

W I N T E R 2 0 1 8

the Legacy

PTCRC Quarterly Newsletter

Safety First!

Ever wonder what happens if there is an emergency on the paths and you cannot describe the location? Ever notice the yellow markers on the paths? Guess what, those markers are your answer! They are locators:

"Numbered yellow location markers are affixed to many paths in Peachtree City. The [up to] four-digit number indicates the PATH. The number after the decimal indicates distance (1/10 mile). These markers can help emergency response locate callers."

Other useful information and rules of the paths, including who has the right of way, can be found in this [brochure](#) online, and [videos](#) are also available.



Message from the Board, VP of Activities Mark Hamilton

The PTCRC offers a monthly Grand Prix series for club members, with four winning groups: male, female, and two different age groups. Each month a different event is hosted by PTCRC and points are awarded to all who participate. Only 4 events are based on running speed – participation and other skills matter! First place for each event is awarded 100 points, and then reduces by 10 points for each place down to 5th place; all others receive 10 points for participation. Participants are also awarded 10 points for wearing club gear. So check it out on the [web site](#), and join us!!

Save the date! Upcoming Grand Prix events:

Closest to Time

Feb 3, 8:00am

New member breakfast, Closest to Time w/o watches, and Superbowl squares

2+2 Closest Time

March 17, 8:00am

Closest to time with a partner! Meet at PTC Library, no watches or music

Pick a Point

April 7, 8:00am

Meet at the PTC Boat Docks, run to the correct point and back to the boat docks!



Welcome New Members!

By Bob Dalton

In this edition we are profiling two teachers in our running club – new members Kris Mossburg and Laxmi Iyengar. I personally think that one of the most overworked and underappreciated (if not underpaid as well) professions in our society is that of teachers. Our country does have a Teacher Appreciation Week that occurs in early May every year, so consider this a tribute to those who are charged with educating, inspiring, coaching, and mentoring our youth to be the leaders of tomorrow.

Kris Mossburg

We begin with Kris Mossburg (46) who is a former chemistry teacher at Newnan High School and is now a community coach for track and cross-country at Starrs

Mill High School. Kris is originally from Temperance, MI just west of Lake Erie. She met her husband, Charlie, in the 6th grade and “then his job took us on our first move away from home to Evansville, IN.” He works in sales for a global logistics company. They moved to Fayetteville in 2000. Kris attended the University of Toledo where she obtained her Chemical Technology degree and the University of West Georgia where she earned her certificate in Chemistry for Secondary Education. Kris and Charlie have a daughter Kiersten, 24, who is married and in her third year as a dental student, and a son, Ty, 20, who is a junior at UGA. They also have a black Lab, Molly.

Kris has been a runner for most of her life. She began in middle school track and then picked up distance running after college. Her favorite distance is the marathon and her favorite race is Maratona di Roma, which she ran in 2016. “From the crowd counting down in Italian at the start line to the greeting by gladiators at the finish line, every moment was amazing.” But her most memorable running experience is “a toss-up between my first marathon finish while running with my brother-in-law in Traverse City, MI in 2004 and my one and only Boston Marathon in 2015.” She has finished numerous half and full marathons as well as Half Ironman Triathlons and two Full Ironmans. She plans to maintain her fitness level throughout the winter and continue her quest for another Half Ironman in the coming year.

Kris enjoys the sport because “It is free therapy, a great way to spend time with friends, and I have a sweet tooth and need to burn the calories!” But she is also a fan of “Triathlons, Stand Up Paddling (SUP), kayaking, lake tubing, and hiking...pretty much anything outdoors!” She joined the club “to meet others with a love for running and to get more involved with the community.”

Kris Mossburg (cont'd)

Perhaps it is only right that Kris became a high school teacher. She says of her own experience at that age that “I was voted class clown and most spirited in high school. Yes, I was the kid who drove teachers crazy and couldn’t sit still.” Now she channels all that energy into athletic achievements that leave most of her peers in the dust! Way to go “Teach!”

Laxmi Iyengar

Laxmi Iyengar (47) emigrated from Bangalore, India in 1992 after marrying her fiancé who had been in the States working on his degree. She and her husband Raghu, who is now a computer programmer and works for Schoening Technology Group, have three children: Vishnu - Logistics Engineer at Walmart, Tara - Junior at UGA, and Anna - Senior at Whitewater High School, and “two absolutely adorable dogs - Snowy and Gizmo.”

Laxmi earned a Telecommunication Engineering degree from the BMS College of Engineering while in India. After coming to the States, she spent her time working as a stay at home mom to her three children. She then went to school at UGA where she earned her teaching certification.

She is currently an In-School Coordinator and Special Education Teacher at Arbor Springs Elementary School in Coweta where “I work with all my students so they meet the requirements needed to complete the end of each school year successfully. My classroom is designed to help strengthen confidence, social skills, and academic skills through learning that is intriguing and cater to multi-grade levels and ability levels. We use hands on activities as well as tactile manipulatives to bring students from concrete to abstract. It is sometimes challenging but very rewarding.” She is obviously very good at what she does as she was recognized and awarded Coweta County Teacher of the Year in 2009!

After class, Laxmi hits the roads and cart paths for her training. She and fellow club member Meredith Corrigan are also fellow teachers and running buddies and have logged many miles together. She has only been running and racing for about three years but already counts the Publix Marathon this past March as her most memorable experience. “I finished with my best running buddies and my family was there at the finish line cheering us on.” Her favorite distance is the 10K but her favorite race was the 2014 Diva Half Marathon because it was her first attempt at that distance. She ran it again last year and was amazed to see a deer cross the road in front of her.



Laxmi Iyengar (cont'd)



Laxmi has six half marathons under her belt including the Diva, Red Nose, Publix, and Soldier's. She signed up to run the Diva 5K this year with her daughter. Unfortunately her daughter had to cancel in order to take her ACT. But Laxmi ran it anyway and ended up winning her age group - her first running award!!

Laxmi grew up as an only child. Shortly after turning 21, she found out she was adopted. Her birth parents had eventually moved abroad after giving her up for adoption. All three of Laxmi's children were preemies so her husband, Raghu, urged her to seek out her birth parents to see if there were any

medical issues on her side of the family. She actually tracked them down in Australia and found out her birth mother was Irish Welsh and her father was Jewish and that she has two brothers and a sister as well. They have all met a couple of times and have even taken a vacation together to Disney World.

Laxmi has a simple explanation for why she likes to run. "I just do." But she also likes walking her dogs and photography. She particularly likes to photograph her dogs and family, "but not necessarily in that order!" She is a big Disney fan as well and most recently completed the Disney Princess in February. It consisted of a 5K on Friday, 10K on Saturday, and a Half Marathon on Sunday. Her daughter Anna ran the 5K and did her first Half Marathon while Laxmi completed all three. Chances are this experience which she described simply as "magical" will rise to the top as one her favorites.

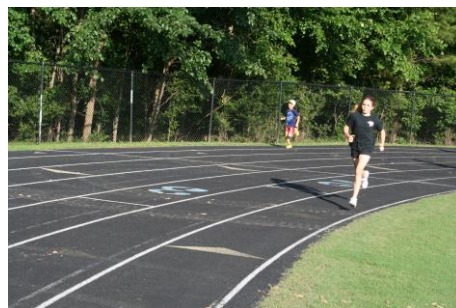


Coaches Corner

What are Intervals, and why are they helpful?

Intervals are simply running then walking or recovery running, repeatedly. They can be based on time (run for 1 min, walk for 30 sec), or distance (run for 400m, walk for 200m), a combination (run for 1 mile, walk for 2 mins), or how you are feeling that day. Intervals are typically completed on a track, but it is also easy to program an interval workout into a treadmill, for those of us who dislike running in bad weather (guilty!) Most running watches, such as the Garmin Forerunner series, can be programmed to beep or vibrate when you need to either run hard or walk/recover.

Why do runners do these crazy things? Well, according to Steve Magness's "The Science of Running", intervals can be used for speed development, anaerobic development, aerobic support, and general endurance development; the design of the intervals determines its effect. Additionally, the Galloway training programs and many first-time 5K programs are all interval-based. This allows either a new runner, or a runner returning from injury, to gradually get back into running without injury or re-injury. Intervals help improve speed



because "your body is programmed to get better when it is pushed beyond its

current limits. A slight increase is better than a greater increase because the repair can be done relatively quickly." (Galloway) Long distance intervals, such as 1-2 miles running and 2-3 mins recovery, are typically designed to improve your lactate threshold (LT). LT improvements can improve your speed for long distance events, such as marathons, by creating "adaptations inside your muscle fibers that allow you to run at a higher intensity without building up lactate." (Pfitzinger & Douglas, 'Advanced Marathonning'.)

If you have more questions, a certified running coach can help you out, including what interval training is right for you and your goals. There are also quite a few well-researched books that can help you design your own training plan for a specific distance. Happy Intervaling! ☺



On Your
Left!!

Race Etiquette Tip

Specifically for races, always run/walk on the right side, passing on the left calling out 'on your left', do not run/walk in the middle.

"Whatever the pace, wherever the race, manners matter." – RRCA.

I know sometimes it is tempting to block other runners, or sometimes you get tired and slow down, but keep in mind there are other runners on the course. The other runners might be running the race of their life and a PR is around the corner, so it becomes frustrating and wastes energy to slow down and swerve around runners not following the standard flow. The only exception is if there are special instructions from the race director to run on the other side of the road. "It's proper race etiquette to let that person pass you without blocking their effort."

Other race and running etiquette tips can be found on the [RRCA website](http://www.rrca.org).

Featured Routes – Give it a whirl!

Around Lake Peachtree, 3.8 miles

Parking: Picnic Park (157 Willowbend Road, PTC)

Restrooms: Yes

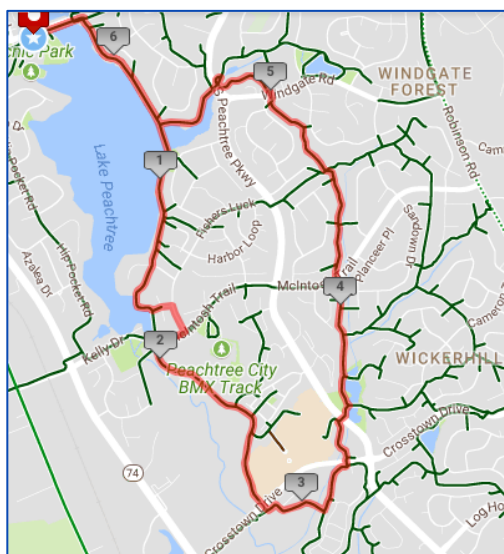
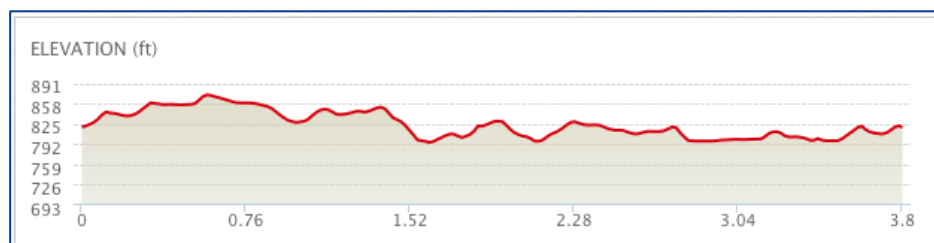
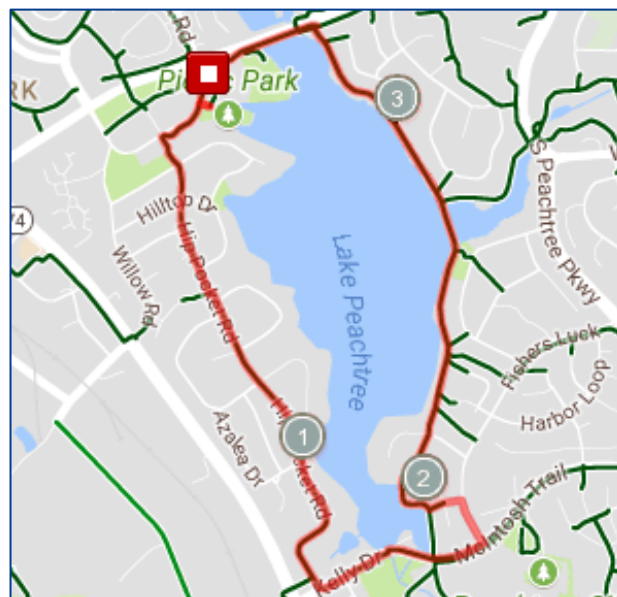
Water fountain: Yes, just outside of restroom facility

Notes: Temporary detour due to construction

This route starts off on the golf cart path next to the restrooms, turn towards Hip Pocket Road, then left on Hip Pocket. At ~1.4 miles turn left on Kelly Drive which turns into McIntosh Trail. Due to construction at this time, turn off the cart path making a left on Fishers Luck at ~1.8 miles (running against traffic), then left again on Bayview. Keep going straight and hop back on the cart paths, turning right at the first path intersection. Keep following the path, at ~2.7 miles you will pass the boat docks.

Both a water fountain and a port-a-john are available at the docks. Keep following the path, at ~3.4 miles turn left and follow the Hwy 54 bridge. The path will pass by Drake Field and the Library (water fountain and restrooms available at the Library), turn left on Willowbend and keep going until you get back to Picnic Park.

Check out the full route on [Map My Run](#).



The 10K Loop (6.4 miles with construction detour)

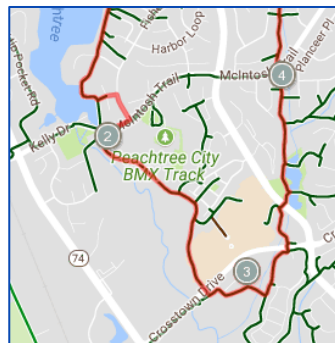
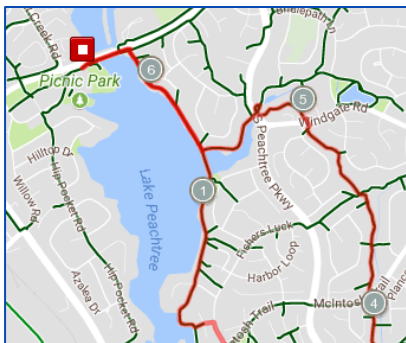
Parking: Drake Field (155 Willowbend Road, PTC)

Restrooms: Yes, inside Library during open hours

Water fountain: Yes, just outside of Library

Notes: Temporary detour due to construction, mile markers are available at every mile but are slightly off due to the construction detour

This route starts off on the golf cart path near the Veteran's Memorial; there is a course start marker. Follow the path on the Hwy 54 bridge, just after the bridge, turn right at the



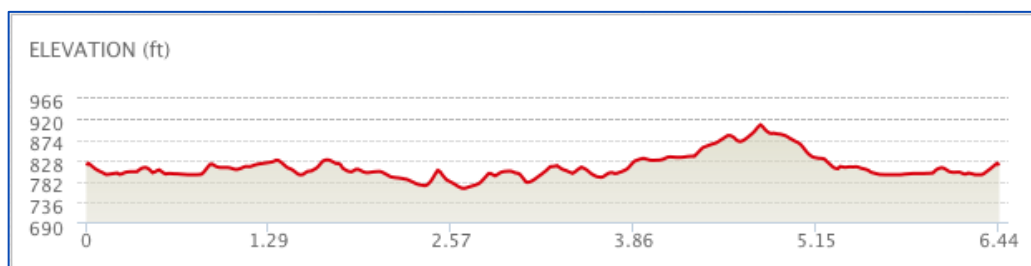
The 10K Loop (cont'd)

4-way intersection. Keep following the path, at ~0.8 miles you will pass the boat docks (port-a-john and water fountain available here), shortly after the boat docks you will see the 1-mile marker on the right side of the path. Continue going straight on the path, then at the

construction detour turn left. Leave the path and go straight on Bayview, turn right on Fishers Luck (run opposite of traffic), then hop back on the path at McIntosh Trail turning right. At ~1.9 miles, turn left on the path, going away from the construction, detour is now over. Continue on the path, you will see the 2-mile marker on the right side of the path, then the Southern Conservation Trust's Flat Creek Nature Area's boardwalk will be on your right. Feel free to explore the boardwalk! Continue on path, Braelinn Village Shopping Center will be on your left. Go through the tunnel under Crosstown Drive, and then at the 3-way intersection turn left. Don't get distracted by the Taco Bell; keep going! At the next 3-way intersection, turn left again, the 5K-marker will be on your left. Follow the path through the tunnel under Crosstown again. Go straight, then turn right to go through another tunnel under Peachtree Pkwy, coming out at Luther Glass Park (aka 3 Ponds). There is parking, gazebo, playground, and a water fountain available here, but no restrooms. Continue going straight on the path, as you exit the park area the playground will be on your right. At ~4.1 miles you will take another tunnel that goes under McIntosh Trail, keep going straight. At ~4.6 miles go straight at the 4-way intersection (aka 4 Points). Again, keep on the path, it will curve around but don't make any turns. Just after the 5-mile marker you will be on a curved bridge, follow it around making a right at the bottom, going through the tunnel under Peachtree Pkwy again. Continue on the path, the East Lagoon section of Peachtree Lake will be on your left. At the 3-way intersection, turn right (if you turn left you will be at the boat docks). From here follow the same path back to the start, surely you will not forget the moguls or Hwy 54 Bridge. At the end there is a finish line marker.



The above mile call-outs are approximate and only apply during the construction detour; once construction is complete the 10K course will go back to normal and the course markers will be correct again. Check out the full route on [Map My Run](#).



The Ridge Nature Preserve, trails

Parking: The Ridge Nature Preserve
(390 Burch Road, Fayetteville)

Restrooms: Yes

Water fountain: No

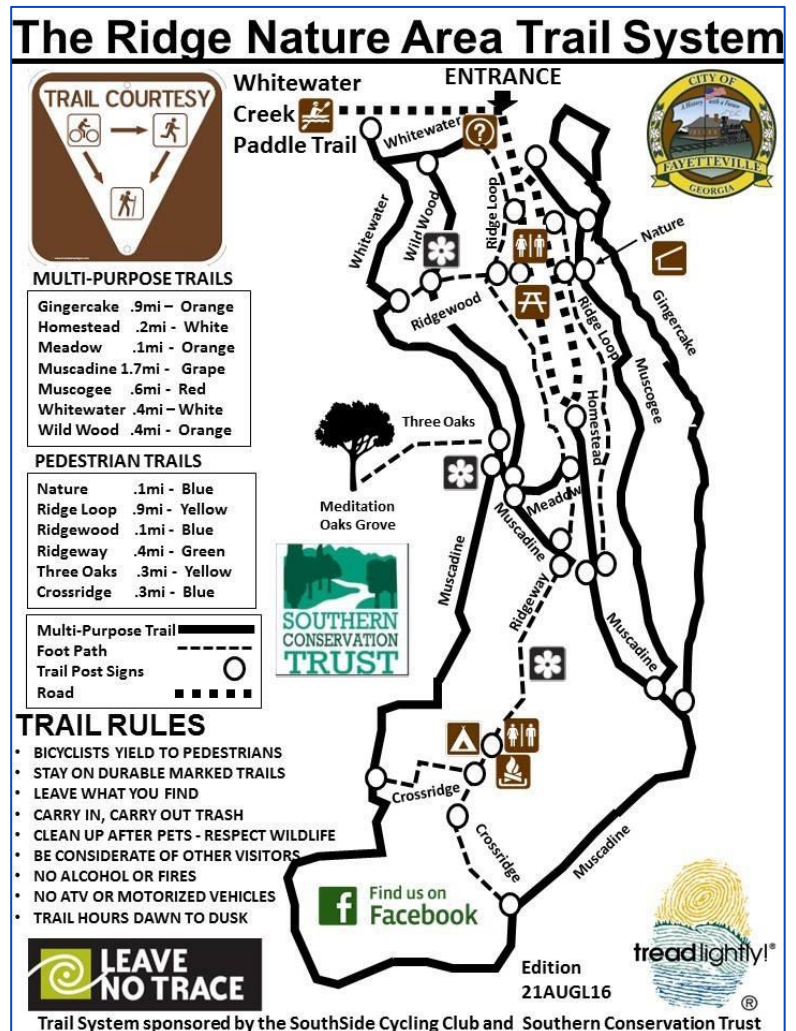
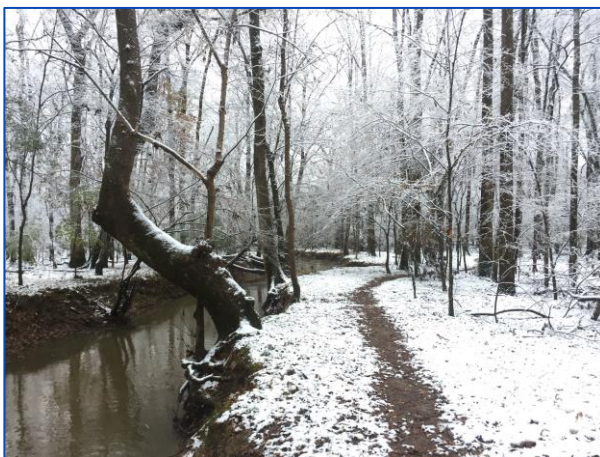
Notes: This is a trail run great for beginner trail runners. The trails are multi-use (runners, hikers, and mountain biking) so be sure to respect the right-of-ways.

This is a newer nature preserve; the grand opening was in May 2016. It includes 308 acres of natural beauty, multi-use trails, and waterway access for canoeing and kayaking. As with many trail runs, it is recommended to review the map and choose your own adventure, so I do not have a specific route outlined as above for the path system in Peachtree City. Sometimes it is helpful to bring a copy of the map with you on a trail run. I get lost just about anywhere, but these trails are so well marked it was quite easy to navigate. Also, don't forget bug spray and your camera!

On the next page you will see there is an upcoming 5K-trail race (with free photography and a local race director!) So if you want to run the route ahead of time, check it out on the maps below. They can be used in their respective running apps to follow the course.

Enjoy the trails! ☺

[MapMyRun map](#) [RunKeeper map](#)





Upcoming Local Races

- Feb 3, 8:30am, North Fayette Elementary School Dolphin Dash, [5K Dash Run](#) & 1-mile fun run.
- Feb 3, 8:20am, 16th Annual [Run for Angels 5K/10K Road Race](#) - Newnan, GA.
- Feb 4, 8:30am, [Red Top Rumble 11.5 Trail Race](#) - Red Top Mountain, Cartersville.
- Feb 10, 8:00am, [SouthSide's Fastest 5k](#) for Henry County Cancer Services, McDonough, [Facebook](#).
- Feb 10, 10:00am, [SweetH2O Sweetheart Half Marathon](#), Sweetwater Creek State Park, [Facebook](#).
- Feb 17, 8:00am, [The Ridge 5K Trail Race](#), The Ridge Nature Area, [Facebook](#), [volunteer sign-ups](#).
- Feb 17, 3:00pm, [Mardi Gras 5K Race](#) at the University of West Georgia Athletic Complex, Carrollton.
- March 3, 8:30am, [Cochran Mill Trail Race - 3.7 and 10.7 milers](#), [Facebook](#).
- March 10, 7:15am, [Diva Half Marathon and 5K Race](#), Peachtree City, [Facebook](#), [Volunteer Sign-ups](#).
- March 10, 8:00am, [West Georgia Track Club Road Race 5K/10K](#), Carrollton Greenbelt.
- March 17, 8:30am, [Burch Bear Tracks 5K Race](#), Burch Elementary School.
- April 14, 8:00am, [Creek to Peak 4 Miler](#), Sweetwater Creek State Park, [Facebook](#).
- April 14, 9:30am, [Run Before You Crawl 5K & Pub Crawl](#).
- April 21, 9:15am, [Race for the Rescues 5K & Fun Run](#), Dogs welcome! Suwanee, GA.
- April 21, 5:00pm, [Night Owl 5K](#), Panola Mountain State Park.
- May 5, 9:00am, 6th Annual [RACE for the Orphans 5K](#) – Newnan, [Facebook](#).
- May 5, 8:30am, 9th Annual [TriCities 10K/5K](#), College Park, GA.
- May 12, 8:00am, [The Rock and Comet 12K/5K](#), Rockmart, GA, [Facebook](#).
- May 19, 7:45am, [Keris Kares Royal Run 5K](#), Downtown Newnan.
- October 20, 8:30am, Peachtree City Classic 5K/15K Race, Frederick Brown Amphitheater, more information coming soon, 2017 race information is [here](#).



Other links to search for races:

<https://runsignup.com/Races>

<http://www.rrca.org/calendar/find-event>

<http://www.usatf.org/calendars/index.asp>

<https://www.active.com>

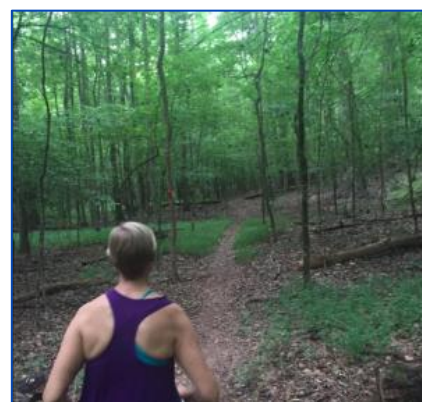
<https://localraces.com/peachtree-city-ga>

<http://www.rungeorgia.com>

<http://www.runningintheusa.com/race/list.aspx?State=GA>

<http://georgiarunner.com/race-calendar/>

<http://www.roadracerunner.com/Races/RunningCalendar.aspx?state=ga>



** This list is for informational purposes only, be sure to check the race's website for further details. To add other upcoming races to the list in the next publication, please contact the Legacy Editor.

Group Runs



- ◆ Every Sunday, 7:00am, Meet at Huddleston Elementary School, typical distances 7, 8, 10, & 13 miles, at ~8:30min/mile pace or faster. (time changes to 6:30am Memorial to Labor Day to beat the heat)
- ◆ Every Sunday, 7:00am & 8:00am, Meet at PTC Boat Docks (use 130 Battery Way, PTC in your GPS to find the entrance). Run a 5-mile loop, all paces, at either 7am or 8am, or both for 10 miles.
- ◆ Arches Monthly Group Run! Every 2nd Tuesday of the month, 6:00pm, Arches Brewing, 3-miles, all paces, dogs are welcome.
- ◆ Every Saturday, 7:00am, Dragonfly Running Company store group run, 3 or 6 miles, all paces.
- ◆ Every Tuesday, 6:30pm, Dragonfly Running Company store group run, 3 miles, all paces.
- ◆ February 10, 8:30am, Group Trail Run w/ Peak Racing & Big Peach - Cochran Mill, 5-6 mile or 12-mile options, see info [here](#).

****Time listed is run start time, be sure to arrive a few minutes early to park, say hi to everyone, and use the restrooms if available. Also, great idea to check that the group run is still 'on', sometimes they can be cancelled due to weather and other circumstances.**

Upcoming PTCRC Grand Prix Events

February 3, 2018 at 8:00am – Closest to Time, New Member Breakfast, GP & Super Bowl Squares

Where: Ray & Teri Besch's house (105 Parsons Place, PTC)

Watches/music: No

Description: Continuing our tradition of welcoming our newest members and getting to know them.

Enjoy a crisp morning outing with some new friends. Participants are let loose on their own and are given a time to come back at. Closest without going over wins. (Example: be back in 27 min...)

March 17, 2018 at 8am – 2+2 Closest to Time

Where: PTC Library

Watches/music: No

Description: This is a perfect opportunity to get a friend out for some fun!! You pick/bring your own partner or team up with someone Saturday morning. Two participants, two different directions, one start/finish. Each partner takes a different direction from the start/finish. Try to be the team that gets back to the start/finish closest to the same time! Amount of time out on the courses will be communicated by event coordinator event morning.

April 7, 2018 at 8am – Pick a Point

Where: Lake Peachtree Boat Dock (use 130 Battery Way, PTC to find the entrance)

Watches/music: OK

Description: There will be 3 different points. Only one is the correct point. Participants choose which point they go to and return only after they have arrived at the correct point.



May 5, 2018 at 8am – Consistency Run

Where: Peoples Elementary

Watches/music: No

Description: Participants attempt to run the same time out to a point and the same time back. Closest spread wins!



Note from the Editor

"I often hear someone say I'm not a real runner. We are all runners, some just run faster than others. I never met a fake runner." - Bart Yasso

I often hear the same thing. Many folks feel they are not a real runner since they are not familiar with typical running terms or still learning race and group run etiquettes. The concept of this newsletter is to help beginning runners learn the ropes, while providing new and interesting information for advanced runners. I hope everyone enjoys this issue!

Keep running!



PTCRC Grand Prix Winners at the Holiday Party in December 2017

PTCRC Board Members

President – Mark Ward
 VP Administration – Heather Jones
 VP Activities – Mark Hamilton
 Secretary – Rachel Johnson
 Treasurer – Paul Schultz



PTCRC Committee Leaders

Race Director – Rachel Johnson
 Membership – Bob Dalton
 1,000 Mile Club – Teri Besch
 Social Chair – Jane Stemkoski
 Club Photographer – Normer Adams
 Legacy Editor – Susan Bothe
 (susan.bothe@gmail.com)

Peachtree City Running Club (PTCRC)

www.ptcrc.org

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