

S P R I N G 2 0 1 8

the

Legacy

PTCRC Quarterly Newsletter



Message from the Board VP of Administration Heather Jones

The Peachtree Road Race is right around the corner, and the running club has once again chartered two buses, a family bus and a party bus. The buses leave McIntosh High School at 5:30 a.m., drops off runners right at the start line, and then parks near the finish line (as close as the elite buses!) The buses wait for all bus riders to finish, taking everyone back to the school. The price is \$10 for members and \$20 for non-members. Currently there are seats available on both buses, so be sure to e-mail surfergirl_time@yahoo.com (Heather Jones) to reserve your seat today!

Save the Date! Upcoming Grand Prix events

Consistency Run

June 2, 8:00 a.m.

Run/walk the same time to a point and the same time back, closest spread wins!

Picture it!

July, any time

Each week, send in a picture of you in club gear getting ready to run/walk.

Confused Runner

Aug 4, 8:00 a.m.

Run/walk on the track, change direction at the whistle, guess the minutes completed.

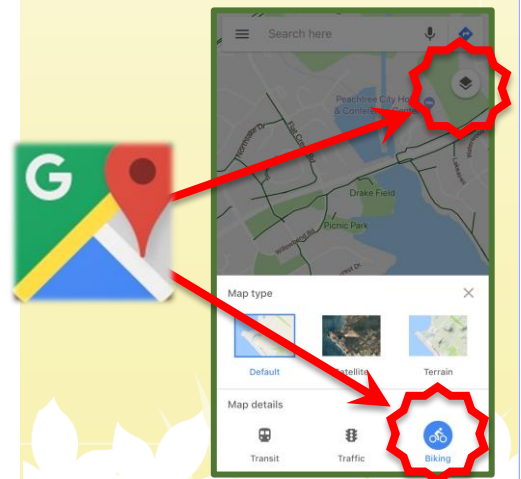
Path Maps

By Susan Bothe

With over 90 miles of paths, it is easy to get lost or have a 2-mile run turn into a 5-miler (been there, done that!) Some even say getting lost on the paths is a right to passage! :O However, you don't need an expensive map or app to find your way.

Simply download the Google Maps app (free) and turn on the 'biking' map details and voila!

The green lines show all of the paths in PTC. But of course there are explorers who actually want to get lost. If that is you, then skip the app and just run! ☺



Welcome New Members!

Featuring Bradley Butler, Most Improved Male Runner 2016 and

Lisa Ivaska, Always looking for the next challenge!

Also featuring current club member Normer Adams, runner, cat rescuer.

By Bob Dalton

Bradley Butler

Brad Butler (18) is following in his Dad's footsteps (Mitch Butler) and has made incredible strides (pun intended) since he took up the sport just four years ago. Now a senior at Whitewater High School, Brad also plays tuba in the band and plans to major in music education in college so he can eventually become a band director.

In the meantime, he continues to race new distances and set new personal records in the process. His determination to finish what he starts was evident in one of his first races when he finished last at the 2010 Kedron 5K Grand Prix. "I refused to get on the sag wagon despite the fact that I was holding up the award ceremony."

He says his most memorable racing experience was "Beating my Dad in my first Half Marathon with a killer negative split." Brad has done five Half Marathons including Publix and Albany in 2015 and the Atlanta Half for the last three years. The most recent one was Thanksgiving 2016 where he set his PR of 1:34.

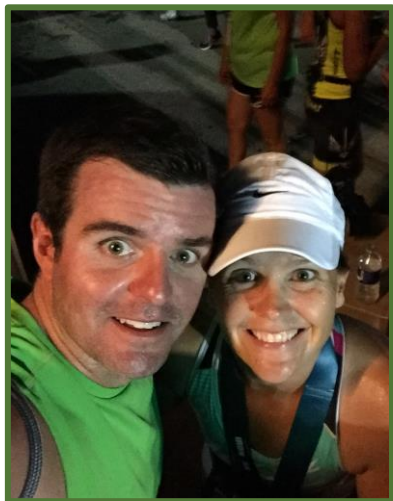
Brad's favorite race distance is the 10K and his favorite race is the Macon Labor Day Race because "It has a net downhill elevation making it very fast, yet also has the hills and heat to make it very challenging." Some personal records at various distances that Brad has already achieved include: 1 Mile – 5:58; 5K – 20:12; 10K – 42:10; 15K – 1:05:31; Half Marathon – 1:34:51.

Brad, like most people, enjoys running because he has discovered "It relieves stress while also pushing my body to the limit." This is just as important to a high schooler facing the pressure of taking exams, writing papers, getting good grades, and applying for colleges as any adult coping with life's daily pressures.

He joined the PTCRC so "running would be more than just exercise." It has certainly become more so for Brad since his race accomplishments earned him the recognition of Most Improved Runner at the 2016 Annual PTCRC Awards Banquet.

Brad's goals included stepping up to the marathon, and he did just that this past March when he ran the Snickers Marathon in Albany finishing in 3:30:40 – a very respectable time for a first effort! He would like to try the marathon distance again, perhaps at Soldiers, and eventually like to get a qualifier for Boston. His running career is certainly off to a great start and if he lives up to his potential, like the song says, he'll be singing "The future's so bright, I gotta wear shades!"





Lisa Ivaska

A home maker and mother of three, Lisa Ivaska (38) tries “my best to balance being a wife, raising three kids, volunteering, and finding personal goals to challenge and motivate me.” Her husband Joel works in Marketing at Caterpillar and their three children – Kendra (10), Tanner (8), and Parker (6) – have lived in Senoia for the past couple of years.

Lisa had one of the most unusual running experiences, which she credits for finding her husband!! “I met my husband while we were running on treadmills next to each other at a gym in Minnesota. I told him that I didn’t know the treadmills could go that fast!! Who knew that a simple compliment could lead us into ten plus years of marriage and three wonderful children!?! I am thankful for God bringing us together and keeping us together. And I feel blessed to have a husband who shares, supports, and encourages my running ‘habit’!!”

Lisa’s favorite distance is the marathon and her favorite event is the Twin Cities Marathon. It was the occasion for her first attempt at that distance in 1999. “This was my favorite race because I proved to myself that I could complete something that I wasn’t quite sure that I could actually do beforehand. This race made me realize I could do more physically and mentally than I thought I could – and that the process of pushing your limits is very rewarding! It planted a seed that has allowed me to continue trying new and difficult things.”

Lisa has completed seven other marathons since then in such diverse places as Grandma’s, Wrightsville (NC), Boston, Chicago, Warner Robins, and Disney. Her PR of 3:24 was at Myrtle Beach in 2011. She has done a handful of half marathons as well including St. Louis, Raleigh, Texas, and Indianapolis with a PR of 1:33 at Outer Banks in 2010.

She is also a triathlete having completed Olympic distance events, Half Ironman events, and a full in Chattanooga. “In 2016 I completed my first Full Ironman Distance Triathlon event in Chattanooga. The high temperature for that day was 95°F – which was much hotter than I had anticipated for the late September race. The marathon-length run follows the swim and bike events. In my years of running, I have never doubted my ability to finish a race or distance as much as I did that day on that run. But, somehow by God’s grace I made it through. I will never forget that finish line, the work it took to complete the marathon run, and the weeks of training that led up to it. I am thankful for the experience and I will never forget it!”



"I enjoy running because it helps me to appreciate my health and abilities. I also enjoy running because I love to be outside, enjoy the feeling of accomplishment it gives me, and I am a better mom, wife, and person after I break a sweat!! Lisa joined the club "To meet other people who share similar interests in our new home town."

"I really enjoyed the run club speaker from the January 2017 meeting. Connie Jones spoke about mental blocks to physical performance. I am not the most competitive runner, but I can definitely see where my mental patterns could be affecting my physical results."

Lisa continues to set goals and this year she has Half Ironman competitions in her sights. She is working with local coach, Kim Bramblett of Multisport Performance to establish and work toward personal goals in each of these events. Lisa was a swimmer in high school and obviously has a running background as well. But it is the bike portion of the event that challenges her. However, given the number of Half Ironman Triathlons she has already completed and that she is always looking for another one to tackle, there is no doubt she will continue to improve in all aspects of this challenging multi-sport event.

Current Member Profile: Normer Adams, runner, cat rescuer

How many years have you been a member of the Peachtree City Running Club? **25 years**

Are you a member of any other clubs? **Atlanta Tree Climbing Club, Fayette County NAACP, Global Organization of Tree Climbers**

Favorite recovery food after a run? **Milk Shake**

Favorite Movie / Book / Musical Group? **Gone with the Wind/ Games My Mother Never Taught Me/ Beatles**

Favorite dessert or sweet treat? **Vanilla Ice Cream**

Favorite race? **Peachtree Road Race, Atlanta**

Favorite restaurant? **Burger King**

Favorite race distance? **Marathon**

Favorite season? **Summer**

Favorite sport other than running? **Tree Climbing**

Pet peeves? **Cars with Emergency Flashers on in the Rain**

Favorite leisure activity? **Rescuing cats from trees**

I run/walk because --- **I am afraid of dying**



Judith Glover (Senoia)
Cathy Pugh (Sharpsburg)
Kenneth Wallace (Fayetteville)
Tobechi Eheduru (Fayetteville)
Tom & Kel-Lee Rauch (PTC)

**Welcome
New
Members!**

Allen Zhou (PTC)
Jordan Price (Fayetteville)
Dan & Christine DeCicco (Fayetteville)
Ronald Ruhl (Fayetteville)
Florence Niba (Fairburn)
Joe Phelix (PTC)

Coaches Corner

Hill Intervals, yes, hills are good for you!

By Susan Bothe

Let's face it, most runners dislike running up hills, but it is inevitable that if you race, you will eventually have to deal with them. I have been in many races (and even bike rides) where I find myself reminding those around me struggling that these hills make us stronger. So how is that exactly?

When running on different grades, your body will use slightly different muscles groups to accommodate; so different groups for uphill vs. flat, but also downhill vs. flat. By incorporating hill workouts in your training, you will use, work, and build those other muscles, so that on race day they will be strong enough to carry you on to the finish line. Also, incorporating strength training to strengthen those muscles will also help with the hills.

An additional benefit for hill workouts is that it promotes economical running form. A good form allows you to run faster and further using the same amount of energy.

So now that I convinced you that hills are good, here is how to incorporate them into your

training. One way is to run hill repeats or intervals. Basically the same as intervals (see Winter 2018 issue for more information on intervals), except that during the working hard sections, run uphill making sure to keep good form. If your form gets sloppy, you defeated the whole purpose of the workout, so slow down if needed to keep that good form while working hard. For the recovery sections, run easy or walk downhill, again, maintaining good form. Long uphill sections are the ideal place to complete these workouts.

Another suggestion is to run a specific amount of time or distance on a hilly course, again maintaining good form. Check out the courses in this issue for suggestions on hilly courses. Have fun climbing! ☺



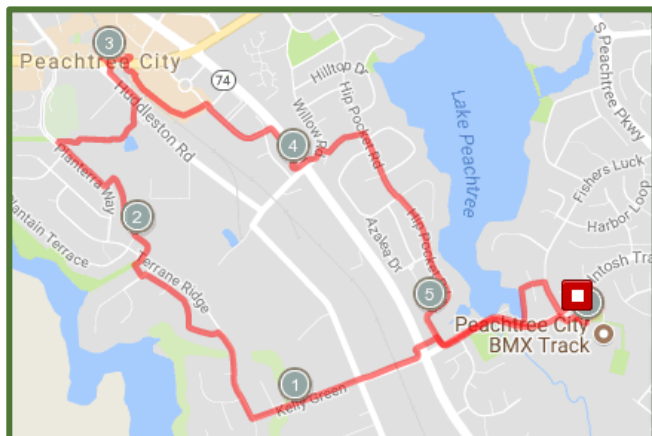
Running/walking Etiquette Tip

Never run or walk more than two abreast if you are in a group. Don't be a road or trail hog.

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

This is a good tip to follow whether running in a race, on the paths, or on a trail. Running 3 or more abreast creates a block or obstruction, not allowing runners behind you to pass, or can push oncoming runners off of the path. Additionally, with that many abreast, running conversations tend to take priority over paying attention to the surroundings. The picture to the left is a great example of correctly running two abreast. Other running and race etiquette tips can be found on the [RRCA website](http://www.rrca.org).

Featured Routes – Try out some hill intervals!



Planterra Loop, 10K

Parking: Frederick Brown Amphitheatre (191 McIntosh Trail, PTC)

Restrooms: Yes, near BMX track and at The Avenues

Water Fountain: Yes, near restrooms, none on course

Notes: Traditionally Loop #3 in the PTC Marathon Relay. Slight detour near end due to construction.

Start by running west on McIntosh Trail (turns into Kelly Green), then turn right on Terrane Ridge, follow

the cart path through this subdivision, then turn right on a cart path-only route just before the PTC Tennis Center. The path will curve and then follow Huddleston Road, with a couple of loop-turns at Hwy 54. Run behind the Avenues (public restrooms available next to Mgmt Office during Center hours), following the curve, and then pick up the cart path again, going Southeast. Follow the cart path along Hwy 74; turning left at Willow Road, then right on Hip Pocket Road. Finally, turn left on McIntosh Trail and continue back to the parking lot. Due to construction in the area, this loop is slightly less than 6.2 miles at this

time, but still a great hill workout! Check out the full run on [Map My Run](#) or on a previous year's [Marathon Relay page](#).



****Shorter option for 3ish miles:** Start at The Avenues, follow the same course as above; however, after about 1-2 miles (should be half of the total miles you want to run) turn around and backtrack to where you started.



Chattahoochee Bend State Park, trails

Parking: 425 Bobwhite Way, Newnan, GA. Parking passes \$5/day or \$50/annual.

Restrooms: Yes, at Visitor Center and next to parking lot at end of Bobwhite Way

Water Fountain: Yes, near restrooms, none on course

Notes: Over 12 miles of trails for hiking and running, the biking trails are separate.

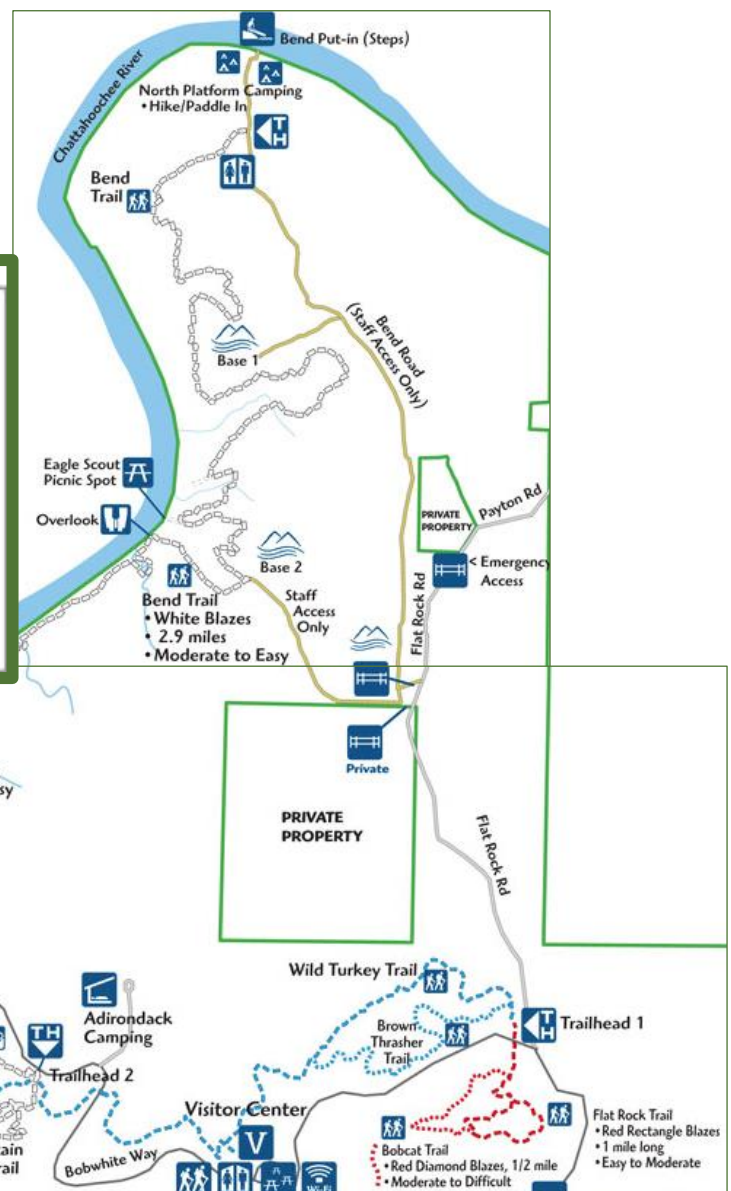
Follow this link for a [Trail Map as of Nov 2016](#).



According to the GA State Parks website: "At 2,910 acres, Chattahoochee Bend is one of Georgia's largest state parks, protecting five miles of river frontage. A boat ramp provides easy access to the water, while more than [12 miles] of wooded trails are open for hiking and nature photography. An observation platform provides nice views of the river and forest."

There is not a specific route outlined for these trails, as with the cart path run above. However, I strongly recommend that you stop by the Visitor Center upon arrival, and the Park Rangers can provide a trail map, let you know the conditions of the trails, and even recommend a route for you to run/hike. One recommendation is to park at the end of Bobwhite Way (near the boat docks), then take the Riverside Trail and climb the Observation Tower. Don't forget your camera, water bottle, and bug spray!

Riverside-Bend Trail • White Blazes
5.5 miles One Way • Easy to Moderate
 Riverside Trail begins at the playground
 Playground Trailhead to Tower = 1.1 mile
 ... to Tower Trail = 1.2 mile
 ... to Overlook = 2.6 miles
 Bend Trail begins at Overlook
 Overlook to Base 2 = 0.3 mile
 ... to Base 1 = 1.6 miles
 ... to North Trailhead = 2.9 miles



Race Report



Sometimes finishing is winning!

Club member Vince Obsitnik is a former Ambassador to the Slovak Republic. He snowbirds in Florida every winter (you can see his profile in the July/August 2016 edition of the Legacy.) He ran the recent Tomoka Half Marathon in Ormond Beach, FL, competing in the 75+ Age Group since they did not have an 80 Age Group.

"I turned 80 in January. I took first place since the other runner didn't show up or start. He was 73. Time was 3h, 4m; 14:04 pace. Had I run in the 70+ group, I would have placed fourth out of 7."

Just goes to prove the old adage, 90% of success is just showing up!!

By Bob Dalton

2018 Summer Track Series

Join us for this traditional favorite – a low-key, all-fun event at Riley Fields adjacent to PTC Elementary School. Registration is FREE and open to everyone!

Dates: Wednesdays, June 6, 13, 20, 27, and July 11* & 12*
 *Championship meets
 Time: Registration at 6:00pm, First Event starts at 6:30pm
 Where: Riley Field, 176 Wisdom Rd, Peachtree City, GA
 Who: Open to everyone!
 Entry Fee: Runners FREE! Spectators FREE!

Events: 50-Yard Dash (10 & under)
 100-Meter Dash
 200-Meter Dash
 400-Meter Dash
 800-Meter Run
 1-Mile Run
 3200-Meter Run
 5K Run
 400 and 1600-Meter Relays
 (No Field Events)

Groupings: Regular Weekly Meets – Events completed in various heats based on number of runners
 Championship Series – Events completed in heats based on Age Groups and gender.

Awards: Presented for Championship Series Meets only.



**Check out the PTCRC.org website for more details including who to contact for volunteering! ☺



Upcoming Local Races

- May 12, 8:00am, [NHS Vet Connect Veteran's Relief Fund 5K](#), Dog Friendly, Newnan, [Facebook](#).
- May 12, 8:00am, [The Rock and Comet 12K/5K](#), Rockmart, GA, [Facebook](#).
- May 12, 7:00pm, [Soles for Cole 5K](#), Senoia, GA, [Facebook](#).
- May 19, 7:45am, [Keris Kares Royal Run 5K](#), Downtown Newnan.
- May 26, 8:00am, [All-American 5K/10K](#), Frederick Brown Amphitheater, PTC.
- June 2, 8:30am, [Run for the Redheads 5K](#) sponsored by Ape Conservation Effort, Grant Park Zoo.
- June 2, 8:00am, [Turtle Trot 5K](#), Georgia Aquarium, [Facebook](#).
- June 2, 8:00am, [Panola Mountain State Park 10K/5K](#), Stockbridge, [Facebook](#).
- June 3, 8:00am, [24th Annual Sweetwater 5K](#) (& Tri/Duathlon), Sweetwater Creek S.P., [Facebook](#).
- June 9, 8:00am, [26th Annual Civitans Old Courthouse 5K](#), Fayetteville, GA.
- June 9, 8:30am, [Monastery Trail Races 8Mi/5K/1.5Mi](#), Conyers, [Facebook](#).
- June 9, 8:50pm, [Firefly Run 5K](#), Costume Contest too, Piedmont Park, [Facebook](#).
- June 10, 7:00am, [Hotlanta Half Marathon](#), Atlanta, [Facebook](#).
- June 10, 8:00am, [Gravel Gallop 5K: Benefitting the Multiple Myeloma Research](#), Palmetto, GA
- June 16, 7:00am, [Possum Trot 10K](#), Chattahoochee Nature Center, Roswell, [Facebook](#).
- June 24, 8:00am, [Southside Medical Center's 5K Run/Walk for Health](#), Atlanta, [Facebook](#).
- July 4, 8:00am, [7th Annual Firecracker Road Race 5K/10K](#), Hampton, GA, [Facebook](#).
- July 14, 7:30am, [Atlanta Beltline Westside 5K/8K](#), Atlanta, [Facebook](#).
- Aug 4, 8:00am, [Boundary Waters Cross Country 5K](#), Douglasville, [Facebook](#).
- Aug 25, 7:30am, [Walk, Wag, N' Run 5K](#), Dogs welcome! Lenox Park-Brookhaven, [Facebook](#).

Oct 20, 8:30am, [Peachtree City Classic 5K/15K Race](#), Frederick Brown, PTC

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.

****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

June 2, 2018 at 8:00 a.m. – Consistency Run

Where: PTC Library (201 Willowbend Rd, PTC)

Watches/music: No

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

July 2018, any time – Picture it!

Where: Favorite run/walk

Watches/music: Yes

Description: Once per week throughout the month of July, e-mail Mark Hamilton at JMBHamilton@Comcast.net in your Club Gear getting ready to run/walk. 25 points per photo for a maximum of 100 points for the month.

August 4, 2018 at 8:00 a.m. – Confused Track Runner

Where: Riley Field (176 Wisdom Road, PTC)

Watches/music: No

Description: Participants start walking or running at the same time. At random different times a whistle will be blown and participants must change directions. Afterwards, participants submit their guess of how many minutes they ran or walked.

September 8, 2018 at 8:00 a.m. – Cross Country Course Run 5K

Where: Heritage XC (Cross Country course at 2130 Redwine Rd, Fayetteville, GA)

Watches/music: Yes

Description: Test out your off road legs on the beautiful Heritage Cross Country (XC) course. Compete against others in your AG on this fun and slightly challenging 5K.



Embrace the Hills!

"Hills.

We love them. We hate them.

They make us **strong**. They make us weak.

Today I chose to embrace hills."

~ Hal Higdon ~

Keep Running!



New Member Breakfast and Grand Prix Event, Feb 2018

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

Be sure to like us on [Facebook!](#)