

President's Letter – Mix it Up, Keep in Touch

By Kim Ruple

We are in a very exciting time in Peachtree City - we will soon be welcoming the Diva Half Marathon and 5K series (September 6, 2014); the Tri-PTC club is expanding and recently held a mock half ironman; the Dark Side running group is also hosting a Labor Day group run; plus there are numerous local races (like our own Classic), trail races (at Serenbe) and cross-training opportunities (Tour of Faith). I want to encourage each of you to challenge yourself:

- If you've solely been a runner – fantastic – but this may cause muscle imbalances and weaknesses in your exercise regimen - try a bike ride, a swim, a yoga class, a Pilates class or maybe some kayaking to round out your routine and aid your strength, balance and flexibility. (All key to us, especially as we age.)
- If you're a sprinter - try a longer race - ramp up your weekly long run and target a race that is a little longer than you've done before.
- If you're an ultra/marathon - try some track work. (I just started, and it is giving me a whole new appreciation for my weaknesses.) There is usually a group at Riley Field, especially Tuesday mornings.
- If you run alone - join one of our weekly groups or post to our Facebook page and meet someone for a run. I've met some of the most interesting people and some very good friends one stride at a time; worst case is you get in a good run, best case maybe a new lifelong friend.

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Club Members at the Fourth of July Picnic, post Peachtree Road Race

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**PTCRC 2013
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**The Legacy is published six
times per year: January,
March, May, July,
September, and November.
The deadline for submissions
are 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 30, 2013**

Club Treasurer Wanted!

Club President Kim Ruple announced that the Executive Board is searching for a club member willing to fill the role of treasurer. The Club appreciates Tim Covert and his years of dedication to being treasurer. Duties include maintaining the Club's books, handling financial transactions and filing a tax return. An official, detailed listing of duties is available. Contact Kim directly if interested.

Your Opportunity to Serve the Club!



Continued from previous page

- If you run with music, always on roads or always with a group - change it up - take off the head phones and listen to the birds; try the Stinky Trails for some roots/rocks/mud; try a lone run or run in the dark (without headphones, but with lights/reflective gear). You'll gain a whole new awareness of your surroundings.
- If you always run the race - change it up and volunteer. (The Classic is coming soon!) You'll gain a huge appreciation for not only the logistics of the race but the also the amazing faces you see, or pace for friends - help them meet a goal. Giving provides a huge payback!

So my message this month is, "Live Life, Challenge Yourself, and Don't Accept Anything Less than 100% Participation." Let us know what you've done - post it on Facebook, write an article for the newsletter, or volunteer to speak at one of our meetings. Looking forward to hearing from you. -Kim



Coaching Position!!!

Trinity Christian School (K-12) in Sharpsburg is looking for a Cross Country coach for their high school team of approximately 20 boys and girls. If interested, please contact Gary Peacock at (home) 770-463-9441, or (cell) 678-378-1829. He will put you in touch with the school headmaster/principal who can give you the specifics.

Your Opportunity to Serve the Community!

Rachel Johnson & Charlie Brown

By Bob Dalton

You may have noticed a new club member kicking butt and taking names at some of the local races this spring. She took second female overall in the All American 5K (where she set her PR of 21:53), 1st overall in the PTC Paws for a Purpose, and was a regular fixture at the PTCRC track meets this past summer mixing it up with the best of them. She is Rachel Johnson, 31, originally from Schaumburg, IL, now a resident of Sharpsburg for the past two years.

Rachel is a Quality Assurance Supervisor for O'Reilly Auto Parts where she manages inventory discrepancies, recalls, and profiling (space) issues for O'Reilly's SE Regional Distribution Center. She attended Universal Technical Institute (Auto/Diesel Technology) & Northwestern Business (Business Management). Rachel has to be at work by 5 every morning which means she arises at 3:45. That means bedtime by 9 PM or she turns into a pumpkin!



Rachel Johnson and Charlie Brown

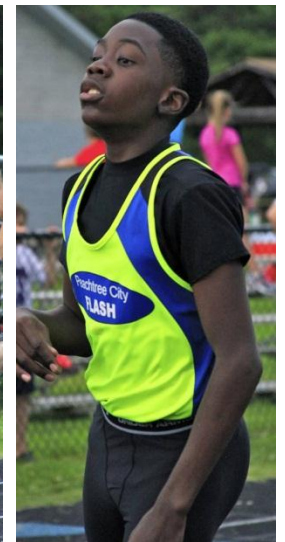
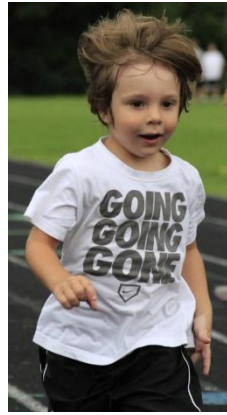
Of her win at the Paws for a Purpose, she gives the credit to her awesome running companion, Charlie Brown. "He is my two year-old Vizsla and can always be seen running with me on the PTC paths." Her favorite race is the co-sponsored ATC/PTCRC 5K/10K in January. "It's nice and cool outside. It makes for an easy opportunity for a new PR, and I love races held on our own turf." Making good on her statement, Rachel PR'd there at 47:48.

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Editor's Note: I was pleasantly surprised by the appreciation shown by members at the August club meeting for the newsletter – apparently there are members who actually read it, even in this day of media overload. I'm impressed that Charlie Brown let his human, Rachel Johnson, be profiled by Bob Dalton for this edition. That was very generous of him! Coincidentally, Kim Ruple, Tonya Oliver, who coordinates the Ultimate Fitness running club (which will enter the Classic as a team!), and I had similar thoughts recently that can be summed up as, "mix it up to stay injury free" - always good advice for runners. Unfortunately, an avoidable injury kept me out of the Summer Track Series, but it looks like fun was had by all. Also related to Kim's letter, I've been thinking a lot about volunteerism recently. I met with Melissa Cox, local representative of the March of Dimes and Janet Beebe of Peachtree City's own Breast Cancer Survivors' Network. Both groups depend heavily on volunteers to fulfill their respective missions as does our club. Thanks to the club photographer, Susan Bothe, for her excellent and extensive work on the Summer Track Series. –Paul

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

PTCRC Summer Track Series at Riley Field



Georgia State Parks Red Top Roaster 9.9/3.1 Mile Trail Race

By Susan Bothe

Saturday, August third was an exciting day for five members of the PTCRC who made a trip to Cartersville, Georgia to venture up Red Top Mountain to participate in and watch the Georgia State Parks Red Top Roaster 9.9/3.1 mile Trail Race.

The four club members who raced the 9.9 mile trail realized it was no simple hill or ordinary trail run; it was a mountain that demanded every last bit of strength to finish. The race was put on by Dirty Spokes, and is the first in a series of four trail races held in Georgia state parks. The series features trails and adventures that build calf muscles and test endurance (along with testing the stability of ankles!). Also, it is not possible to completely rely on a GPS watch since some of the twists and turns are so tight that the true distance is not accurately measurable. However, the courses feature beautiful scenery and peaceful surroundings making the efforts worthwhile!

For this first installment in the series, the prize for overall female winner was earned by Deanna McCurdy with Tiffany Bellucci earning second place in her age group. Other finishers were Steven Bothe and David McCurdy.

Future races in the Dirty Spokes Georgia State Park Trail Run Series:

September 7- Georgia State Parks Unicoi State Park 7.8/3.5 Mile, Helen, GA

October 12- Georgia State Parks Fort Yargo State Park 8.55K/3.45 Mile, Winder, GA

December 7- Georgia State Parks Victoria Bryant State Park 10K/5K, Royston, GA



Club Members (l-r) Tiffany Bellucci, Susan Bothe, Deanna McCurdy, David McCurdy and Steven Bothe- they came; they saw; they conquered

Member Profile

Notes from
Ultimate Fitness'
Tonya Oliver

It is important that all adults get two days of weight training a week for bone density, muscle hypertrophy and strength. Ultimate offers yoga, and it would be a great class to invest in once a week for long, lean muscles, for strengthening joints and ligaments, as well as for improving balance and to make you less prone to injuries.

Tonya is organizing the Ultimate Fitness Running Club team entry into the Classic. Thanks!

Paul Schultz- PTCRC Newsletter Editor

by Bob Dalton

The PTC Running Club is fortunate to have a newsletter editor with the skills and creativity of Paul Schultz. He has been a club member for only a couple of years but when the need arose, Paul stepped forward as is characteristic of so many others in the club who also volunteer their time and service for the good of the larger community. In this case, it was to fill the always large shoes of the Club Newsletter Editor. This every-other-month publication serves not only as the club newsletter with tons of great and useful information, it also serves as a historical record that documents the many varied activities and accomplishments of the club. Thus, the importance of ensuring the right person is in the job and that they “get it right” as far as accuracy and timeliness, a job that Paul has already proven in just a few short months that he can do.

Paul, 44, moved to PTC the first time fourteen years ago with his wife, Keiko. His sons Yuhki (14) and Kohta (12) and daughter, Miyabi (her nickname is “Biko”), were all born here. He’s originally from Iowa and obtained his BS in Electrical Engineering and a BA in Asian Languages (Japanese) from the University of Iowa. Later on, he earned an MBA from Baker College.

Paul works in Corporate Planning at Panasonic. “Ideally, I should be helping develop company strategy, but mostly I’m the PowerPoint guy for the executive team. If you need to communicate something important internally, come see me. I’m also the front end for Community Affairs program which is Panasonic’s program for financial and product donations to the communities where we do business.” In fact, PTCRC was the recipient of a \$5,000 sponsorship for last year’s PTC Classic and \$10,000 this year’s, which Paul was instrumental in obtaining.

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Miyabi, Yuhki, Kohta, Keiko, and Paul in Japan showing Buddhist prayer beads given to them by SGI leader Daisaku Ikeda

PTCRC Summer Track Series at Riley Field (continued)



Upcoming Events

August

- 12 PTC-TRI Sprint Triathlon (volunteers needed, contact Kim Bramblett, kim.bramblett@gmail.com)
- 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 forming teams, contact Bill Fuller, mki.kammann@gmail.com)
- 7 Cleveland Elementary 5k, Peachtree City, start of Rotary Elementary Grand Prix
- Creekside High School Army JROTC First Annual 5k Fairburn, GA
- 14 Fayetteville Elementary 5k, Fayetteville, GA (Rotary Elementary Grand Prix race)
- 21 Tyrone Founders Day 5k (Rotary Elementary Grand Prix race)
- Georgia Jewel 100/50/35 Mile, Dalton, GA (Darkside Running Club Affiliation)

**PTC Classic 15k/5k
Discount Ends
August 19!**

October

- 4 Promise Place's "Run From Domestic Violence" 5k/1-mile, Peachtree City
- 19 33rd Peachtree City Classic Road Race 15k/5k- our annual premier club event!
(RRCA Championship and 2013 USATF Georgia LDR & Masters Championship Event)
- 26 Peeples Elementary Pumpkin Run 5k, Fayetteville, GA

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, PTCRC Discount: #Club213)

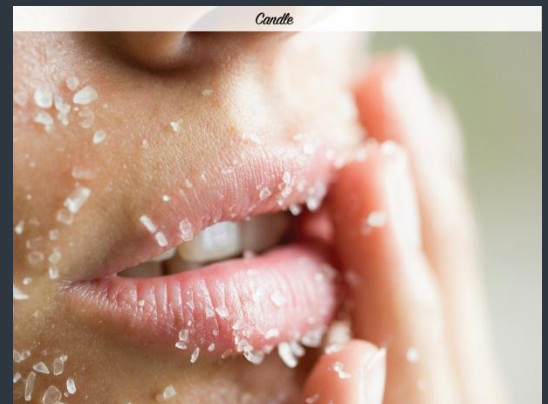
December

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

Club Benefit: Free Massage or Facial

Candle Spas is offering a complimentary massage or facial to club members as a way of trying out their service. Signup for your free facial then, for \$19, get a massage or facial every month. No contract, no commitment. Cancel anytime.

<http://promotions.candlespas.com/wmb>



Rachel Johnson

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Her half marathon PR of 1:45 was set at Savannah in November last year. She wants to go back there again this year and lower her time by five minutes. Rachel also has the Serenbe 15K, the PTC Classic 15K, and the Atlanta Thanksgiving Half Marathon in her sights as target races this fall so the competition has fair notice!



Rachel at the Chicago Women's Half Marathon

Rachel also enjoys cardio kickboxing and hot yoga but especially running because "It helps me to relieve stress. I love the healthy lifestyle it has to offer. And now I'm part of a wonderful club that has helped introduce me to others who enjoy running. It's given me the opportunity to build friendships, get great training advice and most important, be part of something that can make a positive change in people's lives. I truly believe in the PTCRC, what it stands for, who it supports, and the people who are part of it. Being a part of the PTCRC has not only made me a stronger runner, it has helped me be a new & improved me!"



Rachel at the Las Vegas Half Marathon

Rachel is a welcome addition to the club and we look forward to seeing her continue to make strides toward more PRs and wins at road races!

Paul Schultz

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One of Paul's own memorable running experiences was "Grandfather Mountain Marathon in 2012 with my twin brother and older brother- great family bonding experience. This might also be the most unusual experience also- we stayed in a rental vacation home. My twin and I got the room with two single beds, but they were high density foam on top of an Army cot. Worst sleep before a race I ever had- worst sleep maybe ever. Found out the next day after the marathon there was an extra bed in the daylight basement bedroom that nobody was using, which ended up being really comfortable the *second* night there."



Twin brother Mark (l), Al, and Paul at the 2012 Grandfather Mountain Marathon

Paul says, "I've been practicing Buddhism since 1997, so for about 16 years. In the Lotus Sutra it describes
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how one day of life is more valuable than all the treasures of a major world system (an incredibly huge amount of treasure). To me, one day of being able to run is worth twice that and running with friends more than that.” He advises reading ‘Born to Run’- “that is the answer to why I run. Runners are some of the best people in the world.”

Paul explains why he joined the club. “There is a book called ‘The Runner’s Rule Book.’ Interspersed with rules such as “Before you remove new running shoes from the box, you must smell them” and “Learn, and love, the farmer’s blow” is a rule about joining the local running club, which seems reasonable. Plus, I like just about everything the club does, running or otherwise. I say “just about” because I haven’t tried everything yet. I have some doubts about the Bourbon Trail run!”

His favorite race is the now defunct U.S. 10k Classic (the Run for the Children in Need) which used to be held every Labor Day. “Unfortunately it is no longer in existence, but it was the perfect event: weather (cool morning), crowd, race atmosphere, and distance. Plus I got a medal the second time I ran it by setting a somewhat stretch goal for myself.”

When you read the next installment of the LEGacy newsletter, you will know a little more about the man behind the publication. Be sure to express your gratitude to him because this vital document doesn’t “just happen.” There are usually various contributors but it takes a special knack and lots of patience for the one who ties it all together to churn out this esteemed journal on a regular basis. Paul Schultz has definitely earned the gratitude of the club!

Recipe: Good Old Fashioned Pancakes

By Paul Schultz

Every weekend, typically on Saturday morning, I have my special time with the kids; my wife is not a morning person. I make pancakes or waffles, but the little girl likes pancakes so usually “it’s pancakes.” I was tired of the cardboard box pancake mix, which is typically fine but gets old. I searched for different recipes and found a recipe submitted by Dakota Kelly to Allrecipes.com. Since everyone knows how to make pancakes, I’ll include only the ingredient list and a few of my notes. (Note, I also found out that ingredient lists are not copyrightable, but citing a source is always a good idea especially since this recipe came from a weathered-looking recipe card. That was proof to me they are delicious. The kids agree!)

Ingredients

1 ½ cup flour	1 ¼ cup milk
3 ½ teaspoon baking powder	1 egg
1 teaspoon salt	3 tablespoons butter, melted
1 tablespoon white sugar	

I usually mix the dry ingredients together while letting the milk and egg come to room temperature since pouring melted butter into cold ingredients will cause it to clump a little. I’ve also substituted buttermilk, which I buy at the holidays to make scratch biscuits, for milk and added enough baking soda to balance it. I cut back on baking power when I do this. Either way, there is plenty of sodium in this recipe so if I double it, I cut back on the baking powder.

Ingredients list from Allrecipes.com- Good Old Fashioned Pancakes



1000 Mile Club

Name	Miles as of August 5	Jacket	Club	Volunteer Activities	Meetings Attended
Adams, James	195	Yes	1000		2
Allis, Dick	950	No		9	5
Aviles, Pam	213.9	Yes	1000	1	2
Barber, Karin	866	No		2	4
Bellucci, Tiffany	149	No			1
Besch, Teri	779.4	Yes	20,000	9	6
Bothe, Steven	1701	No		3	5
Brown, Russell		No			1
Burkingstock, Kith	940.8	Yes	5000	4	5
Burrus, Pam	366	No			2
Butler, Mitch	1209	No		2	4
Caldwell, Bryan	1500	No		2	4
Caldwell, Karen	950	No			3
Cardone, Mike	280.3	Yes	1000		1
Chiong, Christopher	676	Yes	5000	2	4
Clark, Sally	650	Yes	1000	3	5
Cole, Steve	805.86	No		3	4
Cote-Miles, Pat	420	No		1	2
Corrigan, Meredith	435.25	Yes			2
Covert, Tim	585.2	No		4	7
Daley, Cal	693	Yes	20,000	3	4
Dalton, Bob	1742	No		6	7
Desgain, Jules	615	No		2	3
Ernst, Helen	500	Yes	1000		3
Everage, Bill	585	Yes	10,000	2	2
Farrier, Brian	537	No		2	3
Feldman, Jamie	670	Yes	1000	2	4
Fratto, Jan	356	No		3	3
Fratto, Fred	500	No		4	3
Fuentes, Marino	884	No		6	5
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	745	No		4	3
Hamill, Nancy	400	No		3	3
Hamill, Todd	535	No		3	3
Hamilt, Melanie	650	No		1	
Hamilton, Jane	240	No			2
Hamilton, Mark		No			2
Hancock, Bonnie	504	Yes	15,000	3	5
Hancock, Hannah	625	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 August 5	Jacket	Club	Volunteer Activities	Meetings Attended
Hancock, Jake	750	No		3	2
Hancock, Steve	670	Yes	15,000	4	5
Hinkle, Angie	710	No		6	1
Hinkle, Eric	160	No		6	2
Jenkins, Tom	549	Yes	1000		3
Johns, Amanda	155	Yes	1000		1
Johnson, Rachel	502	Yes	1000	3	5
Johnston, Bill	506	No		1	3
Kearns, Patrick	439	Yes	10,000	2	5
Kennedy, Courtney	340	Yes	1,000		0
Kennedy, David	706	No		4	5
Kennedy, Ryan	1001	No		2	4
Kilgo, Karen	215.2	Yes	1000		2
Kolb, Gary	775	Yes	5000		3
Krauth, Christine	302	Yes	1000		1
Lankford, Mike	681	No		15	6
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	1123	No		2	2
McCurdy, Deanna	450	No		2	2
Mills, Susan	810	No		2	4
Moore, Alan	478	Yes	1000	4	3
Moore, Gary	160	Yes	1000		1
Moore, Teresa	850	No		6	7
Moore, Tracey	720	Yes	5000	2	5
Mrosek, John	124	No		1	2
Neola, Scott	414	No		12	2
Olson, Cathy	822	No		5	5
Osse, Brandi	627			1	3
Phillips, Chris	155	No		1	1
Piet, Dave	830	No		3	6
Rangnow, Doug	30	Yes	1000		1
Reynolds, Valerie	158	Yes	20,000		1
Robison, Caryle	500	No		exempt	exempt
Robison, Roy	860	No		6	3
Rose, Betty	1440	No		3	4
Round, Tom	850	Yes	10,000	7	2
Ruple, Kim	1500	No		1	5
Sambrone, Constance	866	Yes	10,000	8	6
Schultz, Paul	579.5	Yes	1,000	1	3
Scoleri, Katherine	165	Yes	1000		2

1000 Mile Club

Name	Miles as of August 5	Jacket	Club	Volunteer Activities	Meetings Attended
Scoleri, Steven	301	Yes	1000	5	1
Sheffield, Shane	617	No		5	4
Shoemaker, Adam	400	Yes	1000	3	4
Shoemaker, Ann	700	No		4	3
Shoemaker, Jerry	845	No		3	2
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	616	No		4	2
Vlachakis, Alexandria	200	Yes	1000		
Walker, Anastasia	417	No			2
Warren, Angie	40	Yes	1000		0
Warren, Mike	1160	Yes	15,000	5	3
Wassell, Joe	446	No		1	2
Waterhouse, John	457	No		3	3
Werling, Bill	743	Yes	25,000	49	6
Weston, Rita	703	No		5	4
Wolfe, Hal	465	No			1
Woods, Sandra	675	No		1	5
Woods, Von	850	No		5	6
Zuehlke, Jill	600	Yes	1000		2

Reminders

Next Club Grand Prix Event

August 31

Football Kickoff Run

Next Club Meeting

September 3

Partners Pizza, Peachtree City

Meeting Minutes

Club Meeting Minutes- August 5, 2013

The meeting was called to order by President Kim Ruple.

The June meeting minutes were accepted.

Kim Ruple made a presentation to Leigh Blood of American Legion Post 50. The All American 5k race raised \$5,382 for the Legion this year to support their programs.

Nancy Mullen, local Girl Scout, thanked the club for its support with her Gold Award.

Soldiers Marathon discount code was shared (Ed.: see Upcoming Events page)

Thank you notes from Sandy Tuman and Caitlyn McKenzie Nail were read.

Roy Robison shared a video presentation about the 2003 Kona Ironman Triathlon.

Sally D. Clark has new member logo items available.

The club currently has \$50,000 in CD's and \$1,950 in checking. Classic monies are coming in regularly. The club currently has a membership of over 250 members.

Marino Fuentes gave a report on the golf tournament. Adam Shoemaker gave a Club Grand Prix update. Paul Schultz gave a newsletter update. George Martin gave a Classic update, Classic sponsorship of a Dragon Boat, and the Rotary Grand Prix series. Teri Besch gave a 1000 Mile Club update. Steve Hancock shared cross country information. Rita Weston reported on the July Fourth picnic and Classic volunteer appreciation party. Diva Half Marathon registration has begun.

Bill Werling is seeking to mentor a Parking Coordinator for next year's Classic.

Kathy Olson and Paul Schultz made an appeal for the Alzheimer's Walk on October 5 and Promise Place 5k on October 4, respectively.

Meeting adjourned.



**Leigh Blood presenting Kim Ruple
Certificate of Appreciation**

**Live Life, Challenge Yourself, and Don't Accept
Anything Less than 100% Participation**