



LEGACY

Newsletter of the Peachtree City Running Club
September/October 2014

President's Letter: Needed Time Off

By Kim Ruple

What do you mean take a rest from running? Dreaded words for most runners. Hopefully this letter will find you when you need it – we all go through tough periods – together we make it through!

Some of you may know I had to take a break from running in spring of this year. I'd been suffering from heel pain off and on for over a year, but consistently since the previous October after pacing the Atlanta Marathon. I was stubborn and refused to cancel any of my winter races thinking that stepping back and doing minimalist miles augmented by elliptical and biking would allow my injury to heal. I blocked out the cautions of my husband, my massage therapist, my sister who is a certified personal trainer and EXTREMELY prepared to give me good advice, and the little voice in my head. Finally I decided to take a break – for two months, YIKES!

So what do you do when your prime stress reliever, physical and social activity is off limits (and you've signed up for a marathon six weeks after your self-imposed sabbatical)? Thanks to my son and his soon to be wife I was able to take on the P90X program. I changed my routine to 30 minutes of spin and a daily P90X workout (definitely good stuff). I also read two of Scott Ludwig's books which gave me inspiration and re-engaged my desire to run. I have to say it was a good change of pace (pun intended) refreshing my body and my mind. I looked forward to my first run on May 6th.

Day one of running, I decided to use perceived exertion at one of the elementary school races. Wahoo...my first mile is very fast for me and I placed very well. Maybe this break was just what I needed.

The following day I'm very excited to head out the door, but as I start to run everything hurts, I'm breathing too hard. Man....what happened? Can I do this again? Just one foot in front of the other, focus on cadence, light feet, tall posture...get the stride right. I struggle, doubting my ability to re-engage. I double down on analyzing my training program and decide to adopt the Hanson-Brooks program which advocates running six days a week, with two speed sessions, but nothing longer than sixteen mile long run. It proves successful as I finish Grandma's marathon – far from a PR, but completing the first and last 10K of the race in the same time. Hmm....they may have something here (with a little adjustment for age!)

Now to my injury, it's not completely gone, but thanks to visiting Pro-Health at our own PTC Marathon Relay, I have new insights. After putting me through some exercises, Karyn Staples was able to diagnosis an impingement in my hip that was causing a loss in my

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range of motion. She further explained that my quadriceps were having to overcome the impingement, causing scar tissue and over excitation of my sciatic nerve resulting in foot pain. After a further evaluation session, Alyssa Greenawalt of Pro-Health was able to determine I had a weak abductor (muscle on the outside of my thigh) which was under supporting my stride. She gave me some very simple, but arduous exercises to do and I'm on my way to complete recovery and being a stronger, core-focused runner.

I want to thank the people who encouraged me and put up with me during my running sabbatical. I especially want to say thanks to my husband, close friend Pat, co-workers and family for encouraging me and dealing with my anti-running personality. It couldn't have been easy. Runners are a wonderful community – thanks for letting me be part of it through highs and lows!

Peachtree City 5k/15k/20k Classic Upcoming Dates

Monday, October 6 – Club Meeting

This is our annual 'Classic' meeting with business devoted entirely to our signature event. We meet at the Dolce Peachtree Conference Center at 7:30 PM.

Wednesday, October 15 – Race Packet Stuffing Party

Come help stuff race packets at Partner's Pizza starting at 6 PM. Free pizza and sodas!

Saturday, October 18 – PTC Classic 5K/15K/20K

This is an "all hands on deck" event to ensure the continued success of our annual signature event. 8 AM at the Fred Brown Amphitheater.

Saturday, October 25 – Club Grand Prix

Run the Classic 5K or 15K course for time.

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
October 24, 2014

New Member Profile

Wini Stephens – Keep on Running!

By Bob Dalton

Wini Stephens is a mediator for courts around Atlanta. “I help people reach an agreement without having to go before a judge. When a lawsuit is filed, they are usually sent to a mediator to try and resolve it themselves. My cases usually involve domestic issues such as divorce, child custody, visitation, support, etc. I also do probate, auto accidents, and a few medical malpractice. My settlement rate is pretty high, but not before I've heard every excruciating detail about both parties' infidelity, abuse, addictions to drugs, alcohol, and porn (straight, gay, tyranny- heard it all). I mainly work in Fulton, DeKalb, and Clayton counties. I also help run a dispossessory mediation program for landlords and tenants in Fulton County. I love my job because it is always interesting and entertaining. I've been doing this for about 10 years. Before that I was a flight attendant for Delta for about 15 years.”

Wini (50) is originally from Pensacola but has been in the Atlanta area for about 15 years and just recently moved to PTC along with her children Alex (14), Rose (12), and Kathleen (11) as well as one dog, two cats, and their newest addition, a guinea pig named Mr. Nibbles. She attended the University of West Florida where she obtained her BA in International Studies and then Georgia State University where she earned her law degree.

Wini says she enjoys running because “It keeps me in shape with the least amount of time, preparation, and money. All I really need are some decent shoes, comfy shorts, and a good sports bra. I can go outside my front door and run as far as I want, don't have to drive anywhere, and can run just about any place. Also, and maybe most important, I love to eat and would never be able to diet.”

She has run marathons in New York City (1997), San Diego (1998), and Marine Corps (2013) as well as several Half Marathons. “I once lost a couple toenails running a marathon. That's not very unusual, but I could feel them bruising, then swelling, then popping, then sliding around on my toes. I never felt any pain and was a little amazed at what the body can ignore when it wants to. Also, I used to have a dog that loved to run with me even though she had short little Corgi legs. Lucy died of cancer this year but not before she ran a race in Atlanta with me, and we beat my friends I was running with. I loved telling them my dog beat them with her little stubby legs.”

One of her most memorable running experiences “had to be running the Marine Corps Marathon this past fall. It started with Marines parachuting to the starting line; then, they lined the course and cheered us on the entire



Wini enjoys her goodie bag of groceries at the finish of the Eastside Beltline10K.

time even presenting us the medals at the end. It was really moving to see so many vets running with friends and colleagues, many being pushed."

As far as hobbies and other interests, Wini says "I love to bike almost as much as run. I ski, snow and water, hike, pretty much anything outside. I recently went sky diving for the first time and it was absolutely amazing!! I am an avid reader, and belong to a book club that has been meeting for about six years. I also love to drink wine and cook, not necessarily at the same time. I finally ran part of the Stinky Trail and would really love to do a Ragnar trail relay or more adventure races."

Wini has branched out to other sports as well. "Even though I grew up in Florida, I couldn't swim the length of a pool before I did my first PTC Sprint Tri. My kids are all good swimmers and watching them inspired me to learn the proper way to swim. I borrowed a book from a friend and practiced on the floor of my bedroom before I got in the water. The first time I was able to swim a mile I was so happy and proud of myself."

She joined the club to "meet and get inspired by new people who share my passion for running and other sports," and looks forward to continuing her running adventures with other club members. Wini was also a team member on the recent Macon Labor Day 10K PTCRC Team (Scrambled Legs and Achin' in Macon) that took third overall and also finished fourth in her age group. So she has already proven to be a great team player!!

Welcome New Members!

Kari Tofte
John Howard
Jennifer Manley
Safie Alusi
Yvonne Selby
Haruko Kono
Adriana Marshburn
Kevin and Kelley McMakin
Daniel Gray

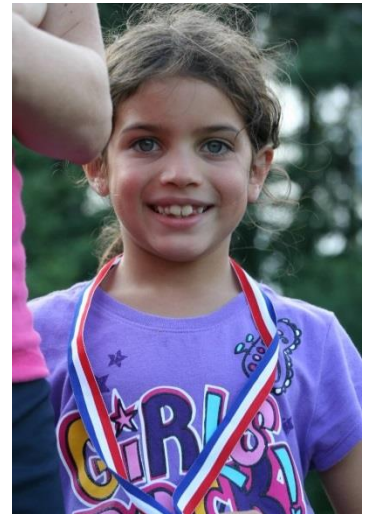


Annual Walk to End Alzheimer's



The Walk to End Alzheimer's will be held this year on Saturday, October 4th at the Frederick Brown Jr. Amphitheater parking lot. Registration begins at 8:00 and the 5K run/walk is at 9:30. For many years the Peachtree City Running Club Team has generously contributed to this race individually. If you would like to contribute to our team checks may be payable to the Walk to End Alzheimer's Walk and sent to Cathy Olson or Teri Besch. Call Cathy at 678-438-3577 with any questions. Thanks for your tax deductible donations!!

Summer Track Series



Upcoming Events

September

- 20 Tyrone Founders Day Run 5k (Tyrone, Georgia)
- 27 St. Vincent de Paul Society 5k Run/1 Mile Fun Run (Moreland, Georgia)

October

- 3 Promise Place's Run From Domestic Violence 5k (Drake Field, Peachtree City)
- 4 First Annual Blue Lights and Sirens 5k (Gardner Park, Peachtree City)
- 11 Christian City Home for Children Pancake 5K
- 11 Promise Place's Run the Ridge 5k/10k trail over Indian Grave Mountain, Meansville, GA
- 18 Peachtree Classic 5k/15k/20k (Peachtree City, annual club-sponsored event)
- 25 Peebles Elementary Pumpkin 5k (Fayetteville, Rotary Elementary Grand Prix)
- 27 Dragon Boat Races (Lake McIntosh, Peachtree City)- come support the club's team

November

- 1 Sara Harp Minter Elementary 5k (Fayetteville, Rotary Elementary Grand Prix)
- 8 Braelinn Elementary 5k (Peachtree City, Rotary Elementary Grand Prix)
- New Hope Harvest Classic 5k (RRCA State Championship, Fayetteville, GA)
- 9 Peachtree City 25k/50k (Darkside Running Club event)
- 15 North Fayette Elementary 5k (Fayetteville, Rotary Elementary Grand Prix)

Summer Track Series (Continued)



New Member Profile

Steve Greene: Like Son, Like Father

By Bob Dalton

Steve Greene (49) is originally from Wilmington, NC, but has been a resident of Fayetteville for the past 18 years with his wife Lyn, sons Cameron (21) and Connor (19), daughter Cayson (16), and two Maltese dogs, Cutter and Cooper.

He is an IT Supervisor for Behr Paint (Behr Process Corp). "Behr HQ is in Santa Ana CA and we have manufacturing and distribution facilities throughout the world primarily in the US and Canada. My team is responsible for the IT infrastructure, equipment, and users in all facilities other than the Santa Ana main campus."

Steve's story about how he got into running is an inspiration for anyone in the same circumstances who might wonder if they could ever take the leap toward self-improvement. "I started running again about five years ago, and at age 44, I was overweight at 265 lbs and basically sedentary and decided to start refereeing soccer. 'No problem' I thought, 'I can keep up with kids.' My first day refereeing I had three games. During my second one I started feeling weird – yeah, I am pretty sure I was about to pass out and then I started getting leg cramps. As I wanted to do the game service, I decided to try and get in better shape."



Steve and Cameron Green after finishing the 2013 Thanksgiving Day Atlanta Half Marathon

"I started eating less – and thank God for my oldest son Cameron who was running Cross Country at Whitewater High School. He MADE me get out and run – his CC team was doing twice a day summer training so I was able to go to some of the afternoon sessions as they held them later to avoid the mid-day Georgia heat."

"He would often stay back with me, to encourage me and give me advice and company as I was well behind anyone else. With his help I started setting some modest goals and when his Junior year started, his school was hosting a meet so we decided I would enter the open event and shoot for a sub-27 minute time."

"I was not used to running off road but this course, while hilly, was not very technical so I didn't have any issues. Having not raced, of course I went out WAY too fast and in the second mile was really paying for it. As I contemplated taking a break and walking it in, I see some crazy person running down the trail at me waving the High School flag and yelling YOU GOT THIS!! GO, GO, GO!"

"Yeah, it was Cameron - right on time. So instead of stopping, I was able to continue and finished with what I thought was a 28:34 time by my watch, but the official time had me at 27:04 – SO close, but I was hooked."

“Having something in common with my son has made us far closer than I can say, way more so than just father-son. We still run a race together, usually every month or so and train when we can although school has made that much harder. We share times and mileage and workouts and ran our first Half Marathon last Thanksgiving with a goal of under 2 hours we made it in 1:57:34.”

“We are planning to run the Soldier Marathon in Columbus on November 8th again with a modest goal of finishing under 4 hours. Cameron still stays back with me although now I have lowered my goal to a sub-20 minute 5k from the current PR of 21:25. At 49 I realize as well that this may not be doable, and certainly PR’s will be fewer if any, but I absolutely LOVE to run and look forward to getting out when I can, and with summer break here even more so as we can run together far more often.”



Cayson, Connor, and Cameron at Connor’s High School Graduation

Steve recounts another race experience he and Cameron had recently. “Cameron and I ran a New Year’s Day race and were pacing for an easy race at 8 minutes/mile when at just over 20 minutes in, the finish line appeared about 300 yards in front of us – official race time of 20:58 but as we were perfectly on an 8 minute pace the course had to have been short of 3.1 miles.”

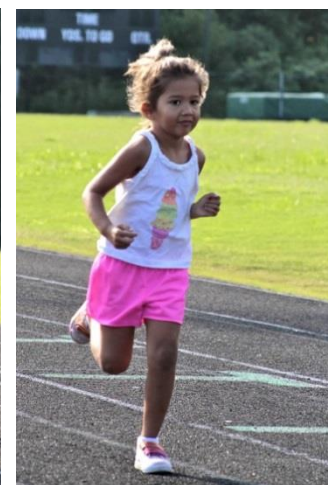
Steve’s favorite race distance is the 5K and his favorite race is any one he can do with his family “to be able to spend more time doing something I enjoy and hopefully spreading that love of running to them.” Steve and Cameron were on the same team (The Young and the Rest of Us) at the PTCRC/Tri-PTC Relay Marathon in June and enjoyed themselves as much as anyone, making new friends and getting in a good workout at the same time.

Steve enjoys running because “It makes me feel great and has helped in staying in shape, keeping the weight I have lost off, and helped make me a much better referee.” And as you can guess his other favorite hobby is Soccer Referee and Director of Referees for PTC Lazars. He also has a small design and printing business on the side primarily doing screen printing and web design/hosting.

Steve is now down to a racing weight of 175, a loss of 90 pounds since he first took up running. At the recent track meets he has clocked a 2:30 800 meter and a 6:28 mile. That sub-20 minute 5K is looking more achievable every day.

Steve joined the club “to meet people to run and train with and participate in more structured events. Sometimes just getting out and running is great and what I love, but having organized runs and events like the summer track series, and the team marathon are a great way to add variety and structure to my training and have fun with like-minded runners.”

Summer Track Series Championship



Plantar Fasciitis: Your “Arch” Enemy

By David Anderson, PT, CSCS, OCS

Plantar fasciitis is the third most common injury for runners and is the most common injury treated outside of the knee. The plantar fascia is a thick band of fibrous tissue that runs from your heel to the base of your toes and supports the arch of the foot. Plantar fasciitis occurs due to overuse that causes repetitive microtrauma to the tissue. This eventually leads to pain and inflammation of the fascia.

The typical presentation is pain under the heel that begins without trauma to the foot. Pain can also extend along the length of the arch but is most commonly felt at the heel. It is most noticeable with initial steps after a period of inactivity and tends to improve after standing or walking for a few minutes. Pain is also likely after prolonged periods of weight bearing, such as running long distances. One of the most common complaints given by people suffering from this is pain upon standing after waking up in the morning.

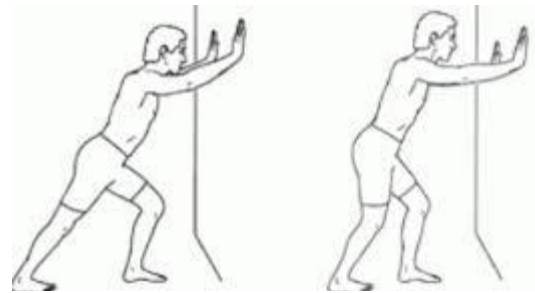
Plantar fasciitis can be common in runners with all foot types but especially those with excessive pronation (flat foot) or excessive supination (high arches). Tight calf muscles and decreased ankle mobility are also common in the development of plantar fasciitis. Onset is common with a rapid increase in running or walking mileage.

There are several things you can do at home to help reduce pain associated with plantar fasciitis:

- Plantar fascia stretching: this is done by grasping your big toe and gently bending it up toward you until you feel a stretch in the arch of your foot. Most people won't feel a big stretch here but it is good for fascia mobility. Hold the stretch for 30 seconds and repeat 3-5 times. Stretching should be pain free.
- Calf stretching: there are two major muscles in your calf that can contribute to problems with the plantar fascia, the gastrocnemius and the soleus. Stretching these muscles can be effective in reducing stress to the plantar fascia and normalizing mechanics of the foot and ankle. I recommend the use of a slant board for the most effective stretching. You can buy one or build one (recommend about 30 degree angle if you build one). Hold stretches for 30 seconds and repeat 3-5 times. Stretching should be pain free.
- Calf and plantar fascia rolling: Using devices such as “The Stick” or a “Tiger Tail” to roll out trigger points in the calf can also help with flexibility. You can use a frozen bottle of water or a Theraband Flexbar to roll the arch of your foot. This is performed by sitting in a chair with the bottle or bar under your foot. Apply downward pressure and roll your foot back and forth over the bottle or bar.
- If symptoms persist for more than 6 months, literature recommends the use of a night splint to improve flexibility of the muscle and fascia in the



David Anderson



Gastroc (l) & Soleus (r) Stretch

“The Stick”



“Tiger Tail”



foot, calf, and ankle.

- Orthotics (shoe inserts) can be used for short term relief but literature shows no significant long term benefit. Research shows that off the shelf orthotics are more beneficial at reducing pain associated with plantar fasciitis than custom orthotics. Off the shelf orthotics are more cost effective than custom orthotics as well. If you are considering custom orthotics I would recommend a trial with off the shelf orthotics before spending a couple hundred dollars on custom orthotics.

If you continue to have pain you should seek help from a qualified healthcare provider. Other treatment options offered by a physical therapist include soft tissue mobilization of the calf and foot, iontophoresis (medication delivered via electrical current to reduce inflammation), trigger point dry needling, gait analysis, taping, lower extremity strengthening, especially of the small muscles of the foot, and other pain relieving modalities.

As always, if you have questions please feel free to contact me at david.anderson@physiocorp.com.

About the author: David is the clinic director at Physiotherapy Associates in Peachtree City. He has been a part of that staff for the past 10 years. He enjoys running as well as helping competitive and recreational runners get back to running without pain.



Thera-Band Foot Roller



Ice-Bottle Rolling

Editor's Note:

Thank you so much to Jamie Feldman! She volunteered to be the picture editor for the Legacy. If you have a collection of pictures, please send to her, and she'll pull out the most compleling ones, make a clever layout, and I'll include in the Legacy! The selection and layout of FOUR PAGES of track series photos is just a start. Thanks to Normer Adams also for taking the photos!

I can't say thanks enough to Bob Dalton. Month after month he contributes two new-member profiles like clockwork.

As many club members did, I volunteered to support the Diva Marathon and 5k. This event was a smashing success for the athletes, volunteers, Peachtree City, Fayette County, and our running club! I hope they come back for many years to come! As an aside I read in a recent Running Times where big national events cause big problems for local events and the running clubs that sponsor them. In contrast to this, the Diva event is an exceptional springboard for our Peachtree City Classic 5k/15k/20k.

David Anderson tackles a common runner's problem: Plantar Fasciitis. I've had it, and I expect many club runners have also. If you're a new runner, keep this Legacy- you'll need it! Better yet, do what David suggests as part of a normal conditioning and stretching (you stretch, right?) routine and you'll do a lot to avoid PF.

Kim Ruple overachieved on contributing Legacy content again this month and branched out into poetry- enjoy!

Summer Track Series Championship



More Club Photos!



Club Tent at Peachtree



Peachtree Start under Old Glory



Club Diva Angie Hinkle
1st Place Woman, Diva Half Marathon

1000-Mile Club Update

Name	Miles as of June Meeting	Volunteer Activities	Club Meetings Attended
Allis, Richard	864	4	4
Amini, Mohammad	809	2	2
Anderson, Bill	502	1	2
Aviles, Pam	815.69	2	3
Barber, Karen	827		4
Bellucci, Tiffany	360		2
Besch, Teri	981.2	8	7
Bothe, Steven	1686	4	6
Burkingstock, Kith	975.9	5	5
Butler, Bradley	1133	2	4
Butler, Mitch	1188	1	4
Caldwell, Bryan	1703	3	5
Caldwell, Karen	863		4
Chiong, Chris	612	2	2
Chikhliker, Manisha	385		3
Chrzanowski, Anne	743		3
Chrzanowski, Michael	817	5	5
Clark, Sally	700	15	2
Cole, Steve	500.4	3	3
Cote-Miles, Pat	527		1
Corrigan, Meredith	850	2	4
Daley, Cal	400		2
Dalton, Bob	1813	5	6
Dennison, Reavis	812.6	3	1
Desgain, Jules	750	4	6
Dillard, Libby	1048.3	4	5
Domaleski, Alex	41		1
Domaleski, Victoria	268.2		1
Domaleski, Mary Catherine	860	3	3
Ellsworth, Daymon	622	2	4
Ernst, Helen	508	3	4
Farrier, Brian	702	2	3
Feldman, Jamie	445		1
Forero, Luis	180		1
Forero, Sandy	344		1
Fratto, Fred	610	2	2
Fratto, Jan	619	4	4
Frizzell, Amy	410		2
Fuentes, Marino	718	5	5
Fuller, Billl	450		1

Name	Miles as of June Meeting	Volunteer Activities	Club Meetings Attended
Greer, Jeff	312		2
Hamill, Todd	725	4	2
Hamilton, Jane	760	2	3
Gulick, David	675	4	3
Hancock, Bonnie	558	1	3
Hancock, Hannah	300		
Hancock, Jake	500		
Hancock, Steve	450	2	3
Henseler, Amy	712	6	3
Hinkle, Angie	1212	3	3
Hinkle, Eric	545	3	3
Howard, Valerie	358		2
Johnson, Rachel	809	3	4
Johnston, Bill	774	?	5
Jones, Cindy	836		1
Jones, Heather	854		1
Jonson, David	178		1
Kaiser, Steve	608	1	3
Kalish, Deborah	36		1
Kearns, Patrick	750	3	5
Kennedy, David	726	5	5
Kennedy, Ryan	971	5	6
Krauth, Christine	915		4
Landgren, Jo	920	1	5
Landgren, Larry	600		3
Lankford, Mike	442	6	3
Lawrence, Jennifer	420		1
Mascara, Mark	50		1
Matthews, Lisa	1420	3	4
Mills, Susan	785	3	4
Moore, Alan	420	5	3
Moore, Teresa	950	5	7
Moore, Tracey	825	3	3
More, Eiken	507		1
Mowry, Warren	507	2	3
Mrosek, John	117		1
Olson, Cathy	824	4	5
Osse, Brandi	805	2	3
Outland, Scott	673		5
Parker, Jennifer	95		1
Piet, Dave	726	1	4

Name	Miles as of June Meeting	Volunteer Activities	Club Meetings Attended
Robison, Roy	1047	4	3
Rose, Betty	1853	3	4
Round, Tom	712	5	3
Rupel, Kim	1209.66	2	8
Sambrone, Connie	896	6	8
Sanchez, Leo	620	4	4
Schultz, Paul	826.5	6	4
Sharpless, Chris	645	1	4
Sheffield, Shane	141		1
Shoemaker, Jerry	389		1
Tarleton, Page	95		1
Thurber, Bill	675		2
Thurber, Karen	389	3	3
Tuman, Sandy	759	1	4
Valentino, Vanessa	665	1	3
Vise, Ed	665	3	3
Walker, Anastasia	823	2	4
Warren, Mike	1250	6	3
Wassell, Joe	1356	4	3
Waterhouse, John	594.5	?	3
Werling, Bill	700	49	5
Weston, Rita	330	3	2
Whiteman, Scott	30		1
Woods, Sandra	611		1
Woods, Von	706	3	3
Zuehlke, Jill	619		2

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.

Club Meeting Minutes: August 4, 2014

President Kim Ruple called the meeting to order at the Dolce Conference Center. New members and guests were acknowledged and welcomed.

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

LIST PASSED AROUND:

1000 Mile Club Book

Steven Childs from Panasonic made a check presentation to the club as a returning Classic race sponsor

Alicia Mayheu joined us as our guest speaker. Alicia shared information about kinetic chains and joint issues.

Garth from Lifeline Childrencare, a holistic adoption ministry for international and local adoptions, invited us to join in the Run for 1 5k August 16 at Woolsey Baptist Church.

Be sure to come out for the Saturday morning runs at 8am. It is a great way for older and newer members to get to know each other.

Normer Adams gave the budget update. We are in the green with \$51,137 in CD's and \$37841 in checking. This year we will give \$16,000 in scholarships and track supplies over \$12,000 last year.

The September meeting will be held Tuesday, September 2 at Partner's Pizza. A fun run will be at 6pm with the meeting following at 7pm.

The Marathon Relay did well.

Terri Besch gave a 1,000 mile update. She gave a Kid's Marathon update too.

George Martin let us know Bill Werling is at 700 miles.

The Cancer Walk will be on August 23 at 9am. Volunteers are needed to help with set-up and take down of the timing equipment.

Diva Run will be a sponsor for our Classic Race. The Diva on September 6 will need over 250 volunteers and offers some paid positions. Sign up via their website. There will be a cap of 4200 runners. They are donating to Children's Village and abused women.

Eric Hinkle, Classic Volunteer Coordinator, needs volunteers for the race. A new race was added this year with the 20k and will have a medal a la Disney. JD Holmes and Fitness 54 have made donations as team sponsors. Five hundred runners have already signed up. The 5k races will start at the same time but with a split with women to the right and men to the left.

Kathy Olson encouraged participation with The Alzheimer's walk October 4 at the Fred.

Sandy Creek has a Health Fair September 26 from 5-7pm on the practice field.

Welcome to Rachel Johnson as our new VP of Activities. Rachel will be taking Shane Sheffield's place. She is looking for Grand Prix ideas as well as help with the Dragon Boat races. There also will be some new monthly social and trail runs added to the calendar.

Christine Krauth comes on board to help with social media, Facebook, and our website.

The club needs a Secretary and a Social Director come January.

Runners are invited to join the Macon Labor Day Race sign up. There will be 5k and 10k teams. August 28 is the cut off to sign up. The teams of 5 need at least one woman.

The August 23 Grand Prix will have a "diva theme." Club gear and creativity are encouraged to those wishing for some extra points.

Rachel Johnson will have more information about a free monthly self defense class.

The Dragon Boat Races will be held at Lake McIntosh on September 27.

The Rotary Grand Prix School Races will have 14 races beginning on October 1. No t-shirt options are coming.

The 3rd Saturday of September will be the Tyrone Founders Day 5k.

Meeting adjourned.

Senses

Kim Ruple

A spider web tickles my face

The foliage is flattened where the deer bedded down moments before

The sun rays dart through the trees dappling the paths, adding to the camouflage

The roots and rocks lay quiet, waiting for a break in concentration

A squirrel darts by flashing his tail, appearing bigger than he is

The bird songs melt into katydid calls, signaling the rise in temperatures

The burn creeps into my legs as proof of my hard work

The red, red mushrooms act as road markers telling me I've been here before

The sweat rolls down me, making me a human waterfall.

These are the things I sense while trail running.