

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JANUARY 2007

2006 Awards Banquet

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Meet your new club
treasurer



Club members Kim Garwood (left), Ann Shoemaker, and Martha Boone enjoy a visit with Santa (aka Ray Besch) as part of the evening festivities during the PTCRC annual awards banquet and Christmas party.

2005



National
Winner
RRCA Best
Small Club
Newsletter



What happens when you get more than 130 runners in a historic building, with good food, spirits, and a dance floor? You have a great party, and that is just what happened on Dec. 17 at the Tyrone Depot. This year's Christmas party will be one to remember with a great atmosphere, great program, super food, several hours of aerobic exercise (in the form of dancing) and just a lot of fun.

The Tyrone Depot is an old, turn-of-the-century building that has been converted into a charming social venue, full of antiques and unique specimens, very much like the membership of our running club! But what a great event, as one of the few times all year that we

get to see a large number of club members, and our friends, in a social, non-running environment.

Teresa Moore did an outstanding job coordinating the catering, the decorations, and the entertainment. Bob Dalton did his usual excellent job as our Master of Ceremonies and launched a new career as a stand-up comedian at this year's party. Special thanks to the 15-20 people who came out Saturday morning to help finish the decorations, and congratulations to all of this year's award winners. (See overview of the awards on pages 4-6.)

If you missed this year's Christmas party, you missed a wonderful event. But word has it that Bob and Teresa are already working on an even better party for next year!



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The Legacy is published six times a year in January, March, May, July, September, and November. The deadline for submission is the third Friday of the previous month. Please send all articles and photos to Rene Flaherty at rzflaherty@aol.com. Send race results to Bill Fuller at mki.kammann@ht-bbs.com.

NEXT DEADLINE:
FEB 16TH

November Meeting Highlights



The complete meeting minutes are available in the members only section of the PTCRC Web site at www.ptcrc.com.

President Bob Dalton called the meeting to order at 7:30 p.m. at the Wyndham Conference Center. New members recognized included Tanya Pellew from Jonesboro and Jeff McKinney from Peachtree City. A motion was made to approve the minutes of the last meeting as posted on the club Web site. Motion carried by unanimous approval.

Our guest speaker for the evening was Bill Brown from "Run Fit Sports," assisted by Josh Myers. Bill thanked everyone for their help in setting up his display at the PTC Classic Expo. He read an amusing excerpt regarding Lance Armstrong's account of running the New York City Marathon. On a serious note, he read a story about Pattie Foell, an Atlanta-area resident who was struck by a vehicle and killed while out jogging in the early morning hours. Although she was an accomplished marathon runner, she was wearing no reflective gear and was nearly invisible to the driver that struck her.

Bill encouraged everyone to think about safety and be aware of your surroundings at all times. He gave hats with reflective logos to everyone present and then passed around and demonstrated various lights, reflective clothing, and vests. All items are available for purchase in his store at 100 North Peachtree Parkway, Suite 15 (two doors down from Bikes Unlimited). Thank you Bill for a very informative demonstration.

Old Business

President Dalton discussed a reallocation of a portion of the grant money from Saucony. The club will use \$2,000 to purchase a new digital timing clock. The two existing clocks are of a mechanical variety, showing their age and wear, and steadily decreasing in dependability. The new clock will give us backup capability and be available for use by the community and schools in accordance with the by-laws of the PTCRC.

New Business

Dave Piet took over the meeting temporarily as a member of the Nominating Committee to announce the slate of candidates for club offices for the coming year. The slate was unanimously approved with no further nominations from the floor. Officers for 2007 include: Bob Dalton – President, Ann Henderson – Administrative Vice President, Steve Hancock – Activities Vice President, Tom Round – Secretary, and Hal Wolfe – Treasurer.

Reports from Officers

Secretary – Tom Round reported that he sent out two bereavement cards to club members during the last month.

Treasurer – Marino Fuentes was absent but sent a report to President Dalton that identified the club has a total of \$7941.87 in Talbot State Bank. The Money Market Account contains \$34,096,

(Continued on page 3)

WELCOME NEW MEMBERS

Aubrey Johnson (Sharpsburg)
William and Lee McKinney (Peachtree City)
Jeff and Nikki Olive (Peachtree City)
Brian and Susanne Reamer (Peachtree City)
Scott Stinson (Fayetteville)
Steven and Gayle Yates (Peachtree City)
Andree and Chris Miceli (Sharpsburg)
Kirk Sorbo (Peachtree City)
Angela and George Taber (Fayetteville)



Well, 2006 is history and 2007 is here. Seems like just yesterday everyone was worried about catastrophic computer failure when we entered the new millennium back in 2000, and we are now already two thirds of the way into the first decade. One can only wonder where the time goes. If you are reading this, it is more than likely you

are a PTC Running Club member and as such, you have not been idly sitting by on the sidelines. One reason time seems to fly is because of the myriad of activities the club offers and the busy schedule we all keep. A glance at the online activities calendar on our club Web site offers any number of races, meetings, Grand Prixs, track meets, and the like. If you are an active member, one claim you can probably not make is that you are bored! If you are, please see me!!

I am especially glad that we will be keeping the majority of the Executive Board in place for this year. We have a great team and work very well together. Ann Henderson (Admin V.P.), Steve Hancock (Activities V.P.), and Tom Round (Secretary), will continue to enthusiastically and wholeheartedly assist and support the club. We want to welcome Hal Wolfe to the Board as our new Treasurer and thank him for his willingness to step up to the plate and contribute his share of "blood, sweat, and tears" for the betterment of the organization! (You can read a member profile of Hal elsewhere in this issue.)

As you know, Marino Fuentes is rotating off the Board after three years as Treasurer. Looking through the historical records of the club, it appears that Marino is the only Treasurer in 26 years of club history who has served in that position for three years. It can be a demanding and time-consuming job, so I want to take this opportunity to express my profound gratitude and appreciation on behalf of the entire club to Marino for his contributions. One of George Martin's initiatives as former President was to establish a reserve fund in the unlikely event that an untoward catastrophe would not allow us to hold the Classic and thus generate the revenue to keep the club operating. We have been able to achieve that goal because Marino took the ball and ran with it and made it happen. He carefully managed our funds, and as they became available, periodically purchased CDs over the last year (at a great rate, by the way) and we now have a one-year operating reserve. It has been a real pleasure to work with Marino. His fiscal acumen, fiduciary responsibility, and financial savvy have served the club well (say THAT three times fast!) I dare say we are probably in the best shape ever from a financial standpoint, and we enter the New Year healthy and strong. This is especially reassuring and gratifying when so many other clubs are struggling to stay afloat. Thank you again Marino, the club owes you a huge debt of gratitude.

Many thanks also go to Teresa Moore for the outstanding job she did as our new Social Coordinator in putting together our

annual Christmas Awards Banquet. We had it at a new venue this year – the Tyrone Depot – and by all accounts it was a complete success. Teresa wasted no time getting involved when she joined the club last year and also won the Female Rookie of the Year Award. Congratulations and thanks again!

Of course we have another full slate of activities lined up for this year as I mentioned in the opening paragraph. What better way to start off the year than the traditional Guess the Distance Grand Prix run at the Boone's on New Year's Day? They have graciously agreed to host the event again at their house to be followed by brunch with everyone bringing their own contribution to the breakfast banquet.

The first club meeting of the year will be the following Monday, Jan. 8. Your Board will submit a draft budget for the year to the membership at that time. We will have hard copies for everyone and ask that you take it home and study it. At the Feb. 5 meeting, please come prepared with any questions you might have, and we will then vote to approve the budget.

We are in the middle of a 13-race Elementary School Grand Prix race series that is going strong and have numerous other events planned for the year as well. You can look forward to monthly club Grand Prix runs and meetings with great guest speakers, another summer track series, Kid's Fun Run, Golf Tournament, and of course, the PTC Classic. 2007 promises to be another fast-paced year, and the club train is speeding down the tracks. It's not too late to jump on board and we always have room for everyone so be sure to join in the fun!

See you on the roads...

P.S. It's time to renew your club membership if you haven't already done so. You won't find a bigger bang for your buck (20 bucks actually) in any other running club, gare-own-teed!

November Club Meeting Highlights

(Continued from page 2)

and the grand total is \$42,038.40 after all expenses were paid for the PTC Classic. This represents a club record. To date we have given back \$20,486 in Community Support, Scholarships, School Support, Summer Track, etc. Last year we received \$20,000 in Sponsor money so we are in compliance with our goal. \$1,000 each are yet to be given to the Auxiliary Police, Fire Fighters, and Recreation Department.

Reports from Coordinators

Classic Race Director – George Martin volunteered to be race director again next year for the PTC Classic. He reminded the members that there are still 60 "wind shirts" left for sale for \$29.95 each as an additional fund raiser in addition to numerous race shirts of all sizes.

Announcements

The next meeting is scheduled for 7:30 p.m. on Mon., Jan. 8 at the Wyndham Conference Center.

The meeting was adjourned at 8:22 p.m.

2006 PJCRC Awards

MOST IMPROVED



Jane Hamilton was among the first group of people to run both the Disney half and the Disney full marathon last January and earn the coveted Goofy medal. And, crazy as it is, she signed up to do the same thing in 2007! As part of her training, she ran the Marathon of the Palm Beaches half marathon with temps in the 80's and 97% humidity. She continues to persevere and improve in her running, and we know she will only get better and better. Congratulations Jane!



Jake Hancock ran his first 10K this year at Charles Harris in 69 minutes. He knocked eight minutes off that time when he ran the Disney 10K in 61 minutes this past October. He also ran his first 15K at the Classic that same month. He was at every club Grand Prix and every summer track meet except for one and not just because his dad was in charge! At only 13 years old, he is the youngest recipient of this award in club history. We know we will continue to see bigger and better things from him. Congratulations Jake!

PRESIDENT'S AWARD

This award is usually presented to one individual who goes far above and beyond the normal expectations of a club member. But this year, there are actually three recipients.



Dave Olson established the club Web site in about 1995 and was instrumental in bringing the club into the computer age. He automated the classic race registration, results, and timing, devoting countless hours over the past 10 years to the Web site and helping to make the Peachtree City Classic a first-class event.

Roy Robison worked hand-in-hand, figuratively speaking, with Dave on the Web site. He maintained the activities page to include the 1,000-mile-club stats and the Grand Prix results. He too worked hundreds of hours on his own time, without pay or compensation, because he just loved doing this for the club.



Last but not least, **Joe Domaleski** initiated a complete revamping of the Web site starting late last year. The goal was to make it the primary source for club information and he succeeded tremendously. We want to express our gratitude and appreciation to all three recipients for the outstanding work they have done.



RRCA VOLUNTEER AWARD CLUB VOLUNTEER OF THE YEAR

These awards are presented to people who have given at least 2,000 hours or more to the club through volunteer work at various activities and functions.



The RRCA recognized **Teri Besch** for her work with the kid's fun run, as club secretary, and her work with summer track series registrations among many other things.

Carolyn Gulick is actually a two-time recipient. She



received her first award back in the 90s. Since then she was the organizer of the RRCA National Convention that our club hosted in 2000, Classic Race Director along with husband Dave in 2001, and is currently the Publicity/Historian Chairman. The word "no" is not in her vocabulary, and she has always graciously done everything asked of her.

President-emeritus, former vice president for administration, race director, exotic trip organizer and tour guide **George Martin** is the final recipient of the RRCA Volunteer award. The great initiatives and programs he has instituted and the contributions he has made will benefit this club for many years to come. For that reason, George is also the recipient of the club's Volunteer of the Year Award.



ROOKIES OF THE YEAR

Teresa Moore started walking two years ago to lose weight and liked the results so much she started running. She ran her first Peachtree 10K last year and did it again this year. She has completed her first 1,000-mile year this year. She trained for and raced the army 10 miler this year, which was the longest distance she had ever raced. But she's not stopping there. She is currently training for and plans to run the Disney full marathon in January. She has jumped into club activities with both feet, and we're proud to acknowledge all her accomplishments. Congratulations Teresa!



Shawn McKinnon has been involved in gymnastics and running since his school days. He runs mostly for fun and doesn't really compete that often, but when he does, he usually smokes the competition. We're happy to have him in the club and wish him another great year of running. Congratulations Shawn!

2006 PTCRC Awards

EXTRA MILE AWARD

The extra mile awards are for folks in the club who don't necessarily hold an office or committee chair, but by virtue of their talents and expertise are called upon by the club to do something no one else can or wants to do.

The first recipient of the award this year has conducted a financial audit of our club for the last two years "pro bono." Crunching numbers is not a fun job but **Tom Crofton** has willingly done it to ensure we are doing everything financially we need to be doing in order to keep us straight.



The next recipient has been our classic race registrar for at least the last three years. This is also somewhat of a number-crunching job because you have to keep track of all the entries by category and race, and it can get pretty tedious. But **Pam Crane** has risen to the occasion each year and expertly kept track of all the registrations.

Last, but certainly not least, the expo coordinator has another one of those thankless jobs that require hundreds of hours of work and dedication. The thing that's unique about this job is that you really have to be a people person to do it right because you are dealing with vendors and sponsors, and they all want to be treated special and they all have their personal wishes and desires and quirks. **Dick Allis** is not a people person – he just tells them the way it's going to be or they can hit the road. Just kidding Dick!



Seriously, Dick has a monumental task in coordinating space and vendors and sponsors, and power, security, and lighting and a million other things most of us never know about. He does a fantastic job, especially when we change venues on him like we did this last year, and he has to re-do his whole plan from scratch.

Thank you to these club members for going the extra mile!

2006 HALL OF FAME AWARD

The PTCRC Hall of Fame was instituted two years ago and had nine inductees that first year and three more last year. The criteria for selection to this club is stringent. You must have been a club member for five years, have made significant contributions to the club, have served in a leadership role, have been a recipient of the RRCA volunteer award, be well respected, and have served as a positive role model for club members and presented a favorable image to the running community.

Congratulations go to **Dave Olson** and **Teri Besch** as recipients of this year's prestigious Hall of Fame Award. Look for detailed narratives of our newest inductees in the March *Legacy*.

2006 Grand Prix Winners

Women's Open

From left, **Margie Dam**, 4th place; **Rhonda Fuentes**, 1st place; and **Bonnie Hancock**, 5th place. Not pictured are **Jane Hamilton**, 2nd place, and **Ann Port**, 3rd place.



Women's Masters

From left, **Teri Besch**, 4th place; **Sandy Tuman**, 3rd place; **Trish Vlastnik**, 2nd place; **Patsy Bickford**, 1st place; and **Ann Henderson**, 5th place.



Men's Open

From left, **Randy Graham**, 4th place; **Vern Schmitz**, 2nd place; **Mike Norman**, 1st place; and **Gary Kolb**, 5th place. Not pictured is **Wes Wilkins**, 3rd place.



Men's Masters

From left, **Jules Desgain**, 5th place; **Bill Fuller**, 4th place; **Dave Piet**, 3rd place; **Normer Adams**, 2nd place; and **Bob Dalton**, 1st place.



Thousand Mile Club Awards

1,000 MILE CLUB



New members of the 1,000 mile club (above) include from left Jeff Warlick, Christine Warlick, Teresa Moore, and Patsy Bickford. They join the prestigious group of thousand milers gathered below.



15,000 MILE CLUB



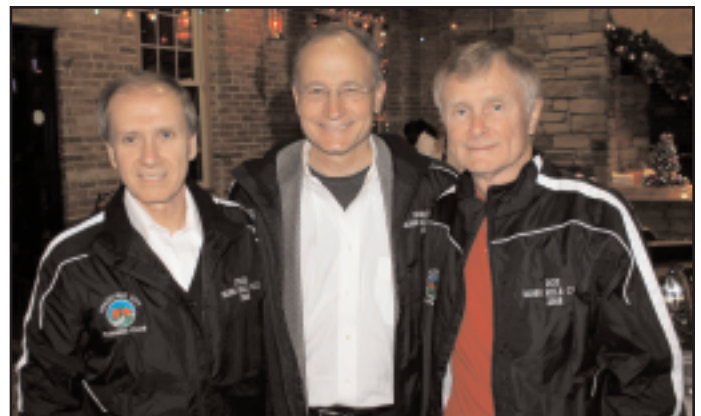
15,000-mile club members Lynn Fairley and Bill Werling are another year closer to their awesome 20,000-mile goal!

5,000 MILE CLUB



George Martin, Cathy Olson, and Marino Fuentes are all smiles as they don their red jackets to join their fellow 5,000 milers.

10,000 MILE CLUB



Ten years of hard work and dedication have paid off for Jules Desgain, Normer Adams, and Roy Robison (above) as they are welcomed into the elite 10,000 mile club pictured below.



Hal Wolfe – The Deer Hunter

By Joe Wassell



Our newest officer in the Peachtree City Running Club is Hal Wolfe, an accomplished deer hunter. In fact, Hal hunts deer the two-legged way — by disguising himself as a doe or another buck. Then he challenges a big 10-point buck standing his ground on the cart path behind Kroger/Ginza. The buck didn't move until Hal just about ran into him. Unfortunately, this one got away before Hal could tackle him.

Hal will be counting our money for the next year as our new Treasurer. He is eminently qualified, being a 1981 management graduate of Clemson University. He managed to play rugby for two years while he was learning how to count things.

Hal hails originally from Spartanburg, South Carolina. He spent five years in Coral Springs, Florida before ending up in Peachtree City where he has lived for the past 10 years. He is 49 years young and is a senior regional manager for Thomson-West. Hal manages a team of sales representatives covering the state of Georgia. His company sells legal information to lawyers and judges.

Hal is married to Nancy, who works at the Queen's Jewels jewelry store in Tyrone. The Wolfes have two children: Morgan (20) a sophomore at UGA, and Brian (17) a senior at McIntosh High School.

Hal, who has been a club member for 2 1/2 years, has been running for about 10 years. He has PRs of 19:22 for the 5K, 40:58 (10K), 1:10:28 (15K) and 1:33:15 for the half marathon. Hal joined the Peachtree City Running Club because he heard great things about our club and because he loves to run and compete with

others, especially in the Grand Prix series.

Hal's favorite race is the Peachtree because of the size of the race, earning a sub-seeded spot, riding the bus and partying with the club after the race, and the overall atmosphere in general. He also found the Oregon Hood-to-Coast relay this past August to be a highlight of his PTC running club experience. He was thrilled with the beautiful scenery, the great time with other runners, and had as he stated, "an overall amazing, challenging and rewarding experience."

Hal's first long run happened about 10 years ago when he went for a run with his boss at Chateau Elan. They were only going to run for 30 – 40 minutes. They got lost and ran for over 90 minutes. Ironically, this led him to start running longer distances and longer races, and the rest is history.

Congratulations!

The Peachtree City Running Club would like to welcome its newest and youngest member who joined us on Dec. 3 at 5:39 p.m. Her name is Shea Aislynn Staples, and she weighed in at 7 lbs, 15 oz, 21" tall. She is the daughter of proud parents Karen and Patrick Staples.

George and Yvonne Martin recently became first-time grandparents when their daughter Rachel gave birth to 7-lb, 5-oz Isabella on Dec. 12 in Jacksonville, Florida. Mother and baby are doing fine, and George and Yvonne are bursting with pride!

- Club Notes & News -

ATC Peachtree City 5K/10K

Our club will again be co-hosting the Atlanta Track Club's annual Peachtree City 5K/10K this year on Sat., Jan. 20. The race begins and ends at the Glenloch Recreation Center with the starting gun sounding at 8 a.m. Race day registration only, low-key, no T-shirt event; free to ATC and PTCRC members, \$5 for all others. If you cannot run, please consider volunteering by contacting Gene Sedlacko at esedlacko@yahoo.com.

Gate River Run

The PTC Running Club will again travel to Jacksonville, Florida this year to participate in the Jacksonville "Gate River Run" 15K on March 10. Traditionally, we have between 20 and 30 runners travel to the race, and most of us spend the entire weekend there on beautiful Jacksonville Beach. If you are interested in more details, please contact Bill Fuller at mki.kammann@ht-bbs.com. He has arranged for a block of rooms at the Quality Suites Oceanfront, and they are going fast. You will be guaranteed a great time, so don't delay. To register for the race, go to www.gate-riverrun.com.

Elementary School Grand Prix races

Upcoming races in the Elementary School Grand Prix series:

St. Paul Lutheran Frostbite 5K, January 13

Kedron Elementary 5K, February 10

North Fayette Elementary 5K, March 3

Oak Grove Elementary 5K/10K, March 17

"Girls on the Run" Program

The Peachtree City Running Club is considering sponsoring a national program called "Girls on the Run" and bringing this award-winning program to Fayette County. This is a prevention program aimed at girls 3rd-5th grade. Weekly lessons cover development of positive social and emotional skills, taking care of one's self, and giving back to the community. All lessons are taught through running games. At the end of 12 weeks, all "Girls on the Run" participants finish the program with a 5K run. Ms. Kellye Slaggert will be attending our January club meeting to give us more details on the program, so if you are interested, please mark your calendar to attend the Jan. 8 club meeting.

Sponsor Spotlight: World Gym

World Gym of Peachtree City and Fayetteville serves the public's need for serious fitness training with a friendly, educated approach to personal exercise in a healthy environment at a fair price. Each World Gym emphasizes personal attention from experienced personnel and one-on-one instruction on the widest possible variety of state-of-the-art exercise equipment. The goal of each World Gym is to be sure the members develop a sense of well-being, camaraderie and confidence based on success in reaching their personal fitness goals. World Gym believes trust and respect between member, trainer and club management is the key to results. World Gym also takes great pride in contributing to the wellness of the community by sponsoring various health and fitness events throughout the year. For more information on World Gym, visit their Web site at www.worldgymfayette.com.



Peachtree City Running Club
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UPCOMING CLUB EVENTS

JAN 1 GRAND PRIX • JAN 8 CLUB MEETING @ WYNDHAM • JAN 13 ST. PAUL LUTHERAN 5K • JAN 20 ATC 5K/10K •
FEB 3 GRAND PRIX • FEB 5 CLUB MEETING @ WYNDHAM • FEB 10 KEDRON 5K • MARCH 3 NORTH FAYETTE 5K