

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JAN/FEB 2011

NEW BOARD MEMBERS TO REPRESENT THE PEACHTREE CITY RUNNING CLUB

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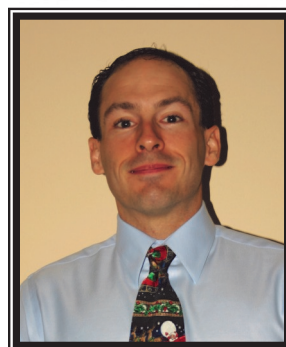
Shane Carpenter, President

Shane grew up in Sauk Centre, Minnesota, on his parents' family farm. He has three younger brothers, Trent, Anthony, and Spencer. He moved to Georgia in January 2006 and to Peachtree City in November of that same year.

He's a newlywed, just married to his "beautiful" wife Kara this past October!

As far as running goes, he started in the spring of 2008 with a "great group of people and has enjoyed it ever since." He notes some of the highlights and accomplishments in running thus far have been the Twin Cities Marathon, Goofy Challenge, Albany Marathon, and Bourbon Chase, which he says "are all great races." He enjoys spending time with his friends and family and the occasional round of golf when he gets the time.

When he's not running or having fun, he's working at Fastenal's Atlanta location.



Steven Bothe, Admin VP

Steven played soccer and baseball at Fremont High School and throughout college. In addition to earning a BS in Mechanical Engineering from Kettering University, Steven's thesis was awarded the top honor of distinction. Later, attending graduate school on nights and weekends, Steven earned a MBA with top honors from Lawrence Technological University.

After college, Steven worked contract at Ford Motor Company as a Product Design and Release Engineer; then in 2001 left Ford for a direct position at Nissan working on wheels and tires for every Nissan vehicle made in North America; he also led cost management and chassis development teams.

Steven and his wife Susan moved to Newnan in the fall of 2007 when Susan was transferred to Freudenburg-NOK's LaGrange facility to take on the role of Market Segment Manager. Steven continued to commute to Michigan for the next three years, until recently resigning his position at Nissan.

During this time, Steven started running to get in better shape and lost 77 pounds in less than two years. Having run 19 races this year, from the 5K to the Marathon distance, it is clear Steven likes to race.



Tim Covert, Treasurer

Tim is originally from Indianapolis, Indiana, but has lived in the Atlanta area for the past 22 years. He has been a resident of Peachtree City for the past five years.

He has one son and one daughter and four grandchildren. He is an active member of the Kiwanis Club of Peachtree City and of First Baptist Church of Peachtree City. He holds a Bachelor of Information Technology degree from Clayton State University. He is the owner of Dependable Computer Service, a local company that provides on-site sales, service, and networking of computers for residential and small business clients.

Tim has been running for thirteen years now. He has participated in many 5K and 10K races and has completed three half marathons. He took second place in the club's Grand Prix Series last year.

Happy New Year!



**PTCRC 2011
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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

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at souple@numail.org.

Send race results to

Bill Fuller

at mki.kammann@gmail.com.

**NEXT DEADLINE:
FEBRUARY 18**



Club Meeting Highlights

November

President Bill Werling called the meeting to order at 7:30 p.m. at the Dolce Conference Center. New members and guests were acknowledged and welcomed by Bill and the club.

List Passed Around

1,000 Mile Club Book—Roy Robison announced that members eligible for certificates and or jackets should check the book for accuracy and updates. Anyone with concerns or questions should contact Roy.

Guest Speaker

Dave Ketelsen introduced the speaker for the evening. Our speaker was Chief-of-Police H.C. "Skip" Clark with the Peachtree City Pedestrian and Bicycle Safety Division. Chief Clark gave us very important and vital information regarding running, walking, and bicycle safety. He encouraged the group to be sure to use proper, safe equipment when running, walking, or biking. He also said that we should "know" the rules and regulations involved in participating in any of these activities. For any concerns regarding road/path safety, please visit their website.

Announcements

Bourbon Chase—Dave Piet reported that the PTCRC represented well at the Bourbon Chase. The teams were great, and the fun was fantastic. Congrats to all who participated!

Congrats—went out to Brandi Osse and Jane Hamilton for their successful half marathons.

Classic—George Martin thanked everyone for their participation and assistance. He stated that the Classic was very successful. It all went even better than he expected. There were 1,991 registered for the event.

George presented awards to the winners of the "Fayette Fitness Challenge" team corporate challenge. Congratulations to all the winners!

George also mentioned that he still had shirts for any volunteers who did not receive them during the Classic weekend.

Farewell—Dave Ketelsen expressed gratitude to the club for the impact the club has had on him during his eight years as a member. Dave will be leaving Peachtree City as Pastor of his church to assume another position with the church. His final sermon will be on November 27. He invited everyone to come to hear him and to join in the dinner afterwards.

Superlatives—Ballots were distributed to members to vote on Most Improved Runner (male & female), Rookie of the Year (male & female), and Volunteer of the Year. Results will be announced at the Christmas Party.

Christmas Dinner Menu—The menu for food preferences for the Christmas Party was also distributed to the members. Please contact Rita Weston for payment for the Christmas Party.

Elections—Dave Piet orchestrated the nominations and voting for the 2011 Slate of Officers. Nominations were as listed: President—Shane Carpenter, Administrative—Vice President—Steve Bothe, Activities Vice President—Mark Hamilton, Treasurer—Tim Covert, and Secretary—Connie Sambrone.

There were no nominations from the floor.

All agreed with the nominations and voted unanimously to have the above listed as the 2011 Officers for the Peachtree City Running Club. Congratulations to all!

Social Chair—The 2011 Social Chairpersons are Leah Liming and Jeannie Smith. Thanks to Leah and Jeannie for volunteering. Thanks to Rita Weston for a job well done.

Newsletter—President Bill Werling encouraged the group to acknowledge and compliment Tamara Gerken for the fantastic work she does on the club's newsletter. Great job Tamara!

Minutes continued on page 5.

WELCOME NEW MEMBERS!

Scott Wilde (PTC) ♦ Deanna McCurdy (PTC)
Paul Schultz (PTC) ♦ Jonathan Richardson (Newnan)
Nikki Hand (Newnan) ♦ Debbie McCurry (Sharpsburg)
Shane Sheffield (PTC) ♦ Ron & Seanie Zappendorf (Fayetteville)
Courtney Gilliam (Tyrone) ♦ Scott Neola (Newnan)

Wow! Can you believe it's 2011? I know I can't. I do know that I am very excited about it though and am looking forward to another great year for the club.

I am new to this position and want to do the best job possible. I feel that the best way for this to happen is for all of you to give me suggestions on what you would like to see happen. Some ideas I have are to maybe switch up some of the places we meet for our monthly meetings, and it was also suggested to me that we update our Facebook page with what races are coming up and make it a place to see which other runners might be running those races. I know that I like going to a race and seeing other runners there who I know and also may even ride there with them. Many of you are already going as groups, and I think it's great!



If you have any suggestions, please feel free to email me at shanecarpent@yahoo.com. I would greatly appreciate it. I'm looking forward to a great 2011 and making this club the best running club in Georgia.



RRCA Seeks Applications for the Inaugural Runner Friendly Community® Designation

Running is one of the most popular and affordable forms of exercise to get and keep people fit and healthy. Running with a group can also be a positive social experience. Running can generate significant economic impact dollars for communities that host events and support the running community. Pedestrian networks that include sidewalks, trails, paths, and share lanes often increase property values and overall quality of living in a community. While runners do not require a lot of expensive equipment, there are several ways that local communities can invest to ensure that running is safe, affordable, accessible, and enjoyable for anyone who wants to run.

Many communities support a variety of sports and sporting facilities and at the heart of almost every sport is running. Being a Runner Friendly Community® not only supports the running community but running as the foundation for many other community-based sports (soccer, football, tennis, basketball, etc.).

The goal of this program is to shine a national spotlight on communities that stand out as runner friendly and to provide incentive and ideas for communities to work towards becoming runner friendly communities.

"Runner friendly communities can increase the quality of life, can improve physical activity for residents as outlined in the National Physical Activity Plan, and can provide for increased economic impact for the community," explained Jean Knaack, RRCA Executive Director.

The RRCA will review three primary segments: (1) community infrastructure, (2) community support, and (3) local government support. Each segment includes important criteria as part of the designation process. The goal is for applicants to prove that their community works together to promote running as healthy exercise for their community while ensuring runners safety. All applications will be reviewed and scored by a selection panel, and the panel will determine the number of communities that will receive the designation throughout the year. One top city will be selected annually by the review panel and awarded as the Outstanding Runner Friendly Community for the year.

As part of the Runner Friendly Community Program, the RRCA has defined what is a Runner Friendly Business. Runner friendly businesses support the running community and are safe places for runners in times of need. Businesses are encouraged to purchase the RRCA Runner Friendly Business static window decals to hang in their places of business.

There are many benefits for communities that earn the Runner Friendly Community designation. [Learn more about the Runner Friendly Community designation program today.](#)

Source: www.rrca.org/services/news-entry/rrca-seeks-applications-for-the-inaugural-runner-friendly-community-designa/

I think Peachtree City qualifies for this honor and that the members of the club and community could benefit from this designation. What do you all say? If you would like to liaison with the city for the Peachtree City Running Club, please contact Shane Carpenter at shanecarpent@yahoo.com.

New Member Profile *By Bob Dalton*

Team Hinkle – Part II: Angie



The Hinkle Family—Eric holding Madison and Angie holding Ella

Last edition, we profiled Eric Hinkle and his running exploits. This edition will focus on his wife Angie and her quest to fulfill her duties as a full time mom, worker, and runner.

Leading from the front at many of the local races is a native Atlantan and current Tyrone resident familiar to many involved in the running scene. Angie Hinkle runs every thing from 5Ks to marathons and excels at every distance as evidenced by her PRs: 20:52 for 5K (Kedron Elementary 2010); 43:35 for 10K (Strong Legs 2000); 1:34:37 for the half marathon (Atlanta 2010); and 3:17 for the marathon (ING 2009). She also holds the open female state age group record for the 25K at 1:53:47.

Only 35 years old, the bet is that Angie's fastest times are still ahead of her. Angie admits she wasn't a serious athlete until late in college. "I ran track in high school but did not really take it seriously. I just did it for the social aspect. My dad tried and tried to get me to run cross country, but I had no interest because it was way too long distance and too boring!! It was not until I was in graduate school that I really got into long distance running."

She has now been running and competing for 12 years and has had some great experiences along the way. "My most memorable running experience has to be running my first marathon, the Rock-N-Roll Marathon in San Diego in 2003 and qualifying for the Boston Marathon by four seconds. My goal was to run a marathon, but after training for it, I was not sure if I wanted to ever do one again. Throughout the race, I kept telling myself that if I qualified for Boston I would definitely run it, but I did not think I would even come close to qualifying. Since then, I have completed eight marathons and am training for another one in January (Disney)."

"My most unusual running experience has to be my first Boston Marathon in 2004. I was excited and anxious about running in Boston, but unfortunately, the weather did not cooperate for race day. The race did not start until noon, and the temperatures were already very warm by 10 a.m.; by the start of the race, it was 86 degrees! I was not ready for that and had not trained in hot weather for that long of a distance. I usually wear my fuel belt for long runs and never take any water/fluids from water stops along the course. During this race, I was so nervous that I was not going to be able to finish because of the intense heat that I was taking extra fluids, popsicles, and wet sponges from people along the way. I ended up finishing in 3:55 and normally would not have been happy with that time, but I was just happy to finish and not pass out from heat stroke!"

When asked about her favorite race, Angie replies, "I enjoy running the Peachtree Road Race because it is a fun race with lots of people running and cheering along the way. I like the Peachtree City Classic because I enjoy running on the golf cart paths, and the weather is usually pleasant. It is also nice to see a lot of people I know both running and volunteering at the race." (Angie finished third female overall in the most recent Peachtree City Classic 15K with a blazing time of 1:05:02!!)

As far as motivation, "I enjoy running because it keeps me active, helps me stay in shape, and is a good way to start my day. I love being able to just put on my running shoes and go for a run anywhere, even when on vacation. I think it is a good stress reliever and allows me to be able to escape and think without the distractions of everyday life."

This physical therapist attended Samford University and Georgia State where she received a BS in Education with an Exercise Science Major and Masters of Physical Therapy (MPT). Her job is to help people recover from surgeries and injuries. She has specialized in treating both pediatric and geriatric patients as well as those in between, so she has the whole field pretty well covered!

Angie and Eric train together when their schedule allows, which is not often enough; but when they can't, they have each other to rely on to watch the kids while getting in a few miles on their own. When not working, training, or raising her children and caring for the household, Angie also enjoys traveling, spending time with her family, and reading. While not claiming to be an expert at multi-tasking, Angie has learned to balance the many demands of each of her roles and still been able to excel on the roads. She plans to continue her running career for as long as she can. Given her past performances, her future looks so bright she has to wear shades!!!

New Member Profile *By Bob Dalton*

Marine continues to challenge himself



The Scoleri Family—Katherine, Reilly, Carter, and Steven with Isabelle

Steven Scoleri, 39, is originally from Philadelphia, Pennsylvania, and has made his home in Peachtree City for the past five years along with his wife Katherine and their two boys, Reilly (4) and Carter (1), and their dog Isabelle. A relative newcomer to running, Steve has been at it for five or six years now and joined the PTCRC because “Bill Fuller said it was fun, and he was correct.”

Steve is a former Marine who was an Aircraft and Power Plant Mechanic and Test Cell Operator. He spent four years on active duty and four in the reserves working on the Harrier jump jet and the F-18 Hornet. He was assigned to Cherry Point, North Carolina, where he spent much of his time deployed on cruises and also at Iwakuni Marine Corps Air Station in Japan.

Steve is now a Principal Architect for GSI Commerce where he designs computer infrastructure systems for e-commerce sites such as *polo.com*, *toysrus.com*, *thesport-sauthority.com*, and *dickssportinggoods.com*. He and his family split their time between here and West Palm Beach, Florida, where they have a second home. They will likely make Peachtree City their full time home when their son Reilly starts school next year.

Katherine puts her computer skills to work as well. She runs *safemama.com* which is a parent information blog site in addition to being a full time mom herself.

Steve enjoys running because “When I run distance, it feels like everything else is easy – work, responsibilities, etc.” One unusual experience he had was while competing for the PTCRC at the Macon Labor Day race this year. Steve noted that “they stopped us at a cross street during the race to let some emergency vehicles through. Some of the runners were very upset.”

His favorite race is our own Peachtree City Classic because, “Everyone either is or looks familiar. The

course is very well known, and usually, the weather is perfect.” Since joining the club, Steve has jumped right into the activities by running on club teams at the Army Hooah Race and the Macon Labor Day where he set his 10K PR of 47:35.

Steve recounts his most memorable running experience as the 2010 Disney Marathon. “The water stations were iced over from the spilt water. I mean it’s Florida!! By mile 22 or so, my feet were frozen, and I couldn’t feel them anymore.” Steve went on to run a 4:14, slightly slower than his 3:52 from the year before at Disney.

Steve also returned to his roots when he ran Marine Corps in 2009 with a time of 4:04. He ran a PR of 3:48 at the recent Philly Marathon this past November and is planning on running the Goofy Challenge in January 2011! With four marathons under his belt already, it’s a good bet he will meet the challenge and be wearing his Goofy medal along with other members of the club.

Minutes continued from page 2.

Club Grand Prix—The next Grand Prix/Bridge to Bridge will be on November 13.

Treasury—Bill Anderson reported that the Classic did well. Registrations totaled \$48,168. The 2009 registrations totaled \$55,326. Sponsorships totaled \$20,000. The 2009 sponsorships totaled \$13,000. Major expenses totaled \$41,000, while \$45,000 was budgeted. The total expenses for the newsletter to date is \$277. The 2009 expenses for the newsletter totaled \$1,553. This year’s budget for the newsletter is \$1,000. The social expenses to date total \$537. The treasury has \$32,000 in CDs and \$17,000 in the bank account.

Much thanks to Bill Anderson for a job well done as Treasurer.

Fundraiser—White Water High School wants to sponsor a fundraiser for a student with cancer on December 18. If the event is put on, Bill Werling has volunteered to assist with it. He will also need volunteers from the club. Please see Bill if you are interested in helping.

Sprint for Students—Dave Ketelsen’s church will continue to sponsor the annual “Sprint for Students” in May.

Membership—Bob Dalton reminded the club that membership renewals for 2011 are due.

Upcoming Races—Autumn Chase in Newnan (November 6); Turkey Trot at Spring Hill Elementary School (November 6); New Hope Harvest Classic (November 6); Atlanta Thanksgiving Day Half Marathon (carpooling only); Jingle Bell Trail at Peachtree City Elementary (December 4).

Farewell—As Bill Werling lowers the Gavel for his final time, we want to thank him for a job well done as President of the Peachtree City Running Club.

Adjournment

With no further business, the meeting was adjourned at 8:39 p.m.

Christmas Party & Annual Awards Banquet

1,000 Mile Club Jacket Recipients



From left: Steven Bothe, Mitch Butler, David Kennedy, Ryan Kennedy, Mike Lankford, and Michelle Villars (Not pictured: Jennifer Lawrence, Melanie Hamilt, Doug Lego, and Jill Lego)

1,000 Mile Club Members



Jake Hancock, Kim Ruple, Ed Vise, Ray Besch, Rusty Burns, Tim Covert, Brandi Osse, Betty Smith, Von Woods, Kith Burkingstock, Chris Chiong, Holly Anderson, Tracey Moore, and Nathan Reeves

5,000 Mile Club Jacket Recipients



Anastasia Walker and Teresa Moore

5,000 Mile Club Members



Staggered from left: Rene Flaherty, John Mrosek, Tom Round, Todd Davison, Connie Sambrone, Lou Boone, Cathy Olson, Marino Fuentes, Rita Weston, Jane Hamilton, John Waterhouse, Mark Hamilton, and Dave Ketelsen (Not pictured: Mark Ward, Bernice Wassell, Bob Smith, Michael Warren, Bill Everage, Patrick Kearns, Wes Wilkins, Lisa Mathews, and Hal Wolfe)

10,000 Mile Club Jacket Recipient



Dick Allis

10,000 Mile Club Members



From left: Caryle Robison, Bill Anderson, Trish Vlastnik, and Ann Port (Not pictured: Jules Desgain, Roy Robison, Bonnie Hancock, and Steve Hancock)



15,000 Mile Club Jacket Recipients



Bob Dalton and Fred Port (Not pictured: Ann Shoemaker and Jerry Shoemaker)

15,000 Mile Club Members



From left: Martha Boone, Bill Fuller, Teri Besch, Valerie Reynolds, Dave Piet (Not pictured: Susan Mills, Cal Daley, Joe Wassell, and Margie Dam)

20,000 Mile Club Member



Bill Werling

Christmas Party & Annual Awards Banquet

Women's Open



From right: 1st Place—Jane Hamilton; 2nd Place—Michelle Villars; 3rd Place—Leslie Hassell; 5th Place—Ann Port (Not pictured: 4th Place—Hannah Hancock)

Women's Masters



From right: 1st Place—Martha Boone; 2nd Place—Rene Flaherty; 3rd Place—Trish Vlastnik; 4th Place—Teri Besch; 5th Place—Ann Henderson

Men's Open



From right: 1st Place—Bill Anderson; 2nd Place—Vern Schmitz; 3rd Place—Adam Shoemaker; 4th Place—Tim Covert; 5th Place—Chris Chiong

Men's Masters



From right: 2nd Place—Normer Adams; 3rd Place—Dave Piet; 5th Place—Bill Fuller; 4th Place—Mike Lankford (Not pictured: 1st Place—Chuck Garwood)

Extra Mile Award



Brandi Osse



Rita Weston

Not Pictured: Bob Smith

Rookie of the Year



Mitch Butler



Melanie Hamilt

Most Improved Runner



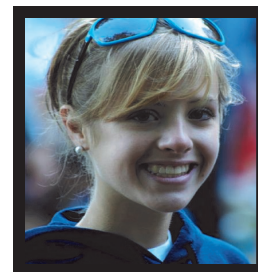
Dave Olson



Bob Dalton



Steven Bothe



Hannah Hancock

President's Award



Carolyn Gulick (Presented with hugs from Susan Berschinski)



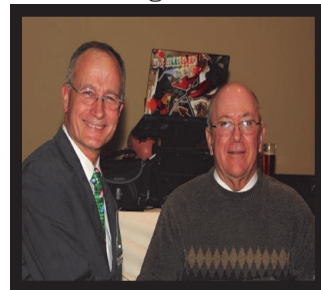
George Martin

Volunteer of the Year



Mike Lankford

RRCA Recognition Award



Normer Adams (Not pictured: Rose Kempton and Tamara Gerken)



Christmas Party & Annual Awards Banquet

2010 Hall of Fame

The Peachtree City Running Club began the Hall of Fame Award six years ago. In that time, 21 members 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.



Dave Piet joined the Peachtree City Running Club in January of 1994. In that time, Dave has proven his importance in the club by stepping up to hold the offices of Activities Vice President for two years (1998 and 1999), perhaps the most demanding job in the club according to Dave, and President in 2000. Always an active member in the club, Dave also was in charge of the club's merchandise for two years and has volunteered as emcee for the PTC Classic since 2000 and has performed in this function ever since. You will know Dave at each of the last 10 Peachtree City Classics as the debonair fellow with the black tux and black shorts.

In the PTCRC, Dave has received the honor of President's Award twice and has received Volunteer of the Year as well. He earned his 15,000 Mile Club jacket at the 2010 Christmas Party & Annual Awards Banquet. He also took 3rd place in the 2010 club Grand Prix and has also placed third and fourth previously.

His involvement in athletic sport is not contained only within the running club, as he is also a member of the Peachtree City Triathlon Club, where he served as president for one year and has also acted as emcee for the PTC Youth Triathlon since 2001 and has handled the coordination of the bike transition portion of the triathlon. In 2000, Dave participated in the Atlanta Track Club Relay (1 mile run x 100 for over 50+ year old runners) helping to established the world record.

Dave and his wife Jo Ann have been married for the past 42 years. They have two daughters, Shannon (35) and Cameron (34). They originally resided in Birmingham, Alabama, before moving to Peachtree City in 1986. Dave earned a BS in business from the University of Southern Mississippi and an MBA from the University of Oklahoma. He served 26 years active duty in the U.S. Army. After retiring in 1993, he worked with several different defense contractors providing database and systems analysis for the U.S. Army at Fort McPherson.

He and his wife have been very active in the community as charter members of the Piedmont Fayette Community Hospital Auxiliary having joined when the hospital was still under construction. Dave provided volunteer labor to assist in the construction of the pond in the hospitals atrium, assisted the HR department with initial pre-screening of the non-professional staff prior to the opening of the hospital, and provided guided tours of the facility at their grand opening. He also served six years on the Peachtree City Planning Commission, four of those years as the commission chairman. He was involved in the establishment of the Peachtree City Historical Society and its Chairman for two years.

Although Dave has been active in running and triathlons for the past 10 years, his sport of choice before taking up those sports was golf, and he looks forward to more golf as he nears retirement. Speaking of retirement, several years ago Dave and his wife began contemplating retirement; things like should they move to one of the typical retirement states, down size their home, etc. While there were many family and other factors to consider, their decision to remain in Peachtree City in retirement ultimately turned on the fact that they didn't want to give up the wonderful friends they have made though the years in community organizations like the Peachtree City Running Club.

Christmas Party & Annual Awards Banquet



Racing News

Third Army teams victorious at Army Ten Miler By Bob Dalton



The 26th Army Ten Miler took place on Sunday, 24 October 2010. As a sign of the remarkable popularity of this race, the race cap of 30,000 was reached in a mere 35 hours after opening on 1 April this year. All 50 states and 24 countries were represented, and 865 teams were registered.

For the last consecutive 15 years of this event, Third Army based at Fort McPherson in Atlanta, Georgia, has shown the flag and for the last 14 of those years has won or placed in their division. Their win again this year was a fitting end to the legacy that has been the hallmark of their competitive spirit in this event. With the closure of the post next year under the Base Realignment Commission (BRAC), the runners from Fort McPherson were determined to go out on a high, and that is exactly what they did.

Race day dawned with near ideal conditions with temps in the mid 50s and low humidity. Fortunately, the threat of rain was skirted. The howitzer signaled the start, and the runners were off to test their mettle against each other, the clock, and themselves. The results did not disappoint. The three teams from Fort McPherson were entered in three different categories: Active Duty Masters Women, All Comers, and Open Mixed.



From left: Presenter CSM Williams of Military District Washington (MDW), MAJ Pilay, CW2 Krall, MAJ Azubuike, LTC Kennedy, SGM Barren, CPT Wright, and presenter MG Horst, Commanding General of MDW

Active Duty Masters Women Results

Third Army has only entered a team in the Active Duty Masters Women's division three times: in 2000, 2009, and 2010. They have taken first place every time. This year they decisively defeated the next closest rivals, "Always Out Front," by over 35 minutes. The cumulative time of the first four finishers on each team counts as their total time.

Third Army Lady Trailblazers: 1st OA - 180—05:04:22

Name	Sex/Age	Time	Overall
Sheryl Kennedy	F 45	1:07:44	743
Pamela Wright	F 40	1:15:09	2098
Lea Krall	F 40	1:19:56	3497
Cynthia Barren	F 44	1:21:34	4086
Amanda Azubuike	F 40	1:26:25	6115
Lalini Pillay-Clarke	F 42	1:36:48	11260

All Comers Results

Over the last decade or so, the Third Army All Comers' team has had a friendly rivalry with the Redstone Team out of Huntsville, Alabama. The record between the two for 1st and 2nd during that time has been fairly even. In spite of a hard fought fight by Fort McPherson, Redstone managed to pull ahead by less than three minutes. Still, All Comers' Team Captain Bob Dalton pointed to the fact that "their average age was 37 while ours was 50, so our 'geezer-dom' was a factor. But our experience also put us in 30th place overall out of almost 900 teams, which puts us in the top 3% of all teams."

Fort McPherson Road Racers: 2nd OA - 32—04:10:45

Name	Sex/Age	Time	Overall
William Pray	M 48	1:00:27	193
Bob Dalton (2nd AG)	M 57	1:03:07	333
Brian Lein	M 48	1:03:23	351
John Ruibal	M 47	1:03:48	381
Michael Dunn	M 43	1:05:22	510
Russell Stewart	M 36	1:05:45	547
Russel Mitchell	M 44	1:08:14	807

Open Mixed Results

In the Open Mixed Division, "10 The Fast Way" proved their strength by finishing 13th in their division out of 116 teams. Everyone on the team set a personal record at the ten mile distance by a significant measure.

10 The Fast Way/Fort McPherson: 13th OA - 217—05:14:04

Name	Sex/Age	Time	Overall
Doug Delzell	M 44	1:09:14	937
Nikki Marie Blystone	F 32	1:19:09	3221
Margaretta Watkins	F 39	1:19:24	3315
Regina McClaurin	F 38	1:26:18	6064

Team Coach Bob Dalton stated, "I couldn't be more proud of the effort everyone put forth in preparation for our final 'swan song' in America's most competitive ten mile race. I had high expectations for our last run at this, and everyone lived up to those expectations. It was a great day for the Third Army Ten Miler team and a great way to end our 14-year winning streak."

The Bourbon Chase: A newbie's view of a relay race By Kim Ruple



Team Wasted But Happy

This was my first relay race, so this article is one part the experience of the race, one part “how to,” and one part a thank you to all the people who made it a great event, especially Bill Fuller who pulled us all together and ensured every aspect was covered.

So first, the preparation for the event—we were participating in the Bourbon Chase and signed up over six months in advance. Bill Fuller, our Team Captain Supreme, sent out updates about the race and ensured we had a link to “The Guide Book” provided by race organizers. It contained helpful hints, copies of the legs each runner would run, and the rules of the road. It should be read and reread, as the first time you read it you find it slightly amusing. Then as the date draws near and you realize you will have eleven other team mates counting on you not only to be fit but also to know how to run your legs in the dark on unknown roads potentially in bad weather with few if any markers, the panic sets in (or at least for someone who’s overly analytical about things—yes, anal is part of the word analytical). So here are my helpful hints: Read the book and reread the book plus any emails that come out. Storing them all in one folder is very helpful, so you have quick access later. When you get closer to the race, use the routes and the street level of Google Maps, so that you can virtually run the course and see landmarks, street signs, etc., before you are on the road at 2 a.m. with a little headlamp wondering where the heck that right turn is! You may also want to copy your race segments onto index cards or some other hard-to-destruct, I-can-withstand, sweat-tough material. Secondly, bring food, snacks, extra lights, and extra batteries. Many of the areas are remote, and you don’t know what you’ll find. If you are like me, being tired and hungry makes me grumpy, which isn’t good considering you will be spending 3-4 days in a 15 passenger van with 5-6 other people who will be going through similar mood swings. Lastly, bring clothes for any weather and make sure you are very organized. We ranged from frigid nights with gloves, hats, etc., to running in 80°F,

sunny, and a strong headwind that caused one of our runners to have heat exhaustion. (Yes, we did have a first aid kit, and the runner recuperated immediately upon getting fluids and electrolytes!) This happened in the course of 17 hours — the amount of time team Van 2 of “Happy But Wasted” was on the course.

Next, the experience of the race—I told many people it was like maneuvers in the military: Pack up, hurry, race to your next location, then wait, repeat. This is why great people are essential to the trip, and we had an abundance of fantastic comrades, since Peachtree City sent three teams: Wasted But Happy Captained by Jerry Shoemaker, Happy But Wasted Captained by Bill Fuller, and 784 Years of Spirit Captained by Lou Boone. Given we had 36 runners, plus drivers and family members and NO incidents, it was an amazing event. Like the military, I feel a special connection with each person. Take a look at the pictures and you’ll see why.

Again thanks to the old champs for answering my questions, thanks to my van-mates, Shawn, Gary, Ann, Mark, Steven, and Hassan for putting up with me, encouraging me, and always taking care of each other. Most of all, thanks to Bill and the team captains—your organization and communication skills made this a great first time for *this newbie*. If you get a chance, you should take on the challenge of a relay race. Who’s ready to go?!



The "Crof-Tom-O-Meter"

By Bill Fuller

Tom Crofton has always been the master at predicting race times and events, or at least that's how it seems for the nineteen years I have been a running club member.

I'm not exactly sure when he devised the "Crof-Tom-O-Meter," but one thing is certain—it has provided guidance, challenge, and fun for many.

Even before the first Hood To Coast relays and back to the early Georgia long distance relay, the "Crof-Tom-O-Meter" was in action with Tom predicting how one team would overtake another at one o'clock in the morning at the New Hope Baptist Church or some place in the middle of nowhere, and his predictions were always accurate. So, today we pay homage to that evil invention that makes us run harder every single time we get out of the van to run our leg in a relay. This year's Bourbon Chase 200-Miler was a classic. Three teams of twelve runners involved and a masterpiece of times and predictions laid out by Tom.

To explain to the uninitiated what the Crof-Tom-O-Meter is: Each runner submits his or her 10K race pace and Tom computes each individual's time into the distance and degree of difficulty for each leg of the race to be run. Sounds somewhat easy if one knows the course, but this was the first year for Tom at the Bourbon Chase, so no track record, plus thirty six runners to contend with. Using the description of each of the legs from the race manual, Tom went to work. Carefully taking into consideration the runner's capability to lie about his/her 10K time, the necessary adjustment is made, and a fudge factor added. The forecasted time is set, and this is repeated three times for each runner resulting in a spreadsheet for the thirty six legs of the relay. The fun actually starts a few weeks before the race when the Crof-Tom-O-Meter is distributed to each team member. Moans and groans abound. "Is he crazy?" "I can't run that fast!" "Does he know the course?" "How did he come up with that time?" "NO WAY!"

So, the challenge is on. Not a single runner wants to go over Tom's predicted time—they all want to beat the heck out of it. The truth is, only the "sandbaggers" that escape Tom's scrutiny are able to do this. (He just has too much experience.) Of course, apart from creating a fun challenge, the spreadsheet provides a great race tool. Using the predicted times, each of our team vans is able to arrive at the next race exchange point, drop off the next runner, and keep the record sheet up-to-date.

After the event, Tom takes the official race times for each contestant and carries out a synopsis. The pages linked to at the end of this article show the "Crof-Tom-O-Meter" for the three teams that ran this year's Bourbon Chase along with Tom's final report. Take the time to study the detail, and if you ran, reflect on how much fun Tom contributed to yet another great relay!

Bourbon Chase Relay Results / Award Sheet October 22, 23, 2010			
BEST of 3 teams			
	Team Happy	Team Wasted	Team 784
A. KILLED that DARN "Crof-Tom-O-Meter":			
Predicted Time	25:45:00	30:00:00	32:59:59
Actual Time	26:29:54	29:03:22	32:14:55
Variance	0:15:06	0:56:38	0:45:04
B. "Most Predictable" Award - came closest to Crof-Tom-O-Meter			
One Leg			
1.	Tie-Don V.L., leg13, 7sec over	Hal W., leg 16, 3sec under !!!	Bob T., leg 5, 7 sec. over
2.	Tie-Glenn S., leg5, 7sec over	Gary M., leg 10, 5sec. under	Tom R., leg 9, 8 sec under
3.	Mohammad A., leg7, 10sec under	Martha B., leg21, 6 sec. under	Bob T., leg 29, 65 sec under
All legs			
1.	Mark H., 1 sec over !!!	Martha B., 6 sec under	Jules D., 47 sec over
2.	Gary Kolb, 36 sec. under	Alice T., 2:31 over	Bob T., 3min 28sec under
3.	Shawn McK, 64 sec over	Mark W., 3:00 under	Tom R., 6min 45sec under
C. "Sandbagger" Award - Beat the Crof-Tom-O-Meter the most:			
One Leg			
1.	Gary K., leg 11, 3.9 min.	Ann S., leg 1, 11.8 min	Chuck G., leg 28, 9.7 min
2.	Don V.L., leg 1, 3.7 min.	Kim G., leg 32, 10.2 min	Chuck G., leg 16, 8.4 min
3.	Kim R., leg 20, 2.6 min.	Bill E., leg 11 9.6 min	Dave O., leg 18, 8.0 min
All Legs			
1.	Kim R., 6.7 min.	Ann S., 27.9 min	Chuck G., 22.9 min.
2.	Larry L., 5.3 min.	Kim G., 24.2 min	Dave O., 21.6 min.
3.	Steven B., 2.9 min.	Bill E., 19.2 min	Roy R., 17.1 min.
D. "Storm Troopers" Award - Stayed on course the longest time			
One Leg			
1.	Don V.L., leg 1, 1:14:17	Shane C., leg 17, 1:29:00	Lou B., Leg 1, 1:29:07
2.	Glenn S., leg 17, 1:12:40	Kim G., leg 34, 1:22:31	Jules D., Leg 34, 1:23:42
3.	Mark H., leg 34, 1:05:30	Ann S., leg 1, 1:13:53	Bob T., Leg 17, 1:22:26
All Legs			
1.	Don V.L., 2:51:42	Shane C., 3:05:52	Lou B., 3:19:56
2.	Gary K., 2:35:00	Gary M., 3:01:05	Dave P., 3:19:52
3.	Mark H., 2:31:25	Mark W., 2:50:55	Jules D., 3:17:09
E. "Fastest Per Mile" Award:			
One Leg			
1.	Steven B., leg 9, 5:57	Deanna McC., leg 24, 6:19	Dave O., leg 6, 7:30
2.	Steven B., leg 21, 6:07	Deanna McC., leg 12, 6:41	Dave O., leg 18, 7:39
3.	Steven B., leg 33, 6:09	Greg C., leg 26, 6:43	Dave O., leg 30, 8:13
All Legs			
1.	Steven B., 6:05	Deanna McC., 6:38	Dave O., 7:49
2.	Mark G., 6:35	Greg C., 6:54	Chuck G., 8:24
3.	Larry L., 6:50	Bill E., 7:22	Tom R., 8:30
F. "Most Miles Run" Award:			
1.	Mark H., 20.4 miles	Gary M., 20.4 miles	Jules D., 20.4 miles
2.	Vern S., 19.5 miles	Hal W., 19.5 miles	Chuck G., 19.5 miles
3.	Mohammad A., 18.1 miles	Jerry S., 18.1 miles	Dave P., 18.1 miles
G. "Most Consistent" Award: (per mile fastest to slowest leg)			
1.	Steven B., 5:57, 6:07, 6:09	Shane C., 10:10, 10:21, 10:27	Marino F., 9:53, 10:09, 10:12
2.	Vern S., 7:22, 7:32, 7:45	Bill E., 7:12, 7:26, 7:30	Tom R., 8:20, 8:25, 8:46
3.	Mark G., 6:20, 6:35, 6:49	Greg C., 6:43, 6:50, 7:04	Tom C., 8:17, 8:43, 8:50
H. "Best" Team Captain Award:			
1.	Bill Fuller	Jerry Shoemaker	Lou Boone
Tom Crofton VP - Time Predictions & Motivational Tools, PTCRC			

For more spreadsheets on the individual teams that took part in the Bourbon Chase and other spreadsheets, please click here → [2010 Bourbon Chase Final Results.](#)



Club News & Announcements

Kim Ruple is Boston Bound

By Pat Miles



This has been a rollercoaster running year for Kim Ruple. The year began with a cancelled marathon in South Dakota, followed by a new PR (3:59:28) in the NYC Marathon, then snowed out of the Austin Marathon, and running a hilly and rain drenched Cincinnati Flying Pig Marathon. This tough year culminated with hernia surgery this summer. So how does Kim follow a year like this? By taking 20 minutes off of her PR (3:40:09) in the Soldier Marathon in Columbus, Georgia, and blowing away her qualifying time for Boston.

I too was blown away and asked how she was able to do it. She humbly said, "It was one of those days when everything came together. There was good racing weather, a small field, a fairly flat course, and a good group from the Peachtree City Running Club." But those of us who know how dedicated Kim is to fitness know that there had to be more to it than that. Upon further prodding, she gave up her secrets. Kim has been running on Sunday mornings with the Boat Dock Runners and doing speed work at a 5K pace as well as hill work. She also added massages from Rachel at Massage Envy and some new leg strengthening and stabilization exercises to her routine. It's so nice to see all of her hard work paying off and a ticket to Boston in her future.

As a runner who would love to qualify for Boston, I know that I'll be adding speed, hills, and strength to my training runs and hoping for that magic day when it all comes together.

Classic Stuff Available!!!

A few 2009 Classic vests and 2010 Classic shirts still remain in our small inventory. If you are interested, you can purchase them for \$10, with all proceeds going into the Peachtree City Running Club's treasury."



2010 Fayette Fitness Challenge Winners

Corporate over 500 employees

- 1st AT&T
- 2nd Piedmont-Fayette Hospital
- 3rd Chic-fil-A

Corporate 250-499 employees

- 1st Panasonic Automotive

Corporate 50-249 employees

- 1st Gardner Denver
- 2nd Windpak Films, Inc.
- 3rd FC&A

Corporate under 50 employees

- 1st Parkside Dental
- 2nd Discovery Auto Parts
- 3rd Center IMT

Government

- 1st Fort McPherson

Elementary Schools

- 1st Peachtree City Elementary
- 2nd Huddleston Elementary
- 3rd Oak Grove Elementary

Middle & High Schools

- 1st Booth Middle School
- 2nd McIntosh High School



Upcoming Club Events

Saturday, January 1—Club Grand Prix/Guess the Distance Run at the Boone's at 9:00 a.m.

Monday, January 3—Club Meeting at the Dolce at 7:30 p.m.

Saturday, January 22—Atlanta Track Club/PTC 5K/10K at 8:30 a.m.

Saturday, February 5—Club Grand Prix/Consistency Run for the Hills & New Member Breakfast at the Besch's at 8:00 a.m.

Monday, February 7—Club Meeting at the Dolce at 7:30 p.m.

Upcoming Georgia Races & Events

PTCRC Club Grand Prix/Guess the Distance Run—01/01/11

We meet at the Boone's (108 Whitfield Run in PTC) on New Year's Day (Saturday) at 9:00 a.m. for a Guess the Distance Run. No timing devices allowed! Bring a breakfast dish to share, as we kick off the New Year the right way with a run and fellowship!

St. Paul Lutheran School Frostbite 5K—01/08/11

This race starts and finishes in the lower-level school parking lot of St. Paul Lutheran School located at 700 Ardenlee Parkway in Peachtree City on Saturday, January 8. The 5K starts at 9:00 a.m., and the 1 mile walk/run starts at 9:10 a.m. Parking is available at Crabapple Elementary, 450 Crabapple Lane, with complimentary golf cart shuttle to the starting line. Following the race, enjoy coffee, hot chocolate, and snacks during the indoor awards ceremony and door prize giveaway. For more info, check out the website at www.frostbite5K.org or www.active.com/running/peachtree-city-ga/frostbite-5k-2011.

Atlanta Track Club/Peachtree City 5K & 10K—01/22/11

Peachtree City will again host members of the Atlanta Track Club on Saturday, January 22, in their annual trek to Peachtree City. The race starts and ends at the Glenloch Recreation Center at 8:30 a.m. This is part of the Atlanta Track Club's Grand Prix Series, so we usually see a very good turnout despite the tradition of it being very cold that morning. Peachtree City Running Club members are welcome to run the race at no charge (it's free to both PTC and ATC club members), since it is a "no tee shirt" race. However, if you care to volunteer, we always need a good number of club members to help us on the race course. If you can volunteer, please contact George Martin at r2sun98@mindspring.com or call 770-596-9890. For more info, please visit www.atlantatrackclub.org/events/view/2011-peachtree-city-5k-10k.

Callaway Gardens Marathon/Half Marathon/5K—01/30/10

The Callaway Gardens Marathon and Half Marathon takes place on Sunday, January 30, at 8:00 a.m. There will also be a 5K run. 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.active.com/running/pine-mountain-ga/callaway-gardens-half-marathon-2011-tn402 or call Dave Johnson Enterprises at 770-565-5208.

PTCRC Grand Prix/Consistency Run for the Hills & New Member Breakfast—02/05/2011

Join us for a consistency run followed by brunch to welcome our new club members at 8:00 a.m. on Saturday, February 5. We meet at Ray and Teri Besch's residence at 105 Parsons Place in Peachtree City. Members are asked to bring a breakfast item to share. New members only need to bring an appetite!

7th Annual Kedron Elementary Heart to Heart 5K/One Mile Family Fun Run—02/12/11

The Kedron Heart to Heart 5K run and One Mile Family Fun Run will take place on Saturday, February 12. The one mile starts at 9:00 a.m., and the 5K starts at 9:30 a.m. There will be a warm up at 8:30 a.m. The race begins and ends at Kedron Elementary School at 201 Kedron Drive in Peachtree City. This is a great race to end the month of February. There will be a T-Shirt for all registrations completed before 1/21/11. For more info, please check out the website at www.kedronknights.org/forms/HeartToHeartRegistrationForm.pdf or visit www.active.com/running/peachtree-city-ga/heart-to-heart-5k-road-race-and-1-mile-family-fun-run-2011#Summary.

For more Georgia events, please visit www.atlantatrackclub.com, www.rungeorgia.com, and www.active.com.

2011 Elementary School Grand Prix Schedule

January 8	St. Paul Lutheran School 5K
February 12	Kedron Elementary School 5K
March 5	Oak Grove/Burch Elementary 5K's (at Oak Grove)
March 26	Crabapple Elementary 5K
April 16	Huddleston Elementary 5K
April 23	Inman Elementary 5K
May 14	Brooks Elementary 5K/10K



Peachtree City Running Club

2011 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: \$20.00

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



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. It recently celebrated the 64th anniversary of its founding by Mr. Truett Cathy in 1946, just 20 miles from here. And in those 64 years it has grown to one of the largest food franchises in the world. 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 the Peachtree City Running Club as a sponsor every year, CEO Dan Cathy actually runs in our 15K most years, along with a large corporate team from Chick-fil-A. A better, more loyal corporate running sponsor would be hard to find. Thank you Chick-fil-A!



*The
Richard Horning
Foundation*



*Friends of
Joe Maloy*



*Kiwanis Club
of Peachtree City*



at&t



Infiniti of South Atlanta
www.atlantainfiniti.com
Volkswagen of South Atlanta
www.vw-place.com



www.pterc.com

Peachtree City Running Club ♦ P.O. Box 2377 ♦ Peachtree City, GA 30269