

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JANUARY 2006

inside

4

2005 PTC Running Club
award winners announced

6

1,000 mile club welcomes
new members

7

Bill Werling inducted into
Hall of Fame

9

White Rock Marathon a
challenging run

10

Greetings from old
friends in New Mexico



*Meet your
new
President!*

Former All-Army Athlete Continues to Shine

By M. Sue Bozgoz

Think you know Bob Dalton? Our new president may surprise you with his amazing background and accomplishments.

Perhaps you've raced a few 5Ks and think you know the meaning of endurance. Or better yet, perhaps you've run a few marathons and think you know the definition of stamina, fortitude, strength, guts, perseverance, heart and courage. Certainly, you are familiar with pain, agony, and adversity. Maybe you even fancy yourself a survivor. What could possibly be more demanding physically and mentally on the body than pushing the body relentlessly mile after mile after mile? Your perspective might change when you consider Bob Dalton's quest to be the best.

Bob was born in Washington, D.C. in 1953. He didn't start focusing on running until his freshmen year in high school. "I played every sport that I could think of in high school but gravitated toward running because I seemed to have a knack for it and enjoyed it," Bob said. It

was then that running became Bob's obsession or "Drug of Choice."

In 1972, Bob entered the U.S. Military Academy as a cadet and helped form the first collegiate marathon team at West Point. Bob's first marathon was the following year as a yearling (sophomore) at Atlantic City. "We went to Boston the following spring, followed by NYC, Earth Day, the Peace Marathon in Canada, and others while I was there," Bob said. He has a total of 20 marathons under his running shoes.

Following a stint with the All Army Track Team in 1978, Bob was assigned to the Modern Pentathlon National Team, which consists of running, swimming, shooting, fencing, and horseback riding over an obstacle course called stadium jumping. His hard work and obsession to do his best paid off as he qualified for and competed in the 1980 Olympic Trials. Unfortunately, that was the same year President Jimmy Carter boycotted the Olympics held in Moscow to protest the Soviet invasion of Afghanistan the year before.

(Continued on page 10)





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The Legacy is published six times a year in January, March, May, July, September, and November. The deadline for submission is the third Friday of the previous month. Please send all articles and photos to Rene Flaherty at rzflaherty@aol.com. Send race results to Bill Fuller at mki.kammann@ht-bbs.com.

NEXT DEADLINE: FEB. 17



November Meeting

The complete minutes are available online at the Peachtree City Running Club Web site at www.ptcrc.com.

Vice President Bob Dalton called the regular meeting of the Peachtree City Running Club to order at 7:45 p.m. at the Wyndham Conference Center. A meeting of Peachtree City Classic Volunteer Coordinators was held before the meeting to give input about the Peachtree City Classic Road Race. Bob welcomed Tony Satterfield, Martha Akin and Lauren O'Ferrall to the meeting. The minutes were approved as posted on the Web site.

Awards and Recognition

Thank you to Rose and Ron Kempton for the GREAT job they did as Classic Race Directors and also to the hundreds of volunteers.

Bob Dalton recognized the Braelinn Elementary Running Club and their Coach Jill Collins for having the most runners at the Marathon Finish at the PTC Classic Race. Each child received a goody bag from the PTC Running Club.

Bill Anderson recognized Coach Buckle of McIntosh High School and his Girls' Cross Country Team for being State Cross County Champions. He also recognized two Starrs' Mill Cross Country runners.

Bill Fuller recognized the three families that have volunteered as "Water Stop Families" for 15 consecutive years. They each received a plaque in recognition for their service to the Peachtree City Classic Road Race.

Bob recognized those who ran in the Marine Corps Marathon. He also recognized those who participated in the Ironman Triathlon in Florida and noted that Beth Wiggins came in 2nd in her age group and will be going to the Hawaiian Ironman next October.

Program

Michael Lavigne informed us about the importance of having Life Line Screenings to detect future health problems.

Reports from Officers

Admin. VP - Bob Dalton passed around a sign-up sheet for the bus for the Atlanta Half Marathon.

Activities VP - Ed Finucan gave out awards for the October 5K and 15K Grand Prix.

Treasurer - In Marino Fuentes' absence, the Treasurer's Report was given. We have \$17,382.29 in the checking account and \$18,000 in our CD's for a total of \$35,382.29.

Reports from Coordinators

Classic Race Director - Rose Kempton thanked all club members for volunteering for the Classic Race.

Membership - Joe Wassell informed us that membership applications are on the Web site.

The next meeting is Mon., Jan. 9, 2006 at the Wyndham Conference Center. There being no further business, the meeting was adjourned at 8:45.

WELCOME NEW MEMBERS

Colleen & Scott Alrutz (Newnan)

Daniel and Sarah Kolber (Riverdale)

Cindy Starr (Hogansville)

Frieda Everitt (Fayetteville)

The Club has just completed its 25th year of existence, and the next 25 promise to be just as exciting. I am both honored and humbled to be your Club President and help lead it into the next quarter century. I must be the first “non-Peachtree City” resident in the history of the club to hold this position. Just goes to show you that even someone from a “small” town like Fayetteville can go far. Thank you for your trust and confidence.

I want to thank my predecessor George Martin for the many initiatives he began during his two-year tenure and the other members of the Executive Board for their diligence and support in carrying out these initiatives. Ed Finucan met and exceeded the challenge of coming up with a great Grand Prix every month. Cathy was “Olson-sational” in keeping the official club and Executive Board meeting minutes up to date. Thank you all for your willingness to serve. The club could probably coast without a President for the next year or so entirely on the momentum George imparted to the club. But instead, I intend to keep the club moving forward with the great programs that George and his predecessors had the foresight and enthusiasm to establish.

Among the initiatives started by George is the Fitness Challenge in conjunction with the Classic. This increased race participation as well as promoted fitness and friendly rivalries among the businesses and corporations in town. George also launched a joint venture with the Rotary Club to expand the Elementary School Grand Prix series to include all the elementary schools in Fayette County. Again, it was a win-win situation for all involved — the kids embarked on a fitness program, the schools raised funds for programs, and the club continued to promote fitness through running to future club members. Under George’s tenure, the club established the Hall of Fame to honor outstanding club members. He also raised more sponsorship money for the Classic than ever before. He has truly gone above and beyond the call of duty, and we owe him a serious debt of gratitude. Thank you again George!

We have a great Executive Board again this year, and I’m looking forward to working with them. Ann Henderson will be taking over as Administrative Vice President. One of her duties is to line up the guest speakers, so if you have any ideas or suggestions, please pass them on to her. Steve Hancock takes over as Activities Vice President. Chief among his duties is the monthly Grand Prix. He will also welcome any ideas for new or unique running events to keep things interesting. Tom Round takes over as Secretary. Tom is a fellow worker bee at Fort McPherson where he serves in the Reserve Command. Marino Fuentes will continue for another year as Treasurer. Thank you Marino for the two years you have already served and the continuity you will provide during this transition.

I have stated before what a great club I think we have. I will put ours up against any others of comparable size and many that are much larger in terms of activities we sponsor, the funds we

raise and donate back to the community, and the good times we have together. But there is more to it than that. I think one of the reasons we are so successful is that the members of the club have a genuine affection and respect for each other. Another is our sense of civic and community responsibility. I recently read Chuck Colson’s book *The Good Life* in which he states, “This sense of responsibility to our community — civic duty — was once regarded as a cardinal virtue. Alexis de Tocqueville, often quoted as one of the keenest observers of the American scene, wrote that the human person cannot exist ‘entirely within the solitude of his own heart.’ He also remarked that in all of France he could not find 10 people who did what Americans did every day as a matter of course — raising barns, feeding the hungry, looking after orphans.”

I believe it is this sense of community and civic duty that is at the heart of what drives this club. (And a proclivity for walking, jogging, and running as a means of fitness doesn’t hurt either!) The conclusion of Colson’s book is that we derive the most satisfaction and significance in life through service to others. So if you have been a “spectator” in the club (admittedly, we don’t have that many), I would like to issue a call for you to get involved. I urge you to step up to the plate and volunteer at one or more of the many activities this club sponsors throughout the year. You will make new friends, have a sense of satisfaction and accomplishment, and have a good time as well.

Finally, I want to thank Joe Wassell for inviting me to join the club some 10 years ago. Joe and his wife Bernice have been club members for quite a number of years. Joe and Bernice served as Co-Race Directors for the Classic in 1997 and 1998. Bernice has also been the Social Committee chair for the last two years, and Joe served as the Publicity/History Chair two years and has been the Membership Chair for the last seven years (for good reason!) In 1992, I was assigned to Third Army Headquarters at Fort McPherson. Joe was still on active duty at the time as well (in the Navy, but I don’t hold it against him!) also working at Fort Mac. We’d see each other in the fitness center several times a week, and he would gently but persistently tell me I should join the Peachtree City Running Club.

Now, I had been in running clubs before, and they were fine, but I didn’t think I needed to be a member of one just to run. Finally, after three years of gentle persuasion on Joe’s part, I gave in and became a member in 1995. My only regret since then is that I didn’t join sooner when Joe first asked me. The lesson here, of course, is that there are lots of people out there who would probably be willing to join (maybe not right away, but eventually), but they just need someone to ask them. So I would like to issue a second call to the club, and that is to be more proactive in asking folks to join our great organization. You never know, the person you invite to join may be a small-town boy like me who grows up to be Club President some day!

See you on the roads!



2005 PTCRC Awards

ROOKIES OF THE YEAR



Graeme Jones is here on a two-year assignment from western Australia and is the "quiet man" who looks like he is jogging along easily. Then, when you look at his time, he's posted sub 7:00 miles. Graeme is headed back "down under" in January.



Rhonda Fuentes began running just over a year ago and has steadily improved to the point that she led the Grand Prix standings for most of the year and ended up placing 2nd in her first year of trying!

MOST IMPROVED



Kath Jones is a teacher at Oak Grove Elementary and also here on temporary assignment from Australia. At home she's an accomplished swimmer and running is simply "cross-training," but she has improved dramatically in the past year here.



Randy Graham has won the award for an unprecedented second year in a row. A smoker, overweight, and new runner two years ago, he has lost more than 75 pounds and recently added on to his amazing improvements of last year by completing the Marine Corps Marathon in 3 hours 24 minutes and qualifying for Boston!

RRCA VOLUNTEER AWARD / VOLUNTEER OF THE YEAR

Three PTCRC members were honored with the 2005 RRCA Volunteer Award for logging 2,000 or more hours in the service of the club. From left are **Rose Kempton, Bill Anderson, and Bernice Wassell**. They received a certificate, a patch, and their names published in the national directory.

Rose was also awarded the PTCRC Volunteer of the Year award. As Classic Race Director for the past two years, she has contributed thousands of hours to make the last two Classics among the best and most profitable events we have ever had.



PRESIDENT'S AWARD

While raising three small kids, training for an Ironman Triathlon, and regularly volunteering at Tyrone Elementary School, **Leslie Salinski** took on the additional challenge of running the FLASH kids running program in 2005. In doing so she touched the lives of dozens of kids who were new to running.

2005 HALL OF FAME AWARD



Congratulations and thank you to **Joe & Bernice Wassell** and **Bill Werling** for their many accomplishments and contributions to the club.

CLUB FOUNDERS RECOGNITION

Tom Crofton, Jeff Warlick, Bob Trombly, and Phil Jones (not pictured) were honored for founding the PTC Running Club 25 years ago. Where would we all be without them?



2005 Grand Prix Winners



Women 47 and Under

Front row: Bonnie Hancock, 3rd place; Margie Dam, 1st place; Rhonda Fuentes, 2nd place. Back row: Beth Wiggins, 5th place; Jane Hamilton, 4th place.



Women 48 and Over

From left: Ann Henderson, 4th place; Sandy Tuman, 1st place; and Rene Flaherty, 2nd place. Not pictured are 3rd place winner Patsy Bickford and 5th place winner Trish Vlastnik.



Men 49 and Under

Front row: Gary Kolb, 3rd place; Mark Hamilton, 1st place; Randy Graham, 2nd place. Back row: Hal Wolfe, 5th place; Vern Schmitz, 4th place.



Men 50 and Over

Front row: Bill Fuller, 3rd place; Marino Fuentes, 1st place. Back row: Jules Desgain, 5th place and Tom Round, 4th place. Not pictured is 2nd-place winner Normer Adams.

Thousand Mile Club Awards

1,000 MILE CLUB



New members of the 1,000 mile club include front row, Debra Graham, Rhonda Fuentes, and Jane Welch; back row, Bob Dienell, Keith Wheeler, Jason Hendrix, and Hal Wolfe.



Returning members of the 1,000 mile club show off their certificates.

5,000 MILE CLUB



Dick Allis and Mark Hamilton were among those earning the red 5,000 mile jacket.

10,000 MILE CLUB



Going the distance and earning their 10,000 mile jackets were Bob Dalton, Jerry Shoemaker, and Bill Anderson.



Returning members of the 10,000 mile club.



Members of the 5,000 mile club include front row, Kim Garwood, Lisa Matthews, and Bonnie Hancock; and back row, Bill Johnston, Lou Boone, and Steve Hancock.

PARTY TIME !!!

15,000 MILE CLUB



Lynn Fairley, Bill Werling, and Joe Maloy (not pictured) are the sole members of the prestigious 15,000 mile club.



Margie & Roger Dam



Holly Anderson, Dave Gulick, and Martha Boone



Santa and his elf, Ray and Teri Besch



Roy Robison, Dave Gulick, and Tom Crofton



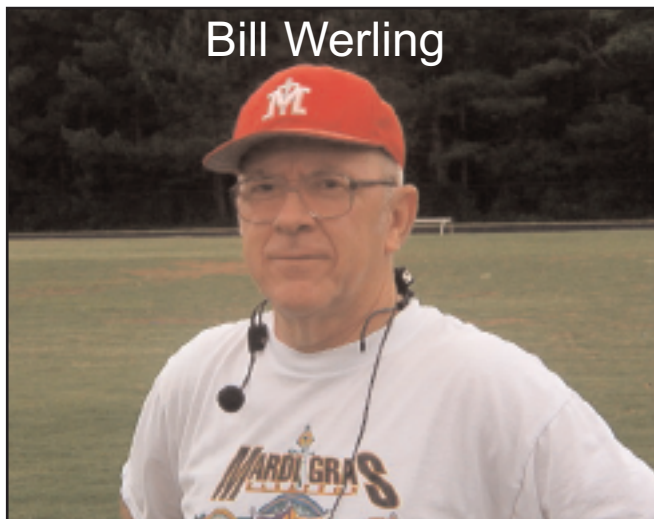
Joe & Bernice Wassell



Jeannie & Bill Daprano

2005 Hall of Fame Honoree

Bill Werling



Bill Werling is as close to an institution in the club as you can get. He has been a Vice-President of the club three different years, received the RRCA Volunteer award in both 1998 and 2000, and was the club Volunteer of the Year in 2003. He has been the stalwart of the Summer Track series for 16 years, and he is always the first man to report to duty at any club event.

Bill went to college on a baseball scholarship, graduated in 1965, served in Vietnam as an officer, and served in the Army Reserve for 30 years, retiring as a Lieutenant Colonel. He began running in 1977 to lose weight and thought that running a 10K was an impossible dream. He ran his first Peachtree Road Race in 1978 and hasn't missed one since. Bill has now run 18 marathons and countless other races. His 1994 Mardi Gras Marathon was his most memorable because the course went through the French Quarter in New Orleans, where he had grown up. His 82-year-old mother walked four blocks to see

him run by. It was the last time she saw Bill run, but he made his mother proud by qualifying for Boston that day.

Bill joined the PTC Running Club in 1988 and is an inaugural member of the 1,000 Mile Club. He is now working on his 18th 1,000 mile year (along with Joe Maloy). In retirement, Bill is now a coach at Our Lady of Mercy High School for their cross country and track teams.

People love to give Bill a hard time, but the reality is Bill has worked harder, volunteered for more assignments, and has served the club as much as any other long-time member. Bill's quirky New Orleans sense of humor has served him well, and if you really want someone to make the long runs go by quicker, just spend a few hours with Bill on the trails of PTC. Thanks for all you do Bill.

RRCA NEWS

By Marlene Atwood

I had an opportunity to travel to Jacksonville in December as a Georgia Delegate to the USATF National Convention. It was my 3rd convention and as always a wonderful experience. The USATF National Convention represents an annual caucusing of all the sports committees — Track and Field, Youth Athletics, Masters LDR, Men's and Women's LDR, Mountain Ultra Trail Running, Athlete's Advisory, Coaching Education, Officials, and Race Walking. Other committees that meet include High Performance; Rules, Laws and Legislation; and Road Running Technical Council to name a few.

There were some hot topics coming out of this year's meetings. One that generated a lot of discussion was the amendment to change the "master's" age category from 40 to 35 years in order to meet IAAF world standards. Although we were advised that it was inevitable, it was deferred until the year 2008 due to existing championships that had been awarded through 2008. Another big item was the termination of contract with RRIC — the Road Running Information Center. The RRIC was responsible for maintaining road race records that are eligible for world rankings, national age-

group rankings, records and annual awards presented by USATF and various media outlets. As there are still many things to be worked out, clubs are being asked to submit their road race results to results@usatf.org.

Notes from the upcoming RRCA Convention in March

As many of you know, online registration is now available for the RRCA Convention in March. The Houston Striders are our hosts and are busy at work planning seminars, special sightseeing trips, and guest speakers. One of the items that the State Rep Committee is organizing for the convention is a silent auction to help raise funds for state reps nationwide. Many of you are not aware that state reps do not have a budget and most of our costs are out of pocket. We are hoping the silent auction will help provide needed funds.

To make it successful, we are asking our running clubs to join us in this effort by donating items that can be auctioned. The items can be representative of your state or of a special event in your state or can be as generic as running gear, books, memorabilia, etc. All donations will be posted online for viewing. I will be sending out a donation form shortly to all the Georgia clubs as will state reps throughout the country. Please help us in this effort.

One Fine Day: Local Runners Shine in the San Diego One-Day Run

By Al Barker

After reading a story in *Ultrarunning* about Lucinda Fisher's 100-mile finish after 17 attempts, I was beginning to think that this, too, was my fate. My fiasco at the Olander 100 in September was fresh on my mind. I had done everything wrong. Gone out too fast. Not taken enough fluids or food and so on. In fact, the only good memory I have of that run is the three hot dogs I ate at the awards ceremony. And I'm an (intermittent) vegetarian!

It wasn't long, however, before my sentiments for 100 milers would change. My epiphany came one beautiful day on a hike to Siler Bald in the Blue Ridge Mountains of North Carolina. The top of the mountain with its view of three states is a good place to just relax and think. That's when it hit me! I HAD to go to San Diego with the gang to redeem myself! Call it delayed runner's high or whatever, but the feeling was overwhelming. A quick run down the mountain and a call to Scott put everything in place. He was probably thinking "Oh no. Here we go again" but after the initial shock, both he and Susan were full of encouragement.

One month of 70+ mile weeks made me feel like I was ready, in spite of the negative feedback from one running friend. Her words went something like this: "Al, you can never run 100 miles, so don't even think about it! You don't have enough body fat." It's amazing how this reverse psychology turned out to be my greatest impetus to finish. I think she knew what she was doing all along. I owe her a debt of gratitude or at least a beer (though some have suggested I should pour it over her head).

The big day came and went in a blur of extremes. These real highs and lows keep life from being boring. Everything seemed to fall into place for once. The weather was perfect, and the one-mile loop was well stocked with a good aid station and restrooms. I took fluid every lap and ended up drinking over 6 gallons total. In addition, I had plenty of whole milk (really) and Boost Plus (360 cal. per container). This seemed to work best for me. I ate very little solid food.

As luck would have it, Andy Velazco and I were shooting for the same pace, so I had the advantage of his expertise. It was a good mix



Susan Lance, Al Barker, Scott Ludwig, and Andy Velazco are all smiles after finishing the San Diego one-day ultra marathon.

of good conversation and just the right amount of silence. I managed to get through 59 miles in the first 12 hours — just exactly where I wanted to be to allow a good cushion for the last half.

All of us ran well. The final tally looked like this:

12 Hour

Andy Velazco: 57 miles

Debbie Ciccati: 50

Craig Snapp: 50

24 Hour

Scott Ludwig: 114

Susan Lance: 109

Al Barker: 100

Craig and Debbie, our San Diego friends, were just about as ecstatic as I was. They had finished their first 50 miler! All of our joy was hard to miss. That special feeling that answers the question "Why do we do it?"

After dinner we retired to our room to enjoy the two bottles of champagne we had saved for our final celebration. That turned out to be the one event of the day we had overestimated. The party came to an abrupt end after only one bottle!

Our "One Fine Day" ended in blissful sleep at exactly 7:15 pm. ZZZZZZ.

Mark your calendar for the RRCA National Convention March 8-12 in Houston, Texas. The event is sponsored by the Houston Striders and held in conjunction with the 2006 Bayou City Classic 10K. There is still time to register to be part of this exciting weekend!

Challenging Course Marks Dallas White Rock Marathon

By Tom Round

I had planned to run the Marine Corps Marathon back in October, registered for it, and made hotel reservations. But alas, the best-laid plans often go asunder, and I discovered a conflict with a church commitment. Knowing full well the order of priorities in life, I cancelled the reservation and gave away the registration. Having qualified for the Boston Marathon earlier this year, I started looking for a winter marathon that would give me an incentive to keep training and maintain my “marathon edge.” The Dallas White Rock Marathon scheduled for Sunday, Dec. 11 seemed to fit the bill. Some friends living in the Dallas area that I hadn’t seen in over 25 years were an added attraction. I made up my mind and set my sights on this one, starting my training in early September.

This race is billed as fun from beginning to end, and it lives up to its reputation. This year was the 36th running, and they’ve got it down to a science. I think there were more people helping than there were runners. Not really, because the marathon has approximately 4,000 runners, and the half-marathon is about 6,000 strong. There is also a five-man team-relay event, but I have no idea how many were doing that other than to say there were a good many that I saw while running. All races take off at the same time, starting and ending at the American Airlines Center. Live music at the start is only the tip of the iceberg. There is a large jumbotron where you can see yourself running down the street, a four plane F-16 flyover, fireworks, and lots of confetti to kick-start you as you’re led by a cowboy on horseback firing his shotgun to signal the start. Ah yes, this is marathon racing “Texas Style.”

The exposition is one of the best I’ve seen, well stocked and HUGE. There is a “Texas Shindig” on Friday evening with a band (free veggies and a cash bar), the usual pasta dinner on Saturday night, and the race at 8:00 on Sunday morning. There are 30 live bands and all sorts of other entertainment to keep you occupied along the race route. The post-race party in the American Airlines Center is most impressive with plenty of food, a live band for entertainment, and free Michelob Ultra on tap. Oh yes, “Texas Style”!

Now let me give you a few warnings. The weather in Texas runs on 3-day cycles, and you just don’t know what to expect. This year we were only a day behind an ice storm that shut down highways and schools on Thursday with temperatures in the teens. Friday’s high was in the mid-30s and mid-40s on Saturday. The race start was 34 degrees, and it warmed up to the low 50s by the time I finished. I started out wearing a long-sleeve wicking T-shirt covered by a long sleeve cotton T-shirt, covered by a cutout garbage bag, and a pair of gloves. I threw away the garbage bag after about 3 miles, kept the cotton T-shirt until mile 17, and stayed with the gloves for the duration. You have to be prepared for every scenario when you go to “Big D” in the winter.

If anyone tells you that Dallas is flat, then you will know they’ve never run in Dallas or per-



Tom shows off his medal after the Dallas Marathon.

haps they’ve never even been there. The first 7 miles of the course is a gradual uphill run that saps the strength from your legs without you realizing what’s going on. It is at this point where the half-marathon breaks off for another uphill half-mile before heading mostly downhill to the finish line. After cresting, the marathon route goes downhill for 2 miles and settles down for a flat 10-mile run around White Rock Lake. It is near mile 18 where you start to realize what happened to you in the first leg of the race. Mile 19 has a huge balloon covered arch and a label that says “Starting Line.” Young ladies from the local Hooters Restaurants distribute the water and Power Aide and the whole atmosphere is both inspirational and circus-like. You soon figure out why! Mile marker 19 to mile marker 21 is up, up, and away over what are affectionately known as the “Dolly Parton Hills.” (Very aptly named I might add.) This is a most significant uphill stretch that succeeds in sapping every ounce of energy you have left after the first 7-mile vacuum and subsequent 2-mile downhill. Even though the last 5+ miles were all downhill, I found it impossible to accelerate and tried to hang on through the finish line.

My original aspirations were to shoot for a 3:30 time, but I figured out after mile 7 that this was going to be beyond my reach.

(Continued on page 10)

The primary beneficiary of this event is the Texas Scottish Rite Hospital for Children, a very worthy cause. The official hotel for the race is the Hyatt Regency Dallas. It’s located right next to the “Reunion Tower” (visible all over the city) and a stone’s throw from the John F. Kennedy assassination site. It’s about a 15-minute walk to the race start and finish lines, but there are also shuttle buses available from the hotels. The special room rate for runners was \$92 per night.

The hotel is across the street from Union Station, and there are plenty of trains for getting to and from the airport and other points in the city. We rented a car in order to go visit our friends, and it cost us \$18 per day for valet parking at the hotel. The only other option is to walk about a block to a self-parking lot, where you’ll pay \$8 every time you pull out of the gate.

New president a shining star

(Continued from page 1)

In 1983, his obsession to train and get the most out of his body earned him a 7th-place position on the National Pentathlon team. "Seventh place automatically qualified me for the 1984 Olympic Trials," Bob said. However, at the same time, duty called. He answered and reported for military duty in Germany where he was unable to train consistently. "But I have no regrets," he said. "I wanted to make the Army a career and did just that." After his duty in Germany, Bob ran like the wind and developed himself into one of the best distance runners in the nation. He currently owns the Georgia age-group record in the 15K, which he set last month. If you ask him why he continues to run, he will tell you, "I run because I love it and I like to compete."

Favorite workout: Speed work on the track (He is a glutton for punishment.)

Favorite place to run: Bavarian Alps and along the California Coast. But since he doesn't live in those places anymore, he runs downtown in Atlanta 5 days a week and in rural Fayetteville on the weekends.

Goals: To run forever and to be running when forever comes.

Favorite distance: 10 miles

Running philosophy: Consistency in training is the key to success whether the goal is basic fitness or to be competitive.

Typical training week during racing season:

Sunday - 6 miles easy

Monday - 12 miles easy

Tuesday - Speed workout on the track (8 miles hard)

Wednesday - 10 miles easy

Thursday - Hill workout (8 hard)

Friday - 8-10 miles easy

Saturday - Race or 10-15 miles depending on which race he is training for

Total Weekly Mileage: 60-65 miles per week

Personal Records:

1 mile: 4:40

2 mile: 9:58

5K: 15:30

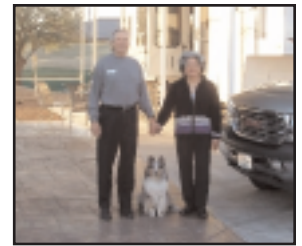
10K: 32:30

1/2 Marathon: 1:12

Marathon: 2:32

Greetings from New Mexico

Former PTCRC presidents Bob and Nora Weed send greetings from New Mexico, having recently moved there from Washington State.



Bob was president of the PTC Running Club in 1988, and Nora was president in 1989 and 1990. Bob presided over the club at the time we started the 1,000 Mile Jackets, and both Bob and Nora were responsible for starting our first yearbooks. Because of them, we have many photos and news clippings of the club in its first 10 years, unlike many other running clubs whose origins are forever lost.

The Weeds sent their regrets about not being able to attend our annual Christmas party and wanted to wish the club well on its 25th anniversary.

Dallas marathon a challenge

(Continued from page 9)

After mile 18, I was hoping for something around 3:45. After mile 21, I was just happy to finish! However, I did run a 3:48:08 and finished 704th out of the approximately 3,100 marathoners. I was 10th out of 107 in my age group. (The average overall time for the race was 4:24:58.) Comparing my time with the last 3 races (see www.runtherock.com for details), this was actually a very good placement. I think the cold weather really slowed down the whole crowd, including me. Anyhow, I always say if you start out in an upright posture and finish the same way, you've done well! Not a personal record or a time to brag about, but self-satisfying in that I was able to cope with the elements and the race course and still do very well. (Good thing I qualified for Boston in an earlier race.)

I would highly recommend this race to anyone if you're looking to have a good time in one of the best organized races in the entire country. If you're looking for a PR or a Boston qualifier, then look elsewhere because this is not an easy marathon. What you read in the papers about it and what actually happens on the ground are two different things. However, there is absolutely tremendous spectator support that rivals any other location.

Next 26.2 for me is Boston in April. I'll be looking for you!

Young runners honored at November club meeting



Bill Werling and Bill Anderson with Our Lady of Mercy runners Jake and Matt Letbridge



Austin Enriquez and Ginny Balkcom of Starrs Mill High School



McIntosh Coach Bill Buckle with his state champion girl's cross country team: Erica Hughey, Kristy Espiau, Kaia Hampton, Rebecca Stokes, Kaelyn Horton, and Olivia Tucker



Braelinn Elementary School, honored for having the most runners in the marathon finish at the PTC Classic

- Club Notes and News -

Rotary Elementary School Grand Prix

The 2005-06 Elementary Grand Prix is half over, and many of the PTC Running Club members are leading their age groups, including Margie Dam, Bill Anderson, Bill Everage, Cathy Olson, Dave Olson, Trish Vlastnik, and Normer Adams.

Seven of the 13 races have now been completed with 6 remaining. The schedule for those events still remaining on the calendar are:

Feb 11	Kedron Heart to Heart 5K
March 4	North Fayette 5K
March 18	Oak Grove Go For the Gold 5K
April 22	Huddleston Hustle 5K
April 29	Crabapple Lane 5K
May 13	Brooks Elementary 5K/10K

Once again the Brooks race will be the only "cross-over" event that will be in both the Elementary and the PTC Running Club Grand Prix series. And yes, you CAN do both races and compete in both series.

Leaders and Organizers Wanted

Have you always wanted to make a huge difference in a group of kid's lives? The PTC Flash is in need of several people to assume leadership roles in this wonderful kid's running program. Help is needed in both the coaching and administrative areas. If you have any interest and some time, contact Leslie Salinski, Rose Kempton, or Bob Dalton.

ATC 5K/10K Race

The Atlanta Track Club will again host its annual PTC 5K/10K here in Peachtree City on Saturday, Jan. 21. We will need some volunteers, but we also encourage those who are not running to join in the race. It is a low-key race meaning there is no entry fee (for ATC and PTC Running Club members (\$5 for others). The race begins at 8 a.m. at the Glenloch Recreation Center. If you would like to volunteer, please contact George Martin at r2sun98@mind-spring.com. For more information about this and other ATC events click on www.atlantatrackclub.org.

Half-Shell Half-Marathon

For those Jimmy Buffet fans in the running club, there is a group planning to travel to Key West at the end of January for the 8th annual Half-Shell Half-Marathon. The race begins at 7 a.m. (before it gets too hot!) on Jan. 29, 2006. Registration is only \$35 until Jan 22. The race starts at the Half Shell Raw Bar Restaurant at Lands End Marina. The course is flat and fast and takes you past the Hemingway Home, The Southernmost Point, historic homes, and along the beach front to Florida Keys Community College and back. And yes Virginia, there is free beer at the finish. All profits go to the Key West High School running teams. For more information on this "cultural enrichment program," room accommodations, and how in the world you can actually get a 13.1-mile course in Key West, please contact Professor Scott Allen at n2golfing6@comcast.net.



"Please dad, no more mile splits!" Melissa Anderson walks with proud dad Bill after finishing the Atlanta Half Marathon on Thanksgiving Day. It was Melissa's first run over 10 miles. Congratulations Melissa!

Jacksonville "Gate River Run" 15K

A large contingent of club members will again travel to Jacksonville to participate in the Gate River Run 15K on March 11. We will again be privileged to have pre-race and post-race access to the hospitality tent of the Florida Striders Running Club (our surrogate club in Florida). Bill Fuller has arranged for a block of rooms at the Quality Suites Oceanfront. If you are interested, you can call the hotel at 904-435-3535 (mention the PTC Running Club) to reserve a room. You can also register for the race online at www.gate-riverrun.com. Talk to Bill Fuller for details.

Dinner with Bill Rodgers

The Chattahoochee Road Runners will celebrate their 25th anniversary in 2006. In honor of this special milestone, they have invited Bill Rodgers to be the keynote speaker at the club's annual awards banquet on Jan. 14. They are issuing a special invitation to all RRCA clubs who are interested in sharing the occasion and the opportunity to meet Bill Rodgers in person. For details, contact Marlene Atwood at atfedwood@msn.com.

Thank you's

Thanks to the 30+ club volunteers who helped put on the 9th annual PTC Elementary Jingle Bell Trail Run.

Thanks to Lou and Martha Boone for once again opening their homes to about 50 runners with headaches on the morning after New Year's Eve. How brave is that?

A big thank you to Leslie Salinski for taking the helm of the PTC Flash while also training for an Ironman (and completing it, congratulations Leslie). Leslie will be giving up her duties with the FLASH after a very successful season.

And thank you to Bernice Wassell for putting together the best Christmas party ever. Even with the small challenge of having to find a completely new place for a party that 140 people had already paid for, with only four days to go before the party! Not a problem for Bernice. A super job, again!

Sponsor Spotlight: Mahaffey Orthodontics

Dr. Michael J. Mahaffey has been a Classic sponsor for the past three years. His orthodontic practice is located at 8 Eastbrook Bend, Suite B, here in Peachtree City. Mike has been in practice for 13 years, the past three years here in Peachtree City. Mahaffey Orthodontics is a full-service practice, straightening teeth for patients of all ages. They use the most advanced techniques in the profession, such as the Damon System and Invisalign, along with the latest in computer technology (digital imaging and advanced computer graphics) to ensure that you receive the most effective care possible. The top priority of the team at Mahaffey Orthodontics is to provide you the highest quality orthodontic care in a friendly, comfortable environment. They recognize that every patient has different needs, and they pride themselves in the courteous service they deliver to each person who walks through their doors. Whether you're an adult, adolescent, or child, their knowledgeable doctor and staff are committed to helping you achieve the smile you deserve — a healthy, beautiful one! Appointments can be scheduled by calling 770-487-6439, and more information can be obtained at their Web site at www.peachtreecitybraces.com.



Peachtree City Running Club
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UPCOMING CLUB EVENTS

JAN 9 CLUB MEETING @ WYNNDHAM • JAN 14 ADOPT A 10K RUN • JAN 21 ATC 5K/10K • FEB 4 CLUB GRAND PRIX •
FEB 6 CLUB MEETING @ WYNNDHAM • FEB 11 KEDRON 5K • MARCH 4 CLUB GRAND PRIX / NORTH FAYETTE 5K