

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JULY 2006

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Elite athletes run club member's 5K

By Bill Anderson

Three Kenyan and four Ethiopian runners brought some world-class status to club member Dave Ketelsen's church's inaugural 5K race.

The minister at Peachtree City Seventh Day Adventist Church, Dave organized the 1st annual SDA "Sprint for Students" 5K race on May 21. The race highlighted a fitness weekend at the church as Dave hosted several PTC running club members at his Saturday service. We must like Dave a lot because we even sat through a sermon that we thought would never end!

Sue Bozgoz brought the elite athletes with her to Dave's service, and six of the seven ran Dave's race the next day, sweeping the top six spots. But club members made a good showing as well. Bob Dalton finished first among the

mortal runners with a quick time of 17:22. Dave himself ran an 18:10, and Paula May won the women's race.

Other club members participating included Sean McKinnon, Mark and Sue Hamilton, Hal Wolfe, and Charles Lofton. Valerie Reynolds and Bill and Melissa Anderson came out to help Dave organize the race. Afterwards, lunch was served in the fellowship hall. A good time was had by the participants and Dave's congregation. The race raised about \$1,600 for the SDA school.

Next year, Dave will need to look for a different course. This year's race went out and back for 1.5 miles on the unopened section of Highway 34 in front of the church. The day after the race, that section of 34 was open to traffic. It looks like Dave has clout with the DOT as well as the Almighty!





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NEXT DEADLINE: Aug. 18

May-June Club Meeting Highlights

The complete club meeting minutes can be found in the Members Only section of the club Web site at www.ptcrc.com.



May

President Bob Dalton called the meeting to order at 7:30 p.m. in the Wyndham Conference Center. New member Bill Brackin was recognized, and Ida and Bruce Malloy were called to the front. Roy Robison, 1,000-mile Club Coordinator, presented Ida with Joe Malloy's commemorative 20,000-mile jacket. Roy pointed out that Joe had walked over 2,000 miles in each of the past two years and was well on his way to this year's total of 1,000 miles or more when he passed away. He never stopped walking right up until he was hospitalized for the last time. This was the first 20,000-mile jacket awarded by the club. Ida said Joe wasn't a "joiner" in his life but he embraced the running club and its members since he first joined the club in the 1980s. She thanked everyone for sharing in a very important part of Joe's life.



Bruce and Ida Malloy with 1,000 mile club coordinator Roy Robison

Guest Speaker

Our guest speaker was Karyn Staples, local owner, head physical therapist, and Pilates instructor at ProHealth Physical Therapy and Pilates Studio in Peachtree City.

Old Business

George Martin was presented with the Kurt Steiner Children's Development Regional Award, and Rene Flaherty was presented both the regional and national journalism award for a small club newsletter. All awards were from the RRCA and announced at the recent National Convention.

Reports from Officers

Admin V.P. — Ann Henderson announced that next month's speaker will be "Doctor Bob" from Foot Solutions.

Activities V.P. — Steve Hancock announced the next Grand Prix would be a double on May 12 and 13, a 5K prediction run on Friday evening and the Brooks Run on Saturday.

Treasurer — Marino Fuentes reported the club has a total of \$14,658.53 in its bank accounts and \$23,550.04 in a Money Market Account for a grand total of \$38,249.51 as of May 1. With our reserve at \$23K+, he reported that we should be able to get it back up in excess of \$28K by the end of this year. Tom Crofton has consented to conduct an annual audit again this year.

Reports from Coordinators

Classic Race Director — George Martin said the races will be held on Oct. 21 this year, which will not interfere with the local air show at Falcon Field. Sponsorships are going well with all past sponsors participating again and three new sponsors in addition.

School Support — Bill Anderson said 16 Ronnie Godwin scholarships would be given out. He pointed out that several of the younger club members are excelling in high school track. (See story on page 6.)

Announcements

Next meeting is Mon., June 5 at Wyndham Conference Center.

The meeting was adjourned at 8:25 p.m.

(Continued on page 11)

WELCOME NEW MEMBERS

Patty Rogers (Peachtree City)
Bill and Betsy Brown (Locust Grove)
James and Lauren Lavin (Peachtree City)
Kimberly Ruple and Patricia Cote-Miles (Tyrone)
Greg Smith (Peachtree City)

We wish to thank all of the club members for the cards, flowers and meals when my father passed away. Your outpouring of love and concern were a great comfort to us.

Cathy and Dave Olson



Once again Teri Besch did an outstanding job organizing the annual Kid's Fun Run this year on Sat., May 20. Approximately 150 kids participated in the event at the Frederick Brown Amphitheater. Teri has been involved with this event since 1994 and has been the Race Director since 1996. For many of these kids, this

is their first exposure to running. Teri always ensures that it is first of all a safe event, but also a fun and rewarding experience. She also makes the kids feel at ease because it can be a little intimidating for some of the younger toddlers. Teri doesn't do it all alone — she has the help of numerous other club members, too many to mention here. Suffice it to say, however, it is one of many events in the city that owes its success directly to the involvement of Running Club members like Teri who are willing to get involved and dedicate their time and energy to a worthy cause. On behalf of the kids who took part and their families, a great big THANK YOU to all who continue to make this event such a success! Teri is off to Japan this summer for two weeks as part of a teacher exchange program. We wish her Godspeed and safe travels!

Congratulations to George Martin on successful completion of the first full cycle of the Elementary School Grand Prix Series. This 13-race schedule began in September with the Tyrone Elementary School Founder's Day 5K and wrapped up in May with the "Brooks Beat" 5K. This joint venture between the Rotary Club and our Running Club will have significant long-range benefits to the kids in our community, the schools in our county, and especially to the health and membership of our club. It's no wonder indefatigable George was recognized by the RRCA as winner of the national Kurt Steiner Children's Development Award. End-of-season awards to participants

were presented at the May meeting of the Rotary Club and the June meeting of our Running Club. (See pictures on page 7.)

Thanks to Mike and Valerie Bean, neighbors of Teri, who hosted a farewell for Kath Graeme on the afternoon of Sun., May 21. The Beans, who aren't club members (but we hope soon will be), took Kath and Graeme under their wing shortly after their arrival here two years ago in the true spirit of American hospitality. They became fast friends and companions. Graeme had to return earlier in January of this year due to job considerations, but Kath stayed on to see the school year through. The Jones' said club members are welcome to visit them "down under" anytime, and they'll "throw a shrimp or two on the Barbie" just to entice us for a visit!

The fifth annual PTC Running Club Golf Tournament was held on June 17 thanks to the diligent efforts of Roy Robison. You'll find pictures and results on page 4.

The annual Summer Track Classic series is well underway at Riley Field. Bill Werling and Steve Hancock are co-directing the event. Lots of kids as well as parents have had a blast running around in circles for fun and fitness. It's really neat to see the younger ones running the 50- and 100-meter dash. If you haven't done so, come on out sometime and check it out. The series will culminate with Championships on July 18 and 19.

One of our best club outings is the annual trip to the Peachtree 10K on July 4. We fill up two busses and drop you off within blocks of the start and pick you up again in Piedmont Park. You can't beat it for convenience and price. And don't forget the picnic that afternoon at Dick and Jan Allis' starting at 1 p.m. They graciously host this event every year, and it never fails to be a good time for all. They even have a pool for those so inclined. Just remember that parents are responsible for their children who want to swim that afternoon. The club provides the meat and drinks while members are asked to bring a salad, side dish, or dessert. It wouldn't be a bad idea to bring along a lawn chair or two as well. The former for eating, the latter for seating. The address is 202 Camp Creek Trail in PTC off Robinson Road.

Be sure to mark Mon., Aug. 7 for the next club meeting at the Wyndham Conference Center. Nutritionist Lisa Stillman will be our guest speaker. Hope to see you there.

In the meantime, see you on the roads and cart paths!

How long does it take to bike across Georgia?

Well for some folks it takes 75 years. Like club member Ben Gross.

The Bike Ride Across Georgia (BRAG) was June 11-17 and this year went from Dalton to Augusta. Ben had wanted to do this ride for a number of years, and this was the year he actually had time. Ben wanted the true BRAG experience so he set up his tent at each stop and declined the indoor camping at the various schools that are used during the ride.

The ride this year started in Dalton with stops at Cartersville, Jasper (where riders were treated to Marble pins), Gainesville, Commerce, Washington and finally Augusta. The ride has options each day so riders can cover from 400 to about 600 miles during the week. This year there were more than 1,500 riders, and each town was explored by the arriving bikers. Commerce was the highlight when some of the group found a place that had pitchers of beer for \$4.50 and refills for \$2.75. Ben was heard to remark that he slept very well that night and decided to do that again in the next town.

Along with Ben, club members Von Woods (also a first-timer), Dick Allis, and Dan, Kay and Wil Ahern also completed the ride.



Staples family (+1) wins 5th annual golf tourney

Ten teams totaling 40 duffers teed it up at this year's PTC Running Club Golf Tournament at Flat Creek Country Club. Tourney director Roy Robison had the teams matched so closely that six of the teams finished within two strokes of one another, and from the top to the bottom there were only six strokes separating the pack. Patrick Staples, his father Reggie, and his brother Andy teamed up with Patrick "Best Round of My Life" Kearns to squeak out the win at 14 under par. Special thanks to Phil Jones for opening his house to the whole crowd on the final hole for the formal awards ceremony!



Winning team members Reggie, Patrick and Andy Staples, and Patrick Kearns show off their form before the start of the tournament.



2nd place teams are all smiles. Above, Bill Werling, Max Hughey, Scott Allen, Steve Matlaga. Below, Mike Warren, Vern Schmitz, Chuck Garwood, and Kim Garwood.



Phil Jones congratulates Vern Schmitz while Vern's teammate Chuck wonders if he can get some tips.

Final Tournament Standings

- 1st -14 Patrick Staples, Reggie Staples, Andy Staples, Patrick Kearns
- 2nd -13 Vern Schmitz, Mike Warren, Chuck Garwood, Kim Garwood
Scott Allen, Max Hughey, Bill Werling, Steve Matlaga
- 3rd -12 Rhonda Fuentes, Steve Poth, David Smith, Brian Lesko
Marino Fuentes, Liz Fuentes, George Martin, George Martin Sr.
Paul Blaum, Joe Wassell, Lee Blair, Tim Thornton
- 4th -11 Bruce Brozoska, Carolyn Gulick, Tom Crofton, Phil Jones
Bill Anderson, Brian Sewak, Rose Kempton, Bob House
- 5th -10 Ron Kempton, Andy Porter, Hal Wolfe, Tracy Moore
- 6th -8 Roy Robison, Bob Trombly, Bill McBride, Charlie Robison

Longest Drive: Rhonda Fuentes, Pat Staples • Closest to Pin: Steve Poth, Tim Thornton



Waiting for the teams to come in is the most fun of all. Unless you're Paul Blaum (below) who has his share of fun on the course. Can't tell if teammate Joe Wassell is amused or not!

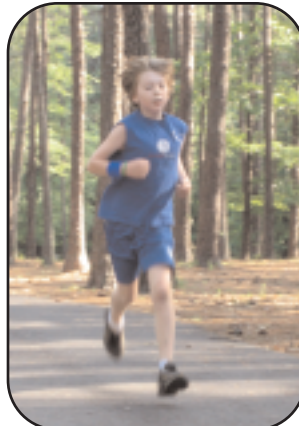


Above, Indie and Dave Smith, Tom Crofton, and Carolyn Gulick all relax on the 18th hole. Below, Dave Olson keeps the drinks flowing.



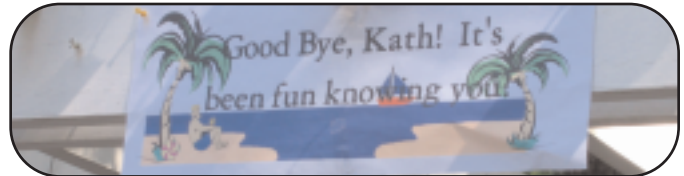
Kid's Fun Run 2006

No one remembers for sure how long the PTC Running Club has been hosting the Spring Kid's Fun Run, but Teri Besch has been the race director for over 15 years. All we know for sure is that some kids who ran it in the early years are now bringing their kids to run. Here's a look at some of the fun from this year's event.



Fond farewell to an Aussie friend

Kath Jones recently returned to Australia after two years in Peachtree City. She and her husband Graeme (who left earlier this year) were active participants in the club. A farewell party was held May 21st so all her new friends could say good-bye. We'll miss you Kath!



"The girls" got together for one last run before Kath left. With Kath are Mary Ann Crofton (seated) and, from left, Teri Besch, Susan Mills, Ann Shoemaker, and Bernice Wassell.



Left, Liz Fuentes helps Kath display a parting memento of Peachtree City. Bottom, club members Teri Besch and Tom and June Round enjoy the party with the guest of honor. In back is Riley Hamilton in the arms of her daddy, Mark.





2005-2006 High School Track Roundup



By Bill Anderson

The 2006 high school track season was highlighted by the appearance of club members Emily Borsare, Erica Hughey, and Shannon Philipps in the girl's state high school track championships in Albany and by Bill Werling's Our Lady of Mercy girls winning the Class A state championship.

Emily Borsare continued her winning ways by marching through the regular season undefeated in both the 1600 and 3200-meter runs. Along the way, she set an all-time state record in the 3200 by running a 10:31.44 at Westminster on April 12. When she got to Albany, she met up with rival Emily Reese from Chamblee. The two Emilys proceeded to live up to their reputations with two outstanding performances. In the 1600, Emily Borsare joined the sub-5 club by running a 4:58.01, a personal best by 3.4 seconds. In the same race, Emily Reese set a state record by running a 4:52.26. But it was the 3200 duel that people will be talking about for years. Emily Reese nipped Emily Borsare by three hundredths of a second, 10:33.33 to 10:33.36. They both ran 5:24 and 5:09 splits. The last 800 was run in 2:28 and the last lap in 1:10. Observers at the meet said it was the best high school girl's race they had ever seen.

Erica Hughey ended her McIntosh career in style as she ran a personal best 5:21.69 to finish 7th in the 1600 in Albany. She was honored as the Fayette-Coweta girl's scholar-athlete of the year by the *Atlanta Journal-Constitution*. Erica maintained a 4.0 GPA at McIntosh and scored 1420 on her SAT. She wound up 5th in her senior class. She will be attending the University of Georgia in the Honors program this fall.

Shannon Philipps overcame knee problems that hampered her running by excelling in the high jump instead. Only a freshman at Starr's Mill High School, Shannon finished 2nd in the region with a 4'10" high jump, qualifying her for the state meet in Albany. Even though she didn't place in Albany, her freshman track season was a success. Coach Chad Walker is looking forward to Shannon being able to run like she did in middle school before her injury problems.

Club member Bill Werling's Our Lady of Mercy girl's track team finally was able to stop the Landmark Christian School's domination of Class A by winning the state title in Albany. With only five girls competing in Albany, Mercy piled up 84 points to beat Landmark by 31 points. State individual championships were won by Sarah Hohenburger (800 and 1600 meter runs), Raven Moore (100 and 200 meter dashes), Leigh Burton (long jump and 300-meter hurdles), and Hannah Allen (discus). Senior Leigh Burton also helped the 4x400 relay team to a 2nd-place finish. She will run for the Vols next year at the University of Tennessee.

The Mercy boys finished second at the state meet held in Jefferson. State champions for Mercy included Jake Lethbridge (800 and 1600-meter runs) and the 400-meter relay team.



High School Support Coordinator Bill Anderson recognized the accomplishments of McIntosh High School track standouts Erica Hughey (left) and Emily Borsare at the club's June meeting.

Congratulations to all the high school track and cross country participants, especially to the following seniors who were selected as Ronnie Godwin scholars for 2006:

Fayette County: Michael Blankenbeker – Boys CC

Claire Bergstrom – Girls CC

Cary Hale – Boys Track

Simone Heath – Girls Track

Sandy Creek: Jason Veclotch – Boys CC

Christine Dunphy – Girls CC

Ryan Brewer – Boys Track

Megenne Sibert – Girls Track

Starr's Mill: Kevin Davis – Boys CC

Kristin Horton – Girls CC

Antonio Brown – Boys Track

Ginny Balkcom – Girls Track

McIntosh: Chris Cage – Boys CC

Erica Hughey – Girls CC

Hubert Bond – Boys Track

Elizabeth Hale – Girls Track



2nd annual Elementary School Grand Prix winners announced

By George Martin

The Peachtree City Running Club has a long tradition of promoting youth running in a number of different ways, from the Kid's Fun Run in the spring, to support of the PTC Flash youth running program, to Middle and High School track and cross-country support, to High School scholarships. Its partnership with the PTC Rotary Club in sponsoring the Elementary School Grand Prix has been an exceptional effort at continuing this tradition.

The 13 races held during the school year started with the Tyrone Founders Day Race in September and ended with the Brooks Elementary race in May. In 2005-06, more than 2,000 people participated in at least one race, and over \$65,000 was raised for the local elementary schools.

Beyond the financial benefits for the individual schools, the Grand Prix series was established to provide opportunities for kids to be introduced to running at a very early age. One of the spin-offs of this program has been the development of "in-school" running clubs in 11 of the 13 schools that participate in the races. In those 11 schools, kids come to school 20-30 minutes early, run laps, and keep track of the mileage. When they accumulate a total of 25 miles they are then eligible to run in the Kid's Marathon Finish on our PTC Classic race day. More than 1,500 kids participated in one of the 11 school running clubs.

The Rotary Club has agreed to fund the Grand Prix series again in 2006-07, and we look for this coming year to be the most successful yet. An organizational meeting with all participating schools will take place in early August. If you would like to become involved, contact Bonnie Hancock or George Martin.



Winners of the Elementary School Grand Prix series were honored at the May 25 luncheon of the PTC Rotary Club (below) as well as the June meeting of the PTC running club (above).



Ptc	Name	Age Group	Ptc	Name	AG	Ptc	Name	AG
1	Cody Clements	8 & under	1	Heather Dunham	30-34	2	Nirmada Hall	45-49
2	Justin Magee	9 & under	1	Steve Marcontell	35-39	3	Jennifer Bryant	45-49
3	Jeffery Magee	10 & under	2	Todd Hamill	35-39	1	Paul Bryant	50-54
1	Brandon Toro	9-10	1	Teresa Moore	35-39	2	Harvey Garcia	50-54
1	Melanie Hamill	9-10	2	Junko Magee	35-39	3	Bob Dalton	50-54
2	Holley Gibbs	9-10	3	Laura Wittbrodt	35-39	1	Trish Vlastnik	50-54
1	Kelly Callahan	11-12	1	Martin Rowe	40-44	2	Jan Bankieris	50-54
2	Courtney Wiggins	11-12	2	Scott Haygood	40-44	3	Jane Gardner	50-54
3	Shawna Leman	11-12	3	Dennis Nutter	40-44	1	Normer Adams	55-59
1	Nathan Vassey	13-14	1	Sandy Forero	40-44	2	Dave Olson	55-59
1	Anna Maher	13-14	2	Denise Statham	40-44	1	Connie Sambrone	55-59
1	Brian Forero	15-19	1	Bill Everage	45-49	2	Cathy Olson	55-59
1	Paul Smiley	25-29	2	Warren Toro	45-49	3	Judy Zehms	55-59
1	Dina Slater	25-29	3	Hal Wolfe	45-49	1	Alba Mettlach	65-69
1	Joe Martin	30-34	1	Margie Dam	45-49	1	John Waterhouse	70-74

RRCA News

By Marlene Atwood
RRCA Georgia State Rep



In the 10 years I've lived in the Atlanta area, one thing I know for sure — when summer's here, the only races you can find are short 5Ks, and they all start early in the morning to avoid the heat of the day here in the southeast. Only one race defies the distance, and that is the Peachtree 10K Road Race on July 4th.

June brings those infamous training runs down the Peachtree Road Race course, where you go to be seen and see who you can see. The hard core runners can be seen prancing up and down the Peachtree course not once, but twice and three times. We've become old friends — waving as we pass each other going down to Peachtree Battle or making the climb back from 10th Street — bodies slick with sweat.

Peachtree marks one of the biggest gathering of runners in the world. It is a wonderful opportunity to run with the best — not just the elite runners, but some of the best wheelchair athletes in the world. The Peachtree Road Race also brings the Peachtree Road Race Expo — one of the best race-related expos in the country. Along with all the great bargains, there are several opportunities to meet and greet some very well-known runners.

One of my newest RRCA Georgia clubs, ChristianRunners.org, is one of several groups sponsoring world-class runner Gilbert Tuhabonye at the Peachtree Road Race for 2006.

Gilbert is a celebrity in the world of running and a 2008 Summer Olympics prospect. He's a graduate of Abilene Christian University where, despite being covered with scar tissue from extensive burns, he was a national champion runner. Now, by all accounts, Gilbert is the most popular running coach in Austin, Texas, where he has a training program known as Gilbert's Gazelles. Gilbert resides in Austin with his wife Triphine and two daughters, Emma and Grace. Gilbert is not only running the race, but you can meet him personally on a special "warm up" group run (low gear of course) on July 3.

In addition to running with Gilbert, you can pick up a few training tips from him and get your autographed copy of his new book "This Voice Within My Heart." In case you haven't checked out Gilbert's amazing article/story in the June issue of Runner's World, we suggest you give it a read. Gilbert is an elite runner, but he's also a genocide survivor with a story of escape, faith and forgiveness!

Where you can find Gilbert:

July 3 — 8:30 a.m., group run with Gilbert at Big Peach Running Co. in Buckhead.

10 a.m. - noon, meet Gilbert at Big Peach Running Co. in Buckhead (book signing/clinic/photos).

3 - 5 p.m., meet Gilbert at Big Peach Running Co. in Marietta (book signing/clinic/photos).

July 4 — After race, hang out with Gilbert for lunch (more details are on the Web site <http://www.christianrunners.org>)

I also want to tell you about the RRCA's latest initiative — "National Run at Work Day" slated for Sept. 22. This is a national day of observance in which clubs, organizations, and individuals across the country are asked to participate in at least 35 minutes of exercise on this designated day.

We are urging all clubs to contact their human resource departments to get involved in this event. The event can be a fun run or walk of at least 35 minutes in duration, involving your running club or corporation before work, during lunch, or after work. To commemorate the event, participants can post details of their celebrations on the RRCA national calendar. I would like to challenge all RRCA Georgia Clubs to come up with creative ways to celebrate this occasion. As the date gets closer, I will ask you to send information on how you celebrated the occasion for inclusion in the next newsletter.

Please feel free to contact me if you have any questions.

Health Notes



June 21 marked the first official day of summer, also known as the summer solstice or longest day of the year in the northern hemisphere. To celebrate the first day of summer, the Road Runners Club of America wants to remind the running community about the importance of following hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

1. Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

Visit Gatorade Endurance's site at <http://www.itsonthecourse.com>. You will find great tools for developing a hydration strategy and coupons for Gatorade Endurance. To stay hydrated on your run, consider using one of the many products designed by FuelBelt, Inc, "The Official Hydration Delivery System of the RRCA." Find them online at <http://www.fuelbelt.com>.

2. Avoid running outside if the heat is above 98.6 degrees, body temperature, and the humidity is above 70-80 percent. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.

3. When running, if you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as

(Continued on page 10)

Military runners are champs in Atlanta-area races

By Bob Dalton

Team defends title in Army birthday run

Almost 100 runners, joggers, and walkers from across Ft. McPherson and Ft. Gillem turned out May 5 for the 31st Annual Road Runner Classic 5K to help celebrate Ft. McPherson's birthday. It was probably no coincidence that many of the participants were using the occasion to celebrate Cinco de Mayo as well. The race director gave the command for everyone to start right on time. The weather was relatively cool but the high humidity had everyone soaked with sweat by the time it was over. There were three good hills all in the last half of the course, which wound its way around the scenic post to include the golf course.

The Third Army Road Racing Team turned out in force to defend its title. When the results were posted, it was clear that a whoopin' had taken place. With the low score winning, Third Army soundly defeated USARC by a score of 15 to 120. Club member Bob Dalton took 1st place overall with a time of 17:52.

3rd Army team clinches Hooah 10K race

Cloudless skies and warm temperatures greeted more than 400 runners as they toed the line for the start of the 5th annual Army Hooah 10K race at the Georgia International Convention Center on Sat., June 10.

After the national anthem, invocation, and brief remarks by the College Park Mayor and FORSCOM Commanding General, GEN McNeill, the gun sounded and the racers were off. Heading north straight down Main Street, the course led through East Point and into Ft. McPherson where the runners circled around Hediken Field and to the finish on Troop Row. When the dust settled, the Third Army Road Racers emerged victorious among the 10 teams in the military team competition.

This was the second team victory for the Road Racers as they continue their training for the Army Ten Miler this October.



3rd Army team members are all smiles after defending their title. From left to right: MAJ Tony Satterfield, CPT Isaac Lin, SSG Sonia Lewis, SGT Yasin Jackson, and Bob Dalton. Not pictured: COL Clarence Meade, CPT Alex Murray.



The popular Hooah 5K and 10K races attract runners from all over Atlanta. Bob Dalton's winning team included from left, himself, SSG Sonia Lewis, CPT Alex Murray, COL Brian Lein, SGT Yasin Jackson, WO1 Mike White, and SPC Maria Flecha. Bob took 9th overall and 1st Grand Master in the race.



Airport runway 5K a "moo"ving experience

A number of PTCRC members joined thousands of others in experiencing the once-in-a-lifetime opportunity of running on a 9,000-foot runway before it opened. The 5K race was held May 20 at the Hartsfield-Jackson International Airport to celebrate the opening of its multi-million-dollar fifth runway. Here, Bill Fuller enjoys a happy moment with his running partner (super cow) after the race!

- Club Notes and News -

RRCA FOOTNOTES Magazine Online

The June 2006 issue of the Road Runners Club of America's online membership magazine, FOOTNOTES, was posted on the RRCA home page June 1. The magazine is designed to educate the running community and promote national, regional, and state level running events and activities of RRCA members. Everyone is encouraged to visit the RRCA Web site and read the publication online, download and print the file to read on the go, or order a black and white magazine from the RRCA store at www.cafepress.com/rrca. If you would like to contribute royalty-free images or content to future issues of FOOTNOTES, contact Jean Knaack at execdir@rrca.org.

Alpharetta Marathon Designated RRCA Club Championship

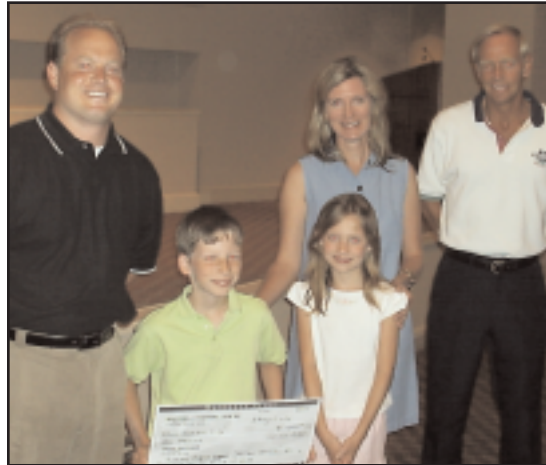
The new Alpharetta Marathon and Half Marathon is scheduled for Sun., March 4, 2007. It will have a \$20,000 purse and national TV coverage. This event is the first RRCA Club Championship in Georgia, and RRCA clubs can compete for cash prizes by sending their top distance runners. The top four male competitors and top female competitor from each club will be scored, and the club with the lowest overall finishing time for all five competitors will be awarded the RRCA Georgia State Club Championship. For more information, go online to www.alpharettamarathon.com.

U.S. 10K Sponsors T-shirt Contest

The U.S. 10K Classic, an RRCA event member, is scheduled this year for Sept. 4. As part of the festivities, the event is offering two t-shirt design contests. In the adult contest, a \$500 cash prize will be awarded to the winning designer. The winning t-shirt design will be showcased on 12,000 t-shirts distributed to all race participants. A second t-shirt contest has been created for the Kid's Classic Races. The contest is open to children ages 6-12. The winning design will be printed on the t-shirt for the Kid's Classic event on Sept. 4, featuring 700 children. The winning artist will have an opportunity to autograph t-shirts on the day of race. For more information about the U.S. 10K Classic events, visit <http://www.us10k.org/home.asp>.



Runners of all ages toe the line at the PTCRC Summer Track Series. Come out on Tuesday nights at the Riley Field track 10 and join the fun!



Classic sponsor Sam Chapman of Talbot State Bank (left) joins club president Bob Dalton (right) in presenting a check for \$1,000 to Recreation Commissioner Colleen Sugar and her children John and Beth. The donation will go toward maintenance and repair of the All Children's Playground.

PTC Fitness Challenge

The PTC Running Club will again host a Fitness Challenge at this year's Classic races. Like last year, corporate teams will be formed in a number of different divisions to compete in either of the two 5Ks or the 15K PTC Classic on Oct. 21. 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. Start thinking about getting your company or organization involved. This has the potential to add a lot of new people to our Classic registration numbers, so help spread the word!

Health Notes (continued from page 8)

Gatorade. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

4. Run in the shade whenever possible, avoiding direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least SPF 15 sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to be transferred off the top of your head.

5. If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

6. DO wear light colored breathable clothing. DO NOT wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!

7. Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running and how long you think you will be gone, and carry identification.

Stay hydrated, cool, and safe this summer!

Spring Grand Prix Results

May — Event 5

5K Prediction/Brooks 10K

Men's Open (50 and below)

1st place — Randy Graham
2nd place (tie) — Mike Norman, Wes Wilkins, Vern Schmitz
5th place — Bill Everage

Men's Masters (51 and above)

1st place — Bill Fuller
2nd place — Jules Desgain
3rd place — Normer Adams
4th place (tie) — Bob Dalton, John Waterhouse, Dan Ahern

Women's Open (47 and below)

1st place (tie) Rhonda Fuentes, Jane Hamilton

Women's Masters (48 and above)

1st place — Ann Henderson
2nd place — Trish Vlastnik
3rd place — Teri Besch

June – Event 6 Poker Run

Men's Open (50 and below)

1st place Jake Hancock
2nd place Patrick Staples
3rd place Mark Mascara
4th place Bill Anderson
5th place Vern Schmitz

Men's Masters (51 and above)

1st place Bill Fuller
2nd place Dan Twineham
3rd place Normer Adams
4th place Mike Warren
5th place Bob Dalton

Women's Open (47 and below)

1st place Bonnie Hancock
2nd place Emily Goss
3rd place Teresa Moore
4th place Margie Dam
5th place Ann Port

Women's Masters (48 and above)

1st place Jan Bankieris
2nd place Patty Rogers
3rd place Trish Vlastnik
4th place Teri Besch
5th place Sandy Tuman

For complete Grand Prix results and current standings, go to the Grand Prix section of the PTCRC Web site at www.ptcrc.com.

PTCRC Meeting Highlights *(Continued from page 2)*

June

President Bob Dalton called the meeting to order at 7:30 p.m. in the Wyndham Conference Center. New members and guests recognized included Alba Mettlach, James Lavin, and Eric Smith from Peachtree City and Pat Miles from Tyrone.

Presentations

A Community Service presentation was made to Colleen Sugar, PTC Recreation Commissioner by Sam Chapman from the Talbot State Bank. A check was presented to Colleen for \$1,000 as the Talbot Bank sponsorship for maintenance and repair of the All Children's Playground. Colleen explained that the playground is now over 5 years old and showing some wear that needs immediate attention.

George Martin presented the Elementary School Grand Prix Awards. Assisting as co-presenter was Charlie Landrum, president of the PTC Rotary Club.

High school track champions were recognized. Bill Werling, Our Lady of Mercy High School, reported that the girls track team was first in the state in their classification. (For more details, see page 6.)

Guest Speaker

Our guest speaker was Dr. Robert Faddock from Foot Solutions Corporation. This is a Georgia company with 200 national stores. He is the Director of Pedorthic Education, which means he teaches people who run the stores how to recognize foot and ankle problems and how to make orthotics to help correct those problems.

Reports from Officers

Admin V.P. Ann Henderson reported that Todd Davison and Beth Wiggins competed in the "Rock and Roll Man," a "Half Iron Man Competition" held in Macon, GA.

Secretary Tom Round sent a card to Terry and Sonya Murphy on the death of her father. Sent news releases on the Kids' Fun Run to all local newspapers and the AJC but only got one announcement in the *Citizen*

with erroneous information on it. However, there was a picture from the Fun Run in the local PTC paper after the event.

Treasurer Marino Fuentes reported that the club has a total of \$20,308.03 in its bank accounts with an additional deposit of \$2,000 into the Talbot State Bank. The Money Market Account contains \$23,699.38, and the grand total is \$46,007.41 as of June 5. Tom Crofton is conducting the annual audit again this year.

Reports from Coordinators

Classic Race Director George Martin announced the Expo will be held in the Fredrick Brown Amphitheater this year on both Friday evening and Saturday morning.

School Support Coordinator Bill Anderson reported that 17 scholarships were given this year for scholar-athletes.

Social Events Coordinator Teresa Moore announced that the July 4th picnic will again be held at the home of Dick and Jan Ellis beginning at 1 p.m.

Merchandise Coordinator Trish Vlastnik has new golf shirts for sale along with the other usual merchandise.

Publicity/Historian Carolyn Gulick got a picture of the Fun Run placed in the local PTC newspaper.

Announcements

Karin Shute from Massage Kare announced that she has opened a 13-room massage clinic in Fayetteville in the J.C. Penney Plaza. She is offering a 1-hour massage for first-time patrons at a reduced rate of \$45.

Bill Brown announced that he opened a running store May 1 in the Kroger Shopping Center off highway 54 in PTC. The store is called "Run Fit Sports."

There will be no meeting in July. The next scheduled meeting is Aug. 7 at the Wyndham Conference Center.

The meeting was adjourned at 8:52 p.m.

Sponsor Spotlight: Run Fit Sports

Run Fit Sports is our newest Classic sponsor and the first running specialty store to open in Peachtree City. Owner Bill Brown and his sales associates Josh Myers, B.J. Brown, and Ben Brown offer a complete line of running shoes, apparel, and accessories. They will also do expert footstrike and biomechanical analysis of your particular running form and stride before they sell you a pair of shoes. These guys really know what they are doing as all are avid runners themselves. And, most importantly, they will give a minimum 10 percent discount on all merchandise to members of the Peachtree City Running Club and their families. They are located at 100 N. Peachtree Parkway in the Kroger shopping center next Subway. Hours are Mon-Fri 10-7 and Saturday 10-5. Stop by and check them out soon, and don't forget to tell them you are a member of the club.



Peachtree City Running Club
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UPCOMING CLUB EVENTS

JULY 4 PEACHTREE ROAD RACE & PICNIC • JULY 8 GRAND PRIX • JULY 18-19 SUMMER TRACK SERIES FINALS •
AUG 5 GRAND PRIX • AUG 7 CLUB MEETING @ WYNNDHAM • AUG 25-26 HOOD TO COAST RELAY