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Brrr...from the President

By Kim Ruple

This time of year plays havoc on the running community – heat, cold, ice, wind, humidity, snow, but let's take a moment and reflect on the blessing of running. Most of us have the fortune to be able to enjoy running or walking; plus we have an opportunity to explore new places and meet others with a similar interest. We are lucky indeed. So next time you think, "It's too cold," or, "It's too hot," change your mindset and think, "I am lucky to be able to..." then go out and do it: Love, Live, Laugh.

When the weather is most definitely better (and as a reminder) to our membership, we have the All American 5k on May 23. This is a Club-sponsored event that supports our veterans so please come out and volunteer, run, or walk.

Additionally, as some of you may or may not know, Peachtree City Running Club is a member of a larger umbrella organization, the Road Runners Club of America, which provides some vital behind-the-scene services to the club in the form of insurance and to help us maintain a non-profit status, but there are other less well-known benefits of our club being an RRCA member: RRCA helps train our club officers when they attend an annual RRCA convention in best practices to help us grow our club and provide the best possible support of runners and walkers; they have a monthly newsletter, Club Running, which is available to all our membership; and they provide national recognition in a variety of categories: runners, volunteers, newsletter, and a variety of other categories. More information is in this edition of the Legacy. Please take advantage of all the RRCA does for our club and for you, our members. Stay Warm!

6th ANNUAL ALL AMERICAN 5k Run/Walk

Saturday, May 23, 2015
8:00 a.m.

AT

Fredrick Brown Amphitheater



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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 17, 2015**

Editor's Note: Upcoming Events

Coming up are a few unique events that I wanted to draw everyone's attention to. As the editor, I'm in a position to promote events that are special to me, but I'm more than willing to include items in the upcoming events section, or if anyone wants to write an event preview, I'd be happy to publish it! Send your stuff in!

The first event is the Breast Cancer Survivors' Network's inaugural "Run for the Boobs" 5k on March 28. This year's theme is "Road to Nashville" so Busty's picked up a guitar and boots. While BCSN has had a walk for many years, the 5k is a new addition to a morning of fun and festivities including entertainment, survivor recognition, the pink glove dance, and lunch. And the BCSN is completely local to Peachtree City yet has an impact in Fayette County and beyond. Contributions to them stay in Fayette County to support those with breast cancer and their families, especially those with limited financial resources. More information at www.bc1daywalk.org



The second event is "Paws for a Purpose," a 5K-9 run sponsored by the Fayette Daybreak Rotary Club on April 11 with proceeds supporting the Fayette County Humane Society, CAREing Paws, and PETS for VETS. There are other dog-themed events including a dog walk for those who don't run. I have it on record that club member Rachel Johnson and her trusty sidekick, Charlie, won the race one year. Runners don't need a dog, but many events don't allow animals on the course so this is a rare treat to run with one so I'm working to find one. More information at www.fayettedaybreak.org



The third event "Hawaiian Run Thingy" is April 18. It seems like the sponsors couldn't figure out what to name it because it is much, much more than a race! It is hosted by AVPRIDE and is also an inaugural event. It will be held at Heritage Christian (same location as the Heritage Cross Country Course) and features a 5k race/1-mile fun run, a wheelchair event, food (Truett's Luau is a sponsor), hula dance lessons, live music, a photo booth, mango battle (whatever that is- but I think I can comprehend it!) so it really looks to be a whole-family affair rather than simply a race. Safe space for families with special needs will also be available. AVPRIDE does all kinds of things to support youth in Fayette County. More information at www.avpride.org



New Member Profile

Meredith Corrigan: “Girls Just Wanna Have Fun!!”

By Bob Dalton

A lot of people would love to move from Georgia to Florida to enjoy the amenities of that state year-round. Meredith Corrigan (46) did just the opposite five years ago, moving from Pensacola, where she was raised, to Newnan where she lives with her Guinea Pig (Lucky) and dog (Kirby) and is a Pre-K teacher at Arbor Springs Elementary School. This Florida State Grad has been running for seven years now and describes her daily routine as “run, work, rest, repeat!”

Before becoming a teacher nine years ago, Meredith says, “I’ve had several fun jobs! I was a manager at Target and worked in reservations for Delta Air Lines before I began teaching.” She joined the PTCRC two years ago earning her 1000 Mile jacket the first year and is “looking forward to getting my 5000 mile jacket. I wanted to meet other runners in the area and participate in running and volunteer activities. I also wanted to be more connected to my community.”

Meredith’s most memorable running experiences are “My yearly weekend girls running trips. Several of us have run the Donna Marathon twice and will participate in the Tybee Run Fest in February this year. We are already planning for 2016. We have fun on the girl’s weekends but marathon training takes a while and our training runs are always eventful as well.”

Favorite Race Distance? “I love the half marathon distance. Sometimes it’s just enough but it always leaves me wanting more. If I can ever quit getting talked into doing marathons, then I’m going to work on a half PR of 2:00.”

Favorite Race? “I really enjoyed the Diva Half this year. I love the course! I had trained on it many times and there were lots of people out supporting us. It was fun volunteering for it (she worked race packet pick up), and it was nice to have a half marathon here in PTC. Oh, and did I mention the BLING!!!”



Meredith, Libby Dillard, and Karen Thurber still smiling at Mile 17 of the 2014 Run with Donna Marathon

Welcome New Members!

Brent Snodgrass
Leigh Blood
Zinnia Adkins
Rob Morgan
Kari Meyer
Jane Stempkoski
William Welch
Scott Stephens
Larry Shanahan

She enjoys running “because it helps me to decompress after long days with 4-year olds! I also love running early before school (4:45am). It’s a great way to start the day. It’s very peaceful, and on a long run in the winter, the air is crisp, and I love to see the sunrise. Everything seems so clear. I also enjoy being with the great friends I have made the past couple of years. We have become like family.”

In her leisure time Meredith says, “I enjoy reading non-fiction and biography. I’m from Florida and love the beach and jet skiing. I love to travel.” She also goes camping and is a big NASCAR fan.

"I usually run with girls I've met from Moms Run This Town so PTCRC members would not know that I talk the entire time on training runs. If I'm not talking, something is wrong! I'm the perfect running buddy if you forget your music! I can always recite an interesting story I've heard on NPR. And I cannot add or calculate miles nor do I remember left from right while running. Just ask Karen Thurber how many "more" miles she has run because of me and how many times she has said "left, left, left!!"

"I went to Paris last April. I had been running and working out so much I decided that on this trip I would not bring any workout clothes or running shoes. When we arrived and got on their subway system there were lots of runners with bibs. It got a lot more crowded as we got closer to the hotel. When we checked in we asked about it and wouldn't you know, it was the Paris Marathon!!! I was kicking myself but said never again will I leave town without my running shoes. But we did have fun walking the city and seeing the runners make their way through. So, I'm headed to The Keys with a stop in Fort Lauderdale in February for winter break. What is happening that weekend? The Fort Lauderdale Marathon! And guess who WILL BE running it?? ME! It will be my 5th marathon."

Whereas Meredith says she usually runs 5K's in the 28-30 minute range, she was able to set a PR of 26:13 at the Tybee Fest 5K the first weekend in February mentioned earlier. And I'm pleased to report that she also set her marathon PR at Ft. Lauderdale by almost 18 minutes with a 4:35:45. Looks like Meredith is on a roll!!



Friend Perry, Meredith, sister Angela, and nephew Sam at her birthday party last year

The Runner's Knee

By David Anderson, PT, CSCS, OCS

Runner's knee—you've all probably heard of it, know someone who has it, or have it yourself. But do you know what it really is? Runner's knee is a common term used to describe what is medically known as patellofemoral pain syndrome (PFPS). PFPS develops when the kneecap (patella) rubs against the thigh bone (femur), causing an irritation to the cartilage under the kneecap. Symptoms typically present as a diffuse aching pain in the front of the knee or, less often, as pain behind the kneecap. Symptoms are often noticed after prolonged sitting, squatting, going up and down stairs, and with running. People with these symptoms rarely report a specific mechanism of injury but usually present with pain that began gradually and progressively worsened over time. Some factors that are reported to contribute to PFPS include poor lower extremity alignment, especially during running, decreased lateral hip and quadriceps strength, decreased hamstring flexibility, overpronation of the feet, and altered patellar tracking.



David Anderson

Treatment for runners should address all risk factors present for that individual. These factors can be assessed by a licensed physical therapist, and a specific treatment plan can be developed. Below are a few helpful things

that can address a few of the common problems associated with patellofemoral pain syndrome.

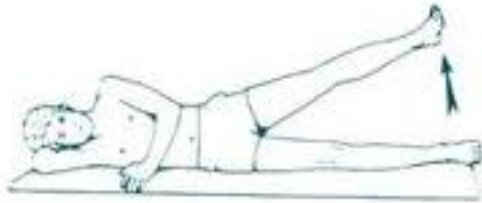
1. Begin a general flexibility program to address hamstring, calf, quadriceps, and hip flexor tightness.
2. Increase lateral hip strength

a. Monster Walks



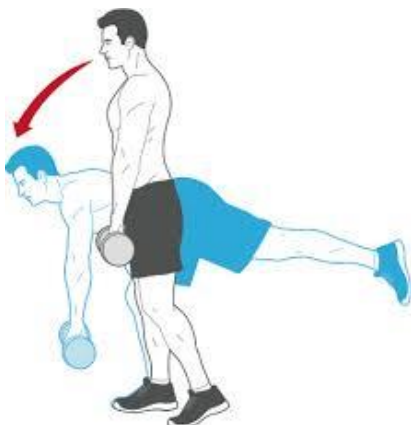
Take 10 steps to the left then 10 steps to the right, making sure to take controlled steps. Repeat 5 reps.

b. Sidelying Leg Raises



Lift and hold 10 seconds, repeat 10-15 reps

c. Single Leg Deadlift



Standing on one leg, hinge forward at the waist making sure to keep back straight. Maintain a slight bend in the stance leg. Hold position for 5 seconds. Repeat 10-15 times. Perform without weight initially. You can add weight and hold time as the exercise gets easier.

3. Kinesiotaping to improve patellar tracking. Follow the link for a video on how to self-tape for patellofemoral pain. <https://www.youtube.com/watch?v=b72H3E9DWGE>

4. Increase your cadence (step rate) to decrease load on your joints. A 2011 study by Heiderscheit et al. showed that increasing step rate by as little as 10% while maintaining the same speed reduces load on hip and knee joints and has the potential to reduce risk of patellofemoral pain.
5. Have a proper shoe fit performed to address individual foot mechanics and ensure your feet are properly supported. A few local stores that can help fit you with the proper shoes include Foot Solutions, Phidippides, and Big Peach Running.

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

Advantages of Small Marathons

By Betty Rose

In December I completed the Run for the Ranch Marathon in Springfield, Missouri, which had only 94 finishers. That race made me think about some of the marathons that I have completed that are smaller in size. One of the biggest advantages of smaller marathons is that registration does not close months in advance of the event, in fact same day registration is often allowed. This is important to me as my job requires me to work many weekends and I don't know my schedule until midway through the prior month. Registration fees are often lower than some of the marathons that have tens of thousands of entrants. Smaller marathons are usually organized by running clubs and are staffed by volunteers. They often have unique features, give-a-ways, and prizes. Also, with a smaller field it is possible to place in age categories (or overall if you're really fast). The biggest disadvantage is that you are often running by yourself no matter how fast you are.

A few years ago I competed in the Fallsburg Marathon in Michigan which was put on by the Old Farts Running Club. Instead of a tee shirt, all entrants were given a heavy hooded sweatshirt. The race director practically did everything with only a handful of volunteers, but he had directed the race so many times that everything went exactly as planned. It was a very challenging course, mostly trail with sand pits and mud bogs. I was covered with mud at the end of that race but was pleased to get a prize for my age group.

Every fall for 45 years the Green Mountain Athletic Association has put on the Green Mountain Marathon along beautiful Lake Champlain in Vermont. The entry fee was \$45 for many years and has been raised to \$55. The website describes it as a "marathon held for runners by runners." The starting line is actually near the house where Clarence Demar, 7 time Boston Marathon winner, lived. A word of warning, during the first half the wind was at my back but when we turned around, the wind off the Lake provided a real challenge.

One of my favorite marathons is the Flying Monkey Marathon in Nashville, TN. The race director starts the race and then jumps in to run it. The finishing "medals" are little rubber winged moneys and the prizes are handmade stuffed monkeys of all shapes and sizes. The post-race meal is a potluck where runners and club members bring contributions of food to add to the donated beer.

I am sure many of you have also had memorable experiences with smaller marathons. If you have not, I encourage you to give one a try.



**Nothing could stop
Betty Rose from
finishing Run for the
Ranch- and placing
first in her age group!**

Upcoming Events

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)
- 14 March Club Grand Prix (Peachtree City Library)
Newnan Junior League Shamrock Run 5k/10k/Leprechaun
- 21 Burch Elementary 5k
- 28 Run for the Boobs 5k/ Breast Cancer Survivors' Network 1-day walk (Peachtree City)
Inman Elementary 5k
Running Dead 100 mile/50k (Darkside Running Club Event, through March 29)

April

- 11 Paws for a Purpose 5k & dog walk(Tyrone, GA, Fayette Daybreak Rotary sponsored event)
- 18 Hawaiian Run Thingy 5k/1-mile/wheelchair roll (Fayetteville, GA)
Huddleston Elementary Hustle 5k
- 24 FCA Multisport Events (Peachtree City, through April 26)
- 25 Cleveland Elementary 5k

May

- 2 Hustle for Hope 5k
Run for Love 5k (www.lovesfoundation.org)
- 9 RACE for the Orphans 5k/1m/tot trot (Newnan, GA, <http://racefortheorphans.weebly.com>)

Adventist Church 2015 Community Health Fair March 22, 2015 11:00 a.m. to 4:00 p.m.

The Club will support the Health Fair again this year as a way of promoting ourselves to the community and to those interested in improving their health through running. Last year we took two hour shifts from 10:30 a.m. to 4:00 p.m. If interested please contact Kim Ruple. Note that the health fair is the same day as the Publix Marathon.

New Member Breakfast



The Christensen Sisters



Jane Stemkoski, Emily Knowles, and Haruko Kono with Patsy Bickford



Julie Weida



Kirk Bolton



Cathy Olsen with Kasey Kohring



Ken Christensen with Kim & Normer



Ruth Christensen with daughter Mary

Note about Club member participation in the Publix Marathon

If you are running or considering any of the Publix races in March, please let Kim Ruple know. She will consolidate a list of members and submit it, entitling you to the benefits of the Group Affiliate Program.

New Member Profile

Georgia Death Race Survivor – Ron Jones

By Bob Dalton

How many people do you know who have run the 68 mile Georgia Death Race? Now how many do you know that have done it with a broken ankle?!?!?! Ron Jones is that guy. Although he only started running about five years ago, he has already had some high adventures.

Ronald F. Jones (31) is a Peachtree City native now living in Fayetteville. With a BBA in Marketing, Management and HR from Georgia State, Ron works for Delta in Revenue Management where he “maximizes revenue per flight for Asian markets by determining the appropriate mix of fares.” His wife, Karin, works in Insurance Services for Wells Fargo. They have an eight-month old son, Henry, and German shepherd mix, Emmett.

During his working career since college, Ron has lived and worked in Baton Rouge, Minneapolis, and all around the Atlanta area. While in Minneapolis, he worked for Target in the women’s hosiery department where he became a self-proclaimed expert on all things concerning women’s leggings. From there he moved to the warm breakfast department where he became an expert on oatmeal, pancakes, tea, and cocoa. Since taking up running five years ago, he is well on his way to becoming an expert in that field as well.

Ron’s favorite distance is the marathon and his favorite marathon is Marine Corps because “the active duty service men and women and veterans participating and volunteering are inspiring.” He has done Marine Corps twice, Publix twice, Soldiers twice, and New Orleans and Run with Donna for a total of eight marathons. His PR of 3:55 was set at Soldiers this past November.

He enjoys running because “it is a chance for my mind to relax and enjoy the simplicity of relentless forward progress.” He joined the running club to “fellowship with other runners and challenge myself.” Ron is also a member of the Fayette County Fellowship of Christian Athletes (FCA) for whom he also competes.

One of his favorite running memories is of running around Lake Kedron on New Year’s Day morning in 2013 in the falling snow. Outside interests include woodworking, miniature war gaming, watching movies, camping, and hiking. He also enjoys visiting antique furniture museums. He says, “I also enjoy running races with my sister and fellow running club member Lauren Toering. (Author’s note: see profile on Lauren in the Sep/Oct 2012 issue of the LEGacy.)

Along with Lauren, Ron started competing in triathlons in 2013 beginning with the Warner Robins Sprint in March, then the PTC Olympic Distance in May, the Rocket Man Half Ironman in Cape Canaveral, and then finally



Ron with 15K Age Group Award at the 2014 PTC Classic

culminating with the Panama Ironman Triathlon in November. Ron went from neophyte to Ironman all in the span of less than a year!

Ron has had some unique experiences while on foot. He once hitchhiked in the mountains of Santiago, Chile after his bus broke down while on vacation. "I also ran an impromptu self-supported, self-guided race from Kennesaw Mountain Park to Stone Mountain Park – about 50K. It rained the whole time!"

And about that Georgia Death Race? It was in March 2014 and the course was from Vogel State Park to Amicalola State Park along mountain trails in north Georgia. 12 miles into the race, he stepped on a rock the wrong way breaking his ankle. Due to the remoteness of the course, he had no choice but to press on and so he did, re-injuring the ankle several more times along the way due to the treacherous footing. He still managed to finish the course in 20 hours, well under the cut-off time. He plans on doing it again this year and hopes to improve on his time from last year! He is also aiming for a sub-3:30 marathon and a sub-40 minute 10K. Given his previous determination and can-do attitude, it's only a matter of time.

2015 ATC/PTCRC 5k/10k Grand Prix



ATC/PTCRC
5k/10k
race



Road Runners Club of America: Resources & Recognition

By Paul Schultz

The Peachtree City Running Club is one of many member clubs of the Road Runners Club of America, and as a member, there are certain benefits our individual club members receive. The benefits include access to running and running club information as well as opportunities for national recognition. I encourage all of our club members to take advantage of all RRCA has to offer.

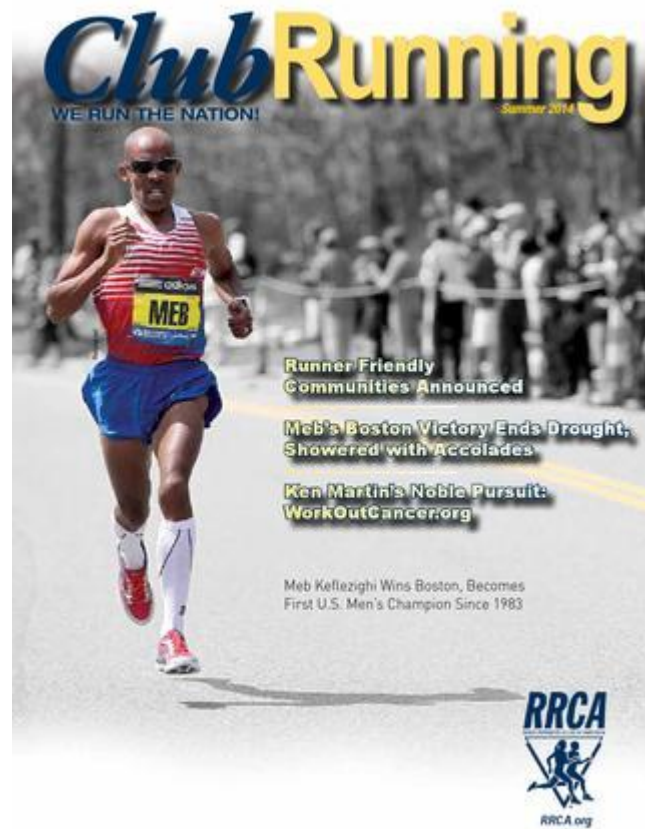
The RRCA home page (<http://www.rrca.org/>) has a wealth of information about member clubs, services, education, grand prix and championship running series, and programs. At the home page it is possible to sign up for periodic email updates known as "RRCA Keeping Pace," which include more up-to-date information on RRCA programs such as coaching certification, the annual convention, scholarship and event information. Additionally, it is possible to request a subscription to RRCA's Club Running Magazine, which is free to all members.

In 2014, the Peachtree City Running Club nominated Bill Werling as RRCA Outstanding Volunteer of the Year, but RRCA recognition extends to much more than volunteer efforts. If you know a club member you'd like to nominate for any category, please feel free to do so. For assistance, please see any club officer. Nominations are typically due in January. As with many national organizations the number of nominations for any category may actually be very few due to even the marginal effort required to make a nomination.

There are several categories. See the RRCA website for more information on each.

- RRCA Distance Running Hall of fame
- Spirit of the RRCA in Honor of Browning Ross
- Outstanding Club President
- Road Runners of the Year Award
- Excellence in Journalism Awards for club newsletters, electronic newsletters, or writers
- Outstanding Volunteer of the Year
- Outstanding State Representative in Honor of Al Becken
- Outstanding Youth Program Director
- Outstanding Beginning Running Program
- RRCA Road Race of the Year
- Outstanding Website Award

I'd like ask that as 2015 progresses that all of us think about fellow club members we could nominate for the recognition and awards above. I can think of many club members I would like to nominate. As I tell my kids, if we ask for something the answer could be "no," but it could also be "yes." However, if we don't ask, the answer will always "no" so let's take advantage of all the RRCA has to offer.



1000-Mile Club Update

Name	Miles as of February Meeting	Volunteer Activities	Club Meetings Attended
Allis, Richard	200		2
Amini, Mohammad	173		1
Aviles, Pam	215.36		2
Bellucci, Tiffany	125		2
Besch, Teri	184	1	2
Blood, Leigh	10		1
Bothe, Steven	202		1
Burkingstock, Kith	264.6	2	2
Butler, Bradley	225	1	1
Butler, Mitch	225	1	2
Chiong, Chris	146		1
Chrzanowski, Anne	154		1
Chrzanowski, Michael	250		2
Christansen, Ken	204	1	2
Christansen, Ruth	214	1	2
Clark, Sally	55		1
Cole, Steve	109.55		1
Corrigan, Meredith	114		1
Daley, Cal	170	1	2
Dalton, Bob	304	2	2
Desgain, Jules	83	1	2
Dillard, Libby	139		1
Domaleski, Mary Catherine			1
Ellsworth, Daymon	55.17		1
Ernst, Emily	16.32		1
Ernst, Helen	80	1	2
Farrier, Brian	30		1
Feldman, Jamie	82	1	1
Feldman, Logan	145.4		1
Ferero, Lou	60		1
Forero, Sandy	50		1
Fox, Gail	124		1
Fratto, Fred	158		2
Fratto, Jan	225		2
Fuentes, Marino	178	1	1
Greer, Jeff	42		1
Gulick, David	97		1
Hancock, Bonnie	145	1	2
Hancock, Jake	150		
Hancock, Hannah	160		

Name	Miles as of February Meeting	Volunteer Activities	Club Meetings Attended
Hancock, Steve	140	1	2
Howard, Valerie	120		1
Johnson, Rachel	179		1
Kearns, Patrick	100		1
Kennedy, David	41		
Kennedy, Ryan	74		1
Kono, Haruko	60		1
Lego, Jill	123.5		1
Mascara, Mark	125		1
Matthews, Lisa	183		1
Mills, Susan	85.4		1
Mitchell-Feigen, Kelley			1
Moore, Alan	43		1
Moore, Gary	38.7		1
Moore, Teresa	120		1
Moore, Tracey	60		1
Mowery, Warren	107		1
Mrosek, John	15.2		1
Olson, Cathy	171	1	2
Osse, Brandi	100		1
Outland, Scott	30		1
Piet, Dave	139		1
Port, Ann			
Robison, Roy	240	3	1
Round, Tom	143	1	1
Ruple, Kim	253	1	2
Sambrone, Constance	157		1
Sanchez, Leo	184	1	2
Schultz, Paul	114		2
Shoemaker, Adam	8	2	1
Shoemaker, Jerry	103		
Snow, Canon			1
Stephens, Wini	188	2	2
Threatt, Kristi	170	1	1
Villars, Michelle	63		1
Vise, Ed	93		1
Warren, Mike	206		1
Wassell, Joe	222		1
Waterhouse, John	81	1	1
Werling, Bill	175	4	1
Weston, Rita	205		1

Name	Miles as of February Meeting	Volunteer Activities	Club Meetings Attended
Woods, Sandra	15		
Woods, Von	103	1	1
Zuehlke, Jill	200		1

Club Meeting Minutes: January 5, 2015

Kim Ruple called Meeting called to order at 7:30 pm

Minutes from November meeting were approved.

The Breast Cancer Survivors' Network (BSCN) will host their annual walk and will add a running event, Run for the Boobs, just before walk. The BSCN's kickoff event is this Wednesday, January 7. It will be possible to do run around lake and then the walk. They have arranged the necessary permits and law enforcement support. The BSCN has asked the Club to assist with promotion. The run/walk event is March 28 at Picnic Park in Peachtree City.

Moms Run This Town is holding an expo and have asked for raffle items. PTCRC will give them a free Club membership, Classic entry, and select AJAKO Club items. Local runner Pam Burris started this organization, and there is an article in the January Fayette Woman magazine about her. The expo is January 31.

Leo Sanchez, who didn't attend the December Christmas party, was recognized as Club Volunteer of the Year. Congratulations!

Adam Shoemaker introduced meeting speaker, JD Holmes. JD Holmes has been a fixture in the exercise community and community in general. In 1989 he opened up Club Peachtree, which became one of several other clubs. Recently he opened Fitness 54, and Fitness 54 was the Classic Fitness Challenge Sponsor for 2014.

JD Holmes gave a presentation titled Seven Miracles in Sixty Minutes.

Von Woods reported on his wife's health and he appreciates the cards and prayers.

The Club thanks Rita Weston for setting up the December Christmas Party. 120 people attended, which is the largest number of attendees at the Christmas Party.

The Club thanks the Boone's for hosting us on New Year's Day for the Club Grand Prix and pot luck brunch. Rachel Johnson gave a Grand Prix update report. She received compliments on the course. Rachel reported Grand Prix results. Next Month, February, is the combination New Member Breakfast and Grand Prix Event. February 7 is the current date. The Grand Prix challenge will be Super Bowl Squares.

Bob Dalton reported that membership renewals are underway. Even though memberships expire on January first, there is a 90 day grace period for renewals.

George Martin reported that the Atlanta Track Club (ATC) is coming back to Peachtree City on January 24 for a 5k/10k, after a one-year hiatus. To support this event 80 volunteers are needed, and the number of expected participants is possibly in excess of 1000. There is no fee for ATC or PTC Running Club members to participate, and this event will be treated as a Peachtree qualifier. The race starts at the amphitheater, and the course is the same as two years ago. The start time is 8:30 a.m.

Adam Shoemaker reported our next regular Club meeting is Monday, February 2.

Teri Besch has a box of jackets to hand out and certificates related to the 1000 Mile Club.

Normer Adams reported on the draft budget. The proposed Club budget is \$138k, half of which we will give away to the community. We had a surplus of \$16k in 2014 due to meeting and exceeding the budget. The 2015 budget will mirror 2014. Normer has a draft copy of the budget available, and it will be distributed to the Club membership. We want member input on the budget. Currently, the Club has \$51,244 in the reserve account with no bills outstanding. The checking account has \$41,129, which is carryover from previous years.

Teri Besch reported that all Club members interested in the 1000 Mile Club need to fill out the annual application. Basic 1000 Mile Club requirements are attending three Club meetings, three running/walking-related volunteer activities, and running/walking 1000 miles. Only the first 1000 miles count each year, and overages are not carried over to following year. Teri has applications available.

Canon Snow and Ken and Ruth Christensen attended the Club meeting as new members. Thank you for coming!

Sally Clark has some club logo items for new members to pick up.
Meeting adjourned at 8:25.

Club Meeting Minutes: February 2, 2015

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

January minutes were approved. New members and guests were introduced. The 1000 Mile Club update list was passed around.

Leo Sanchez was recognized as 2014 Volunteer of the Year.

The Club's guest speaker was Kari Tofte, who works at Children's Healthcare of Atlanta as a physical therapist. She spoke about foam rolling and other exercises, especially core exercises, for runners. She gave a one-page handout to all members present.

Rachel Johnson reported on the Club Grand Prix. The February event will be at the Besch's home on Saturday starting at 8:00 a.m. Current club members should bring dishes to share with new members.

Thanks to all who came out to Atlanta Track Club-Peachtree City Running Club 5k/10k event on January 24. Kim Ruple received positive feedback from the ATC members.

Bob Dalton requested all those who have not renewed their membership for 2015 to do so promptly.

At the March meeting, Adam Shoemaker will talk about the Club Marathon Relay.

The Publix Marathon organizers reached out to the PTCRC. Kim Ruple proposed partnering with them on their marathon. She requested all who have registered to let her know so our club members can receive discounts. Please email her by February 14.

Teri Besch still has three 1000 Mile Club jackets to hand out and non-jacket year awards. All 1000 Mile Club participants must sign up annually.

Upcoming local races are the PTCRC-American Legion's All American 5k (May 23), Breast Cancer Survivors' Network's Run for the Boobs (March 28), and Oak Grove Elementary School's Run for the Gold 5k (March 7).

Normer Adams presented the budget. We have \$51,244 in the reserve account and \$45,628 in the checking account. All bills have been paid. Projected 2015 income is \$144,000 with \$138,000 in projected expenses. We had a surplus last year and project one this year also. All interested members should review the budget, which was published two weeks ago, for details. The \$3000 listed as supporting Flash will actually go to the Southside Pioneers. Club member present approved the budget.

Kim Ruple closed the meeting by thanking all who attended the visitation or funeral for Steve Cole, who passed away the Thursday after the January club meeting. He was buried wearing his 1000 Mile Club jacket over his 2014 Classic shirt holding his running log. It was obvious that he enjoyed running and the camaraderie associated with running.

Meeting adjourned at 8:23 PM.

New Hope Sports Hall of Famed Induction Ceremony

On Sunday, February 8, our very own long-time club members (and club heroes!), Joe and Mary Catherine Domaleski, were inducted into the New Hope Sports Hall of Fame. Additional information is available at <http://www.newhopebc.org/sports/sports-hall-of-fame/>

