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## President's Letter: How Can You Run Ultras?

By Kim Ruple

I recently had the opportunity to spend a weekend with my mom, dad and sister, just the four of us, which is a very rare occurrence. It was Saturday morning, and we were sitting in my parents' living room, each of us doing some kind of physical activity: Bosu ball, yoga, weights, etc. We chatted, drank coffee and re-connected. During the remainder of the day, each of us did some time on the treadmill, rower or elliptical – part of our lifestyle. I began to wonder why our family has always been active and relatively healthy, especially in comparison to many others I know. So I asked each one and the common theme was “a strong role model” had motivated each of us to choose an active lifestyle and help us get where we are today.

For me, my active life style began when I was a teenager. Each day my mother would turn on an aerobic workout show (yes with big hair, leg warmers, leotards and tights – some may be too young to have seen those.) She always invited my sister and I to participate with her. I saw it as a way to be like my mom, whom I admire greatly, and to do something with her. I also found it to be a great deal of fun. I liked the way it made me feel, and realized it enabled me to do so many things that others couldn't. Little did I know it was setting the stage for ultra running later in life.

My father also served as a role model and good counsel, as he always encouraged me to break down barriers and go after what I wanted. He emphasized it was important to set goals and establish a plan on how you were going to reach those goals. He encouraged me to take on “non-girl” activities from an early age – not seeing my gender as a liability or a constraint. As a result, I worked on cars, built fences, played team sports in high school and took on the attitude that there wasn't much I couldn't do. I eventually gained a degree in Engineering, joined the United States Air Force and worked in the construction and computer industries.

So how does this relate to the running club?

I think each of us has the responsibility to understand we have the ability to be a very strong role model for others. We have the ability through our words and our actions to help

*Continued on next page*



**Reavis Dennison, Kim's Mom  
and Role Model**



**PTCRC 2013  
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*Continued from previous page*

others be all they can. My parents did a couple of key things which enabled me: they taught me the importance of taking care of myself physically; they taught me how to think long-term and develop a way to get there; and they taught me hard work and perseverance (even when no one is looking) will help you achieve things you didn't know you could. These are the things that enable me to run and run and run.

Thanks to two of my role models.- Kim

### Club Fourth of July Picnic

At the home of Dick and Jan Allis

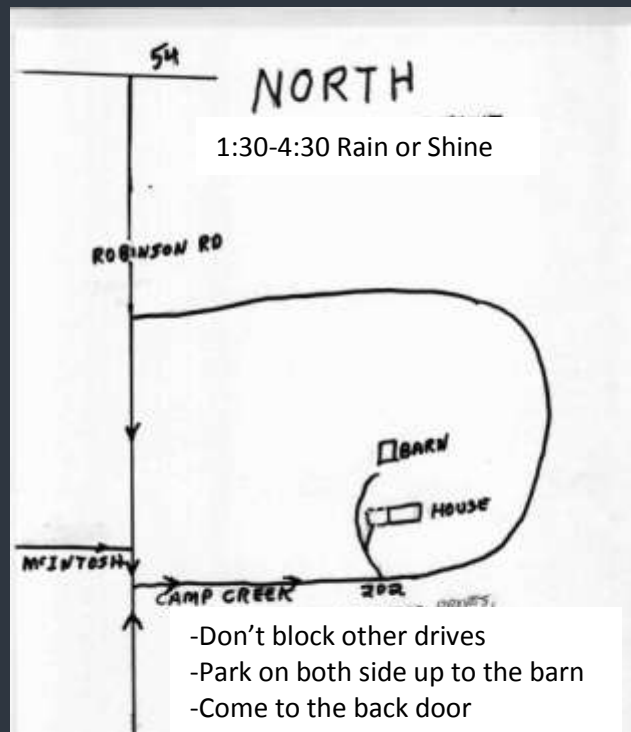
202 Camp Creek Trail, Peachtree City

Friday, July 4, 2014 1:00 pm to 4:30 pm

Bring a dish to share & your own adult beverage

Club will provide meat, paper products, utensils and drinks

Volunteers needed to set-up & take-down at 4:30



**Editor's Note:**

Thanks to President Kim for completely over-achieving for this edition. We get her normal President's letter AND a race review. Additionally, she sent a recipe, but I'm at a point where I need to publish so it will go in the next edition! Thanks for Bob for the profiles of Christine Krauth and the Thurbers.

I'd like to congratulate all the Boston Marathon participants. Boston really is the pinnacle of distance and simply qualifying earns my highest respect.

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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  
June 20, 2013

## Air Force Family: Bill & Karen Thurber on the Fly

By Bob Dalton

This running couple both earned their 1000 Mile Club jackets this past year and show no signs of slowing down. Bill (56) is originally from New Orleans. He earned his MBA in Aerospace Engineering from the University of Maryland and spent eight years in the U.S. Air Force as a pilot flying the T-38 Trainer and then the F-111 Fighter. He now flies a 767 for Delta to Europe and South America.

Karen (52) is a retired educator from Atlanta. She attended Harford College in Maryland where she and Bill met. They have four children and three grandchildren. All three sons are in the Air Force and their daughter is married to an Air Force Officer. The oldest son went to the Air Force Academy and their daughter went to the University of South Carolina on a soccer scholarship. The two youngest sons went to Georgia Tech, both of whom was commissioned through the Air Force ROTC program there. So you can say Air Force blue runs in the family!!

Bill and Karen have both been running for about 30 years now. Karen says “when I first started running, I would run alone and had no interest running with others. Once I started running with others, I could not imagine running alone again! So much fun sharing conversation while running.” Her most memorable running experience to date was “running the Shamrock Marathon in Virginia in 2006. I hit my goal time and had a blast running with my good friend Kris Mossburg.” For Bill it was “the Peachtree Road Race 2009. I ran the race with my daughter Amanda. We came in right at 45 minutes and The Citizen did a small write up on a Father/Daughter team running it so closely together.”

Bill’s favorite distance is the 10K while Karen’s is the half marathon. Bill’s favorite race is the Cooper Bridge River Run. “The bridge is a challenge, but Charleston is a fun town!” Karen’s favorite is the Donna Marathon in Jacksonville. “Girls weekend in Florida, need I say more!!” Karen has also run the Nashville Rock n’ Roll Marathon and numerous half marathons.

Karen runs because “it helps to keep me in shape. I have made a lot of good friends running. Slow and steady is my motto.” Bill runs “to keep physically fit....and to be able to keep up with my wife!”



**Bill and Karen Thurber**

*Continued on page 8*

### Welcome New Members!

Angela Shelley  
Duana Jordan  
Heather Bond  
Glynda Pace  
Ben Thornton  
Khandaa Marlow  
Jill Mcelroy  
Sharon Davis  
Vince Obsitnik  
Karen Trayer  
Christie Walden

## Capes, Couch Potatoes and One EPIC Medal

by Kim Ruple

As my friend Terrie and I prepared for Little Rock Marathon, little did we know what an adventure it would become. The forecast called for 57F at the start with thunderstorms and rapidly dropping temperatures throughout the race. Definitely not ideal conditions, but that's part of why do we do this – to overcome the challenges. Off we went arriving in Little Rock without issue. The Chicks-In-Charge, aka race directors, did an amazing job on the set up and pre-race book (Note to self – read it earlier, as I missed the cutoff for the free post-race party sign up). The expo was well attended and included a booth with “shoe bling”! What every girl needs.



Shoe Bling!

After checking into the hotel, we soon found our room was surrounded by a heavy party crowd – so management was nice enough to give us a nice quiet room at the other end of the hotel – YEAH! Pre-dawn arrived and Terrie left for the early start (6 a.m. – two hours before the marathon's main start.) The race is very friendly to runners/walkers of any speed! I chose to stay and ride the hotel shuttle, except the shuttle driver didn't know where we were going and that many of the roads were closed. Thank goodness I brought the maps and instructions. Arriving safely and 1 ½ before race start, I had plenty of cushion and time to walk around, stretch and relax. Downtown Little Rock is quiet nice with a view of the River, a very nice Clinton Presidential Library and lots of green spaces.



Pedestrian Bridge and Clinton Presidential Library



Harriet Tubman Statue

The race began and traversed through numerous neighborhoods with very good crowd support, especially given the dicey weather. Almost every church had people handing out water and refreshments. Official Aid Stations were about every 2 miles, with some supporters providing beer and one station was even handing out lipstick so we could be well prepared for the finish line – yes Chicks in Charge. On the course people were dressed in every

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## Hey, Maybe I'm Good at This: Christine Krauth

by Bob Dalton

Christine Krauth (33) has been a resident of Tyrone for the past eight years along with her husband Chris (39) and their four and a half-year-old daughter Grace. Chris owns and operates "Go Mini's," a portable storage company. About Grace, Christine says, "She is the love of my life and a constant source of inspiration, amusement and hair pulling aggravation (kidding - well, sort of). Grace is the proud recipient of my Age Group medals. They are her dress up jewelry. She can't wait to run her own race. She tells me: 'Mommy, I can run 13 miles too!' and then starts running around the house, each lap being a mile. She got up to 33 one day and said 'Mommy, I ran farther than you! 33 miles!' Man, she made it look easy!"



Daughter Grace, Christine and Husband Chris at Serenbe 5k

"I'm the oldest of three and have a close relationship to my sister (Rebecca) and brother (Matthew). I ran my first half marathon with my sister in 2010, only eight months after giving birth to Grace. She signed us up but I caught the bug!"

Christine is a professional Pilates Instructor. "Most people picture me having a job that requires me to work out all day, but in reality I have to carve out time to practice Pilates myself. I work at ProHealth Physical Therapy and Pilates Studio; my job is one of observation and instruction. I rarely demonstrate movements because I keep my eyes on a person's form the whole time. My goal is to help people move better, become more efficient through movement and feel better as a result of it." Or as she succinctly puts it, "Basically, I get paid to boss people around."



Christine Instructing Pilates

Christine grew up in Sandy Springs but took a five year detour to Charleston, SC for college where she attended the College of Charleston and concentrated in Art History. "I found my passion when I moved to Peachtree City and discovered Pilates. Since then, I have completed a Classical Pilates Certification, a Pre/Post Natal Pilates Certification, and most recently, a rigorous Comprehensive Pilates program through Polestar Pilates (no, it's not Pilates for pole dancers as my husband first hoped (sorry!)). My specialties include working with

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## 2013-2014 Peachtree City Rotary Grand Prix

By Paul Schultz

Each elementary school in Fayette County, public or private, with the exception of two schools that don't participate, hosts the races. The Grand Prix, when it was initially started by the Peachtree City Rotary Club, was a response to the alarming national obesity epidemic, and between the Grand Prix and the running clubs at each school, students have more options in addition to PE and sports they may play to be active. Moreover, the individual schools earn money from the 5k races through community sponsors and race entry fees that go either into PTO funds or directly to the school. Done correctly, each race is an enjoyable running event for the participants, runners and volunteers alike, makes money for the school, and brings the community and the school together.

There were a total of 15 5k races in the 2013-2014 Rotary Elementary Grand Prix series, and I ended up running all of them. I decided to run all the races for a few reasons: I wanted to help improve the Grand Prix for both the schools and the running community, get to know the schools in Fayette County, and improve myself as a runner. In past seasons, I have run a few of the Grand Prix races, Huddleston, Kedron, and Crabapple Elementary, and they were quality events, but another school didn't manage its race well. The course was out and back, and about 25 runners, myself included, ran past the unmarked, unmonitored turnaround point, and 5k become four plus miles. Determined to make lemonade out of lemons, I reached out to Grand Prix series and Peachtree City Running Club Director Extrodinaire George Martin and volunteered to support the schools. George holds a kickoff event right at the beginning of school each year. Last August, several school representatives attended, and George let me say a few things. The first was about obtaining sponsorships; I have some insight as part of my work in the community contribution program at my employer Panasonic that I wanted to pass along. The second was I would volunteer to support course marking and measurement. I was happy when two schools, Fayetteville Elementary and Burch Elementary, reached out to me for those things.

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Several of the "Usual Suspects" at the Crabapple Lane Red Bird Run

## Upcoming Events

### May

26 Darkside Memorial Day Marathon/25k (Peachtree City)

### June

Peachtree City Running Club Summer Track Series (Riley Field, Peachtree City, Wednesdays through July)

1 Stinky Trail Run with Big Peach Running Company (Peachtree City)

7 Peachtree City Marathon Relay, 7 a.m. (Peachtree City, Running Club Event- FREE!)

21 Annual Club Golf Tournament

### July

4 Club Fourth of July Picnic (202 Camp Creek Trail, Peachtree City)

### September

6 Diva Half Marathon (Peachtree City)- club volunteers needed

**Volunteers needed to  
coordinate the Summer Track  
Series!**

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### Editor's Note

#### *Continued from page 2*

I'd like to pass along the following from club friend Scott Ludwig of the Darkside Running Club. A prominent runner and all-around good soul in the Atlanta running community was seriously injured a few days ago. The details are presented here through the words of Kelly Powell: On Friday April 11th, Andrew Powell and his brother-in-law were both struck by a vehicle while practicing for an Iron-man race. Unfortunately, his brother-in-law did not make it. Andrew is in critical condition with his loving wife, Sandra, by his side. We are praying and thanking God that he is with us. He sustained many injuries including crushed vertebrae and a shattered pelvis. Anybody who knows Andrew (or A.P as most people call him) knows that his strength is overwhelming and his love for running is what gives him the will and the strength to overcome anything. My goal here is to raise as much as possible as we know how overwhelming this situation is and it would be wonderful if the medical bills can be handled by his family, friends and loved ones. Life is so precious and every moment counts just as every little bit donated makes a huge difference. If you are unable to contribute, all I ask is that you continue to pray. God bless.

For additional updates visit the following website (you will need to sign up first):

<http://www.caringbridge.org/visit/andrewpowell2/journal/view/id/534b1d05a589b4952eedf76bwww.caringbridge.org>

If you would like to help with Andrew's medical expenses, you can make a donation through this link:

<http://www.gofundme.com/89yriw>

Please know a donation is being made on behalf of the Darkside Running Club or Peachtree City Running Club. Thanks for your time, and be sure to keep Andrew Powell and the families of Andrew and his brother-in-law in your thoughts and prayers.

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Air Force Family

*Continued from page 3*

In their free time, “We enjoy spending time with our family especially our three grandchildren.” Also “We both enjoy doing triathlons, just breaking up the running a bit with swimming and biking!”

Bill wants to continue to try and stay under 45 minutes at the Peachtree 10K every year for as long as possible and Karen wants to continue to improve on her 57-minute PR for 10K. They both plan on running the Soldier’s Half Marathon every year and Karen wants to run a total of 4-5 half marathons per year.

Karen is a member of MRTT (Mom’s Run This Town) and “we joined the PTCRC because of another way to meet others who enjoy running.” Looks like plenty more 1000 Mile Jackets are in their future!

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Little Rock Marathon

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manner of super hero costume – Batman, Superman, Wonder Woman, Captain Underpants – so many capes you couldn’t count, but what inspiration. My favorite supporters had to be The Couch Potatoes. They had literally dragged out about 20 couches and lined the road. There people sat in their pajamas, lounging and handing out bags of yes – potato chips. What a hoot!



**Start Line**

As I approached mile 14 the weather began to drastically change, with the wind and rain stepping up and the temperature dropping. I pulled through the finish in a time of 3:51 (not great, but good enough) then I heard they were pulling people off the course due to the weather. Those who were past mile 20 seemed to be allowed to “finish at their own risk” those earlier were picked up by buses and dropped near the finish line where they were able to cross and get their medals. And what a medal, as

the volunteer hung it around my neck I almost bent over double. Frozen and ready for refreshment – the River Market offered inside seating with numerous quick dining options and lots of hospitality. Hmmm, coffee is good.

Back at the hotel we monitored the weather and saw Ellen order pizza at the Oscars – ice hit Little Rock hard. The next morning, we chipped over an inch of ice off our car, then made a slow and nerve wrecking drive to the airport. The ice was so thick the de-icing truck had to fill up twice to de-ice our plane. Concluding our adventure by adding another state toward my 50 State quest, I have some good memories and the experience of one of the most hospitable, well run and supported races I’ve ever attended. Yes, I will be going back to Little Rock.



**Terrie & Kim with EPIC Medals**

Christine Krauth

*Continued from page 5*

osteoporosis, pre and post natal bodies, and runners. I work with a lot of people who have completed Physical Therapy and want to continue to build strength in order to stay injury free. I love what I do!”

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Describing how she got started in running, Christine says, “I ran a lot when I was a teen. I was on the track team and went to State every year. I was always a fast short distance runner (400’s, 800’s). It wasn’t until 2011 that I ran my first ever 5K at the PTC Classic. I had no idea what my pace was, no clue as how to race, but when I came in first in my age group, I thought...‘Hey.....maybe I’m good at this!’ After that, the obsession was born! I joined the PTC Running Club in 2012 and am thrilled to keep the company of people who talk running (PR’s, cadence, nutrition, training)...all the time. My poor husband was also thrilled that I can share my obsession with others. I have run eight half marathons, three marathons, countless 5k’s and 10k’s.” Her marathons include Albany (2013 and 2014 where she PR’d in 3:54:03) and the Cottonwood in Utah. The half marathons include Publix, Alien, Red Nose, and Rock n’ Roll Savannah. One of her running goals is to get a Boston Qualifier.

Her PR’s at various distances include a 5:45 in the mile, 5K in 21:50, 10K in 46:36, and the Half Marathon in 1:44:43. “I’m always pushing to run faster and PR, but the few races where I don’t ‘race’ are the most fun.”



**Kim, Tiffany, Christine and Grace at the Crabapple Lane Elementary Red Bird Run 5k**

Her most memorable running experience was her first marathon at Albany in 2013. “I didn’t race it, I just enjoyed it. As I was nearing the end at mile 25, I heard the 3:55 pacer behind me yelling ‘C’mon!!! You can do this!! Let’s go!!!’ and when I looked, I saw it was just him, running alone. So I thought, ‘OK. Let’s DO this’ and he and I sprinted to the finish. I clocked in at 3:54:23. I turned and looked at this guy who I hadn’t met and had only run with for 8 minutes and hugged him. It was amazing to me how much that little bit of motivation helped me finish strong. Crossing that finish line and completing my first marathon was a remarkable experience. I can only compare it to how I felt after giving birth to my daughter: full of joy, pride, amazement, relief and utter exhaustion.”

Christine’s favorite race is a three-way tie between the Peachtree Road Race (“the crowd support is great!”), the Cooper River Bridge Run (“my college town and amazing view”), and The Red Nose Half Marathon (“dead of winter and FREE!”).

Christine is quick to point out, “I love running because it brings me peace. I love the feeling of the wind in my hair, the air in my lungs, the burn of muscles when I push myself. I love speed work (what can I say? I’m a masochist I guess.) because I love the feeling of flying. I’m constantly amazed at how much a person’s body can take and change. Not only do I love seeing improvements in my own running, I love seeing it in others. We are capable of so much when we give ourselves a chance! I also love how it brings people together. I have met the most amazing and inspiring people through the world of running and am grateful for clubs like the PTCRC and Mom’s Run This Town for giving us a place to come together.”

She is not just a one-dimensional athlete, however. “I love ‘birding.’ Every spring and fall I look forward to the migration of certain birds. Photography is also a hobby of mine and I put it to use when I bird watch. I also draw and paint. When the weather warms up (and the water returns in Lake Peachtree), I love to paddle board and will do Pilates on the Paddle Board. When I travel, I’ve been known to do a Pilates pose in random places. Like

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‘Bridging’ on the Brooklyn Bridge.”

Christine joined PTCRC because “the club has done a lot for the community and I wanted to be involved in something that gave back. Plus, I wanted to be able to take the Party Bus to the PT Road Race (kidding - although that is an awesome perk!).”

### Race Review: Rotary Grand Prix *Continued from page 6*

As a runner, I wanted race experience and to spend a few months focusing on speed and pace consistency. Before the Grand Prix, I raced infrequently, and it seemed like I was always forgetting something important. I didn’t have a race day routine. At the race, I typically lacked a race strategy; my pace was too fast at the beginning so I slowed down a lot or completely cratered.

At the start of the Grand Prix, I planned to write on the things each school did well and things they could improve upon. The short answer is all the events were very well done! One school lost my entry, but they had ordered extra shirts so I still received one. At the kickoff meeting, I suggested that the schools have a “no-shirt” option at a reduced entry fee, and many did this or have done it for a while. I planned to take advantage of this, but I was running the whole Grand Prix and wanted a memento of each event. Related to the lost entry, George has tried to get the schools to move to registrations using Active.com rather than taking checks, and my suggestion going forward is that if the schools use Active, they should make it clear that the fee and entry options are the same as the paper entry. The final bit of advice I have is that on a really cold day, don't hold the runners at the start line and make a long speech! I couldn't hear the speech over the chattering of teeth anyway.



**Race Shirts Showing the Color of Fayette County and the Rotary Grand Prix**

I'd like to highlight some unique aspects of each race going in the order of the races.

For the Curious Trail Run, Cleveland Elementary gave out short-sleeve tech shirts, which I'm sure cost more than regular t-shirts, so I appreciate this.

Fayetteville Elementary was a new school this year. It is a combination of two other schools that were closed, and even though it was holding its inaugural event, the Cub Run, the race came off without a hitch. Of course, some of the prime movers from races at the closed schools were involved, but they still get big kudos from me.

Springhill's odiferous Trash Dash had a very cool student design of a running trash can on neon yellow that I'm proud to wear! In spite of some steep rolling hills, it was my best mile pace, but I also had a mild hamstring strain

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that took a few weeks to fix.

Peeples Elementary had the best swag in the race bag, mostly because of Children's Healthcare of Atlanta's mini first-aid kits and Long Orthodontics' water bottles. The schools shouldn't really feel obligated to include swag unless the sponsors provide it; I throw away all drink coozies I get anymore, and I don't know the color of my refrigerator because of all the magnets on it. Peeples and other schools also had free Chik-Fil-A sandwich cards, which are always appreciated. Peeples also did a "numberless" run- no race bib! It seemed to work. As so much of the Grand Prix is on the honor system anyway, this made sense.

Sarah Harp Minter's Turkey Trot gave away what else but frozen turkeys! I was not a top finisher, but it was hilarious just looking at the metal cafeteria cart with the turkeys on it. Stephen Bothe's turkey hat was also a big treat during the race. Also, the Minter folks did the prize raffle by pulling names while we ran and writing them on a whiteboard. Right after finishing, we knew if we won a prize, and we didn't have to hang around.

Braelinn Elementary gave out long-sleeve tech shirts at their Reach for the Stars 5k. They also had a water bottle option for those who didn't want shirts. This was a smart approach! They also did a numberless run.

At the risk of stating what most in the club already know, Peachtree City Elementary's Jingle Bell Trail featured bells that could be attached to shoes. I left mine on for several weeks after the race due to their festive nature, and I'm holding onto them for next year so I'll have two bells per shoe! The JBT also gave unique medals. My understanding is that it is the oldest race in the Grand Prix, and it was probably the best attended race due to its deserved, favorable reputation.

The Bedford Dasher was held during a cold, hard rain, but they wisely held the awards ceremony in their toasty, warm gym. Even though I specifically brought a change of clothes, I started leaving a set in my truck all the time. Bedford's awards looked hand-made, and I appreciate their efforts at creating original items. My kids told me I could remove the ribbon and hang it on our Christmas tree as it looked like a tree ornament.

St. Paul Lutheran School's Frostbite had both unique medals and a higher quality long-sleeve tech shirt. It was

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## **Peachtree City Marathon Relay**

**Teams of four will complete a relay race of 10k apiece to complete a marathon!**

**Free!**

June 7, 2014 7:00 am

Drake Field, Peachtree City

Johnny's Pizza, Drinks, Music, Fun Activities!

Sponsors:



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the only course that was a bit longer than 5k at 3.4 miles, more or less, but we were told about this at the start. I paid for 5k and got more- getting my money's worth! Frostbite ended up being the right name for the race as it was the coldest in the series.

Kedron Elementary, as always, hosted a quality Heart to Heart event. It ran like a well-oiled machine in part due to completely over-achieving in the number of volunteers on the course. Kedron also seems to get lots of raffle items, some quite unique. Last year, I won a rug that went perfectly on a friend's living room floor!



Several of the "Usual Suspects" at Inman Elementary

Oak Grove Elementary completely over-achieved in marking the Run for the Gold course. I suspect even the visually impaired wouldn't get lost. Oak Grove also has a large event, and it seems to be a rite of spring not just Peachtree City but for the county as well.

Crabapple Elementary kept everything together in one compact space for the Red Bird Run; registration, check-in, food, and awards were all done from the same half a dozen tables with the start/finish line on the opposite side of their parking lot. If steep hills define toughness of a course, it is a toss-up between Kedron, St. Paul, and Crabapple, as to which was most difficult.

As someone who runs almost exclusively on the streets, moving onto the Burch Elementary and Inman Elementaries' courses was a pleasant change. Burch uses the Sandy Creek Cross Country Course, and Coach Sean McNichols and his crew really keep it in good shape. Inman's course is simply mowed open country. Although, after a day of rain, surprisingly my feet stayed dry enough that I didn't need to change shoes and socks after finishing. The Burch Bear Run took a part of their race proceeds and gave them to the Juvenile Diabetes Foundation. Additionally, Inman Elementary didn't give out place medals; rather, they opted to simply give ribbons. Certainly there are people, including me, who appreciate medals, but if a main reason schools hold the 5k's is to raise money, not giving them is really OK. The recognition at the end is enough as most medals get put away in a shoe box anyway.

Huddleston is my kids' school so I'm a little biased as to how much I like the Huddleston Hustle. Mrs. Gibbs is the perennial race coordinator and puts her heart and soul into the event. Every year the race comes off without a hitch. The medals also feature a design unique to Huddleston.

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**2013-2014 Rotary Grand Prix  
Award Ceremony Luncheon**  
Open to top three finishers in all age groups  
May 29, 2014 12:00pm  
Wyndham Conference Center, Peachtree City

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In the end what I learned from running the series is that all the races are like my kids. Each is unique and loveable in its own way. They all have good points, and I really hesitate to say any one of them has bad points- just unique points!

I have a few final comments and observations. Several club members, Kelly Martin, George Martin, and Bill Werling, attended almost all the races as finish line support, and I'm thankful they were there. If the course is setup well, then the only challenges are timing and results tabulation, and they had that covered.

If anyone asked me about registering and running any of the races, I wouldn't hesitate to say that all are quality events well worth the investment of time and money. A participant may even be pleasantly surprised by the something: the course, the shirt, the medal, volunteers, or the swag.

In all, 15 races is a big commitment. I was told that only four individuals did all the races (shout out here to Steve Bernard, Marina Serra and Nathan Phillips!) and doing the whole Grand Prix is a little like what the Japanese say about climbing Mt. Fuji, a wise person will do it once, but only a fool will do it twice. I will refrain from stating I'd never do it again- just not for a while! On the volunteering side though, sign me up!

## **14<sup>TH</sup> ANNUAL Peachtree City Running Club Golf Tournament**

- Where:** Flat Creek Country Club
- When:** Saturday, June 21, 2014 at 12:00 pm
- Format:** 4 person scramble, best ball, team handicaps. Awards to top 3 teams, longest drive & closest to the pin.
- Who:** All PTCRC members and non-members who want to have a day of FUN!!!
- Cost:** Canongate members pay usual green fees, guests pay reduced guest fees of \$50. All players pay \$10 entry fee to David before tournament.



*Please submit answers to the following questions to David Piet at [sdpiet@gmail.com](mailto:sdpiet@gmail.com)*

1. Name:
2. Phone Number:
3. Email Address:
4. Handicap (current):
5. Best 18 holes last year:
6. If you don't have a handicap, please tell me a little about your level of play... never played, beginner, etc.
7. List players you want to play with:



***Looking forward to a great event again this year!!!***

# 1000 Mile Club

Name	Miles as of February 3 Club Meeting	Volunteer Activities	Club Meetings
Allis, Richard	520	2	4
Amini, Mohammed	628		2
Anderson, Bill	340		2
Aviles, Pam	144		2
Barber, Karen	693		3
Bellucci, Tiffany	360	1	3
Besch, Teri	516.6	3	4
Bothe, Steven	1242	2	4
Burkingstock, Kith	532	2	4
Butler, Bradley	551		3
Butler, Mitch	710		4
Caldwell, Bryan	576		2
Caldwell, Karen	393		2
Chiong, Chris	325		2
Chikhliker, Manisha	125		2
Chrzanowski, Anne	532.17	3	2
Chrzanowski, Michael	493	3	3
Clark, Sally	362	2	4
Cole, Steve	500.4	3	4
Cote-Miles, Pat	527	3	3
Corrigan, Meredith	448		4
Daley, Cal	400	1	4
Dalton, Bob	1002	2	4
Dennison, Reavis	120	1	2
Desgain, Jules	475	2	3
Dillard, Libby	608.3		4
Domaleski, Alex	41		1
Domaleski, Victoria	268.2		2
Domaleski, Mary Catherine	205.3		2
Ellsworth, Daymon	201.85		4
Ernst, Helen	300		2
Farrier, Brian	344		3
Feldman, Jamie	445		3
Forero, Luis	180		1
Forero, Sandy	215		2
Fratto, Fred	90		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](mailto:besch105@comcast.net).

Name	Miles as of February 3 Club Meeting	Volunteer Activities	Club Meetings
Fratto, Jan	313	3	4
Frizzell, Amy	400		2
Fuentes, Marino	412	3	4
Fuller, Billl	450	3	3
Greer, Jeff	112		2
Gross, Ben	45		3
Gulick, David	427		1
Hamilton, Jane	310	1	1
Hancock, Bonnie	310	3	3
Hancock, Hannah	100		1
Hancock, Jake	100		
Hancock, Steve	305	4	3
Henseler, Amy	322		2
Hineline, Maria	488	1	1
Hinkle, Angie	555		2
Hinkle, Eric	140		1
Howard, Valerie	200		2
Johnson, Rachel	344		4
Johnston, Bill	376	1	4
Jonson, David	178		1
Kaiser, Steve	212		2
Kalish, Deborah	13.12		2
Kearns, Patrick	455		2
Kennedy, David	388	2	5
Kennedy, Ryan	496	2	5
Krauth, Christine	334		1
Landgren, Jo	51		2
Landgren, Larry	366	2	3
Lankford, Mike	242	2	3
Lawrence, Jennifer	420		2
Mascara, Mark	50		1
Matthews, Lisa	260		1
Mills, Susan	462		3
Moore, Alan	195	3	3
Moore, Gary	149		1
Moore, Teresa	600		5
Moore, Tracey	350		2
More, Eiken			1
Mowry, Warren	101	1	2
Mrosek, John	117		1
Olson, Cathy	454		4
Osse, Brandi	505		2

# 10000 Mile Club

Name	Miles as of February 3 Club Meeting	Volunteer Activities	Club Meetings
Outland, Scott	40		2
Parker, Jennifer	95		1
Piet, Dave	425		3
Quinn, Tom	398	3	4
Roy Robison	480		2
Rose, Betty	481	1	2
Round, Tom	73	1	2
Ruple, Kim	220	3	5
Sambrone, Connie	513		5
Sanchez, Leo	377	2	4
Schultz, Paul	352.5	4	4
Scoleri, Katherine	283		1
Scoleri, Steven	660		1
Sharpless, Chris	411		3
Sheffield, Shane	141		1
Shoemaker, Ann	69		2
Shoemaker, Jerry	389		2
Tarleton, Page	95		1
Thurber, Bill	327		2
Thurber, Karen	389		4
Tuman, Sandy	400		2
Valentino, Vanessa	256		1
Vise, Ed	200		2
Walker, Anastasia	25		1
Warren, Mike	622	6	2
Wassell, Joe	530		2
Waterhouse, John	421	4	4
Werling, Bill	350	9	3
Weston, Rita	330	4	4
Whiteman, Scott	30		1
Woods, Sandra	485		1
Woods, Von	460	2	3
Zuehlke, Jill	219		1



## Club Meeting Minutes-March 3, 2014

President Kim Ruple called the meeting to order at 7:30PM.

The February minutes were approved.

Guests and new members were acknowledged.

David Dodd from Griffin, Georgia joined us to ask for our advice and support with a new running club.

Adam Shoemaker introduced our guest speaker, Mariska Van Rooden. Mariska has replaced Mark Ward as our new RRCA State Representative.

Kim Ruple recognized our own Bill Werling as RRCA Volunteer of the Year. Bill will be attending the National Conference in May where he will be recognized for all his wonderful contributions to our running community.

Teri Besch gave a reminder about 1,000 mile club. The May meeting is the cut off for 1,000 mile club applications.

Former club member Dave Ketelsen has asked for our help on March 16 for a health fair at the Peachtree City SDA Church.

Normer Adams gave a finance update at this time. Bank statement is reconciled with \$18,569.34. CD's currently hold with \$50,895. The club donated \$1,000 to Starr's Mill High School track to participate in a showcase run at Disney World.

Bob Dalton gave a membership update. The grace period does run out at the end of March. Registration is available online or by paper.

Adam Shoemaker for Shane Sheffield presented the March Grand Prix results. The next Grand Prix will be April 12.

Our next club meeting will be April 1 at Partner's Pizza. The meeting will be preceded by a fun run around the lake at 6:30.

Paul Schultz let us know the Legacy will be coming our next week.

Martin Rowe announced the All American 5k will be moving to May 10. They will be adding a 10k this year, too. The run will again benefit local veteran's organizations.

George Martin announced planning for the Classic is underway. This is the economic engine for the club and many volunteers are needed.

# Meeting Minutes

Sally D. Clark has award Grand Prix items from 2013. See her to get your things. Check out the online store if you would like some new PTCRC gear.

Meeting adjourned at 8:30pm.

## Club Meeting Minutes- April 14, 2014

President Kim Ruple called the meeting to order at Partner's Pizza at 7 PM.

A motion was made and seconded to approve the minutes of the March meeting. The motion was carried.

Thank you from Oak Grove for the help at Run for Gold.

Dave Piet invited members to join in the upcoming club golf tournament June 21, 2014 at Flat Creek.

Bob Dalton reminded members that the current membership grace period ended March 31. Members must renew in order to maintain membership privileges.

Jerry Shoemaker for Adam Shoemaker announced sign-up for the Peachtree busses has begun. Members cost is \$10 and non- members \$20. Confirmation is not complete until paid.

The Marathon Relay will be held June 7. Free to all participants. Register here or on-line.

Our next meeting will feature speaker Crystal Chypanski, a Grady trauma nurse. Crystal will speak on the cardio effects of running.

An appeal for volunteers and runners was made for the All American (May 10).

Jane Hamilton made an appeal for the 5k Rainbow Run on April 19 benefiting the Abby's Angels Foundation.

Grand Prix will be held on Saturday, April 12 at 8 AM at the library - the Easter Egg Run.

George Martin gave a Rotary Club Elementary Grand Prix Series update. The last race is April 19. See George if you are in the standing and need your picture made.

Well wishes to all Boston Runners.

## Maybe This Could Be Added To "American Age Group Records...But No Cigar" Record Book

Joel Dubow and I competed in the USATF National Masters Indoor in Boston on March 16th in the 3000m race walk. Joel got first place (gold in M70-74), and I finished second for silver, my best place in national competition, in M65-69. My time was 19:23.80 and Joel's time was 19:38.15. An Atlanta Track Club teammate and I both walked American Records last Saturday March 8th in the Indoor Mile Race Walk as part of the USATF Southeast Region T&F meet in Winston-Salem, NC. However, our times will not be recognized by USATF because the race walk judges did not have the required level of certification. Joel and I knew we had a shot at a national record so we were proactive and notified the meet director a month before the meet to inform him of the race walk judging requirements for a National Record and referred him to the USATF Race Walk Chair. Long story short, there is a scarcity of race walk judges in the Southeast, especially those with the higher certification levels required in the event of a national record. Joel and I are disappointed but satisfied knowing we did break a national age group record. My time was 9:56.40 for M65-69 and Joel's was 9:59.60 for M70-74. Needless to say, Joel had the higher age grade performance. Hopefully, there will be other indoor mile race walks in our future. As a lesser alternative to a national age grade record, we completed application forms for "Single-Age Bests" with copies of our birth certificates to be forwarded to USATF for consideration as the judging certification requirement is not as stringent. Bottom line for me, I am having fun in retirement with traveling, spending time with nine grand children, competitive race walking and running. -Respectfully, Al Moore

If you have upcoming events, race pictures or simply want to be published, please contact [paul@ptchome.net](mailto:paul@ptchome.net)  
All Legacy Submissions Welcome!