

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JAN & FEB

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# 2012 Christmas Party

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2005  
NATIONAL WINNER  
RRCA BEST SMALL CLUB  
NEWSLETTER

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## CLUB MEETING MINUTES

January 7, 2013 – Dolce Conference Center

President Kim Ruple called the meeting to order at 7:00PM.

Teri Besch gave out 1,000 mile club awards remaining from the Club Christmas Party.

Guests and new members were acknowledged.

Adam Shoemaker introduced Kim Bramblett as the guest speaker for the evening. Kim is a certified USAT coach and owner of Multisport Performance. Kim is race director for the Peachtree International Triathlon, the Youth Triathlon, and the PTC Sprint in the fall. Kim has been an athletic coach for the past 10 years. In addition to coaching, she continues to compete and has completed 13 Iron distance races, numerous half-iron races, and is a 3 time Boston Marathon qualifier, too.

"Define Coaching and Address the Importance of Cross training"

A coach will...

... help set goals.

- Discuss athletic goals including distance, fitness, and time goals

- Set realistic expectations with consideration toward time, family, work, current fitness level, natural ability, desire, and background

... assist you in creating training Plan...

- Prioritize races A, B, and C with consideration toward vacations, work and other stressors

A - Primary races, B - Easy races, & C - learning and experiential races

- Writes individual specific workouts that might be delivered through Excel or training peaks on a weekly, biweekly or monthly basis

- Workout Descriptions should include intensity (heart rate or speed), duration, specificity with race goals in mind, challenge, and fun.

... provide accountability and motivation

- Accountability through feedback whether by calls, emails, or in person and with group workouts.

- Motivation is provided through reinforcement, reminder of goals, encouragement, cheerleading, and group workouts.

...will give education.

- Proper technique thorough run analysis and drills

- Injury prevention with stretching, muscle balancing, massage, and spotting overtraining

- Training tools such as massage, shoes, or technical tools

Why cross train?

- Cross training helps balance out muscles.

- Cross training can include cycling, strength training, swimming, aqua jogging, yoga, elliptical, skating, or walking.

- Cross training will help alleviate burnout with new skills, provide

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## And Now a Word from our President...

Welcome to 2013! I would like to thank you for the opportunity to represent the Peachtree City Running Club as your President. I've been a member for several years and have seen the club morph to accommodate our changing club demographics, yet keep the best of what's worked previously. Our new VP of Activities, Adam Shoemaker has several ideas which I think you will find invigorating and helpful. A special thanks to our returning Executive Board – Tim Covert for tackling our budget and ensuring we don't suffer our own fiscal cliff; Teresa Moore – working behind the scenes to ensure minutes are taken, contracts signed and serving as Tim's back up with the budget; Russel Brown – who has taken our newsletter to a new high in quality and professionalism; Bob Dalton – tracking our membership and working behind the scenes to provide the glue that holds the club together; Bill Fuller – who tracks and reports our race results plus finds new and unique opportunities to promote the club and sport of running; Mark Ward – our RRCA Liaison who though he's moved to North Atlanta still participates in several events each year; Shane Sheffield – who turns out a fun and adventurous Grand Prix each month ensuring we provide competitive opportunities for all; Susan Boothe – who captures our special moments through photography; and last but not least George Martin who had a stellar year with the Peachtree City Classic.

I'd also like for each us to thank our many volunteers who tirelessly come together to make things happen, without you the club would not exist.

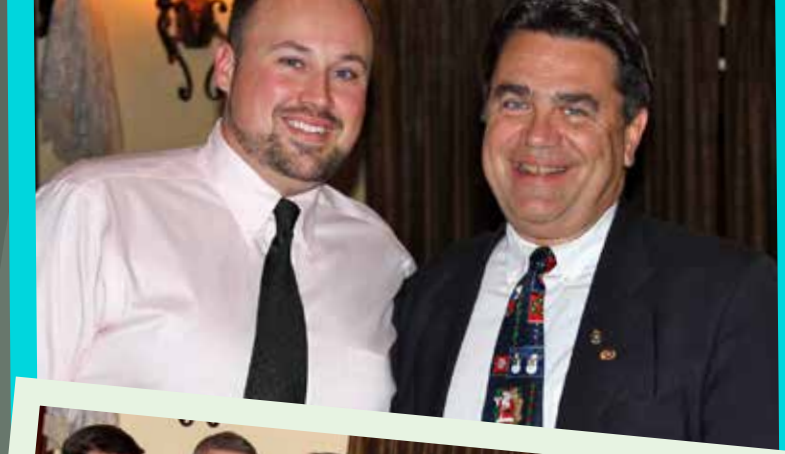
Lastly, thanks to our Executive Board members who have decided to let someone else share in the fun: Shane Carpenter – from Rookie of the Year to Club President in a single season, need we say more; Steven Boothe – who launched our Social Media presence with Facebook and continues to expand his running achievements and set new PRs; and Leah Liming who ensured everyone was well fed and able to quench their thirst at the multitude of club social events.

Thanks to each of you – this is YOUR club and I'm honored to take a leadership role in it. As such, I will be seeking your input, ideas and time – as the saying goes we reap what we sow – so let's make 2013 an ABUNDANT year!

Kim

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# NEW MEMBER PROFILE

## Parlez-vous 'Fast'?

By Bob Dalton

How many French speaking track athletes who can run the 400 meter hurdles in 62.04 seconds in the running club do you know?!?!? Well, meet Kelcie Daniels from Grand Rapids, Michigan. She moved here in 2012 after graduating from DePaul University in Chicago with a degree in Finance to work for her uncle as an assistant financial planner. "Doug is a very successful experienced financial planner. I assist him in organizing his client's finances, growing and protecting their dollars, and positioning them to enjoy a comfortable retirement."

During her senior year of high school "my track team won the Division Michigan state championship after two years of being runner up." She continued to run track in college where she specialized in the 400 meter hurdles. "This race requires a combination of speed, endurance and mental toughness. It suits my athletic abilities and I have always liked the challenge."

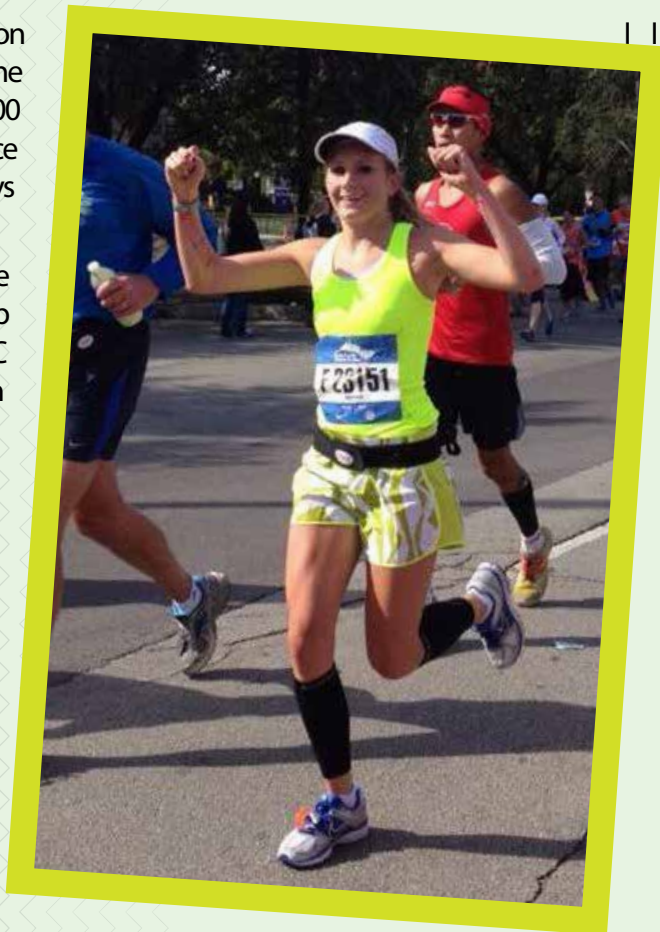
She joined the PTC Running Club because she was new to the area and wanted to meet some people to run with. Her first club activity was as a member of the "Perfect Strangers" team at the PTC Relay Marathon in June. Her team finished 4th overall and she ran the fastest leg among her teammates.

Kelcie also ran as part of the PTCRC team at the Macon Labor Day 10K where she won her age group on a tough course with a time of 46:37 which was a PR. She also helped her team to third place overall. She enjoys running because "I always walk away with a sense of accomplishment. I also really enjoy the social aspect and running with others."

Kelcie ran her first marathon at Chicago this past October and cruised to a 3:48 finish – a noteworthy achievement for a first timer especially considering she never hit the wall! However, she said she will probably concentrate on half marathons and shorter races in the future.

How did she come by her linguistic skills? "I studied French in college and spent three months working as an au pair there in 2010. I came back fairly proficient in French and with many great memories of the people and places I visited."

Kelcie has been a welcome addition to the club and a great team player. We look forward to her continued future contributions to the road race competitions!



*Kelcie still going strong at mile 21 of the Chicago Marathon.*

## Club Meeting Minutes

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opportunities to meet new people, different race venues, new experiences and goals.

- While cardio will promote weight loss, only strength training will change your body composition.

Frequency and duration of Cross training

- If injured, aqua jog 4 to 5 times a week

- Supplement recreational running with 3 - 4 cross training activities a week

- Supplement competitive running with 2 - 3 cross training activities a week

Duration of Cross training

- Check with a doctor before beginning any new sport or activity.

- Duration is dependent on running goals.

When looking for a coach, for what should you ask?

- Ask to see certifications.

- Ask lots of questions.

- Talk with other clients.

- Communicate often.

Question & Answers:

1) Nutrition?

Nutrition is just as important as training. A good coach should be able to tell you what to eat and why to eat it as well as give advice on training supplements (like gels).

2) What about supplements for those getting older such as Glucosamine and Chondroitin?

Always check with a doctor first. However, my husband has used it and seems to be working for him. However, this should be on a case by case basis but I don't think it would hurt.

3) In terms of running, what's the one best cross training activity?

Yoga - Runners in general are very inflexible. Yoga and stretching help with this inflexibility and will help decrease possibility of injury.

Tim Covert provided the new budget for consideration by the club. The new budget will be voted on at the February meeting. Currently, our budget will increase in the coming year. This is primarily due to the increase in Classic revenue. As a non-profit we are required to spend or "give away" monies equal to or to exceed any sponsorship

revenue. Currently, we have \$8,000 in checking with over \$50,000 in CD's. If you have any questions, feel free to call or email me anytime.

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

Adam Shoemaker presented an outline for speakers in the next year. Local coaches will be joining us to talk about training, fitness, and injury prevention. Any coaches from whom you would like to hear, let Adam know. We also will be hearing from some of our club historians who will speak about some of our club history. Next month's speaker will be Roy Robison.

Bob Dalton gave a membership update. The club has added 82 members this year with a third coming from Moms Run this Town. With families included, we currently have 700 - 1,000 members. Please remember that it is membership renewal time. Memberships expired on December 31 at midnight. There is a 90 day grace period but there is no better time to renew than right now.

Shane Sheffield gave a grand prix update. He gave a thank you to Martha and Lou Boone for allowing us to join them again. We had over 70 participants in the New Year's Day event. The distance was 3.93 miles. Shane has been working with Don Livingston and George Martin to have a special cross country event at the new Heritage course in May. Sally Demry Clark joined us with all the new branded goodies from the Adjako site. Be sure to check out the site if you wish to purchase some of our club items. If you wear club branded gear for the grand prix events, extra points will be rewarded. Our next event will be February 2 for the new member breakfast at the home of Teri and Roy Besch.

Kim Ruple gave additional club updates. The club still needs a social director. We had a "hiccup" with the January Grand Prix Breakfast. Kim formally apologized to the Boones for this problem. The Boones did not have the supplies they needed. Fortunately, Jerry Shoemaker picked up the slack and took care of those items for them. This is one of the duties that a social director would take care of. Right now, we have taken care of the February event. So, our social director would pick up responsibilities with our Fourth of July picnic and then the Christmas party in December. Let Kim know if you or someone you know might be interested.

Shane Carpenter gave an update on the 10k course markings. This Saturday, January 19, he will gather a crew to replace any missing markers as well as update any signage and add reflectors to current markers. Anyone interested in assisting let Shane know.

George Martin encouraged members to check out the

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# NEW MEMBER PROFILE

## International Marathoner Calls Rio Home

By Bob Dalton

You may have recently noticed a new member with a lilting accent at various races and club activities. That would be Maria Hinele (48) from Brazil. She and her husband Michael and their two sons Stanley (13) and Luke (9) have resided in Newnan for the past six years. She joined the club to get to know more runners. When asked why she runs, she says, "I love the benefits and it's a good way to see new places, but the best part is all the friendships that I've made along the way. I will treasure them forever!"

Maria immigrated to the States as a 24 year-old and worked in Miami, Orlando, New York, and Chicago where she met and married Michael. They moved to Newnan in 2006 and Maria started running in 2009, which was the same year she became an American citizen. She ran her first marathon at Disney in 2010 and has run ten total since then including six in just this year (2012)!

About her unusual running experiences she says "There are too many to count, let's just say that I've learned the hard way to eat properly before I run so that I have enough energy to make it to the finish line. Also be sure to lube up with body glide and in those inconvenient moments when nature calls, watch out for poison ivy."

What is one of her most memorable runs? "There are many but going to the Rio de Janeiro Marathon was very special to me! I finally had a chance to run in my own country and my family was able to see me when I ran by our hotel around mile 20." With the seasons reversed, Maria was able to run with temps in the low 60's and rain in July which enabled her to achieve her marathon PR of 3:30! She also won the Masters Division and being able to share it with her family in Rio made it all the more special.

Her favorite race is the 26.2 with Donna because "It's for a good cause and beautiful course! That's where I first qualified for the Boston Marathon." She also runs for the Atlanta Track Club and Moms Run This Town. Maria had no problem earning her 1000 mile jacket this year and at the rate she is going will be on track to consistently achieve that feat for years to come.



Maria won 1st Place in her age group at the Soldier's Marathon at Ft Benning on November 11, 2012

## Daprano named USA Track & Field Masters Athlete of the Year

By Bob Dalton

After establishing a total of five age-group world records in 2012, Jeanne Daprano (W75) has been named the Masters Track & Field Athlete of the Year by the USA Track & Field Masters Committee. Daprano (Fayetteville, Ga.) will be honored at the Jesse Owens Hall of Fame Banquet on Saturday, December 1, which is held in conjunction with the USATF Annual Meeting in Daytona Beach, Fla.

Daprano proved her ability both indoors and outdoors in 2012. She established age-group world records in the 400-meters (1:19.28), 800m (3:16.21) and mile (7:13.51) indoors and set additional world records outdoors in the 400m (1:22.98) and mile (7:13.31). Her season also included winning three events at both the USA Masters Indoor and Outdoor Championships and two gold medals and one silver medal at the World Masters Indoor Championships in Jyväskylä, Finland.

"Never in all of my years of running had I even looked at that award and thought I would win it," Daprano said. "That never even entered in my mind. My eyes filled with tears of praise when I found out. There are so many great athletes and I think the fact that USATF chose me is really an awesome thing."

"Jeanne is a longtime supporter of masters track and field. She truly exemplifies what it is all about," Masters Track &

Field Committee Chair Gary Snyder said. "The fact that she is able to set American and world records while essentially running by herself is remarkable. She is truly deserving of this honor and we are thrilled she is a part of masters track and field."

Covering a wide range of events, Daprano, who chooses the 800m as her best, also established the American age group indoor record in the 200m at 36.29. Additionally, her three-world-record performance at the USA Masters Indoor Championships in March in Bloomington, Ind., garnered Daprano USATF Athlete of the Week honors.

To add context to the strength of Daprano's 2012 season, the mile record she established in Bloomington demolished the existing record by more than 50 seconds. Daprano also currently holds the W70 world record in the outdoor mile at 6:47.91.

"I'm anxiously thrilled for the banquet because I have never been," Daprano said of the December 1st Jesse Owens Hall of Fame Banquet.



### Club Meeting Minutes

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Club branded merchandise at our Ajako site. The club does receive a portion of the proceeds here. He also made an appeal for volunteers at the January 26 ATC/PTC race. PTCRC has hosted this race with ATC for the past 18 years. Last year we outgrew our facility and are moving to the amphitheatre. Maps will be available for the facilities there. New courses will be provided for both the 5k and 10k races. Registration volunteers will begin arriving between 6:30 and 6:45. At least 78 people will be needed

including ATC volunteers. We need people and the ATC brings great swag for volunteers! Check out the clipboard coming around or let George know.

Teri Besch gave a reminder about the 1,000 mile club. Please be sure to turn in your applications before you leave. Qualifications for the 1,000 mile club are 1,000 miles walking or running from Christmas party to Christmas Party, 3 mileage updates, be a PTCRC volunteer in at least 3 events, and attend 3 club meetings.

Our next club meeting will be February 4 at the Dolce.

Meeting adjourned at 7:30

WELCOME  
NEW  
MEMBERS!

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

Doug Rangnow (Sharpsburg), Mikki Lewis (Fayetteville), Eric Phillips (Sharpsburg), Tonya Oliver (Peachtree City), Jon Speir (PTC), May Jane Bates (Fayetteville), Manisha Chikhliker (Tyrone), Patti Kadkhodian (Fayetteville), Anne Taylor (Newnan),

(New Members from Novemeber and December)



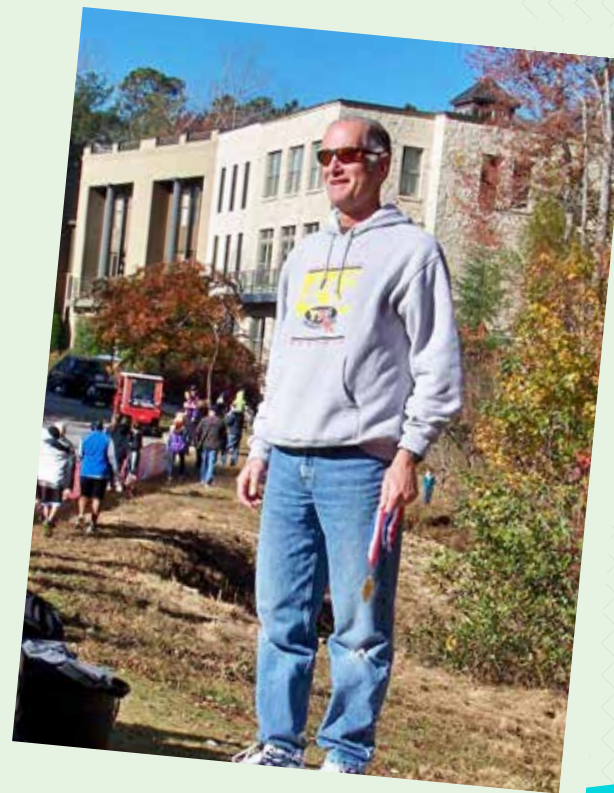
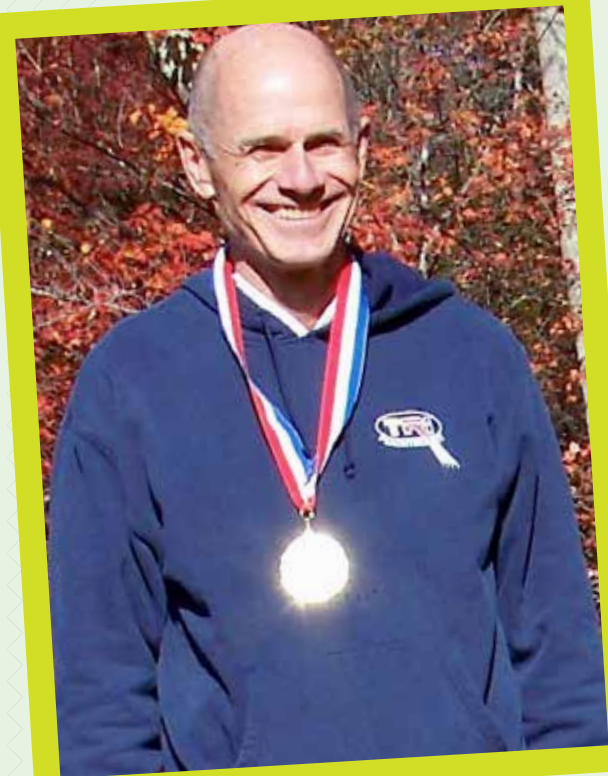


#### 15K

DEANNA MCCURDY	1ST FEMALE/1:05:10
PAULA MAY	1ST GRAND MASTERS/1:23:12
MARK GREINER	1ST GRAND MASTERS/1:09:05
KIM RUPLE	1ST IN AGE GROUP/1:15:55
CAROLYN BOWEN	2ND IN AGE GROUP/1:19:18
WARREN MOWRY	3RD IN AGE 1:14:15

#### 5K

CONSTANCE WERNERSBACH	1ST GRAND MASTERS/27:38
BILL FULLER	1ST GRAND MASTERS/25:10
MARK HAMILTON	1ST IN AGE GROUP/22:47
JERRY SHOEMAKER	1ST IN AGE GROUP/25:34
CHUCK GARWOOD	1ST IN AGE GROUP/26:33



# Runner Friendly Recipes

## White Chocolate Chip, Cake Batter Protein Bars

from HungryRunner.com

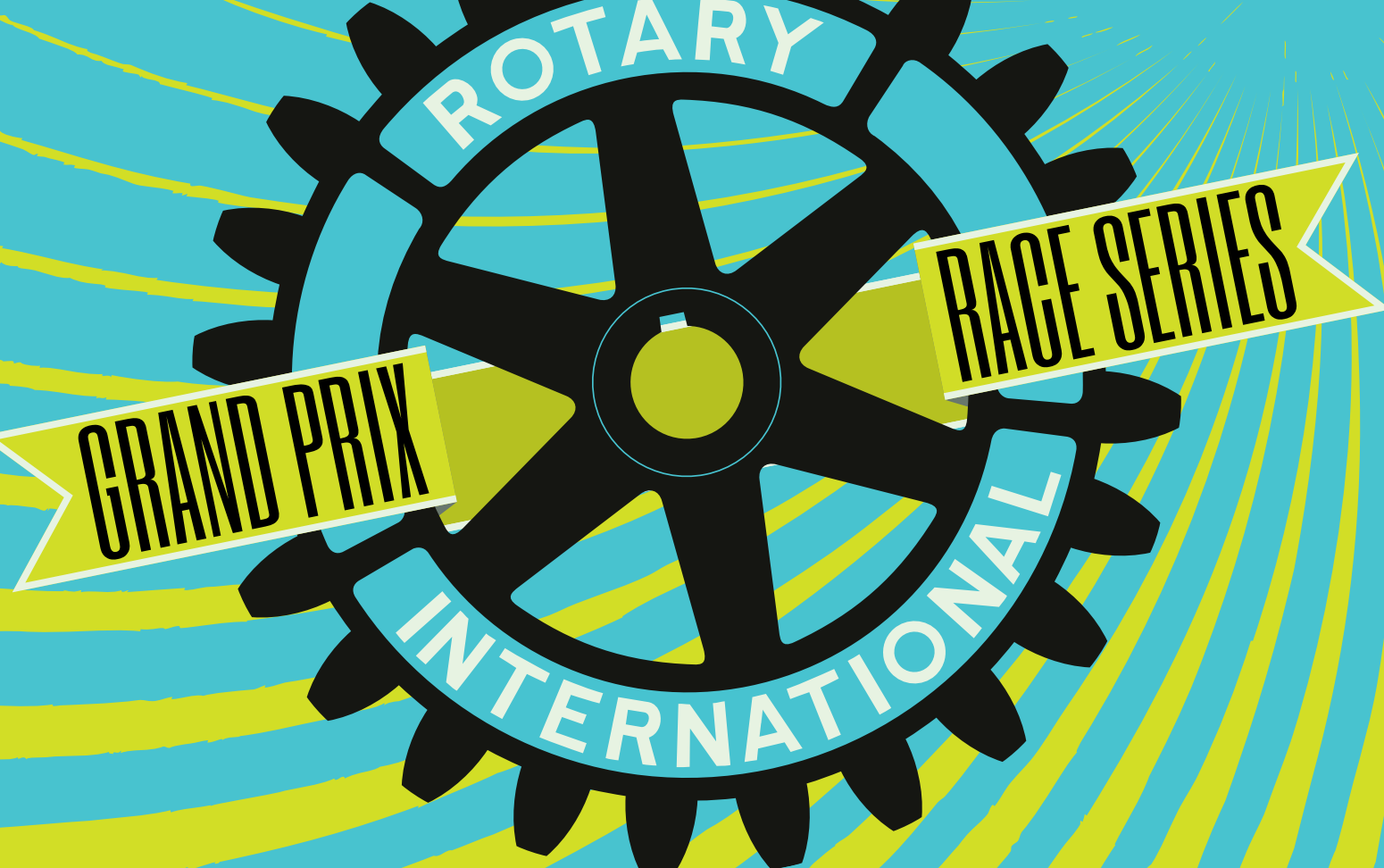
### Ingredients:

- 1 cup rice crispies (I used Erehon's Crispy Brown Rice Gluten Free Cereal)
- 1/4 cup oat flour
- 1/4 cup Pure Protein Vanilla Creme protein powder
- 1/4 teaspoon salt
- 3 tablespoons all-natural, creamy peanut butter
- 5 tablespoons honey
- 1 teaspoon pure vanilla extract
- handful of white chocolate chips

### Directions:

1. In a medium-sized bowl, mix together the rice crispies, oat flour, protein powder, and salt.
2. In a separate larger bowl, mix together the peanut butter, honey, and vanilla.
3. Add the dry ingredients to the wet. Toss in the white chocolate chips as you mix everything together well, until evenly coated.
4. Line a medium-sized baking dish or Tupperware with waxed parchment paper and pour the batter into the dish. Fold the sides of the paper over the batter and use a flat-surfaced heavy object to press the batter down until it is flat and fills the entire bottom of the dish.
5. Freeze for about 20 minutes.
6. Unfold the parchment paper, cut the batter into bars (I got about 9 small squares) and serve immediately or store in a sealed Tupperware in the fridge or freezer. Spoon into the muffin tin and bake for 22-24 minutes.





The Rotary Elementary School Grand Prix series of races began in the spring of 2005 with 5 races scheduled in a preliminary shake down series. The first full Grand Prix series season was the 2005-2006 school year. The Peachtree City Rotary Club is the primary financial sponsor and hence the name. The Peachtree City Running Club is the primary technical sponsor and will assist in the conduct of all races including the finish line, the timing/scoring, and the maintenance of the year long winners' data base.

**September 8, 2012**  
**September 15, 2012**  
**September 29, 2012**  
**October 13, 2012**  
**October 27, 2012**  
**November 3, 2012**  
**November 10, 2012**  
**December 1, 2012**  
**January 5, 2013**  
**February 9, 2013**  
**March 9, 2013**  
**March 16, 2013**  
**March 23, 2013**  
**April 13, 2013**  
**April 20, 2013**  
**April 27, 2013**  
**May 11, 2013**

**Cleveland Elementary 5K**  
**Tyrone Elementary Founders Day 5K**  
**Fayetteville Intermediate Cougar 5K**  
**Springhill Elementary 5K**  
**Peeples Elementary 5K**  
**Sara Harp Minter Mountain Lion 5K**  
**Braelinn Elementary 5K**  
**PTC Elementary Jingle Bell Trail 5K**  
**St. Paul Lutheran School Frostbite 5K**  
**Kedron Elementary School 5K**  
**Oak Grove Elementary 5K**  
**Burch Elementary 5K**  
**Crabapple Elementary 5K**  
**Huddleston Elementary 5K**  
**Inman Elementary 5K**  
**Our Lady of Victory School 5K**  
**Brooks Elementary 5K/10K**