



LEGACY

Newsletter of the Peachtree City Running Club
November/December 2015

Thank You Classic Sponsors!

By Kim Ruple

Thank you so much to the sponsors of our 2015 Peachtree City Classic 5k/15k/20k held on October 17! Our sponsors make the outreach of the club into the community possible.

For those of you that don't know how the club handles corporate sponsorships, we take all the monies collected and put them back into the community to support youth running programs such as the Southside Pioneers; elementary, middle, and high school running programs (see Starr's Mill High School's thank you on page three); and college scholarships for graduating seniors from the five Fayette County high schools. Additionally, we support community improvement projects such as purchase and installation of water fountains located on Peachtree City's cart paths.

The Club also deploys assets such as our timing clocks and volunteers to support many local races such as the Rotary Elementary Grand Prix and sponsorships allow us to purchase new clocks.

Presented by



Panasonic Automotive Systems returned as presenting sponsor and Fitness 54 once again sponsored the Fitness Challenge, which, incidentally, had more teams with more individual participants than in any previous year! Other sponsors including Lion's Den, Starbucks, and Publix contributed in-kind products or services which helped immensely on race day. Chick-fil-A, Minuteman Press (Peachtree City), Starbucks Coffee, Resurgens Orthopaedics, Piedmont Fayette all contribute to many local events so we are honored that they also support the Classic. Rotary member and Classic race director extraordinaire George Martin is able to arrange Rotary's support, and Joe Domaleski arranges for his business, Country Fried Creative, to support also. Thanks!

If you have an opportunity to patronize any of these business please do so and please express your appreciation for their support of the Classic!

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**The Legacy is published six
times per year: January,
March, May, July,
September, and November.
The deadline for submissions
is generally the third Friday
of the previous month. All
are welcome to contribute.**

**Please send articles & photos
to
Paul Schultz
paul@ptchome.net**

**Next Deadline
January 9, 2015**

New Member Profile

Life is an Adventure for Jennifer Manly

By Bob Dalton

A former Army Brat and mother of five, Jennifer Manly (36) doesn't let anything slow her down. "I was born in Germany, a true Army Brat, and later joined the Air Force. I have moved my whole life. Georgia is my 14th 'home.' I served 9 years active and reserves for the USAF doing Bioenvironmental Engineering and Aerospace Medicine."

Being an Army Brat certainly had its own share of adventures. Jennifer grew up on Army Posts all over the world including Augsburg, Germany, Ft. Sill, Ft. Bragg (twice), Ft. Jackson, West Point, Ft. Leavenworth (twice), and West Berlin. "I was there when the Berlin Wall came down, chisel in hand. I also hitch hiked all over Texas and lived in a tent on South Padre Island."

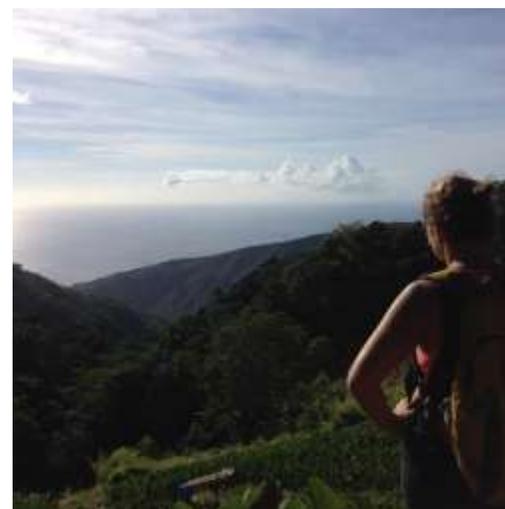
In her own Air Force career, Jennifer served at Brooks AFB in San Antonio, Malmstrom AFB in Montana, and Peterson AFB in Colorado. She attended the Community College of the Air Force, Kansas City Community College, and Pikes Peak Community College and became a paramedic after leaving active duty. After 13 years in Colorado, the family moved to Dominica located in the West Indies where Adam attended medical school and then here to PTC where he is a third year Medical Student with Ross University school of Medicine. He is in his clerkship at Atlanta Medical Center.

Jennifer is now an Account Executive for American Medical Response where she's responsible for business development, operational oversight and customer relations for the ambulance service. She resides in PTC with Adam and their five children, Charles 18, Laura 15, Olivia 12, Elias 8, and Solomon 6. Jennifer says of her children, "They are a constant joy. My oldest just joined the Army and I could not be prouder." Charles just finished basic training at Ft. Sill, Oklahoma and is en route to his first duty station at Ft. Stewart where he will serve as a Fire Support Specialist with an artillery battery of the 3rd Infantry Division. He is carrying on a proud family tradition as the third generation to serve his country in uniform.

Jennifer has had a wide variety of running adventures and experiences but one that stands out is when she "participated in the Nature Island



Jennifer Manly



**Jennifer at a mountain
overlook**

Challenge 2.0 on team USA Blue. It was a four day adventure race through the rain forest on the Waitukubuli National Trail on the 'Nature Island,' Dominica, located in the West Indies." Another favorite memory is 'summitting Pikes Peak with my husband in Colorado. We ran into a mountain lion!"

When it comes to running, Jennifer's favorite racing distance is the half marathon but her favorite type of race is one that involves teams and relays. "Being a very busy working mom I enjoy the community!! Running and hiking are a great way to clear your mind and stay fit but there is nothing better than the camaraderie of the team environment." She did the run/swim portion of the Boulder Ironman 70.3 and also competed in the Ragnar Trail Relay in Atlanta this past year.



Jennifer with husband Adam

There is really no better feeling than hitting an open trail, listening to your own breath and being in your own thoughts. I have found so much healing in running. Life is tough at times and there is no better lesson than to learn to push your spirit, your body, and just be comfortable with your own company. It is not about the distance or the speed; it is all about the experience."

She most enjoys running because "It resets my mind and focus.



Jennifer and her children

She also enjoys "yoga, water skiing, hiking, painting, guitar, and swimming. I love a good wine and football!" She joined the running club because of the "connection and community."

"I worked as an EMT/Paramedic on a 911 ambulance through three pregnancies and was awarded the Star of Life in Washington DC in 2009 for extraordinary acts of kindness and going above and beyond the call of duty. Our motivational speaker who presented us with the award was Bruce Jenner before he became Caitlyn Jenner."

Editor's Note:

I am so behind with this issue of the LEGacy. It will come out when the next issue (January February, 2016) should be coming out. I apologize and will get the next one out as soon as possible. I'd like to thank Bob Dalton for the solid new member profiles. I always read them because, well, I'm reading as I edit. I'd also like to thank Joe Domaleski for the New Hope Harvest Classic 5k review. As Joe and I both discussed once many months ago, we can have a great newsletter only if we have great content.

Thanks from the Starr's Mill High School Finish Line Booster Club

Thank you Peachtree City Running Club for your past support. Last spring your donation was used to update some of our field event equipment, including purchasing a new pole vault pad and cover. As you know we host four to six High School meets plus two middle school meets every year and our facilities are used to benefit all local schools. Last fall, your donation helped us pay for part of the chartered bus to take 50 athletes to an out-of-state cross country meet in North Carolina.

New Member Profile

Bolting Back to Health

By Bob Dalton

A heart attack last year confirmed Kirk Bolton's commitment to fitness through running and walking and he has held true to that resolve. Kirk (47) is originally from Rockford, IL but has called Newnan home for the last 17 years. He resides there with his wife Dusti and children Drew, Kayla, Erik, Sydney, and granddaughter Natalee.

Kirk earned his B.S. from the University of South Carolina in Mechanical Engineering and today works as a consultant for Duggan Associates. He says, "We help companies make improvements so they can stay competitive and grow their businesses. I travel a lot for work so I am on the go quite a bit. I've been to 24 countries and 48 states. Still haven't been to Alaska and Idaho. So when I'm home, I usually just run and then hang out with my family."



The Bolton Family (Kirk, standing left)

When asked how he got started in the sport, Kirk says, "I hated running!!! But I started running to honor my best friend who passed away of pancreatic cancer in 2008. There is a 5k event in Cleveland, GA in his memory each year to raise money for the American Cancer Society. I started running in 2010 to be able to compete in this race and not make a fool of myself in front of my friends. And it stuck."

During the ice storm of January 2014 last year, Kirk happened to be at the Piedmont Newnan Hospital with his wife who was having surgery. During her recovery, Kirk started experiencing the classic symptoms of a heart attack. He was in denial, however, because he had just run in the Hot Chocolate 15K four days prior with no problems. Not wanting to believe the worst, but deciding out of an abundance of caution to get checked, he started making his way to the emergency room. As soon as he got there, he collapsed with 100% blockage of the Left Anterior Descending (LAD) artery also known as the "widow maker." The good news is he was at the emergency room. The bad news, they told him, was he was at the wrong hospital and needed to go to Piedmont Fayette.

So Kirk was air medevac'd via helicopter to Fayetteville where they performed an angioplasty. Afterwards, his cardiologist told him he should never run a marathon because it would be too risky. But when he was cleared to run again only two weeks later, he started off easy on the treadmill. After a setback, he had to stop running for 3 months. But then he slowly but steadily began increasing his distance and by August was back up to running 10Ks. He then ran the PTC Classic 15K in October. Since then he has also run four half marathons this year: the Red Nose Half in Columbus, GA in January; the Snickers Half in Albany, GA in March; the Teardrop Half in Chatsworth, GA in May; and the Chicago Rock 'n Roll in July. He plans to run the Rock 'n Roll in Savannah in November.

Welcome New Members!

John Szoke
Vern Darley
Stephanie Allen
Mark Powell
Amy Campanella
Stephanie Vogel
Patricia Moore
Glen Gould
Tammy Buck
David Lakly
Kris Mossburg
Kerri Haynes
Thomas Jenkins
Peggy Thomas



At 2015 Chicago Rock n Roll Half Marathon Kirk (I) with Daymon Ellsworth, Larry Shanahan, and Rachel Johnson

Kirk says his most interesting run to date was the recent inaugural Tear Drop Half Marathon this past May. It was “8 miles downhill followed by 5 miles of rolling hills. Legs hurt for a few days....” But his heart was still good!

His most memorable run was “my first half marathon - Red Nose Half in Columbus, GA, in January this year. It was just under one year since having the heart attack in January 2014”

His favorite distance is the 10K and his favorite race is the Chicago Rock ‘n Roll Half Marathon because “I am from the Chicago area and am a Chicago sports fan. But it was really hot in July...”

He enjoys running because “every run is a personal challenge. I want to keep my heart in the best shape possible.” He joined the club because he wanted to “join a community of like-minded people who like to stay in shape.”

As far as future running plans, Kirk says, “I don’t focus on improving my times. I want to stay in shape and I enjoy being able to run. I just appreciate the fact that I can still run and I don’t ever take it for granted.” Kirk is proof positive that a serious medical condition doesn’t have to mean the end of an athletic career. In fact, Kirk will tell you that his heart episode may have been much worse had he not been in great shape to begin with.

Lesson learned: keep on running and even when calamity strikes, dust yourself off, pick yourself up, and start back running again!

State Record for 70-74 age group female set at 2015 Classic!

Cheryl Vail (female, age 70, bib 732) ran 1:19:05 to win first place, female, age 70 and up. Additionally, she set the Georgia 15k state record, beating the previous record of 1:40:48, which was also set on the Classic 15k course.

Cheryl commented that she found the race very well done, “The course was well marked. There were plenty of volunteers and water stops, and the shirt ranks up there with the top five shirts she has received over the many years of running races. The band and singer after the race were awesome!”

Race Review: 2015 New Hope Harvest Classic 5k

By Joe & Mary Catherine Domaleski

Do you have a favorite local race? We have several, including our hometown 5K – the New Hope Harvest Classic 5K located just north of Fayetteville, GA. Here's our 2015 New Hope Harvest Classic Race Report. Always held on the Saturday of the first full weekend in November, the Harvest Classic is a great little race close to home. The course itself is along a scenic tree-lined route and is part of one of the top 50 runs listed in the Atlanta Running Guide. It's a high-quality race that's run on a certified 5k course as GA01024WC. All proceeds raised benefit HeartCry, New Hope's Orphan Ministry, which serves vulnerable and orphaned children in the community, nation and around the world. There's a pre-race dinner and silent auction the night before the race which is a real treat if you've never been. According to the race officials, this year (2015) all of the race weekend events combined helped generate \$42,000 of proceeds to help fund a girl's dormitory for an orphanage in Bihar, India. We like to participate in races that help such worthy causes. Although we could go on about the ministry, we're going to focus our report on the race itself.



Club heroes (l-r) Bob Dalton, Mary Catherine Domaleski and Joe Domaleski at the New Hope Harvest Classic 5k

Family Friendly

Now in its fifteenth year (as of 2015), we've run this race with our family over the years when the kids were younger. During the early years of the race, there were around 100 runners. The race now attracts between 250-300 runners. We've been told there were 284 runners this year (2015). It's very family friendly with plenty to offer for young and old kids alike. Race registration is usually held in the gym and features a high-quality race shirt as part of your entry fee.

If you have younger children, know that the race is stroller-friendly. There's also a kid's fun run held in conjunction with the race (7 years and under). Not only do we both like to run this race, we also volunteer to help on race day. As part of her volunteer duties, Mary Catherine has been honored to help lead the group warm-up before the race. After the race, there's lots for kids to do as well and usually the New Hope clowns are there – do you like clowns?

The Course

The race starts in the parking area immediately behind the New Hope student center. It's well marked and easy to follow with all right-hand turns. After a slight incline up to the main parking area, the course turns right at the old Chapel and heads out of the parking lot, where you'll turn right again onto Brogden Road. Here, you'll enjoy a fast downhill mile. Mile marker 1 is just past Martha's Vineyard subdivision at Lang Drive on the right.

You'll continue to enjoy the downhill course for another mile. Not quite 1/2 mile later (approximately 1/2 way on the course), Brogden Road ends at the stop sign on Longview Road, where you'll turn right. From here the course flattens a little, but it's still downhill past Phillips Lake on the right. Unless you're leading the race, you'll have a good view of your fellow competitors ahead of you. It's a fast 1/2 mile to mile marker 2. Mile 2 is just past the lowest point on the course.

There's a slight incline that takes you to the next right hand turn onto Neely Road. A steep downhill leads you behind the dam that impounds Neely's Lake. Enjoy this final downhill section, you've got a mile to go and it's mostly uphill! Dig in and remember you only have a mile to go. Near the top of the hill near the big oak tree and farm to the left know that you have just over a 1/2 mile left. The uphill flattens a bit, but it's still an incline. As you approach the small feeder pond on the right, you'll approach the mile 3 marker. You'll hear the crowd at the finish line now.

The final right turn takes you into the parking lot where you'll see the finish line straight ahead. Race coordinator and local running legend Bob Dalton does a great job of announcing runner's names as they cross the finish line. Once you've crossed that line, save your finishers card – you did it! Don't forget to turn in that finisher's card so you can be in the official results and be eligible for prizes.

Post Race Celebration

The Harvest Classic is known for it's great post-race celebration held in the Rainbow Room inside the Church. There sheltered from the elements (you know how Atlanta can be in the fall), enjoy a free Chick-fil-A breakfast, bakery items, games for the kids, and door prizes. Yours truly (Joe) has been honored to serve as the post-race emcee for the past several years.

The race attempts to have a speedy and accurate awards ceremony about an hour after the start of the race. Typical age group awards are given 3-deep in age group categories, as well as overall and master's. Since 2012 the race has served as the Georgia state RRCA Championship 5K and additional awards are given.

Even though it's a small, local race from time-to-time they've had some celebrity runners show up. The course records are:

- Men's 5K record – Tamrat Ayalew (Ethiopia) 15:14 set in 2007
- Women's 5K record – Connie Robertson (USA) 19:10 set in 2005

It's important to disclose three important facts which make us a little biased about this great little race:

1. Mary Catherine grew up at and we were both baptized at the sponsor Church – New Hope
2. We live along the race route
3. We regularly train and do our daily runs along the race route

Summary

Even though we're a little biased, I think you'll find a lot to like about this family-friendly race. It's a beautiful, well-marked course with plenty of parking and indoor bathroom facilities. The race has a wonderful indoor post-run celebration with lots of door prizes, free food, and generous prizes. Your race entry fee benefits a worthy cause – the HeartCry orphan ministry. Are there any negatives? Well sometimes the weather can be interesting (isn't that always the case?) and if you don't pace yourself properly, the hills in mile 3 can catch you off guard. All-in-all this is a great local race you should consider adding to your fall race schedule if you live in the area. We hope to see you at the Harvest Classic 5K next year!

Note from Bob Dalton, New Hope Harvest Classic Race Director:

Joe conceded the Masters win because he is the epitome of a true sportsman!!

As a side note, Joe's wife, Mary Catherine (MC for short) actually won the Women's Masters Division, but somehow her finish card got lost, so she was unfortunately not counted in the final results. I didn't learn of this until well after the awards ceremony. But in true Domaleski sportsmanship, she didn't raise a fuss, or lodge a protest, or make a big stink about it as I have seen happen before at other races.

MC voluntarily led the aerobics warm up prior to the race and after the race. Joe served as MC and kept the crowd entertained until we were able to start the awards ceremony. They are two of the finest people you will ever meet. In fact, they were inducted as a couple into the New Hope Sports Hall of Fame last year.

We are truly fortunate to have them in the club! And you can quote me on that as footnote to the article if you want!

Upcoming Events

January

- 1 New Year's Day run (Club Grand Prix event, Boone's home)
- 16 St. Paul Lutheran School 5k (Rotary Grand Prix event)
- 23 Atlanta Track Club-PTCRC 8k/15k (joint event, Peachtree City)

February

- 6 Kedron Elementary School 5k (Rotary Grand Prix event)

March

- 5 Oak Grove Elementary Run for the Gold 5k (Rotary Grand Prix event)
 - 19 Burch Elementary Bear Track 5k (Rotary Grand Prix event)
-

Notes & News

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

Alan Moore and his brother ran the Soldier Half Marathon on November 7 at Ft. Benning, Georgia to honor all veterans and sent in the photo. Alan and his brother both served in the US Army in Vietnam so it was an honor for him to carry the American flag handed to him the last 200 meters to the finish. Despite the unusually warm temperature, 85% humidity, and a relatively slow pace he finished second in his age group. The following Saturday November 14th, he again honored all Veterans and his brother by finishing third in his age group at the Atlanta DAV 5k. Alan reminisced on his time in Army boot camp during the Half, "Drill Hill", thankfully at the beginning of mile three on the Ft. Benning race course brought back memories of with the DI's shouting words of 'encouragement' like, 'you signed up for this...pick up the pace and get up this hill.'" 😊 (Editor: I appreciate Alan always thinking of the LEGacy when he has an update so we'll forgive him this time for wearing an Atlanta Track Club jersey 😊)



Congratulations to all of the 1000 Mile Club Jacket Recipients and the club members who logged in 1,000 miles on 2014! Twenty-two members received jackets:

1000 Mile

Leigh Blood
Ken Christiansen
Logan Feldman
Sandy Forero
Laxmi Iyengar
Canon Snow
Wini Stephens
Will Welsh

Bunny Boggs
Ruth Christiansen
Lou Forero
Gail Fox
Randall Myers
Jane Stemkoski
Kristi Threatt

5000 Mile

Mitch Butler

Jill Lego

10,000 Mile

Teresa Moore

Anastasia Walker

15,000 Mile

Richard Allis

20,000 Mile

Bob Dalton

Jerry Shoemaker

Whether you completed your first 1000 miles in 2015 or are at 27,000 miles (Bill Werling) you have reason to be proud.

Don't forget to sign up at the January 4 meeting for the 2016 1000 Mile Club. You must complete an application each year. Requirements are: attend three club meetings, volunteer at three running events, update your mileage three times, and run or walk 1000 miles in one year. You may count your mileage starting the day after the annual PTCRC Christmas Party. If you have any questions, contact Teri Besch at 678-478-4155 or besch105@comcast.net

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: September 1, 2015

President Kim Ruple called the meeting to order at 7:05 p.m.

Minutes from last meeting were approved.

Welcome new members and guests: Ria Story from Newnan and Joel Cziok from PTC.

Melissa from American Lung Association talked about their upcoming race and some statistics about lung cancer. She provided cards with a discount code.

Rachel Johnson presented Club Grand Prix results. She will be posting results for last four events soon. The next event is September 19 at the PTC Library.

Terri provided receipts from Alzheimer walk.

On Labor Day Monday is the Macon Run and we still need two female members to complete a team; please let Rachel know immediately.

Dragon Boat Races are on September 26. Please contact Rachel to sign up. We were first in our division last year and want to hold on to our title.

There is a self-defense class for members on September 22, which is free to the first 10 members to sign up.

The next Club meeting is first Monday in October at Dolce.

Bob Dalton has no report about membership.

We need runners and volunteers for the Diva race next month.

The Classic is in October, and we need over 200 volunteers. Online sign-ups are possible. Big thanks to Susan Bothe for suggesting this and Joe Domaleski for making it happen.

Teri Besch is trying to finalize ordering 1000 Mile Club jackets. Please make sure she has your size.

Jamie Feldman listed the next social events: volunteer party after the Classic and the Christmas party on December 4.

The Legacy need articles now for next edition. Send to Paul Schultz.

There is no treasurer's report.

There were no new members present to pick-up their Club logo items, but Joel was given a shirt.

Meeting was adjourned at 7:20 p.m.

Club Meeting Minutes: October 5, 2015

President Kim Ruple call the meeting to order at 7:34 p.m.

Kim asked for guests or new members to introduce themselves: Chris and Marilyn.

Bob Dalton reported that membership renewals can be considered now, but we should focus on them after the Classic. He promoted the Harvest Class 5k run/walk on November 7.

The minutes from the September Club meeting were approved.

Teri Besch announced those who made contributions to the Alzheimer's Walk; please pick-up your receipt. She also handed out shirts from the event. \$340 was raised by Club members. The 1000 Mile Club log was passed around. If you applied for the 1000 Mile Club and know you're not going to meet the mileage or other requirements, please cross your name off the log.

The next Club Grand Prix event is the Saturday after the Classic; it is the "run the Classic course" for time.

Treasurer Normer Adams reported that there is \$36,729.85 in checking and \$51,683.43 in CD's.

George Martin, Race Director, gave an update on the Club's premier event, the Peachtree City Classic 5k/15k/20k, which is on October 17 and is the 35th annual. For some background, Classic registrations fund the Club operating budget, but all sponsorship monies go back to support the community. Previously, the board approved 50 complimentary entries to the Classic for Together We Run, which supports adolescents with developmental disabilities. Tammy Buck (buckx4@bellsouth.net), the organizer of Together We Run, spoke about the group. They will run in the Classic. They need both volunteers to support during the Classic and would like to have volunteers run with them at future group practice runs and events.

Eric Hinkle is the Classic volunteer coordinator. The Classic still needs volunteers to be course monitors and help with course setup, packet pickup, expo setup, and packet stuffing Partners Pizza (Wednesday, October 14 at 6:00 p.m.). Especially volunteers are needed for Saturday: split callers and intersection monitors. All volunteers get a shirt. There is an online system to sign-up at ptcrc.com.

The Classis Expo is 4:30 p.m. to 8:30 p.m. Friday, October 16 at the Amphitheater. Expo will re-open Saturday morning.

The Kids' Marathon will also occur at the Classic.

The Classic Volunteer party is October 17 at 5:00 p.m. at the Log House on Log House Road. Survey for the volunteer party will come out to ask about attendance because the Club always buys too much food.

Additionally, George promoted the Griddle Gallop 5k, which is next Saturday (October 10); please come.

The Rotary Elementary Grand Prix series of races started last Saturday.

John Waterhouse was recognized for winning his age group in the Rotary Elementary Grand Prix last season.

The Club Holiday party will be first Friday in December.

October 13 is the Abide Brewery run, 3 mile and 6 mile course.

Club elections will be next month. There will be a vote on Rookie of the Year (male and female), Most Improved Runner (male and female), and Volunteer of the Year (male and female). There are plenty of opportunities to be a club officer next year. President, VP of Administration, VP of Activities and Treasurer will all become vacant. Paul Schultz will continue to be Secretary. Rachel Johnson will continue as VP of Activities but would like to become VP of Administration. There are lots of people behind the scenes who help out, and there are many knowledgeable Club members so any new officer will have plenty of support.

Secretary Paul Schultz asked that LEGacy submissions be turned in by October 23.

The Club team won medals at the recent Dragon Boat Races. They received second in their division.

Meeting was adjourned at 8:21 p.m.

Club Reminders for 2016

Renew your membership if you haven't already done so. Go to ptcrc.com or see Bob Dalton for details.

If you plan to join the 1000 Mile Club, you must complete an application every year. See Teri Besch for details.

Club Saturday morning runs start at the PTC Library at 8:00 a.m. for a 5k-10k run.

Club Sunday morning runs start at Huddleston Elementary at 6:30 a.m. between Memorial and Labor Day and 7:00 a.m. the rest of the time for 8 to 12+ miles.

Club Grand Prix events held on the first or second Saturday of each month at 8:00 a.m. at locations throughout Peachtree City. See ptcrc.com for more information.

Abide Brewery runs on select Tuesday evenings at the Abide Brewery in Newnan.