

## Bob Dalton wins RRCA National Running Award

By Paul Schultz

Club membership director Bob Dalton won the RRCA National Running award for Excellence in Running Journalism. Since the 1990's Bob has been in various club roles including VP of Administration, Secretary and President, and he has been a regular contributor not only to the LEGacy but other running publications as well such as Run and See Georgia. Many of us have been the subject of Bob's Member Profiles that grace the pages of the LEGacy every two months.

Bob looks at the award as a "continuation of club successes" with the RRCA National Running Awards including Paul Blaum as President of the Year in 1997, Rene Flaherty as Editor of Best Small Club Newsletter in 2005, George Martin as Youth Program Director of the Year in 2006, and Bill Werling as Volunteer of the Year in 2013.

Please congratulate Bob next time you see him!



Peachtree City Running Club members gather at the Boone's home on New Year's Day to run, eat and socialize



**PTCRC 2016  
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Mark Ward**

**Administrative  
Vice-President  
Vacant**

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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  
March 12, 2015**

## **New Member Profile**

### **Meet the New Club Treasurer! – Bunny Boggs**

By Bob Dalton

Bunny Boggs is an accountant with SunTrust Bank where she does financial reporting and analysis. That made her a shoo-in for the position as Club Treasurer where she puts her skills to work for the betterment and financial soundness of the club. She attended Florida Southern College in Lakeland, Florida where she earned her B.S., with majors in accounting and computer information systems and a minor in music. She also earned her MBA concentrating in accounting.

Bunny resides in PTC with her husband, Jeff, who is an Engineering Manager at Hoshizaki America and their blended family of seven children - Jordan (24), Kevin (24), Jenna (22), Brandon (21), David (21), Rachel (19), and Joel (17); two dogs, Tanner and Kady Lynn, and one cat, Abby. Kyle Fralish joined the family as son-in-law when he married Jenna in March.

Bunny had been running for a while but



**Bunny at the 2015 Divas Half**



**Bunny at the 2013 Rugged Maniac**

decided to get serious about it a couple of years ago. "In 2014 I decided that the focus in 2015 (my 50th birthday year) was going to be on personal goals, especially ones that were fitness related. I committed to three Disney race challenges, the Diva Half Marathon, obtaining my first 1,000 mile jacket and walking/running 2,015 miles. I am thrilled that I was able to achieve all those goals!"

She enjoys running because "I want to get back to a healthier lifestyle. Now that I know I can complete longer distances I want to work on getting stronger and faster. Our family also enjoys being a team in obstacle course races."

Her favorite racing distance is the half marathon and her favorite race is the Diva Half because it is "a fun, uplifting event for women. An added bonus is that it is local. In 2015 I set





### **The Boggs Family**

in Fayette, Spalding, Upson, and Pike counties. This is such an incredibly important and needed program.”

“Also, in 2012 I started a charity, For Jessica, Inc., ([www.for-jessica.org](http://www.for-jessica.org); [www.facebook.com/forjessicaorg](http://www.facebook.com/forjessicaorg)) a non-profit organization to assist victims of child abuse and/or sexual abuse. The goals are to encourage abuse victims to seek help, and to educate others about abuse prevention.”

Here are some interesting trivia you probably didn’t know about Bunny:

- “On my 50th birthday this year I did my first tandem skydive and got my second tattoo (got my first one when in Las Vegas in 2012).
- I have played alto saxophone since the sixth grade and participate periodically with the worship band at Heritage Christian Church.
- My favorite band is Barenaked Ladies, and Jeff and I have met them in person twice
- This September Jeff and I attended Amy Grant’s Tennessee Weekend. We met Amy at a scheduled meet and greet, but thanks to our team winning a scavenger hunt that took place in downtown Nashville we were awarded with Amy meeting with us for two hours and enjoying a barbeque dinner with her.”

Bunny has hit the ground running by taking on the club budget for 2016 and has already forged ahead in mastering its many details and intricacies. The club is indeed fortunate to have her expertise and experience in all things financial!

my half marathon PR of 3:18:05 and will be trying to get below three hours at the 2016 race.” She also plans to run her first full marathon at Disney in January.

Bunny joined the running club because, “for me personally, I felt being part of the group would help keep me focused on my running goals, and I also wanted to meet others that shared an interest in running. I also wanted to be part of an organization that is involved in the community.” And Bunny is definitely passionate about serving the community.

In her spare time she likes “spending time with family, attending plays, concerts, and movies, and charity work. I recently started volunteering at Promise Place. One area where I will be working is as a presenter of the Teen Dating Violence Prevention classes that Promise Place provides to all 9th graders



**Bunny’s many magical miles & memories from running: one ocean (Disney Cruise), two coasts (Disney World & Disneyland), four challenges, four charities supported, five races, and nine medals**

## Member Profile

### Getting to Know Your New President Better! – Mark Ward

By Bob Dalton

After a five-year absence, Mark Ward came back the PTC Running Club in a big way – as President!! Mark originally joined PTCRC in 2000 while living in Hampton. He served as Activities Vice President 2007-2009. The next year he married Roxann and moved to Woodstock to help raise three kids, two daughters and a son. Now that they are off to college, Mark and Roxann have returned to Senoia and he has jumped back into the club with both feet. They are still very much involved with their blended family of five children and three grandchildren

Mark attended Embry-Riddle Aeronautical University where he earned his B.S. in Professional Aeronautics. He served four years in the Air Force and two in the Army. In the Air Force he served with AWACS (Airborne Warning and Control System) while earning various pilot ratings and then flew Huey's and OH-58s for the Oklahoma National Guard. He accrued over 7,000 hours of flight time. He then spent a total of 34 years with the FAA and retired as the Director of the Eastern Service Center for the FAA's Air Traffic Organization. He currently works as an Aviation Consultant and Subject Matter Expert with the FAA and a small company called Infina Ltd, based in D.C. to provide a level of expertise where needed. "I also teach an Air Traffic portion of Basic Accident Investigation for the FAA in Oklahoma City."



Mark and Roxann Ward

Mark started running in 1976 primarily to lose weight. He liked it so much, he stuck with it and has since logged many miles. He has participated with PTCRC teams five times at Hood to Coast and five times at Bourbon Chase. He completed the Goofy Race and a Half Marathon Challenge six times. Mark says his most unusual race would have to have been Chicago Marathon in 2007 when unseasonably warm weather resulted in many races that weekend being curtailed. "The race was cancelled when I was at 21 mile mark. Several of us from PTCRC were there."



His favorite race is any one run on Thanksgiving Day. "I love the turkey trots because it make the Thanksgiving dinners so much more enjoyable when you know you can eat about as much as you want. I've done these in many different cities with different distances over the years but the point to point in Atlanta used to be my favorite."

Mark says he enjoys running because "all the health benefits of course are important, but I think I like the running experience because of the shared effort. The companionship, even when you may run alone from time to time, we are still all in this together. No matter what the reason is that you run, we all share it. I love to run with a group and run team and group events. It motivates me. I miss the



Saturday morning PTCRC group runs and cannot wait to get back in the groove. I'm hoping it will be as big and get bigger as I remember."

He initially joined the club because "I love being a part of a group, running or for socialization. PTCRC is not just about running, it's about belonging. It's about the community service we do. Running is a health benefit we get from being part of something bigger than running. PTCRC is a great place to make a lot happen. When I see people just out running but I know they are not part of the club, I always wonder why. Why wouldn't they want to run in a group, at least sometimes? Why not interact with people that have a very large common thread? Whether you love running or do it because you have to, having someone to share that with just makes sense."

One amazing story about Mark has a very happy ending because of running when he happened to be in the right place at the right time. "In 2009 while out for a 6 mile run in Fort Worth Texas, I was running along a river and saw what looked like some people struggling in the water. It was March, too cold for people to be swimming, I ran down the bank, pulled off shoes and I-pod and dove in the river and ended up saving a 7 year-old boy that had fallen in and was fully clothed including jeans, sweatshirt and shoes. I was awarded the DOT Secretary Award for Valor. I've always considered it eerie as 30 seconds either way, I wouldn't have been there. Two other boys have died in the same location in the past years. Oh, I still had to run back to the hotel."



### Welcome New Members!

Brad Carney  
Kate Spencer  
Barbara Stacey  
Rob Fant  
Seth Yarbrough  
Jennifer Jestel  
Lex Craig  
Jeneen Olive  
April Evans  
Ila Peterson  
Tom Seifert  
Sara Painter  
Brittany deVarenes  
Toni Scarbrough  
Kevin Killory

Mark says "I just completed a Turkey Trot in Philly. It was a 5-mile run on a closed course just outside downtown Philly. Of course while I was there, I had to run the 'Rocky steps.' I'm signed up for the Hot Chocolate 15K in Atlanta in January. I'll also plan on doing the Publix Half Marathon (now taken over by ATC) in Atlanta in March. I've done that for the last 7 years."

Looking forward as Club President, "I really have two goals I would like to accomplish as your President besides continuing the great community support that we presently do. I would like to increase our membership and I would like to get PTC re-certified by RRCA as a Runner Friendly Community. What's that mean? Check out RRCA.org."

## Upcoming Events

### March

- 5 Oak Grove Elementary Run for the Gold 5k (Rotary Grand Prix event)
- 11 Springhill Elementary Trash Dash 5k (Rotary Grand Prix event, Friday evening)
- 12 West Georgia Track Club Inaugural Road Race 5k/10k (Carrollton, GA, \$5 discount code PTCRC2016)
- 19 Burch Elementary Bear Tracks 5k (Rotary Grand Prix event)
- 26 Inman Elementary 5k (Rotary Grand Prix event)

### April

- 16 Huddleston Elementary 5k (Rotary Grand Prix event)
- AVPRIDE Hawaiian Run Thingy 5k/10k (Peachtree City, GA)
- Run/Walk 5k/10k for Veterans (Pike County American Legion Post 197, Zebulon, GA)
- 23 Cleveland Elementary Curious Trail 5k (Rotary Grand Prix event)

### May

- 6 Crabapple Lane Elementary Redbird Run 5k (Rotary Grand Prix event, Friday evening)
- 7 Race for the Orphans 5k (Newnan, GA)

### Monthly Group Run: Abide Brewery Company in Newnan information

All distances and paces welcome!!

- Held on the second Tuesday of the month
- 6:30 p.m. start time: Jan 12, Feb 9, March 8, Oct 11 & Nov 8
- 7:00 p.m. start time: April 12, May 10, June 14, July 12, Aug 9 & Sept 13
- Address: 130 Werz Industrial Blvd, Newnan, GA 30265
- Parking: Follow the signs for Abide Tours; there is also parking available next door
- Routes: 3-ish and ~6.2 mile route available, both are loops on sidewalks, maps & directions available at the run. You can choose one of these routes or do your own route
- After the run, runners (or non-running folks who want to hang out) can purchase a brewery tour from Abide Brewery for \$10. Support your local brewery!!!
- There will be pizza after the run, sponsored by the Peachtree City Running Club
- This is only open to those 21+ years of age so please be sure to leave the kiddos at home
- If you plan on attending either the run or the post-run brewery tour, please be sure to accept the invite (if you are on Facebook) so we can get an accurate head count and plan accordingly (however an RSVP is not required!!)

## New Member Breakfast Photos



**Amy Campanella chats with Kirk Bolton**



**Bill & Jennifer Jestel share a breakfast plate**



**The Christensen Family: Ken & Ruth with children Mary, Faith & Cameron**



**Rachel celebrates another successful Grand Prix with Kevin Killory & Brittany deVarenes**



## New Member Breakfast Photos Continued



**Mark Powell and Brad Carney enjoying  
brunch after the run**



**Sara & Vic Painter with daughter Sadie (10  
months) relaxing after the run.**

## Notes & News

Alan Moore, as a 70-years young walker, certainly didn't have an age advantage but had a huge advantage in race walking technique that enabled him to finish first overall in a field of 832 walkers in Cumming, GA recently. Alan explained, "My time wasn't that great, but I'll take it, with a long uphill stretch near the finish. Never thought I would finish first overall in a large race as one who started racing competitively six years ago at 64. I am just thankful I can still compete especially after having back surgery 14 months ago. The race was for a great cause as \$200,000 was donated to Vibha for needy children in India." Most of the race participants were Indian.



**Alan Moore receiving his award**



Zazzle is now the preferred source for club running gear! There are a wide variety of items available at reasonable prices. Wearing club logo gear is worth extra points at the monthly club Grand Prix events. Plus they're good advertising for the club and make the wearer look super cool!!!  
[http://www.zazzle.com/ptc\\_running\\_club/about](http://www.zazzle.com/ptc_running_club/about)

1000-Mile Club Reminder! The deadline for sign up for the 2016 is the May 2016 club meeting, and members must complete a 1000 Mile Club Application every year. Requirements: run or walk at least 1000 miles between the 2015 & 2016 Christmas party, participate as a volunteer in at least three running-related events between the 2015 & 2016 Christmas party, attend at least 3 club meetings in 2016, and for the 5000/10,000/15,000/20,000/25,000 Mile Clubs, you must have qualified for the 1000 mile club for 5, 10, 15, 20 and 25 years respectively, but years need not be consecutive.

In the last edition of the LEGacy was a profile of member Kirk Bolton. Kirk successfully completed the Savannah Half Marathon under terrible weather conditions in 2:12:39! Congratulations!!!

## 1000-Mile Club Update

Name	Miles as of February Meeting	Club Meetings Attended	Volunteer Activities
Allis, Dick	160	1	
Atkinson Katie		1	
Atkinson, Bob		1	
Atkinson, Jane		1	
Aviles, Pam	231	2	
Besch, Teri	210.6	2	
Blood, Leigh	157	2	
Boggs, Bunny	123	1	
Boggs, Jeff	65	1	
Bothe, Steven	168	1	
Buck, Tammy		1	
Burkinstock, Kith	216.3	2	
Butler, Bradley	340	1	
Butler, Mitch	121	1	
Caldwell, Bryan	397	1	
Caldwell, Karen	113	1	
Camparella, Amy	109	2	
Chiong, Chris		1	
Chriistensen, Faith	137	2	
Christensen, Ken	176	2	
Christensen, Ruth	220	2	
Clark, Sally	106	2	
Corrigan, Meedith	100.46	1	
Cote-Miles, Pat	232	1	
Dalton, Bob	205	2	
Desgain, Jules	65	1	

Name	Miles as of February Meeting	Club Meetings Attended	Volunteer Activities
Dillard, Libby	181	2	
Feldman, Jamie		1	
Feldman, Logan	168	2	
Fratto, Fred	154	2	
Fratto, Jan	305	2	
Fuentes, Marino	217	2	1
Gulick, David	160	2	1
Hancock, Jake	115		
Hanock, Steve	78	1	
Ivaska, Lisa		1	
Iyengar, Laxmi	166.18	1	
Johnson, Rachel	300	2	
Jones, Cindy	142	1	
Jones, Heather	326	1	
Kearns Patrick	85	1	
Kenedy, Ryan	221	1	
Kennedy, David	171	2	
Killary, Kevin	72	2	
Knowles, Emiy	36	1	
Kyle Shanahan	70	2	
Matthew, Lisa	441.5	2	1
Mills, Susan	192.8	2	
Moore, Alan	82	1	
Moore, Gary	295	1	
Moore, Teresa	115	1	
Moore, Tracey	100	1	
Mrosek, John	86	1	
Olson, Cathy	203	2	1
Osse, Brandi	50	1	
Painter, Sara	150	2	
Painter, Vic	65	2	
Piet, Dave	95	1	
Powell, Mark	262	1	
Robinson, Roy	124	1	
Rose, Betty	625	2	
Sambrone Connie	179	2	
Sanchez, Leo	422	2	
Schultz, Paul	164.5	2	
Stemkoski, Jane	62.5	1	
Stephens, Wini		1	
Thurber, Karen	221	2	



Name	Miles as of February Meeting	Club Meetings Attended	Volunteer Activities
Walker, Anastasia	110	1	
Ward, Mark	100	1	
Wassell, Joe	310	2	
Waterhouse John	189	2	
Watkiss, Amy	156	1	
Werling, Bill	186	2	3
Weston, Rita	65	1	
Woods, Sandra	165	1	
Woods, Von	185	1	
Zuehke, Jill	87	1	

### 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](mailto:besch105@comcast.net).

## Club Meeting Minutes: November 2, 2015

President Kim Ruple call the meeting to order at 7:29 p.m.

Kim asked for guests or new members to introduce themselves: Rob Isaac and a representative of Future Staff attended to receive corporate challenge awards.

The minutes from the October Club meeting were approved.

Teri Besch gave a 1000-Mile Club update. The award year jackets are in and are being embroidered. Lists are going around.

The Christmas Awards Banquet will be at Glendalough Manor at 6:00 PM, December 4. A link to register and pay has been sent by email to all members.

Rachel Johnson gave a Club Grand Prix update. November 14 is the November Grand Prix. Bags of non-perishable foods for the Real Life Center count for points.

Bob Dalton reported that membership renewals are underway. All memberships expire December 31 but there is a 90-day grace period. Renewal is available on line.

Treasurer Normer Adams reported that there is \$31,758.60 in checking and \$51,732.64 in CD's.

A group from the Club ran the Bourbon Chase.

George Martin gave a Classic update. There were a record number of corporate teams with a record number of team members: 543. Corporate teams included Eaton Cooper Lighting, NCR, Panasonic, Frank Cawood and Associates, Winpak, Berkshire Hathaway Realty, Fayette County Extension 4H, DFSC, Operation Boot Camp, Konos Academy, PTC Flash, Fayette PFC Girls Track, Community Association Management, Future Staff, JC Booth, Sandy Creek HS Cross Country, McIntosh HS Cross County, Landmark Christian School, and Together We Run.

Roy Robison gave a presentation on the history of the first four years of the Peachtree City Running Club.

Susan Bothe reminded all about the Abide Brewery run which has both a 3-mile and 6-mile course. Brewery tours with free samples are available after the run.

Dave Piet presented information from the office nominating committee for 2016. Nominations are: President: Mark Ward, Treasurer: Bunny Boggs, VP- Activities: Rachel Johnson, Secretary: Paul Schultz, VP- Administration is vacant. All officers were accepted to fill the roles for 2016.

Volunteers needed for Sarah Harp Minter Elementary 5k Saturday, November 7.

New Hope Harvest Classic is Saturday, November 7 also.

Meeting was adjourned at 8:29 p.m.

The next Club meeting is the December 4 Christmas Party.