



LEGACY

Newsletter of the Peachtree City Running Club
July/August 2015

Club Men Running Strong!

By Kim Ruple

Earlier in the year I highlighted a few of our female runners that are really showing what a quality running community Peachtree City is, and now it's time for the guys. Again, I apologize for not mentioning everyone (it would be a really, really long letter), but here are a few of the men who are representing and inspiring us:

- Mohammad Amini (better known as Hussein) has been consistently improving his times over the last few years at a variety of distances and terrains. Just this year he finished the Albany Marathon in 3:18:36, Charles Harris 10K in 40:43 and Red Top Rumble 11.5 TRAIL run in 1:27:50. You'll often see him at the track, and you won't miss his unique running style and encouraging words.
- Steve "Wildman" Scoleri who has never met a challenge he didn't want to tackle. Steve has branched out and is not only running but also competing in Iron Man Triathlons, doing 3 or was it 6 or 12 or 18 Ironman's in the last year. He's turning in great times and going strong.
- Kith Birkinstock took third overall in the Elementary Grand Prix for his age group and was one of a team of four that won the Marathon Relay for 2015 – smoking the competition by over 33 minutes.
- Joe Domaleski has been focusing on 5k's and weight lifting over the last couple of years turning in some amazing times and cleaning up in the 2015 Elementary Grand Prix series with numerous overall wins and out-distancing his competition by 600 points to take first in his age group (Mary Catherine was first as well!) They may have to reinforce their trophy cabinet with the number of trophies they took home this year. But not satisfied with the status quo, Joe has launched a new adventure – completing an ultra in the next two years.
- Brian Farrier has been battling some injuries but has been a champ showing his sense of humor and dedication at several Dark Side events, the majority of the Elementary Grand Prix races, and the recent Marathon Relay. Go Brian!
- Charlie Johnson (often seen with Rachel) always greets everyone with a smile and is ready to run another mile. He finished well at the Tyrone Paws for a Purpose and is the top four-legged running companion in the community.

Last but certainly not least...at any local race, if you look quick you can see one of these individuals fly by or you can catch them at the finish line taking home some SWAG: Steven Bothe, Ryan Kennedy, Sean McNichols and Bob Dalton. They continue to represent Peachtree City across the country, as some of the fastest runners around.

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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
August 21, 2015**

Editor's Note: Are there too many races?

Every other month I receive *Running Times* and somehow, their authors and editors manage to tap into the zeitgeist of the running world and sum-up many of the thoughts I have about the status of the sport of running. A few months ago they covered for-profit events causing problems for local running clubs and their events. In the current edition they cover the explosion in the number events taking place and simply ask if there are too many. In some cases cities have had to cap their total number of events as multiple marathons, for example, are held on the same weekend. One of the reasons for the sheer number of events is they are profitable: both for event management companies and, thankfully, non-profit organizations like Running Club and many organizations we help. The challenge for local running clubs is our business model: Do we charge a premium entry fee to cover the cost of all the goodies some runners have come to expect such as the party at the finish or lots of racecourse swag, or do we charge less and have fewer goodies at the risk of losing participants? I don't have all the answers, but I'm sure through discussion and experimentation we can find the right answer. Maybe we adopt a portion of several approaches.

Again this year we will send teams of runners to the Macon Tracks Labor Day 5k/10k. In relation to my comments above, their event impresses me with its high quality and low cost (\$20 through August 31).

I'd like to thank Jamie Feldman for her outstanding picture collages of the Marathon Relay. The addition of these pictures really made for a good issue, and thanks to Bob Dalton for his always-outstanding new member profiles. Physical Therapist David Anderson tells us about dry needling to. If you see Dave, please thank him for his many submissions to the newsletter.

I'd like to highlight an event that will be my first time coordinating finish line work by myself. (Working with Club Heroes George Martin, Bill Werling, and Sally Clark gave me the confidence to do this myself.) Anyway, Pacing for Preemies is August 29 at Ashley Park in Newnan. I hope to see you there!



New Member Profile

THE Fayette Woman New Member Profile: Joyce Beverly

By Bob Dalton

If you have picked up a Fayette Woman magazine anytime since its inception in 2001, you have likely read about many of the women who are the movers and shakers in the Fayette County area through articles written by publisher Joyce Beverly and members of her staff. Well, now it's time to turn the tables. For this edition, we have an exclusive interview with new member Joyce that will give you some insight into this Chief Influencer among many.

Joyce has been a resident of PTC for the past 15 years. Her husband Cal, publisher of the Citizen News, has lived in PTC since 1977. "Collectively, Cal and I have four sons and two daughters, four granddaughters and a grandson. We recently lost our 18-year-old 'Kitty' and are without a dog or cat for the first time in forever."

Joyce states upfront, "I am a community journalist. For more than 30 years, I have loved helping people know and understand the people and the area where they live. Planning content, managing sales, meeting deadlines- and doing these things in a challenging 'new media' world- are all the necessary tasks that flow from this passion. My days are intense but there's a methodical, seasonal, rhythmic foundation under all the 'crazy.' It's a way of life that delivers much personal satisfaction."

She only recently took up walking and running in the last couple of years and since joining the club this past year, has already participated in several races. "In April, I did the Huddleston Elementary 5k and the Hawaiian Run Thingy on the same rainy then hot and steamy day. George Martin said, 'You know you're addicted when you do two in one day.'"

"I also ran the Hot Chocolate this year with several friends and my 25-year-old son, who stayed with me every step of the way. We enjoyed the Atlanta skyline and landmarks, talked, joked, laughed the whole way. He thinks he hates running (I don't believe it) but he came to support and spend time with me. As the sun came up on a bitter cold Sunday at Turner Field, he looks around and says, 'I get it now. This is a party.'"



Joyce (center) with Nancy Jaworski and Mary Catherine Domaleski at the Hawaiian Run Thingy

Welcome New Member!
Christopher Dente

Her favorite race distance is the 5K because "It's so doable. You can have a great time and still do other things with your day." Her favorite race is the Diva. "I love the Diva because it's a massive crowd of friends in tutus, all having a good time, all supporting each other. It is mega awesome and preparing for this event was the catalyst for the many miles and hours of fun with friends and family that I've enjoyed since then. But I LOVE the Hot Chocolate because what can you say about 15,000 post-race people having a chocolate picnic? It's a delicious event!"

Joyce says, “I enjoy running/walking because: This is a journey. There is no ‘end,’ no permanent finish line. The next race keeps me moving and gives me something to look forward to. The walk / talk / race time I spend with friends is the most fun and therapeutic thing I’ve ever done. I’m getting healthier along the way. What’s not to love?”

When asked about her leisure time, she says “When I’m not working or walking, I’m with family. We love to cook (and eat), play games, and celebrate milestones together as often as possible. In a growing family, causes for get-togethers come around regularly.”

“The full picture of ‘family’ for me is bigger than most. Beyond my immediate tribe (spouse, children and grandchildren), I am blessed to have both of my parents still living. I also have a brother and sister, two nieces and nephews, 35 first-cousins and nearly two dozen living aunts and uncles. Most live within three and a half hours of here. We’re Southern. We’re close. We’re connected. We stick together.”

“A perfect example of that is what led me to join the Peachtree City Running Club. Last summer, my nephew came from Oklahoma to stay with us for a while. Having graduated from college in the spring, he was figuring out what was next, what he really wanted to do with his life. With the four previous generations of his family serving in the military, a military career was high on his list of ‘possibles.’ Preparing to meet the physical requirements for that choice was part of what he did while he was here.”

“It is because of my nephew that I joined this club. I was looking for support for him as he worked to improve his running time. Although I had been walking for a year, I don’t know if I would have been courageous enough to join a “running club” on my own. That idea is a bit intimidating to a walker. However, I’ll do what’s needed to support my tribe.”



**Nancy Jaworski and Joyce
receiving their Rotary
Elementary Grand Prix awards**



**Joyce with nephew Matthew
Johnson**

“The club, particularly Bob Dalton, was a big help to my nephew. I’m happy to report that he is now in Officer Candidate School training in the Navy and headed to pilot training next. And I’m still here with all of you! Win-win!”

Of her future goals, Joyce says, “I walk. On a good day, I run a little, but mostly I walk. I just want to keep doing this, to be more consistent, and to fold this activity into an overall healthier lifestyle. I’ve never been an athlete, and if you’d told me two years ago that I’d be a member of a running club today, I’d have declared you crazy. Because of this club, though, and particularly because of the Rotary Grand Prix races, I am looking forward to being healthier and happier for the rest of my life. I may not ever be a ‘runner,’ but I’ll be moving and that’s no small thing. Finding something enjoyable to do to be more fit, at this stage of life, is more important than ever.”

She went on to share some of her observations since joining the club last year:

- “There are two favorite people in any race. Obviously, the first person who crosses the finish line gets a ton of love. However, people also love the last person to complete a race. I know this from experience. I’ve been the last on several occasions, most notably at the PTC Classic last year. (They were rolling up the finish line – no kidding – when I came in.) I think people are afraid of being last but I’m here to tell you: everyone is so glad to see you! It’s awesome! Now they can clean up, go home, get on with their lives. You’re the fave! And you’re still ahead of everyone who stayed in bed!”
- “I love a medal. I do. Prior to September, I had no idea. But now I do.”
- “Unlike most other activities in life, this one gets better, and more rewarding, as you age. There’s less competition and all your friends are awed. (They don’t know that your third place medal was from a field of three. And you don’t tell them!)
- “A banana is a powerful motivator.”
- “One especially crazy thing happened to me because of my participation in the Grand Prix races. A couple of people took note of my post-race Facebook pictures and came to me for advice on hosting a race. I became a ‘race consultant’ and honorary chair of the Inaugural Hawaiian Run Thingy. It’s the funnest – and funniest – thing that has ever happened to me. Do I look like a race consultant?!?!”
- “I have walked with so many friends and family members since beginning this journey in August of 2013. Around Peachtree City, I walk with a core group of about eight ladies who’ve become better / best friends in the past two years. We walk a couple of days a week and you never know who or how many will show up. The miles we’ve logged together have been pure pleasure. I’ve walked with my mother, nephew, sister, brother-in-law, and several cousins. I have reunited with friends from decades ago for several races. At a recent gathering, my niece said, ‘Aunt Joyce, do you do anything else now?’ Now THAT made my day.”

On her impression of the PTCRC: “I am no fan of meetings. At all. This group does not overdo meetings. Most of the year, you run. You eat pizza. You are my peeps.”

“Just before the end of the Grand Prix season, I sprained my ankle. When the podiatrist told me I couldn’t do any more 5Ks for a few weeks, I was devastated! I missed the last two races. One was cancelled, mercifully, but I still felt so lost, so incomplete. There were no “yay, I don’t have to get up this morning” thoughts from my warm and cozy bed. Thankfully, though, I have been released and will be back on course in June. The resulting physical therapy is also going to make me much stronger. Not only is that a silver lining, but I’ve realized how important this is to me.”

So there you have it from the Fayette Woman herself. Joyce Beverly is proof positive that you can become an athlete at any stage of life and have fun at the same time. All you have to do is be willing to put one foot in front of another and keep moving forward! Of, course, it’s always easier with friends. And that, my friends, is the secret to why our great club exists – friends moving forward together, perhaps at different paces, but all toward the same purpose- fun and fitness.....



**Joyce with son,
Dennis Drinkwater,
at the Hot
Chocolate in Atlanta**

2015 PTCRC Marathon Relay







Dry Needling: “You Want To Do What???”

By David Anderson, PT, CSCS, OCS

“So what is this ‘dry needling’ I keep hearing about?” I’ve been asked that question more times than I can count over the past year or so. My hope is that this article will briefly explain what dry needling is, how it works, and how it can help you as a runner.

Dry needling is a soft tissue treatment technique that uses thin needles to treat and release active trigger points or “knots.” These painful nodules are located throughout injured muscles and are often responsible for causing pain and dysfunction. It is a fairly new technique performed by a licensed physical therapist who is certified in dry needling using a thin acupuncture-type needle. The procedure only lasts a few minutes, and although it can be uncomfortable, it is extremely effective. Dry needling is often more effective at treating trigger points than other manual techniques (i.e. foam rolling, active release, etc.) or modalities (ultrasound, electrical stimulation, etc.). After performing a thorough evaluation and determining dry needling will be an appropriate treatment, the therapist will locate trigger points throughout the involved muscles and release them using dry needling techniques. When the needle is inserted into the trigger point the patient will often feel a “twitch” in the muscle. The twitch is the desired response during dry needling as this is an indication of the body essentially resetting that dysfunctional portion of the muscle which is the first step in breaking the pain cycle.



David Anderson



The Needle

Runners are notorious for abusing their bodies. When the body continues to endure repetitive stresses there will inevitably be some breakdown. Trigger points often develop as a result of this “overstress” to the muscle tissue. Dry needling can be used to treat a variety of musculoskeletal problems that are caused by overuse or overstress. Common injuries in the running community include plantar fasciitis, Achilles tendinitis, iliotibial band syndrome (ITBS), runner’s knee, shin splints, calf injuries, hamstring strains, piriformis syndrome, low back pain, and hip bursitis. These injuries are a result of a combination of factors, such as weak and/or tight muscles, altered gait pattern, or training errors. When a trigger point develops, that area of muscle becomes devoid

of blood flow and oxygen, which stimulates firing of pain receptors in that region. An active trigger point may cause pain locally around the trigger point or may cause a referred pain to an area away from the trigger point. For example, a trigger point in the upper part of your calf may cause foot/heel symptoms similar to plantar fasciitis. Releasing trigger points through dry needling can alleviate pain, restore normal muscle function, and help you return to normal activity. Dry needling is a very effective stand-alone treatment but will almost always be used in conjunction with other manual therapies as well as corrective exercises designed to treat the root of the problem.



Needling Points

It is often asked how dry needling is different than acupuncture. The objectives and philosophy behind the use of dry needling by physical therapists is not based on ancient theories or tenets of traditional Chinese medicine. The performance of modern dry needling by physical therapists is based on western neuroanatomy and modern scientific study of the musculoskeletal and nervous systems. Both dry needling and acupuncture do, however, use the same tool: a solid filament needle.

Dry needling is an excellent option for alleviating musculoskeletal pain and getting you back on the road to running! If you have more questions or would like additional information about dry needling, please feel free to contact me at david.anderson@myphysio.com.

Letter from Club Scholarship Recipient

May 6th, 2015

Dear Peachtree City Running Club,

I was happy to learn that I was a recipient of the Ronnie Godwin Memorial College Scholarship. I am writing to thank you for your generous, financial support towards my higher education.

I am attending Georgia College and State University this fall and plan to study Management and Finance. I will also be running for the Bobcats in Cross Country and Track. I have enjoyed and will always remember my time at Starr's Mill High School running for the Panthers and the Peachtree City Flash, both of which I want to thank you for providing financial and volunteer support. I have enjoyed the Summer Track Series and the Peachtree City Classic, and want to thank you for providing these events for the running community. I look forward to college, but I will always remember the running club and its members fondly, especially Mr. Bill Werling who was at every cross country race and track meet that I can recall. Upon graduation, I look forward to one day returning to Peachtree City, and I will make sure I join the Peachtree City Running Club to help provide a service to the community that you do so well.

I want to thank you again for the scholarship and I make a commitment to do well with the funds that you gave me. By awarding me the Ronnie Godwin Memorial College Scholarship, I will be able to focus on my education and put all my energy into doing well in my classes, and running. Your generosity is allowing me to make my goals and dreams a reality. I hope in turn one day I'll be able to give back and help other students achieve their goals.

Sincerely,



Joshua Warren
Starr's Mill Class of 2015
170 Gristmill Drive
Fayetteville, Georgia 30215

New Member Profile

Jane Stemkoski: Club Membership Has It Benefits!

By Bob Dalton

Can joining the PTC Running Club enhance your running abilities?? In one case, it would certainly appear to be so. Jane Stemkoski joined the PTC Running Club in January and ran her first race two months later winning her age group at the Run for Gold 5K. Coincidence?? Or cause and effect??

Originally from Salem, New Hampshire, Jane (56) is a retired bank manager and has lived in PTC for the past 10 years with her husband Mike (59) who is a regional manager for an international company. They have three grown children and seven grandchildren. "Since I have been married we have lived in 14 houses coast to coast and now call Peachtree City home."

Jane joined the club because, "I heard many great things about the PTCRC and thought it would be a fun place to meet new friends and stay in shape." She enjoys running because, "It relaxes my mind and puts life in perspective. I enjoy the team support I get from the running club and the competition to beat my personal best time."

Although she has only done a handful of races to date, Jane cites the Loco Glo that she did in May, 2015 as her favorite because, "It was my first night race and I did my best time! Kim Ruple and my daughter-in-law Ana ran with me."

She recalls an incident while living up north unique to the area. "While leisurely walking in my Londonderry, NH neighborhood, I spotted a huge moose walking down the street in broad daylight headed straight toward me. I slowly crossed the street to the other side to avoid any confrontation." Hopefully, Jane won't encounter any animals on the PTC cart paths larger than a friendly dog.



Jane with husband Mike, their children and grandchildren

looking forward to many exciting and fun times with the PTCRC."

It's clear that at least in Jane's case, club membership has already paid off and will continue to do so. Strong case and evidence for joining PTCRC!!



Jane, Jane's daughter-in-law Ana, and Kim Ruple at the Loco Glo

When it comes to leisure time, Jane enjoys "working outside in the yard and attending my grandchildren's activities. I like to visit Mickey Mouse in Orlando and follow professional sports. I always support my Boston teams!"

For future goals, she wants to run the Disney Wine and Dine 5K. She makes the trip to Orlando at least once a year and is planning on making the trip this November with Kim Ruple and spouses to take part in the event. Admittedly, the competition may be a little stiffer down there than at one of our local races here, but she believes being a PTCRC member can only improve her performance. "I am having a fantastic time so far and

Upcoming Events

August

- 2 The ALUMRUN (<https://www.thealumrun.com/events/atlanta-ga-2015/>)
- 22 Magnolia Run and Walk for Epilepsy (Perimeter Mall)
- 29 Pacing for Preemies 5k (Ashley Park, Newnan, a March of Dimes event)

September

- 7 Macon Tracks 5k/10k (Macon, GA, PTCRC will send teams to Macon again this year)
- Darkside Running Club Labor Day 50K/Marathon/25K/Dowhatyoucan (Peachtree City)

October

- 17 Peachtree City Classic 5k/15k/20k (PTCRC's Annual Premier Event)
- 23 Senoia 60 Running Festival (a Darkside Running Club event)



2014-2015 Rotary Elementary School Grand Prix Age Group Winners at the recognition luncheon

Club Officer Elections

Starting in 2016, the club will be a new President, VP-Activities, VP-Administration, and Treasurer. If you'd like to nominate someone- even yourself- please see a board member. Thanks!



Bob Dalton presenting the Club's Ronnie Godwin scholarship to Fayette County High School graduating senior Chinyere "ChiChi" Njoku

Club Meeting Minutes: May 4, 2015

President Kim Ruple call the meeting to order at 7:33 p.m.

Kim asked for guests or new members to introduce themselves. New member Randall Meyers introduced himself as did reinstated member Steve Dorsey. Another new member introduced himself.

Minutes from last meeting were approved.

May fourth (at this meeting) is the last opportunity to sign up for 1000-Mile Club for this year, 2015. It is necessary to fill out an application.

George Martin requested 16 volunteers to work the ATC Peachtree Expo in July to promote the Peachtree City Classic 5k/15k/20k. A sign-up sheet was passed around.

Leigh Blood passed around a sign-up sheet to volunteer for the remaining open positions for the All American 5k. Currently, there are 30 sponsors with over \$6,000 in committed sponsorships. Leigh showed the new shirt graphic. AJAKO donated two concert tickets for the Al Jarreau concert at the Fred on June sixth to be raffled at the All American.

Chiropractor Dr. Logan Hart of the Dynamic Spine Center in Peachtree City gave a presentation to the running club about posture abnormalities. Dr. Hart talked about lower cross syndrome, which is caused by weak abdominals and weak glutes. Additionally, abnormal posture can lead to arrhythmic movement.

Adam Shoemaker gave an update on the Marathon Relay. Registration is still open. The date of the event is June 6. There are new routes starting from Shakerag. Adam asked all club members to help promote. Adam reported that, additionally, bus seats for the party bus for the Peachtree Road Race are sold out as of the last meeting, and family bus seat were filled as of the beginning of this Club meeting.

The Club golf tournament is May 30th. The 23rd is the last day to register.

Kim reported that current checking account balance is \$35,172.09, and the current CD balance is \$51,437.31. Several Club members are presenting scholarships tonight. Bob Dalton is at Fayette County High School; Steve Hancock is at Sandy Creek High School; and Don Livingston presented at Starr's Mill High School. Additionally, the Club contributed \$1,500 to Sandy Creek High School's Cross Country program as part of our commitment to contribute to the greater community.

The Club recognized members who ran in the Boston Marathon recently.

Rachel Johnson gave a Club Grand Prix and other updates. May 30 is the next event, which is at the Library. Updated results have been sent to Joe Domaleski for upload to the website. The Track Series starts on Wednesday, June third. Registration starts at 6:00 p.m., and events start at 6:30 p.m. Please contact Rachel if you can volunteer and arrive by 5:45 p.m. if volunteering. Rachel is forming teams for the Macon Labor Day 5k and 10k. Dragon Boat Races will be at the end of September.

Susan Bothe invited all club members to a group run on May 12 at the Abide Brewery in Newnan. The run will start at 7:00 p.m. and follow routes of 3 or 5 miles. After the run, it is possible to purchase tickets to a brewery tour, which comes with some free samples.

Don Livingston gave a presentation on the Heritage Cross County Course, which was built in 2012. Don explained 2014 events (nine total), fees, maintenance, financial, administrative, and 2015 planned events. The Club has been setup as the leasing agent. Every year the number of events increases. After the loan to build the course is paid back, any future surpluses from fees will be applied to course maintenance or other community investments.

The Legacy will be published in a few days.

Kim attempted to hand out AJAKO items, but those that ordered them were not present. If you have club apparel items you have not picked up, please do so.

Teri handed out unclaimed 1000-Mile certificates from the December, 2014 Christmas party.

Next month's meeting will be June 1 at the Dolce. Meeting adjourned at 8:30 p.m.

Club Meeting Minutes: June 1, 2015

President Kim Ruple call the meeting to order at 7:31 p.m.

Kim asked for guests or new members to introduce themselves.

Minutes from last meeting were approved.

Jerry Shoemaker made announcements on behalf of Adam Shoemaker. There is no July regular Club meeting since it is replaced by the Club Picnic on July 4. The buses to the Peachtree Road Race are full, and everybody has paid. The Marathon Relay is next Saturday, and we still need volunteers.

Please respond to the survey in the recent email blast about the July Fourth picnic. The location is Dick and Jan Allis' home. The Club will provide meat and soft drinks. All attendees please bring a dish. The Allis' pool is open. Please volunteer to help set up on the afternoon before or for tearing down after the picnic.

Normer Adams reported that the current checking account balance is \$31,277.87, and the current CD balance is \$51,339.20. All bills are paid. The award plaques for the Rotary Grand Prix were bought by the Club.

Bill Werling announced that the Summer Track Series meets start on Wednesday at Riley Field. Please come at 6:00 p.m. to volunteer. Three to four people are necessary to help line up kids at the start line.

George Martin presented plaques for the Elementary School Grand Prix which included 16 races this year and served as athletic events and fund raisers for schools. Participants earn points for each race they complete, and awards are based on total points accumulated over the season. The Peachtree City Rotary Club sponsors a luncheon at Wyndham to honor the participants who win awards. Kim praised the Rotary Club for the well-run luncheon.

Susan Bothe reported about a group run that occurs the second Tuesday of every month at the Abide Brewery in Newnan. The run starts by 7:00 p.m., and there are 3-mile and 6-mile options. Pizza is delivered at the brewery to coincide with the run finished. Additionally, participants can purchase brewery tour tickets, which include some samples.

Dave Piet reported on the golf tournament. A good time was had by all.

The 1000 Mile Club log was passed around.

The Club is paying the cost for two self-defense classes for Club members at the Choi Kwang Do studio in Peachtree City. The first class is June 15. A sign-up sheet was passed around.

Leigh Blood thanked the Club for the success of the All American 5k. There were 141 participants. Race results are available.

Paul Schultz reported on the LEGacy submission dates. The announcement will be June 19 with all material due by June 26.

There is a new volunteer sign-up online for the club that will include explanations of volunteer positions, for example course marshal. A new payment and registration system is also being rolled-out.

AJAKO will not do an online store to support merchandise purchases so the Board is looking to use Zazzle or a similar site. Ease of use will be a criteria for any site.

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. There are lots of people behind the scenes who help out, and there are many knowledgeable Club members so any officer will have plenty of support.

Kim has several of the free new member items. Anything unclaimed will go back into inventory after 90 days.

The Diva Half-Marathon and 5k will be on September 12 this year and the Club will again be a host. George Martin passed around discount cards for Diva registration.

More volunteers are needed to support the Peachtree City Classic booth at the Peachtree Road Race expo. Contact George Martin for more information or to sign-up.

The guest speaker was Patrick Boyd, chief instructor and owner of the Choi Kwang Do studio in Peachtree City. Patrick opened the school in last year. He is an 8-year veteran of the Navy, where he served as a hospital corpsman. As a civilian he worked in the medical device industry for 20 years. He gave an extensive overview of Choi Kwang Do and how it is a style that allows people to learn self-defense in a way that protects their joints and bones and can serve as training to support rehabilitation from injuries also. The studio is on Wisdom Road near the Delta Community Credit Union.

Rachel Johnson announced that last Saturday's Grand Prix results will be out soon. The Heritage Cross Country Course is the planned venue for August. June's Grand Prix challenge is to finish as close as possible to the time submitted for the Marathon Relay.

Next month's meeting will be the July Fourth Picnic. Meeting was adjourned at 8:40 p.m.

A note on this edition's 1,000 Mile Club update

1,000 Mile Club coordinator, Teri Besch, was traveling with her husband in a 1931 Model A Ford from May 30 to July 8 so she took a break from updating the year to date mileage for this edition of the LEGacy. Her update will return the next edition.