



LEGACY

Newsletter of the Peachtree City Running Club
March/April 2014

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A Runner's Dream Job

By Betty Rose

I've been a runner for decades, but when I started running marathons, I was really hooked. I had a streak of running a marathon a month going for 14 months. My streak ended when I changed careers. I left the world of nine-to-five, five days a week office work to become a flight attendant. As a flight attendant, my schedule changes from month to month, and it is impossible to register for marathons that fill up shortly after registration opens.

However, while my ability to run marathons retracted, my joy of running expanded immeasurably as a whole new world opened up for me. Instead of being limited to a handful of routes for my daily runs, I now get to run in a multitude of locations all over the United States, Canada and Mexico. I have run under the Gateway Arch in St. Louis, by the Clinton Presidential Library in Little Rock, and around the CN Tower in Toronto with its revolving restaurant at the top. One morning I left my hotel in Dallas, and a few minutes later realized I was at the spot where President John F. Kennedy was shot. The Book Depository is now a museum. In Washington, DC I took a left onto Pennsylvania Avenue and was shooed away by the Secret Service when I ran too close to the White House. I also saw all the monuments around the National Mall and the Tidal Basin. An afternoon in Detroit allowed me to run around the venues for the Tigers, Lions and Red Wings. In Green Bay I ran around the stadium which is home to the Packers.

Whenever I overnight in a state capital, I make it a point to run around the state capitol building. Jackson, MS has both an historic capitol and a newer, more ornate building a few blocks away. Baton Rouge has a very tall phallic-shaped building overlooking the city and the Mississippi River. On one of my trips, I ran around the capitol in Madison, WI, where snowmen adorned the snow-covered lawn, and the very next day ran around the capitol in Montgomery, AL, where flowers were in bloom. A sign in Montgomery

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President's Letter

By Kim Ruple

I recently had a phone call from Bill Werling that went something like this:

"Hello, Kim, I think I just got a prank call."

"Yeah Bill, why?"

"Well the RRCA called and said I'd been selected as the Volunteer of the Year. I think it must have been one of my friends playing a prank on me."

"Actually, Bill, we did nominate you for the award, and I am tickled that you received it

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**PTCRC 2013
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George Martin**

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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
April 18, 2013**

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and amazed that we kept it a secret from you.”

“Wow, you sure did....”

Bill and I went on to discuss his plan to attend the national convention and represent the club. He had obviously put a great deal of thought into it and was excited about the opportunity. His only hesitation was they expected him to give a speech that should be no more than two minutes (we know Bill likes to talk!). I assured him, some of us could help coach him through it.

I often find myself overwhelmed juggling responsibilities of work, husband, children, parents, friends, my fitness and the running club, as we all do. It's moments like these that I truly cherish and make life wonderful – knowing some extra effort made a significant impact on someone who has given over and over again. Please ensure you reach out to Bill and congratulate him.

Thank you Bill for making my life better!

-Kim

Editor's Note: RRCA is contributing \$400 to Bill's costs to get to the convention. Good luck on the two-minute speech, Bill!

Editor's Note:

For this edition we had two authors Betty Rose and Brian Farrier who were new to my tenure of newsletter editorship. I'm always encouraged when those who have great experiences actually put a pen to paper (or turn on the computer) and write about it. Channeling Betty Rosa a little, I'm sitting on a plane headed towards my employer's facility across the border from McAllen, Texas in Reynosa, Mexico. I always pack running gear for a business trip. In this case, as long as I have time, I'll get to use it. McAllen has a couple of paved trails similar to PTC's cart paths. Being in The Valley, as the locals call it, the terrain is fairly flat. Sections of one trail are marked in quarter-mile increments so they can be used for interval training, and the trail is about three miles long so there is excuse for not being able to miss training. Thanks to Bob Dalton for his member profiles! I have to apologize- this newsletter has been done except for adding one picture, which I had already, for several days. Thanks for your patience and understanding!

Club Volunteer Activity

Community Outreach Health Fair

**Sunday, March 16, 2014 11:00 a.m. to 4:00 pm
Peachtree City Adventist Church
4957 Georgia Highway 34, Sharpsburg, GA**



Most Improved Runner: Sally Clark

By Bob Dalton

Sally Clark (47) hails from Centerville, Iowa, originally but has called Lovejoy home for the last 21 years. While in Iowa, she “grew up showing horses and barrel racing. In high school I played volleyball and was a hurdler during track season.”

She is now the Office Manager at AJAKO which supplies the gear and running apparel for the club including the club logo. “I am responsible for making sure all of our orders are accurate and completed on time. I manage payables/receivables, maintain office processes and make sure the office runs smoothly overall. I mainly just do whatever needs to be done at any given time.” Sally is the person who ensures that all new club members receive their first free piece of club gear when they request it as well as all other orders for club members. So if you have anything with the new club logo on it, it probably went through her hands.

Sally has two daughters, both of whom are married. Amber and son-in-law Matt live in Atlanta and have been married five years. Cheryl and son-in-law Jonathan, live in Centerville, IA and have been married four years. She also has a cat named Bandit who “is my shadow whenever I am at home.”

Sally only started running a couple of years ago but has already made vast improvements as evidenced by being awarded Most Improved Runner of the Year at the annual PTCRC Christmas Awards Banquet. “I was surprised when my name was announced as the recipient of the ‘Most Improved Female’ award for 2013. I never considered that anyone would nominate me. I am so appreciative and honored to have received the award. Thank you (whoever you are) for nominating me. It is sitting in a prominent location in my house.”

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Sally Clark at the December, 2014 Club Christmas Party and Awards Banquet

Welcome New Members!

Cindy Jones
Donald Moore
Daymon Ellsworth
George Barthel
Kirk Bolton
Eileen More
Tiffany Woods
David Schwartz

Louisiana Marathon

by Brian Farrier

I first heard of the Louisiana Marathon in February, 2011 while in Baton Rouge to run the Mardi Gras Mambo 10K. My father lives there, and for three years my friend, Andy, and I would hook up and run the Mambo together. And in 2011, I met Craig Sweeney, the race director, as he manned a booth at the Mambo Expo in order to get the word out on the first Louisiana Marathon, to be held in January, 2012. Having never considered a marathon, and having only begun running again six months earlier, it was a very short conversation with Mr. Sweeney.

Later that year, having incorporated long runs into my routine and deciding that a marathon was indeed worth considering, I decided instead to target the Soldier Marathon in November 2011, which is closer to home in Columbus, GA. My 4:17:11 finish in that race will likely remain my marathon PR for life, but of course I did not know this at the time. In fact, I had “hit the fence” at approximately mile 23, where a chain link fence had been conveniently placed for me to cling to while gawking at my painful leg cramps. Of course, there was no option but to seek my revenge in 2012. I was convinced I could do better the second time but amazingly, I “hit that fence” again at almost the same exact spot, and came in at 4:22.

So last fall, I decided I had had enough of the Soldier Marathon and that cursed fence; instead, I would run the Louisiana Marathon. This meant skipping the Mardi Gras Mambo, of which I had fond memories. The most vivid was the 2013 Mambo when a



Brian Farrier Doing the “One-Man Wave”

long train came through the course only 100 yards or so before the finish line, interrupting dozens of runners, myself included. It was a race director’s worst nightmare. George Martin, are you reading this? A train! And how long was that train? Great question: for once, I had remembered my stopwatch and logged 52:03, while the Mambo’s first chipped race had me down at 57:19. That train was 5 minutes and 16 seconds long!

Meanwhile, my buddy, Andy, whose times had improved in the Mambo each year, said he would run the Louisiana Half Marathon, which would be his longest run ever.

My training in the fall went well, all things considered. The highlights were eking out a
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ChiRunner: Dave Jonson

by Bob Dalton

Dave Jonson has been the owner of NEWSole Running store in McDonough, GA for the past two years. Originally from Hartwell, Georgia, Dave (47) now makes his home in Locust Grove along with his wife, Shona, and their children Payton (19), Manny (15), and Reagan (12), and a third year exchange student, Jaewoo Hong (18) from Korea. Dave earned his Business degree from Luther Rice University and his Masters in Ministry/Leadership from Western Carolina University. "My wife and I both being from Georgia met in Omaha, Nebraska, got married and had our first child there. We lived there for 7 years prior to moving back to Georgia."

Reference his store, Dave says, "Being a runner, of course, I love shoes and all related products but my passion is teaching people how to run more energy efficiently and injury free through our running clinics we host at the store in McDonough."

"I also teach Chirunning which has been a great way to help people enjoy running again. The Chirunning folks have done a good job of advertising, and a lot of people know a little something about it, and now they can find more information on the Southside of ATL!" According to the official website for ChiRunning "It is all about moving from your core muscles: just as Pilates and Yoga teach, powerful movement comes from your center. Movement that comes from the core, your center, is more balanced and has greater strength behind it."

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Shona and Dave Jonson

Open Letter of Appreciation from the Peachtree City Flash

Dear Members of the PTC Running Club:

I am writing on behalf of the Peachtree City Flash Youth Track and Field Association. I want to personally thank you for the \$500.00 travel stipend you generously donated to our organization. While donations from the PTC Running Club are always appreciated, this year's donation was particularly opportune. We had a family on the team who had fallen on hard times financially. This family's two athletes are among the hardest working on the team and have been with our track and XC programs for a number of years. They always have a great attitude, come to practice ready to run, and most importantly, are just good kids. Their parents are ever-present team volunteers and are there for all the kids, not just their own children. However, when it came time to travel to Cross-Country National Championships, the family realized there were no viable options where they could afford to attend.

The parents called Chad Lohman (the head cross country coach) to let him know. Although we have developed and instituted a "scholarship" program within the track & field and cross-country programs to assist financially where possible, these resources are limited and we had exhausted the available funds for the cross-country season. As a result, we were unfortunately unable to financially assist these athletes.

After Chad brought this matter to George Martin's attention and spoke about the family's situation, the PTC Running Club stepped in to help in a very meaningful way. In the end, the PTC Running Club's generosity allowed these two athletes to compete in the AAU National Cross-Country Championships in Augusta, GA. One of the athletes placed in the top 15 in his age group. Both athletes had good races to cap their very successful seasons. They got to test their talents against some of the best athletes in the country and see how their hard work all season paid off. Both athletes were very grateful, and their parents have repeatedly expressed their gratitude. While they wanted to personally say, "Thank you," Coach Chad told them we would convey their appreciation so their financial situation could remain private.

On behalf of these athletes, their parents, the PTC Flash board, and myself, please extend our "Thank You" to all of the PTCRC members that made this possible. We certainly appreciate the long-standing relationship with the PTC Running Club. Our shared goals of promoting a healthy lifestyle and lifelong activity are especially important for the youth.

We look forward to our continued relationship and positive interaction with the PTCRC throughout the year.

Best regards,

Jeff Bilsky
Head Coach Track & Field,
President & founding member PTC Flash Board of Directors

Upcoming Events

March

- 8 Oak Grove Elementary School 5k (Rotary Elementary Grand Prix)
Stroll in Central Park 12-Hour Run (Cumming, GA, Darkside-affiliated)
- 15 Crabapple Elementary School 5k (Rotary Elementary Grand Prix)
- 22 Burch Elementary School 5k (Rotary Elementary Grand Prix)
- 29 Inman Elementary School 5k (Rotary Elementary Grand Prix)
- 30 Running Dead Ultra 50/50 (Senoia, GA, Darkside Running Club-affiliated event)

April

- 4-5 Ragnar Trail Relay (Conyers, GA)- contact Rusty Burns (atcrusty@yahoo.com) to join a team
- 12 Paws for a Purpose (Tyrone, GA)- bring your dogs, 5K9 fundraiser for service dogs for those in need
- 19 Huddleston Hustle 5k (Rotary Elementary Grand Prix)

May

- 3 Darkside 8-Hour Run (Moreland, GA)
- 10 All American 5k (Peachtree City)
80's Rad Retro Run (Cagle's Family Farm)
- 26 Darkside Memorial Day Marathon/25k (Peachtree City)

September

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

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

Dream Job

Continued from page 1

educated me to the fact that Montgomery was the first seat of the government of the Confederacy. In Harrisburg, PA, the classic green-domed structure is surrounded by stately and historic buildings, magnificent churches and welcoming parks. I was delighted to see that the water in the beautiful fountain was tinted pink in honor of Breast Cancer Awareness month. I will always love the simple beauty of the statehouse in Montpelier, VT, that I ran past almost every day before I became a flight attendant.

Many cities that are along rivers have developed their river fronts to include some very nice bike/running paths. In Harrisburg, PA, there are two levels of paths and you can cross over bridges to get to City Island in the middle of the Susquehanna River where you can circle the Senator's baseball stadium. Just watch out for the large population of geese, especially during breeding season when they protect their goslings. In Omaha, NE, the path on the Nebraska side leads to a pedestrian bridge that crosses over the river to the path on the Iowa side. I spent a very pleasant sunny afternoon in South Bend on a beautiful path which goes through several



Betty Rose Packing for the Next Trip

parks, next to a waterfall and along rapids. The riverfront in Tulsa, OK, is a very vibrant area with restaurants overlooking the river, statues, fountains, and many sports facilities where people of all ages were playing volleyball, basketball and Frisbee. I think it was in Little Rock where I was racing against a slow moving barge that was making its way up the river. The small city of Ft. Smith, AK, has a short path in a National Historic Park along the Arkansas River where there was a fort that protected the Oklahoma Territory from Indian attacks. In Montreal I ran on the path along the St. Lawrence Seaway and in Louisville, KY, I ran along the Ohio River. It is not only cities with rivers that have built wonderful bike/running paths. One of my favorite is in Bloomington, IL, which was very long and had many split off paths that made it easy to get lost. During rush hour in a busy retail district in Cedar Rapids, IA, I happened upon, by sheer luck, a path that provided a quiet and very scenic run. As I traversed the packed dirt path beside a trout-fishing stream and through fields of golden corn stalks, I passed a groundhog, a wild turkey and several deer that were out enjoying the warm fall evening.

Not all of our trips are to cities. We also fly to airports in less populated areas and stay in hotels that are in rural, residential or commercial areas. I don't use a smart phone or map to find my running routes. On occasion I get suggestions from fellow runner flight crew members, but usually I just go out the front door and run. People often ask me if I ever get lost. Frequently in cities I can use a reference point like a tall building to locate my hotel. I also run out and back routes. Once in Huntsville, AL, I found a neighborhood of beautiful historic homes. I kept

making turns whenever I spotted a spectacular house that I wanted to get a better look at and suddenly realized that I did not know which direction I should take to return to my hotel. Fortunately, I have a pretty good sense of direction and eventually found familiar landmarks that led me back to my hotel.

Although the paths along rivers and the land around airports are generally pretty flat, I manage to experience a wide variety of terrain including sandy beaches in Florida, trails in parks, steep ups and downs and brick sidewalks in Bangor, ME, and rolling hills in NW Arkansas and central Pennsylvania. I got in some good hill work in the mountains of rural West Virginia. It was an incredible experience to run through wooded areas and come across pockets of isolated houses and occasionally see wildlife. The views from the mountain tops were spectacular. In my head I could hear John Denver singing, "Take me home, country roads".

I've always been fond of college campuses and find they are great places to run. I run past many lovely small schools like Transylvania College in Lexington, KY. Many universities show displays of school spirit with signs in their school colors boasting of their sports teams including LSU in Baton Rouge, the University of Louisiana in Lafayette, and in Lexington the campus of the University of Kentucky Wildcats. I really love the great old schools with their stately buildings and statues like NY's Syracuse University, Vanderbilt in Nashville, TN, and Notre Dame in South Bend, IN.

The majority of the time I run in ordinary neighborhoods and commercial areas where I can see how people live in different locations. I enjoy looking at all the different styles of houses and their landscaping. From the European-style townhouses with wrought iron curved staircases and balconies in Montreal to the enormous Texas-sized elaborate mansions in sprawling Houston, the variety is fascinating.

When I am not away from home working at my runner's dream job, I live in a runner's dream community, Peachtree City, GA, with its hundreds of miles of golf cart paths and dirt bike trails that I can access right outside my front door. The paths go through beautiful woods and along lakes and ponds.

While I still participate in marathons and ultras (after all I do have travel benefits) my new career has allowed me to see and experience things I would never have in the past and also to find a new appreciation for my favorite activity, running.

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This past year as a club member was quite momentous for Sally. She earned her 1000 Mile Club jacket and was the overall winner of the Women's (Under 51) Grand Prix. Little wonder then that she was also voted Most Improved Female Runner for the year!

She already has a favorite race and it is the Peachtree 10K which she ran for the first time this past year. "The entire day from the bus ride, to the race, to the picnic was an experience to be remembered. Before the race, a PTCRC friend told me what to expect, gave me advice and even exchanged numbers with me so I could be in an earlier corral. Armed with that advice, I managed to find my corral. While waiting for the race to start another PTCRC friend, who was in the next corral, found me and ran with me for a half of the race. Remembering the advice I'd received earlier, I took in everything I saw along the course and enjoyed every minute of the race. July 4, 2013, is a day that I will file away in my memory bank forever."

Her second favorite running event was "the PTC Marathon Relay on June 15, 2013. The prologue, relay and epilogue had been explained to me, but, until I experienced it for myself I really could not comprehend how it

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could all come together. I am looking forward to participating again in 2014!”

Sally also recounts a memorable walk along the Captiva Island Beach. “By the time I reached the end of the beach, it was getting dark and time to turn around. Dolphins seemed to appear out of nowhere and swam alongside as though they were guiding my return. They were closer to the beach than I’ve ever seen.”

She enjoys running because “it makes me feel healthy, provides a sense of accomplishment and gives me some time alone with my thoughts. I enjoy the times when I am running/walking with my friends because that is when I feel those friendships are strengthening. My daughter, Cheryl, started running shortly after I did. We have participated in two races together so far. She has worked hard and is faster than I am. I know she is only going to get faster (as soon as she thaws from the frigid Iowa winter). I am looking forward to the next time I am in Iowa so we can run together again.”

Sally also enjoys “hiking, camping, spending time at the beach and basically doing anything outside. I also enjoy putting together puzzles, watching movies, reading, listening to music and going dancing. There are many outdoor activities that I’m hoping to experience over the next few years.”

She joined the PTCRC “because George Martin encouraged me to join even though he knew I was scared of not being a good enough runner and of people not accepting me into the club. He knew that it would be good for me to meet new people and that it would help me improve my running. I am happy that I let him talk me in to joining. He told me repeatedly how accepting everyone in the club was and I’m thankful to him for his “gentle” pushing. I have felt welcomed and encouraged over the past year and a half by everyone in the club. I feel like this club is more of a family than a club and I am happy to be a part of it.”

Louisiana Marathon

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6:56 finish in the Darkside Running Club’s 50K in November, while clocking a 4:55 in Darkside’s New Year’s Day marathon. Assuming a good taper, I began to dream of a PR on the flat streets of Baton Rouge.

My wife, Teri, and I arrived at my father’s house Friday, leaving plenty of time to discuss family affairs and politics and other things that had little to do with my dream on Sunday. I imagine it’s something like the Super Bowl: all the distractions can interrupt in surprising ways the focus needed for a championship performance in the marathon. Well okay, maybe the Super Bowl is a stretch... but next year I will probably stay at my father’s on the back end of the trip or do the half marathon instead!

On Saturday night, we went out to dinner with Andy and his wife and nephew. Saturday nights in Baton Rouge are always crowded, but that week happened to be Restaurant Week, or some such nonsense, and things were crazy. The first restaurant said it would be a two-hour wait. The second restaurant said the same thing. Happily, the third restaurant was only a one hour wait... but then the food took an hour. Finally, I got into bed at 11 PM... but then I couldn’t sleep after 3:30 AM!!!

The first Louisiana Marathon Festival in 2012 - everything is a festival in Louisiana, by the way - was held with about 2000 runners (a 5K run is also held). For 2014, the number of runners had tripled, with 2528 and 1476 finishers in the half marathon and marathon, respectively. None of this meant much to me; as far as I was concerned, this was just the Mambo course four times over, and I spent a lot of time preparing for self-sufficiency

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on what would likely be a long, lonely course. Oh, I was told by one woman that the Louisiana Marathon “really takes care of you,” but she had never been there, and I figured she just meant free beer and a chank-a-chank band at the finish line.

Those of you who have traveled across the USA to run some of the premier marathons know where I am going with this: I was in for a huge surprise. It started with a clear, crisp dawn in front of the magnificent old State capitol building and the excitement never stopped after the starting gun went off. We turned shortly afterward and had a long wonderful view of the big bridge over the Mississippi River. We then went through the LSU campus and around its beautiful lakes, including many stands of live oak and cypress trees. The entire course was just fantastic. Lonely? Ha, there were people lined up almost the entire way! Self-sufficiency? Ridiculous, there were volunteers manning water stations everywhere! We even ran through several neighborhoods where folks had set up “lemonade stands” so their children could hand out fluids to the runners in front of their homes. I should have ditched my water belt and its 40 ounces of Gatorade! Last, but certainly not least, there was a “Johnny on the Spot” set up at every mile. Every mile... it was unbelievable: I had never witnessed extravagance on such a scale before. There would be no walks of shame at the Louisiana Marathon.

The enthusiastic people and volunteers make this marathon a truly memorable experience. I especially liked the hand-made signs people made. By far, the best one was a picture of LSU’s football coach, seen shortly after the 13.1 mile mark: “You Now Have Less Miles Than Before!” Running a distant second was a picture of Miley Cyrus in her birthday suit as she swung on her wrecking ball: “Break Through The Wall!” Even LSU’s cheerleaders were on the course cheering us on.

I finished the race at 5:13:04. Of my eleven marathons now (five official, if you count the Darkside marathons, which are officially the most unofficial of all official marathons), this was my first that wasn’t an improvement over its previous long run. And it was certainly a long way from the 4:16 PR I was hoping for! But it was impossible to care about all that while being with good friends and scarfing down gumbo, crawfish etouffee, and red beans and rice, washing it all down with beer to the sound of zydeco music! My buddy, Andy, had a great run, finishing the half marathon at a faster pace than any of his Mambo 10Ks, coming in at 2:25:02.

Three weeks later, back home at the Kedron Heart-To-Heart 5K, I learned that club members Steve Bothe and Lindsey Hausmann also ran the Louisiana Marathon that day, clocking 3:30:55 and 4:25:56, respectively. Congratulations on your PR, Lindsey! Steve and Lindsey both agreed that the Louisiana Marathon was a great race, and hopefully we will all be back next year!



Dave Jonson

Continued from page 4

He likes running because “It’s good for the heart, lungs, and mind! Not to mention the high from doing something that most people don’t or won’t!” His favorite race and distance is the Publix Half Marathon because of “the people, the atmosphere, the hills, and the guy on the bridge in Piedmont Park playing Amazing Grace on the bagpipes.” When he ran it last year “I had a goal of finishing in under 2 hours and finished in 2:00:18! Really,

only 19 seconds from my goal...will never happen again and has changed my training forever! There is no substitute for miles!!!”

Dave recently had a memorable running experience “pacing an ultra-marathoner for 20 of her 80 miles on my birthday last year and watching the New Year come in as she finished. We started in Milledgeville around midnight on the 30th, and she ran to McDonough just prior to the New Year!”

Besides running, Dave enjoys “all types of sports. Having played college football, it’s still my favorite game to watch and follow! My wife and I enjoy cooking and restaurants of all types and just good food in general. We try to eat as clean and healthy as possible.”

He and Shona joined the club “To get to know another community of runners and to get involved in what is going on with running in PTC. But most importantly, to get in some group runs with some new people and make new friends!”

“I really enjoyed the Christmas party. This was the first event that I attended and it was awesome! I got to see a few familiar faces, but most important I got to meet some new people. I love how close and the group seems and feels! I look forward to more social times and group times coming in the future!”



NEWSole Running Store

New Members' Breakfast



Scott Outland (l)



Amy Henseler (c)



Steve Kaiser (r)



Tom Quinn (l)

1000 Mile Club

Name	Miles as of February 3 Club Meeting	Volunteer Activities	Club Meetings
Allis, Richard	196		2
Aviles, Pam	144		1
Barber, Karen	125		
Bellucci, Tiffany	147		1
Besch, Teri	194.1	1	2
Bothe, Steven	392		1
Burkingstock, Kith	215.3		1
Butler, Bradley	120		1
Butler, Mitch	234		1
Caldwell, Bryan	290		1
Caldwell, Karen	186		
Chiong, Chris			
Chikhliker, Manisha	125		1
Chrzanowski, Michael	114		1
Clark, Sally			1
Cole, Steve	132.67	1	2
Cote-Miles, Pat	180		1
Corrigan, Meredith	209		2
Daley, Cal	145		2
Dalton, Bob	183		2
Dennison, Reavis	127		1
Dillard, Libby	239.6		1
Domaleski, Alex	41		
Domaleski, Victoria	17.7		
Domaleski, Mary Catherine	43.3		
Ellsworth, Daymon	42		1
Ernst, Helen	15		
Farrier, Brian	175		2
Feldman, Jamie	125		1
Fratto, Fred	90		
Fratto, Jan	60		2
Fuentes, Marino	194		2
Fuller, Billl	150		1
Greer, Jeff	112		1
Gross, Ben	100		2
Gulick, David			
Hancock, Bonnie	221		1
Hancock, Hannah	100		

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 February 3 Club Meeting	Volunteer Activities	Club Meetings
Hancock, Jake	100		
Hancock, Steve	167		1
Hinkle, Angie	247		
Hinkle, Eric	140		1
Howard, Valerie	214		1
Johnson, Rachel	80		2
Johnston, Bill	98.4		1
Kaiser, Steve			1
Kalish, Deborah	31.12		
Kearns, Patrick	180		1
Kennedy, David	138		2
Kennedy, Ryan	194		2
Landgren, Jo	114		1
Landgren, Larry	129		1
Lankford, Mike	129	2	2
Lawrence, Jennifer	100		1
Mascara, Mark	50		
Matthews, Lisa	260		1
Mills, Susan	159.6		2
Moore, Alan	31		
Moore, Teresa	230		2
Moore, Tracey	110		
More, Eiken			
Mowery, Warren	101		
Mrosek, John	117		1
Olson, Cathy	179		2
Osse, Brandi	150		1
Outland, Scott	122		2
Parker, Jennifer	95		
Piet, Dave	160		1
Quinn, Tom	138		2
Rose, Betty	48.1		
Round, Tom	73		
Ruple, Kim	265		2
Sambrone, Connie	103		1
Sanchez, Leo	140		2
Schultz, Paul	140		2
Sharpless, Chris	70		
Sheffield, Shane	141		
Shoemaker, Ann	69		
Shoemaker, Jerry	106		
Tarleton, Page	95		

1000 Mile Club

Name	Miles as of February 3 Club Meeting	Volunteer Activities	Club Meetings
Thurber, Bill	122		1
Thurber, Karen	162		2
Tuman, Sandy	40		
Vise, Ed	75		1
Walker, Anastasia	25		
Warren, Mike	236	2	1
Waterhouse, John	89		
Werling, Bill	137		3
Weston, Rita	46	3	1
Whiteman, Scott	30		
Woods, Sandra			
Woods, Von	101		

Meeting Minutes

Club Meeting Minutes- January 6, 2013

The meeting was called to order by Teresa Moore.

A motion to approve the minutes of the November meeting carried.

Officer Bazydlo of the Fairburn Police Department made an appeal to the club to join the Fairburn police February 22, 2014 for the Fairburn FIT Run

The club extended a thank you to the Boone's for hosting the New Year's Day Brunch and Grand Prix.

Adam Shoemaker shared the results from the January Grand Prix. He made an appeal, too, for anyone who might have a medical connection with a cardiologist to come speak with the club about heart issues and running.

Teresa Moore made an announcement about forming a committee with Jules DesGain to maintain our current memorials and to facilitate any new memorials

Kim Ruple awarded the President's Extra Mile Award to Teresa Moore.

Dick Allis made a motion at this time to have an outside audit done for the club books. After some discussion, the motion was tabled pending the following actions by the board:

- Provide a cost estimate proposal for an outside audit as well as other audit alternatives
- Provide a line item report of all expenditures on a regular basis for member review
- Provide financial plan to replace/repair water fountains on the 10k course

In the absence of our treasurer, Normer Adams, the budget will be sent out by email for club member review.

Toni McAlistar made an appeal for the 80's Retro Run May 10, 2014 in Canton, GA at Cagle's Farm.

Meeting adjourned.

Club Meeting Minutes- February 3, 2013

President Kim Ruple called the meeting to order.

The January minutes were approved.

Adam Shoemaker introduced our guest speaker Ric Thompson from Crossfit Peachtree City (crossfitptc.com and info@crossfitptc.com).

Bob Dalton gave a membership update.

Thanks again to the Besch's for hosting the February Grand Prix and New Member breakfast.

The Grand Prix results from the Super Bowl Squares are posted to our Facebook page.

The Summer track series will be moving to Wednesdays.

The Holiday Party is set for Friday, December 5, 2014 at Glendalough.

The Classic date is set for Saturday, October 18, 2014.

Be sure to give any race results to Paul Schultz for printing in the Legacy.

Normer Adams gave a budget report. We are not a small club with a budget of \$135,000 in income over the past year. Tim Covert left our books in great order and the transition has been managed very smoothly. We are now over \$100,000 in income so filed a 990 with the IRS this past year. This budget is based historically on previous budget years. The majority of our income is from the Classic and smaller races like the All American 5k and the Marathon Relay. We currently have \$132,990 budgeted expenses. The community contributions include the local schools, youth track, XC at Heritage, and scholarships. The membership services include 1,000 mile Club, Grand Prix, the Golf Tournament, as well as other social activities.

The budget is approved.

At this time, the checking account balance stands at \$19,010.32 with all bills paid. The CD's hold a balance of \$50,851.

Kim Ruple addressed the motion for a full audit tabled from the January meeting. After discussion with accountant Geoff Fulton from Fulton and Kozak the board recommends the following:

- Tom Crofton will do an informal free audit
- Create a finance committee to work with the Club Treasurer to create accounting procedures for the club, determine necessity for a full-blown audit, and make recommendations for the next step.

Marino Fuentes, Dave Piet, and Steven Bothe volunteered at this time to work with Normer Adams on this committee.

Bonnie Hancock made an appeal for runners and volunteers for the March 8 Run for the Gold at Oak Grove Elementary.

Adam Shoemaker made a Grand Prix report for Shane Sheffield. The next Grand Prix will be March 1.

Meeting adjourned.