



LEGACY

Newsletter of the Peachtree City Running Club
November/December 2013

2013 Peachtree City Classic 5k/15k

By George Martin, Classic Race Director

We did it again! The official count of those registered for our 5K's and 15K was 2,095 and I've heard nothing but compliments on how we managed the entire event. That is completely a result of all of the dedicated coordinators and volunteers we have in this club.

I'm often asked why I continue each year as the Race Director for the Peachtree City Classic, especially by the 10 or 12 other former RD's. The answer is that it is fun, but it's only fun when you surround yourself with Coordinators and volunteers who care about what they do, are good at what they do, and who themselves have a lot of fun doing the job. Honestly I couldn't ask for a better group of people to work with.

Just a few examples are people like Hal Wolfe, who on finding out that our Gatorade supply had fallen through just a few days before the race day called me up just to let me know, said he would fix it, and then did by scouring the entire area for a new supply. Or Ron Kempton, who marked all three courses on Wednesday, only to have the expected "slight drizzle" turn into a heavy rain on Thursday, washing away most of the white paint. He didn't panic; he just fixed it Friday afternoon. Or Sandy Forero, who after finding out that two of our vendors had a big problem with each other, moved one of the vendors to a "better" spot, and just fixed it. Or Anne Shoemaker, who arrived Saturday to set up her open-air shirt distribution area in the midst of a solid rain, and needing to keep runners shirts dry, reengineered the entire process on the spot. She just fixed it, and I never heard a word.

Now I know there are dozens of other coordinators and volunteers who just fixed things on the fly, many of which I'll never know about. And that is what makes the Classic such a fun and satisfying race. The final numbers are not yet in, but it looks like we will be at or near another record breaking financial year. But the important thing is we had a good time and we created a memorable race for about over 2,000 people. Thanks to the 28 coordinators and 200+ volunteers that made this year such a success!

President's Letter

By Kim Ruple

Thank you to the entire club. I have learned a great deal in my first year as club president and have gotten to meet and know many of our great members. I would encourage each of you to take a leadership role when it is available. It is a high return on

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**PTCRC 2013
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Christmas Party & Awards Banquet!

2013 Annual Christmas Party & Awards Banquet PTC Running Club

Date: Friday, December 13, 2013

Time: 6:00 - 11:00 (bar closes at 10:30)

Where: Glendalough Manor, 200 Glendalough Court, Tyrone, Ga.

Cost: **\$30.00 per member; \$60 non-member**

Make check payable to: **Peachtree City Running Club**

Mail to: Rita Weston

402 The Boulevard

Newnan, Georgia 30263

All checks must be received by: **Tuesday, December 3, 2013**

PTC Running Club

HOLIDAY DINNER BUFFET

Hors d'oeuvres

Amorosa Tomato and Fresh Mozzarella on
a Skewer dipped with Balsamic Glaze

Chicken Skewers with a Raspberry
Chipotle Glaze

Salads

Baby Spinach Salad with Bleu Cheese,
Pecans, & Craisins, served with a Maple
Vinaigrette

Spinach Salad Topped with Orange
Segments, Pecans, and Dried Cranberry
served with a Raspberry Vinaigrette

Entrees

Filet of Beef with a Boursin Cream Sauce

Atlantic Salmon Baked in White Wine and
Butter topped with a Cucumber Dill Sauce

Starches

Rice Pilaf with Cranberries

Roasted Red Potatoes

Vegetable

Grilled Asparagus with Parmesan Curls

Desserts

Warm Caramelized Apple Bread Pudding

Pecan Pie Tarts

Seasonally flavored cheesecakes

Late Night Station

Hot cocoa served with mini marshmallows

Holiday cookies

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
December 19, 2013

New Member Profile

Welcome New Members!

Kelly Johnston
Carrie Steffan
Dianne Head
Janette Higgins
Vanessa Valentino
Scott Stinson
Lesley Williams
Kim Tatum
Dave Johnson
Steve Kaiser
Derwin Cooper
Kristopher Green
Nancy Dodgen
Esmeralda Granados
Vincent Iacovelli

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

Speedy Man Sean McNichols

By Bob Dalton

If you've seen a young, red-headed guy around at local races burning up the roads, it's probably new club member Sean McNichols. As a Division II cross country runner for two seasons at Harding University in Arkansas, Sean has put his experience to good use both as a coach and a fierce road racer.



Sean gets down with his dog Oz

Originally from Long Island, New York, Sean migrated south via Harding and then Auburn University from whence he received his Bachelor's in Math/Education and then a Masters in Applied Mathematics respectively. He has called Peachtree City home for the past three years along with his wife Sarah, an ER nurse, and their dog, Oz. He has been the cross country coach at Sandy Creek high School for the past three years.

Sean was a standout runner in high school where he competed in cross country and indoor and outdoor track but his introduction to collegiate running was a reality check. "My college try-out was a timed 3K on the first day of practice. From high school to college competitive cross country was a shock. I wasn't ready for the 3K and finished one second under the required mark to be on the team."

When asked what motivates him to run, Sean replies, "It allows me to maintain mental sanity. It is a huge stress reliever and makes my day better. I have a wife that after a couple days without running will push me out of the house and say 'you need to run.' Sometimes I'm glad she can recognize this need to run and other days I wish she would just let me be lazy and not go run (especially when I'm out of shape and 8 minute pace is unattainable)."

"I'm also a big pace guy. I love to roll out 13 miles at the same pace or within one second per mile split. I may not be the fastest, but I dwell on the pace and love the consistency that running can provide. Running is an activity where I can achieve something, and it's a sport that isn't really appreciated except by those who also run. Non-runners don't understand how difficult it is to train and then to race. Simply put: 'I run.'"

Sean especially enjoyed "being a part of a 6-Man 193 mile Ragnar Relay team in Rhode Island this past May. My legs totaled 37 miles in 24 hours. I think the rest in between each leg was worse than the actual running of my legs." His favorite distance is the Half Marathon but his favorite race is the Anything's Possible 5K run each year in November when we go off of Daylight Savings Time. You actually finish before you start time-wise!! "It's a great experience running at 1:50am around an empty mall parking lot. All the people

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Wasted but Happy

By Luke Wiseman, Cub Reporter and Color Commentator (Newport, KY)

This story starts in the British Isles where Bill Fuller was born. And at least part of the story ends around 3:08 PM on October 19, 2013 as 12 manly men, including PTC's own Bill Fuller, who was unable to run the relay this year, crossed the finish line of the 200-mile, 36-leg, all-night Bourbon Chase in Lexington, Kentucky trumping the team's record from last year with a time of 24:08 and garnering seventh place in the Open Male division (14th place, overall).

Members of the team "Wasted But Happy" included Peachtree City Running Club's Steven Bothe, Bryan Caldwell, Mark Hamilton, Larry Landgren (captain), Shawn McKinnon, Glenn Sibert, and Mark Ward with members from Cincinnati-Northern Kentucky's Pain By Numbers running club: Rob Gould, Matt McClanahan, Tony Ripberger, and Luke Wiseman.

On Friday, October 18 in the afternoon at Jim Beam American Distillery, Claremont, Kentucky, located about 30 minutes from Louisville, Rob Gould took the first leg of the relay under sunny skies and a start line reminiscent of an inflatable castle entryway-ballooned and colored Black-Eyed Susan yellow and barn-brown maroon.

Out of the inflated gate, Gould swiftly passed 11 runners and completed his first 7.1 miles, handing the psychedelic rainbow "Are You Experienced? Peace. Love.

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Front (l to r). Bill Fuller, Luke Wiseman, Glenn Sibert and Mark Hamilton.

back (l to r). Larry Landgren, Matt McClanahan, Rob Gould, Tony Ripberger, Shawn McKinnon, Bryan Caldwell, Steven Bothe and Mark Ward.

Club Golf Tournament

By Marino Fuentes

The Club has supported the Annual Golf Tournament for 13 consecutive years. Here are some photos and a quick summary of the results. Of the 13 registered teams the following teams were awarded prizes:

First Place (low net) Net- 52	Team Barnes: Micah Nyborg, Justyn Gigliotti, Alan Barnes and Mark Sparrow
First Place (low gross)- 59	Team Orange Crush: Gabe Hyde, Shane Carpenter, Doug Lego and Bill Salinski
Second Place (low net)- 53	Team Gophers: Paul Blaum, Kraig Kaster, Mark Gray and Chris Nowak
Third Place (low net, tie)-57	Team Fuentes: Liz Fuentes, Marino Fuentes, Rhonda Shell and Jackson Fuentes
Third Place (low net, tie)-57	Team Gulick: David Gulick, Tom Crofton, Carolyn Gulick and Jason Gulick

We had a tie for third place between Team Gulick (editor: pictured later with other tournament pictures) and Team Fuentes. A toss of the coin resulted in Team Fuentes winning the third place spot.

We were very thankful for the nearly perfect day for golf in June. We were able to cover almost all of our expenses with a deficit of only \$50. Many thanks to the numerous volunteers that came out to help things move along and keep the players hydrated and in a good mood. Special thanks to Dave Piet who volunteered to organize the tournament and took care of procuring the ice and beverages. Jill Lego took pictures, and Yvonne Martin, John Mrosek and Liz Carroll worked the beverage carts. Even non-members came out to help their friends. Thanks to all the players who participated and hope to see you again next year!



Team Barnes



Team Orange Crush



Team Gophers



Team Fuentes

High Achieving Attorney- Deborah Kalish

by Bob Dalton

Deborah Kalish is an attorney at Morris/Hardwick/Schneider Law Firm where she is a partner in commercial and residential real estate. Originally from Brookline, MA, she graduated from Harvard University in 1983 with a degree in Economics and from Emory University Law School with her Juris Doctorate in 1988. She now calls Fayetteville home along with her three cats (Leah, Jazz, Callie) and two dogs (Dexter and April). The saying “fighting like cats and dogs” is put to the lie in this case as Deborah says they all get along superbly!

Deborah’s favorite race is the Old Rope Mill Park 6.5 mile race in Canton. It is the first race she did that was longer than a 5K. “I LOVE trail racing; it was March; cool, a lot of winding, uphill, snaking trails all the way to the top.”

She enjoys running because “I love being outdoors, meeting new people, and trail running / racing is one of the most fun / freeing / hardest sports I’ve done.” She goes on to say, “I have done about ten trail races since I started running and a few road races. I run because I have always been athletic. I competed in tennis, and then did cycling for about ten years. I’ve done BRAG (Bike Ride Across Georgia) about eight times. Now running is my passion in order to be fit, have fun, train, and eat!!”

Deborah rides a recumbent bike – a Greenspeed GT3 that she rides on the cart paths in PTC. She joined the club because she likes “running with a group. It helps push myself to run longer and faster.”

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At F.D. Roosevelt State Park (l-r): Lisa Mathews and Deborah Kalish

XTERRA Trail Run National Championships

By Deanna McCurdy, Head Coach, Team Miles for Smiles

I went out to Snowbasin Resort in Ogden, Utah for the XTERRA Trail Run National Championships September 22, and it was absolutely amazing! I felt great, thanks to getting out there a few days early to acclimate to the altitude and weather. The first day's run was brutal, and I was clutching at my chest every time we stopped. Day two allowed us to run a couple miles out and back on the race course, averaging a 9:45 pace, which was something we were quite proud of at the time considering the ridiculous grade of the first climb right out of the start up the ski slopes. There was over 2000 ft of climbing during the half-marathon. I approached it as an amazing day out on the trails, making sure to take in the sites and soak in everything that makes those mountains so picturesque, even doing a 360 when I reached the summit of the longest climb- it was breathtaking. My goal as an East Coaster who lives far from real mountains was to not finish last in my age group and still be smiling as I crossed the finish line. I had no idea where I was placed during the race, nor how close I was to the finish line when I spotted the female who finished right in front of me, thus missing a final kick (but getting a great finish line photo jumping across the finish line). Here are the Overall results from the women's field:

1. Lindsey Anderson (Ogden, UT) Olympic Steeplechase Team 2008
 2. Liz Stephen (VT) Olympic Cross Country Ski Team 2010
 3. Maria Dalzot (WA) Team Inov-8
 4. Corrine Malcolm (Montana) Upcoming US Olympic Biathlon Team 2014
 5. Margaret Shearer (CA) XTERRA California State Champion
 6. Deanna McCurdy (Peachtree City, GA) Stay at home mom of 2 little girls
- *only 7 sec out of 5th place, 44 sec from 4th!

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Deanna McCurdy at the XTERRA Trail Run National Championships

Open Letter to Pam Burrus: Thanks to momsRUNthistown!

Since I retired from the Army, I've been taking teams to the Army Ten Miler for the last 15 years in a row. (you can find their website at www.armytenmiler.com) It takes place in the Nation's capitol, Washington, D.C., every year in October. It is America's largest and most popular 10 miler with over 30,000 registered participants. The course goes by many of the Capitol Landmarks including Arlington, the Kennedy Center, the Mall, the Washington Monument, the Capitol, and many others. The race is a BIG DEAL, not only within the Army, but ALL the Armed Services because of the prestige and bragging rights that come with running a national signature event like this. There are runners from all 50 states and usually 8-10 foreign countries.

One of the things that makes this particular event really special and sets it apart from other races, however, is the Wounded Warrior contingent that starts at the head of the race ten minutes before everyone else. There are usually several dozen soldiers, both men and women, who are missing limbs and/or suffering other traumatic injuries who are determined to overcome their disabilities and finish the race. I'm sure you know one of them, CPT Dan Berschinski, for whom the first All American 5K was created by our own Peachtree City Running Club and who has served as the Master of Ceremonies ever since. As we pass the Wounded Warriors along the course, they serve as an inspiration to the rest of us able-bodied runners who shout our own encouragement to them.

Like all other racing events, this one wouldn't be possible without the support of the many sponsors who provide financial, technical, and human support and resources. The reason I am telling you all this is because of something I saw on page 23 of this year's program (attached) which lists all the sponsors. Along with such standard heavyweights as BAE, GE, Northrup Grumman, the American Red Cross, and many others, the one that jumped out at me was momsRUNthistown!!

I know this is your baby that you created only a couple of years ago, but you can be proud (if not astonished like the rest of us) at the rate at which it has grown and the life of its own that it has taken on. But even more so, your organization is now supporting such events like this that directly benefit our Wounded Warriors and their hero families. In short, momsRUNthistown is nothing less than a force for GOOD that not only connects and networks moms nationwide, but supports those who have selflessly served our nation.

The Peachtree City Running Club is indeed fortunate to be a partner with you and your organization. Thanks for all you do and best wishes for continued growth and success!!

Regards.....Bob Dalton

Why we do what we do: A note from Classic 15k participant, Elaine Mangham

I have run the Peachtree City Classic for many years- never placing. Today was a first and an amazing testimony to perseverance and running when one is "older." Also, two years ago this October, I broke my left femur and right foot so to run any day is a great blessing to me. After I ran today, however, I left to pick up grandchildren in Newnan and found out I placed third in the 60 - 64 age group. I don't know what the award is, but I would love to pay to have it mailed to me. (After Elaine received her award, she concluded) I wanted to let you know that I met Kelly at the amphitheater and got my beautiful award, which is currently sitting on the mantel in my living room. I love the fall colors, the stylish glass, and the significance of the award. Proud I am to have placed, and proud I am to have communicated with thoughtful and caring people. Know you are appreciated and that I will see you in less than one year -- Lord willing and my legs keep pumping.

Race Review: Big Cottonwood

By Christine Krauth

It started innocently enough...I was analyzing my splits from the Hot Chocolate 15K I ran last winter and noticed that I was a good 45 seconds to a minute faster going downhill than my regular race pace. I told a friend about this and she said, "What you need is a downhill race!" Sounds rational enough, right?

I signed up for the Big Cottonwood Marathon in Utah at the beginning of June with the goal of qualifying for Boston. This race looked like a dream! There was literally no uphill at all, aside from a few mild inclines at the bottom of the canyon, in the fall in Utah. It started at a little less than 10,000 feet and ended around 5,000 feet. It would be beautiful, fast and cool.



Is this an elevation chart, or what?!

The race was September 14 so I had a little more than three months to prepare. It turned out to be a total of about 11 weeks for me because of a hip injury from cross training. I'd been in physical therapy with Michellene Cappas at ProHealth for about a month and my pain was better- better than it had been and minimal enough so that I believed I could still run a marathon. I did the FIRST marathon training program and felt pretty good about where I was in terms of fitness so despite the injury, I hopped on the plane September 12 and was on my way to Utah!

I had two friends joining me out there; one, Lacy, is a local running buddy who had

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Natalie Stains, Christine Krauth, and Lacy Pepe at Race Expo

Upcoming Events

November

- 9 Braelinn Elementary Run for the Stars 5k, Peachtree City, GA (Rotary Club Grand Prix race)
5K: New Hope Harvest Classic, Fayetteville (RRCA Georgia Championship Bid)
Chickamauga Battlefield Marathon Fort Oglethorpe (RRCA Georgia Championship Bid)
Soldier Marathon and Half, Columbus (RRCA Georgia Championship Bid, PTCRC Discount: club213)
- 10 Peachtree City 50k/25k (Darkside Running Club affiliated race)
- 16 Little Mulberry Park 10K/5K Trail Run Race, Dacula, GA
- 23 Serenbe Hill Country 15K and 5K Trail Run, Palmetto (hillcountryrace.org)

December

- 7 Peachtree City Elementary Jingle Bell Trail 5k, Peachtree City, GA (Rotary Club Grand Prix race)
Race Away from Domestic Violence 5k, Newnan, GA
- 8 Pine Mountain 40-mile Trail Run, Pine Mountain, GA (Darkside Running Club affiliated race)
Third Annual Reindeer Run & Games (half-marathon & 5k), Fernandia, FL
- 14 The Bedford School 5k (Rotary Club Grand Prix race)
Carpet Capital 10 Miler, Dalton (RRCA Georgia Championship Bid)
Tallahassee Ultra Distance Classic 50k/50 mile, Wakulla Springs, FL (Darkside Running Club affiliated)
- 31 Georgia Jewel 24 Hour, Dalton, GA

January

- 4 St. Paul Lutheran School (Rotary Club Grand Prix race)



Thanks once again to our Classic sponsors!

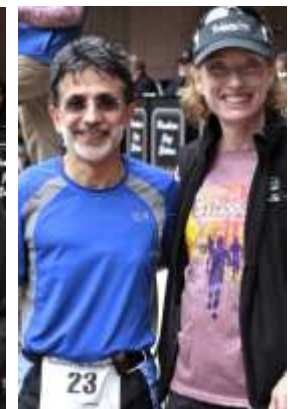
Dragon Boat and More Golf Photos



Team Gulick



Classic Race Awards & Packet Pickup



President's letter

Continued from page 2

your investment. I appreciate everyone's support and hard work - in front and behind the scenes. I look forward to the holiday party and coming year.

I'd like to make a special mention of our club volunteers. These men and women go the extra mile! We only know about those in the 1000 Mile Club, but I'm sure there are some outside the 1000 Mile Club we should also recognize.

Name	Volunteer Activities
Bill Werling	61
Mike Langford	17
Teri Besch	13
Scott Neola	13
Roy Robison	12
Dick Allis	11



Classic 5k/15k Packet Stuffing at Partners Pizza

Thanks- Kim

Sean McNichols

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are dressed up too which is always hilarious post-race at 2 AM."

Sean stays busy and says, "During the school year I really don't have any hobbies besides training and teaching. During the summer I enjoy taking trips to different locations that I've never been, mainly to find a new race to run."

Asked about his training methods, he says "I am my own training guide, and when I was at college other guys were putting in 100 miles per week training. I ran typically no more than 40 miles and still managed to improve all my times. Some found it strange that it was possible to get better with low mileage per week, but I try to keep my workouts simple and to the point. I don't stretch; I don't eat right, and I just run. It doesn't make sense but it works."

Sean joined the club "to get involved with a collection of runners. Mainly to meet fellow runners so that it is easier to get onto a relay team. Also it gets pretty boring when you run by yourself or you don't know anyone at the races you run. I love showing up to the events and recognizing a few faces and being able to talk to people about their lives outside of running. It's a community event!"

One of his first experiences as a club member was "the time I went to Savannah in 2011 to run the Inaugural Rock and Roll Half Marathon and had a terrible time getting to my hotel to the start line and getting my packet at the expo only to have Steve Bothe convince me during the race that I was going too slow. I ended up qualifying for NYC Marathon that day and ran what I believe will forever be my half marathon PR (1:21:53). I was at Mile 3 and

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Steve Bothe caught me and said, “Hey, why are you back here...” I had no answer and decided for the next 10 I was going to just go for it, and if I didn’t make it I could at least say I gave it a shot. I remember looking at my watch at mile 10 thinking just a 5K left and then I realized I could do 8 minute miles to the end and I’d get my PR for a Half Marathon. The clock at the finish was great because it was about a 400 meter run with the clock visible and made for a great sprinting finish. I didn’t look so good in the picture, but it is what it is. I’m not a pretty runner.”

Pretty or not, his results speak for themselves. Here is a summary of his PRs:

1 mile	4:57	PTCRC Summer Track Classic Series 2013
5K	16:52	Ft Worth, TX 2011
10K	36:52	Atlanta, GA 2011
Half Marathon	1:21:53	Savannah, GA 2011
Marathon	3:12:35	Publix, Atlanta, GA 2011

Demonstrating his road racing prowess, Sean raced the Men’s 5K in the PTC Classic last month finishing second in his age group. Three minutes later, he started the Open 15K and finished – you guessed it – second again in his age group. As for future goals, Sean says he is still shooting for that sub-3 hour marathon. “As far as my PRs I’d like to hit them all again in ten years. My dad likes to gloat that all his PRs came after his prime.” Chances are Sean still has quite a few PR’s in his future any way you look at it.

Bourbon Chase

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Bourbon.” wristband, the Bourbon Chase’s relay “baton”, to Bryan Caldwell near Cox’s Creek, Kentucky. Due to the unfortunate absence of Bill Everage, Gould would go on to run a total of four legs of the Chase for a total of 25.4 miles total. Tony Ripberger and Steven Bothe also completed fourth legs of the relay for totals of 22.9 and 24.5 miles, respectively. The other eight runners each ran three separate legs of distances between four and seven miles. Exchange zones include stops in small towns- and along seemingly desolate roads, especially after the stroke of midnight- around central Kentucky’s Bourbon Trail with relay zones at Maker’s Mark, Four Roses, where bourbon balls were plentiful and tattoos were applied, and Woodford Reserve. While there is a “no drinking” rule along the course, the Chase’s name and frequent stops at distilleries invites a bit of a history lesson.

History Lesson. Roll Tape.

During medieval times, Irish and Scottish monks created an “aqua vitae” from fermented grain mash. Scotland’s James IV, later ruling of as England’s James I after the death of Queen Elizabeth, was a known quaffer of whiskey. And the original reason for the quaff: medicinal. After Henry the VIII disbanded the Catholic Church in England, whiskey making went rogue, so to speak, as individuals (and former monks) set up stills on private properties. During what I’ll call the “privatization period,” folks got the kinks worked out and discovered that whiskey’s potency could be increased through a prolonged distilling process. Old Bushmills Distillery in Northern Ireland was given its license (at the behest of James IV or I, depending on your Scottish heritage) in 1608 and is regarded as the “oldest whiskey distillery.” Then, in the 1800’s as Scots, Irish, and Welsh drinkers settled in and around the

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Appalachian Mountains, they brought with them their love of whiskey and their pragmatism. Elijah Craig a fiery, inventive, and frugal preacher (also the first in Kentucky to use hemp...to make rope) of the “Traveling Church” brought his distillery to Kentucky after facing persecution in Virginia in 1785. Elijah must have had some wild hootenanny of a revival when he brewed his first batch using the “native grain” of Kentucky: corn. Since then Elijah Craig and his “spiritual” brethren have been creating bourbon from corn mash (bourbon is, by definition, whiskey that contains at 51% corn mash), aging it in oak barrels, and pouring it out for all to enjoy and see the light of...

Curtain. End Scene.

The evening before the start of the Chase (Thursday, 10/17), we met at the Lexington Brewing and Distilling Company for a welcome reception that included pizza and beer. Many of us recommend the Kentucky Bourbon Ale. Later we headed back to our hotel to enjoy some of Elijah Craig’s spirit. And if we were not drinking to Reverend Craig (or if we weren’t drinking bourbon), we surely did appreciate his role in this mess. The evening provided us time to size each other up and learn and judge each other’s running prowess among other manly discussions (How to tie shoes; What kind of beer to drink; What to do if confronted by a bear; What to do if confronted at all).

The next morning we awoke like a beautiful heard of goats and headed to Tolly Ho, a greasy spoon joint catering to hung-over UK students. It has now become the traditional “eat spot” for the morning-of breakfast for PTC and “Wasted but Happy” runners. And worth reporting: the old plastic sign at with the raised black lettering from the ‘80s has been replaced by a new illuminated menu that is simply mesmerizing (or maybe a few of us were hung over, easily distracted, easily impressed, or all the above). In short, it took us 15 minutes to figure out our breakfast orders.



Over pancakes, eggs, toast, biscuits, ketchup, jelly, syrup, dead pork, we ate as Bill Fuller provided us a review of the Croft-Tom-o-Meter, a crofty work of statistical and accounting genius that kept us on our marks and at our transition spots. Although a few of us were too busy with our breakfasts or too cantankerous with our sass, Bill provided us with last-minute reminders: “We’re two vans, but one team”; “518 is our team number”; “Safety is first”; “Study your maps”; “Don’t get lost”; “Don’t hit the RED button on the stop watch.” And the like.

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Being the swaggering bunch we are, we disregarded nearly everything Bill said, but not because we don't love and respect him, but because the group- 11 type-A runners who are generally used to being listened to rather than listening- was peopled, at least this year, with cocky, head-strong men. (We sorely missed the likes of Kim Ruple and Greg Cox who kept us a bit more in-check last year. Or maybe they were just as bad as us. We missed them nonetheless.) It became clear early on that the wives and partners of many of us were perhaps happy to see us spend a weekend away.

As the 200-mile event came to a close—a close that included at least one wrong “obvious” turn; at least one “accidental nudge” of the RED BUTTON; at least one “unsafe urination” decision; at least one “moon” rise and “sun” set; at least one encounter with odd looking creatures at an ungodly hour; at least one billboard that read “GOD SENT THE FIRST TEXT: THE BIBLE”; at least one...okay...you get it. We “broke” some rules, and I’m a Faulkner wannabe—we gathered near the finish as “Fast Larry Landgren” crested the horizon. Bleary eyed from lack of sleep and shower, we cheered and crossed the finish line. Together and happy.

I’m an English teacher. According to some, I lead the kind of rock-star life you read about in check-out-line magazines (just ask Shawn, Glenn, Larry, Mark, or Matt: “Give me an ‘R’”? HOLLA!). Others imagine a turtle-shelled crony correcting papers under the buzz of a fluorescent light. I imagine I’m somewhere between those two stereotypes. What is for sure is that, by nature, I am an introvert. I don’t “get out” much. And I don’t “like” too many “people.” But I’m telling you as sure as I’m not Elijah Craig, that this is one, damn good bunch of runners and human beings. And the 2013 Bourbon Chase was one, damn fine run. I’d encourage you to do it. Sign up. I’d encourage you to “waste” a little time getting to meet new folks doing something that doesn’t make much sense. You’ll come out the better, and if you don’t, there’s something wrong with you.

Deborah Kalish

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Her most memorable experience was spent hiking and walking the Lake District in northwest England in June, 2012. It is renowned for its thousands of acres that are part of the National Trust. A popular holiday destination, it is famous not only for its lakes, forests and mountains (or fells), but also for its associations with the early 19th century poetry and writings of William Wordsworth and other Lake Poets. She intends to go back as soon as she is able and continue to explore the many varied and beautiful parts of that country.

In her leisure time, Deborah likes watching science fiction. “I’m a HUGE fan of Doctor Who. I love watching professional tennis, swimming, spin class, and Boot Camp.”

Deborah recently competed in the North Face Endurance Challenge 6.7 mile race in Pine Mountain winning her age group. This was the longest distance she had competed in to date. She then stepped up to the 15K distance at the PTC Classic where she finished in a very respectable 1:36. Her next 15K is at Serenbe this fall. Then she wants to tackle the half marathon next spring and lower her time in the



**Deborah at the North Face
Challenge 6.7 mile race**

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Classic 15K next year. It's obvious she is a woman on a mission, focused like a laser on her goals, with a plan to achieve them. It only understandable that she would sum it all up by saying, "I love being part of the PTC Running Club!"

XTERRA Nationals

Continued from page 7



Deanna and husband Dave

XTERRA corporate guys contacted me for a race report. I used that as an opportunity to share with them about my daughter Hayden, Angelman Syndrome and what we are doing to try to raise awareness and research funding through the efforts of our Miles for Smiles training team. XTERRA not only printed our story in their e-newsletter, but they invited both my husband, Dave, and I to race at the Championships with the encouragement of asking to do a follow-up story if we came out. We both trained really hard over the summer, tackling every hill we could find in the Peachtree City area to prepare us the best we could for the mountains out west.

We were overwhelmed by the love and support of the entire XTERRA community and look forward to doing many more of their events in the future. Their philosophy of "Live More" rings true in the hearts of every person we have met in this amazing adventure we are living.

The XTERRA people were unbelievable! They put out a Q&A about Angelman Syndrome, our Miles for Smiles team, and my training in their e-mail newsletter leading up to the race, then had it posted in the Ogden, UT newspaper the week of the race, and made and announced about it at the post-race awards and party. They are truly a wonderful, giving organization!

I've always said that this talent of running I have been given is a gift and I hope through it, I can inspire others, especially those that have had life take a dramatic turn from how they once envisioned it to be, but showing them that, albeit different, it can be even more full of meaning and purpose. My running success over the past few years is not really about me and my own personal accomplishments. It is about helping to spread awareness of a rare genetic disorder and about teaching the world that children like my daughter are true gifts.

For some history on my involvement with XTERRA, after I ran my first XTERRA Trail Race, XTERRA Deep South 15K in Jackson, GA last June, the



On the awards stand!

Big Cottonwood

Continued from page 9

friends in Salt Lake and the other, Natalie, was my dear friend from college. We trained together; Lacy and I in PTC and Natalie in Maryland (we used Garmin Connect to compare workouts). Thanks to Lacy's friends we had a lovely place to stay less than a mile from the end of the race.

I arrived in Salt Lake on Thursday evening. Lacy and I went on a short and easy run on Friday. I felt good and couldn't tell that I was at 5000 ft above sea level. We picked up Natalie from the airport on Friday and went off to the expo. We picked up our numbers, got our t-shirts and drove to the Canyon to check out the course. The race



was take place in Cottonwood Canyon at Guardsman Pass, so the first 17 miles would be inside a National Park. It didn't cross my mind at the time, but because it was in a park there would not be any public access during the race...which meant no crowd cheering.

Our Easter Time Zone bodies woke up at the healthy hour of 4:15am. We were ready to go because time change really worked in our favor. It was in the 50's and was drizzling slightly. There was a 40% chance of rain on race day so we were kept our fingers crossed that it would hold off until after the race. With our gels, water, throwaway jackets and our great expectations/trepidations we were dropped off at the buses.

The race organized a fleet of buses to drive us up the mountain, which seemed like a great idea until one took a hairpin turn to close and got stuck. We were 3 miles from the start, stuck in a bus and we were told to "just hang tight..." Can you imagine how it was for the bus drivers? Telling buses full of eager marathoners who could run three miles in their sleep to "hang tight" (Ha!)... It took all of 20 minutes before the mutiny. We piled out of the buses and started trekking up the mountain. Luckily, the stuck bus was towed shortly thereafter and the abandoned buses were able to pick us up. As nice as it was to get a warm up, I really wasn't interested in doing 29.2 that day!

The view from the top of the mountain was glorious. I beelined for the portapotties (funnily enough, they were called "honey pots") and then got in line with the 3:35 pace group. Before I knew it, it was time! We were off!

The first few miles flew by. I ran the first 5k in 22:20 min- it was impossible to run slower than a 7:30 pace. It felt easy and effortless. My friends and I were able to stick together most of the time. Pretty soon I found myself catching up to the 3:25 pace group around the 10k at 43:44 into the race (just for a reference point: my 5k PR is 21:50 and my 10K is 46:23). I was PUMPED. I was flying and aside from a little hip pain I felt like I could meet my time goal. All of a sudden, I felt dizzy and started to see spots. I fell down to my knees and just stayed there for a bit. I watched my friends run off. I never even considered calling to them because they were on pace, and I wanted them to stay focused.

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Christine and Lacy Stretching

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I stayed down for about a minute and a half and then got back up. At this point, if there had been crowd support, I might have quit or been taken off the course by medical. I started running again and found it increasingly difficult to breathe. I stopped and walked to catch my breath and felt my hip injury for the first time. I think that when I stopped so short I antagonized it. I quickly realized the pain was there to stay. I managed to get to the half in 1:34, which for me is CRAZY fast- my 13.1 PR is 1:47, and felt hopeful, but I was in serious pain. I kept having to stop to catch my breath so I was essentially running intervals. I kept my eye on my watch and realized by mile 18 that there was no way I would be able to get to the end by 3:35. I knew I could push through and maybe get a PR, but I honestly wasn't interested in a PR.

The altitude was kicking my butt, my hip hurt and by now (mile 17) I could feel serious quad fatigue. I went into the race knowing altitude might be a factor but had no way to know how much of one it would be. I made a quick decision to calm down, stop racing and just enjoy it. I was in a beautiful place, surrounded by mountains and fall foliage. Maybe I wasn't going to BQ this race, after all. Maybe this was a race for me to learn from and make memories with. I started to wrap my brain around this and continued to the finish. For the first time ever, I meandered through the water stations. I said "hi" and "thank you" to the volunteers. I high-fived kids who were cheering on the runners. I actually got a good race photo! I even stopped at a Physical Therapy tent and put some biofreeze on my hip and quads. In the end, I finished in 4:29, a full 35 minutes off my marathon PR. I was okay with that (trying to be okay, at least).



The good race photo

Natalie made it down the mountain in 3:35:42, which was 42 seconds off qualifying for 2014. However, she's a lucky duck because she ages up next year and qualified for 2015! Lacey came it at 3:48 which was 12 minutes faster than her marathon PR.



Lindsey Harkness. Christine, Lacy, Natalie and Kristen Harrison

When I came back to altitude (aka home) I found myself vacillating between pride and despair. I was super sore. For the first 48 hours post marathon, I walked like a newborn giraffe. I was absolutely exhausted. Being so tired and so sore made it hard to see the silver lining but after the soreness faded and I was able to get a bit of exercise (endorphins!!), I started to come out of my emotional hurricane. I have had about two weeks to reflect and not run, per my Physical therapist's order at ProHealth, and despite the race being a monster that I was not prepared for, I would totally do it again. In hindsight, I should have signed up for the half. With the training time I had being affected by injury, I should have compromised, but I couldn't justify flying out to Utah for 13.1 miles.

I keep looking back at those splits and think about what could have been.... so NEXT time, I will give myself a year to train for downhill running and go out to Utah with enough time to acclimate. It was the experience of a

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lifetime and I am so glad I was able to try it. I highly recommend this race to anyone who wants to fly downhill (for 26.2 miles!), see a beautiful course and push your body, mentally and physically. In the meantime, I will try and BQ the old fashioned way...on a flat course at low elevation.

Editor's Note: About the time I think we can't get more content, along it comes! And it all came well in front of the deadline (mostly)! Thanks to Bob Dalton, Christine Krauth, Luke Wiseman, Marino Fuentes, Deanna McCurdy for excellent work! My older son commented that the newsletter is now a news book...I wanted to comment on the treasurer election- Congrats to Normer Adams! When I read the candidate information I felt that no matter who was elected, the club was the winner- how great is that?! Somehow I wanted to recognize Classic in-kind sponsors so I'll just do it here: Christian City for shuttle vans and Kmart and Hella for parking. There are others I'm sure I don't know about and maybe the club can do some recognition of in-kind sponsorship recognition.

I talked with Bob Dalton, in his capacity as frequent Legacy contributor, and I'd like to put out some Legacy submission *guidelines*, not to be interpreted as hard and fast rules. They will make things easier for all of us- yes, all of us. Here they are:

- Please send written items in .doc, .docx, or .rft (Rich Text) formats. I can rip from PDF, but I have to create paragraphs and spaces, which takes a lot of time. Also, if you format (bold, underline, italic) text in the original, it probably won't survive. For the Legacy, I use 12-point Calibri, place a return between paragraphs and indent the first line of each paragraph with three spaces, if you'd like to be helpful.
- Please send pictures as separate files from the text. If you want the pictures titled, please change the picture filename to the title you'd like, something like, "going fast downhill" or "team (l to r)" with names.
- If possible, please send only the pictures you'd like included and not a lot for me to choose from. Just so everyone knows, I scan Susan Bothe's always excellent work looking for a mixture of young and old (which is defined as anyone older than me so it is a sliding scale), male and female, well-known and lesser known club members, and interesting shots (such as the one with Tiffany Bellucci closing-in on Steve Scoleri at the Macon Labor Day 10k. Their expressions were priceless even if possibly unintentional).
- Christine Krauth in her Big Cottonwood review put in some formatting comments about where to add pictures. This was very helpful! (Please understand though that I may adjust final layout.)

Reminder: Membership Renewal Time

For the low price of \$25 per family start or maintain your Peachtree City Running Club Membership. Applications available at club events, in Rotary Grand Prix goodie bags and at the club website, ptcrc.com (see "Join the Club" under "Club Information"). Or register online at Active- link available on the club website.

Club benefits include the 1000-mile Club, Club Grand Prix, informative club meetings, the Legacy newsletter, weekly runs, summer track series, Marathon Relay, and association with some of the best people on earth!



1000 Mile Club

Name	Miles as of October 7	Jacket	Club	Volunteer Activities	Meetings Attended
Allis, Dick	1125	No		11	7
Aviles, Pam	872.28	Yes	1000	3	4
Barber, Karin	866	No		2	4
Bellucci, Tiffany	823	No			2
Besch, Teri	886.2	Yes	20,000	11	8
Bothe, Steven	2386	No		3	7
Burkingstock, Kith	1172.2	Yes	5000	4	7
Burrus, Pam	366	No		7	2
Butler, Mitch	1444	No		2	5
Caldwell, Bryan	1804	No		2	5
Caldwell, Karen	1055	No		1	4
Chiong, Christopher	969	Yes	5000	4	5
Clark, Sally	900	Yes	1000	5	7
Cole, Steve	1051	No		3	5
Cote-Miles, Pat	420	No		1	2
Corrigan, Meredith	974.4	Yes		6	3
Covert, Tim	585.2	No		4	7
Daley, Cal	693	Yes	20,000	3	4
Dalton, Bob	2053	No		7	8
Desgain, Jules	975	No		2	5
Everage, Bill	1036	Yes	10,000	3	3
Farrier, Brian	874	No		4	3
Feldman, Jamie	1110	Yes	1000	3	6
Fratto, Jan	671	No		3	4
Fratto, Fred	820	No		4	4
Fuentes, Marino	1081	No		6	7
Fuller, Bill	220	No		3	3
Greer, Jeff	987	Yes	1000	3	5
Gulick, David	915	No		5	4
Hamill, Nancy	400	No		3	3
Hamill, Todd	634	No		3	4
Hamilt, Melanie	650	No		1	
Hamilton, Jane	240	No			2
Hamilton, Mark		No			2
Hancock, Bonnie	748	Yes	15,000	3	6
Hancock, Hannah	900	No		3	1
Hancock, Jake	900	No		3	2
Hancock, Steve	874	Yes	15,000	4	5
Hinkle, Angie	820	No		6	3
Hinkle, Eric	245	No		6	4
Jenkins, Tom	549	Yes	1000		3
Johnson, Rachel	502	Yes	1000	3	6
Johnston, Bill	831	No		1	5

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 October 7	Jacket	Club	Volunteer Activities	Meetings Attended
Kearns, Patrick	439	Yes	10,000	2	5
Kennedy, David	895	No		4	7
Kennedy, Ryan	1232	No		2	5
Kolb, Gary	996	Yes	5000		3
Lankford, Mike	770	No		16	7
Lego, Jill	357	No		1	2
Lego, Doug	273	No		1	1
Lockard, Mara	325	Yes	1000		1
Mathews, Lisa	1123	No		2	2
McCurdy, Deanna	1083.55	No		3	4
Mills, Susan	810	No		2	4
Moore, Alan	875	Yes	1000	7	5
Moore, Teresa	1100	No		6	9
Moore, Tracey	900	Yes	5000	2	6
Mrosek, John	816	No		3	3
Neola, Scott	414	No		13	2
Olson, Cathy	1035	No		5	6
Osse, Brandi	913			4	4
Phillips, Chris	155	No		1	1
Piet, Dave	970	No		3	7
Reynolds, Valerie	1100	Yes	20,000	3	3
Robison, Caryle	650	No		exempt	exempt
Robison, Roy	1020	No		12	4
Rose, Betty	1653	No		3	5
Round, Tom	1009	Yes	10,000	7	2
Ruple, Kim	1580	No		2	7
Sambrone, Constance	1073	Yes	10,000	8	8
Schultz, Paul	845	Yes	1,000	5	5
Scoleri, Katherine	657	Yes	1000	1	3
Scoleri, Steven	2215	Yes	1000	8	2
Sheffield, Shane	617	No		5	4
Shoemaker, Ann	932	No		5	4
Shoemaker, Jerry	1056	No		4	2
Smith, Betty	777	No		1	3
Smith, Bob	625	No		1	4
Thurber, Karen	926	Yes	1000	3	3
Thurber, William	815.3	Yes	1000	3	3
Tuman, Sandy	550	No			2
Villars, Michelle	456	No		2	2
Vise, Ed	850	No		4	3
Walker, Anastasia	700	No		2	2
Warren, Mike	1160	Yes	15,000	5	3
Wassell, Joe	1040	No		3	3

1000 Mile Club

Name	Miles as of October 7	Jacket	Club	Volunteer Activities	Meetings Attended
Waterhouse, John	903	No		3	4
Werling, Bill	920	Yes	25,000	61	8
Weston, Rita	1009	No		5	6
Wolfe, Hal	727	No			2
Woods, Sandra	890	No		4	6
Woods, Von	896	Yes	5,000	5	7
Zuehlke, Jill	600	Yes	1000		2

1000 Mile Club Jacket Recipients

1,000 Mile

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

5,000 Mile

Kith Burkingstock, Gary Kolb, Tracey Moore and Von Woods

10,000 Mile

Bill Everage, Patrick Kearns, Tom Round and Connie Sambrone

15,000 Mile

Bonnie Hancock and Steve Hancock

20,000 Mile

Teri Besch, Cal Daley and Valerie Reynolds

25,000 Mile

Bill Werling

Meeting Minutes

Club Meeting Minutes-October 7, 2013

The meeting was called to order by Vice-President Adam Shoemaker.

A motion to approve the minutes of the September meeting was carried.

A thank-you from "Run Around the World" and a donation request was presented.

Normer Adams was welcomed as treasurer. The club has \$50,000 in CD's and \$40,000 in checking.

In the November meeting, voting will be conducted for the end of the year awards: Rookie of the Year and Most Improved Runner (male and female in both) as well as Volunteer of the Year.

Teri Besch gave an Alzheimer's Walk report. The PTCRC team did very well and helped raise over \$100,000.

Kathy Olson will be taking over Women's 5k Volunteers from Teri Besch for the Classic.

Members receiving a 1,000 mile club jacket this year must approve the name on your jacket as soon as possible to have it ready by December.

Welcome to new members and visitors.

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

George Martin presented Classic details. All registration monies go to club events while sponsorships go to community programs. The raised prices are comparable to other 15k races in our area. We are currently down in registrations, but revenue is up. Fitness challenge revenue is a little slow. Promotional materials are available to share in the community. The club has always had an unwritten rule to volunteer one week and run the next, and volunteer coordinator Eric Hinkle gave a report and is looking for additional volunteers. There is a volunteer cheat sheet, run of show, and coordinator list available. We are paying the city this year for the first time ever. The volunteer party will be 5:00 PM at the Log Cabin with food from Tammy from Miami. The Race Packet Stuffing Party will be 6:00 Wednesday, October 16 at Partner's Pizza. There will be pizza for volunteers after the stuffing.

The Christmas Party will be December 13 at 6:00 PM at Glendalough Manor. The final menu will be available at the December meeting.

Meeting adjourned at 8:10pm.

Final Lap

Honorary 1000 Mile Club member...?

YUL-USH25^H

www.runningtotheendoftheworld.com

One Man / An Epic Journey / 12,000 miles

Running Barefoot from Canada to Argentina

Joseph Kai-Tsu Liu
will be running the
ALLSTATE 13.1
ATLANTA MARATHON
on October 6th.

Come meet him at the PHIDIPPIDES tent
after he crosses the finish line.



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