathon race walk in New Albany, Ohio. "It is a beautiful flat course, the largest all walking 10K and Half Marathon race in the nation with outstanding volunteers, spectator support, and perks including a jacket and free downloadable race photos."

It was also in Ohio (Cleveland) that he had one of his most memorable race experiences this past July. He race walked an age graded performance of 80.68% in July at the 1500 meter Race Walk for a Bronze Medal in the Male 65-69 age group at the National Senior Games, just missing achieving All American status by less than 7 seconds.

Alan gives back to the sport of race walking as evidenced by the fact that in 2012 the USATF Georgia Association presented him with an award of 'Race Walk Committee Man of the Year.'

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Alan at the 2012 Huntsman Grand Canyon

Travel Report: Alaska!

By Steve and Angie Kiker

We returned from Alaska on Tuesday morning after 11 wonderful days in what has to be one of the most beautiful places on the planet. We had all kinds of weather, a couple of days it rained all day and night, a few days it rained either the first half or second half, with the other half pretty nice, some fog, and the last three days spectacular, beautiful and clear.

We ran in the Big Wild Life races on the 18th, Angie ran the half marathon, she did well in her usual 2:45, my brother, Jeff, ran his first marathon, he did great in 5:11, and didn't even hurt or look tired after it was over. I had the pleasure of officially bonking for the first time ever, don't really know why. I felt great and was right on pace at 13, but by 15 I felt it becoming hard to do and knew I was in trouble. I really struggled through 21, walked most of 22 and 23, and had to walk the last three miles to the finish. I saved enough energy to run the last 1/8 th mile across the finish line, but I made it. Angie met me at the 23 mile aid station after her race and got me to the finish line, without her, I don't know if I would have made it! Still finished in 5:48, which for me isn't bad, so even though it didn't feel like it, guess my pace in the beginning was just too much. Had to fight back a few tears, it was very emotional for me after training all summer for a big event like this to have it go south on me. It was a beautiful run, of course, and we even saw moose while we were running!



The rest of the week included a train ride, two half day boat cruises, two seaplane rides, a visit to sled dog kennels, a visit to Talkeetna, and of course plenty of good food(the scale proved that when we got home)! Now the tough part, settling back into normal life!

Editor's Note: We changed things up a little this month to focus on the premier club event, the Peachtree City Classic 5k/15k so the unstoppable Race Director George Martin got on the cover; however, Bob Dalton continues his long-standing excellent work on profiling members. Al Moore's vibrancy and strength are apparent just looking at his race photos. I'm hoping Dr. Chikhliker, also a new member, can psychoanalyze these people I've seen in Peachtree City who get up early on Sunday (and other) mornings and take off running for miles at a time for no apparent reason when they could be in bed sleeping- this looks like some kind of conspiracy. Teri Besch reminds us about the 1000 Mile Club- always a good thing to do as the year is now more than half over. Personally, the 1000 Mile Club has given me one thing I lacked: consistency. I'd do a big event and then take some time off usually resulting in starting back at zero. Averaging to a little less than 3 miles per day, it doesn't sound like a lot, but the "per day" means every day regardless of weather, work and family commitments. Taking a week off is not an option. Please send in your upcoming events you want publicized! Anything running related is OK! Deanna McCurdy gives us some advice on trail running- I turned an ankle at Serenbe in the past so I wish I had this advice sooner. Kim Bramblett also lets us know about how caffeine can improve running performance- I've always enjoyed a cup of coffee after a long run. Thanks also for the Alaska travel report! And special thanks to Bill Fuller for everything related to the Macon Labor Day run! And Susan Bothe pictures of the event!

Upcoming Events

September

- 21 Tyrone Founders Day 5k, Tyrone, GA
Georgia Jewel 100/50/35 Mile, Dalton, GA (Darkside Running Club Affiliation)
- 28 Rotary Club of Peachtree City Dragon Boat Races (definitely not a running event!!!)

October

- 4 Promise Place's "Run From Domestic Violence" 5k/1-mile, Peachtree City
- 11 Springhill Elementary Trash Dash 5k (Rotary Club Grand Prix race)
- 19 33rd Peachtree City Classic Road Race 15k/5k- our annual premier club event!
(RRCA Championship and 2013 USATF Georgia LDR & Masters Championship Event)
- 26 Peeples Elementary Pumpkin Run 5k, Fayetteville, GA (Rotary Club Grand Prix race)

November

- 2 Sara Harp Minter 5k, Fayetteville GA (Rotary Club Grand Prix race)
- 9 Braelinn Elementary 5k, Peachtree City, GA (Rotary Club Grand Prix race)
5K: New Hope Harvest Classic, Fayetteville (RRCA Georgia Championship Bid)
Chickamauga Battlefield Marathon Fort Oglethorpe (RRCA Georgia Championship Bid)
Soldier Marathon and Half, Columbus (RRCA Georgia Championship Bid, PTCRC Discount: club213)

December

- 7 Peachtree City Elementary Jingle Bell Trail 5k, Peachtree City GA (Rotary Club Grand Prix race)
 - 14 The Bedford School 5k (Rotary Club Grand Prix race)
Carpet Capital 10 Miler, Dalton (RRCA Georgia Championship Bid)
-

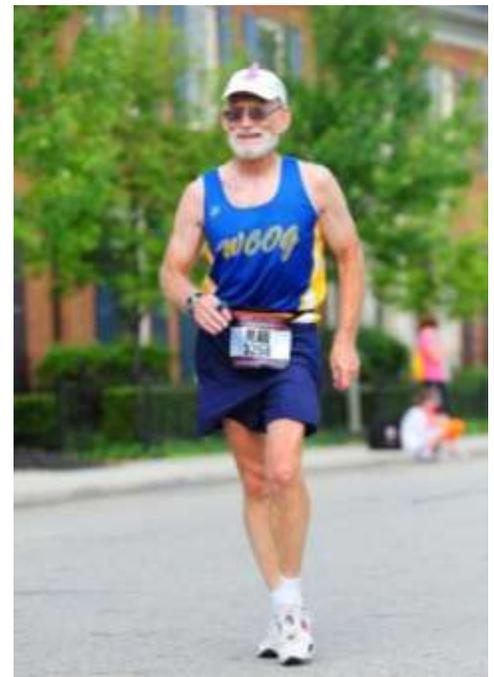
Alan Moore

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His Race Walking PR's at various distances are as follows:

1500 Meter Race Walk	8:44.27
Indoor Mile Race Walk	9:40.08
5K Race Walk	32:33.3
10K Race Walk	67:30
Half Marathon Race Walk	2:26:47
Marathon Race Walk	5:50
50K Race Walk	6:43

Alan is also an avid Volksmarcher which is extremely popular in Europe. "There are non-competitive 5K and 10K walks offered throughout the U.S. There are two Volksmarches in PTC. Both start at the Kroger store in the Braelinn shopping center. The walk box with walking directions is on the counter in pharmacy department. I am also the POC for a Volksmarch in Fayetteville that starts at the Holiday Inn Express in the historic downtown square. Ask for the walk box at the front desk."



Alan started participating in the Elementary School Grand Prix series three years ago and enjoyed the challenge so he decided to join the PTC Running Club as an incentive to earn his 1000 mile club jacket. Chances are pretty good that you will see him don that jacket at the awards banquet this year!!

Trail Running

Continued from page 4

- Plan ahead. Learn about the trail you are going to run, including the specific route and any turns you might have to make. Is it smooth and hard packed? If so, a stable road running shoe might suffice. Is it technical, with lots of roots, rocks, twists and turns? A more rugged treaded, trail running shoe might be a better choice. In the fall, be leery of fallen leaves and what they might hide below such as rocks and holes. Tread lightly on your feet so your body will roll with whatever is underfoot rather than resist. If you are planning to be out running for more than an hour, make sure you bring along proper nutrition and hydration. Hand held water bottles, Camelbacks, or fanny packs are all good options. Try them each out during shorter runs to determine which works best for you. Remember sunscreen or bug spray, a whistle or pepper spray, and tell someone where you are going before you leave so they know when to expect you back. Even the most experienced trail runners can run into danger on the trails when they least expect it.
- Be respectful. If you approach another runner, hiker, mountain biker or someone on horseback, let them know you are there before you pass. A courtesy call of "Passing on your left" gives them the heads up as to your approaching. If a runner or mountain biker is coming downhill, it is the responsibility of the uphill runner to move far right or hop off the trail to let them go by to prevent a run-in. A rule of thumb similar to driving a car: stay to the right unless you want to pass!

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- Have fun! Trail running is a great way to invigorate the senses, throw the Garmin out the window (figuratively!) and escape from the daily stress of work, the concrete jungle, and pounding of the pavement.

Fall trail races in Georgia through late Fall:

XTERRA Georgia Trail Running Series: Presented by Dirty Spokes Productions (www.dirtyspokes.com)

September 21	Harbins Park 10K Trail Running Race, Dacula
October 12	Fort Yargo 8.55/3.45 Mi Trail Running Race, Winder
November 2	Battle At Big Creek 10 Mi / 5.5 Mi Trail Running Race, Roswell
November 16 th	Little Mulberry Park 10K/5K Trail Run Race, Dacula
	Mountain Goat Adventures (www.mountangoatadventures.com)
September 14	6 Hours of Daucet Endurance Trail Run, Jackson
September 15	Daucet Trails Dirty Duathlon, Jackson
October 27	Rope Mill Dirty Duathlon and 5K Trail Run, Woodstock
October 27	Autumn Chase 15K/5K Trail Run, Newnan (www.piedmont.org/newnanwellnesscenter)
November 23	Serenbe Hill Country 15K and 5K Trail Run, Palmetto (hillcountryrace.org)

Macon Labor Day 10k/5k Race Results

10k Race

'Hell Of A Good Time' - Winner 1st Place.

Steven Bothe 4th Overall & 1st In Age 36:56

Shawn Mckinnon 2nd In Age 40:11

Bryan Caldwell 1st In Age 40:15

Deanna Mccurdy 1st Female 38:58

Tiffany Bellucci 2nd In Age 43:59

'Flat And Fast' - 2nd Place

Mark Greiner Grandmaster 1st 40:05

Steve Scoleri 44:00

Mitchell Butler 3rd In Age 41:42

Rachel Johnson 48:30

Melanie Hamilt 2nd Female In Race 41:05

'Too Much Fun'

Alan Barnes 53:05

Robert Scholl 47:00

Bradley Butler 50:05

Helen Ernst 1:01:57

Dee Murphy 59:09

'Hot To Trot'

Kith Birkingstock 50:34

Paul Schultz 46:37

Larry Landgren 1st In Age 46:31

Wini Stephen 55:11

Kimberley Kettelhut 1:12:51

Chris Chiong 47:37

5k Race

Robbie Hussein 28:11

Tonya Hussein 28:11

1000 Mile Club Reminders

By Teri Besch, 1000 Mile Club Coordinator

Here are some reminders and explanations for the 1000 Mile Club qualifications. First of all, there are five people who have not logged in any miles and/or attended any meetings. Time is getting short, but it is not too late. They can still qualify but need to get busy. The list of 1000 Mile Club Applicants is on the club website. It has the latest information that I have.

1000/5000/10,000/15,000/20,000/25,000 Mile Club Qualifications

- Run or walk at least 1000 miles between the 2012 & 2013 Christmas party. Only 1000 miles counts each year no matter how many miles you actually walk or run.
- Participate as a PTCRC volunteer in at least 3 events between the 2012 & 2013 PTCRC Christmas Party. These should be running related or club related events but do not need to be done in Peachtree City exclusively. If you have any questions about what may qualify, email me.
- Have at least three mileage updates published in the Legacy between the 2012& 2013 Christmas party. You may email your updates to me. I will see that they are published.
- Attend at least three club meetings between the 2012 & 2013 Christmas party. Note that there are only three club meetings left this year! We do not have a July or December meeting.
- For the 1000, 5000, 10,000, 15,000, 20,000, 25,000 Mile Clubs you must have qualified for the 1000 mile club 1, 5, 10, 15, 20, 25 years respectively. Years need not be consecutive.
- The deadline for signing up for the year 2013 was the May club meeting so no one can sign up for the 2013 1000 Mile Club now. The next time a club member can sign up for the 1000 Mile Club is the January, 2014 meeting.
- You must complete a 1000 Mile Application each year you wish to participate. I will have applications at club meetings.
- If you signed up for the 1000 Mile Club but know that you will not make all of the qualifiers, let me know so that I can take you off of the list.
- I start working with Tony Davis at Smith & Davis in October to order the jackets. They custom order the jackets so they are not returnable. The cost with monogramming is about \$50.00 each. So I want to be sure that I have accurate numbers and jacket sizes when ordered. I will be checking with 2013 jacket recipients for jacket sizes starting in September.
- 20,000 and 25,000 recipients are the only ones who get to choose a jacket color. Their color choice must be a color that is available. The PTCRC doesn't pay for custom colors. The jacket colors are: 1000 Miles: Navy; 5,000 Miles: Red; 10,000 Miles: Black; 15,000 Miles: Royal Blue.

I hope that this is helpful. If you have any questions or special circumstances, let me know. I will be happy to discuss any questions or concerns with you. Here are some ways to contact me:

770-487-9215 (Home) 678-478-4155 (Cell) Email: besch105@comcast.net

1000 Mile Club

Name	Miles as of September 3	Jacket	Club	Volunteer Activities	Meetings Attended
Adams, James	195	Yes	1000		2
Allis, Dick	960	No		10	6
Aviles, Pam	213.9	Yes	1000	1	2
Barber, Karin	866	No		2	4
Bellucci, Tiffany	603	No			2
Besch, Teri	821.7	Yes	20,000	10	7
Bothe, Steven	1965	No		3	6
Burkingstock, Kith	1042.2	Yes	5000	4	6
Burrus, Pam	366	No		7	2
Butler, Mitch	1209	No		2	4
Caldwell, Bryan	1804	No		2	5
Caldwell, Karen	1055	No		1	4
Chiong, Christopher	676	Yes	5000	2	4
Clark, Sally	800	Yes	1000	4	6
Cole, Steve	805.86	No		3	4
Cote-Miles, Pat	420	No		1	2
Corrigan, Meredith	847.77	Yes		3	2
Covert, Tim	585.2	No		4	7
Daley, Cal	693	Yes	20,000	3	4
Dalton, Bob	1742	No		6	7
Desgain, Jules	825	No		2	4
Ernst, Helen	500	Yes	1000		3
Everage, Bill	1036	Yes	10,000	3	3
Farrier, Brian	537	No		2	3
Feldman, Jamie	1020	Yes	1000	2	5
Fratto, Jan	671	No		3	4
Fratto, Fred	820	No		4	4
Fuentes, Marino	977	No		6	6
Fuller, Bill	220	No		3	3
Godwin, Carole	115	No		1	1
Greene, Steve		Yes	1000		1
Greer, Jeff	918	Yes	1000		4
Gulick, David	915	No		5	4
Hamill, Nancy	400	No		3	3
Hamill, Todd	634	No		3	4
Hamilt, Melanie	650	No		1	
Hamilton, Jane	240	No			2
Hamilton, Mark		No			2
Hancock, Bonnie	504	Yes	15,000	3	5
Hancock, Hannah	625	No		3	1
Hancock, Jake	750	No		3	2
Hancock, Steve	670	Yes	15,000	4	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.

Name	Miles as of September 3	Jacket	Club	Volunteer Activities	Meetings Attended
Hinkle, Angie	820	No		6	2
Hinkle, Eric	245	No		6	3
Jenkins, Tom	549	Yes	1000		3
Johnson, Rachel	502	Yes	1000	3	6
Johnston, Bill	756	No		1	4
Kearns, Patrick	439	Yes	10,000	2	5
Kennedy, David	792	No		4	6
Kennedy, Ryan	1122	No		2	5
Kilgo, Karen	215.2	Yes	1000		2
Kolb, Gary	775	Yes	5000		3
Krauth, Christine	730	Yes	1000		2
Lankford, Mike	770	No		16	7
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	1123	No		2	2
McCurdy, Deanna	950	No		3	3
Mills, Susan	810	No		2	4
Moore, Alan	761	Yes	1000	6	4
Moore, Gary	160	Yes	1000		1
Moore, Teresa	880	No		6	8
Moore, Tracey	800	Yes	5000	2	6
Mrosek, John	124	No		1	2
Neola, Scott	414	No		13	2
Olson, Cathy	927	No		5	6
Osse, Brandi	627			1	3
Phillips, Chris	155	No		1	1
Piet, Dave	970	No		3	7
Reynolds, Valerie	890	Yes	20,000		2
Robison, Caryle	520	No		exempt	exempt
Robison, Roy	930	No		7	3
Rose, Betty	1653	No		3	5
Round, Tom	850	Yes	10,000	7	2
Ruple, Kim	1580	No		2	7
Sambrone, Constance	969	Yes	10,000	8	7
Schultz, Paul	700	Yes	1,000	5	4
Scoleri, Katherine	657	Yes	1000	1	3
Scoleri, Steven	2215	Yes	1000	8	2
Sheffield, Shane	617	No		5	4
Shoemaker, Adam	655	Yes	1000	4	5
Shoemaker, Ann	700	No		4	3
Shoemaker, Jerry	845	No		3	2

1000 Mile Club

Name	Miles as of September 3	Jacket	Club	Volunteer Activities	Meetings Attended
Smith, Betty	777	No		1	3
Smith, Bob	625	No		1	4
Suttles, Bill		Yes	1000		1
Suttles, Stevanie		Yes	1000		1
Thurber, Karen	926	Yes	1000	3	3
Thurber, William	815.3	Yes	1000	3	3
Tuman, Sandy	550	No			2
Veclotch, Jason	1013.8	Yes	1000		1
Villars, Michelle	456	No		2	2
Vise, Ed	616	No		4	2
Vlachakis, Alexandria	200	Yes	1000		
Walker, Anastasia	700	No		2	2
Warren, Mike	1160	Yes	15,000	5	3
Wassell, Joe	1040	No		3	3
Waterhouse, John	457	No		3	3
Werling, Bill	833	Yes	25,000	55	7
Weston, Rita	832	No		5	5
Wolfe, Hal	727	No			2
Woods, Sandra	675	No		1	5
Woods, Von	850	No		5	6
Zuehlke, Jill	600	Yes	1000		2

Thanks to PTCRC from Macon Labor Day Race

Congratulations to your fine club members that participated in our race. We had a great race and **we broke an all-time participation record in the 10K race**. Your club most definitely played a large role in getting us there.

You guys and gals are great ambassadors for the sport. I saw your excitement and enthusiasm round the finish line and your tent. We want new comers to the sport to be around that so they too can become fully immersed in the running community.

Please let us know what we can learn from this year's race and how we might improve it in the future.

We hope you'll come back next year.

Regards,

Sam Martinez
Race Director - Macon Labor Day Road Race

Meeting Minutes

Club Meeting Minutes-September, 2013

The meeting was called to order by President Kim Ruple.

President Kim Ruple called the meeting to order at the Partner's Pizza at 7:00pm. New members and guests were acknowledged and welcomed.

A motion to approve the minutes of the August meeting was carried.

Rotary Club Series Schedule is finalized and online.

Race Reports given from the Macon Race. PTCRC runners took first and second.

Election results from Dave Piet:

- Great participation with 88 voting online over average of 60
- Normer Adams with 43.2% with 38 votes
- Eric Hinkle with 33% with 29 votes
- Scott Neola with 23.9% with 21 votes

New generic emails have been established for club officers to aid in transition and with questions from outside the club:

- president@ptcrc.com
- admin@ptcrc.com
- activities@ptcrc.com
- secretary@ptcrc.com
- membership@ptcrc.com
- treasurer@ptcrc.com

George Martin introduced the Circle the World with Love Campaign with Liz Barrow and Tim Arceneau. Circle the World has invited the PTCRC to join them as they circle the globe through donated miles for tools to Africa.

George Martin gave a Classic update. New applications are ready, so please help share the news. While registration was going on pace, it has slowed somewhat with new pricing in effect in the current economy.

Dave Gulick gave Dragon Boat update. The team is ready to go with a complete roster but alternates for the September 28 race are needed. Practices will be September 8 & 15 at 3:30.

Bill Werling is still seeking Parking apprentice for 2013 to take over for the 2014 race. Call him at 770-460-1425.

Meeting adjourned at 7:30pm.