



# LEGACY

Newsletter of the Peachtree City Running Club  
January/February 2015

## President's Letter: Welcome to 2015

By Kim Ruple

It is with great honor I enter my third and final year as club president. As many of you have heard me say, it is a wonderful opportunity to give back to a club that has given me so much. I encourage you to look for similar opportunities in the coming years. I'd like to thank a few of the many people who have really made the club successful in 2014. Please forgive me if I don't include you. I don't want to dominate the newsletter too much!

- Normer Adams and Tom Crofton – thank you for embracing and owning the club treasurer position, forming the financial committee and leading us through the first audit in 10 years. All were a huge success and showed sound financial practices, transparency and the high level of investment we give back to the community.
- Rachel Johnson – thank you for jumping into the Grand Prix series halfway through the year. Your leadership, energy and creativity will make it EVEN more popular with club members – keep it coming.
- Susan Boothe and Normer Adams – for ensuring we had great photographs capturing the Grand Prix, Holiday Parties, Summer Track Series, New Year's Day, Fun Runs, ensuring great material for the Legacy. I especially love the Summer Track Series – kids can inspire so much with their smiles.
- Rita Weston – event organizer extraordinaire, you made organizing the fun and delicious events seem easy – an event in itself.
- Paul Schultz and Jamie Feldman – for ensuring we had a top notch Legacy every two months filled with amazing stories and photos.
- Teresa, Tracey and Hanna Moore – for all your support as Secretary, stand in Grand Prix coordinator, volunteer extraordinaire; you embody the family commitment that enables the club's longevity.
- Bob Dalton – for ensuring our new members are greeted warmly and all members are kept abreast of upcoming events, plus reminding all of us of the little things that make it very special organization.
- Bill Werling – for volunteering for EVERYTHING and representing us at the National RRCA Convention.
- George and Kelly Martin – for leading, organizing and managing over 30 different races (too many to count) and especially for serving as our liaison with the Diva and Race Director for the Classic. We wouldn't function without these events!

To the 2014 Board: Teresa, Adam, Normer, Rachel - we've all supported each other and made some really great things happen (Square, Google Forms, replaced Active.com, Marathon Relay, Grand Prix, Audit, new Cross Country venues, and many, many more.) You were a great team! Welcome to Paul as our newest member.

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**PTCRC 2015  
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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  
February 20, 2015**

It is a great privilege to be part of the Peachtree City Running Club. We have a long history of bringing people together who have a common interest, and we contribute thousands of dollars back to the community for scholarships and new equipment. We make a difference!!

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### **Editor's Note: Volunteers Make the Club Run**

This issue marks the twelfth Legacy I've edited, and as Joe Domaleski pointed out one time, we can have a website and a newsletter, but without CONTENT they don't mean anything. Fortunately, in addition to our regular content such as Bob Dalton's excellent profiles, so many have volunteered to write race reports and health and fitness related articles that we have newsletter with good content- articles and pictures!

I've belonged to several clubs and organizations over the years, and no matter how big or small they are, it seems the same half a dozen to dozen individuals keep them running. In some cases, year after year the boards or event organizing committees are the exact same people, often playing musical chairs and rotating through positions. In some cases the organizations have existed past their stage of usefulness. In others, the organization's formal and informal leadership structures don't really welcome new blood.

The is where the Peachtree City Running Club is different. Running and walking as a sport has come into and out of vogue several times since the 1970's, but there has always been a segment of the population that decides to be a runner or walker so our club has a reason for existing. Additionally, people who were not members even a few years ago can become a board member or take on some form of official responsibility. Our club's founders stay in the background to provide helpful advice and counsel when needed.

On New Year's Day I was talking with Joe Wassell, who used to edit the Legacy, and I thanked him for his efforts. He edited in the day when a printed copy was made! Wow! I can't even imagine the effort behind that. But, it is only a natural progression from paper to electronic media. Others were Social Director or Membership Director in the past, and in the future new members will be. There will be a time when I'm not editor (don't worry Kim, not for the foreseeable future!). I'd like to encourage everyone in the club to consider roles you could possibly take on in the future and reach out to those doing them today- and look at broadening your horizons. I'm an electrical engineer and have an MBA. I don't know the first thing about writing a newsletter, but I give it my best shot.

### **Fitness Tip from Tonya Hussein, AFAA Certified Trainer, Ultimate Fitness**

Weight bearing activity is recommended for adults twice a week by the American College of Sports Medicine for prevention of osteoporosis (bone deterioration) and prevention of muscle atrophy (muscle shrinking). Stronger muscles will aid in joint support and possibly less injury. It is important to also maintain muscle balance. Muscle balance can be achieved by training muscles and their opposing muscles such as hamstrings and quadriceps or adductors and abductors. This leads to less injury and better joint stabilization.

## *New Member Profile*

# Chris Sharpless: “Hole Nother Level”

By Bob Dalton

Chris Sharpless (42) is originally from Hampstead, NC but has called the Newnan/Sharpsburg area home for the last 14 years along with his wife, Doris, and daughter, Sydney (3). He is a reliability engineer with Jindal Films in LaGrange where “I learn from others, I try to teach others, and we all work together to solve problems.” He earned his B.S. in Chemical Engineering from North Carolina State University and his MBA in Operations Management from Georgia State University.

Chris says he enjoys running because “it can be done anywhere/anytime although I can still come up with good excuses not to sometimes. I do it primarily to maintain weight which has roller-coasted over the past 15 years, but I have consistently run and maintained my weight over the past 5 years. I also appreciate the opportunities I’ve had to meet and interact with different people through running.”

When I originally interviewed Chris about his favorite races, he stated “I have only completed three Half-Marathons to date. I plan to run the 2014 Atlanta Thanksgiving Half-Marathon which will be my only repeat race. But if start temps are in the 20’s again this year it will quickly be de-listed.” Well, the good news is that temps were in the low 40’s – warm enough for Chris to take on the challenge and finish with a Half Marathon PR of 1:51:50.

Chris also has three full Marathons under his belt: Chicago in 2011 (4:34); Snickers in Albany, GA, in 2014 (4:19); and Soldier at Ft. Benning this past November where he set his Marathon PR of 4:17:57. One of his running goals is to get under the four-hour mark which he plans to do in the coming year.

Chris is also a member of a running group called HNL (which stands for ‘Hole ‘Nother Level’) that grew out of the Operation Boot Camp program that meets at Drake Field. He says it is “more of an informal running group, but we do have shirts and stuff which makes it kind of official.”

His most memorable running experience was: “The beer I had at the end of a long training run in the summer 2011. My daughter was a few weeks old and I did not drink during my wife’s pregnancy in solidarity with her. It was my longest distance finished at the time and the best beer I’d tasted in my life.”



**Chris finishing the 2014 Soldier Marathon in a PR time of 4:17**

When he is not running, Chris can also be found enjoying one of his other hobbies - motorcycling. Chris rides a Suzuki V-Strom 650 and often uses it when the weather is nice to commute to his job which really saves on gas money.

Chris joined the PTC Running Club for the social experience and to meet other members of the running community in the area. He participated in the Marathon Relay and just earned his 1000 Mile Jacket at the annual PTCRC Awards Banquet. He is fired up about staying the course and earning his 5000 Mile Jacket in a few more years. He will certainly have plenty of company helping him along the way.

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## Hips Don't Lie

By David Anderson, PT, CSCS, OCS

Hip weakness and immobility can play a crucial role in your success or failure as a runner. It is a general consensus amongst the medical profession that hip mobility and strength are crucial for optimal running form and injury prevention. Our hips are the main drivers of our lower extremity movement and if they are working improperly, the legs are unable to provide sufficient power. The inability to provide optimal power will lead to compensatory running strategies, inefficient running form, and most likely, injury.

So why do people develop stiffness and weakness in the hips? It is primarily a function of our daily activity. In this day and age the majority of the working population have jobs where they sit most of the day or commute long distances sitting in a car to get to work. Prolonged sitting will put the hip flexors in a shortened position and the glutes in a lengthened position. Over time your body adapts and your hip flexors maintain that shortened position leading to anterior hip tightness and the glutes lose their ability to produce force by being held in a lengthened position, leading to posterior hip weakness.

There is little research that has been done on the role of hip range of motion related to running injuries. There is one study, however, that has shown evidence that decreased hip mobility can, in fact, lead to running related injuries. A 1992 study performed by the University of Amsterdam showed that runners with a history of injury had a hip range of motion that was ten degrees less than runners with no reported injury. This is only one study so it must be taken with a grain of salt, but it does show that there may be some contribution of limited hip mobility in the role of lower extremity injuries in runners.

There is considerably more evidence supporting the role of hip strength in the prevention of lower extremity injuries in runners. Weakness of posterior and lateral hip musculature has been implicated as a contributing factor for low back, hip, knee, and other lower extremity injuries. The posterior gluteal muscles are the most powerful movers for running. Weakness of these muscles forces runners to compensate with other muscles, which leads to muscle failure and injury. The lateral gluteal muscles act as stabilizers of the pelvis. Weakness of these muscles can lead to inefficient running patterns, which will eventually lead to injury.

Here are a few exercises that may help improve your hip mobility and strength. These exercises are recommended for relatively healthy individuals with no significant issues with pain. If you are having lower extremity pain or other issues, please consult with a medical professional.

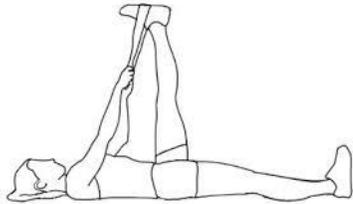


**David Anderson**

## Hip Mobility/Flexibility

### 1. Lunge Stretch

Position yourself with one leg forward and resting on the knee of the back leg. Be sure that the front ankle is directly under the knee and that the trailing leg is straight out behind you. You may use your hands on the ground to steady the body. Gently lower the hips downward & forwards and hold that position. Hold stretch 30 seconds and repeat 3 times on each side.



### 2. Hamstring Stretch

Lie on your back with a towel or belt around your foot. Using the towel, gently lift your leg into the air until you feel a stretch in the back of your leg. Hold stretch 30 seconds and repeat 3 times on each side

### 3. Piriformis Stretch

Lie on your back and cross right leg over left. Grasp behind left leg with both hands and pull legs toward your chest. Hold stretch 30 seconds and repeat 3 times on each side.



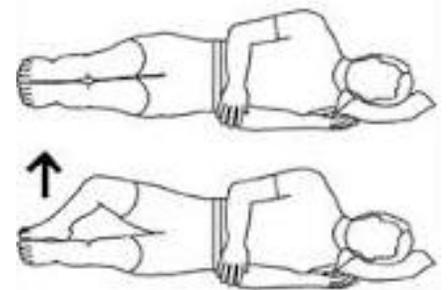
**\*\*All stretches should be performed on non-running days or after running. Do not perform immediately prior to running. *Dynamic stretching is recommended prior to running.***

## Hip Strengthening

Research has shown that certain exercises elicit higher activation of gluteal muscles than others. The following are a few exercises that will give you the most “bang for your buck” in terms of hip strengthening.

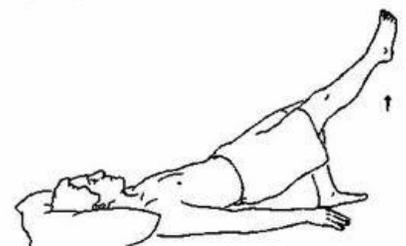
### 1. Sidelying Clamshell

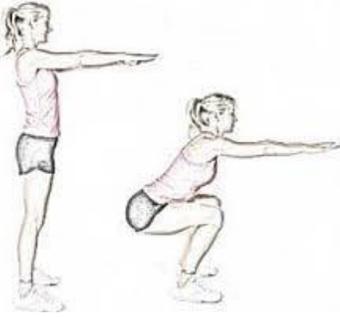
Lie on your side with knees and hips flexed to about 45 degrees. Keep your feet together and raise the top knee up, being careful not to roll your entire body back. The movement should come only from the hip. Hold each rep for 5 seconds, repeat 20 times on each side.



### 2. Single Leg Bridging

Lie on your back with both knees bent, feet on the floor. Lift your hips into the air until your body is in a straight line. Then, extend one leg until it is straight. Make sure to maintain your body in a nice, straight line. Hold for 5 seconds, place your foot back on the floor and lower your hips down. Repeat 10-15 times.



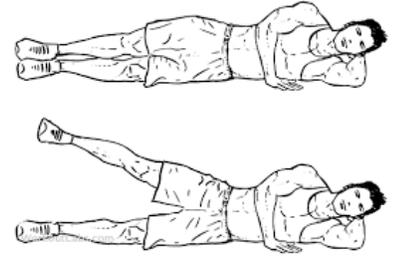


### 3. Squats

Feet shoulder width apart, arms in front. Lower into squat position keeping knees over toes and keeping your weight on your heels. Be careful not to drive your body forward so your knees don't go past your toes. Hold squat position for 10 seconds, repeat 10 times.

### 4. Sidelying Hip Abduction

Lie on your side with legs straight. Tighten the thigh of your top leg and lift up to the side in a controlled manner. Hold at the top for 10 seconds then slowly return to your starting position. Repeat 10 times on each side.



As always, if you have questions please feel free to contact me at [david.anderson@physiocorp.com](mailto:david.anderson@physiocorp.com)



**New Year's Day Grand Prix Run and Club Brunch at Lou and Martha Boone's**

# Upcoming Events

## January

- 10 St. Paul Lutheran School Frostbite 5k
- 24 ATC Peachtree City 5k/10k (Atlanta Track Club event, contact George Martin to volunteer 770-596-9890 r2sun98@mindspring.com)

## February

- 7 Kedron Elementary Heart to Heart 5k
- Cupid Chase 15k/5k/1-mile (Senoia, GA [www.thecupidchase.org](http://www.thecupidchase.org))

## March

- 7 Oak Grove Elementary Run for the Gold 5k
- A Stroll in Central Park 6 hour/12 hour (Cumming, GA, Darkside Running Club associated event)
- 13 Springhill Elementary Trash Dash 5k (Friday evening)
- 21 Burch Elementary 5k
- 28 Inman Elementary 5k
- Running Dead 100 mile/50k (Darkside Running Club Event, through March 29)

## April

- 11 Paws for a Purpose 5k (Tyrone, GA, Fayette Daybreak Rotary sponsored event)
- 18 Huddleston Elementary Hustle 5k
- 24 FCA Multisport Events (Peachtree City, through April 26)
- 25 Cleveland Elementary 5k

### **2014 Peachtree City Running Club's All American 5k/10k: Another Success**

In 2014, the Club raised \$3372.51 to support the American Legion and their veteran and youth programs. In addition to providing financial and other support to needy veterans in our community, Post 50 sponsors an American Legion Baseball team; provides cash awards to The American Legion Constitutional Speech Contest participants; awards to the selected Gold Award Girl Scout and Eagle Boy Scout of the Year and selected ROTC Cadets at Sandy Creek High School.

Outside The American Legion range of programs, Post 50 has taken on with both volunteer and financial support two wonderful organizations that assist wounded veterans. Horses and Heroes is operated by the Calvin Center in Hampton and is an equestrian based rehabilitation program directed at helping veterans in their recovery from physical and/or psychological injuries. Piper Hill, featured in a recent issue of Fayette Woman, runs Healing4Heroes. This organization selects dogs from the local kennel that would otherwise be put down and trains them to be service dogs for soldiers suffering from traumatic brain / psychological injuries.

The funds raised by the All American funds have a very positive, immediate and long term impact on our youth and community. Post 50 has expressed their deep appreciation for the help and assistance provided by PTCRC.

## 2014 Rookie of the Year: Karen Trayer

By Bob Dalton

Rookie of the Year for 2014, Karen Trayer (54) has come on like gangbusters winning or placing in many of the races she competes in. This Boston native has established herself as a Masters runner to be reckoned with in the short time she has been with the club.

Karen earned her degree in nursing from Fitchburg State University in Massachusetts. She has worked a nurse for most of her adult life except for a stint as a flight attendant with Delta for 11 years. She took up running about 10 years ago.

“I really take care of my family, run the household while my husband is working in Abu Dhabi, and travel across the world to visit him, work as a nurse...and most importantly try to do it all around my running schedule!”

“Daughter Kaitlyn (27) is an associate art instructor at Museum of Modern Art in New York City; Jenny (26) is a trainer for The Scheduling Institute and based in Dallas; Ryan (25) is in the commercial refrigeration industry and works for Alta Refrigeration in Peachtree City; and Luke (15) is a freshman in high school and is a great swimmer.”

“My most memorable running experience was when I did my only marathon at age 50 in Atlanta in 2010 and qualified for Boston, which was huge to me because that is where I am from. However, when I finished the marathon I did not know that I qualified for Boston because I did not know my chip time..... and at that point did not care. I was in so much pain and thought I would never run a marathon again. After I got back to the hotel room and showered, Jane, a very dear friend of mine called and congratulated me.... I asked her my time and she told me that I had qualified. However, there is a sad ending to this story. When I tried to sign up for Boston the day after it opened in 2010, the race was closed! I was so upset.....however Carleen a friend and graphic designer, said she was going to make a t-shirt for me that said, ‘She was fast enough to qualify, but not fast enough to sign up!’”

Karen admits one of her most embarrassing running experiences was “When I did the 15k Classic in Peachtree City several years ago and I put the directions on my shoe instead of the timing chip.... and was surprised when I did not have an official time!”

Her favorite race is the annual 4th of July romp through downtown Atlanta. “The Peachtree is a very powerful race to me and it is somewhat difficult to describe why. I love the start of the race.... seeing the huge American flag hanging on display, hearing the national anthem being played on the 4th of July, to be part of something bigger than yourself, and to be with a group of 60,000 runners that have a common goal to complete the race.... and with so any different reasons to run.”



**Karen receiving the 2014 Rookie of the Year Award from Club President Kim Ruple**

When asked why she runs, Karen replies, "Oh so, so many reasons.... for a feeling of accomplishment, to get the endorphins going, to make me a nicer person, to be able to eat more, to hang out with motivational fun friends, to race, to be better, to be stronger, for the shirt, for the prize, to fundraise, to stay healthy, to learn how to overcome almost every injury you get from running, to manage stress, to be able to check out of everyday life for a while, to be outside and feel my feet pounding the pavement, and running makes getting older easier because you get to move up in an age group! And to quote the late Dr. George Sheehan, who was a runner, philosopher, and cardiologist, one of the reasons I keep running is: "It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit."

Karen also has other interests besides just running and racing. "I love to travel, and run in different parts of the world....really enjoy reading running and motivational books, especially by Dr. George Sheehan, I love spending time with my family that is spread out all over the country and world. I like to cook and love eating Indian, Lebanese and Thai food."

"I lived in Kuwait in 2008 for a year when my husband was there working. This is where I started to run longer distance.... because I did not want to drive there! I would literally run to the mall and grocery stores and shop, then call a taxi to drive me home. The shops were about 7 to 10 miles away and I would run along the beautiful Persian Gulf."

Karen says she joined the club because "I have always been impressed with how much the running club has done for Peachtree City to promote health, fitness, fund raising, and community spirit. One of my first 5Ks was the Heart to Heart Race at Kedron which was part of the Rotary Club series. My friend Carleen asked me to run in it because she designed the t-shirt for the race. My response was, 'I hate to run.' However, many years later I guess I was wrong. Also, another great reason to join the running club is to get a guaranteed seat on the bus for the Peachtree!"

Karen took third overall in her age group in the 2013-2014 Elementary School Grand Prix series. She won or placed in her age group in numerous races this past year ranging from small local events like the Old Courthouse 5K to larger ones like the Atlanta Women's 5K, the Macon Labor Day, the PTC Diva, the PTC Classic, the ATC Ten Miler, and the Galloway Half Marathon. No wonder she won 2014 Rookie of the Year!!

Her goal for the future is simple. She just wants to continue to be able to run for as long as she can. That's an achievement any one of us would be happy to accomplish.

## Welcome New Members!

Barbara Lee

Ron Jones

Kyle Shanahan

Meredith Rielly

Canon Snow

Markus Schwab

Mike Ruple

Ken and Ruth Christensen

Gary Roden and Jessica Ruple

Karen Hammond

Pam Cospser

Julie Weida

## Note from Rita Weston, 2014 Social Director

The Christmas Party and Awards Banquet for 2014 was very successful with 120 members and guest attending; the highest attendance on record! Also, there will be a New Members Breakfast Saturday, February 7 at Ray and Teri Besch's home at 105 Parsons Place in Peachtree City.

## Thank-you Letter from 2014 Classic Participant

12-26-14

Dear Mr. Martin,

On Christmas Eve, I laced up a pair of running shoes already donned with little jingle bells and ran a merry 5 miles. Upon my return, my mom informed me of a package waiting for me on the table. How wonderful to find that it was indeed the second place award ~~to~~ from this year's Classic 15k! I was beyond excited. Your timing was swell.

I still remember all the sights and sounds of that race - I had a remarkable time. That was my first 15k, ~~which~~ which worked as a springboard in my training for my first half marathon, November 8. I ran the Soldier's Half at Ft. Benning, and let me tell you, that was probably my favorite race so far. I made friends at the starting line, and then became acquainted with a lady with whom I ran 11 ~~&~~ miles. Those relationships are still going strong, and I'm thankful for that.

The Peachtree Classic 15k was an exceptional experience: the size, the course, the volunteers. I loved every minute of it. My final time was 2:03. In the half, I finished in 2:52 (my goal was under 3 hours). Later in January, I will be running the Hot Chocolate 15k in Atlanta with my boyfriend. I am currently helping him train, and he is so excited. My goal for this one is 1:50, but more importantly under 2 hours.

I can't express to you how much I love racing. I definitely wasn't blessed with the long legs or fast pace but the passion is what

## Thank-you Letter from 2014 Classic Participant

keeps me going. This year, 2014, was my first year, starting in April ~~with~~ with a local 5K in an exhausted time of 39:14. Since then, I have run 21 total races - ~~17~~ ~~5Ks~~ ~~17~~ 5Ks, 1 5-miler, 1 10K, 1 15K, 1 half. I am beyond excited to ~~see~~ find ~~the~~ <sup>what</sup> 2015 holds. My ultimate goal is a full marathon by the end of the year; I may do the Soldier's. Nonetheless, you can relate with my big goals.

As you know, my grandma is a retired runner. She has been an amazing inspiration to me. We had a family friend who was also a runner; in fact, he & my grandma met at a race. He passed from cancer at the beginning of this year and has never seen me run a race. I run in his memory, because to this day he still motivates me. My family has been nothing but supportive. I've been an inspiration to several friends to start running as well. My boyfriend is determined to run the full in 2015 as well (I've gotten him into racing). I do have several medals ~~hand~~ hanging in my room, and there is a special place for the plaque you sent; it inspires me as well. On my bedroom wall I have all my numbers hanging up, as well as the posters my sister made for the hall. When I look at them, I don't particularly remember them very well. However, your Classic race has made a big impression on me and I remember all the sights and sounds when I see that bib. Thank you.

Best wishes,  
Allyson Barron

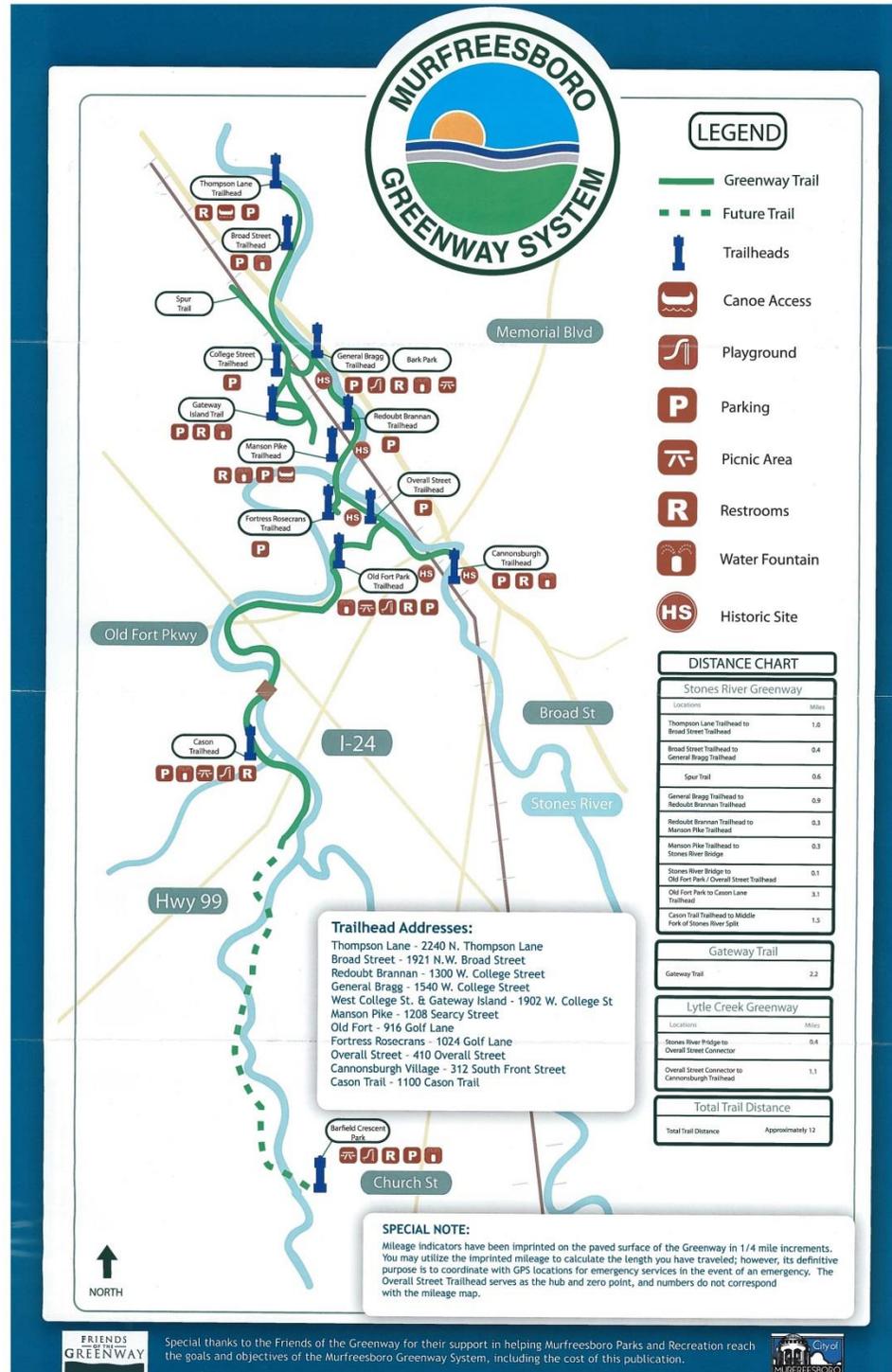
# Murfreesboro, TN Greenway System: A Taste of Home

By Paul Schultz

Recently, my family and I went to family event in Murfreesboro, Tennessee, a city about 25 miles south of Nashville and home to Middle Tennessee State University, for a short reunion with one of my brothers and several cousins. Many of you can relate to the fact that my running shoes got packed before I even knew if there was a place to run.

After we arrived, I inquired at our hotel's front desk if there are good places to go running. The concierge suggested the Greenway System and promptly handed me a map. There are several trailheads, and he recommended two of the closest, both of which were a short drive from the hotel.

My workout was 10 miles so, and an out and back route accommodated this. The Greenway follows a river and railway line. There are information directional signs and educational placards. There are full running/walking amenities along the way as the Greenway goes through several city and other parks. It was a lovely run, and a lot like being at home.



## 1000-Mile Club Update

**Congratulations to all of the 1000 Mile Club Jacket Recipients and the club members who logged in 1,000 miles on 2014! Thirty-four members received jackets:**

### 1000 Mile

Mohammad Amini  
Brad Butler  
Manisha Chikhliker  
Anne Chrzanowski  
Mike Chrzanowski  
Reavis Dennison  
Libby Dillard  
Mary Catherine Domaleski  
Daymon Elsworth  
Helen Ernst  
Amy Frizzell  
Amy Hensler

Cindy Jones  
Heather Jones  
Steve Kaiser  
Christine Krauth  
Jo Landgren  
Larry Landgren  
Warren Mowery  
Scott Outland  
Leo Sanchez  
Chris Sharpless  
Vanessa Valentino

### 5000 Mile

Steven Bothe  
David Kennedy

Ryan Kennedy

### 10,000 Mile

Jane Hamilton  
Bill Johnston

Lisa Mathews  
John Waterhouse

### 20,000 Mile

Dave Piet  
Sandy Tuman

Joe Wassell

**Whether you completed your first 1000 miles in 2014 or are at 26,000 miles (Bill Werling) you have reason to be proud.**

**Don't forget to sign up at the January 5 meeting for the 2015 1000 Mile Club. You must complete an application each year. Requirements are: attend 3 club meetings, volunteer at three running events, update your mileage three times, and run or walk 1000 miles in one year. You may count your mileage starting the day after the annual PTCRC Christmas Party. If you have any questions, contact Teri Besch at 678-478-4155 or [besch105@comcast.net](mailto:besch105@comcast.net)**

## Club Meeting Minutes: November 3, 2014

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

The October minutes were approved.

Guests and new members were acknowledged.

Kim Ruple reminded members to vote for this years superlatives: Volunteer of the year, Club Rookie, and Most Improved Runner.

George Martin made a thank you to all Classic volunteers. We almost made our \$100,000 goal. Next year marks the 35th year and it will be done. George shared awards to our corporate sponsors. Special acknowledgements were made to Panasonic with the largest team and their continued sponsorship and to Maurice Alexander of Fitness 54 a \$5,000 dollar sponsor who brought with him a team of 40.

Additional Corporate Team awards were given to AmeriFreight, FCA, CAM, Winpak, NCR, Coca-Cola, and AT&T.

Additional awards were given to Oak Grove, KONOS with Michelle Villars, Healing Bridge Clinic, Fayette Extension 4H, Defense Forensic Science Center, Crossfit Goodlife, and Ultimate Fitness.

If you need a shirt or award, see George Martin.

Adam Shoemaker introduced our keynote speaker, Richard Kenah. Rich is the current ATC president who was appointed in February of this year.

Rich shared with us that he has already heard of the longstanding relationship between the ATC and the PTCRC. Plans have already begun to bring back the ATC Peachtree City Grand Prix race January 24, 2015.

Rich shared some of his background and his vision for where he would like to help the ATC go. Rich began running at the age of six. There was no indication at that time he would be very good but he kept at it. He culminated a life long dream by competing at the Sydney Olympics in 2000. It was everything he dreamed it would be. He went from professional athlete to sports management and marketing.

Several years ago after working with professional athletes at the Boston Marathon, he found he really enjoyed working with the everyday runner. In a sport where so much is determined by such small amounts of time, he wanted to see runners at every part of their running journey. This is just a part of the ATC's return to Peachtree City.

Fifty years ago, the ATC was built around high school running. We now call ourselves a walking and running organization. We are not just talking about runners but increasing our impact on the health of all people. Whether it be the 90 year old who completed the Peachtree Road Race this year or the Kilometer kids who have come out by the thousands to run with us this year. Like the Rotary series started here by George and the PTCRC, the ATC will have done its job if we are able to teach kids and adults alike that running on an everyday basis is just fun. Rich's dream is that a kid in 2024 or 2028 will compete at the Olympics and be able

to say I started at Kilometer Kids. Statistically not everyone can be an Olympian, but running can impact everyone on a daily level.

Questions:

1. Peachtree Road Race Entries - The ATC hopes to drop its dependency on the Peachtree so we are known for what we do in the community and not just for a race.
2. Increase events throughout Atlanta - Yes, we are heavy inside the perimeter and the Northside. As we look to expand our calendar, we want to be responsible and not impact current races.
3. ATC calendar - Beginning in the new year, we plan to launch a new website that will include a running club calendar.
4. ATC Group Runs - We have lost our way on the social piece of the club due to our size. We are in the process of hiring a centralized coach to offer paid training, coach elite teams, promote group runs, and group training.
5. ATC marathon - We suspended not cancelled the marathon. The current numbers did not make it sustainable. We hope to bring it back in the fall of 2016 or 2017 in a sustainable format.
6. The American Competition at the Peachtree Road Race - In 2014 we made a decision to focus on the Americans with the 10k championship. In 2015 we hope to chase the fastest 10k time. Part of the Peachtree is to create a story to help people see more than just elite athletes.

Adam Shoemaker expressed a thank you from the club with a Classic T-shirt.

Kim Ruple opened up the floor for club business.

Teri Besch gave a 1,000 Mile Club Update. If you wish to have a jacket this year, let Teri know immediately.

Normer Adams gave the treasurer's report. We remain solvent with \$75,297 in checking and \$51,148 in cd's. Some Classic bills remain outstanding. Club membership and the Christmas party can now be paid online via the Square. Check the club website for information.

Bob Dalton gave a membership update. The 2015 club membership application is now available.

Rachel Johnson gave a Grand Prix update. The Classic Grand Prix had a good turn out. The next Grand Prix is November 15. The club will collect donations for the Real Life Center. Don't forget your gear. Donations will count for points, and members will run their own distance.

Rita Weston reminded everyone of the Holiday party on December 6 from 6:00 to 10:30 at Glendalough. Reservations must be made by December 1, \$30/member or \$60/non-member.

Sally D. Clark has Ajako items.

George Martin announced upcoming races:

Braelinn - November 8

North Fayette - November 15

Peachtree City - December 6

Paul Schultz needs first time Classic finishers to interview for the upcoming Legacy to use as a marketing tool for next year's race.

Questions from the floor:

Ryan asked about when the club voted on new logo? Teresa Moore provided him copies of the minutes to show the progression during 2012.

Daymon asked about how the voting for superlatives was conducted. He expressed concern that club members didn't know the accomplishments of those in the club. Kim Ruple indicated we've asked people to submit via Facebook, newsletter and web site; but we are open to ideas and would welcome someone stepping forward to lead this activity.

Dave Piet, Master at Arms, conducted this year's election.

New board members Rachel Johnson, Activities VP and Paul Schultz, Secretary.

Meeting adjourned at 8:45pm.

### Letter from Paul & Ann Blaum

1000 Mile Dear PTCRC Club Members,

It is with great sadness to report that one of the clubs signature "figures" for the past 20 years is leaving the club for good.

Mr. Montero (aka 1995 Silver Mitsubishi Montero) of the Blaum family has moved on to another family and will not be associated with the PTCRC anymore. After 392,000 miles of service to the community and the Blaum family, it was sold at an extremely fair price and has quit the club.

Some of Mr. Montero's memories in the PTCRC include the following:

- Trenching many club members yards after late night social events: Vlastnik, Binkley, Gulick, Mrosek, Crofton, Hal Berry, Garwood, Allis, Stitt, Dountz, Fuller, and the list goes on.
- Hauling Little Guy & Wild Thing all around town and to their next home.
- Transporting numerous kegs of delicious carbonated beverages many club events.
- Hauling supplies and trash to the club functions to save thousands of dollars in the club budget.
- Transporting former club founders and officers home after "enjoying the beverages" of above. AKA – My Friends Will Take Me Home Robison.
- Transporting club gentlemen home after their lovely wives had enough of them telling tall tales and consuming the black juice.
- Disposing of fish and pig parts after Hash Runs and Pig Roast events.
- Transporting Trial of the Century Criminal Mrosek to Trombly Court House.
- Marking courses throughout the years being careful not to disturb precious green space.

With Great Sadness,

Paul & Ann Blaum