

Welcome to Spring!

By Kim Ruple

Finally the weather has broken! I'm so glad to see the spring weather move in and gain the ability to shed some layers. I'm looking forward to our upcoming events: Rotary Club Grand Prix, All-American 5K, Marathon Relay, Golf Tournament, Summer Track Series at Riley Field, and of course the Peachtree 10k (yes, the bus seats are selling fast – contact Adam Shoemaker to see if there is still room). We are lucky to be in a runner friendly community with 90+ miles of multi-use paths, plus single track trails installed by the South Side Cycling Club. You can experience all kinds of running in your own back yard, so NO excuses!

This month I'd like to highlight some of our female runners who have made significant improvements this year (I apologize to anyone whom I missed – please submit to our Facebook page, Race Tracker or the Newsletter so we can highlight you in future communications):

- Rachel Johnson who not only cut 37 minutes from her marathon time but also qualified for Boston in her second, yes, second marathon.
- Christine Krauth who has turned in not only phenomenal performances at many local 5k's, but also cut her marathon time significantly and qualified for Boston at the 2014 Soldier Marathon.
- Susan Bothe who is setting PRs in the 5k, 10k and marathon – blazing new trails and new times!
- Angie Hinkle who not only won the Diva half-marathon last year, but also did very well at Disney shortly before...all this returning to running after giving birth. Go Angie!

6th ANNUAL ALL AMERICAN

5k Run/Walk

Saturday, May 23, 2015

8:00 a.m.

AT

Fredrick Brown Amphitheater



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- Tiffani Bellucci, who should not be under-estimated for her diminutive size, as she is superfast – don't choke on her dust as she blows by you on her way to Boston by way of Hawaii.

Congratulations to these ladies on establishing new bars and inspiring the rest of us "to get off the couch!"

See you on the trails!
-Kim

Editor's Note: Volunteers Run the Club

Along with Club Activities VP, Rachel Johnson, I was honored to represent our running club at the Annual Road Runners of America (RRCA) Convention in Des Moines, Iowa on April 23rd to 26th. Rather than write a long activity report, we decided to focus on a few really good things we learned, but as I was sitting down to edit this month's Legacy, it struck me that most of the attendees at the Convention were truly committed volunteers. The PTCRC largely paid for Rachel and I to attend, but I spoke with a couple who each paid themselves to attend and drove from Arkansas to Des Moines, which is not a short drive. I suspect there were many attendees like them. Many attendees had to take vacation days to attend. I'm lucky in that my employer's vacation policy is quite generous, but some people have only two weeks of vacation each year, and to give up two days is a big deal.

Many of the seminars were led by individuals who are volunteers for their local club. The RRCA is simply not staffed to lead all the breakout sessions. RRCA focuses on the big things: convention planning, club insurance and compliance as well as conducting the annual meeting, which is held during the annual convention to conduct official business per RRCA bylaws. The means that the "very important" such as risk management, club management, medical planning, course measurement, and event marketing are handled by volunteers.

Locally, our club absolutely couldn't move forward with our volunteer board, race directors, and conspicuous and inconspicuous volunteers. Thanks for all you do!



Some of the Hard-Working Volunteers who made the 2014 All American 5k a success for American Legion Post 50

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
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Next Deadline
June 19, 2015

New Member Profile

Ken and Ruth Christensen: An Even Dozen Times Two

By Bob Dalton

That's the approximate number of people, pets, and various animals in the family headed by Ken (50) and Ruth (46) Christensen. Yes, you read that right – 2 parents, 10 kids, 6 dogs, and assorted lizards, turtles, and guinea pigs make up this very busy family from Greenville, Georgia.

Ken and Ruth met when Ruth's mother started a horse drawn carriage business in Michigan and hired Ken to be the carriage driver. They married when Ken was 23 and Ruth was 19 and have been going strong for over a quarter of a century ever since then.

Ken is an Air Force veteran where he was a weather equipment specialist performing maintenance and repair. He earned his Associates Degree in Electronics through the service and now puts his skills to work as the IT Manager of Technical Services for Yamaha Motor Manufacturing in Newnan. His wife Ruth is the Chief Homemaker and Educator who homeschools their children through the eighth grade. Their children are Ede (26), Wes (22), Will (20), Ruby (17), Oluf (16), Mary (14), Faith (12), Cameron (12), Emma (10) and Hannah (9). "Two kids are out of the home. Ede is married and lives in Grantville. Wes is currently serving in the Army 101st Airborne, 32nd Cavalry, at Ft. Campbell, KY."



Ken and Ruth Christensen and family at the 2014 Lottie Moon 5k

Ken, Ruth and several of the kids aren't the only runners in the family. Of their six dogs, "two of them (Australian Shepherds) are constant running partners, and two are in training. One is a Pomeranian Chihuahua mix who loves to run. He can do 3 to 4 miles and still wants to go." They took part in the Paws for a Purpose 5k in Tyrone in April. The event was lots of fun; Hannah and Toby (Dachshund and Chihuahua mix) came in second in age group 10 and under. Faith and Daryl (Spaniel Dachshund mix) came in first, Mary and Peeta (Pomeranian Chihuahua mix) came in second for the 11 to 14 age group. Ruth came in first for the women's age group 45-49. Ken was third place overall men.

As you would expect, this family doesn't always do things the usual way. The care and feeding of a family this large requires imagination and creativity. The same can be said for their running. Take, for example, Ken and Ruth's quest to compete in the Fight for Air Climb in Atlanta. Ken says, "I showed Ruth an article on the Empire State building run up in New York. The article was about a 48 year-old woman who won the female overall. I expected Ruth to say that was crazy, but instead, to my surprise, she said 'we should try it.' I looked for something in Atlanta and found the Fight for Air Climb at the 191 Peachtree Tower. We participated last year in Ruth's mother's memory as we lost her two months before the event. She had struggled with breathing and her lungs at the end. We have decided to carry on this event as a tradition in her honor. This year our daughter Faith will join us in the climb."

Climbers tackle 51 stories (1,200 steps) up the One Ninety One Peachtree Tower in downtown Atlanta to raise money for the American Lung Association. In the weeks leading up to the race, Ken and Ruth have been training for the event by going to the building on Friday afternoons and running the 51 stories to the top.

Their training paid off in spades. All placed in the top three in their respective age groups!! There were 329 competitors in all. Ruth placed third in her age group and was 70th overall with a time of 12:01. Ken was second in his age group and 30th overall with a time of 11:30. Faith won first place in her age group and was 53rd overall with a time of 11:30. Team Christensen did themselves proud!

Ken says they got started running at “Ruth and Will’s first race, the Lottie Moon 5K in Greenville GA. We had started to run outside in preparation for it. This led us to run almost exclusively outdoors and really started our running life as a couple.”

He goes on to say that his favorite race distance is 10 miles and their favorite race is the Hot Chocolate 15K in Nashville because it “allows us to have a nice weekend away and to visit our son Wes, who is currently stationed at Fort Campbell.”

Ken and Ruth run because “We both enjoy the time together and the time away from the normal stresses of the day.” They joined the PTCRC “to support running in the community and to get more of our family involved. We saw the article on Betty Rose and that inspired us to run 1000 miles this year.”

As for future goals, Ken says, “I and my children are Superheroes and Star Wars nuts. Hopefully one day I can talk Ruth into a Star Wars run; she insists she is not a geek. We also plan to do our first Half Marathon at the Soldier Half in Columbus this year.” We can’t wait to see those results. The Christensen’s are proof positive that the family that runs together stays together!



Ken, Ruth and Faith at the 2015 Fight for Air Climb

Baby Got Back

By David Anderson, PT, CSCS, OCS

It’s estimated that 40% of the general U.S. population suffers from some form of low back pain (LBP). Back pain can range from mild to severe pain and can onset due to numerous reasons, but most often, it is not due to serious damage or dysfunction. The majority of people with low back pain will fall under the category of Non-Specific Low Back Pain (NSLBP), meaning there is no specific lesion such as a herniated disc, fracture, or non-mechanical dysfunction. This article will primarily cover NSLBP in runners, but before we get there I would like to point out a few scenarios, which require more immediate and specific medical attention. The following are considered YELLOW flags. If you experience any of these symptoms you should consider consulting with a medical professional sooner than later:

- Self-rated pain >5 out of 10 that is constant and not resolving on its own
- Symptoms spreading into your buttocks, legs, or feet
- Numbness and/or tingling in one or both legs and feet
- A feeling of heaviness or weakness in your legs
- Pain following a specific incident such as heavy lifting, bending/twisting movements, etc.



David Anderson

The following are considered RED flags. If you experience any of these symptoms you should seek immediate medical attention:

- Loss of bowel or bladder control
- Saddle paraesthesia – numbness/tingling around the groin (saddle) area
- Gait disturbance – your legs feel wobbly or unsteady, and it's affecting your walking
- Pain after serious trauma such as a fall from any height, motor vehicle accident, hard collision during sports activity, etc.

These symptoms can be indicative of more serious issues and should be evaluated as soon as possible by a qualified healthcare provider.

Lower Back Pain in Runners

Our spines are designed in an S-shape to help absorb shock and impact forces of our daily and recreational activity. They are supported through bony stability, ligamentous stability, and most importantly, through dynamic muscular stability. A marathoner takes an average of 25,000 steps in a race, and at each step the ground reaction force is estimated to be six to eight times body weight. With each step your body must dissipate these forces across your joints, muscles, ligaments, and fascia. Over time, if your spine and its supporting tissues are not strong enough to accept these forces, the system fails and low back pain ensues. Once back pain begins, an inhibitory process begins which “turns off” spine stabilizing muscles. Studies have shown a delayed onset of key stabilizing musculature for the low back in patients with LBP compared to those without. As you might imagine, if these key muscles are not active during running, more stress is placed on ligaments and other soft tissue around the spine that are not designed to counteract or absorb those stresses. In turn, the pain process is perpetuated.

So, what do you do if you have low back pain? First of all, let me say that when it comes to back pain, your best course of action is to seek medical attention and get into physical therapy as soon as possible. Multiple studies have shown that physical therapy early after the onset of LBP has been associated with better outcomes, including lower risk of future medical utilization. Another study laid it out in terms of dollars and cents. The study, conducted in 2015, revealed that people who referred directly to physical therapy after the onset of back pain spent an average of \$1,871 while those who first received an MRI spent an average of \$6,664 in the year following their initial complaint to their doctors. Low back pain is difficult to treat by yourself and its onset is generally associated with multiple factors. For this reason, it is best to be evaluated by a medical professional for proper diagnosis and intervention. In the meantime, here are a few things that will help early management of back pain:

- **Stay Active:** gentle activity is crucial in early symptom management. Perform light activities, such as walking, that do not aggravate your symptoms
- **Pace Yourself:** As you continue to do normal pain-free activities, do as much as you can do without increasing the pain. This usually means you should do a little more often rather than doing a lot at one time.
- **Avoid Bed Rest:** long periods of lying in bed tend to make symptoms worse as your muscles will become more inactive
- **Avoid Prolonged Positions:** don't sit or stand too long at a time. Changing positions frequently will help keep your spinal muscles active.

These are general guidelines that will help early management of back pain but seeing a qualified healthcare practitioner is the recommended course of action for proper intervention.

What can you do to prevent low back pain? As stated before, our core needs to be strong to tolerate the repetitive stresses of running. In addition to that, we need good lower extremity and spinal flexibility, hip strength, and hip mobility. Here are a few things you can do to improve these areas:

- Core: Planks and Side Planks
- Hips: Bridging (double or single leg), standing lateral leg raises with resistance band
- Flexibility: YOGA!

I hope this keeps you running happy and healthy. If you have questions about your pain please feel free to email me at david.anderson@physiocorp.com or make an appointment to come in and see us! As of right now you need a physician's referral to see a physical therapist, but starting July 1st you will be able to come directly to physical therapy without going through your physician first. (Editor: as a two-time patient of Physiotherapy in Peachtree City, I highly recommend David and his clinic's staff. And thanks for writing this column for the Legacy!)

Member Profile

Meet Your New All American Race Director: Leigh Blood

By Bob Dalton

Leigh Blood (67) was Atlanta born and raised as an Army Brat, but has lived in PTC now for 28 years since his retirement from active duty. His wife, Jeanne, is a self-employed violin teacher, and associate minister of music at PTC United Methodist Church for handbell music. She also plays the violin in the church orchestra.

Leigh (pronounced 'Lee') and Jeanne have two grown children. Daughter Alice is married, living in Lawrenceville with her husband and four cats. Daughter Carroll, is married, living in Charlotte, N.C. with her husband, four kids and two dogs.

Leigh attended North Georgia College and State University, Georgia State University, and Florida Institute of Technology where he earned his Bachelors in History, a Master's in Education Administration, and a Masters in Transportation Management as well as an Associate Masters in Project Management.

He served 20 years in the U.S. Army with assignments at Ft. Carson, CO, the Republic of Vietnam, Ft. Benning, GA, Ft. Eustis, VA, Ft. Bragg, NC, Heidelberg and Frankfurt, Germany, and Ft. McPherson, GA.

Leigh describes his current job as "part time Gill-Roy hardware store helper; support veteran, youth and community programs sponsored by the American Legion Post 50; and currently serving as the Society of the 5th Infantry Division National Historian."

Leigh has had his share of unusual running experiences while traveling and living around the world. "In the mid 80's (remember Cold War Era), I was in Amman, Jordan on temporary military duty. During an early morning run, I was running through the embassy district – generally considered a 'safe' neighborhood. The different embassies' 10-12 foot high security walls were interconnected creating a continuous stone and concrete wall on one side of the sidewalk that ran for blocks, broken only by recessed entrance gates and guardhouses or a street intersection. While lost in thought and running past the Soviet embassy, a Russian sentry armed with an AK-47 Kalashnikov stepped out his guardhouse in front of me. Totally startled and nearly colliding with him, I managed to side step



Wife Jeanne and Leigh at Peachtree

the guard and back up against the wall – not knowing what was about to happen next. Remember, this is during the Cold War era and there were still tensions between the U.S. and the Soviet Union. As it turned out, after using universally understood sign language, it was clear the guard was only in need of a light for his cigarette. Regrettably, I had none but after further sign language of regret and a friendly handshake, I continued with my morning run, albeit at a slightly faster pace.”

“While on another military trip to Jordan, I took a day trip to visit the ancient city of Petra (remember the movie Indiana Jones and the Last Crusader?). While exploring the city ruins along the valley floor, I learned about a monastery located at the top of the canyon. The information given to me indicated it was only an hour’s walk/climb to the monastery.

The hike was difficult with its steeply sloped and narrow, twisting paths and vertical drops, not to mention 110 degree heat. The difficulty of navigating this ancient pathway made it all too apparent that the ancient monks who once operated this religious center took pride in their privacy.

Looking back on the climb (and the pictures), it was foolishly dangerous to have taken this walk. However at the point when I was about to give up and return to the city, I walked around one more turn in the path and found myself entering the front plaza of the monastery’s spectacular ancient ruins.

My sense of accomplishment, however, turned out to be short lived. Where I thought this would have been an isolated location for my solitary enjoyment, I found a cold drink and ice cream stand being operated by a single Bedouin. Instead of a camel nearby, which was all I had seen down in the city ruins, this entrepreneur had a Mercedes parked nearby to use for his commute home. I had to stand there and laugh at the total irony of this experience – while I enjoyed a cold drink before walking back down the mountain.”

Leigh enjoys walking because “the solitude that allows me to meditate/think without distractions while exercising at the same time. The walking also allows me to just absorb the surroundings. It’s pretty amazing what you see and feel when you take time to observe and feel the nature around you.” He also enjoys cycling, walking, golf, and is developing skills in researching military history.



Leigh Assuming Command of American Legion Post 50

Welcome New Members!

Dale Dembsky
Michelle Clemons
Aaron Anthonen
Randall Myers
Karl Egseiker
Victor Velloso
Jennifer Holland
Laxmi Iyengar

He joined the club because he was “not exercising enough and needed to belong to an active organization that provides incentives (and assistance) to exercise. I also wanted to belong to a group that was involved in the community.”

Leigh is fulfilling both of those objectives by striving to walk 1,000 miles this year and earn his jacket and he is also VERY involved by stepping up as Race Director for this year’s 6th Annual All American 5K to be held on Saturday of Memorial Day weekend. So be sure to thank him the next time you see him. Leigh is definitely fitting right in with the club spirit of volunteerism by jumping in with both feet to take on the job of Race Director for this important club event.

Upcoming Events

May

- 9 RACE for the Orphans 5k/1m/tot trot (Newnan, GA, <http://racefortheorphans.weebly.com>)
Fayette County High School Tiger Dye 5k (Fayetteville, GA)
- 23 6th Annual All American 5k (Club co-sponsored event with American Legion Post 50, Peachtree City)
- 25 Memorial Day Marathon/50k/25k (Peachtree City, Darkside Running Club Event)
- 30 Annual Club Golf Tournament

June

- 3 Summer Track Series starts (additional dates: June 10, 17 and 24 and July 1)
- 6 Marathon Relay (Club co-sponsored event with PTC TRI club)
- 20 25th Annual Pride Run & Walk (Piedmont Park, Atlanta)

2015 Rotary Elementary Award Luncheon

The 2015 Annual Awards luncheon for the Rotary Elementary School Grand Prix will be held on Thursday, May 28th, at 12:00 noon, at the Wyndham Hotel and Conference Center in Peachtree City. All participants who finished in the top three in each age group, as recorded on the Peachtree City Running Club website and at www.rotarygrandprix.org, are invited to attend. The luncheon is free of charge to all runners who finished in the top three and for awardees age 16 and under, one parent is also admitted at no charge. Additional parents or guests are \$15 per person.

Each age group winner will receive a customized plaque with the individual runner's photo on the plaque. Members of the press normally attend so a group photo will usually appear in local papers. The Rotary Elementary School Grand Prix is a series of 16 races spread over the entire school year, with each race serving as a fund raiser for the individual school hosting the race. The series is a joint project of the Peachtree City Running Club and the Rotary Club of Peachtree City.

For those winners who are unable to attend, an alternate awards ceremony will be held at the regular monthly meeting of the Peachtree City Running Club at 7:00 PM, on June 4th, at the Dolce Conference Center in Peachtree City. No meal is served but any winners who cannot attend the May 28th ceremony are encouraged to attend to receive their award and receive their proper recognition. For more information please contact George Martin at r2sun98@mindspring.com

Road Runners Club of America Annual Convention Report

By Paul Schultz

Fellow Club member and Activities VP Rachel Johnson and I attended the Annual Road Runners Club of American (RRCA) Convention in Des Moines, Iowa from April 23 to 26. As we chatted between the information-packed and thought-provoking sessions on various aspects of how to improve running clubs, we decided to focus on just one big topic that resonated with us rather than reporting on everything we did. Of course the evening receptions and morning runs were good opportunities to network, and seminars on insurance, Iowa's Healthiest State Initiative, Natural Stride Running, Crisis Management, Leave No Trace as well as the expo and RRCA Annual Meeting were informative, but the case study the Oregon Road Runners Club (ORRC) presented on strategic planning by their club president Steve Wright was the most helpful to me.



ORRC: Subject of Strategic Planning Case Study at RRCA Convention

Professionally, I have worked in strategic planning, but I've always compartmentalized areas of my life so it never occurred to me to think about the Peachtree City Running Club undertaking a strategic planning process. In another area of my life, I'm working as part of the Fayette Community Visioning process as a co-chair of the Education Committee; the big question facing our school system is, we're excellent right now, but how about world class- and world class as a necessity for our students to compete in the future. Applied to the Peachtree City Running Club, we're an excellent running club already, but how about becoming best in the nation. We're at a point in time where routine club activities are taking place as planned and our participation and support of the community continues without issue so before we start having problems, now is the time to act.

The ORRC found themselves in the competitive Oregon running scene being less and less relevant. Club membership and revenues were down as runners saw local for-profit events as more enjoyable and entertaining. Being in a crisis to stay relevant, they followed a process of what I will sum-up as Strategic Planning 101 that any business student will study (and what I studied in my MBA program and did professionally). There were no secret steps except to take enough time to be deliberate and thoughtful and involve the club and the community.

The strategic planning process started by considering a club mission and vision statement as well as the values of the club. After this, a survey of internal and external factors, both positive and negative were considered. From there various strategies were formed that were transformed into daily operational actions. While this may sound difficult and time-consuming, it is, but it doesn't have to be overwhelming. The ORRC is a huge club- they were able to hire a facilitator for their process, but they also borrowed heavily from the RRCA's 2009 Strategic Plan. "Don't reinvent the wheel!" was the emphatic statement from their president.

The Peachtree City Running Club is in a good situation right now. Many of our club's founders are still active in the club and can provide advice and insight; after all, they've been through boom and bust cycles of running popularity. We're in a good community with plenty of amenities for runners. We have many dedicated volunteers who simply make things happen and get the job done. We have good Internet and social media presence. Our meetings are well-attended, and the community at large continues to turn out to our annual events such as the All American, Marathon Relay, Summer Track Series, and Peachtree City Classic 5k/15k/20k. While things are going well, we need to invest in ourselves and take some time to think about where we are going and plot a direction. I

believe our club appeal can to all men and women of all ages with running/walking goals, can be even more meaningful for those both inside and outside Peachtree City, and can grow both in membership and financial resources to further club goals.

1000-Mile Club Update

Name	Miles as of April Meeting	Volunteer Activities	Club Meetings Attended
Adams, Normer	106		3
Allis, Richard	424	2	4
Amini, Mohammad	173		1
Anderson, Bill	209		1
Arthonsen, Aaron	150		1
Aviles, Pam	413		4
Bellucci, Tiffany	525		3
Besch, Teri	428.9	1	4
Blood, Leigh	149.7		3
Bothe, Steven	963		1
Burkingstock, Kith	500	2	3
Butler, Bradley	425	1	3
Butler, Mitch	541	1	4
Chiong, Chris	146		1
Chrzanowski, Anne	154		1
Chrzanowski, Michael	250		2
Christansen, Ken	355	2	3
Christansen, Ruth	390	2	3
Clark, Sally	220	2	3
Cole, Steve	109.55		1
Corrigan, Meredith	332		2
Cote-Mels, Pat	350		
Daley, Cal	170	1	2
Dalton, Bob	785	2	4
Desgain, Jules	320	3	3
Dillard, Libby	578		3
Domaleski, Mary Catherine	350	1	2
Ellsworth, Daymon	55.17		1
Ernst, Emily	61		2
Ernst, Helen	200	1	3
Farrier, Brian	30		1
Feldman, Jamie	410	1	3
Feldman, Logan	306	1	3
Ferero, Lou	60		1
Forero, Sandy	50		1
Fox, Gail	208		3

Name	Miles as of April Meeting	Volunteer Activities	Club Meetings Attended
Fratto, Fred	262		3
Fratto, Jan	225		2
Fuentes, Marino	420	2	4
Greer, Jeff	212		1
Gulick, David	542	2	3
Hamilton, Jane			1
Hancock, Bonnie	240	1	2
Hancock, Jake	250		
Hancock, Hannah	260		
Hancock, Steve	210	1	2
Hineline, Maria	106		1
Howard, Valerie	300		2
Iyergar, Laxmi	509.57		2
Johnson, Rachel	685		3
Jones, Cindy			1
Jones, Heather			1
Kearns, Patrick	240	1	2
Kennedy, David	340		2
Kennedy, Ryan	473		2
Kohring, Casey	50		2
Kono, Haruko	60		1
Krauth, Christine	250		1
Landgren, Jo	250		1
Landgren, Larry	250		1
Lego, Jill	123.5		1
Mascara, Mark	125		1
Matthews, Lisa	704	1	4
Miller, Lee	25		1
Mills, Susan	265	1	2
Mitchell-Feigen, Kelley			1
Moore, Alan	261	2	2
Moore, Gary	38.7		1
Moore, Teresa	400	4	3
Moore, Tracey	350	3	1
Mowery, Warren	107		1
Mrosek, John	15.2		1
Olson, Cathy	378	2	3
Osse, Brandi	100		1
Outland, Scott	30		1
Piet, Dave	410	1	4
Port, Ann			

Name	Miles as of April Meeting	Volunteer Activities	Club Meetings Attended
Robison, Roy	550	3	1
Round, Tom	143	1	1
Rose, Betty	1450	1	2
Ruple, Kim	665	2	4
Sambrone, Constance	293		2
Sanchez, Leo	327	3	4
Schultz, Paul	227	4	3
Schultz, Paul	227	4	3
Shanahan, Larry	278		1
Sharpless, Chris			1
Shoemaker, Adam	8	2	1
Shoemaker, Jerry	103		
Snow, Canon	267.88		2
Stemkoski, Jane	412		1
Stephens, Wini	359.8	2	3
Threath, Kristi	386	1	2
Thurber, Karen	450		1
Villars, Michelle	63		1
Vise, Ed	290		2
Warren, Mike	206		1
Wassell, Joe	222		1
Waterhouse, John	336	2	3
Weida, Julie	100		3
Werling, Bill	368	22	3
Weston, Rita	440		4
Woods, Sandra	15		
Woods, Von	275	1	2
Zuehlke, Jill	500	1	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.

Club Meeting Minutes: March 2, 2015

Kim Ruple started the meeting at 7:30 p.m.

Lauren Toering, Oak Grove Elementary Run for the Gold volunteer coordinator, made an announcement on the upcoming 5k/1-mile. A volunteer sign-up sheet was passed around.

Teri Besch handed out the remaining 2014 1000-Mile Club jackets.

Jamie Ferguson and Janet Beebe of the Breast Cancer Survivors' Network made an announcement on their inaugural Run for the Boobs on March 28 at Picnic Park in Peachtree City. Janet presented some facts related to the beneficial effects of running on breast cancer. There are other opportunities associated with the event. For more information go to bc1daywalk.org

Adam Shoemaker introduced Dr. Eric Haynes and Abdul Fox who have opened an Orange Theory Fitness location in Peachtree City. They spoke to us on how their training regimen benefits runners. Participants make a reservation for a session and train as a group. Participants may go a minimum of three times a week, but four is recommended. They are open every day except Christmas from 5:00 a.m. to approximately 9:00 p.m. The workout changes every session. They are providing two weeks for free to try out the Peachtree City location. Unlimited visits are \$139/month, but there are memberships that cost less. Membership payments are month to month. Orange Theory is different from Cross Fit in that the chance of injury is less, and Orange Theory also tracks progress of each participant's workout and gives printed results at the end. The Orange Theory Fitness location is in the Publix shopping center on Highway 54.

Mark Andersen presented information about the FCA Multisport Weekend April 25-26 which includes a triathlon or several variations of run, bike, or swim events. Separate events targeted for children called the Kids Zone are included. There is a Seven Touch Training Program in preparation for the event, and guest speakers include Ryan Hall and Chris Lieto. Currently 250 participants are registered, but there are up to 2000 slots available. They are asking for volunteers. Entry cards are available for a discount code for running club members, made possible by Piedmont Fayette Hospital. It is possible to sign-up to volunteer online. April 7 is the next club meeting at 7:00 p.m. at Partners Pizza in Peachtree City.

Adam Shoemaker reported the Club's annual Marathon Relay will be on June 13 (Ed: Now June 6) at Picnic Park. It is part of the Club Grand Prix this year.

Dave Piet announced the annual Golf Outing for May 30 at noon at the Flat Creek Country Club golf course. The cost is \$35 for all participants, Flat Creek members or not, plus an additional \$15 per guest for refreshments. Dave asked to remind members you see.

Bob Dalton reminded all members that membership renewals are due by the end of the March to prevent a lapse in membership.

Rachel Johnson reported that Grand Prix results posted on Wednesday. The next Grand Prix event is March 14.

Normer Adams reported on the budget. The checking account has \$37,459.85, and the reserve in CD's is \$51,339.14. The club funded a pole vault pad and cover for Starr's Mill High School.

Leigh Blood updated progress on the sixth annual All American 5k. He is looking for sponsors and some have already contributed funds. Registration forms are available. Volunteers are also needed.

Paul Schultz gave a presentation on benefits club members receive since the PTCRC is part of Road Runners Club of American (RRCA), namely a subscription to RRCA's Club Running magazine, email updates, and a website filled with running information. Additionally, club members can make nominations in more than 15 categories for RRCA national awards such as Outstanding Volunteer of the Year or RRCA Road Race of the Year.

Teri Besch reminded all members that to participate in the 1000-Mile Club, an annual application is necessary. 1000-Mile Club requirements are to run or walk 1000 miles, volunteer at 3 running-related events, and attend 3 club meetings.

Bill Werling reminded members that the Spring Hill Elementary Trash Dash 5k is a Friday evening event and not a Saturday event.

The ownership of Dolce changed to the Wyndham, but the Club will continue monthly meetings at the Dolce. Kim Ruple adjourned the meeting at 8:30 p.m.

Club Meeting Minutes: April 7, 2015

Kim Ruple call the meeting to order at 7:03 p.m.

Minutes from last meeting were approved. New members and guests were welcomed.

Grand Prix results will be uploaded this weekend. (Ed: uploaded but unreadable)

The Club Golf Tournament is May 30 in the afternoon. Many club members have indicated interest. The cut-off date to register is May 23 at 12:30. Members can form a team and send information to Dave Piet, but if a member can't form a foursome, Dave can assign individuals to a team. The cost is \$35 per player.

The Summer Track Series will be on Wednesdays from June 3 through July. Volunteers are needed. Please contact Rachel Johnson

The Marathon Relay will be on June 6 starting at Shakerag. See the club website to register and see maps of the routes.

In order to confirm a reservation for the club busses to the Peachtree Road Race, club members must pay Adam directly or on the website. An email confirmation will be sent when you are registered. It is necessary to include your cell phone number.

The last day to sign up for the 1000-Mile Club jacket is the May meeting. See Teri Besch.

All-American update was presented by Leigh Blood, May 23rd; he circulated signup sheet for volunteers.

Paul Schultz requests articles for the next edition of the Legacy on April 17.

Kim Ruple reported that current checking account balance is \$34,558.01 and the current CD balance is \$51,395.15.

Club members are reminded to pick up AJAKO items from Sally Clark.

Rachel Johnson and Paul Schultz will represent the club at the Annual RRCA Convention in late April.

The Tyrone Paws for a Purpose 5K-9 will be on April 11. The Huddleston Hustle 5k will be on April 18.

Bob Dalton recognized the club members going to the Boston Marathon.

Next month's meeting will be May 4 at the Dolce. Meeting adjourned at approx 7:30 p.m.



Steve Hancock demonstrating that even for race timers, running is a four-season, all-weather sport.

peachtree city
**MARATHON
RELAY**

**JUNE 6, 2015
7:00 A.M.**



PTCRC.COM/MARATHONRELAY

TEAMS OF FOUR WILL RUN A RACE.
TOGETHER, THEY WILL COMPLETE A

MARATHON



COME RUN THIS
FREE

RACE AND ENJOY:

- * DELICIOUS FOOD
- * DRINKS GALORE
- * GREAT MUSIC
- * FUN ACTIVITIES
- * AWARDS
- * MUCH MORE...