

FLAT CREEK

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JULY & AUG

INSIDE

President's Letter

page 3

Diana Phillips

page 4

Karin Barber

page 8

A Grand Adventure

page 9

1000 Mile Club Update

page 10

Summer Track Pictures

pages 16-17

11TH ANNUAL PTCRC GOLF TOURNAMENT

Hard to believe but this year marks the 11th year that the Peachtree City Running Club has hosted an annual Golf Tournament at Flat Creek Golf Club. On Saturday, June 16th, we once again had a strong turnout with 13 teams and a total of 50 players.

As you can imagine, playing golf on a summer afternoon makes for a lot of thirsty golfers. Leah Liming, Carolyn Bowers, Yvonne Martin, Jill Lego and daughter Ashton volunteered to drive the beverage carts to keep our golfers well hydrated. Our thanks to this group of volunteers as well as to Dave Olson and Bill Werling who helped with registration and collection of fees. Jill Lego took pictures of the various teams, a few of which are included with this article.



Flat Creek did a great job this year having enough golf carts ready so we could get started right at noon, that allowed the tournament to proceed at a good pace and be finished by 6:30 PM

The members on this year's winning team were John Kennedy, Ryan Kennedy, Jim Dunham and Joe Spalviero with a net score of 48.

Second place was Team Mrosek with John Mrosek, Alice Todd, Steven Bothe and Jody Flemming. They turned in a net score of 49.

...continued on page 7



2005
NATIONAL WINNER
RRCA BEST SMALL CLUB
NEWSLETTER

EXECUTIVE BOARD

President

Shane Carpenter
shanecarpent@yahoo.com
678-438-5512

Administrative Vice President

Steven Bothe
stevenbothe@gmail.com
678-850-9168

Activities Vice President

Shane Sheffield
afootball50@yahoo.com
770-722-0101

Secretary

Teresa Moore
tmtmhnm@bellsouth.net
770 716-8790

Treasurer

Tim Covert
tim@dependablecomputerservice.com
770-789-9733

Membership

Bob Dalton
robert.t.dalton@us.army.mil
770-461-4450

RRCA Liaison

Mark Ward
mark@markward.com
mark.d.ward@faa.gov
770-631-8775

Classic Race Director

George Martin
r2sun98@mindspring.com
770-596-9890

Newsletter Editor

Russell Brown
rtbrown82@gmail.com
678-381-5479

Race Results

Bill Fuller
mki.kammann@gmail.com
404-401-7714

CLUB MEETING MINUTES

June 4, 2012

President Shane Carpenter called the meeting to order at the Dolce Conference Center. New members and guests were acknowledged and welcomed.

A motion was made and seconded to approve the minutes of the May meeting. The motion was carried.

LIST PASSED AROUND:

1000 Mile Club Applications/Book
PTCRC Bus Sign up for Peachtree Road Race
Golf Tournament Sign up

Taryn Tennyson joined us to speak about the 5k Cancer Run/Walk to support the Cancer Wellness Center which provides free assistance to all Georgia Residents who are suffering from cancer. The center is a not for profit group which gives nutrition, cooking, art and coping classes.

Announcements:

The Kids Tri is on Saturday, June 9. Volunteers are needed.

The summer track series begins on June 5, 2012. Volunteers are needed!

Members not participating in the Marathon Relay are encouraged to run the Brooks Duathlon/5k.

The Marathon Relay will begin at 7am on Saturday, June 23. Be there at the start for food, fun & frivolity! If you have not emailed your information to Adam Shoemaker, please do so soon.

George Martin gave several updates:

PTCRC Expo at the race for the 4th needs volunteers for the 2nd and 3rd.

George went over the Elementary Grand Prix luncheon and awards.

The Dragon Boat Races team sign-up and captain needed for September 22.

The classic needs Volunteer coordinators! There are five positions open.

Martin Rowe gave an update for the All American 5k. There was a wonderful turnout for the race with over 250 racers and awesome volunteers. He proposed that the American Legion and PTCRC partner

...continued on page 12

And Now a Word from our President...

I hope that this newsletter finds everyone well. It has been a great year so far and can you believe that we are over half way through it already! Some of the highlights that I would like to point out are the All American 5K, Golf tournament, Marathon Relay, Peachtree (Expo), Elementary Grand Prix Series and the Summer Track Series. Do you know what the common theme among all of these events is? It's our awesome club members who volunteer and head up all the different parts of what makes this club great! If it wasn't for our members who help out we would not have this club or be able to help out the community like we do every year. I just want to say that I appreciate everyone's hard work this year.

Moving forward through the rest of the year we have some events coming up that we are going to need help with but the main event is the one that makes the money for this club to survive financially and it's the Classic. George Martin has once again stepped up to be our race director (Only God know why?) but he needs people to step up and help more than ever do to the fact that there are members who have done the same position for years now and are unable to do it this year and he needs replacements for them. I would ask that if you can step up and help George please do.

Coming up in our August meeting I am going to show everyone our new logo! As many of you know our logo was the original logo when the club started and the board felt that it needed some updating. We worked with our own club member Russell Brown in designing and finally picking our new club logo. I am very excited to show everyone at the next meeting. Thanks for all do you as a club and I look forward to seeing you on the trails!

Shane

The Legacy is published six times a year—January, March, May, July, September, and November. The deadline for submissions is the third Friday of the previous month. **All are welcome to contribute.** Please send all articles and photos to Russell Brown at rtbrown@gmail.org. Send race results to Bill Fuller at mki.kammann@gmail.com.

NEXT DEADLINE: AUGUST 27

NEW MEMBER PROFILE

Diana Phillips

By Bob Dalton

Diana Phillips, 43, is originally from Buchanan, Michigan, but has called PTC home for the last 15 years along with her family including husband, Chris, daughter, Lauren, 17, and son, Ryan, 15. Diana has a B.A. in English from the College of William and Mary in Virginia and a Masters in Elementary Math and Reading Education from Walden University. She is currently teaching at Oak Grove Elementary School.

She says "I've taught special education for the last ten years and am about to start a new adventure teaching 4th grade. I'm also the chief nutritionist and injury prevention specialist for two busy high school runners." Of her children, Diana is obviously proud when she states that "Lauren is about to leave home to attend Elon University in North Carolina, and Ryan is co-captain of the Starr's Mill cross country team."

"My first marathon was the Disney Marathon with Team in Training. I was amazed by the support of my family and friends during the fundraising, and loved hearing people call, 'Go Team' as I ran by. Also, just running through Disney was a blast."

She has done five marathons including Country Music, Marine Corps, Atlanta, and Flying Pig in Cincinnati where she had her PR of 4:59. She also has a total of five half marathons under her belt including several times at Atlanta. Her PR of 2:10 was at Vegas.

"Running is my therapy; it's often the only time I am alone and quiet during the day. It's also something I have in common with my husband and children; we enjoy going to races together, especially the Peachtree Road Race."

Diana says her most unusual running experience was "Running the Las Vegas half marathon—what a rush to run on the Strip; it was also interesting to be heading out to the race as late night parties were just getting back to the hotel."

Her favorite race is the Marine Corps Marathon but her favorite distance is the half marathon. As far as future goals, Diana would like to better her time in the marathon to around 4:45. As a member of the club's 1000 mile club, she is definitely on track to do just that!



The Phillips family at a Starr's Mill Cross Country Meet



2012 PTRC GRAND PRIX

May Contest

Run an assigned time.

Volunteers: Dick Allis

Women Over 51

Name	Assigned	Actual	Difference
Jan Bankiers	23:00	23:52	0:52
Martha Boone	26:00	24:37	1:23
Cathy Olson	22:30	24:45	2:15
Teri Besch	28:30	32:36	4:06

Women Under 51

Name	Assigned	Actual	Difference
Dianna Phillips	23:00	23:52	0:52
Teresa Moore	28:30	34:09	5:39
Anatasia Walker	23:30	30:55	7:25

Men Over 51

Name	Assigned	Actual	Difference
Cal Daley	23:00	22:58	0:02
Bill Everage	21:00	20:56	0:04
Hal Wolfe	28:00	28:12	0:12
Jerry Shoemaker	28:30	28:42	0:12
Gary Kolb	27:00	27:17	0:17
Scott Allen	24:00	24:22	0:22
Jules Desgain	26:30	27:58	1:28
John Waterhouse	29:30	28:02	1:28
Lou Boone	27:00	25:03	1:57
Tim Covert	24:30	26:40	2:10
Mike Lankford	28:00	25:35	2:25
David Olson	25:00	22:31	2:29
David Gulick	24:30	21:36	2:54

Chuck Garwood	23:30	20:04	3:26
Ben Gross	20:00	16:27	3:33

Men Under 51

Name	Assigned	Actual	Difference
Chris Phillips	21:00	20:56	0:04
Sean Frick	27:00	15:16	0:16
Kith Burkingstock	23:00	21:16	1:44
Adam Shoemaker	19:30	16:59	2:31
Shane Carpenter	27:30	24:45	2:45
Tracey Moore	29:00	34:15	5:15

Year Total as of May

For more details visit www.ptcrc.com

Women Over 51

Cathy Olson: 345
 Martha Boone: 305
 Vicki Siliski: 295
 Ann Shoemaker: 265
 Teri Besch: 235
 Ann Henderson: 180
 Margie Dam: 175
 Jan Bankieris: 170
 Kim Garwood: 100
 Mary Ann Crofton: 85
 Jan Fratto: 80
 Trish Vlastnik: 60
 Jill Lego: 50
 Jane Hamilton: 35
 Pat Cote-Miles: 20
 Betty Rose: 20
 Rene Flaherty: 10
 Amy Stitt: 10
 Carolyn Gulick: 10
 Bernie Wassell: 10
 Susan Mills: 10

Womens Under 51

Teresa Moore: 365
 Anatasia Walker: 285
 Dianna Phillips: 190
 Jill Zuehlke: 14
 Lauren Toening: 110
 Lynn Murphy: 100
 Beth Wiggins: 80
 Leslie Salinski: 70
 Angie Kiker: 70
 Michelle Villars: 50
 Pam Aviles: 50
 Tiffany Bellucci: 15
 Laurie McCarthy: 10
 Leah Liming: 10
 Brandi Osse: 10
 Deanna McCurdy: 10
 Anne Port: 10
 Kim Ruple: 10
 Kelly Bowman: 10
 Casey Martin: 10

...continued on page 19

Runner Friendly Recipes

Insanely Good Blueberry Muffins

from SkinnyTaste.com

Ingredients:

1 1/2 cups Quaker quick oatmeal
1 cup unsweetened almond milk (or skim milk)
1/2 cup brown sugar, packed
2 tbsp agave (or sugar, honey)
1/2 cup unsweetened applesauce
2 egg whites
1 tbsp oil
1 tsp vanilla extract
1/2 cup white whole wheat flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 cup fresh blueberries

Directions:

Preheat oven to 400°. Line a muffin tin with liners and lightly spray with oil.

Place oats in a food processor or chopper and pulse a few times. Soak oats in milk for about 30 minutes. In a medium bowl combine brown sugar, agave, apple sauce, vanilla, egg whites, oil and mix well. In a third bowl combine whole wheat flour, salt, baking powder, baking soda and whisk to combine. Combine oats and milk with sugar, applesauce mixture and mix well. Slowly add in the dry ingredients and mix until just incorporated. Fold in blueberries.

Spoon into the muffin tin and bake for 22-24 minutes.

RACE RESULTS

Peachtree Road Race 10k

Tiffany Bellucci	45:39
Shane Sheffield	52:39
Warren Mowry	45:26
Bill Everage	47:38
Teresa Moore	55:30
Tracey Moore	59:00
Bob Dalton	39:48
Bryan Caldwell	40:01

Father's Day 4 Miler

Tracey Moore	43:55
Nathaniel Moore	43:55

Gator Trot 5k

Russell Brown	22:58
---------------	-------

Run of the Ville

Pam Burrus	23:59
------------	-------

Mountain to Valley 10 miler

Deanna McCurdy	1:07:12
----------------	---------



Third place went to Jerry Shoemaker, sons Adam and Alex and Dave Piet. Their net score was 54.

Based on gross score(no handicap) the top three teams were:

First place with a score of 60, Orange Crush, Bill and Nick Salinski, Shane Carpenter and Doug Lego.

Second place with a score of 61, Team Anderson, with Bill Anderson, Rhonda Shell, Steve Poth and Diane Shea.

Third place, with a score of 71, Team Robison/Trombly with Roy Robison, Bob Trombley, Judy Jensen and Bruce Brozka

Congratulations to all the winners and many thanks to all participants and volunteers who helped make this another great golf outing .



NEW MEMBER PROFILE

Karin Barber

By Bob Dalton

Karin Barber, 42, is a Philadelphia native but has been a PTC resident for 28 years. She has a BA from Georgia State and just started working as a Data Analyst for Munich American Reassurance where as she explains, "I verify all of the policy and payment data submitted from the various insurance companies and validate that the information is being allocated to the correct accounts and products." Karin used to work as a Project Analyst where she supported the Accounting and Treasury Management departments with testing and training during system implementations, updates and new product implementations.

When asked what motivates her about running, Karin states "I like being able to have time by myself where I can either enjoy the scenery or think through decisions or problems that I face. Plus I like the feeling that I have after running a new distance or beating my set goals for that run." She also likes to swim, read books, cook, and shop. Karin says "I used to ice skate when I was younger, and competed in a couple of local competitions."



However, she has learned of the necessity of being prepared to occasionally share the cart paths. "When I was running on the cart path near Dolce, a deer came running out in front of me. Made me realize that I needed to share the cart paths not only with other runners/walkers and golf carts but also animals."

Another memorable run was when "I ran the Saturday after the ice storm last year, and I just remember how pretty the lake and the ground was when it was still covered in snow and ice."

Her favorite race and distance is the Georgia Half Marathon which she has done twice. "I like this race because it takes you through the neighborhoods of Atlanta and is a pretty scenic course." In fact, she has also completed the Disneyland Half Marathon (in Anaheim, California where she set her PR of 2:42), The Disney Princess Half Marathon, and the Women's Magazine Half Marathon in Nashville, TN.

She joined the club "to meet other runners and maybe start to run with a group and participate in other running events." For future running goals, Karin wants to shoot for a half marathon time of 2:30 or better at either the Atlanta Half or the Rock n Roll Half in Savannah this fall. She is also training to run her first Peachtree 10K. Karin, the club two busloads of folks going so you couldn't have picked a better group to go with!!

A GRAND ADVENTURE THROUGH THE CANYON

I recently had the opportunity to make a trek across the Grand Canyon with some friends from the Atlanta Track Club's Competitive Team. Many people fly over the canyon or peer into it over the rim, but to experience it "up close and personal" by trekking through and across it is an experience that is incomparable.

The preparations started a year ago since reservations for lodging need to be made that far in advance in order to be sure you get a room on each side of the Canyon rim. My wife Teresa and I flew out to Las Vegas, rented a car and started the nearly 300 mile trip to the North Rim. Cutting through the northwest corner of Arizona, we headed into Utah for St George. We then took another road for a leisurely drive through Zion National Park (the speed limit is 25 MPH most of the way). It was late afternoon by then and with the sun at our back while heading east through the park, the bright coral, orange, red, and green colors of the rocks and the mountains was extremely vivid and beautiful. We then headed south back into Arizona reaching the North Rim around 7 PM. We linked up with our ATC buddies and enjoyed watching the sun set from the patio on the back of the Grand Canyon Lodge.

Early the next morning at 5 AM, we began our trip from the North Rim. Starting at 8,000 feet elevation, it was 40 degrees with a 25 knot wind making the wind chill in the 30's. After a 5700 foot descent over 15 miles into the bottom, it was 110 degrees as we crossed the Colorado River. The downhill pounding was over as we began our 9 mile ascent back up the 4500 feet elevation to the South Rim. This is where the heat and the distance began to take its toll. Along the way up, six of the 15 in my group became heat casualties. I had to revive one lady who fainted during a rest stop and carried a pack for most of the last two miles for one of the guys who "hit the wall." I walked with another who was nauseated and vomiting to make sure he made it out. Of the six who were stricken, five eventually made it out that day, the last ones not until about 10 PM. One had to remain over night at the Park Ranger station at the bottom of the Canyon for treatment and managed to walk out under his own power the next morning after he recovered. The trip to the South Rim covered 24 miles and over 10,000 feet elevation change.

Because of the steepness of the trail, and the rocky, uneven, often treacherous footing, you spend most of the time looking down carefully placing each step. But along the way, I stopped

...continued on page 18



1000 MILE CLUB

As of June, 2012

Name	April	Jacket?	Jacket	Volunteer Activities	Meetings
Allis, Richard	290	Yes	15,000	2	2
Anderson, Bill	98	Yes	15,000		1
Angelici, Arnold		Yes	1,000		
Aviles, Pam	291	Yes	1,000	2	2
Barber, Karin	302	Yes	1,000	2	4
Bellucci, Tiffany	344	Yes	1,000	3	2
Besch, Teri	564.2	No	No	3	4
Boone, Lou	200	Yes	10,000	2	2
Boone, Martha	85	No	No	2	2
Bothe, Steven	1317	No	No	2	5
Bothe, Susan	348	Yes	1,000	3	6
Brown, Russell	352	Yes	1,000	1	2
Burkinstock, Kith	690	No	No	2	5
Burrus, Pam	187.67	Yes	1,000		2
Butler, Mitch	852	No	No	1	5
Caldwell, Bryan	1155	Yes	1,000	0	3
Caldwell, Karen	548	Yes	1,000	0	3
Chiong, Chris	682	Yes	5,000		3
Cole, Steve	619	Yes	1,000	3	3
Cote-Miles, Pat	730	Yes	5,000		3
Covert, Tim	341.7	Yes	5,000	2	5
Daley, Cal	580	No	No	2	3
Dalton, Bob	973	No	No	2	6
Dam, Margie	175	Yes	15,000		1
Davison, Todd	560	Yes	10,000	3	1
Desgain, Jules	520	No	No	3	3
Everage, Bill	567	No	No	1	2
Farrier, Brian	358	Yes	1,000	3	3
Fratto, Fred	505	Yes	1,000	1	4
Fratto, Jan	633	Yes	1,000	1	4
Frick, Sean	694	Yes	1,000	3	3
Fuentes, Marino	345	No	No		2
Fuller, Bill	680	Yes	20,000	1	2
Godwin, Carole	232	Yes	1,000	1	2
Gulick, David	645	?	?	1	1
Hamill, Melanie	600			1	1
Hamill, Nancy	256	Yes	No	2	2
Hamill, Todd	374	No	No	2	2
Hamilton, Jane	334	No	No		1
Hamilton, Mark		No	No		

Name	June	Jacket?	Jacket	Volunteer Activities	Meetings
Hancock, Bonnie	250	No	No	3	3
Hancock, Hannah	425	No	No	1	1
Hancock, Jake	450	No	No	3	2
Hancock, Steve	550	No	No	1	5
Hineline, Maria	720	Yes	No		1
Hinkle, Angie	873	Yes	1,000	2	4
Hinkle, Eric	409	Yes	1,000	2	4
Jenkins, Tom	8	Yes	1,000		1
Kearnes, Patrick	380	Yes	10,000		1
Kennedy, David	415	Yes	1,000	3	2
Kennedy, Ryan	714	Yes	1,000	2	2
Lankford, Mike	440	No	No	5	5
Lego, Doug	352	No	No	1	1
Lego, Jill	314	No	No	1	2
Matthews, Lisa	441	No	No		2
McCarthy, Laurie	150	Yes	1,000		1
McCurdy, Deanna	85	Yes	1,000		1
Mills, Susan	400	Yes	20,000	2	3
Moore, Teresa	500	No	No	3	4
Moore, Tracey	425	No	No	2	
Mrosek, John	142	Yes	10,000	1	2
Murphy, Ian	720	Yes	1,000	1	2
Neola, Scott	395	Yes	1,000	1	2
Olson, Cathy	525	No	No	4	5
Osse, Brandi	610	Yes	5,000		2
Phillips, Chris	241	Yes	1,000		
Phyllips, Ryan	621	Yes	1,000		
Phillips, Diana	132	Yes	1,000	1	2
Piet, Dave	175	No	No		1
Reynolds, Valerie	200	No	No		1
Robison, Caryle	540	No	No	Exempt	Exempt
Robison, Roy	710	No	No	6	3
Rose, Betty	1482	Yes	1,000		3
Round, Tom	505	No	No	1	2
Rowe, Martin	564	Yes	1,000	2	2
Rupil, Kim	780	No	No	3	5
Sambrone, Constance	710	No	No	5	5
Sheffield, Shane	514	No	No	6	6
Shoemaker, Adam	90	Yes	1,000	3	3
Shoemaker, Ann	550	No	No	3	3

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.



Name	June	Jacket?	Jacket	Volunteer Activities	Meetings
Shoemaker, Jerry	615	No	No	3	3
Siliski, Vickie	100	Yes	1,000	1	
Smith, Betty	330	Yes	5,000	1	1
Smith, Bob	460	Yes	10,000	1	2
Toering, Lauren	185	Yes	1,000	2	1
Vander Krabben, Debbie		Yes	1,000		1
Vander Krabben, Harry	60	Yes	1,000	1	
Villars, Michelle	314	No	No	1	2
Vise, Ed	265	No	No		1
Warren, Mike	650	Yes	10,000	4	2
Walker, Anastasia	575	No	No	1	2
Waterhouse, John	590	No	No	3	3
Werling, Bill	562	No	No	23	6
Weston, Rita	423	Yes	10,000	3	2
Wiggins, Beth	100	No	No		1
Wilkins, Wes	47	No	No		1
Wolfe, Hal	425	No	No	1	2
Woods, Sandra	206	Yes	1,000		1
Woods, Von	321	No	No	1	2
Zuehlke, Jill	45	Yes	1,000		1



Club Minutes continued...

again next year to put on the race.

The club has secured a discount code for Disney Run Club of "PTCRC" for discounts on races.

The new logo will be revealed at the August Meeting.

Covered dish dinner after the Peachtree race at Dick Allis's. More details to come.

Next meeting will be August 6 at 7:30.

With no further business, the meeting was adjourned.

We welcome the newest members to the Peachtree City Running Club!

Carleen McCarty (PTC), Arnold Angelici (PTC), Harry VandenKrabben (PTC), Mark Fancera (PTC), Jan Fratto (PTC), Silverlene Kindle (Newnan), Diana Phillips (PTC), Alan Barnes (Hampton), Logan Feldman (PTC), Vinny Lee (Fayetteville), Lachlan Page (PTC), Angel Liberg (PTC), Maria Hineline (Newnan), Steve McCondichie (Newnan), Sally Clark (Hampton), Shelley Holt (PTC), Sharon D'Emidio (Senoia), Kelcie Daniels (Fayetteville), Deborah Shepard (Fayetteville)

(New Members since May)

**WELCOME
NEW
MEMBERS!**

UPCOMING RACES

AUGUST>>>>>>>>>>>>>>

2012 Atlanta's Finest 5K, Gumshoe Gallop 1K Fun Run & Gumshoe Dash

Pemberton Place

Saturday, August 4, 2012 at 7:30 AM

www.atlantatrackclub.org

Join the Atlanta Police Foundation (APF) for the 2012 Atlanta's Finest 5K run/walk organized by the Atlanta Track Club. Proceeds from the event benefit Crime Stoppers Atlanta, a program of the (APF) that provides cash incentives for anonymous information that helps law enforcement solve crimes. Along with the 5K, the event also includes a 1K for kids ages 7-12 as well as a 100m dash for kids 6 and under.

geneRACEtion 10K and 2K Fun Run

Grant Park

Saturday, August 4, 2012 @ 7:30 AM

www.geneRACtion.org

Many generations will join forces in the geneRACeTion 10K Run and 2K Fun Run to raise needed funds for Meals On Wheels Atlanta.

Bulldog Trail Challenge 5K

Cedartown High School

Saturday, August 11, 2012 @ 9:00 AM

Register at active.com: <http://www.active.com/running/cedartown-ga/bulldog-trail-challenge-5k-2012>

SEPTEMBER>>>>>>>>>>>

2012 Atlanta Ekiden Team Relay

Piedmont Park

Sunday, September 9, 2012 @ 8:00 AM

www.atlantatrackclub.org

Join us for the 22nd running of the Atlanta Ekiden Team Relay on Sunday, September 9 at 8 a.m. in Piedmont Park. The Atlanta Ekiden Team Relay is a fun, 27K relay where team members pass a sash between exchange zones with fun elements such as awards for the best team name, best tent set-up in the park and best team costume.

HEROES 1/2 MARATHON

999 Fortson Rd.

Hampton, Georgia

Sunday, September 16, 2012

<http://www.revolutionrunning.net>

This will be a weekend like no other in south metro Atlanta. Our HEROES WEEKEND is dedicated to benefiting the WOUNDED WARRIOR PROJECT and supporting our veterans. There will be music, water, a static helicopter display and active duty soldiers to motivate you at the half way point.

5k & 5k Relay Night Road Race and Concert

Roswell Kings Market Shopping Center

Saturday, September 22, 2012 @ 8:30 PM

<http://magicwandfoundation.org>

Inaugural 5k and 5k Relay and concert featuring Banks & Shane in Historic Roswell. Family friendly run and concert featuring food and spirits. Sign up as an individual or form a four-team relay with your friends and coworkers!

Run the Farm for FOCUS 5K Trail Run/1 Mile Family Walk

Cedargate Farms

Saturday, September 29, 2012 @ 8:00 AM

The folks at FOCUS, as well as the children with disabilities and their families in Newnan, Peachtree City and metro-Atlanta invite all runners and walkers to join us for one of the most beautiful events in metro-Atlanta.

OCTOBER>>>>>>>>>>>>>>

Miles for Miles 5k

Ashley Park/Behind Atlanta Fitness

Newnan, GA

Saturday, October 6 at 7:30 am

Email milesformiles5k@gmail.com for more information.

Miles Davis is a little boy - 9 years old that has a very rare, aggressive form of Leukemia. He will be admitted back into Eggleston on August 8 for 30 days straight for his second round of intense chemo and then depending upon if his body

is strong enough a bone marrow transplant following that. This family will need a lot of prayers and financial support with this next 60 days of intense treatment to save his life. This will be a chip timed race with medals and trophies for top runners.

**Spooktacular Chase 5K & 1K Fun Run/Walk
Cobb Park (across from Campbell High
School)**

Saturday, October 20, 2012 @ 8:30 AM

<http://www.spooktacularchase.com/>

Chase Seemore the Spooky Owl through Smyrna! This unique chip timed, "Spooky" race course (a Peachtree Qualifier) gently rolls through the historic neighborhoods around downtown Smyrna as you chase our Owl. The Spooktacular Chase benefits Vision Rehabilitation Services of Georgia, a Cobb County non-profit that provides critical services to blind and low vision residents of North Georgia.

12th Silver Comet Half Marathon, Marathon & Run4Life Fun Run Silver Comet Trail

Saturday, October 27, 2012 @ 7:45 AM

<http://www.silvercometraces.com>

Remember why you run in the first place - this fun, beautiful, flat race is top notch! The course runs out & back on the Silver Comet-Atlanta's hottest running trail. Silver Comet Races are fully self supporting & give financial support to educational environmental programs for children in the surrounding community. Perfect for first time walkers & runners.

NOVEMBER>>>>>>>>>>>

Atlanta National Veterans Day Run

1071 Piedmont Ave. Piedmont Park

Atlanta, Georgia

Sunday, November 11, 2012

<http://www.veteransdayrun.com>

National Veterans Day Run 11K returns in 2012 in at least 10 cities across the United States.

Founded as a way to honor our men and women who have or are currently serving in the United States military, the National Veterans Day Run is opportunity to say thank you to those that have served. Once again, we will offer \$11 basic registration to Veterans and active duty military as a way of saying "Thank you" for your service.

XTERRA LITTLE MULBERRY PARK TRAIL RUN

Dacula, Georgia

Saturday, November 17, 2012 @ 8:30 AM

<http://www.dirtyspokes.com>

This is a great single and double track off-road running experience. The terrain is made up of a little bit of everything, rolling hills, steep short hills, single track, double track, course / trails are very wide and easy to negotiate (minimal rocks and roots). The course is beautiful and offers something for every runner truly wishing to 'ditch the city'.

DECEMBER>>>>>>>>>>>>>

THE JUNGLE CUP- ATLANTA 2012

Georgia International Horse Park

Saturday, December 1, 2012 @ 9:00 AM

<http://www.tarzanscup.com>

The Jungle Cup is a heart pumping , leg burning, arm searing, jungle obstacle adventure! Not your typical mud run or average obstacle race, The Jungle Cup™ is for warriors looking for the most challenging obstacle race of their life!

Atlanta Half Marathon, 5K, Kids Fun Run
1500 Tara Place

Hampton, Georgia

Saturday, December 15, 2012

<http://www.rapidrunning.com>

Finish at The Atlanta Motor Speedway!! Ready!
Set! Go! Free Beer Over 21, Awesome Tech
T-Shirt, Outstanding Finisher Medal, Live Bands
throughout the course, Chip Timed, Certified
Course

To find other races in the area visit active.com



First Place - Chicklets - Time: 3:47:57

*(Beth Wiggins, Sharon D'Emidio,
Laura Bender, Ann Shoemaker)*

Second Place - Run Fast - Time: 3:50:06

*(Jake Hancock, Julie Hausmann,
Sam Archbold, Normer Adams)*

Third Place - Tango 4 - Time: 3:50:23

*(Gary Kolb, Bob Dalton,
Dave Lancaster, Marino Fuentes)*



2nd Annual Peachtree City MARATHON RELAY

On June 23, 2012, the Peachtree City Running Club and Tri-PTC hosted the Second Annual Peachtree City Marathon Relay, and sixty-four runners participated on that hot and humid June morning. The runners enjoyed running four different 10K loops around Peachtree City, from the hills of Kedron, to the hills of Planterra, to the hills of, well, everywhere else in Peachtree City. Said one running club president who wishes to remain anonymous: "I was able to race walk the entire 10K! I thought about giving up several times on those hills, though." The race was won in dominating fashion by the all-girl team, self-titled "Chicklets", completing the race in under 3:50. All runners were able to celebrate after the race with Chick-fil-a and Partner's pizza. Thank you to the Running Club and Tri Club for their support of the event, and thank you to all of the volunteers that helped make the race an incredible success.



2012 SUMMER TRACK SERIES

Our 2012 Summer Track Series was another huge success helping our running club to reach out to the local community. We had incredible participation every night and more importantly were able to share our love for running to the next generation. Thank you Normer Adams for sharing these pictures!



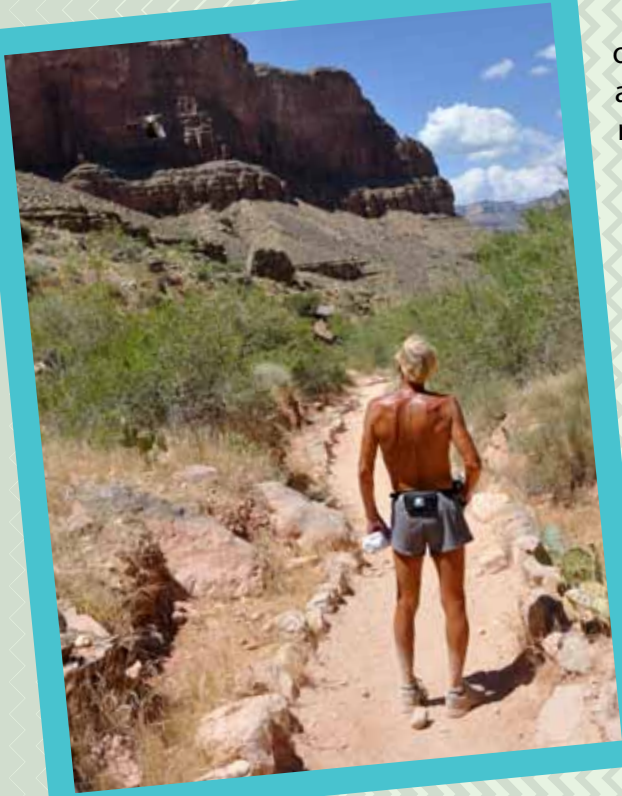


Grand Canyon continued...

often just to take in the majestic grandeur of God's handiwork all around me. The Grand Canyon is considered one of the seven natural wonders of the world and contains six of the seven climatic belts. They vary from that of the Mexican desert at the canyon's bottom to the arctic-alpine type at the rim.

In spite of the stark beauty of the Canyon, it can be unforgiving to those who don't treat it with the respect it deserves. Over 350 people are medevac'd from the Canyon every year because they get in over their heads - underestimate the effort, overestimate their own abilities, underestimate the effects of the heat, don't rehydrate enough, etc.

Lest you think I felt at all smug about my accomplishment, some of the folks in the group made the trip back over the next day via a partly different trail totaling 19 miles. Another four went over and back in the SAME DAY totaling 48 miles!! It was for me actually a very humbling experience. Not sure I would want to do it again but I'm so glad I did it this one time!



THE PEACHTREE RUNNING CLUB CLEANS UP THE FAYETTEVILLE COURTHOUSE 5K





SPONSOR SPOTLIGHT



Chick-fil-A has been one of the longest and most loyal supporters of the Peachtree City Running Club. It has also been one of the longest-enduring restaurant chains.

The Cathy family still resides in Fayette County and is one of the most philanthropic families and companies in the area. Not only does Chick-fil-A support us as a sponsor every year, current CEO Dan Cathy actually runs in our 15K every year along with a large contingent from Chick-fil-A. A better, more loyal corporate running sponsor would be hard to find. Thank you Chick-fil-A!

SUPPORT OUR SPONSORS

Make sure to support the sponsors that are dedicated to sponsoring the Peachtree City Running Club. Make sure when you go by their to thank them for their involvement in our club!

- Country Fried Creative
- AT&T U-verse
- Chick-fil-A
- FC&A Publishing
- Friends of Joe Maloy
- Kiwanis Club of Peachtree City
- Lion's Den Portable Toilets & Septic Tank Service
- Peachtree City Convention and Visitors Bureau
- Publix Super Markets
- Starbucks The Avenues
- Sunset Printing
- The Rotary Smart Directory
- The Richard Horning Foundation
- Volkswagen of South Atlanta/Heritage Volkswagen



Mens Over 51

Cal Daley: 360
Jerry Shoemaker: 285
Bob Dalton: 240
Bill Everage: 200
Tom Crofton: 185
Ben Gross: 185
Tim Covert: 165
Hal Wolfe: 130
Dave Piet: 125
Ed Vise: 120

David Olson: 115
Mike Lankford: 110
Bill Anderson: 100
Chuck Garwood: 90
Gary Kolb: 90
Fred Fratto: 80
Patrick Kearns: 70
Bill Werling: 65
Scott Allen: 55
Jules Desgain: 55
Joe Wassell: 50
Bill Fuller: 35
David Gulick: 30
Dick Allis: 25
Normer Adams: 20
John Waterhouse: 20

Lou Boone: 20
Al Barker: 10
George Martin: 10
Mike Warren: 10
Todd Davison: 10
Marino Fuentes: 10
Von Woods: 10

Mens Under 51

Kith Burkingstock: 240
Alex Medal: 195
Adam Shoemaker: 170
Sean Frick: 170
Chris Phillips: 170
Shane Carpenter: 150
Wes Wilkins: 140

Steven Bothe: 120
Chris Choing: 115
Russell Brown: 105
David McCurdy: 100
Tracey Moore: 90
Jake Hancock: 70
Steve Kiker: 60
Mark Hamilton: 20
Ian Murphy: 10
Vern Schmitz: 10
Mark Greiner: 10
Pat Murphy: 10
Payton Murphy: 10
Rob Norton: 10
Matt Norton: 10

PEACHTREE CITY
CLASSIC
OCTOBER 20, 2012



Presented by:  at&t | U-verse

Peachtree City, Georgia

5k Men & Women / 15k Open

Hosted by the Peachtree City Running Club
and the City of Peachtree City

Register online at www.ptcrc.com or www.active.com

REGISTRATION OPEN