



# LEGACY

Newsletter of the Peachtree City Running Club  
January/February 2014

## On Making a Comeback...With Gratitude

By Joe Domaleski

At the Club's Christmas party last year I was honored by my peers as the 2013 Most Improved Male Runner by the Peachtree City Running Club. There's a story behind the award, and I'd like to open up a little bit and share it here. I know that a lot of you, my friends, have suffered during the great recession, and I want you to know that you're not alone. Perhaps my sharing can help you, as the support of so many others has helped me. I tend to be a private person, but as I've gotten older I think it's helpful to me (and maybe others) for me to be more open.

When you think of "most improved", you might think speed, but it's more than that. It means improved attitude, participation, well-being, and, yes, a little bit of athletic performance. As it is for most athletes, running is a metaphor for life. In general, when my life is going well so is my running. So that begs the question, if I "improved" what did I improve from? This is not so much a story about how fast (or slow) I can run a 5k; it's about how my life improved.

As some of you know, I used to be a fairly competitive local age group runner, but "fell off the wagon" a few years ago. Competitive is a relative term - there's always someone faster and slower. Why did I fall off the running wagon? In hindsight I can say that the years of the Great Recession have been the most challenging in my life so far. I nearly lost my business, my health, and even my marriage. For those of you who know me well, you know that I'm the type of Captain who would go down with the ship - and I nearly did!

A shout out to my fellow small business owners and self-employed friends- running a business and making a regular payroll for your employees, when nothing else is steady or guaranteed except taxes and bills, may be one of the hardest things I've ever done. God has unique ways of challenging us. Ironically, during the height of my despair during the recession, I was currently serving as the Chairman of the Fayette County Chamber of Commerce! Publicly, I was all smiles and pro-business, but privately my business was

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## President's Letter

By Kim Ruple

As they say, time flies when you are having fun and this year has flown! I've thoroughly enjoyed the opportunity to become more involved in the Peachtree City Running Club, especially getting to know the board, the directors and the membership more. In 2013, we focused on getting online and streamlining some of our administration, while having

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**PTCRC 2013  
Executive Board**

**President  
Kim Ruple**

**Administrative  
Vice-President  
Adam Shoemaker**

**Activities  
Vice-President  
Shane Sheffield**

**Secretary  
Teresa Moore**

**Treasurer  
Normer Adams**

**Membership  
Bob Dalton**

**Classic Race Director  
George Martin**

**Newsletter Editor  
Paul Schultz**

**RRCA Liaison  
Mark Ward**

## **Most inspirational: Caryle Robison**

By Roy Robison

I've been privileged over the years to present hundreds of awards to hundreds of members of the Peachtree City Running Club, but none compares to this! This will be the most important award I have ever presented, and it will be the last! I hope that I, in some way, have inspired others to follow in my footsteps.

Webster defines inspiration as "a force or an influence that inspires someone" - we all know someone who, in our lives, has been an inspiration, particularly when it comes to running. We ourselves may have served as an inspiration to others. It's only fitting then, that from amongst our own, we identify and present, the first ever, Most Inspirational Runner Award.

### **Citation**

It all started in 1969 in a small park in Huntington Beach, California. The recipient and her husband began a journey that started with one step and continues 44 years and more than sixty thousand miles later: a journey that included thousands, indeed, millions of steps in such places as California, Hawaii, Wake Island, Guam, New Jersey, North Carolina, and of course, Georgia. A journey that found her, in 1981, in a location that would be the culmination of all her expectations and dreams: it found her in Peachtree City, Georgia!

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#### **Editor's Note:**

Happy New Year! This edition will mark the sixth Legacy I've edited. Even before receiving all the content I knew it would be a big issue, possibly not the biggest, but a lengthy issue none the less. My wife attended the Christmas Party with me. She doesn't like parties typically so I was simply thankful that she agreed to go, but she was deeply impressed by the party. We both left feeling encouraged, and this feeling has lingered, even now as I'm writing this. Roy Robison's Most Inspirational Runner text is printed for those who couldn't make the party. I also appreciated Roy's thought and preparation of the party invocation, specifically tailoring it to the audience present by quoting the Apostle Paul in his Second Letter to Timothy, "I have fought the good fight, I have finished the race, I have kept the faith." As a Buddhist the meaning I take away is somewhat different from what a Christian would take away, but it resonates with me just the same; we all need to fight back negativity and doubt, finish the race, and keep our faith. Joe Domaleski shares more insight and background behind his Most Improved Runner Award. I appreciate the thought and consideration behind his effort. All award winners and those recognized, including club volunteer extraordinaire Bill Werling, are printed here also. All of this has really led me to think about the purpose of the running club. Simply, it is to support, encourage, and inspire the members towards running and maybe even the living of life itself...As always thanks to Susan and Normer for their excellent photographic work. Bob has turned in, yet again, solid member profiles. Thanks to Rita Weston for the Christmas Party preparation- without her behind the scenes efforts, there would be no platform to celebrate our accomplishments.

**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  
February 21, 2013**

## Fun and Fit Fratto Family, Part I: Jan

By Bob Dalton

Jan and Fred Fratto are the subjects of our profiles this month. First up is Jan. She is originally from Pennsylvania. 55 years old, she is a graduate of Randolph Macon Women's College in Lynchburg, VA. Professionally she was a computer programmer with a consulting firm but is now content to say she is the Mom of four kids (all runners), a runner, triathlete, and volunteer.

She likes to run, bike and swim and travel with her husband, Fred, and kids. "We enjoy 'active vacations'- especially week-long cycling trips. We have done cycling trips through Tuscany, Italy; Napa and Sonoma Valleys; Glacier National Park; Alaska and Death Valley."

Describing her family, Jan says she has four grown children: Victoria, age 28 and a physician (OB/GYN) in her 3rd year residency at Columbia University in NYC; Allison, age 26 and a researcher in Durham, NC; David, age 22 and a financial analyst for Delta; Melanie, age 22 and a Doctor of Veterinary Medicine student at UGA. Husband: Fred, married almost 32 years. Most recent pet was a Boston Terrier who was also a runner!

"We may have owned the only Boston Terrier who could run 4-6 miles several times a week. Our little friend, Peanut, named so because she was shaped like a peanut as a puppy, ran with us for many years. She ran the Jingle Bell Trail with our daughter, Allison. Peanut lived 14 years and had a very healthy life - probably due to running!"

Jan "rediscovered running when our oldest daughter, Victoria, was thirteen and began running with the JC Booth track team and wanted to run the PTC Classic 5K. Around the same time our youngest children, Melanie and David, were getting ready for their first

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Fred and Jan Fratto in Death Valley

### Welcome New Members!

Dorris Harris  
Christie Hopkins  
Scott Outland  
Michael Schultz  
Amy Henseler  
Kris Koppenhafer  
Martha Miller  
Wini Stephens  
Reavis and Denny  
Dennison  
Scott Whiteman  
Jennifer Parker  
Page Tarleton  
Kasey Kohring

## Thank you PTCRC: Southside Pioneers Scholarship

By Steve Sattinger, Head Coach Southside Pioneers, USATF Level I Certified

I first want to thank the PTC Running Club, especially George Martin, for your generous gift to the Southside Pioneers Track Club. This gift helped our athletes in two different national competitions.

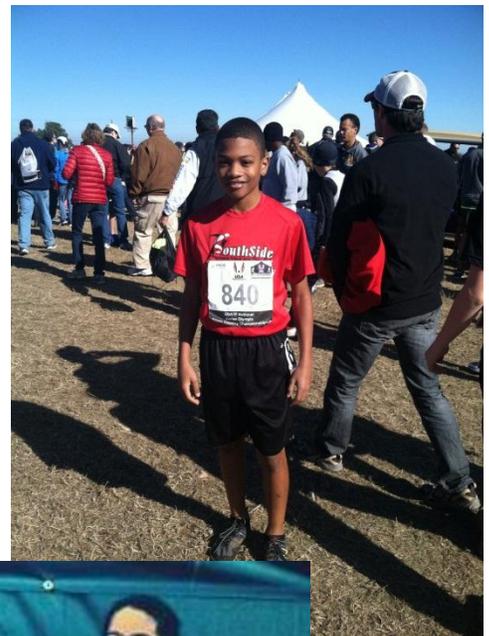
The AAU Nationals this year was held at Ft. Gordon in Evans, GA on December 7. Our 10 and Under Girls Team finished third in the nation! The Athletes on that team were Dashana Morris (missing from the group photo), Michayla White, Naomi White, Sydney Bohles, Nevaeh Williams and Tamara Morgan.

The USATF Nationals this year was held in San Antonio, TX on December 14th. We sent three athletes to compete: Michayla White, Naomi White and Khali Madison (see photos). Also attending was Coach Michael White and Khali's parents.

**Coach Michael White, Michayla and Naomi White at USATF Nationals**



**Khali Madison at USATF Nationals**



**Southside Pioneers AAU Nationals 9 & 10 Year-old Girls Team**

## Fun and Fit Fratto Family, Part II: Fred

by Bob Dalton

Fred Fratto, 59, is the CHRO (Chief Human Resources Officer) for a global packaging manufacturing company with 64 plants in 21 countries. “It is a Business-to-Business industry so most have never heard of the company, but you buy the products every time you shop. Products range from food packaging (cheese & meat wrap, nutra-grain bar wrap, dog food bags) to bags for cement, stone and mulch, also manufacture yogurt tubs, butter tubs, cups, towel and tissue overwrap, etc. We don’t handle the contents, just make and print the packaging.”

“I work 60+ hours per week, travelling the world to manage the people-related strategies of the world’s sixth largest plastics packaging company. I am currently implementing the merger of five companies, four of which are based in Europe. Many cultures, long histories and 14 languages are involved. It is like herding cats some days.”

Fred recounts a running experience in London. “Running in central London (Hyde Park, Regents Park, the London Bridge, the Tower Bridge, the streets, etc.), is always fun and interesting. Once this summer, on an early-morning, solitary run, I strayed and got lost. I had no phone and knew only the name of my hotel, not even the address (didn’t plan to get lost!). It was quite early and not many people were out, so I just kept running in what I thought was the correct general direction. There are hundreds of hotels in central London, so the people I asked had not heard of mine. I finally found a nice young woman who graciously pulled out her mobile phone and did some Google searching until we identified my hotel, then she Google-mapped directions. It was summer so I was a sweaty mess and she was perfectly groomed and well-dressed in business attire, but in true British form she pretended to not even notice my state. It turned out I was rather far away! I had early morning meetings scheduled, so I had to hustle back to the hotel. It was a fun morning run and a good example of the kinds of ‘real’ experiences we have as runners.”

Here’s another one, this time in Vegas: “Running the Strip in Las Vegas very early in the morning is a great run. Vegas is typically cool in the early morning, and it is the best opportunity one will have to see all of the fabulous architecture, new and old, without the crowds, peddlers and car traffic. I’ve done it many times and it is great fun. It is just you, the other runners, and a few ‘others’. This year was not a particularly good time to run it though, because there is a lot of street-level construction underway right now, and many sidewalks are narrowed or blocked. You have to follow detours and cross the Strip multiple times. Jan and I even got detoured deep into a casino on our recent run. Typically that is the whole idea - to get you into the casino, but they weren’t so happy to see a couple of sweaty runners, trying to keep a good running pace through the casino. But a friendly security guard pointed us to the best way out and we didn’t even have to stop.”

Fred’s favorite race is the PTC Classic. “The convenience of getting there by golf cart, running on our beautiful paths, the great volunteers, the friendliness of the atmosphere,

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# Club Grand Prix: Toys for Tots Run



## Upcoming Events

### January

- 19 Ocala Marathon (Darkside Running Club-affiliated event)

### February

- 2 Tallahassee Marathon (Tallahassee, FL, Darkside Running Club-affiliated)  
8 Kedron Elementary School 5k (Rotary Elementary Grand Prix)  
Cupid Chase 5k (Senoia, GA)  
16 Mercedes Marathon (Birmingham, AL, Darkside Running Club-affiliated)  
22 Sandy Creek High School Patriot Run 5k

### March

- 8 Oak Grove Elementary School 5k (Rotary Elementary Grand Prix)  
Stoll in Central Park 12-Hour Run (Cumming, GA, Darkside-affiliated)  
15 Crabapple Elementary School 5k (Rotary Elementary Grand Prix)  
22 Burch Elementary School 5k (Rotary Elementary Grand Prix)  
29 Inman Elementary School 5k (Rotary Elementary Grand Prix)

### April

- 19 Huddleston Hustle 5k (Rotary Elementary Grand Prix)  
26 Our Lady of Victory 5k (Rotary Elementary Grand Prix)

### May

- 10 80's Rad Retro Run (Cagle's Family Farm)



*Chasing a Cure for Epilepsy*

Sandy Creek High School

**1st Annual 5K Patriot Run**

**FEBRUARY 22, 2014 @8:30AM**



## 2013 Club Awards

### President's award

Shane Sheffield

### Extra Mile Award

Teresa Moore

### Race Director Extraordinaire

George Martin

### Most Inspirational

Caryle Robison

### Volunteer of the Year

Bill Werling

### Rookies of the year.

Rachel Johnson

Bradley Butler

### Most Improved

Sally Clark

Joe Domaleski

# Annual Christmas Party & Awards Banquet



**1,000-Mile Club**

**1,000-Mile Jackets**



**5,000-Mile Club**



**5,000-Mile Jackets**



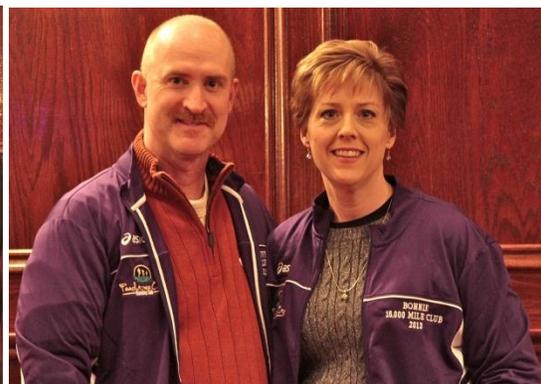
**10,000-Mile Club**



**10,000-Mile Jackets**



**15,000-Mile Club**



**15,000-Mile Jackets**



## Comeback

*Continued from page 1*

suffering the effects of the recession. Tough times. Happy to say, "I made it through the recession," and hats off to all of you who did as well! Shop local, shop small, my friends...back to the story...

For a lot of reasons, I hit a personal "bottom" in 2011 and found that I had gained over 40 pounds (not 30 pounds as previously reported). The extra weight gain caused me to get exercise-induced asthma so I took a break from running and started a vicious cycle of not exercising and getting heavier. Want to know the real reason I stopped teaching spin classes? I got out of shape and couldn't keep up! In fact, I stopped going to the gym altogether. Want to know why you stopped seeing me at the local races and events? I was too embarrassed!

During times of success, one tends to have lots of friends. It's during the times of need that you really see who your friends and loved ones really are. After a challenging and rock bottom year in 2011, I decided to make 2012 the year of the comeback. It started with my marriage and home life.

I'd like to acknowledge Don Boykin and his, now deceased wife, Lynne, for helping Mary Catherine and I get our relationship back in order. We participated in their final marriage class before she passed away. God put them in our lives at the exact time we needed with the exact message we needed to hear. With our marriage back on solid footing, I decided to fix my business and make fitness a priority again. Difficult decisions took place thereafter with regards to my business and health life. I'll just focus on the health part here.

My wife, Mary Catherine, a personal trainer, lovingly "kicked me off the couch" and told me to get my butt in gear. She worked with me in the gym to get stronger and show me how to properly and safely weight train. I also found myself using the cardio equipment there to mitigate shin splint problems associated with running at such a heavy body weight. As I lost weight, I worked my way back outside again and rediscovered my love of running. I continued to use weight training and running to shed the weight and get faster. As the pounds melted off, I found my asthma went away - without medication! I was able to ditch the inhaler! The process of getting my marriage, business, and health back online took most of 2012. All of that work just got me back to the metaphorical "starting line". Things really started to come together and dramatically improve this year, 2013.

We are blessed to have such an active local running community. Participating in running/triathlon club events, the Rotary Elementary Grand Prix, and other running events has given me the incentive to improve and get better. So many people have helped me be "most improved" that I can't recognize them all here, but I will mention a few. I've known "Coach" Bob Dalton and Dave Olsen for the past 15 years. They exemplify high athletic performance, gracious winning, and helpful attitude. They've both "schooled me" at the races and taught me that you have to run fast to be fast. I'd like to recognize all of my employees (past and present), clients, and business partners who stuck with me during the recession. We made it through! Let's keep it going. I'd like to thank my immediate and extended family for love, sometimes tough love, and support.

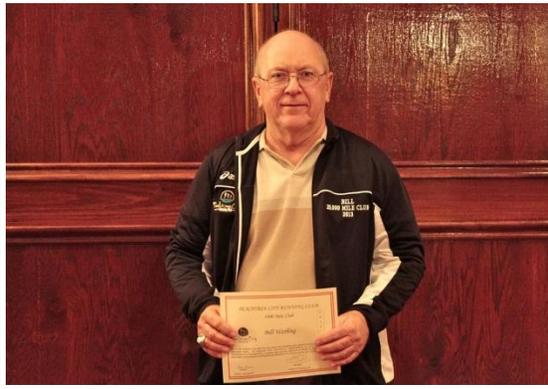
Most of all, I'd like to thank Mrs. D for sticking with me through literal sickness and health, poverty and wealth (Actually, we're rich in spirit not money!). Looking forward to many more years of improvement! God Bless you all and Merry Christmas!

With Gratitude, Joe Dom

# Annual Christmas Party & Awards Banquet (continued)



**20,000-Mile Jacket**



**25,000-Mile Jacket**



**Most Improved Woman**



**Grand Prix Winners: Women**



**Grand Prix Winners: Men**



**Most Improved Man**



**Rookie of the Year:  
Women**



**Volunteer of the Year**



**Rookie of the Year:  
Men**

## President's Letter

*Continued from page 1*

fun and getting some runs in! To highlight a few of our successes:

- Facebook Re-Launched with New and Improved Look & Feel plus additional controls
- Online banking, Online Member Registration, and Online Race Registrations
- New Web Site Launched and New Email Addresses for Board Members
- Updated Newsletter (and Editor) with fabulous content
- Online Voting for Treasurer and Holiday Meal Choices (plan to expand next year to include end of year awards.)
- Logo items for new members and Grand Prix Winners / Participants (with expanded options)
- Golf Tournament, Summer Track Series, Weekly and Ad Hoc Runs, and Gathered in droves to Support our friends in Boston
- Mentored budding Race Directors; plus hosted and supported the
  - ◆ All-American 5K
  - ◆ Marathon Relay
  - ◆ Dozens of school, rotary and community sponsored races,
  - ◆ Heritage Cross-Country Events
  - ◆ Classic 5K, 15K which was the 2013 USA Track & Field Georgia Distance Running Grand PRIX

I'd like to welcome the board, directors and race directors back – thanks for hanging in there! To get 2014 started, I'd like to ask for your ideas on where we focus this year. Please send me an email (president@ptcrc.com) with... "If I were President this year, I would focus on\_\_\_\_\_." Tell me why it's important and how you would go about making it happen. I'd like to hear from you, also indicate if you are willing to share the idea via Facebook/Newsletter or lead it.

Thanks

Kim

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## Most Inspirational

*Continued from page 2*

It was there, in her first month, that she became a charter member of the Peachtree City Running Club. It was there that associations which began simply as running partners soon escalated into lifelong relationships that became more family than friends: 10k's in the forties were her norm but supporting her husband's passion was her desire.

In nineteen-eighty three she began to experience numbness and tingling on the right side of her body as well as trouble with her vision. After several trips to the doctor, she was diagnosed with relapsing-remitting multiple sclerosis. She was devastated; her husband was skeptical. She acted out her devastation with anger and disappointment. Her husband, still skeptical, told her to knock that shit off, get over it, and move on!! Did she ever! And she's never looked back!

She continued to be a devoted wife, a wonderful mother, and an avid runner. In 1989 she was one of the first recipients of a 1000 Mile jacket; in 1994, she was named the club's volunteer of the year; in 1999, she realized a lifelong dream by starting back to school and earning her A.A., B.A. and M.A. degrees from Georgia State University.

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Then, in 2001, the MS returned with a vengeance. Her running turned into walking. When she could no longer walk, she used the treadmill; when she could no longer use the treadmill, she used an elliptical; when she could no longer use the elliptical, she used a recumbent exercise bike; when she could no longer get on the bike unaided, she got on the bike with help; and finally after receiving help getting on, she required restraints to keep her on.

And you know what, in each of those 10 years, she qualified for the 1000 mile club, and this year, she couldn't walk, no; she couldn't even stand, but she persevered! She didn't make it-but she didn't quit! And tonight she's looking forward to tomorrow morning when she can get right back on that recumbent and start adding up the mileage for next year!

I have never met another person that has inspired me like this person has. Each day, from the time she wakes 'til it's time for bed, there's a smile on her face. She cares more for others than for herself, and her love and concern for me is overwhelming. She brightens and inspires the lives of all who know her and all who come in contact with her.

So when you're out there doing that next 5k or 10k or marathon, or ironman triathlon, and you're tired and don't think you can take another step, remember this lady and that each step she takes is like your next one! If you remember her, you will take that next step, and the next, and the next, and like her, you will never quit, and you will finish!

Ladies and gentlemen, the first ever recipient of the Peachtree City Running Club's Most Inspirational Runner, my wife, my life, my love: Caryle Robison!

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Jan Fratto

*Continued from page 3*

getting ready for their first PTC Youth Triathlon and I realized that I could not run a mile with them. I needed a bicycle to keep up. And they were only seven! How things have changed."

Like many runners, Jan has a collection of many and varied running memories. Here are a few: "Four years ago, we (Fred, myself, daughters, son and significant others), began a Thanksgiving morning tradition of running the Atlanta Half. It is voluntary and there is some grumbling at 5:30 am on Thanksgiving Day, but afterwards all are ready to sign up again for next year. It truly is a great way to 'earn your turkey.'"

"My second most memorable running experience is probably the 2013 Boston Marathon. Our daughter Allison and I both ran it. She was in an earlier corral and so was ahead of me in the race. Allison crossed the finish line less than 5 minutes before the bombs exploded. She texted Fred (but could not call due to the overloaded cell circuits), who was at work, to tell him she had finished, but there were explosions in the area! Imagine getting that text! He turned on the TV and saw what was happening and instructed her to get out of the area. I was about 0.7 mile back when we were stopped on the course by the police for about 45 minutes. I did not have a phone, but I thought Allison was more like 30 minutes ahead of me (she was only about 15 minutes ahead) and I calculated that she would have finished well before the blasts. Not so! We had already established a post-race plan to go and quickly get showered and meet for our return to PTC that evening. We had a pretty tight timeline to make our flight. She got out of the area and "worked the plan". The police finally allowed me and the others to proceed, but not along the race route, and I also "worked the plan". We met as planned and amazingly, took the subway directly to the airport and got on our flight to ATL. We did not know much about what had happened,

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until we learned the details that evening at home.”

“Another memorable running experience was actually a non-running experience. I was registered for the 2012 NYC Marathon and traveled to NYC a couple of days early to visit our daughter there. Of course, Sandy hit and the race was understandably cancelled. But we ran in Central Park anyway and had a nice visit. The best news is that when I ran it this year, I received two finisher medals - from last year and this year!”

“And then there was the Moose’s Tooth Marathon in Anchorage, AK. I ran that one the day before a week-long cycling trip. I then rode a “century ride” of 107 miles in pouring rain and sleet a few days later.”

Jan’s favorite race distance is the half marathon but her favorite race is the New York City Marathon. About it she says, “The spectator energy in Manhattan for the final six miles is contagious. I have had family members at pre-selected corners to give a sweaty hug to along the course. In November 2013 I ran with our oldest daughter, Victoria, for her first marathon. She was amazingly strong and consistent on minimal training.”

She says, “I enjoy running because I have always enjoyed being active outdoors and I love the feeling of fitness that running gives me. I am lucky enough to live where I can run any distance from my doorstep. Plentiful sunshine, sometimes in liquid form, and scenic paths are a runner’s dream come true. I have to pinch myself now and then when I am choosing a race for the scenery and am reminded that I run in the woods and around lakes all the time. And I do love my chocolate so... I have to run. I have completed 15 full marathons and have lost track of the number of half-marathons.”

Jan is also an avid cyclist. “I have already mentioned the cycling vacations. We find those to be great ways to really connect with an area. You see it, hear it, feel it and even smell it! It allows the same connections as running, but you can cover a lot more ground! I also love to do triathlons and have done many, including five Half-Ironmans. I qualified for the Ironman 70.3 World Championship 2013 by placing first in my age group at the Ironman 70.3 Raleigh event in June.”

Jan and Fred joined the PTC Running Club because “We would like to get more involved with others who enjoy an active lifestyle and we finally have time to be involved in our own activities. While we have run for many years, we were always focused on the four children and facilitating their activities. As parents first, we worked to find time to run and do our own things in little snippets of time. We are now enjoying the fun of making our kids jealous of the fun things we do now that they are gone!”

Jan’s 2014 race schedule includes: March 1 – Umstead Train Marathon in Raleigh, NC; March 23 – Publix GA Half Marathon; May 18 – Rev 3 Half Ironman Tri; November 1 – Ironman Tri in Panama City , FL.

And now for the inside word on Jan from her husband, Fred:

I will tell you that she is much too modest. Jan is a quiet person and she is also a terrific athlete who has been an inspiration to our children and to me. She trains hard and with discipline (No “junk runs”, she says. I think all of my runs are junk runs), lives a very healthy lifestyle, eats right (kale!) and pushes herself to get better every day. Jan is an avid student of running, cycling, training and healthy cooking and living, and is very knowledgeable about those things. She would never consider herself an “expert” – but she is. She’s also willing to help others in those areas – for example she coached some folks who were preparing for their first Peachtree Road Race through the club’s program with Reebok last year.

She is quietly competitive and places in her age group in nearly every event she enters- often winning. She would talk to you about a race for 20 minutes, but would never mention that she won her age group. For example, she won her age group last month in the 2013 Thanksgiving Day ATL Half-Marathon - and there were 107 age group competitors. She is qualified as a “streaker” in the Atlanta Publix Marathon & Half-Marathon - meaning that she has run it (clothed!) every year of its existence (often placing). As noted, she qualified for the Ironman 70.3 Triathlon World Championship 2013 by winning her age group at the Ironman 70.3 Raleigh event in June. She has a bookcase full of race awards, but never mentions those.

[Author’s note: As additional proof of her athletic prowess, just check out these PR’s!]

5K: 22:44 (PTC Classic 2009) 10K: 45:19 (Chattahoochee Road Runners 10K 2005) Half Marathon: 1:40:48 (Atlanta Thanksgiving Half 2011) Marathon: 3:44:39 (Spinx Run Fest 2010) 15K: 1:08:53 (PTC Classic 2006)]

Her cycling strength is equally impressive. As an example, we went on a group cycling trip in Death Valley, CA in November of this year. One day’s ride included a 23.8 mile continuous climb, with no down hills or “rollers,” just constant uphill pedaling for 23.8 miles. The last part of the climb was 16%, which is extremely steep, especially after 23 miles of constant climbing. There were 16 riders in the group; only five of us made it all the way to the top, only three actually rode all the way (two had to get off and push their bike the last, steepest part) and Jan was the first one up, pedaling all the way. And she was far from the youngest in the group. That’s typical for her.

She has inspired our children to be healthy and fit, but also to be high achievers in life. Our middle daughter, Allison, recently became a certified running coach just for the fun of it. Jan had inspired her to run and they ran Allison’s first marathon together several years ago.

Our oldest daughter, Victoria, a physician in her 3rd year of residency, working 80+ hour weeks, wanted to run the NYC marathon with her mom, so she somehow found time to train and they ran it this year - in a very respectable 4:14 time. Jan ran at Victoria’s pace and they finished together.

I am admittedly biased, but as you can tell, I think she’s pretty special.

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Fred Fratto

*Continued from page 5*

and the fact that it is so well organized are all great. And sleeping in one’s own bed the night before is a treat for someone who spends many nights in hotels.”

His second favorite is the Atlanta Half Marathon. “As noted in Jan’s profile, we run this as a family on Thanksgiving morning. We don’t all run together, but I always run with one or more of our four children. Given that they (and I) are in various states of fitness each year, sometimes they pace me and sometimes I pace them. But we always finish together with smiles; even this year when it was 24 degrees at the start!”

Asked about his PR’s, Fred replies “I don’t really keep track of PR’s. I run about 25 miles/week for the fun of it and the health benefits. I spend many hours every week in a highly competitive, high stress corporate world, and running is my daily “mini-vacation” to get away from all of that and just relax. Jan does have me doing a structured half-marathon training program now, though. It’s interesting and fun, too. I’m getting ready for the Publix ATL Half in March.”

Fred likes to run for a couple of reasons: “First, the health benefits- I could get fat ‘in a heartbeat.’ I’ve been

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there and don't want to go back. I love the outdoors and being active - always have. Second, the escape from work-related discussions, phone calls, meetings, decisions, etc. When the biggest decision is whether to turn left or right, I love it."

His hobbies include cycling and traveling for fun. "Examples of the cycling trips are noted in Jan's profile. It is great to have a spouse who likes to do the same things. We also ride regularly around here and in other places where we travel. Jan even selected our latest vehicle by taking the measurements of our bicycles to the car dealerships and measuring the cargo areas of small-SUV's to make sure our bikes could stand up inside! I'm sure the salespeople are still talking about the crazy lady with the tape-measure who didn't even want to test-drive the car."

Fred and Jan are both signed up the Publix Half Marathon in March and are looking forward to a Rhine River cruise in the summer. But first they made sure they would be able to get off the ship at least once a day to get in a run!!!

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## Club Grand Prix Awards

### 11 Events

Martha Boone Chuck Garwood Mike Lankford Dave Piet

### 10 Events

Teri Besch Cathy Olson Tracey Moore Cal Daley

### 9 Events

Ann Shoemaker Sally Clark Rachel Johnson Gary Kolb David Gulick

### 8 Events

Jerry Shoemaker Scott Allen Joe Wassell Tim Covert  
Patrick Kearns Dick Allis Adam Shoemaker Kith Burkingstock

### 7 Events

Jane Hamilton Lisa Mathews Teresa Moore  
Jules Desgain Chris Chiong

### 6 Events

Jan Fratto Pat Code-Miles Jamie Feldman Bill Johnson  
Bob Dalton Logan Feldman Bill Fuller Bill Werling

### 5 Events

Kim Ruple John Waterhouse Marino Fuentes

# 1000 Mile Club

## 1000 Mile Club Awards

### 1,000 Mile Jackets - Navy Blue

Pam Aviles	Mara Lockard
Sally Clark	Alan Moore
Meredith Corrigan	Paul Schultz
Jamie Feldman	Katherine Scoleri
Jeff Greer	Steven Scoleri
Tom Jenkins	Karen Thurber
Rachel Johnson	Bill Thurber
Jill Zuehlke	

### 5,000 Mile Jackets – Red

Kith Burkingstock	Tracey Moore
Gary Kolb	Von Woods

### 10,000 Mile Jackets -Black

Bill Everage	Tom Round
Patrick Kearns	Connie Sambrone

### 15,000 Mile Jackets -Purple

Bonnie Hancock	Steve Hancock
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### 20,000 Mile Jackets

Teri Besch	Cal Daley
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Valerie Reynolds

### 25,000 Mile Jacket

Bill Werling

The 1000 Mile Club starts the day after the club Christmas Party which this year was December 14. Members can begin logging in miles then and continue until the day of the 2014 Christmas Party. In addition to completing the miles, PTCRC members must attend three PTCRC meetings, volunteer at three running related events, and update their miles at least three times during the 2014 year. If anyone has any questions, you can email me at [besch105@comcast.net](mailto:besch105@comcast.net) –Teri Besch

### Club Members who completed 1000 Mile Club Requirements (non-jacket years)

Dick Allis, Karin Barber, Tiffany Bellucci, Steven Bothe, Pam Burrus, Mitch Butler, Bryan Caldwell, Karen Caldwell, Steve Cole, Bob Dalton, Jules Desgain, Brian Farrier, Jamie Feldman, Jan Fratto, Fred Fratto, Marino Fuentes, David Gulick, Todd Hamill, Jane Hamilton, Hannah Hancock, Jack Hancock, Angie Hinkle, Bill Johnston, David Kennedy, Ryan Kennedy, Mike Lankford, Jill Lego, Doug Lego, Lisa Matthews, Deanna McCurdy, Susan Mills, Teresa Moore, John Mrosek, Cathy Olson, Brandi Osse, Dave Piet, Roy Robison, Betty Rose, Kim Ruple, Shane Sheffield, Ann Shoemaker, Jerry Shoemaker, Sandy Tuman, Michelle Villars, Ed Vise, Anastasia Walker, Joe Wassell, John Waterhouse, Rita Weston, Hal Wolfe, Sandra Woods

# Meeting Minutes

Club Meeting Minutes- November 3, 2013

The meeting was called to order by Kim Ruple.

A motion to approve the minutes of the October meeting carried.

Rita Weston, Social Chair, gave an update and menu for the Christmas Party

George Martin gave a Classic Review and passed out Fitness Challenge Awards as well as remaining age-group awards from the race.

Adam Shoemaker introduced our speaker, Anne Chrzanowski, from Endurance Concepts who presented "Recovery: Why, What, & When" Anne's top picks are hydration, rest days, sleep, stretching, and nutrition. Most importantly know your body and what works for you.

Our Grand Prix is coming to a close with the last race on November 30, the Toys for Tots run. There is no limit on the toys. This year we are honored to have a local police officer representing Toys for Tots to be there.

The 1,000 mile club will soon be done for this year. Twenty-nine jackets will be awarded. We will add a volunteer acknowledgement to next year's awards, too.

Normer Adams, treasurer, gave an update on finances. We currently are solvent with \$38,534.64 in checking with \$54,238 in CD's. Currently all bills are paid and Classic results are almost complete totaling over \$32,000 at this time.

At this time, Master at Arms, Dave Piet conducted voting on the current officer nominations. The current board was reelected at this time.

Bob Dalton asked members to take some of the new tri-fold membership brochures.

Kim Ruple called for superlative award voting at this time: Most Improved Runner Male/Female, Rookie of the Year Male/Female, and Volunteer of the Year.

Meeting adjourned.