

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JAN/FEB 2010

## MEET YOUR NEW BOARD MEMBERS

### Inside:

♦ New member hails from Iowa.....page 4

♦ Our American Hero.....pages 5 & 6

♦ Christmas Party & Awards Banquet.....pages 7-11

♦ Racing Stories.....page 12

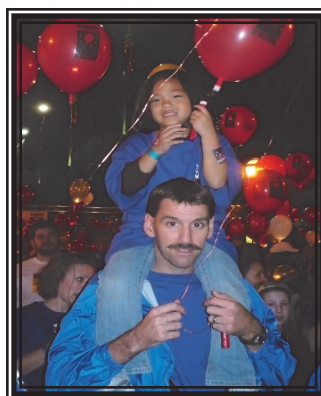
♦ It's time to renew your membership.....page 15



Dave Ketelsen, Admin V.P.

Dave was born in Hollywood, California, and he lived there for 23 years. After graduating from college with a theology degree, he served as a missionary in Japan for almost 3 years. Dave resided in Hawaii for a short period of time, and from there he pastored in Lake Tahoe, California, where he loved to ski. He even ran a 72 mile race around the lake. He's also pastored in the Midwest and Kentucky. He's now pastoring the PTC Seventh-day Adventist Church where he and his members put on a 5K run each year in the spring to benefit young people who would like to get a Christian education. He loves his job and his church family. "I almost feel guilty getting paid for something I love to do," says Dave. "It can be a challenge getting sinners into heaven and saints out of bed, but it's also very rewarding." Dave loves running and especially enjoys getting together with his friends on Sunday morning.

Dave is married to Debbie, and they have four children. Austin is a junior in college, Myles is a sophomore in high school, Jayla is in the first grade, and Collin has just turned four.



Mark Hamilton, Activities V.P.

Mark has been a member of the Peachtree City Running Club since 2000. This is his first time serving as a club officer. Mark will be serving as the Activities V.P., becoming the second member of the Hamilton family to serve as a club officer. His wife Jane was the club Secretary for the last two years. Both Mark and Jane are familiar with the Grand Prix Series winning nine times between them in the 10 years they have been members of the running club. Mark won the Male 52 and Under Grand Prix Award this past year before taking over the Activities V.P. position.

If you are not familiar with Mark, he is the one pushing his lovely daughter Rylie past you on the cart paths for the past six years. Rylie is now 6-years-old and may soon be leaving the baby jogger for her bicycle. Mark, when not pushing Rylie, can be seen training for another marathon or 200 mile relay race. When he is not running, he keeps busy working for the Tensar Corporation in Morrow as a Senior Plastics Process Engineer making plastic grid to make your roadways last longer.



Connie Sambrone, Secretary

Connie is a retired Social Worker/Office Administrator and a graduate of Augusta State University with a BA Degree in Sociology.

She and her husband Fred have been married for 33 years. Fred is a retired Dentist. They have a blended family of three daughters, nine grandchildren, and one great grandchild. They conduct marriage preparation workshops for the Archdiocese of Atlanta and marriage enrichment workshops in the Atlanta area and nationally.

Connie has been an avid runner for 24 years and a resident of Peachtree City for 22 years. She has also been a member of the PTCRC for the past five years. Connie can be found volunteering at many of the club activities including the Classic and the Summer Track Series. In recognition for her efforts to help out when and where needed, her fellow club members awarded her the Volunteer of the Year Award in 2009.



**PTCRC 2010  
EXECUTIVE BOARD**

**President**

Bill Werling

[werling@bellsouth.net](mailto:werling@bellsouth.net)

770-460-1425

**Administrative Vice President**

Dave Ketelsen

[daketelsen@numail.org](mailto:daketelsen@numail.org)

678-416-9171

**Activities Vice President**

Mark Hamilton

[jmbhamilton@mindspring.com](mailto:jmbhamilton@mindspring.com)

770-716-0362

**Secretary**

Connie Sambrone

[frecons@bellsouth.net](mailto:frecons@bellsouth.net)

770-851-2209 (c)

770-631-0420 (h)

**Treasurer**

Bill Anderson

[banderson@hoshizaki.com](mailto:banderson@hoshizaki.com)

770-486-8537

**Membership**

Bob Dalton

[robert.dalton@arcent.army.mil](mailto:robert.dalton@arcent.army.mil)

770-461-4450

**Classic Race Director**

Vacant

**Newsletter Contacts:**

**Editor**

Tamara Gerken

770-253-7387

[soupie@numail.org](mailto:soupie@numail.org)

**Race Results**

Bill Fuller

[mki.kammann@gmail.com](mailto:mki.kammann@gmail.com)

404-401-7714

**RRCA Liaison**

Mark Ward

[mark@markward.com](mailto:mark@markward.com)

[mark.d.ward@faa.gov](mailto:mark.d.ward@faa.gov)

770-631-8775

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 Tamara Gerken

at [soupie@numail.org](mailto:soupie@numail.org).

Send race results to

Bill Fuller

at [mki.kammann@gmail.com](mailto:mki.kammann@gmail.com).

**NEXT DEADLINE:  
FEBRUARY 19**

# Club Meeting Highlights



## November

President Bill Werling called the meeting to order at 7:30 p.m. Bill welcomed new members and guests. A motion was made and seconded to approve the minutes of the last meeting as posted on the club's web site.

### Lists to Pass Around

*1,000 Mile Club* – Jackets will be distributed at the annual Christmas party.

*Thanksgiving Day Half Marathon bus sign up* – There are still seats available.

### Guest Speaker

Mike Norman introduced James Roberts who spoke about destressing and running.

### New Business

*Club Officer Elections* – Dave Piet conducted the election of the new officers for 2010. Nominations from the floor were accepted. There were no nominations from the floor. By club vote, Dave Ketelsen will be replacing Mike Norman as Administrative V.P., Mark Hamilton will be replacing Mark Ward as Activities V.P., and Connie Sambrone will be replacing Jane Hamilton as Secretary. Bill Werling will be staying on as President, and Bill Anderson will be staying on as Treasurer for another year.

*Superlative Elections* – Winners will be announced at the Christmas party.

*Race Director* – A race director is needed for the PTC Classic.

*Christmas Party* – The Christmas party will be held on December 11 at Glendalough Manor. Cocktails will be served from 6:00 - 7:00 p.m. with dinner to follow. The price for the party is \$25 per person.

*New Year's Day Grand Prix* – Will be held at The Boone's on January 1.

### Reports from Officers

*Admin V.P.* – Mike Norman – Sign up for the Thanksgiving Day bus was passed around.

*Activities V.P.* – Mark Ward – The next Grand Prix will be a prediction run scheduled for December 5. This will be the final Grand Prix this year.

*Treasurer* – Bill Anderson gave a report on the funds after the PTC Classic.

### Reports from Coordinators

*Newsletter* – Tamara Gerken – The November newsletter is available.

*Club Membership* – Bob Dalton – Please renew for the coming year.

*School Support* – Rose Kempton – Region meet results were given.

### Announcements

Bonnie Hancock will pick up race numbers for the Atlanta Full/Half Marathons for a donation to OS Care Team at Oak Grove Elementary.

Starr's Mill Chick-fil-A will host a fundraiser for Daniel Berschinski.

The next meeting will be January 4 at 7:30 p.m. at the Dolce Atlanta-Peachtree.

### Adjourn

With no further business, the meeting was adjourned at 8:35 p.m.

## WELCOME NEW MEMBERS!

Lavon McCord (Newnan)

Steven Scoleri (PTC)

Bill Whitehouse (PTC)

Hope Via (Sharpsburg)

Susan Baker (PTC)

Gina Char (PTC)

Greg Cox (Fayetteville)

Kathy Devine (Fayetteville)

Adam Newdow (PTC)

Angela Goddard (Fayetteville)







**2009!** Where did it go? It seems like just yesterday I was accepting the President's gavel from Bob Dalton, yet here we are making plans for 2010.

It was a good year for the PTCRC. From the traditional January 1 Grand Prix event at The Boone's to the Christmas party on December 11, the club was involved in numerous activities. We hosted the ATC PTC 5K/10K, George Martin orchestrated the Elementary School Grand Prix Series, Mark Ward conducted the club's Grand Prix Series, many club members helped host the Summer Track Classic, we hosted the Kid's Triathlon, Carolyn Gulick supervised the Golf Tournament and the Dragon Boat Races, and Marino Fuentes directed the annual Classic. There were many other events we took part in, and to my knowledge, all were successful. The club maintained its well deserved excellent reputation.

Club membership continues to grow. Bob Dalton continues to do an excellent job of recruiting and welcoming new members. Normer Adams continues to chronicle many club events with his pictures. These are just two examples of club members making significant contributions to the club. There are many others who, year after year, make the club the success that it is.

With all the positives we have, we still have one problem. We still need a Race Director. We are now in a crisis stage. We need to start making progress with plans for the 2010 Classic. This is our fund raiser for the year. If you have any inkling you may want to volunteer, please do so. Many people will help as they have done in the past. Contact me or any other executive board member to volunteer.

May the wind be ever at your back and all your hills be down.



*Scenes from the morning and afternoon of the Darkside PTC 50K/25K this past November 8, 2009.*

### NEW MEETING LOCATION FOR 2010

Beginning January 4, the Peachtree City Running Club will be holding monthly meetings at the DOLCE Hotel & Resorts – Atlanta-Peachtree at 201 Aberdeen Parkway in Peachtree City. Meetings normally occur on the first Monday of the month at 7:30 p.m. with some exceptions, so be sure to check your newsletter, the club's website, or club emails for the next meeting's date and time.

## New Member Profile *By Bob Dalton*

### All weather runner



*Drew and Miranda Henry*

Miranda Henry, 27, is originally from Iowa but has called Peachtree City home for the past two years. She is a physical therapist at Piedmont Fayette hospital and received her BA in biology from the University of Northern Iowa and her Doctor of Physical Therapy from the University of Iowa. She says her job is “to help people recover/rehabilitate from an injury or surgery and return to their lives.”

Her husband, Drew, is a computer programmer also from Iowa and works at XOTech. Miranda says she has been running for about three years now, and “It is good exercise for my body but also keeps me challenging myself mentally to keep going a little bit farther. I have never been what I consider a runner, but I do enjoy the activity and it's refreshing when I can run outdoors.” She says one of her most memorable running experiences was back in Iowa when “I participated in a 24 hour run/walk for Relay for Life, and it was done with good friends for a good cause.” It was in Georgia, however, that she had one of her most unusual running experiences. “I started running with some friends when the weather started going from sun to rain to sleet and ending with hail and rain. We ran with almost all of the elements.”

Miranda continues, “I enjoy running now, but I used to dread it thinking that I had to run fast and far. It is very liberating to just go and not worry about time and distance all of the time, just running for fun. I have gotten to know some great people through the club and in the area that run competitively and some for leisure, and both are fun to run with.”

For outside interests, “I play in a recreational volleyball league and have participated in softball leagues as well. I love reading and generally being outdoors. Since

moving to PTC, I have found that I also enjoy riding around on a golf cart.”

Miranda has run a 5K and a 10K and “would like to run a half marathon this year and then who knows...” She joined the club to “meet new people and get motivated to try some new races.” It sounds like she has come to the right place.

### *A special thank you at Christmas time*

I have been asked to pass a few words on to all of you for your Christmas party, and I was happy and honored to do so. I'd like to think that I'm the first no-legged guy to ever address the PTC Running Club's annual holiday party! I really appreciate all the support so many of you have shown me and my family, since I was blown up over in Afghanistan.

I've been making pretty good progress lately in terms of getting my new legs and learning how to walk on them. It's going to take a number of months before I'll be able to get around on them most of the time, but I'm committed to making it happen. So far, at least, all the medical and rehab people I've come in contact with have commented on my rapid recovery. I'm convinced that the speed with which I've healed is directly related to keeping a positive attitude, and I've been able to keep a good attitude, in turn, because of the support of folks like you. From the various fund-raisers that you've been involved in to simple thoughts and prayers, it's been a tremendous relief to me and my family to have so much community support, so that we can focus full-time on getting me back on my feet.

Let me close with three points. First, I offer a special note of congratulations to this year's Grand Prix winners and those who made it into the 1,000 Mile Club over the course of the year. Nice work! Second, for those of you with lingering pains and injuries, I know lots of good doctors who would be quite willing to relieve you of your legs, so let me know if you need help in that department. Finally, on a more serious note, thanks for everything you've done for me, and I look forward to seeing you all in person in the not-too-distant future!

(Signed) 1st Lt. Dan Berschinski, 5th Brigade, 2nd Infantry Division, 1st Battalion, 17th Regiment, United States Army



## Of Special Interest

### First Lieutenant Dan Berschinski - An American Soldier

By Bob Dalton

August 18, 2009, was a Tuesday. It was another hot summer day in the Arghandab River Valley. The 1st Battalion, 17th Infantry Regiment, 5th Stryker Brigade, 2nd Infantry Division had arrived in southern Afghanistan the month prior as part of a brigade of more than 3,800 soldiers from Fort Lewis, Washington. First Lieutenant Dan Berschinski, only two years out of West Point, was Second Platoon Leader with Bravo Company. The former soccer player and track & cross country runner from Peachtree City, Georgia, had traveled a long and arduous route since his graduation from McIntosh High School in 2002. A year at Marion Military Institute and then four years of rigorous academic, military, and physical training at the U.S. Military Academy resulted in a Bachelor's Degree and a commission as a Second Lieutenant in the U.S. Army in 2007. The Infantry Officer Basic Course, Airborne, and Ranger School at Fort Benning soon followed. Dan reported in to the 2nd Infantry Division at Fort Lewis in the late summer of 2008 and quickly established himself as an extremely capable Platoon Leader. He trained with his platoon for the next year getting them ready for their deployment to Afghanistan. He eagerly anticipated his first combat deployment, not because of any perverse desire for war but to ensure that his men accomplished their mission as safely and effectively as possible as he had trained them to do.

It was in the early evening of that Tuesday in August when it happened. While securing a village, Dan stepped on an Improvised Explosive Device (IED) hidden a few inches below the ground. The resulting blast hurled him in the air shattering both his legs and left arm, broke his jaw and burst his eardrums, as well as inflicting numerous other injuries. Only through the heroic efforts of the combat life savers in his unit was Dan able to survive the blast. In fact, his heart stopped three times in the first hour, and each time they were able to successfully revive him, a testament to their training and fervent desire to keep their leader alive.

He was medevac'd first to Kandahar Air Field where he spent five days in a medically induced coma. Though still critical but stable, he was sent to Bagram Air Base, then onward to Landstuhl in Germany, and finally to Walter Reed one week after the attack. There his anx-



ious parents, Robert and Susan, and brother Rob were finally able to see him.

Walter Reed sits in the suburbs a few miles north of Washington, D.C. It is here in the state of the art Military Advanced Training Center (pronounced mat-see) where Dan does his daily rehabilitation after having undergone numerous surgeries in the months since his arrival. He is remarkably upbeat and positive about the future, already making plans for graduate school and beyond. His only regret is that he can't be back in the fight with his men. He began outpatient rehabilitation in early December to learn how to use his new prosthetic legs and build back his strength. His goal is to be able to walk on his new legs in time to return to Peachtree City in March when the McIntosh soccer team will dedicate their season to him. In the meantime, his battalion has taken heavy casualties suffering 22 Killed in Action and over 40 wounded as of this writing, and they are less than halfway through their one year deployment.

A few miles to the south of Walter Reed and lying on the other side of the Potomac River adjacent to the Pentagon are the hallowed grounds of Arlington Cemetery,

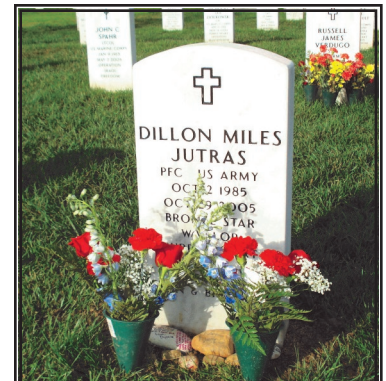
## Of Special Interest

the home of the Tomb of the Unknown Soldier. It is also here that Presidents, statesmen, and the remains of over 320,000 servicemen and women, veterans from every war and major conflict in United States history repose. A short 10 minute walk from the entrance of the cemetery is Section 60. This is where many of the casualties from Operation Enduring Freedom (OEF) in Afghanistan and Operation Iraqi Freedom (OIF) are interred. On any given day, parents, spouses, siblings, children, and other friends and family members can be found quietly grieving among the headstones lying in perfect symmetry among the freshly turned earth.

Several funerals with full military honors take place here every week. The otherwise peaceful setting is solemn and dignified, broken only by the occasional plane on its way into or out of nearby Washington Reagan National Airport. Many of the graves contain still fresh bouquets, photos, and other memorabilia recently left by family members. It is here in Section 60 among the fallen of the current wars that one begins to grasp the

full depth of sacrifice made by those resting here and referred to in the phrase used by Lincoln in his Gettysburg Address commemorating those who had given the "last full measure of devotion." As Dan's brother Rob so poignantly remarked, "Please pause and reflect on the difference between meeting a loved one at Walter Reed and meeting him or her at Dover Air Force Base. We, indeed, are the lucky ones."

It is said that freedom and liberty have a special flavor for those who have fought for and defended it that the protected will never know. Less than one percent of Americans today serve in the Armed Forces. By swearing an oath to uphold and defend the Constitution of the United States, they in effect sign a blank check to the United States payable in full up to and including their very lives. Thank God we still have brave men and women in America today like First Lieutenant Dan Berschinski who are still willing to sign that check on behalf of the rest of us.



*Soldiers of the 3rd U.S. Infantry Regiment (The Old Guard) prepare to move the casket of Medal of Honor recipient Leonard Keller to his final resting place in Arlington National Cemetery's Section 60, Monday, November 30, 2009. (Photo by U.S. Army)*



# Christmas Party & Annual Awards Banquet

## 1,000 Mile Club Jacket Recipients



From left: Chris Chiong, Shane Carpenter, Tamara Gerken, and Dan Flaherty (Not pictured: Kith Burkinstock, Mark Commerford, Tracey Moore, and Nathan Reeves)

## 1,000 Mile Club Members



From left: Ed Vise, Von Woods, Kim Ruple, Pat Cote-Miles, Leslie Salinski, Betty Smith, Brandi Osse, Bob Commerford, and Tim Covert (Not pictured: Anastasia Walker, Ray Besch, Rusty Burns, Jake Hancock, and Teresa Moore)

## 5,000 Mile Club Jacket Recipients



Hal Wolfe (Not pictured: Rose Kempton, Dave Ketelsen, and John Waterhouse)

## 5,000 Mile Club Members



From left: Connie Sambrone, Dick Allis, Cathy Olson, Marino Fuentes, Rita Weston, Mark Ward, Mark Hamilton, Bernice Wassell, Tom Round, Todd Davison, Bob Smith, and John Mrosek (Not pictured: Patrick Kearns, Michael Warren, Bill Everage, Melia Foley-Lane, and Wes Wilkins)

## 10,000 Mile Club Jacket Recipients



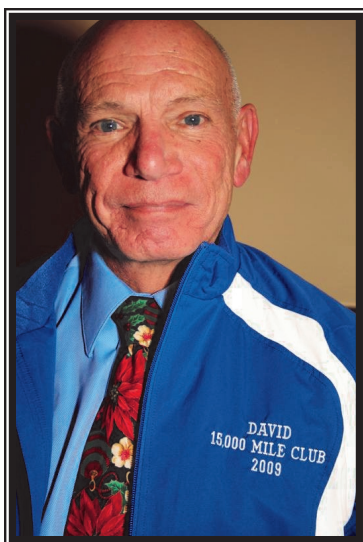
Caryle Robison and Anne Port

## 10,000 Mile Club Members



From left: Normer Adams, Jerry Shoemaker, Trish Vlastnik, Fred Port, Bob Dalton, and Bill Anderson (Not pictured: Bonnie Hancock, Steve Hancock, Roy Robison, and Jules Desgain)

## 15,000 Mile Club Jacket Recipients



Dave Piet (Not pictured: Margie Dam)

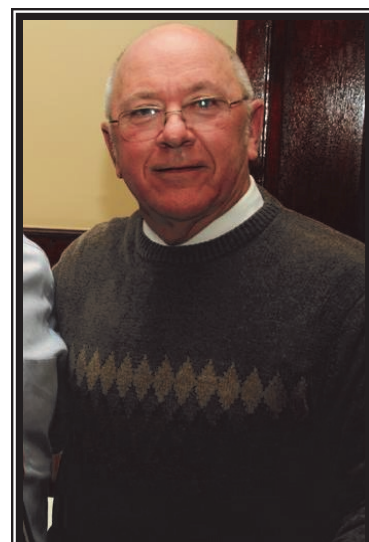


## 15,000 Mile Club Members



From left: Joe Wassell, Sandy Tuman, Bill Fuller, and Valerie Reynolds (Not pictured: Cal Daley, Teri Besch, Susan Mills, and Martha Boone)

## 20,000 Mile Club Member



Bill Werling



# Christmas Party & Annual Awards Banquet

## **Women's Open**



*Women's Open division winners included, from left, 2nd Place–Jane Hamilton; 3rd Place–Kim Ruple; and 5th Place–Brandi Osse. Not pictured are 1st Place–Teresa Moore; 2nd Place (tied)–Leslie Hassell; and 4th Place–Anastasia Walker.*

## **Women's Masters**



*Winners in the Women's Masters division included, from left, 1st Place–Rene Flaherty; 2nd Place–Pat Cote-Miles; and 5th Place–Trish Vlastnik. Not pictured are 3rd Place–Martha Boone; and 4th Place (tied)–Teri Besch & Jan Bankieris.*

## **Men's Open**



*Men's Open division winners included, from left, 1st Place–Mark Hamilton; 2nd Place–Tim Covert; and 4th Place–Chris Chiong. Not pictured are 3rd Place–Wes Wilkins; 4th Place (tied)–Bill Everage; and 5th Place–Scott Allen.*

## **Men's Masters**



*Winners in the Men's Masters division included, from left, 1st Place–Normer Adams; 2nd Place–Ed Vise; and 3rd Place–Bill Fuller. Not pictured are 4th Place–Jules Desgain; and 5th Place–Bob Trombley.*



# *Christmas Party & Annual Awards Banquet*

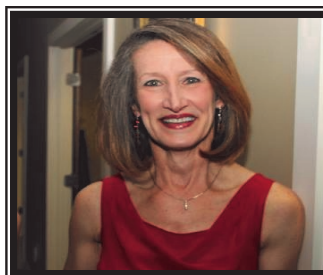
## **Rookie of the Year**



*Tamara Gerken*



*Shane Carpenter*



*Martha Boone*



*Adam Shoemaker*

## **Most Improved Runner**

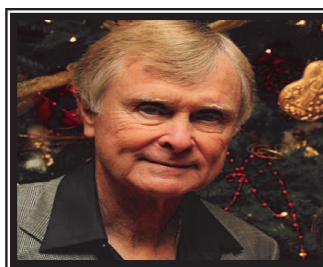
## **Extra Mile Award**



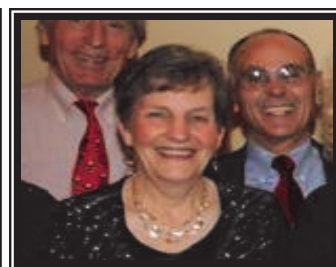
*Carolyn Gulick*



*Mike Lankford*



*Roy Robison*



*Cathy Olson*

*(Not pictured: Don Livingston)*

## **Volunteer of the Year**



*Connie Sambrone*

## **President's Award**



*Rita Weston*

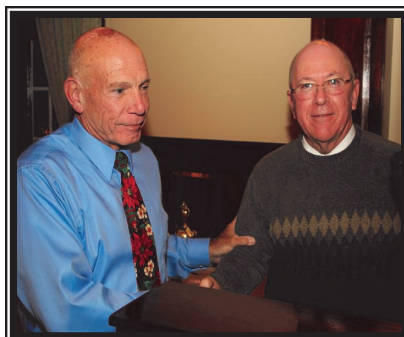


*Tamara Gerken*

## **RRCA Volunteer Award**



*Cathy Olson*



*Dave Piet*



*Jane Hamilton*

*RRCA Volunteer Awards are presented each year to those members who have volunteered at least 2,000 hours or more to the club through volunteer efforts at various club events and activities. Cathy Olson, Dave Piet, and Jane Hamilton are among those being honored by the RRCA. Congratulations to you all!*



## 2009 Hall of Fame

*The Peachtree City Running Club began the Hall of Fame Award five years ago. In that time, 20 members, including our most recent two, have been inducted. In order to qualify for the Hall of Fame Award, exact criteria must be met. You must have been a member for a minimum of five years, be well respected by the club membership, have made significant contributions to the club, served as a positive role model for club members and presented a favorable image to the non-running community, have served in leadership roles for the club, and have been a recipient of the RRCA Volunteer Award. These members have more than met that criteria.*



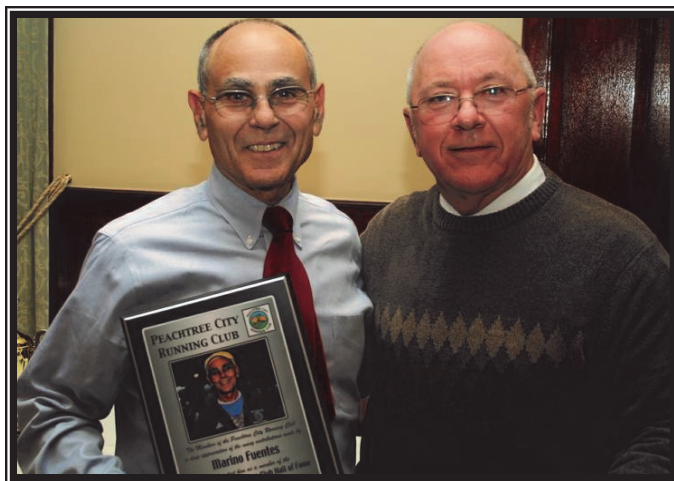
**B**ob Dalton joined the club in 1995. He served as Secretary from 1998-1999, Administrative Vice President for three years from 2000-2002, and again for two more years from 2004-2005. He then served as club President from 2006-2008, the only member to serve in that position for three years. He has served as club officer for a total of ten years.

Bob was presented the "Extra Mile Award" in 2003 and the RRCA Volunteer Award Certificate in 2004 for his well over 2,000 hours of service to the club. He was the first place overall winner of the club Grand Prix in 1996, 2000, 2006, and 2008.

Bob has also coached the Fort McPherson Army Ten-Miler Team for the previous 13 years. During that time, they have won their division at America's largest ten-miler race ten years and placed second the other three years. They have won the military team division at the Army Hooah 10K race the last consecutive four years and have won their division at the annual Kaiser Permanente 5K Corporate Challenge eight out of the last 11 years and taken second the other three years.

He is a member of the Atlanta Track Club Men's Master Competitive Team and has helped lead teams to victory at the Hood to Coast 200 Mile Relay (the largest relay race in the world), the inaugural Great Midwestern 200 Mile Relay, and numerous Ekiden relay races. Bob holds Georgia state age group records in the 12K, 15K, and formerly the Half Marathon.

He has also served as Race Director every year for the annual New Hope Harvest Classic 5K Run/Walk his church has conducted since its inception in 2001. The event donates the profits to orphaned and abused children in overseas missions and has raised over \$40,000 in the last two years alone.



**M**arino Fuentes joined the club in 2001. He was Club Treasurer from 2004 to 2006 and is the only Treasurer in 28 years of club history who has served in that position for three years, the usual period of service being two years. It is a demanding and time consuming job. Marino made many contributions in his position as treasurer and fulfilled his fiduciary responsibility with the utmost honesty and integrity.

One of George Martin's initiatives as former president was to establish a reserve fund in the unlikely event that an untoward catastrophe would not allow the club to hold the classic and thus generate the revenue to keep the club operating. The club was able to achieve that goal because Marino took the ball, ran with it, and made it happen. He carefully managed our funds and as they became available, periodically purchased CDs during his tenure (at a great rate, by the way); the club now has a one-year operating reserve. At the end of his tenure as treasurer, the club was probably in the best shape ever from a financial standpoint and entered the new year healthy and strong. This was especially reassuring and gratifying when so many other clubs were and are struggling to stay afloat.

Not content to rest on his laurels after serving three years as treasurer, Marino then stepped up to assume directorship of the Peachtree City Classic, the largest event produced by the club every year and its main fund raiser. Marino instituted several innovations including installing club banners at the finish chute early and increased publicity using new venues such as radio spots and print ads in new publications, early bird discounts off entry fees, and co-opting new sponsors. He was able to stop and even reverse a downward trend in race participation that had been ongoing for several years. This resulted in increased revenue for the club as well as donations to the city and activities sponsored by the club.

Marino was presented the RRCA Volunteer Award Certificate in 2008 for over 2,000 hours of time dedicated to club business throughout his tenure as Treasurer and Race Director.



# Christmas Party & Annual Awards Banquet



Mike Norman, Administrative Vice President



Mark Ward, Activities Vice President



Jane Hamilton, Secretary

President Bill Werling presents the departing board members with a gift certificate in appreciation for their two years of service to the club.





## Racing News

### 50 State Girls go for the extremes in racing: South Dakota & NYC

By Kim Ruple

For those of you who have been tracking the 50 State Girls, Pat Cote-Miles and Kim Ruple, here is the next installment on our quest to run a marathon in each of the 50 states. This fall was set to be the two extremes-Monument Marathon in South Dakota with 29 marathoners and New York City with almost 50,000 marathoners. But unfortunately, four short weeks before the SD race, the race director sent out a note cancelling the race. You can imagine our disappointment. Next stop...NYC Marathon!

On October 31, Pat, my husband Bill, and I stepped onto a plane to NYC. Hitting the ground, we wanted to make sure to take advantage of every moment and see as much as possible. After attending the race expo at Jarvis Center, we found a great Irish pub for some carb-loading and headed to the hotel to get dressed for the night's festivities—NYC's Village Halloween Parade.



Pat and Kim are dressed and ready for NYC's Village Halloween Parade.

Though the night was long, and we spent a great deal of time on our feet (not the best idea the night before the marathon), it was well worth it and a great time.

We were up at 5 a.m. the next morning to catch the subway, to catch the Staten Island Ferry, to catch the race buses, to walk to our assigned wait areas (with hot coffee and power bars), to our assigned wave start, and to our specified corral *a short 5 hours later*. Make sure to pack some food, reading material, and a blanket; the NYC Marathon is a full day event, even before you start the race, but it is worth it!!!!

The race is set up in four starts: elite and three other waves. Each of the waves is broken into three colors and six corrals. Your race number is the key to where you should be at any given moment. The wait areas were well stocked with several people bringing pup tents and

blankets for the two hour wait before the race start. Pat even got to see the elite runners, including Ryan Hall, while she was in the wait area. The crowd is diverse with a large international showing. The New York Road Runners Club did an outstanding job organizing and getting everyone where they needed to go. They even had all announcements in several languages and volunteers who wore badges indicating which languages they spoke. You quickly understand why their budget is \$22.8 million.

The race begins on Staten Island and quickly crosses the Verrazano-Narrows Bridge into Brooklyn. It was windy and cool. Remarkably with almost 50,000 runners, because of the multiple starts and routes, you can actually run most of the course, not shuffle as in many mass start races. Amazing! The course winds through each of the Five Boroughs: Staten Island, Brooklyn, Queens, The Bronx, and Manhattan, with a spectacular finish in Central Park. Each Borough is unique and full of character. At one point in the course you come off a bridge, turn left, and as far as you can see there are runners headed into Manhattan with spectators packed from the course to the skyscrapers, and they are yelling and cheering for the runners. It takes your breath away. Everywhere (except the four bridges) you are surrounded with cheering spectators and people from every nation, each fully immersed in the race. It is more than a race. It is an event! But the support doesn't stop after the race. When Pat and I reached our hotel, we received a standing ovation from the people in the lobby. Everywhere we went for the next two days people went out of their way to congratulate us and thank us for running the Marathon. And to top it off, I got a PR and finally broke 4 hours. So if you are interested in a *really big*, but well run race, sign up for the NYC Marathon. Maybe you'll get lucky the first time in the raffle, but if not, 4th time is guaranteed.

### Results for the 25K from the Darkside's Peachtree City 50/25K

This past November in the 25K, our very own Dave Ketelsen won the men's title in 1:46:34, and Angie Hinkle defended her title by winning the women's division in 1:53:47, eclipsing the course record she achieved in 2008. In the Masters division, Mike Moore took the win in 1:55:23 for the men, and Andrea Kilgren finished in 2:21:11, taking the title for the women; Kilgren's performance established a new course record for Women's Masters.



Dave Ketelsen



# Racing News

## Upcoming Georgia Races

### PTCRC Grand Prix - Guess the Distance—01/01/10

This is the first in the series of PTCRC Grand Prix races for 2010, so be sure to start the year off right by attending! Meet at Lou and Martha Boone's house (108 Whitfield Run, PTC) at 10:00 a.m. for a Guess the Distance run followed by brunch. Be sure to bring a covered dish to share!

### Resolution Run 5K/10K/One Mile Fun Run—01/01/10

This family friendly event features a 5K, 10K, One Mile Fun Run, and Tiny Trot 50 Meter Dash on Friday, January 1, in Kennesaw. The One Mile Fun Run and Tiny Trot 50 Meter Dash start at 11:30 a.m.; the 5K and 10K start at noon. For more information, visit [www.atlantatrackclub.org/atc\\_events/Resolution\\_Run.htm](http://www.atlantatrackclub.org/atc_events/Resolution_Run.htm).

### St. Paul Lutheran School Frostbite 5K—01/09/10

The first race of the new year, and the 8th in the Rotary Elementary School Grand Prix will be held on Saturday, January 9, beginning at 9:00 a.m. This is always a great race, and this year will prove to be no exception. The race begins and ends at the St. Paul Lutheran School at Highway 74 and Ardenlee Parkway. For more information, check out the website at [www.frostbite5K.org](http://www.frostbite5K.org).

### Atlanta Track Club Peachtree City 5K/10K—01/16/10

The ATC PTC 5K/10K will take place on Saturday, January 16, at the Glenloch Recreation Center. This is a low key (no tee shirt) race, but since it is a certified 10K course, it can be used as a qualifier for the Peachtree Road Race. There is no race entry fee if you are a member of either the Atlanta Track Club or the Peachtree City Running Club. If you are interested in running, race start time is 8:30 a.m. for both the 5K and the 10K. As hosts for the many ATC friends who travel down here each year, we are also looking for a number of volunteers. If you can volunteer please email George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com).

### Callaway Gardens Marathon/Half Marathon/5K—01/31/10

The Callaway Gardens Fitness Series kicks off the year with a marathon/half marathon on Sunday, January 31, at 8:00 a.m. A 5K run will be offered for those novices who aren't quite ready for the marathon or half marathon. Race routes include scenic roadways inside Callaway's 13,000 acres making this an enjoyable experience for participants and spectators alike. The marathon is a "Boston" qualifier. Many runners pick this event to qualify for the Boston Marathon which has similar elevation changes. For more information, visit [www.callawaygardens.com/Callaway/info/calendar/calendar.fitnessseries\\_marathon.event.aspx](http://www.callawaygardens.com/Callaway/info/calendar/calendar.fitnessseries_marathon.event.aspx).

### PTCRC Grand Prix - Consistency Run for the Hills—02/13/2010

Tentative-details to be announced.

### Kedron Elementary Heart to Heart 5K/One Mile Family Fun Run—02/27/10

The Kedron Heart to Heart 5K run and One Mile Family Fun Run will take place on Saturday, February 27, at 9:00 a.m. This will be the 9th race in the Rotary Elementary School Grand Prix and is always a challenging 5K. The race begins and ends at Kedron Elementary School at 201 Kedron Drive in PTC. For more information, check out the website at [www.kedronknights.org](http://www.kedronknights.org).

For more Georgia events, please visit [www.active.com](http://www.active.com) and [www.rungeorgia.com](http://www.rungeorgia.com).

#### 2010 Elementary School Grand Prix Schedule

*(There have been some changes, so please take note.)*

January 9	St. Paul Lutheran School 5K
February 27	Kedron Elementary School 5K
March 6	Oak Grove & Burch Elementary 5K (at Oak Grove)
March 27	Crabapple Elementary 5K
April 17	Huddleston Elementary 5K
April 24	Inman Elementary 5K
To Be Announced	Brooks Elementary 5K/10K



## Notes & News

### Gate River Run/March 13, 2010

The 33rd running of the Gate River Run will be held on Saturday, March 13, at 8:30 a.m. This is the largest 15K in the nation and the USA 15K Championship for the 16th year in a row. This year, the race has expanded the seeded starting area from 2,000 to 5,000.

If you are interested in making a road trip to Jacksonville, Florida, please contact Bill Fuller at the contact info below. For more information, visit [www.gate-riverrun.com](http://www.gate-riverrun.com).

### Bourbon Chase Trip/October 21 – 24, 2010

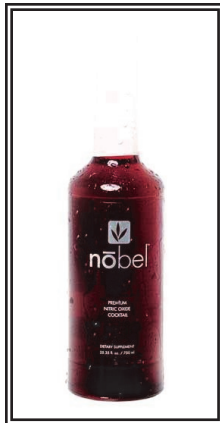
Okay, who is up for a great challenge and a lot of fun? The PTCRC has had a great response to the 2nd Annual Bourbon Chase 200 Mile Relay which runs through the beautiful rolling horse country of Kentucky. We already have two 12-person teams, and I feel a third and even fourth team is not out of the possibility.

So if you have any interest at all, go on-line and check out the details at [www.bourbonchase.com](http://www.bourbonchase.com), and put your name on the list by contacting:

Bill Fuller  
[mki.kammann@gmail.com](mailto:mki.kammann@gmail.com)  
770-487-6629 (w)  
404-401-7714 (c)

### A Note From ForMor International

As a doctor, I'm always looking for ways to optimize health in my patients—rather than just cover up symptoms. I recently learned about the amazing benefits of arginine, amino acid changed by the miracle molecule “nitric oxide.” molecule re-relaxing blood supporting throughout the supplements better than pills, so your ences optimum ners and ath-kinds are re-hanced exercise improved stamina, and faster recovery after strenuous workout. It's no wonder people are lining up to put this exciting science to work in their own body!



Arginine is an which is body to the cule called This is the sponsible for vessels and blood flow body. Liquid are absorbed powders or body experi- results. Run- letes of all porting en- experience,

For more information, please call James Roberts at 404-402-5788 or email [jrobe48@yahoo.com](mailto:jrobe48@yahoo.com).

### From Perry Slaughter President & CEO RUN FIT SPORTS

*I have had lots of Peachtree City folks contact us at the store in Macon asking about buying shoes. They are all the customers that Bill Brown served while his Run Fit Sports location was in business. However, a lot of them do not want to make the long drive down to Macon, so I have set up a discount code on our e-commerce site at [www.runfitsports.biz](http://www.runfitsports.biz). Peachtree City Running Club members just need to type in the code **PTCRC**, and they will get 20% off all regular prices; sale prices are usually more than 20% off. We'll even take care of the sales tax, so we are on level ground with out-of-state websites. That should be a better deal than Holabird, RnJ, Kelly's Running Warehouse, etc. Shipping will also be free for any order over \$75.*

*Of course, this discount only applies to internet sales, not in-store purchases, as we can't spend an hour with a customer and only make a few bucks on the shoes. It only takes us about eight minutes to process an internet sale and ship it out, and these are sales that we would not have otherwise. I have most of our store inventory on the site, but I can add anything that a customer requests in just a few minutes.*

*It seems that Peachtree City customers really enjoyed the service that Bill provided. I have only heard compliments. But again, it is very difficult to offer full-service at the low prices that Bill was charging. I understand that most running club members already know which shoes they need and don't really need advice. This discount code will be a way for them to get those shoes at the best possible prices.*

*Thanks,*

Perry Slaughter  
President & CEO  
Run Fit Sports, Inc.  
Macon - Warner Robins  
4524 Forsyth Road, Suite 101  
Macon, GA 31210  
478-477-7577





# Peachtree City Running Club

## 2010 Membership Application & Liability Release

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Gender: Male: \_\_\_\_\_ Female: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email Address: \_\_\_\_\_ New Member: \_\_\_\_\_ Member Renewal: \_\_\_\_\_

Please enclose a check for dues made payable to **Peachtree City Running Club, Inc.** (Annual dues are payable by March 31; those joining after October 1 are paid through the following year.) Mail to: Peachtree City Running Club, Inc., P.O. Box 2377, Peachtree City, GA 30269

Annual Dues:

Family Membership: \$25.00

Students and Running Coaches: \$15.00

### Liability Release

*I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Peachtree City Running Club, Inc., and all sponsors, their representatives, and successors from all claims or liabilities of any kind, arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the person(s) named in this waiver.*

Signed: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

(Parent's signature required if under 18)

List all running family members (Signature required if 18 or older):

Name	Gender	Date of Birth	Signature

# In The Sponsor SPOTLIGHT This Month



Infiniti of South Atlanta  
[www.atlantainfiniti.com](http://www.atlantainfiniti.com)  
 Volkswagen of South Atlanta  
[www.vw-place.com](http://www.vw-place.com)

Our newest major sponsor, **Volkswagen of South Atlanta**, also known as **Heritage Volkswagen**, began its operations in 1998 in Morrow but is now located in Union City, right off I-85 south. Volkswagen of South Atlanta is the fastest growing Volkswagen dealer in Atlanta for a reason, a commitment to customer service excellence that starts with the ownership and translates down to friendly and professional sales staff and technically competent service and parts organizations. Volkswagen of South Atlanta is not only a major sponsor of the PTC Classic, but they also recently agreed to sponsor ALL of the Elementary School Grand Prix races in Fayette County, proof of their commitment to our community as well as our children and families. Please remember this great dealership when you think of a new car.



WYNDHAM PEACHTREE™  
 CONFERENCE CENTER  
 PEACHTREE CITY, GEORGIA

*Kiwanis Club  
 of Peachtree City*



Friends of  
 Joe Maloy



Infiniti of South Atlanta  
[www.atlantainfiniti.com](http://www.atlantainfiniti.com)  
 Volkswagen of South Atlanta  
[www.vw-place.com](http://www.vw-place.com)

The Avenues

*The  
 Richard Horning  
 Foundation*



Peachtree City Running Club  
 P.O. Box 2377  
 Peachtree City, GA 30269  
[www.ptcrc.com](http://www.ptcrc.com)

## UPCOMING CLUB EVENTS

**JAN 1**—Club Grand Prix/Guess the Distance @ The Boone's House ♦ **JAN 4**—Club Meeting @ Dolce Atlanta-Peachtree ♦  
**JAN 9**—St. Paul Lutheran School Frostbite 5K ♦ **JAN 16**—ATC PTC 5K/10K ♦ **FEB 1**—Club Meeting @ Dolce Atlanta-Peachtree ♦  
**FEB 13**—Club Grand Prix/Consistency Run for the Hills/Details TBA ♦ **FEB 27**—Kedron Elementary School Heart to Heart 5K