



# LEGACY

Newsletter of the Peachtree City Running Club  
July/August 2014

## President's Letter: Welcome to Summer!

By Kim Ruple

As we move into the summer hopefully each of you has found a way to stay active, involved, healthy (injury free) and safe. Some awesome events have transpired:

- The All-American 5k/10k- Big thanks to Martin Rowe for leading this effort for several years. The money raised has gone to support some superb HEROs. Good luck Martin in your move to Savannah!
- The TRI, which due to the quick thinking and sparkling personality of race director, Kim Bramblett, came off fabulously. (Yes, overcoming a dry lake, parking limitations and multiple railroad crossings delaying bike riders could be very challenging!)
- The National RRCA Convention in Portland, Oregon where our own Bill Werling was recognized nationally for his volunteer work. Additionally, Bill was able to keep his speech to less than 2 minutes – WAY TO GO on both accounts!
- Bill also saved the weekly summer track series from extinction. Thanks, Bill!
- The Darkside Memorial 50K/Marathon/25K Fun Run, organized by Scott Ludwig and attended by many of our members.
- The Peachtree City Marathon Relay, which experienced 200% growth, thanks in large part to the leadership of Adam Shoemaker.
- The Annual Golf tournament held June 21<sup>st</sup>, organized by Dave Piet, who also serves as the club Parliamentarian.
- The annual Elementary School Grand Prix Series Race Awards where numerous members were recognized (Contact George Martin if you weren't able to pick up your award). These races not only provide a low key and low cost way to stay engaged and running through the winter, they are also a good source of income for the schools. Over the last 10 years, we've supported the schools in raising over \$1M, which goes to support programs within each school. It's also a good way to get young people active and possibly launch a lifelong love of running.
- Scholarships to almost a dozen graduating seniors. Thanks to Steve Hancock for making this happen.
- And the numerous day in and day out activities that keep our club running- the Legacy Newsletter, our Facebook page, Grand Prix events, membership administration, managing the budget, new member logo items...the list goes on!)

We also have some exciting events coming up also:

- Peachtree Road Race, buses and Picnic. Thanks to Rita for arranging catering and setup/take down, to the Allis' for hosting us and to Adam Shoemaker for arranging

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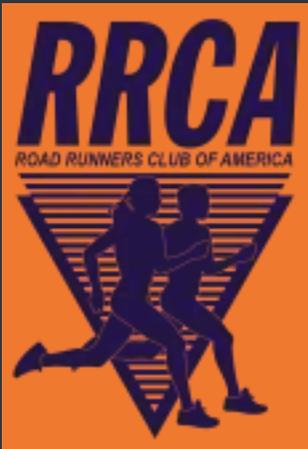
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**PTCRC 2014  
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Paul Schultz**

**RRCA Liaison  
Mariska van Rooden**

the two buses. This is a great annual (basically FREE) event, which is MAJOR fun. Unfortunately, I won't be able to attend due to the fortunate scenario of my parents celebrating their 50<sup>th</sup> wedding anniversary. (Please remember we will have a booth at the Peachtree Expo to promote the Classic, and Rita could use help in setup/takedown for the picnic.)

- The Diva Half-Marathon and 5K being hosted in Peachtree City. This will bring a great many runners (and Divas) to our city so let's show them some southern hospitality. In addition to the income it will generate for the community, the Diva is making a generous donation to the PTCRC. So please ensure you volunteer, run and support the event.
- And of course the Classic, which will be on October 18<sup>th</sup>. The never-tiring race director, George Martin, has several surprises in store that will make this race familiar but with some fresh twists to keep it "new".

These exciting events will be followed by our elections in November. At this time, we have two vacancies: the Secretary and the VP of Activities. We need volunteers to step forward and take on these roles as Teresa Moore and Shane Sheffield will have reached their maximum tenure according to the by-laws. We'll arrange copies of the duties to be sent by email and would VERY much appreciate anyone who is interested reaching out to me or another board member: Teresa Moore, Shane Sheffield, Normer Adams, or Adam Shoemaker. We need YOU!

## Club Fourth of July Picnic

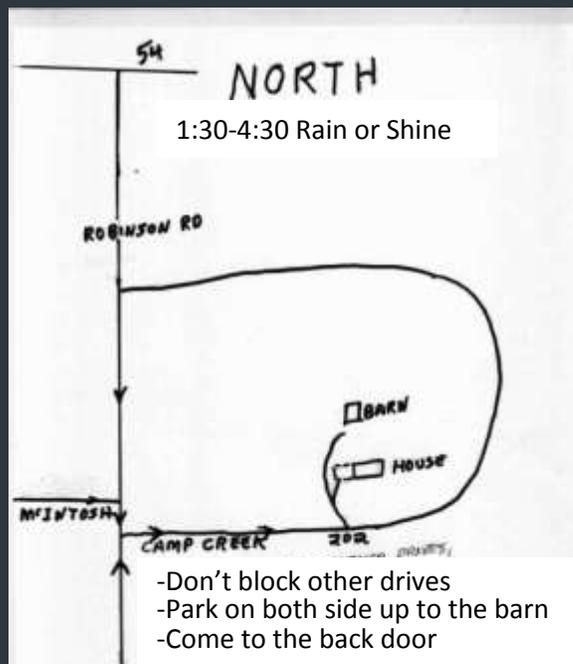
**At the home of Dick and Jan Allis  
202 Camp Creek Trail, Peachtree City**

Friday, July 4, 2014 1:00 pm to 4:30 pm

Bring a dish to share & your own adult beverage

Club will provide meat, paper products, utensils and drinks

Volunteers needed to set-up & take-down at 4:30



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  
August 22, 2014**

## New Member Profile

### Amy Henseler – Her PTCRC Peeps Keep Her Going!

By Bob Dalton

Amy Henseler (35) lives 41 miles away from Peachtree City, in Decatur, GA. Why bother driving for about an hour each way when she can just lace up and go outside her door? Her peeps! She loves her PTCRC peeps and will happily drive a couple hours on a given Saturday to play on the paths!

It all started in the beginning of triathlon season in 2013. Patrick Kearns gave her triathlon club a course preview of the Peachtree International Triathlon and Super Sprint. Patrick recruited Marino the night before while at Partner's Pizza, and Marino escorted the long bike course (making sure Amy didn't drop out of sight – thank you, Marino!). He couldn't get rid of her after that.

She's not sure how she heard about the marathon relay, but she ended up meeting Sally Clark there (on team WTF: Where's the Finish?!) and instantly befriended her. She would be back for dragon boat races followed by Partner's Pizza, then the infamous Peachtree City Classic 15K. Around the holidays, she decided to formally join the PTCRC (after scouring the literature and finding no documented requirement that you actually had to be a PTC resident to qualify) and registered! Soon thereafter, she partnered up with fellow rookie member Steve Kaiser to commit to the 1,000 miles... and the journey began: 1,000 miles or bust!

Amy is originally from a small town in New York called Deerfield. "It is located about the middle of NY State... not the city - on the contrary, my neighbors were dairy farmers and we had our own well."

Deerfield is also near Utica which is the home of the Boilermaker 15K and proudly serves over 40,000 runners, volunteers, and spectators 250+ kegs of beer at the after-party just past the finish line at Saranac Brewery. The brewery proudly boasts, "Last year (July 2013) the brewery served roughly 40,000 thirsty runners, volunteers and spectators around 250 kegs before noon on race day. Now most people cross the finish line around 10AM, so let's do some math. There are about 200 12 oz. beers in a keg, so times that by 250 and you get 50,000. Divide 50,000 by 120 minutes and you end up with roughly 416 beers per minute. If you get the picture, we know how to party!"

Amy earned her BA in Psychology from the State University of New York at Albany, Masters in Public Health (MPH) from the University at Buffalo (concentration in epidemiology), and MBA from Emory University.

Amy and Sophie



She moved to Atlanta over six years ago to begin her work at the American Cancer Society (ACS), coming from Roswell Park Cancer Institute, where she worked in health behavior and tobacco control. Before that, she was a counselor and case manager. Though not entirely sure what she wants to be when she grows up, she has done “an alright job weaseling my way around organizations whose missions I support to contribute whatever I can. I began my tenure in research and evaluation and have since transitioned to more operational roles.” Currently, Amy is Director of Operational Excellence and Continuous Improvement for ACS. Her husband Jeff works in Sales and Marketing for Eastern Applied Research.

### Welcome New Members!

Julie Blankenship  
Kenneth Hammer  
Jennifer Carney  
Bill Brackin  
Ken Juhl  
Carsten Ladefoged  
Tom Seifert

Amy started her running career in junior high. “Can you believe I used to do the hurdles at 4’11”?!?” Short stature notwithstanding, Amy has not let it slow her down. She has found her passion in relay runs.

During her time in the South, the Ragnar Relay series races have been incredible: Chattanooga to Nashville as her first “Run, Drive, Sleep? Repeat” experience, and soon followed the Ragnar Trail Relay (“Run, Camp, Sleep? Repeat.”) at the Conyers Horse Park. Next up: Miami to Key West in February! And she has already recruited all her teammates, including Steve Kaiser.

Amy used to fixate a bit more on metrics, but now takes to shady, wooded trails and primarily uses her GPS watch to keep track of the time of day. “I’ve actually stopped using my GPS watch for anything other than knowing the time of day. I’m now focusing more on the experience and being present in the moment than the statistics side of the sport. I’ve also taken to the trails, and in the woods it’s harder to compare splits due to the inherent (and what I like best) qualities of the woods as opposed to the pavement. I’m proud of my PRs but just don’t care about them as much as I used to.”

When not on the trails, she is happy to trade on and off with her husband Jeff, pushing her best girl, her tri-paw pup, Sophie, in her jogging stroller on smooth surfaces (such as the PTC paths)! “Sophie is a Corgi mix and was born with a deformed leg and had it amputated when she was a baby. Soph is a sprinter and enjoys riding high for most of the distance and then finishing the home stretch at high speed with her signature stride – she’s got tri-paw power and is an inspiration!”

“Sophie’s big brother and bestie is our ragdoll cat, Louis, who leads a more relaxed lifestyle. They groom each other, play chase (wearing a track through the carpet), and snooze together on cuddly blankets.”

Amy has done a few Half Marathons including a Trail Half. If and when she decides to tackle longer races such as the marathon, it will be on the trails as well. In the meantime, she is sure to easily accrue the miles necessary to earn her 1,000 Mile Jacket - with the help of her PTCRC peeps, of course!

### A new running novel...

**Storm King Wildlands Reserve: Running is Life in Motion by Ben Kruser**

A fast paced story that combines running and the outdoors and a determined single mom and her no-nonsense teenage daughter taking on life’s challenges, including starting over in a new town, career upheaval, high school uncertainties, confronting bullies, finding true friends and the value of faith, and seeing how people make choices.

**Available on Amazon.com and Kindle!**



# Upcoming Events

## July

- 2 Summer Track Series (Peachtree City, Riley Field)
- 4 Club Fourth of July Picnic (202 Camp Creek Trail, Peachtree City)
- 8 & 9 Summer Track Series Championship (Peachtree City, Riley Field)
- 26 31<sup>st</sup> Annual Georgia Games Run For Life: Fight Against Childhood Obesity 10k/5k run/walk 1mi (Kennesaw, GA)

## September

- 1 Labor Day Marathon (Peachtree City, Darkside Running Club event)
- 6 Diva Half Marathon (Peachtree City)- club volunteers needed

## October

- 18 Peachtree Classic 5k/15k/20k (Peachtree City, annual club-sponsored event)

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### Editor's Note:

Welcome to a simpler format of the Legacy! It was taking too much time so I deleted a lot of the side by side formatting. Thanks to Physical Therapist David Anderson of Physiotherapy Associates, Peachtree City, for his column on running injuries! He starts with the basics this edition, but I expect he'll move into particular running injuries as he makes regular contributions. Thanks to Bob Dalton for his member profiles and representing the club at FCHS's Senior Awards Night!

I've been in contact with the FrontRunners, an Atlanta running club, after I missed their annual event, the Pride Run in 2013. I ran it this year, and even though my rule is not to drive to a race longer than it takes me to run the race, I made an exception for the 2014 Pride Run, which is held in Piedmont Park. It was a quality event: it was measured to be a certified USATF 5k on a new course this year; the run was completely inside Piedmont Park; the course marking and volunteers were exceptional; and similar to the Rotary Elementary races, awards were given three-deep in the overall, masters, and age group categories for both men and women. Unlike runs in Fayette County, the 30-34 and 35-39 year-old age ranges were well represented, and awards after 54 were in the 55+ category.

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### From Seth Davis on behalf of Trinity Christian's National Honors Society thanking club members George Martin and Mike Lankford

Mr. Martin, I just wanted to take a minute to thank you for everything you did for us regarding the event. Mr. Lankford's timing for the race was an invaluable necessity, and we definitely couldn't have had the 5k without it. I speak on behalf of Trinity Christian's National Honors Society when I say he made it extremely easy on us. I'd ask that you relay how truly thankful we are for his willingness to help out for such a great cause. If there's anything you or the Peachtree City Running Club needs that I could be of help with, I'd be more than happy to contribute in any way I can. God bless! -Seth

# Injury Prevention 101

By David Anderson, PT, CSCS, OCS

It can happen to anyone, just when you least expect it. That little nagging pain that you think will just go away starts to get worse and worse. The pain that started out as nothing can sideline you for weeks or maybe even months. So why do these pains and injuries start in the first place? Most running injuries are avoidable and are usually a result of training errors. Some of the most common training errors include improper footwear, lack of adequate stretching, rapid changes in mileage, less than ideal running surfaces, and insufficient rest between training sessions.



- Running shoes are not “one size fits all.” Different foot types require different shoes. All runners should be evaluated to determine what type of shoe they should be running in. Some recommended shoe stores are Big Peach Running, Phidippides, Foot Solutions and Smith & Davis. Running shoes should be replaced every 300-500 miles as this is when the structure of the shoe material begins to break down.
- Most runners are known for being “tight.” The majority of recreational runners do not stretch adequately before, after, or between runs. Runners just want to run. We are all guilty of that. Consider dynamic stretching prior to running to help warm up muscles and prepare them for running. Taking the time to properly stretch and warm up your muscles can help prevent injuries.
- Increasing mileage should be done as a gradual process to allow your body time to adapt. When training for a long distance event make sure to plan enough time to gradually increase mileage to achieve your event distance goal. An increase of 10% a week is the mostly widely accepted training standard when increasing mileage.
- Try to run on flat, smooth surfaces when possible and try to avoid hard concrete. Utilize trails that were designed for running and walking. These surfaces are generally a little softer and will place less stress on your joints with repetitive impact. If you do run on the street try to occasionally switch sides of the road that you run on. Most streets are sloped to help water drainage and consistently running on the same side all the time can increase stress on your joints as well.
- Make sure you give your body plenty of rest and recovery time throughout the week and especially in the time leading up to any race event. When your body is fatigued you are at a higher risk for injury. Rest, proper hydration, and good nutrition can help prevent injury that may result from fatigue and overtraining.
- Other factors to consider in regards to injury prevention include core strengthening and cross training. Research shows that core weakness contributes to poor running mechanics which can lead to injury. Strengthening directed at the core and hip musculature can improve your body’s ability to withstand injury. Cross training can help prevent muscular imbalances that develop during the repetitive movement of running. Good forms of cross training include working out with weights, participating in group classes at your local gym, and participating in other sports/activities.

Taking care of your body and proper training can help reduce your risk for injury. Unfortunately, doing all the right things doesn’t mean you still can’t get injured. If you start having pain during running give your body a few days to recover before attempting to run again. Don’t continue to run through pain. If pain persists, see your doctor or talk to a physical therapist.

You can reach me at [david.anderson@physiocorp.com](mailto:david.anderson@physiocorp.com) if you have any questions. Happy running!

## New Member Profile

# Steve Kaiser Takes the Plunge

By Bob Dalton

Steve Kaiser (47) was born and raised in Wisconsin and “am therefore genetically flawed as a lifelong Packer fan...I suffered thru a LOT of BAAAD years so the recent good years are particularly gratifying.”

“I attended four different colleges across the Midwest; notably achieving double-secret probation from school #2 which will remain un-named to protect...me but ultimately graduated cum laude from school # 4 (University of Wisconsin - Milwaukee). Between schools #2 and #4, I took a "break" and joined the Army serving in Korea with the 55th Combat Aviation Company, then Ft Knox, Kentucky, and an extremely brief stint at the USMA prep school in Ft Monmouth.”

“After graduation from UWM, I almost immediately jumped on my motorcycle and drove 1200 miles south to Austin, TX. After seven fun-filled years in the live music capital of the world, I moved to Peachtree City and been here for the last 15 years.”

“I am approaching my thirteenth anniversary working for the American Cancer Society and currently serving as the Vice President of Enterprise Portfolio Management (fancy title for Project Management). It is my strong belief that there is no greater organization to be associated with...it is truly my privilege and pleasure to go to work every morning.”

Steve ran the inaugural Savannah Half Marathon in 2010, his first race ever. “I trained for months running alone in the dark (early mornings) then suddenly was in the middle (well, tail end really) of 20,000 runners. It was overwhelming but very satisfying to finish.”

“My favorite race so far has been the PTC Classic (3 years and counting) but that’s mostly because you can drive a golf cart to it but after now having volunteered for a handful of races, I appreciate how well-run the event actually is and how much work it takes for that to be the case. That said, I recently signed up for the Miami-to-Key West Ragnar Relay and am fully expecting that to be my new favorite race. (Sorry George, but the Classic ends in PTC, not Key West...that’s a no-brainer).”

“I’ve been running on and off (mostly off) after running in the inaugural Savannah Half Marathon a few years ago but then joined the PTCRC last fall and have been enjoying the Saturday morning fun runs ever since (mostly



Steve Kaiser in Key West

enjoying the Mimi's breakfast hour after). After months of friendly but persistent peer pressure, I committed to the 1000 mile goal in early February. Thank goodness for my running/training partner Amy Henseler - she has a real knack for making getting out of bed at 4:30 or 5:00 AM to go run in the cold or rain or whatever sound downright appealing. Those of you who have met her will understand. (See accompanying profile) I've also begun running trails recently (again caving in to friendly but persistent peer pressure) while I still consider myself a new runner, I already feel that I have found a permanent home with the PTCRC community. Thanks all."

Steve joined the PTCRC "to get back into running (had toyed with it at various points) and having a set time and group to run creates accountability. Turns out, I really enjoy the social aspect of running too – that was a shocker."

Steve says one of his more enjoyable running experiences was trail running at Stone Mountain in an absolute downpour. "Couldn't have been wetter, muddier, or happier – splashing thru puddles like a 5 year old."

Running is not the only adventure Steve has taken on. "When not working or running, I split my remaining waking hours between quiet time with my kids and Schizu (Wade 14, Ava 10, Max) or indulging in some sort of Groupon-discounted, adrenaline-laced activity (already checked off the bucket list: skydiving, zip-lining, hang-gliding, bungee-jumping. Still on the agenda: rock climbing, NASCAR, Indy car, etc., etc.)"

"1000 miles or bust! Can't wait until I earn my jacket!!"

## Notes & News

**50 State Marathon: Mark and Jane Hamilton, Kim Ruple and Pat Miles add Minnesota** to their list of states by completing the Grandma's with Mark qualifying for Boston!

From **Brian Farrier**: I would like to give a shout-out to one of our sponsors at the June 7 Marathon Relay: **Health Source Chiropractic**. I was asked if I wanted a massage and I said well, my Achilles was talking back to me a bit but heck, it's not like a massage would do any... but she interrupted me and said no, a massage could certainly help with that. And she was right – I was really surprised at what she did at and around the Achilles tendon. But you wouldn't be reading this if not for what happened next. For a couple of weeks, I had had an odd situation in my other foot, below the base of my toes. I didn't consider it major, but I went ahead and casually asked about it, and was shocked to hear that it was the onset of plantar fasciitis. For those of you who have ever had PF, you know what a pain it is, and that it can keep you from running for months if left untreated. I was doubtful because PF usually presents itself at the other end of the foot (i.e., "heel spur"). But sure enough, when I got home and rolled my fascia with a steel rod, there it was: the knot that causes the problem. For over a week, I rolled that knot out and iced it several times a day, and am happy to report that I am fine now. Thanks, Health Source Chiropractic!!!



**50 State Marathon Club**

**Club Fourth of July Picnic:** The picnic will be held Friday, July 4 at the home of Dick and Jan Allis, 202 Camp Creek Trail, PTC., starting at 1:00 til 4:00 or 4:30. Please bring a covered dish or dessert to share. The club will provide the meat, paper products, utensils, and drinks (lemonade, tea, some sodas, and water). Please bring your own bottle of wine or beer. There is also pool available so bring your swim suits. Children are certainly welcome but can swim **ONLY** with parental supervision! We will need some volunteers to help set up for the picnic on Thursday, July 3 starting at 4:00. We'll also need volunteers to help take down on Friday, July 4.

**At long-term club RRCA Liaison Mark Ward's retirement party,** he very prominently called PTCRC his second family. Mark and his wife, Roxanne, plan to move back to Peachtree City to be re-unite with "the family" in the near future, after her youngest graduates high school. Mark also talked about the great adventures several members shared: Hood to Coast, Goofy and the Bourbon Chase. He gave special thanks to Bill Fuller and George Martin for talking him into doing so many wild and wonderful things. It was a very touching evening. Mark's tag line when you ask him how he is doing, "Outstanding, but I'll be even better tomorrow!"



(Bill Fuller, Mark Ward, Bill Werling, Kim Ruple & George Martin)

**Bob Dalton** presented the club's **Ronnie Godwin Scholarships** at the Senior Honors Night at **Fayette County High School** on May 8 to Morgan Barkley, Victoria Ward, Max Anderson and Ashton Jackson, who was at the Boys State Championship Track Meet in Jefferson, GA, competing for FCHS.



Bob Dalton presenting Ronnie Godwin Scholarships to Victoria Ward, Morgan Barkley, and Max Anderson

## 1000-Mile Club Update

Name	Miles as of June Meeting	Volunteer Activities	Club Meetings Attended
Allis, Richard	626	3	3
Amini, Mohammad	498		1
Anderson, Bill	502	1	2
Aviles, Pam			2
Barber, Karen	827		4
Bellucci, Tiffany			2
Besch, Teri	627	3	5
Bothe, Steven	1371	4	5
Burkingstock, Kith	622.4	1	3
Butler, Bradley	698	2	3
Butler, Mitch	799	1	3
Caldwell, Bryan	1254		3
Caldwell, Karen	600		2
Chiong, Chris	612	2	2
Chikhliker, Manisha	385		3
Chrzanowski, Anne			1
Chrzanowski, Michael	540	4	4
Clark, Sally	480	15	2
Cole, Steve		3	3
Cote-Miles, Pat			1
Corrigan, Meredith			2
Daley, Cal			2
Dalton, Bob	1226	1	4
Dennison, Reavis	479.7	1	1
Desgain, Jules	615	3	4
Dillard, Libby			2
Domaleski, Alex			1
Domaleski, Victoria			1
Domaleski, Mary Catherine			1
Ellsworth, Daymon			2
Ernst, Helen			1
Farrier, Brian	549	2	3
Feldman, Jamie			1
Forero, Luis			1
Forero, Sandy			1
Fratto, Fred			1
Fratto, Jan			3
Frizzell, Amy			2
Fuentes, Marino	512	2	4
Fuller, Billl			1

Name	Miles as of June Meeting	Volunteer Activities	Club Meetings Attended
Greer, Jeff			2
Gross, Ben			3
Hamill, Todd	340		1
Hamilton, Jane			1
Gulick, David	55	4	2
Hancock, Bonnie	388	1	3
Hancock, Hannah	300		
Hancock, Jake	500		
Hancock, Steve	450	2	3
Henseler, Amy	505	5	2
Hinkle, Angie			1
Hinkle, Eric			1
Howard, Valerie			2
Johnson, Rachel	444	1	3
Johnston, Bill			2
Jones, Cindy	836		1
Jones, Heather	854		1
Jonson, David			1
Kaiser, Steve	420	1	2
Kalish, Deborah			1
Kearns, Patrick	590	1	4
Kennedy, David			3
Kennedy, Ryan	624	3	4
Krauth, Christine	520		1
Landgren, Jo	505	1	3
Landgren, Larry	600		3
Lankford, Mike	442	6	3
Lawrence, Jennifer			1
Mascara, Mark			1
Matthews, Lisa			2
Mills, Susan	550	2	3
Moore, Alan			2
Moore, Teresa	650	2	3
Moore, Tracey			1
More, Eiken			1
Mowry, Warren	507	2	3
Mrosek, John			1
Olson, Cathy	540	2	4
Osse, Brandi			1
Outland, Scott	405		4
Parker, Jennifer			1

Name	Miles as of June Meeting	Volunteer Activities	Club Meetings Attended
Piet, Dave	570	1	3
Quinn, Tom	378	3	6
Robison, Roy	725	3	2
Rose, Betty		1	2
Round, Tom		1	2
Sambrone, Connie	611	6	2
Sanchez, Leo		2	3
Schultz, Paul		3	3
Sharpless, Chris			2
Sheffield, Shane			1
Shoemaker, Ann			2
Shoemaker, Jerry			1
Tarleton, Page			1
Thurber, Bill			1
Thurber, Karen			2
Tuman, Sandy			1
Valentino, Vanessa	330		2
Vise, Ed			1
Walker, Anastasia			1
Warren, Mike		2	1
Wassell, Joe			1
Waterhouse, John			2
Werling, Bill	500	30	4
Weston, Rita		3	2
Whiteman, Scott			1
Woods, Sandra			1
Woods, Von		1	2
Zuehlke, Jill			1

### 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: May 5, 2014

President Kim Ruple called the meeting to order at 7:30pm.

April minutes were approved.

Teri Besch reminded everyone the May meeting is the last night for 1,000 Mile Club sign-up.

Rachel Johnson introduced our Guest, Crystal Szczepanski. Crystal is a lead nurse practitioner from Grady Hospital. Crystal shared with us "Medical Perspectives on Running". The following are some of the pros of running: decreased obesity, less occurrence of diabetes, increase of bone density, decreases blood pressure, decreases cardio vascular disease, strengthens the heart, expands lung capacity, promotes prevention of some cancers, helps with depression and promotes brain cell growth. Some of the negatives are as follows: muscle soreness, negative cardiac response to unknown heart issues, runners sometimes ignore warning signs, running through injury can cause permanent issues, osteoarthritis, stress fractures, gastrointestinal distress, decrease immune function without proper rest, dehydration and electrolyte imbalance, and exercise induced asthma. Crystal stressed that running is better than not but it is very important to listen to your body's warning signals, do not ignore injuries and inflammation, and get an annual physical.

Normer Adams gave a budget report.

- All bills paid
- Checking \$27, 030.61
- CD's \$50,952

The Finance Committee met for the first time and discussed the following:

- budget reports
- cash balances
- financial policy review

Tom Crofton will be doing an audit this year. We have currently filed an extension for our 2013 taxes.

Adam Shoemaker reported on the PTC Marathon Relay. Currently we have 100 registered with 50 spots remaining. The day will be fun filled with activities going on throughout the day including spin and Pilates classes. Marathon loop previews will be held May 17 (Kedron red markings), May 24 (Eastside blue markings) and May 31 (Planterra green markings). We will start at the library and have a sag wagon. For all details go to [ptcrc.com/marathonrelay](http://ptcrc.com/marathonrelay)

Peachtree Busses will be leaving at 5:30am sharp. The fee is \$10 for members and \$20 for nonmembers. The busses are filling up fast. Sign up now. You are confirmed upon payment.

There will be no Grand Prix May 10. Come out to volunteer for the All American. Contact Mitch Butler to volunteer. Volunteers need to be there by 6am. Need course marshals!

Bill Werling is currently at RRCA convention where he is being honored for National Volunteer of the Year. Bill has stepped forward to take care of the Summer Track Series, too.

Mark Ward will be retiring at the end of May. The deadline for the retirement dinner signup is May 14.

Tonya Hussein solicited runners for a 5k race at her church Peachtree City Christian on June 7.

George Martin presented several items

Participants are needed for this year's Dragon Boat Race.

The Elementary School Grand Prix is winding down. The last race was May 6 and the Award's Banquet will be May 29.

Volunteers are needed for the Peachtree Road Race Expo.

The Diva Half Marathon is coming September 6. The group from Miami has requested volunteers.

They also have become a \$2500 dollar sponsor of the Classic.

Sponsorship monies are coming in. Online registration will begin at the end of May.

Ben Gross reminded members to come out for the Memorial Day celebration at the Flagpole on Memorial Day at 9am.

Ann Charnowski announced a youth training program for the Youth Triathlon. There will be 3 sessions each week with emphasis on each discipline of swim, bike and run. The training is for youth 6 to 15 as of 12/31/14.

Rita Weston gave an invitation for the Fourth of July picnic held at the Allis home beginning at 1pm. The club provides the meat and beverages with members supplying sides and desserts. Come out to help on July 3 at 4pm for set up. More help is needed afterwards on the 4th for the breakdown.

Dave Piet made an appeal for the 14th Annual Golf Tournament to be held June 21 at Canongate Golf Club. The fee is \$10 plus the golf fee. See the club website for complete details. And you don't have to be a golfer to play just join in for fun.

Kim Ruple adjourned the meeting at 8:40pm.

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## Club Meeting Minutes: June 2, 2014

President Kim Ruple called the meeting to order at 7:30.

New members and guest were welcomed.

May minutes were approved.

Bob Dalton put forth the membership report.

- 250 members and families at this time
- delinquent members have been purged

Teri Besch gave a 1,000 mile club reminder and encouraged new members to see her if they wished to consider joining the 1,000 mile challenge.

Normer Adams offered the treasurer's report. We are solvent with bills paid at this time. Currently the checking holds \$25,865 and CD's hold \$50,999.

Jerry Shoemaker offered a Peachtree Bus reminder for Adam. Don't forget to sign up. Seats are not confirmed until payment is made.

Kim Ruple for Adam gave a Marathon Relay update. The relay will be held on Saturday , June 7 at 7am. Replacement runners are needed. Everyone is invited to come join the fun even if you don't run.

The next Grand Prix is scheduled for June 14 but under discussion.

The July 4th picnic will be at 1pm following the race at the Allis home.

Bill Werling reminded everyone to come out and support the Kid's track meet beginning June 4. show up to run! Show up to work! Just show up!

Bill Werling gave a presentation about attending the RRCA Convention held in Spokane this year.

Kim Ruple acknowledged the winners from this year's Elementary School Grand Prix Series. George Martin sent a ten year report for the grand prix.

- over \$1,000,000 has been raised for Fayette County in 10 years
- over \$100,000 each year is raised for the 15 schools

Dave Piet made an appeal for the Annual Golf Tournament to be held June 21. So far, six teams are registered with more to come.

See Sally Demry for Ajako items.

Kim Ruple gave a report on Mark Ward's retirement party. Mark gave a moving account of how running and the running club have been such an important part of his life and how he looks forward to joining us again in the future.

Big Peach recently sponsored a trail run in Peachtree City on the Stinky Trails. A great time was had with over 20 runners.

Dick Allis reminded everyone to come out and help set-up on the 3rd and tear down on the 4th for the annual 4th of July Picnic.

With no further business, the meeting was adjourned.

### **Camp Anyone?**

**Mountain Trails XC Camp, run on "The Domain" covering 50+ miles of trails at Sewanee: The University of the South in beautiful Sewanee, Tennessee**

**Adult Camp: Monday, July 21- Sunday, July 27 or  
Thursday, July 24- Sunday, July 27**

**Youth Camp: Monday, July 21- Sunday, July 27**

<http://www.mountaintrailsexccamp.com>

