

President's Letter – Thanks to the Volunteers

By Kim Ruple

I'd like to take this opportunity to thank the numerous volunteers who have really stepped forward and made this club what it is today. The club has accomplished a great deal, and it is through your hard work. To highlight some:

- Stood up a brand new Facebook Page which ensures our membership can stay in-tune, reach out to others, post their race results, and look for a running partner. It also lets us set up impromptu surveys and get feedback.
- Stood up a new state of the art web site with our new logo and some very snazzy content. It also provides self-service features which allow our Board and Key Positions to self-update things like Grand Prix results, 1000 Mile Club and upcoming activities.
- Implemented a Mentor Program which enables more and less experienced members to meet, develop friendships and understand the new and old needs of the club. Some of my closest friends have come about due to logging lots of miles together.
- Successfully held monthly Grand Prix events which are friendly to fast, not-so-fast, trivia buffs, and those that are just plain lucky. Weekly track meets enable runners of all ages to compete and tune their performance.
- Partnered with the City of Peachtree City to replace a damaged water fountain with an all-weather fountain which will be operational all year round.
- Received two awards from RRCA: Runner Friendly Community and the Peachtree City Classic as a State Championship
<http://www.rrca.org/programs/rrca-championship-series/>
- Plus many, many more.

Thanks to all you do! You are what make this club great! -Kim



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The deadline for
submissions is the third
Friday of the previous
month. All are welcome to
contribute.**

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

**Next Deadline
July 19, 2013**

RRCA Convention Report

By Teresa Moore

The RRCA convention began with warm sunshine and a chilly breeze. It was a long weekend filled with lots of information and gorgeous runs through Albuquerque.

Thursday evening at RRCA convention started with a welcome reception at the Hotel Albuquerque. Club representatives from around the United States joined together to talk about their favorite past time – running. Over wonderful southwestern cuisine and drinks, I had the opportunity to chat with runners from California to Maine. Much of the talk throughout the weekend centered around Boston.

With the backdrop of balloons and blue skies, we began our Friday morning run through Old Town Albuquerque. The church bells serenaded our water stop at the Old Town bakery where runners were treated to water



and warm biscochitos, the state cookie. Next up was the convention kick-off. Local New Mexico dance troops joined us to give us a taste of the true flair of the area. From the kick-off, we started right into new business. The year has brought some changes to our insurance and a new awareness to our sport with the tragedy at Boston.



From the kick-off I moved into some very interesting informational sessions. Personal coaching, membership growth, and safety were among session topics that I attended. The safety conference was run by Rick Nealis the race director from the Marine Corps Marathon, Jean Knack RRCA president, and the assistant medical director from the Boston marathon. Boston has set the bar extremely high for all running events. The superior planning and quick movement by race personnel there was truly amazing and surely contributed to preventing further loss of life and injury.

One interesting insurance topic was the rise of “adventure” type races. RRCA has made the decision not to insure any race that includes any type of man-made obstacle. Trail runs and races with normal race issues will continue to be covered.

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Editor’s Note: Oh my goodness- I can’t believe how well club members responded to the request for content. It came in droves this month also. As we play catch-up with the goal of actually publishing before the issue month, I’ll start working on July-August at the end of July. I didn’t run the All American this year, but it was good to see the pics of hometown hero Dan Berschinski. We have a recipe that features quinoa, which has been gaining in popularity due to its reputation of being a healthier carbohydrate. I missed the Front Runners Pride Run this summer so I wanted to include events by other local clubs- thanks to club friend Scott Ludwig for sending the Darkside events. Additionally, I have a HUGE thank-you to Brian Farrier and Teresa Moore for their long-form work on the Marathon Relay review and RRCA Convention report! -Paul

Logan and Jamie Feldman

By Bob Dalton

Logan (52) and Jamie (48) have been PTC residents for nine years. They moved here from New York, but Logan is an Army brat (went to High School in New Jersey and college in Philadelphia after dad retired from his last duty station (Ft. Dix) and the family stayed in New Jersey) and Jamie is from a small outpost of humanity in Southern California called Yucca Valley. She says, "If you've ever been to Joshua Tree or 29 Palms you probably stopped at THE traffic light in Yucca Valley." They have a daughter, Annie (13), two cats and a dog.

Both work for the Federal Aviation Administration; Jamie in Peachtree City and Logan in College Park. They have each had multiple jobs in the agency over the past 22 years, but currently both are involved in training for the Technical Operations arm of the Air Traffic Organization.

Logan obtained his B.S. from Drexel University in Business Administration and Jamie attended Cal Poly-Pomona, but Jamie contends that she is still working on her degree owing to too many frat parties at the time(!) Logan spent four years on active duty in the Army following college. He worked as a Signals Intelligence Analyst at Ft. Lewis, WA and Misawa, Japan. This was the early 1980s before today's computing systems had even been invented, so everything was done by hand with paper and pencil. "I can still hear Morse code in my sleep some nights." Jamie says she "spent time in the Navy on the USS Shenandoah, mostly as a troublemaker."

In a recent interview, this couple shared some more of their story and sense of humor which follows in Q&A form:

Most unusual running/walking experience: **Logan:** Back in 2002 I was running through Central Islip, NY, in the vicinity of Citibank Park, which is the home of minor league

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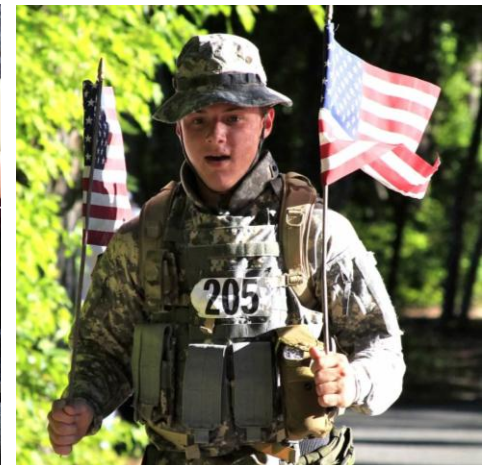
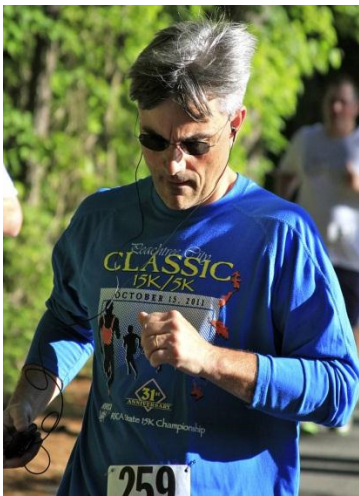
Logan and Jamie with their good friend Dean Karnazes

Welcome New Members!

Eric Irvin
Jeff Perry
Smokey Sullins
Patricia Moore
Everly Burns
Keith Slaughter
Jimmie Jackson
Steve Greene
Craig Faught
Libby Dillard

Have suggestions for a new member profile?
Contact Bob Dalton or
Paul Schultz

All American 5k



Club Business Partner – Patti Kadkhoaian

By Bob Dalton

Patti Kadkhodaian, 49, is a wife, mother, business owner, and now club member. Originally from Chicago, Patti earned her BS in Marketing from Northern Illinois University. She has been a Fayetteville resident for 16 years now and has owned AJAKO, “a fun promotional advertising business focused on corporate customers for 21 years.” AJAKO has partnered with the running club to provide running gear with the new club logo. Remember that each new club member receives one free logo item.

She has been married to husband Frank for 24 years and they have four sons: Armand, 22; Justan, 21; Artemis, 18; and Kevan, 15; they also have a dog, Olivia. (The name of the company, AJAKO, is taken from the first letter of each of her son’s names plus the first letter of their dog’s name!!) Frank is also the owner of Golf Rider, a complete golf cart sales, service, parts, and rental center as well as being an authorized dealer for Yamaha and EZ-Go.

Patti’s most memorable athletic experience was finishing her first sprint triathlon in August 2011. She was happy “just to have completed it. I decided to start training for a triathlon in May of 2011 with no experience running or swimming. I didn’t even own a bike until June of 2011. My only cycling experience was in the gym with spin classes.” But finish it she did and she didn’t stop there.

The next year she decided to make an attempt at the Olympic Distance Triathlon in May 2012. “I did not train enough and needed to walk a good part of the run. Julie Hausmann and Russell Brown cheered me on to the end. It took me 4 hours and 52 minutes, but I finished.”

Patti enjoys training because “it keeps me fit, strong, and healthy.” She joined the club “to improve my running and to spend time with other runners.” She is also a certified John Maxwell coach, speaker and teacher. Her dream is to speak all over the world with

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Another Saturday in the Park

By Brian Farrier

Review of the Peachtree City Marathon Relay

I first heard about the PTC Marathon Relay at the club's May meeting, and after listening to Adam Shoemaker talk about it, I was intrigued. After all, no one can deny that running a marathon with the help of three others is a lot easier than the real thing. And it was free to club members, and who doesn't like free during these difficult times we live in? And it was being co-hosted with the Tri-PTC Triathlon Club! It was a no-brainer, and I made a mental note to register for this June 15 event. Then I went on vacation and forgot about it.

Upon my return, I discovered that I had missed the deadline for registration. So I sent an email to Adam asking if I could be part of a last minute team, or failing that, a volunteer. Several days later, Adam responded that he had placed myself, Bryan Caldwell, Kith Burkingstock, and his mother Ann on a 14th team. It was Friday morning, I was at work, and the clock had begun ticking on the Alternates.

After settling on the team name, there were other pressing affairs to be resolved. Who would be captain of the Alternates? By unanimous decision, we chose Kith; why, none of us could say for sure. And who would run which loop? No one was familiar with the Planterra area, so Captain Kith quickly proved his mettle by getting lost on Loop Three Friday evening. At her request, Ann was assigned Loop Two (her knees, she said). Next, Bryan said he was familiar with the Kedron area, which left me with Loop Four, or the club's familiar 10K course. Finally, after telling Bryan it was probably best to leave the adult beverages at home, we were all set. It was now late Friday evening. I packed my stuff, put my coffeemaker on standby, and set the alarm for 5 AM. But a steep learning curve still remained, and I spent several seconds studying the Athlete's Guide before turning the lights out.

I'll be honest here: my plan was to simply mail it in and have fun; after all, the fall running season was long over, the spring 5K Rotary Grand Prix had just wrapped up, and I had had Achilles tendinitis after the All-American 5K. Run hard? No way! This was to be just another Saturday in the park, getting close to the Fourth of July, and it was going to be hot. I told Adam I expected to run 59:00.

I arrived at Drake Field at 6:20 AM Saturday morning. By the time I reported to Captain Kith, signed my waiver, got my bib, and stuck myself with several diaper pins, I have to admit the adrenaline was kicking in a bit. Even so, when 7 AM arrived I was still debating whether to run the Prologue or not. This was a marathon relay, what was the point?!?



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Coach's Corner

By Kim Bramblett

Multisport Performance and PTC Running Club Coach

I'm a badass. I am Wonder Woman. I am strong, determined and unstoppable.

I might not really be all those things, but when I get to the start line on race day those are the things I tell myself.

We all get nervous before we race; wondering if we are prepared, questioning if that one missed run will ruin our goal time, talking to our friends about the bad weather or all of our aches and pains.

The mind is a powerful thing. If you don't believe you are going to be successful, you won't. It's that simple. Yes, you have to do the work to be prepared for the race, but knowing most of you that is not a problem. You first have to believe in yourself and visualize yourself being successful in your event.

I was not an athlete growing up, so when I first started running and racing triathlon I was just happy to finish. I was the happiest finisher, EVER! After a few finishes, it is natural to try to do better. It takes time to physically improve as an athlete, but it also takes time to believe that you are a better athlete because of the training you have done.

Keep a log of your workouts. It doesn't have to be a highly-detailed journal, but something you can look over before you race to review the work you have done. Workout journals are great for not only pre-race confidence but also to look over afterwards on what went right and what you might change moving forward.

Surround yourself with positive people. Steer clear of people who doubt your training or question your goal or abilities. Whether it is your coach, husband/wife, mom or dad, all it takes is one person to believe in you to give you an extra sense of motivation. I had an athlete who told some of his friends his goal time and they rolled their eyes. He told me the same time and I told him he looked fit, had done the training and that I expected him to beat that time. After the race he said he used what I had told him to get to the finish under the anticipated time. Words are powerful.

Have some mantras, Biblical verses, or songs that you can recite. I have athletes who sing to Eminem and some who sing hymns. You'll know what works by practicing it in your hard training sessions. Don't be afraid to put on your ear phones before the race with some positive/motivational music. It will both get you excited to race and keep you away from the nervous Nellie's!

Lastly, have fun! Smile, encourage other athletes, thank the volunteers and high five the kids on the race course. Think of those not able to race and honor them by giving it your all. Never give up on yourself and ALWAYS smile coming across the finish line!

"Whether you think you can, or you think you can't - you're right." -Henry Ford

**"Aerodynamically, the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway."
- Mary Kay Ash**

Member Recipe: Quinoa and Black Bean Salad

By Deanna McCurdy, LMT, NMT, CSCS

Summertime, and the living is easy... or at least we dream it to be. Images of bar-b-ques, playtime at the pool, and of course, here in Georgia, thoughts of thick, stifling air run rampant in our minds. Who really wants to think about heating up the house with the oven or dripping with sweat over an open grill when temperatures soar into the 90's? Not me! However, eating healthy and light in the summer is quite appealing, especially when tank tops and shorts, flip flops and bathing suits are staples in our wardrobes!

Here is a summertime staple at our house that serves as a main course, a colorful, light side dish, or a quick lunch any day of the week. It is filled with healthy, vitamin-rich, immune system boosting Vitamin A, C, and beta carotene found in red bell peppers. Plus, it contains flavorful, tasty garlic, which has been shown to reduce total cholesterol as well as repair blood vessels, thus reducing risk of cardiovascular disease. Quinoa, which is currently being referred to as the "super grain of the future" (according to The Quinoa Corporation), has actually been eaten for health benefits since the time of the Incas who believed it helped increase stamina in their warriors. Quinoa itself contains all 9 amino acids, thus making it one of the most protein-rich foods we can eat. It has almost twice as much fiber as other grains, is a source of iron (iron is essential for oxygen to be carried to muscles via red blood cells), lysine (lysine aids in tissue repair), magnesium (magnesium helps relax blood vessels as well as aids in temperature regulation, teeth and bone strength, and energy production), riboflavin (B2) and manganese.

Ingredients

1 1/2 cups quinoa	1/4 tsp. cayenne pepper
1 1/2 cups canned black beans, rinsed and drained	1/4 cup fresh coriander leaves, chopped fine
1 1/2 Tbsp. red wine vinegar	1/3 cup fresh lime juice
1 1/2 cups cooked corn (fresh, canned or frozen)	1/2 tsp. salt
1 red bell pepper, seeded and chopped	1 1/4 tsp. ground cumin
4 scallions, chopped	1/3 cup olive oil
1 tsp. garlic, minced fine	

Directions

Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with 2 1/4 cups water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender. Fluff quinoa with a fork and transfer to a large bowl and allow to cool. While quinoa is cooking, in a small bowl toss beans with vinegar and salt and pepper to taste. Add beans, corn, bell pepper, scallions, garlic, cayenne and coriander to the quinoa. Toss well. In a small bowl whisk together lime juice, salt, cumin and add oil in a stream while whisking. Drizzle over salad and toss well with salt and pepper. Salad may be made a day ahead and refrigerated, covered. Bring to room temperature before serving. Makes 8 servings.

Nutritional Info:

Fat: 13.2g

Carbohydrates: 55.1g

Calories: 370.7

Protein: 10.6g

Recipe reprinted with permission from the American Institute for Cancer Research

Upcoming Events

August

- 3 Hot 2 Trot 8-Hour Run, Lithia Springs, GA (Darkside Running Club Affiliation)
Around the World in 5k (Event website: <http://cmfi.org/globalscope5k>)
- 24 Lean Horse 100-Mile/50-Mile/50K, Spearfish, SD (Darkside Running Club Affiliation)

September

- 2 Darkside Labor Day Marathon/25K, Peachtree City, GA (Darkside Running Club Affiliation)
Macon Labor Day 5k, Macon, GA (PTCRC team to go)
- 7 Cleveland Elementary 5k, Peachtree City, start of Rotary Elementary Grand Prix
- 21 Georgia Jewel 100/50/35 Mile, Dalton, GA (Darkside Running Club Affiliation)

October

- 19 33rd Peachtree City Classic Road Race 15k/5k- our annual premier club event!
(RRCA Championship and 2013 USATF Georgia LDR & Masters Championship Event)

November

- 9 5K: New Hope Harvest Classic, Fayetteville (RRCA Georgia Championship Bid)
Chickamauga Battlefield Marathon Fort Oglethorpe (RRCA Georgia Championship Bid)
- 10 Soldiers Half Marathon, Columbus (RRCA Georgia Championship Bid)

December

- 14 Carpet Capital 10 Miler, Dalton (RRCA Georgia Championship Bid)

Marathon Relay Results

Team Placing

- 1. Dang Fast/Team 1 (Alan Barnes, Noelle Reed, Geoff Watkiss, Dennis Williamson)
- 2. The Alternates/Team 14 (Bryan Caldwell, Ann Shoemaker, Kith Burkingstock, Brian Farrier)
- 3. Mixed Bunch/Team 3 (Jerry Shoemaker, John Waterhouse, Melanie Hamilt, Kathy Scoleri)

Fastest Loops

- Loop One- Bryan Caldwell 42:44
- Loop Two- Amy Frizzell 51:10
- Loop Three- Melanie Hamilt 40:57
- Loop Four-Dennis Williamson 41:47

Sandbag Placing

- 1. Deborah Shepard- 8:36 difference
- 2. Noelle Reed- 7:53 difference
- 3. Martha Boone- 7:51 difference

Thanks to the Marathon Relay Sponsors!
Peachtree City Running Club
Tri-PTC
More than Moonwalks
Crossroads Publix
Hoshizaki
Crosstown Kroger

Logan and Jamie Feldman

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baseball's Long Island Ducks. As I approached the corner of the street I had been running on and the main thoroughfare through town, I saw what looked like the entire police force of Suffolk County, NY. Lights everywhere, police tape, you name it. I took an abrupt right turn and headed for home, wondering what the heck was going on. The next day I picked up a copy of Newsday and found out that someone had reported a dead body (turned out to be the victim of a drug deal gone wrong) in the vacant lot on the corner where I'd seen the police. Apparently it happened just a few minutes before I had gotten there. This is one time when it paid to be slow!

Most memorable running/walking experience: **Jamie:** My most memorable race was this year's Country Music Half-Marathon in Nashville. I ran the race with my sister Cindy, who flew in from Los Angeles. For those of you that don't remember, the weather at the end of April was WET! Cindy and I were soaked to bone before the race ever got under way, then spent the next what seemed like forever shivering, laughing, splashing, leaping over puddles and acting like goofballs. It took three days for my shoes to dry, but it was the most fun I ever had while in pain at the same time.

Favorite Distance: **Logan:** I like the 15K, as in the Peachtree City Classic. It's far enough to be a challenge but not so far as to be difficult or time consuming to train for.

Jamie: Half-Marathon

Favorite Race: **Logan:** Bay to Breakers. It's kind of an odd distance (12K), has some challenging hills, awesome views, crazy characters and cool temps. Plus it's in San Francisco, one of America's most beautiful cities.

Jamie: The Peachtree Road Race, because of the challenge of Cardiac Hill and the fact that Logan encourages me to go even faster (in a nice way, of course).

Personal Records: **Logan:** I finished every race I started. Isn't that some kind of record?

I enjoy running/walking because: **Logan:** I started running again after a long break between 1988 (when I got out of the Army) and the late 1990s, when I began to notice the dreaded middle-age spread coming on. My family also has a horrible history of diabetes and related illnesses, so I had some added motivation (I was actually diagnosed with Type 2 diabetes about three years ago. My doctor said that running probably kept it in check for a number of years. Also goes to show that even thin people can get it.) Anyway, what started as a health-related pursuit soon became an obsession with Saturday morning 5Ks, 10Ks and anything running related. Running lets me feel like I'm a graceful Olympian pushing myself to achieve glory for the good ole' USA, despite the fact that I'm a 52 year-old bald guy shuffling up and down the cart paths of Peachtree City. I guess you can say it lets me transcend daily life for 45 minutes or an hour at a time.

Hobbies, leisure or unusual activities etc.: **Both:** Love to snow ski, despite living in Georgia. We spent a great week at Snowshoe, WV this past February. We spent a full day on the slopes every day we were there, even though temperatures were well below zero each day but one. You haven't lived until you've had icicles attached to parts of your body that you didn't even know existed!

One or more unusual or interesting fact about yourself no one in the club knows about: **Logan:** From middle school through college I played the string bass in various orchestral groups. My senior year in high school I was first chair in the All New Jersey High School Orchestra and taking lessons from a member of the world-renowned Philadelphia Orchestra. I was even being recruited (yes, it does happen in areas other than athletics) by some colleges' music departments. I was very close to pursuing music as a career until I was told

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that I'd have to practice a minimum of 6-8 hours a day. That was a deal-breaker.

Reason for joining the PTCRC: Logan: Over the years I have seen and spoken with club members at the various races, read about the club's exploits on the website and thought, "we really need to join and get involved." Then something shiny outside the window would catch my eye and the thought would fade into the recesses. Now that I've gained control over my focus I was finally able to buckle down, fill out the form and send in the check. But seriously, the opportunity to get to know and become involved with people that share the same passion, goals, outlooks, challenges and experiences is great motivation for joining.

The Feldman's have dived in head first to club activities, volunteering to man the club booth at the Peachtree expo, and at various Grands Prix and other races. Logan has stepped up to help out with the club newsletter as well. They are a welcome addition to the club and we look forward to a long and healthy membership.

Patti Kadkhoaian

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the intention of eventually funding a foundation that supports various children's ministries and causes, a passion close to her heart.

She is outnumbered in her household so decided to join them by going on "a high adventure Boy Scout canoeing trip with my two oldest sons to Northern Tier in Minnesota and Canada in June 2009. It was quite the experience (really roughing it). Patti is extremely proud they are both Eagle Scouts.

Patti's enthusiasm for life is infectious and she is continually looking for ways to expand her horizons, both professionally and personally as evidenced by joining the running club and partnering with us to produce first class running gear with the club logo. It's a win-win situation any way you look at it.

RRCA Convention

Continued from page 2

Friday evening the conference moved to the natural history museum. Attendees mingled among the dinosaurs and artifacts. We munched again on a southwestern fare complete with lemonade and margaritas.

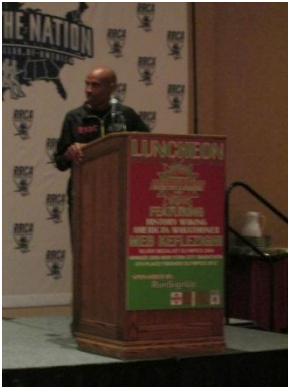
Saturday morning began with a sunrise run along the rushing Rio Grande. Runners completed the run with burritos in one of the many local parks.



Saturday's events began with more education sessions and a wonderful luncheon with two guest speakers. I was personally very excited to hear from Chester Nez, the last living Navajo code talker. Mr. Nez shared with us his story as a code talker and included information about his childhood in the Navajo nation. Mr. Nez is the last of the original 29 code talkers. He was funny and poignant as he shared his story. Code talkers were not declassified until 1968. Mr. Nez never had the opportunity to share with his own father what he had achieved during the war.

Our second guest speaker was Meb Keflezighi. Meb shared the story of his latest accomplishments in New York and the Olympics. He also shared some of the highlights from his MEB (Maintaining Excellent Balance) charitable foundation which promotes running and excellence across the board especially for





children. One focus of his running I found quite interesting. At the last New York, he knew in the late stages that he was not going to win. He chose instead to continue pushing not in hopes of winning but in finishing as well as he could. Why? His children! In a sport where choosing to DNF has become acceptable, he did want to set an example of quitting. He chose to finish because he never wanted to have to explain to his children that he had quit. Do your best!

The last evening of RRCA drew to a close with a speech from “Ironheart” Brian Boyle. At eighteen, Brian experienced a catastrophic car accident where every organ in his body should have failed. Despite the doctor’s grim diagnosis, Brian overcame his accident and has gone on to compete in iron man triathlons and road races across the country. He currently is serving as a spokesperson for the American Red Cross. Without the many blood transfusions he received, Brian would not have survived. He travels now and speaks to others about how a single act can mean so much, how even a little hope can sustain life.



Sunday morning brought my final run in Albuquerque. The Run for the Zoo 10k race serves as a championship race for RRCA. The winner, Scott Bauhs, a RRCA Roads Scholar awardee, finished in a blistering 31:43.



Obviously, my time was much slower but I enjoyed the race very much. The zoo race brought a fitting close to the 2013 RRCA convention as we ran through the zoo and surrounding neighborhoods.

Another Saturday in the Park *Continued from page 6*

Ultimately, I didn’t want to be the odd man out and embarrass my fellow Alternates, but you can see me casually leading the rear of the peloton during the Prologue. Meanwhile, Bryan Caldwell had no such problem with shame: just as the starting gun was about to go off, Bryan called time-out so he could use the Roto-Rooter. Suddenly, I found myself thinking that we could win this thing. Only later, when I saw several teams had already begun Loop One ahead of us, did it fully dawn on me that the Prologue wasn’t just fun and games. The race was on!!!

Sure enough, Bryan Caldwell set a record for Loop 1, coming in at forty-two minutes and 44 seconds. Ann Shoemaker then took the baton from Bryan and ran Loop Two in 60:14. Not only was this the eighth fastest time recorded on Loop Two, it was only one minute behind the fourth place Loop Two finisher. It was also 4:46 faster than Ann told Adam she would run, thereby landing Ann tenth on the Sandbag list. Bad knees, indeed! Kith then took the baton and ran Loop Three in 52:20. Did I mention Kith had already run this loop the evening before, plus two more miles when he got lost?!?

While waiting on Kith and casually chatting with Ann, I learned another reason she didn’t want Loop 4: it is immediately followed by the 0.4 mile Finale. In other words, I needed to save some gas in my tank for the Finale. As you can imagine, this is quite useful information if one is inclined to compete, and I was very grateful to receive it a few minutes before taking the baton from Kith.

By that time, my entire attitude had changed. Unfortunately, it was also eighty degrees by this time. But the Alternates had a commanding fifteen minute lead, and I hardly intended to give that up easily. Ann’s parting
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words to me were, "Don't let all that pressure you!"

At about mile 5.5, those words still ringing in my ears, I still had the lead for the Alternates. I was even contemplating a leisurely walk break when Kith and Bryan, having already anticipated this situation, ran out to meet me. So much for my secret walk break! Folks, this is what good captains do.



Just before the six mile marker, I can see from Bryan's eyes that someone is coming up behind us. "Someone's coming up behind us, isn't there?!?" "Yes, there is." "It's Mr. Dalton, isn't it?" But it wasn't Bob Dalton. Dennis Williamson of Team Dang Fast passed me – on the bridge, no less - then went on to set a Loop Four record of 41:47. But I pressed on, because I knew the team would have another chance in the Finale. But it got even worse: I could see another team starting the Finale before us, and it wasn't Dang Fast. My eyes bugged out as the shock and awe sank in: not only had Dennis Williamson passed me on the bridge, Kathy Scoleri had passed me after that, and I had not even noticed!!!



The Alternates managed to pass Mixed Bunch behind the library; in fact, it was almost a photo finish with only three seconds separating us, and Susan Bothe was able to capture that moment for posterity. Alas, Dang Fast proved too much to handle, and they were crowned the overall winner of the Third Annual Peachtree City Marathon Relay.

What a bang-bang finish: only 39 seconds separated Dang Fast, The Alternates, and Mixed Bunch, who now own the 3rd, 4th, and 5th fastest times ever recorded in the storied history of this event. How about that! This was a really fun race to participate in, where runners of different levels get to hang out and compete with each other in an innovative race setup. I do plan to study that Athlete's Guide a little more next year, tho!

1000-Mile Club

Name	Miles as of June 6	Jacket	Club	Volunteer Activities	Meetings Attended
Adams, James	195	Yes	1000		2
Allis, Dick	640	No		6	4
Aviles, Pam	213.9	Yes	1000	1	2
Barber, Karin	557	No		2	3
Bellucci, Tiffany	149	No			1
Besch, Teri	609	Yes	20,000	3	5
Bothe, Steven	1293	No		3	4
Brown, Russell		No			1
Burkingstock, Kith	632.1	Yes	5000	2	4
Burrus, Pam	366	No			2
Butler, Mitch	821	No		1	3
Caldwell, Bryan	1220	No			3
Caldwell, Karen	713	No			3
Cardone, Mike	280.3	Yes	1000		1
Chiong, Christopher	356	Yes	5000		3
Clark, Sally	475	Yes	1000	3	4
Cole, Steve	431.35	No		2	3
Cote-Miles, Pat	420	No		1	2
Corrigan, Meredith	435.25	Yes			2
Covert, Tim	384.5	No		4	6
Daley, Cal	410	Yes	20,000	1	3
Dalton, Bob	1183	No		3	6
Desgain, Jules	200	No		1	2
Ernst, Helen	291	Yes	1000		2
Everage, Bill	585	Yes	10,000	2	2
Farrier, Brian	410	No		1	2
Feldman, Jamie	670	Yes	1000	2	4
Fratto, Jan	356	No		3	3
Fratto, Fred	500	No		4	3
Fuentes, Marino	658	No		4	4
Fuller, Bill	220	No		3	3
Godwin, Carole	115	No		1	1
Greene, Steve		Yes	1000		1
Greer, Jeff	517	Yes	1000		3
Gulick, David	382	No		2	2
Hamill, Nancy	200	No		2	2
Hamill, Todd	357	No		2	2
Hamilt, Melanie	650	No		1	
Hamilton, Jane	240	No			2
Hamilton, Mark		No			2
Hancock, Bonnie	280	Yes	15,000	3	4
Hancock, Hannah	425	No			1

History of the

1,000 mile club

The idea for the 1,000 Mile Club was conceived in 1989 by then Peachtree City Running Club President Nora Weed. The first jackets were presented by Santa Claus at the 1989 Christmas Party at the Christ Our Shepherd Lutheran Church. Since then, the club has presented more than 170 jackets to members who have met the minimum qualifications. The 1,000 Mile Club also includes 5,000, 10,000, 15,000, and 20,000 Mile Awards.

The 1,000 Mile Club is one of the Peachtree City Running Club's most popular programs and helps promote fitness, volunteer activity, and club participation.

If you have any questions about the program, please contact the 1,000 Mile Club Coordinator, Teri Besch, at besch105@comcast.net.

Name	Miles as of June 6	Jacket	Club	Volunteer Activities	Meetings Attended
Hancock, Jake	650	No		1	1
Hancock, Steve	470	Yes	15,000	3	4
Hinkle, Angie	419	No			1
Hinkle, Eric	200	No			2
Jenkins, Tom	229	Yes	1000		2
Johns, Amanda	155	Yes	1000		1
Johnson, Rachel	502	Yes	1000	3	4
Johnston, Bill	506	No		1	3
Kearns, Patrick	439	Yes	10,000	2	4
Kennedy, Courtney	340	Yes	1,000		0
Kennedy, David	536	No			4
Kennedy, Ryan	722	No			3
Kilgo, Karen	215.2	Yes	1000		2
Kolb, Gary	325	Yes	5000		2
Krauth, Christine	302	Yes	1000		1
Lankford, Mike	499	No		7	5
Lego, Jill	357	No		1	2
Lego, Doug	273	No		1	1
Lockard, Mara	325	Yes	1000		1
Martin, Jennifer	220	Yes	1000		1
Mathews, Lisa	440	No			2
McCurdy, Deanna	450	No		2	2
Mills, Susan	525	No		1	3
Moore, Alan	478	Yes	1000	4	3
Moore, Gary	160	Yes	1000		1
Moore, Teresa	650	No		3	6
Moore, Tracey	570	Yes	5000	2	4
Mrosek, John	124	No		1	2
Neola, Scott	414	No		12	2
Olson, Cathy	597	No		4	4
Osse, Brandi	627			1	3
Phillips, Chris	155	No		1	1
Piet, Dave	525	No		1	5
Rangnaw, Doug	30	Yes	1000		1
Reynolds, Valerie	158	Yes	20,000		1
Robison, Caryle	300	No		exempt	exempt
Robison, Roy	675	No		4	2
Rose, Betty	853	No		1	3
Round, Tom	656	Yes	10,000	1	1
Ruple, Kim	677	No		1	4
Sambrone, Constance	628	Yes	10,000	2	5
Schultz, Paul	119	Yes	1,000	1	2
Scoleri, Katherine	165	Yes	1000		2

1000-Mile Club

Name	Miles as of June 6	Jacket	Club	Volunteer Activities	Meetings Attended
Scoleri, Steven	301	Yes	1000	5	1
Sheffield, Shane	617	No		5	4
Shoemaker, Adam	300	Yes	1000	1	3
Shoemaker, Ann	175	No		1	2
Shoemaker, Jerry	240	No			1
Smith, Betty	456	No			2
Smith, Bob	485	No			3
Smith, Jed	193	No			1
Suttles, Bill		Yes	1000		1
Suttles, Stevanic		Yes	1000		1
Thurber, Karen	431	Yes	1000		3
Thurber, William	350	Yes	1000		3
Tuman, Sandy	380	No			1
Veclotch, Jason	1013.8	Yes	1000		1
Villars, Michelle	456	No		2	2
Vise, Ed	275	No			1
Vlachakis, Alexandria	200	Yes	1000		
Walker, Anastasia	417	No			2
Warren, Angie	40	Yes	1000		0
Warren, Mike	880	Yes	15,000	4	2
Wassell, Joe	446	No		1	2
Waterhouse, John	457	No		3	3
Werling, Bill	540	Yes	25,000	37	5
Weston, Rita	320	No		3	3
Wolfe, Hal	465	No			1
Woods, Sandra	487	No			4
Woods, Von	681	No		4	5
Zuehlke, Jill	200	Yes	1000		1

More Marathon Relay Pictures



Club Meeting Minutes- May, 2013

The meeting was called to order by President Kim Ruple.

Adam Shoemaker announced the Club partnership with Multisport Performance Coaching, led by Kim Bramblett. Multisport will offer group coaching opportunities to the club and other support. Kim Archbold, also from Multisport, spoke about weight loss for the endurance athlete.

The Club's Boston Marathon finishers were recognized.

The April Club meeting minutes were accepted.

The May meeting officially closed applications for the 1,000-mile club.

Updates on the All American 5k, Peachtree 5k bus, Marathon Relay, July Fourth picnic, and 12th Annual Golf Tournament, 31st annual Brooks Beat 5k/10k, Rotary Grand Prix Top 3 age group awards luncheon, membership, and newsletter editorship were presented.

The Club will award 19 scholarships to area high school seniors this year.

The Club currently has \$419 in checking with over \$50,000 in CD's. The school support will go out this month.

Michelle Villars thanked the Club the support of the Konos Cross Country team

The meeting was adjourned at 8:20 PM

Club Meeting Minutes- June, 2013

The meeting was called to order by President Kim Ruple at 7:30 PM, *and motion was made to accept the March minutes, which carried.*

Maria Holteen of the St. Jude Hospital presented an opportunity to be part of their Heroes Program and Athletes and runners.

Roy Hanson, a local Civitan member, made an appeal for runners for the June 8 Old Courthouse 5k, which benefits local charities.

Lukas Fortunado of Global Scope, a Christian faith-based organization on college campuses, about their Around the World in 5k on August 3.

On June 3, 4, 5 and 6, California Pizza Kitchen plans to donate 20% of sales to the One Boston Fund.

Joe Domaleski of Country Fried Creative gave a presentation, Running and Weight Training.

60,000 club photos taken by former club photographer, Normer Adams, are still being downloaded. The web site offers new features, and Joe Domeleski will continue to provide technical support. Dave Olson spearheaded creation of the original PTCRC website.

An update was given on the Marathon Relay, Peachtree Road Race bus, Fourth of July Picnic, Rotary Elementary School Grand Prix races, Peachtree City Classic, Diva Half Marathon, Summer Track Series, and Golf Tournament.

Tim Covert gave a financial update. The Club has \$2,547 in the bank. The expectation is the All American 5k generated sizeable funds, and a check will go out to this year's charity. Volunteer shirts were offered to anyone who didn't get one at the event.

Minutes were approved. The meeting was adjourned at 8:45 PM