

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JAN/FEB 2012

INTRODUCING TWO NEW PTCRC BOARD MEMBERS

Inside:

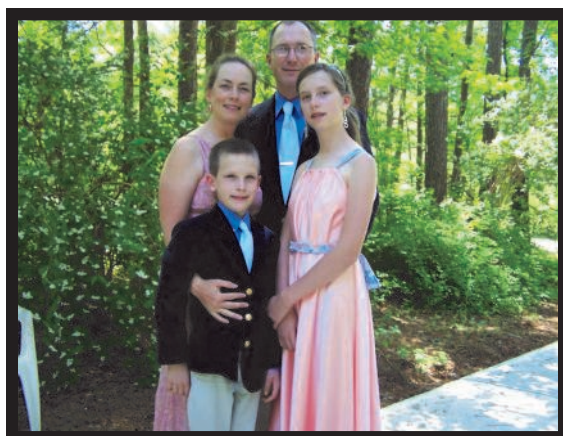
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Secretary, Teresa Moore and Family

Our incoming secretary, Teresa Moore, has been a member of the PTCRC since 2006. She served as Social Committee Chair for two years, received her first 1,000 Mile Club certificate in 2006, and was voted Rookie of the Year that same year.

Teresa was born and raised in Griffin, Georgia, and has lived in Fayetteville for the past 12 years. In 1987, she graduated from Griffin High School then went on to study English Education at UGA where she graduated in 1991 with a BSE.

She has been married to PTCRC member Tracey Moore for almost 20 years and is a full-time stay at home mom with their two children, Hannah, 13, and Nathaniel, 9. As a family, they like to hike, bike, camp, and go to the movies. They also love to run with one another. Tracey began running just to keep up with her, and that inspiration spilled over to their children who also run with them. Hannah ran her first Peachtree just this year.

Teresa is active in her church and choir at Woolsey Baptist. Before children, she taught school for seven years then worked in marketing at a local Chick-fil-A for five years.

She began running in 2004 after losing weight from walking. She continued to lose the weight and lost over 60 pounds. Since —>



Activities Vice President, Shane Sheffield and Family

Shane Sheffield has been a Peachtree City resident for 14 months, but he previously lived in Prattville, Alabama.

He works in Finance for Turner Broadcasting. Previously he attended Auburn University where he earned a Masters of Accountancy and BSBA in Accounting.

He is married to Amy, and they have two children, Madeleine, 6, and Alex, 4. They enjoy traveling as a family and spending time together at the lake.

He has been running for two years, and in that time has completed all distances up to the marathon.

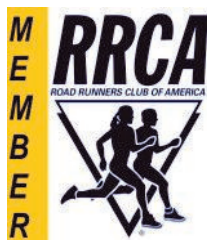
Welcome aboard, Shane!

Teresa Moore continued

then, she has run countless 5Ks, 10Ks, and half marathons, as well as six marathons. Teresa has run over two dozen races this year from the 5K distance to the marathon distance.

She's not only partial to road running as she also likes to run the trails and cross country. She has since moved into Sprint and Olympic triathlons, and joined Team Aquaphor in 2010.

Thank you for stepping up, Teresa!



**PTCRC 2012
EXECUTIVE BOARD**

President

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

Administrative Vice President

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

Activities Vice President

Shane Sheffield
aufotball50@yahoo.com
770-722-0101

Secretary

Teresa Moore
tmtmhnm@bellsouth.net
770 716-8790

Treasurer

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

Membership

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

RRCA Liaison

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

Classic Race Director

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

Newsletter Contacts

Editor

Tamara Gerken
souple@numail.org
770-253-7387

Race Results

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

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 souple@numail.org.

Send race results to

Bill Fuller

at mki.kammann@gmail.com.

**NEXT DEADLINE:
FEBRUARY 17**



Club Meeting Highlights

November

President Shane Carpenter called the meeting to order at the Dolce Conference Center. New members and guests were acknowledged and welcomed. A motion was made and seconded to approve the minutes of the October meeting. The motion was carried.

Shane distributed ballots to members to vote for Rookie of the Year (Male & Female), Most Improved Male Runner, Most Improved Female Runner, and Volunteer of the Year. Ballots will be tallied and winners will be announced at the December Christmas Party.

Speakers

Club members Ray and Teri Besch gave us a very in-depth, intriguing, interesting, and informative presentation of their 44-day journey to the Arctic Circle and back to Peachtree City in their Model A Ford (June 2 - July 14, 2011).

Traveling in a car with no radio, no air conditioner, at a speed of 40-45 miles per hour, Teri and Ray experienced all kinds of weather conditions, picturesque nature scenes, memorable signs, and fearless wildlife.

Taking only one duffle bag each, washing along the way, and experiencing some car trouble, Teri and Ray had the most unforgettable, awesome experience that will impact them forever. Their excitement and pride from the experience was very apparent.

Their budget for the trip was \$14,000. Their expenses totaled just under \$10,000.

And would they do it again? Yes indeed!

Their bucket list includes traveling to all 50 states in their Model A Ford. Teri has three more states and Ray has two more states to travel to complete this goal. They'll have to figure out how to get to Hawaii though.

Thank you Teri and Ray for sharing your amazing travel experience!

Lists Passed Around

1,000 Mile Club

Braelinn Elementary School—Volunteers needed for the November 12 5K

Board Nominations/Voting—Adam Shumaker presented the roster of persons nominated for Activities Vice President and Secretary. After a unanimous vote from all members present, the 2012-2013 Activities Vice President is Shane Sheffield, and the 2012-2013 Secretary is Teresa Moore. Congratulations Shane and Teresa!

Reports from Coordinators

Social—Social Coordinator Leah Liming gave an update on the status of the Christmas Party. This year's Christmas Party will be held at Glendalough Manor, Friday, December 16, from 6:30 p.m. until 11:00 p.m. The cost is \$25 per person. The deadline for payment is December 4. You may mail your payment to Leah at 613 Longer Drive, Peachtree City, GA 30269. Let's get those payments in and be prepared for a great time!

1,000 Mile Club—Roy Robison informed the group that this meeting was the final night to record mileage for receipt of certificates or jackets for the 2011 1,000 Mile Club. Please contact Roy if you have questions regarding your status.

Classic—Classic Coordinator George Martin announced and presented awards to corporations, schools, and other organizations for their participation and support of this year's Peachtree City Running Club's Classic.

Awards were presented to Piedmont Fayette Community Hospital, AT&T U-verse, First Step Physical Therapy, Art Productions, Decatur Police Department, U.S. Army Crime Team Lab, McIntosh High School, The Flash Track Team, Ultimate Fitness, Oak Grove Elementary School, Huddleston Elementary School, WinPak, Gardner Denver, and Panasonic.

Due to a computer glitch at the Classic, awards for winners in the 5K and 15K were either mailed out or presented to them at the meeting. Congratulations and thanks to all winners and participants!

Minutes continued on page 3.

WELCOME NEW MEMBERS!

Dana McClure (PTC) ♦ Sherri Bloom (PTC)

Elliott Segal (Fayetteville) ♦ Warren Mowry (PTC)

Marie Rafalowski (Fayetteville) ♦ Clem Smetana (Fayetteville)

Brad Kaufman (PTC) ♦ Robert Norton (PTC)

Pamela Russell (Atlanta)

Prez Sez

By Shane Carpenter

I hope everyone had a great Christmas and a happy New Year's. I know I did, and hopefully when you read this I will be a new father.

I want to take this time to thank everyone for a great 2011 and let you all know that I appreciate all your hard work to make this club great. Looking forward to 2012, we have some changes, one of which is welcoming two new officers to the board, Shane Sheffield and Teresa Moore. I am very excited to have them join us!

Secondly, we as a board are looking at updating our logo, getting some new marketing material, and making our club better than it already is. I look forward to seeing everyone at our first meeting of 2012, which will be January 9 at the Dolce Conference Center.

See ya on the trails!



Minutes continued from page 2.

Despite a few challenges, George informed the club that the Classic was a success. Income from the classic should total about \$30,000. Thanks so much to you, George, and to your very supportive assistant, Kelly, for a job well done!

Club Grand Prix—Next club run will be The Bridge Run.

Rotary Elementary Grand Prix—Next races are at Braelinn Elementary School on November 12 and the Peachtree City Elementary School's Jingle Bell Trail on December 3.

Christmas Party & Awards Banquet—We will have our final gathering for the year at our annual Christmas party. See you all there!

Adjourn

With no further business, the meeting was adjourned.

My sincere thanks to all of you for your support and input during my service as Secretary of the Peachtree City Running Club for the past two years.

Respectfully submitted,

Connie Sambrone



PTCRC member Pam Burrus with her elves and reindeer at the Jingle Bell Trail 5K



New Member Profile *By Bob Dalton*

Few words, many miles



Melanie Hamilt

One of the youngest but fastest members of the club is 16-year old Melanie Hamilt, a junior at McIntosh High. She is originally from the area and has lived here all her life. Asked to describe a typical day, Melanie says, "Wake up at early hours, drag myself through school, run, do 10 hours of homework, sleep, and repeat."

Her favorite distance is the 10K with a PR of 39:30, but also excels at the 5K with a 19:12 best and runs the mile in 5:40.

On one memorable run she had, she "was running with my friend MacKenzie Nail, and she saw a squirrel she thought was dead. She ran over to it, and it turns out it wasn't dead. It popped up and surprised her. I didn't know that it was possible to complete a two mile run in five minutes!"

She is a person of few words and prefers to let her running do her talking for her. Consider her responses to the following questions.

Why do you enjoy running?

"It's an outlet; school sucks, and running helps."

What do you do for relaxation?

"I enjoy playing GameCube or riding on my golf cart until the batteries die."

What is an interesting fact about yourself?

"I have five different kinds of peanut butter (Jif, Nutella, chocolate, white chocolate, and cinnamon raisin). Yes, all jars are currently being used."

Why did you join the running club?

"I wanted the jacket!"

So there you have it. Straight from a teenager – the unvarnished truth about what motivates the high school athlete to get out there and hit the roads and trails.

Future plans include college and continuing to run, of course. Melanie wants to move on up in distance as she grows older and "gets slower."

In the meantime, the next time you see a tall, young, willowy blonde with her pony tail flying behind her, it's best to step aside and let her pass. It's not likely she is going to let anyone stop her.

Zola Budd, world-class Olympic barefoot runner, set many world records in middle-distance running and then broken them, including the 5K at 14:48.07.



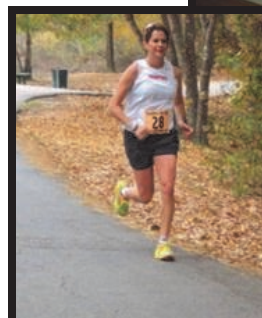
Zola & PTCRC member Tamara Gerken



Peachtree City 25K									
Rank	Last Name	First Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
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Zola's splits at the Peachtree City 25K (3 laps of 5.18 miles each): 34:12, 1:11:14, 1:47:06

Zola running the Darkside Running Club's Peachtree City 50K/25K in November





Christmas Party & Annual Awards Banquet



1,000 Mile Club Jacket Recipients



Shane Sheffield with Club President Shane Carpenter; Not pictured: Hannah Hancock

1,000 Mile Club Members



Staggered left: Shane Sheffield, Pat Cote-Miles, Kith Birkingstock, Tim Covert, Von Woods, Betty Smith, Brandi Ossi, Chris Chiong, and Steven Bothe; Not pictured: Mitch Butler, Tamara Gerken, Melanie Hamilt, Hanna Hancock, David Kennedy, Ryan Kennedy, and Jennifer Lawrence

5,000 Mile Club Jacket Recipients



Ed Vise and Kim Ruple; Not pictured: Jake Hancock

5,000 Mile Club Members



Staggered from left: Tracey Moore, Teresa Moore, Anastasia Walker, Connie Sambrone, Jane Hamilton, Bob Smith, Rita Weston, John Mrosek, and Bill Everage; Not pictured: Michael Warren, David Gulick, Tom Round, Lisa Mathews, John Waterhouse, Hal Wolfe, Ed Vise, and Kim Ruple

10,000 Mile Club Jacket Recipients



Cathy Olson and Marino Fuentes with 10,000 Mile Club member Dick Allis

10,000 Mile Club Members



From left: Cathy Olson, Dick Allis, Marino Fuentes, and Caryle Robison; Not pictured: Steve Hancock



Christmas Party & Annual Awards Banquet



15,000 Mile Club Jacket Recipients



Roy Robison and Jules Desgain

15,000 Mile Club Members



From left: Jerry Shoemaker, Ann Shoemaker, Bob Dalton, Bill Fuller, Valerie Reynolds, and Teri Besch; Not pictured: Cal Daley, Susan Mills, Roy Robison, and Jules Desgain

20,000 Mile Club Jacket Recipient



Martha Boone pictured with Club President Shane Carpenter

20,000 Mile Club Members



Bill Werling; Not pictured: Martha Boone



Women's Open

From right: 1st Place—Jane Hamilton; 2nd Place—Teresa Moore; 4th Place—Kelly Bowman; 5th Place—Anastasia Walker; Not pictured: 3rd Place—Tamar Gerken

Men's Open

From left: 1st Place—Chris Chiong; 2nd Place—Steven Bothe; 3rd Place—Kith Birkington; 4th Place—Tim Covert; 5th Place—Shane Sheffield



Women's Masters

From left: 1st Place—Martha Boone; 3rd Place—Teri Besch; 4th Place—Ann Henderson; 5th Place—Ann Shoemaker; Not pictured: 2nd Place—Jan Bankieris

Men's Masters

From left: 1st Place—Gary Kolb; 3rd Place—Jerry Shoemaker; 4th Place—Bob Dalton; 5th Place—Normer Adams; Not pictured: 2nd Place—Cal Daley





Christmas Party & Annual Awards Banquet



Rookie of the Year



Shane Sheffield and Deanna McCurdy

Most Improved Runner



Chris Chiong and Susan Bothe

President's Award



Bob Dalton and Dick Allis

Volunteer of the Year



George Martin with Club President Shane Carpenter

30th Anniversary/1981 Charter Members



Roy Robison, Phil Jones, Bob Trombly, Jeff Warlick, Michael Crofton, Caryle Robison, and Tom Crofton; Not pictured: Linda McBride and Mary Ann Crofton



Old runner tries new ways

By Marino Fuentes



Paige McElroy, Marino Fuentes, and John Covis

That old saying that “you can’t teach an old dog new tricks” probably also applies to many runners. After seven marathons over a period of 10 years and repeated failures to run any under five hours, I was ready to give it up or make changes to overcome the mental barrier.

Yes, I was ready to learn new tricks.

It had been at least three years since my last serious attempt to run a decent marathon.

In the spring, I heard several of my friends talk about the Columbus “Soldier Marathon.” Paige McElroy, whom I was running with one day told me she trains using the Run Less, Run Faster Training Plan which incorporates 3 days of running per week and 2-3 days per week of cross training. She also uses the Galloway method of 8 minute run/45 second walk intervals and ran “Soldiers Marathon” in 2010 well under 5 hours.

I decided this training plan was a good fit with my schedule, and this would give me a final chance to reach that elusive goal of a 5-hour marathon. Paige, a Certified Fitness Trainer, specializing in fitness for older adults and certified in sports nutrition, offered to work with me on my nutrition, train and run the marathon with me.

We started training in late summer when the heat and humidity were still at a peak. The weather conditions soon exposed the first weakness in my running routine; I was not drinking enough or eating enough on the long runs on weekends. I have always been careless about hydrating because I did not want to wear a fuel belt or carry much food or gels. Paige picked up on that quickly and advised me to start drinking and eating about 40 minutes into the run. The fact that we were using a run/walk routine facilitated the drinking and eating routine.

I also started experimenting with eating a better breakfast the morning of our long training runs. Finding the proper nutrition during the run took some experimenting as well. I have never been a fan of gels, so we changed over to

Honey Stingers (Marino, what other items did you take?) and PowerBar Energy Bites. We also made the change from Powerade to CeraSport, an electrolyte rehydration drink that has less sugar and is easier on the stomach. These changes started to make the long runs better, and towards the end of our training period, we completed a very successful 23-mile run. I found that running three days a week and incorporating the run/walk intervals worked for me, helping me feel better during the week, allowing me to feel strong, and have successful training runs. I had not experienced this with previous training plans. Most importantly, I remained INJURY FREE!

Not only did I learn that nutrition plays a huge role in performing well, but another key factor is training with a heart rate monitor.

When race day finally came, my confidence was up, but after so many failures, I have to admit I was a bit nervous.

Columbus was as much fun as any marathon can be. I set a PR of 5:07:49 and won my age group, 70-74. My previous PR (from seven years ago) was 5:13:30, so I saw significant improvement even if I still failed to break the 5-hour goal. Paige made every effort to push me to get under the 5-hour mark, and I resisted in my own cranky way after mile 19.

Running with a friend and finishing with many of my running buddies (Shane Carpenter, Jill Lego, Leslie Salinski, Michelle Villars, Carolyn Bowen, and others) in attendance made it even more special.

Although the nutritional changes made during my training runs and race had a very positive effect, evaluating and improving my daily diet will continue through the winter “off” season in hopes of more performance improvements in all my endurance events in 2012.

My thanks to Paige McElroy for steering me in the right direction to improve my nutrition and hydration routines.

YOUR VOZMAX NEEDS WORK AND YOU MIGHT WANT TO EXAMINE YOUR LACTATE THRESHOLD TO KEEP OXYGEN DEBT FROM INTERFERING PREMATURELY AEROBICALLY VS ANAEROBICALLY BUT BY INCORPORATING WEEKLY SETS OF LONG INTERVALS SUCH AS 5X1K AT 10K PACE TO 5K PACE WITH 60 SECOND RESTS OR 4X1200 WITH 90 SECOND RESTS YOU WOULD INCREASE CAPILLARIZATION, ALBEIT WITH POTENTIAL NEGATIVE LOSS TO YOUR GLYCOGEN STORAGE, WHILE SIMULTANEOUSLY BLAH BLAH BLAH...



Club News & Announcements

2012 Club Meeting Schedule

Monday, January 9—Dolce
Monday, February 6—Dolce
Monday, March 5—Dolce
Tuesday, April 3—Partner's Pizza
Monday, May 7—Dolce
Monday, June 4—Dolce
Wednesday, July 4—Post Peachtree Road Race Party
Monday, August 6—Dolce
Tuesday, September 4—Partner's Pizza
Monday, October 1—Dolce
Monday, November 5—Dolce
Friday, December 14—Christmas Party - TBD

2012 Club Grand Prix Schedule

Sunday, January 1—Guess the Distance Run
Saturday, February 4—Super Bowl Squares Run
Saturday, March 3—Consistency Run
Saturday, April 7—Easter Egg Run
Saturday, May 5—Run An Assigned Time
Saturday, June 2—Solve the Clues (3-person team)
Saturday, July 14—Trivia Run
Saturday, August 4—Poker Run
Saturday, September 1—Football Kickoff 5K/10K
Saturday, October 27—Run the Classic
Saturday, November 24—Toys for Tots Run
Saturday, December 8—Handicap Run

**FOR
SALE**

Classic Stuff Available!!!

A few 2009 vests, 2010 shirts, and 2011 XL and larger 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.

It's an honor to announce the arrival of the newest PTCRC member ~ Hailey Michelle Carpenter, born on December 28, 2011, at 9:19 a.m. She weighed in at 8 pounds, 11 ounces, and 20 inches! Mother Kara and baby are doing well. President Shane, however, is beside himself with delirious happiness. ~Bob



Your Ad Here!!!

Have an announcement you would like to share with the club? Please feel free to contact Tamara Gerken, Newsletter Editor, at soupie@numail.org.

Upcoming Club Events

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

Monday, January 9—Club Meeting at the Dolce at 7:30 p.m.

Saturday, January 21—Atlanta Track Club/PTC 5K/10K at the Glenloch Recreation Center at 8:30 a.m.

Saturday, February 4—Club Grand Prix/Super Bowl Squares Run & New Member Breakfast at the Besch's at 8:00 a.m.

Monday, February 6—Club Meeting at the Dolce at 7:30 p.m.

Upcoming Georgia Races & Events

PTCRC Club Grand Prix/Guess the Distance Run—01/01/12

Meet us at the Boone's home at 108 Whitfield Run in PTC on New Year's Day (Sunday this year) 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—01/07/12

This race starts and finishes in the lower-level school parking lot of St. Paul Lutheran School in Peachtree City on Saturday, January 7. The 5K starts at 9:00 a.m., and the 1 mile walk/run starts at 9:05 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.

Atlanta Track Club/Peachtree City 5K & 10K—01/21/12

Peachtree City will again host members of the Atlanta Track Club on Saturday, January 21, 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/2012-peachtree-city-5k-10k.

Callaway Gardens Marathon/Half Marathon/5K—01/29/12

The Callaway Gardens Marathon and Half Marathon take place on Sunday, January 29, 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, so many runners pick this event to qualify for the Boston Marathon which has similar elevation changes. For more info and to register, please visit their site at www.callawaygardens.com/info/calendar/calendar.fitness_series_marathon.event.aspx or call Dave Johnson Enterprises at 770-565-5208.

PTCRC Grand Prix/Super Bowl Squares Run & New Member Breakfast—02/04/12

Join us for the Super Bowl Squares Run followed by brunch to welcome our new club members at 8:00 a.m. on Saturday, February 4. 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!

Our Lady of Victory Catholic School Run for Victory 5K & 1 Mile—02/04/12

Our Lady of Victory has rejoined the Rotary Elementary School Grand Prix Series. This race begins at 9:00 a.m. on Saturday, February 4, in the school's parking lot. Register by January 6 to guarantee a T-shirt and for the low \$20 entrance fee. Registration fee increases January 7 to \$25, but a T-shirt cannot be guaranteed. Awards will be presented to age group and overall race winners. For more information and an application, please visit www.olvcatholicsch.org or call 770-306-9026.

8th Annual Kedron Elementary Heart to Heart 5K/1 Mile Wellness Walk/Run—02/11/12

The Kedron Heart to Heart 5K run and 1 Mile Wellness Walk/Run will take place on Saturday, February 11. The 1 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 200 Kedron Drive in Peachtree City. All participants will receive a long sleeve T-shirt with the purchase of registration. Race numbers and T-shirts may be picked up at Kedron Elementary from 2:00 p.m. to 6:00 p.m. on Friday, February 10. For more info, please check out the website at www.kedronknights.org.

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

2012 Elementary School Grand Prix Schedule



January 7	St. Paul Lutheran School 5K
February 4	Our Lady of Victory Catholic School 5K
February 11	Kedron Elementary School 5K
March 10	Oak Grove/Burch Elementary 5Ks (at Oak Grove)
March 24	Crabapple Elementary 5K
April 14	Huddleston Elementary 5K
April 21	Inman Elementary 5K
May 12	Brooks Elementary 5K/10K

Peachtree City Running Club

2012 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



FC&A

Frank Cawood & Associates (FC&A) is a direct-mail publishing company located in Peachtree City. The company was started in 1969 by a former President of the Peachtree City Running Club, Frank Cawood, as a one-man enterprise and has grown to include more than 100 employees, including the PTCRC's previous Legacy Editor, Rene Flaherty. FC&A's motto is "Focusing on Customers and Associates," and everyone in the company strives to maintain that focus. They truly care about their customers and want to give them the best product possible.

They recognize the need for reliable health information that is easy to understand, so their editorial staff sets high standards for accuracy and simplicity in their health books—they research every topic in medical journals and interview top health professionals to provide up-to-date information that can help you improve your health. Their consumer books are also thoroughly researched to provide the best ways to save time, money, and effort.

This commitment to excellence has made FC&A a forerunner in the direct-mail publishing business—enabling them to sell millions of books in the United States, Canada, the United Kingdom, Australia, New Zealand, France, and Germany. They currently are working on increasing their web presence with articles and blogs focusing on health and consumer issues. Check out their website at www.fca.com.



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