

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JULY 2005

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Club members lead high school track team to successful season

By Bill Anderson

The performances of club member Emily Borsare (above right) highlighted the 2004-2005 Fayette County high school track season. Emily went through the track season undefeated in both the 1600 and 3200-meter runs, setting McIntosh school records in both, with times of 5:02.85 for the 1600 and 10:51.14 for the 3200. Both times were set two hours apart at the McEachern Invitational.

Emily won the Female Athlete of the Meet at the prestigious Coaches' Invitational at Georgia Tech in March as she set a meet record for the 3200. She was county and region champ at both

distances and would have challenged Emily Reese at the state meet. Unfortunately, Emily could not compete there because she was suffering complications from a spinal tap administered after she collapsed from dehydration after the region 3200. She ended the season with the 3rd best times in Georgia for both the 1600 and 3200.

Emily joined fellow club members Rebecca Stokes, Erica Hughey, and Melissa Anderson (above left to right) in setting McIntosh school records in the 4 X 1600 and 4 X 800-meter relays. These four girls ran 22:14.60 (Melissa 5:50, Rebecca 5:51, Erica 5:26, and Emily 5:07) in the

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HAPPY
4TH OF
JULY!



President George Martin r2sun98@mindspring.com • **Administrative vice president** Bob Dalton • **Activities vice president** Ed Finucan Eef13@aol.com • **Secretary** Cathy Olson • **Treasurer** Marino Fuentes chemical55@aol.com • **Race Director** Rose Kempton
Newsletter editors Rene Flaherty rzflaherty@aol.com & Joe Wassell jwassell@mindspring.com

Prez Sez . . .

June is now history, and the first half of the Club Grand Prix is done. The largest ever PTC Running Club Golf Tournament was a great event and a lot of fun, and we have had a tremendous first six months of 2005. And one of the nicest new additions to our club calendar has now been launched successfully.



The Rotary Elementary School Grand Prix has completed its inaugural season with a shortened five-race schedule. As planned, we have used the abbreviated season to learn the ropes and are now ready to launch a full, 12-race schedule beginning with the school year. I think, in terms of long-range benefits to the kids in our community, the schools in our area, and especially to the long-term health of the membership of our running club, the Elementary School Grand Prix could be one of the most significant things we are doing as an organization.

The good news is that the PTC Rotary Club has agreed to support this effort to an even greater degree next year, with a financial contribution of up to \$4,000. All of this money will be used as seed money for the individual races, for end of season awards, and for advertising of the series. The individual schools are committed to providing the bulk of the volunteers necessary for each school's race. The 2005-2006 season should prove to be one of the busiest and most important for our club, and I hope we can all share in the volunteer opportunities to make it all happen.

Our goal for next year is to have at least 2,000 kids and adults run in at least one of the races and to raise over \$100,000 for the benefit of the elementary schools in Fayette County. There is some concern that we are taxing the volunteer spirit of the club. We are attempting to address that by maximizing volunteers from the schools and the Rotary club, so that our club will only need 2-3 people at each race. There is also a concern that we may overtax the number of sponsors willing to support school races, but we are addressing that within the individual schools with some strategic planning.

I am proud that the PTC Running Club has been able to take such an active role in such a positive community project. I am confident that when we look back at this project 5 or 10 years from now, we will all be very proud of the contribution our club has made to our community. And we will have had a LOT of fun in the process.

May-June Meeting Highlights

The full report of the meeting minutes is available on the Peachtree City Running Club Web site at www.ptcrc.com.

May

President George Martin called the May 2, 2005 meeting of the Peachtree City Running Club to order at 7:30 p.m. at the Wyndham Conference Center. 40 members and guests were in attendance.

Program

Bob Dalton introduced Sue Bozgoz who is a running coach. She spoke about the importance of nutrition/water, rest and relaxation, visualization, injury prevention, and having a physical fitness plan to improve our running performance. Dr. Thomas of Allied Health Care also spoke about his practice and the services he offers for athletes.

New Business

PTCRC Golf Tournament, June 25 at Flat Creek Country Club. There is a 40-person limit. PTCRC annual audit will be done by Tom Crofton, Bill Anderson, and Gary Kolb.

Reports by Officers

Activities Vice President - Ed Finucan announced that the May Grand Prix consists of 2 events. On Fri., May 6 at 6 p.m. at the library there will be a 5K prediction run. On Sat., May 7 at 8:30 we will run the Brooks 10K. The June Grand Prix has been changed to June 11 so it does not conflict with the Kid's Triathlon on June 4.

Treasurer - Marino Fuentes announced we have \$10,242.55 in the checking account. A \$2,000 sponsor check was received from Independent Insurance Agents of Georgia.

Reports from Coordinators

Membership - George reported we now have 160 members.

School Support - Bill Anderson announced that Emily Borsare was dehydrated in the region meet and unable to compete in the state track meet. Sixteen scholarships of \$350 each will be given to 16 athletes by Bob Dalton - FCHS, Valerie Reynolds - MHS, and Bill Anderson - SCHS and SMHS.

Historian - Shannon Phillips needs pictures for the scrapbook.

The next meeting is on Mon., June 6, 2005 at 7 p.m. at the Wyndham Conference Center. Jan Bankieris will take applications for the Brooks Road Race. Summer Track Meets start on June 7. George welcomed new member Dr. John Thomas and his office staff. There being no further business, the meeting was adjourned at 8:45 p.m.

June

President George Martin called the June 6, 2005 meeting of the PTCRC to order at 7:30 p.m. New members and guests were recognized. A motion was made and seconded to approve the minutes as posted on the Web site.

Awards and Recognition

Thank you's were said to all the volunteers who made the Kids Fun Run, Brooks Road Race, Hustle for Hospice, and the Kid's Triathlon a success.

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WELCOME NEW MEMBERS

Paul & Carlene McCarty (Peachtree City)

Lori Benedict (Newnan)

Kristin Espiau (Peachtree City)

John Thomas (Fayetteville)

High school club members excel in 2004-2005 track season

(Continued from page 1)

4 X 1600 meters at Georgia Tech to finish the year with the 4th best time in Georgia. They also ran a 9:59.05 (Erica 2:28, Rebecca 2:36, Melissa 2:33, and Emily 2:22) at the McEachern Invitational, winning the 4 X 800 by an astonishing 36 seconds, finishing with the 5th best time in Georgia for the year.

Starr's Mill

Starr's Mill said goodbye to Coach Renee Haugen (who is moving to California) by winning the girl's county championship and the boy's region championship. Austin Enriquez set two school records with times of 4:25.10 in the 1600 and 9:42.14 in the 3200, finishing 6th in the 1600 and 7th in the 3200 at the state meet. Brad Morris came back from injury to finish his career with an 8th-place finish in the 3200 at state. Kristin Olson finished 3rd in the 100 hurdles and 4th in the 300 hurdles at the state meet, setting school records at both. Aneesha Lane garnered an 8th place finish in the 100-meter dash at state. She holds the Starr's Mill school record at this distance.

Sandy Creek

Sandy Creek had a successful season in winning the boy's county championship and the girl's region championship. Winning 1st at state for the Patriots were Mellany Stanislaus in the triple jump with 39'5" and Danny Giglio in the pole vault with 12'6". The girls' 4 X 100 relay team finished 3rd at state, and Brandice Ware captured 7th in the 100-meter dash.

Our Lady of Mercy

Our Lady of Mercy, with Bill Werling as assistant coach, took home its first individual track state championship with Leigh Ann Burton's winning time of 15.47 in the 100-meter hurdles. Mercy's girls also finished 7th in the 4X100-meter relay at state. Our Lady of Mercy's girls narrowly lost to Landmark in the region meet. Mercy's boys beat powerful Landmark Christian to capture their first region championship. At the state meet, Zach Lethbridge placed 4th in the 800, and the boys' 4X100 and 4X400 relay teams finished 6th and 7th respectively. Finally, Mercy took home 2nd and 5th in the pole vault with Pat Super and Ryan Schilling.

Fayette County

Fayette County's season was highlighted by three top six

finishes at state in the field events. Ben Londrillo placed 5th at the pole vault at Jefferson, Cammy Andrews took 6th in the high jump, and Simone Heath took 5th in the discus at Albany.

Whitewater

Whitewater, coached by Richard Penland, finished its second season of varsity competition. Although not qualifying any individuals for state, Whitewater's future looks bright as they will have three full grades to work with next year. Whitewater's first seniors will graduate in 2007.

Congratulations to the Ronnie Godwin scholars for 2005!

Fayette County

Nathaniel Foster – Boys CC

Taylor Barnes – Girls CC

Kiwannee Mitchell – Boys Track

Khaneisha Pagan – Girls Track

Starr's Mill

Brad Morris – Boys CC

Kristin Olson – Girls CC

Daniel Shankle – Boys Track

Aneesha Lane – Girls Track

Sandy Creek

Matt Auers – Boys CC

Brie Harrington – Girls CC

Josh White – Boys Track

Brandice Ware – Girls Track

McIntosh

Clint Crowley – Boys CC

Melissa Anderson – Girls CC

Michael Massengale – Boys Track

Alyssa Anderson – Girls Track

New Member Profile



Dave Ketelsen is one of the newer members of our running club. Dave is the pastor of the Peachtree City Seventh Day Adventist Church, where he says his job description is "getting sinners into heaven and saints out of bed." Well Dave, you've got your work cut out with this crowd!

Dave was born in Hollywood, California in 1959. He graduated from Pacific Union College in Napa, CA, with graduate studies at Adventist Theological Seminary in Berrien Springs, MI. He has served as a minister for 22 years. His stints have included Osaka, Yokohama, and Hiroshima, Japan, as well as Lake Tahoe, CA, Kansas City, MO, Davenport, IA, and most recently Louisville, KY, before moving to Sharpsburg two years ago.

Dave started running as a senior in high school. He has completed 39 marathons, with a PR of 2:38 run during his stay in Japan. Dave's other PR's include 4:21 for the mile, 15:30 for 5K, 33:30 for 10K, and 1:15 for the half marathon. He has also completed three ultra runs, including two 50 milers and 72 miles around Lake Tahoe in 12 hours.

Dave's adventures have included surviving a fall down a 45-foot waterfall, leaping a 6-foot fence after being chased by a bull, and having a close encounter with a bear in the woods. Dave has two sons, Austin and Myles, and a daughter, Jayla. He and his wife Debbie are expecting another child in December.

Dave currently runs between 25 to 30 miles per week. He normally runs with the club on Sunday morning, where he practices his clean jokes on the club before inserting them into his sermons.

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2004 PTCRC Hall of Fame Honorees

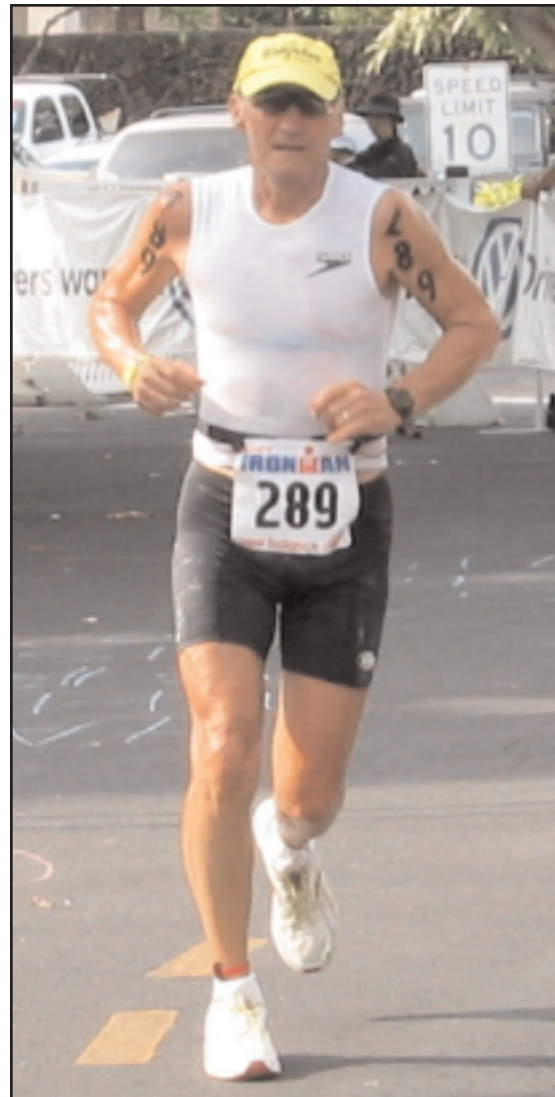
Roy Robison has been a member of the club since 1981, with a short break when he moved away from the area in the mid-1980s. He has served as an officer of the club more years than any other individual (nine years that we could find, probably more) and is the originator of the 1,000 Mile Club, the Grand Prix Series, the long-distance relay, the club calendar, and a number of other popular club activities. Roy is the only multiple President's Award winner in the club, having received it in 1997 and again in 2002. He has run dozens of marathons and many triathlons, including the Hawaii Ironman in 1985. He has been an integral part of every aspect of the club since its inception and a true workhorse for the club. "We love you man."

Bill McBride has been in the club since its founding in 1981 and was the Classic Race director in 1987 and 1989. He was club President in 1983. He has been very involved in not only the PTC Running Club but also the Atlanta Track Club, and has been the coordinator for the ATC 10K race here in PTC forever. He has also been a volunteer in just about every function since 1981. Bill has competed in many triathlons, including the prestigious Hawaii Ironman in 2002.

As founding members of the Peachtree City Running Club, both Roy and Bill have been instrumental in making it such a success. Both have served in multiple leadership positions in addition to simply being constant volunteers in countless functions over the past quarter century. The club owes them a salute of gratitude for all the selfless work they have done over these 25 years. Thank you Roy and Bill.



Roy Robison



Bill McBride

RRCA News

Annual convention a great place to mingle and learn

By Marlene Atwood
RRCA Georgia State Representative



“Nawlins” was the site of this year’s Road Runners Club of America national convention. Convention attendees had an opportunity to cruise the Natchez River on a riverboat, take a running tour of one of the local cemeteries, and visit the French Quarter. The convention also allows us to physically meet as a group once a year.

The annual convention is always a very busy time for me as the Georgia State Rep. As a member of the RRCA State Rep Committee, I am charged with helping conduct State Rep training sessions and presenting a state rep workshop at the convention.

The State rep training sessions we present consist of reviewing the roles and responsibilities of state reps, familiarizing state reps with the RRCA Web site and tools available to them, reviewing the State Rep Handbook and RRCA guidelines, and reviewing RRCA programs such as championship events, national awards submissions, and sponsorship opportunities.

Part of the recent reorganization resulted in a close look at the current state rep network and a weeding out of inactive state reps. This year we welcomed 13 new state reps. I am excited about the changes and the enthusiasm these new state reps bring to the RRCA. I look forward to supporting our new state reps and strengthening the state rep network.

One of the initiatives that the State Rep Committee introduced this year is a State Rep Bulletin — a newsletter for State Reps. The newsletter was introduced to keep us all informed on any transitioning state reps, new state reps, news from the national office, industry news, and to provide a forum for sharing ideas from all four regions. I am pleased to announce that I am editor of this publication.

Another important part of the convention is the privilege of having an audience with the RRCA Executive Board. Ken Bendy, State Rep Chair from Northern Florida, and I have been able to schedule time with the board each year to address concerns and present ideas before the board. It is definitely one of the most important and productive meetings we attend at the convention.

During the convention we meet with our Southern Director, David Samuel, who oversees the southeast region. This regional meeting provides an opportunity to meet all the state reps from the south as well as club delegates from each state. During the meeting regional awards are presented. This year Georgia had regional awards presented for “Small Club Newsletter” — Michael Selman, Chattahoochee Road Runners, and Club Writer — Bob Holmes, South Fulton Running Partners. Honorable Mentions included “The Strider” — Savannah Striders, “Jog Your Memory” — South

Fulton Running Partners, and the “Legacy” — Peachtree City Running Club. Honorable Mention for Club Writer included Illonga Thandiwe — South Fulton Running Partners.

I was also privileged to present a “Women’s Running Forum” workshop on women’s beginning running programs during the convention. The workshop was presented to assist clubs who are interested in starting women’s beginning running programs in their cities. I was pleased to have several distinguished individuals in the audience; Bee Andrews, President of the RRCA; Julia Emmons, Executive Director of the Atlanta Track Club, former RRCA President Jeff Darmon representing Moving Comfort Women’s Running Grants, Rich Benyo, Senior Editor of *Marathon & Beyond*, and many others. I had positive feedback on my presentation and was very pleased with the level of interest.

My most important responsibility was at the annual business meeting where I held proxy and voting rights for several Georgia running clubs. Luckily, all items to be voted on were passed unanimously. I am appreciative of all Georgia clubs who passed their proxy to me — not all clubs realize that their votes are important and are counted. This is a privilege that clubs need to exercise every year if they cannot be present at the annual meeting.

For more information on the convention, national award presentations and minutes of the business meeting, please visit the RRCA Web site at www.rrca.org. I leave this year’s RRCA annual convention — as always — totally invigorated, full of ideas, and proud to be an RRCA State Rep. 2004 has been a productive year. I am very privileged to serve you.



RRCA State Rep Marlene Atwood gathers with her award-winning Georgia delegates, including PTCRC Classic race directors Rose and Ron Kempton, newsletter editor Rene Flaherty, and club president George Martin.

Elementary School Grand Prix series winners honored by PTCRC and PTC Rotary Club



With the inaugural season of the Elementary School Grand Prix complete, the Peachtree City Running Club was well represented among the series winners. This series was intended to be an abbreviated version with only five races but a huge downpour at the Crabapple Lane 5K forced a cancellation, and the series became a four-race sprint to the end. But even with only four races held, the series was a tremendous success with nearly \$30,000 raised among the five schools. In all, 416 kids and adults participated in the races, and if you count the 1-mile fun runs, that number easily doubles. More importantly, there were many kids and adults that participated in their very first 5K races. Awards were presented at the June 5 PTC Running Club meeting as well as the June 16 Rotary Club luncheon.

Next year's Elementary School Grand Prix will begin with the Tyrone Founders Day 5K on Sept. 17 and will be a 12-race series lasting the entire school year.

Below are the winners in the various age groups.

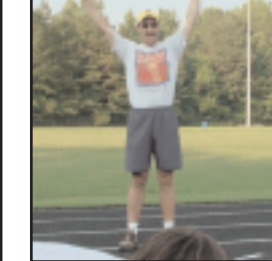
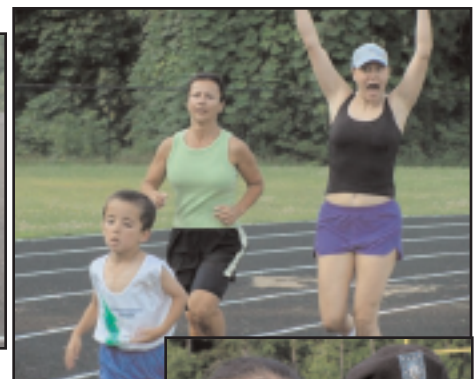
Place	Name	Age group	Place	Name	AG	Place	Name	AG
1	Melissa Matthews	8 & under	1	Angela Griffith	25-29	1	Mark Hamilton	40-44
2	Holly Gibbs	8 & under	2	Lori Benedict	25-29	2	Bobby Brooks	40-44
1	Brandon Toro	8 & under	1	Nick Hancock	25-29	3	David Partington	40-44
2	Justin Magee	8 & under	2	Mario Russo	25-29	1	Margie Dam	45-49
1	Emma Kate Thome	9-10	1	Heather Dunham	30-34	2	Tori Stivers	45-49
2	Allison Wilson	9-10	2	Jena Evans	30-34	3	Rose Kempton	45-49
3	Courtney Wiggins	9-10	3	Laura Wottbortd	30-34	1	Bill Anderson	45-49
1	Ryan Hamill	9-10	1	Brian Cox	30-34	2	Randy Graham	45-49
2	Michael Wonderly	9-10	1	Stephanie Garrelts	35-39	3	Bill Everage	45-49
3	Brandon Wilde	9-10	2	Charlene McLaughlin	35-39	1	Trish Vlastnik	50-54
1	Kellie Callahan	11-12	3	Brigit Philips	35-39	2	Paula May	50-54
2	Dani Runnals	11-12	1	Steve Marconteli	35-39	3	Martha Boone	50-54
1	Aaron Grayson	11-12	2	Todd Hamill	35-39	1	Len Horning	50-54
1	Shannon Phillips	13-14	1	Tammy Bentley	40-44	2	Bob Dalton	50-54
1	Jake Lethbridge	13-14	2	Denise Statham	40-44	1	June Round	55-59
2	Matt Lethbridge	13-14	3	Beth Cunningham	40-44	1	Byrne Starr	65-70
						1	Lou Boone	65-70

Record number of schools participate in Kid's Fun Run

A record 14 schools participated in this year's Kid's Fun Run, with 144 kids running in the events. Crabapple Elementary won the top prize of \$500 for having the largest percentage of the school running. Thanks to Race Director Teri Besch, Ray, and all of the many volunteers who made it a Fun Run to remember.



Runners of all ages enjoy fun and fitness at the PTCRC 2005 summer track series



Trains, vans, and motorcycles: A personal saga of the inaugural Great Midwestern Relay

By Bob Dalton

With the success of the Hood to Coast race, the popularity of relay marathons has soared in the last few years. There are any of a number to choose from throughout the year such as the Hoosier 200 (Indiana), Reach the Beach (New Hampshire), and Beach to Bay (Texas). Not to be outdone, Wisconsin and Illinois decided to get in on the act this year. The inaugural Great Midwestern Relay took place on June 11-12. Starting in Madison, Wisconsin, the route ran 190 mostly scenic miles through the midwestern farmlands, via Milwaukee, and finished up on the shores of Lake Michigan in Chicago, Illinois.

Twelve members of the Atlanta Track Club Men's Master's Competitive Team took on the challenge to field a team in this first-time event. The 72 teams entered were seeded, with those projecting slower overall times starting first beginning at 7 a.m. and the faster teams starting later at one-hour increments. The ATC team I ran with was seeded number three overall behind Fleet Feet Chicago and Movin' Feet, earning us the final start time of 4 p.m. Ours was definitely an "experienced" team as members ranged in age from 40 to 66 with an average age of 54. Fleet Feet Chicago and Movin' Feet looked like they averaged somewhere in the late 20s to early 30s. Undaunted, we decided to gun for them both and try to win the thing overall.



Left: The start down a back alley between dumpsters and potholes was NOT indicative of the scenery along the rest of the course. Center: Top seeded ATC, Movin' Feet, and Fleet Feet Chicago were the last to start at 4 p.m. It was HOT!!! Right: Break time for two members of the Ultra team We Chicks Rock in the parking lot of Transition Area 27 outside Racine on Saturday morning. With only six members on their team, each ran an ultra ranging in total distance from 29 to 36 miles, with only half the rest time of a 12-person team.

The start was rather inauspicious, beginning behind a bar and running down a back alley between potholes and dumpsters. After a couple of hundred meters, however, we jumped on a bike trail and the scenery immediately improved. The path continued on around Lake Monona in downtown Madison. Built on an isthmus between two glacial lakes, Madison is a city literally surrounded by natural beauty with over 200 parks in the city limits. It is also home of the Wisconsin Iron Man in which several members from the PTC Running Club have participated.

Running along the lake for the first couple of miles was great. With the wind at our backs and watching the water skiers and sailboats as we ran along, it was truly a "Rave Run." With the last start of 4 p.m., however, we were running in the heat of the day and it soon began to take its toll. Quickly leaving the city limits, the course continued into the countryside along trails converted from rail lines. Running through bucolic farmlands, the countless acres of young cornstalks and grain silos were as common as mushroom sprouts.

After heading east all afternoon and through the night, daybreak on Saturday found us turning south and going through Racine along the Lake Michigan shoreline. The cool breeze coming off the water felt wonderful, but as the sun rose higher, the corresponding temperature did too. By mid-morning, we crossed the state line into Illinois and started entering the outskirts of Chicago.

In spite of going off course a couple of times and having one of our runners held up by a train for 15 minutes, we managed to finish mid-afternoon, exhausted, but none the worse for wear. Our official time was 22:55:28, third behind our two rivals: Fleet Feet Chicago in 20:42:51 (1st), and Movin' Feet in 22:34:31 (2nd). We may not have beaten them, but we made friends with them along the way, as we saved them from going off course a couple of times and shared water, running stories, and the experience itself.

Running a relay marathon is a great experience, but it takes a toll. With 12 people crammed into two vans over a 24+ hour period, you will get to know your teammates very well and will end up liking them even more or perhaps, wanting to strangle them. And running through the night with little or no sleep will leave you drained requiring days to recover. I hadn't had this much fun since I did Hood to Coast '98 some seven years ago. I guess one relay marathon every seven years is about right!

4th annual PTCRC golf tourney breaks record with 52 competitors

The largest field ever showed up on a perfect golf day for what turned out to be a tournament that was not decided until the very last hole. Fifty-two running club members (and a few guests) came out, and the 13 very evenly matched foursomes battled it out, with only 8 strokes difference between the first and last place teams this year.

After two teams finished tied for first at "9 under" a brief putt-off put the team of Mike Warren, Jan Stewart, Jordan Smith, and Chuck Smith into the winners circle, with John Bond, Eric Trout, Rose Kempton and Lynn Fairley in second. In third place, the team of Ron Kempton, Andy Porter, Dan Flaherty, and Jim Crowley just missed the cut at 8 under. In addition to the two teams tied at 9 under, there were two teams tied at 8 under, and two teams tied at 7 under, one team at 5 under, one at 4 under, four teams at 3 under, and one team at 1 under par.

Special thanks to Cynthia Maerz and Dave Olson for keeping the drinks flowing and the leaderboard up to date!



Counterclockwise from top: 1st, 2nd and 3rd place teams are ready to start their winning rounds. From left, the "gallery" gathers at the 18th, Carolyn Gulick shows perfect form, Liz and Rhonda Fuentes keep an eye on the ball, "meet and greet" before the start, gopher "mascot," Margie Dam lines up her putt, Scott Binkley and Paul Blaum wait to tee off.



GMR a chance to enjoy midwest culture

(Continued from page 8)

Some general observations along the route:

- Lutheran churches are as prevalent in Wisconsin as Baptist churches are in Georgia. This is due primarily to the numerous German settlers who immigrated to the area.
- There seems to be a park of some kind on every other block in all the towns along the way, regardless of size. Some consist of nothing more than a couple of benches in a grassy area or a small playground. Others are huge, spanning several city blocks.
- Harley-Davidson is the motorcycle of choice, and they are prolific when the weather is conducive to riding. They are made locally in Wisconsin (Wauwatosa) and most riders are bareheaded since the state has no helmet law. But bike riders, who are just as numerous, unfailingly wear their helmets.
- The Midwestern twang is pleasant to the ear. Even the lightning bugs have their own regional dialect. Instead of blinking once every few seconds like they do down south, they blink 10-12 times per second with strobe-like frequency. It's amazing to be running down a path at night in pitch darkness and see dozens of these fireflies strobe lighting each other as a means of romance.

2005 Peachtree City Running Club Golf Tournament Team Scores

C. Smith, J. Smith, Stewart, Warren	-9
Trout, Rose Kempton, Bond, Fairley	-9
Crowley, Ron Kempton, Porter, D. Flaherty	-8
Finucan, Kreeger, Lundberg, P. McCarty	-8
D. Gulick, C. Gulick, J. Gulick, Norman	-7
Schmitz, Crofton, Wolfe, C. McCarty	-7
Blaum, Binkley, Blair, Thornton	-5
Allen, Dam, Hughey, D. Smith	-4
Anderson, Garwood, Matlaga, Werling	-3
M. Fuentes, L. Fuentes, R. Fuentes, Sprunger	-3
Poth, Wassell, R. Flaherty, Brzoska	-3
Martin, Martin Sr., Vlasnik, I. Smith	-3
Trombly, McBride, Travis, Riggs	-1

- Club Notes and News -

Happy Birthday!

Did you know that the Peachtree City Running Club was founded in June of 1981? That means we have just begun our 25th year in existence! Congratulations to Roy & Caryle Robison, Phil Jones, Bob Trombly, Tom & Mary Ann Crofton, and Bill & Linda McBride, all founding members of our club all of those years ago. Seems like just yesterday...

Thank you!

Thank you to Dick and Jan Allis for hosting our July 4 club picnic at their beautiful house again.

Thanks to Ray and Teri Besch for the super job they did organizing the annual Kid's Fun Run.

Thank you to Bill Werling, Lynn Fairley, Patsy Bickford, John Mrosek, and Normer Adams for their great work at the Hospice Hustle.

Thanks to the volunteers who made the Kid's Fun Run, Brooks Road Race, and Kid's Triathlon a success.

Thank you to everyone who helped out with the elementary school races as well as the Fayette County Middle School Track & Field Championships.

And thank you to all the volunteers who are helping to make this year's Summer Track Series such a great and well-attended event.

Help Needed at the Track

The Summer Track Series ends with the final Championship Series on July 12 and 13. But many of the regular volunteers who have helped all month in June will be out of town due to vacations and other commitments. If you can spare a few hours on either or both of those nights, please let Ed Finucan know. We have had a great series this year, but we need a few more people to help make the last two nights a success.

Marine Corps Marathon

We currently have more than 30 club members headed to Washington D.C. to run in the 30th annual Marine Corps Marathon. We have a large number of rooms, at a very nice hotel, centrally located, and at a super low price, reserved for our club. If you are interested in running in this fabulous event, contact Sue Bozgoz at robboz@mindspring.com for more information.

Kid's Marathon Finish

The "Kid's Marathon Finish" is back. At the beginning of the school year, the 17 elementary schools in Fayette County will be invited to form running programs or clubs, and the kids involved will track the number of miles they run from Aug. 15 to Oct. 14. Those kids who run at least 25 miles will qualify to run the last 1.2 miles of their "marathon" just prior to the 25th annual PTC Classic races on Oct. 15. Kids qualifying and participating in the 2nd Annual Kid's Marathon Finish will receive a special

Marathon medallion and a one-of-a-kind "Kid's Marathon Finish" T-shirt. If you have kids, grandkids, or neighborhood children, make sure the word gets out.

PTC Running Club Web site Redesign

The Board has agreed to completely revamp the current Web site located at www.ptcrc.com. But before we talk about that, we owe a huge debt of gratitude to both Roy Robison and Dave Olson for having created the current site and especially for maintaining it for the past six or more years! They have both done a lot of work for a long time and have gotten very little recognition for their efforts. The club is indebted to both of these guys.

Joe Domaleski has agreed to work with us in the redesign and future maintenance of our Web site. Joe has a lot of experience in Web site design and has recently started a private business that designs, maintains, and hosts corporate Web sites, so we are lucky to have Joe in the club and working for us on this. One of the first steps was a "member survey" that was sent to all members via e-mail in late June. We were happy to see that many of our club members responded and gave us some great input.

After collection of members' ideas and suggestions, Joe will work with individual board members for more detailed design work. And ultimately, we would like to have at least five to six people involved in and responsible for pieces of the Web site to spread the maintenance workload. If you have any ideas or suggestions, please be sure to respond to the survey and/or talk with one or more of the club officers. Our target is to have a new and interactive Web site up and running by mid August.

PTC Fitness Challenge

The PTC Running Club will host the 2nd annual PTC Fitness Challenge at this year's Classic races. Like last year, corporate teams will be formed in a number of different divisions to complete in either of the two 5Ks or the 15K PTC Classic on Oct. 15. Last year, the competition was open to only companies and organizations in Peachtree City, and more than 225 individuals and 15 organizations competed. This year, organizations in all of Fayette County will be invited to participate. The winners will be the companies and organizations with the highest percentages of their workforce participating. An awards ceremony will be held at the Oct. 17 PTC Recreation Commission meeting at City Hall. This has the potential to add a lot of brand new people to our Classic registration numbers, so help spread the word!

New member profile

(Continued from page 3)

During the week, Dave runs with Bill Anderson, Hal Wolfe, Kelly Murzynsky, and Mark Hamilton early in the mornings. Because Saturday is Dave's Sabbath day, he is unable to race very much. He does enjoy participating in the Peachtree and the Atlanta Half Marathon. Dave says the best thing about the Peachtree City Running Club is the people. He would, however, appreciate a faster and quieter running partner than Bill Anderson!

Hamilton, Fuentes, Fuentes, and Tuman still in lead

Grand Prix series heats up after spring events

May – Event 5 5K Prediction Run/ Brooks 10K

Men's Open (50 and below)

1st place Fred Port
2nd place (tie) Mark Hamilton,
Randy Graham, Gary Kolb
5th place Steve Hancock

Men's Masters (51 and above)

1st place Bob Dalton
2nd place (tie) Tom Round,
Normer Adams
4th place Bob Trombley
5th place (tie) Marino Fuentes,
Jules Desgain

Women's Open (47 and below)

1st place Sandra Dallas
2nd place Margie Dam
3rd place Rhonda Fuentes
4th place (tie) Bonnie Hancock,
Jane Hamilton

Women's Masters (48 and above)

1st place (tie) Patsy Bickford,
Rene Flaherty, Sandy Tuman
4th place Trish Vlastnik
5th place Ann Henderson

For complete Grand Prix
results, check the Activities
section of the PTCRC Web
site at ptcrcactivities.com

June – Event 6 Riddle Run

Men's Open (50 and below)

1st place Mark Hamilton
2nd place Bill Anderson
3rd place Hal Wolfe
4th place Mike Norman
5th place Scott Allen

Men's Masters (51 and above)

1st place George Martin
2nd place Jules Desgain
3rd place Bill Werling
4th place Dave Gulick
5th place Normer Adams

Women's Open (47 and below)

1st place Margie Dam
2nd place Rhonda Fuentes
3rd place (tie) Bonnie Hancock,
Jane Hamilton
4th place (tie) Shannon Phillips, Melissa
Anderson, Kristy Espiau, Erica Hughey

Women's Masters (48 and above)

1st place Jan Bankieris
2nd place Ann Henderson
3rd place Rene Flaherty
4th place Rose Kempton
5th place Sandy Tuman



May/June Meeting Highlights *(Continued from page 2)*

Program

It was announced that the Web site is being redesigned by Joe Domaleski. PTC Rotary Club Elementary School Grand Prix Series awards were given out. There will be a total of 12 elementary school Grand Prix races in the 2005-2006 school year. The first one is Tyrone Elementary on Sept. 17.

Officer Reports

Admin. VP - Bob Dalton: Turn in your money for the Peachtree bus tonight or you will lose your seat.

Treasurer - Marino Fuentes: Our balance is \$9,033.19.

Reports from Coordinators

Classic Race Director - Rose Kempton passed a sign-up sheet for Expo on July 2, 3.

School support/scholarships - Bill Anderson reported that 16 scholarships were handed out to four students at each of the Fayette County

high schools.

Social Events - Bernice Wassel said the July 4 picnic at Janet & Dick Allis' home will start at 1 p.m. Christmas Party will be Sat., Dec. 17 at the new "barn" in Tyrone.

Membership - Joe Wassell said we have about 170 members.

Publicity/Historian - Shannon Phillips needs your running photos.

Announcements

There will not be a July meeting. Any necessary business will be conducted at the July 4 party. August meeting will be on Mon., Aug. 1 at the Wyndham Hotel at 7:30 p.m. The September meeting will be TUESDAY, Sept. 6 at Partner's Pizza.

Summer track series takes place every Tuesday in June. Registration is at 6 p.m. First event is at 6:30 p.m. There being no further business, the meeting was adjourned at 8:40 p.m.

Sponsor Spotlight: “The Running Doctor”

Dr. Thomas, “The Running Doctor,” provides athletes all over Metro Atlanta incredible alternatives to preventing sports injuries while increasing performance, speed, strength, power, flexibility, and endurance.

The most popular protocol is a soft tissue technique called “Muscle Stripping.” This powerful method is coupled with specific soft tissue and extremity manipulations and therapeutic ultrasound to achieve astounding results. The process rids the muscle of scar tissue that accumulates in the muscle due to training or competing. Scar tissue interferes with performance of the muscle and may cause sports injuries. Eliminating scar tissue may prevent aches and pains once and for all.

All services are tailored to the needs of the amateur, professional or extreme athlete. Services include: Sports Injury Treatments, Sports Chiropractic Care, Biomechanical Exams, Muscle Management, Sports & Relaxation Massages, Foot Exams & Custom Orthotics, Full Body Detoxification Program, and Nutritional Support.

Dr. Thomas’ offices are located in Riverdale and Fayetteville. Call 770-471-6177 for more information.



Peachtree City Running Club
P.O. Box 2377
Peachtree City, GA 30269
www.ptcrc.com

UPCOMING CLUB EVENTS

JULY 4 PEACHTREE ROAD RACE & PICNIC • JULY 9 GRAND PRIX • JULY 12-13 SUMMER TRACK SERIES FINALS •
JULY 16 ADOPT A 10K RUN • AUG 1 CLUB MEETING @ WYNHAM • AUG 6 GRAND PRIX • AUG 26-27 HOOD
TO COAST RELAY • SEPT 6 CLUB MEETING @ PARTNER’S