

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JANUARY 2008

inside

Annual award winners
announced

Meet your 2008
Executive Board

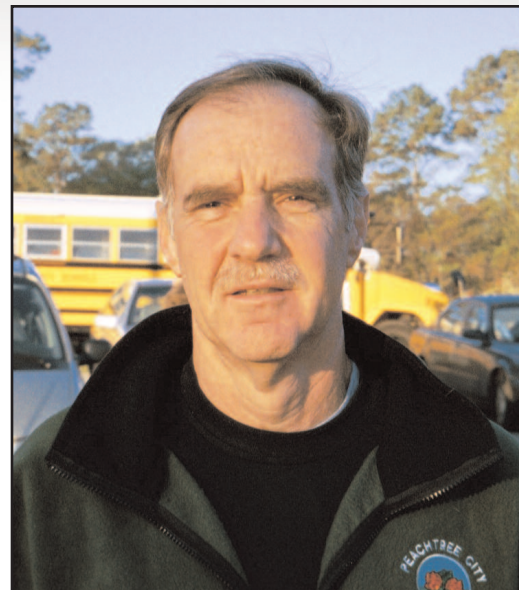
Big Sur Trail Marathon:
beautiful but tough

Thanksgiving Half Race
Results

Heartfelt note of thanks



George Martin



Lynn Fairley

Two inducted into PTCRC Hall of Fame

By Bob Dalton

Two of the latest “club heroes” have been honored with a spot in the prestigious Peachtree City Running Club Hall of Fame. George Martin and Lynn Fairley were selected for 2007 based on their significant contributions to the club over the years.

George joined the Peachtree City Running Club in 1998 after moving here from Jacksonville, Florida, where he had been a member of the Florida Striders Running Club. From day one, George has been intimately involved in almost all activities of the club. In 2003 he assumed duties as the Admin Vice President. From there he took over as President in 2004 and served two terms.

During his tenure, he established numerous initiatives such as the elementary school grand

prix series and the kid’s marathon, the emergency contingency fund, the Corporate Fitness Challenge, and the Hall of Fame to name a few. We wanted to elect him president for life, but instead he volunteered to take on the duties of Classic Race Director. In spite of a downward trend in race participation, he increased sponsorship revenue each year, breaking the record for total amount raised each year. We then wanted to make him the race director for life, but the Rotary Club drafted him to be their president next year. George is active in many local civic organizations, and they appreciate his talents as much as we do!

Two years ago he was recognized by the RRCA for his establishment of the elementary school grand prix series with the Kurt Steiner children’s development award presented at its annual national convention.

(Continued on page 6)



4-7

8

12

13

14



PTCRC 2008 EXECUTIVE BOARD

President

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

Administrative Vice President

Mike Norman
mnorman172@bellsouth.net
678-364-0875

Activities Vice President

Mark Ward
mark@markward.com
770-631-8775

Secretary

Jane Hamilton
jmbhamilton@mindspring.com
770-716-0362

Treasurer

Hal Wolfe
hal.wolfe@thomson.com
770-486-3555

Membership

Mark Ward
mark@markward.com
770-631-8775

Classic Race Director

Marino Fuentes
chemical55@aol.com
770-487-8575

Newsletter Contacts:

Editor

Rene Flaherty
770-631-1287
rzflaherty@aol.com

Race Results

Bill Fuller
mki.kammann@ht-bbs.com
404-401-7714

RRCA Liaison

Marlene Atwood
atfedwood@msn.com
770-883-4208

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. 15th

November Club 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 in Peachtree City. New members and guests were recognized. A motion was made by Bill Werling and seconded by Marino Fuentes to approve the minutes of the last meeting as posted on the club Web site. Motion carried.

Old Business

PTC Classic Director George Martin announced the winners of the corporate challenge:

Large Corporations: First Place: Panasonic: Julie Hicks Rep; Second Place: Chick-Fil-A: Brian Jaguar Rep; Third Place: Hoshizaki, Bill Anderson, Rep.

Medium Corporations: Gardner-Denver, first place.

Small Corporations: FC&A, first place: Rene Flaherty Rep.

Government Divisions: Three way tie: City of PTC, Army Reserve, & U.S. Army Ft McPherson

Medical Division: Dr. Gerrard

Schools Division: Oak Grove Elementary...They won the plaque back!

Top three corporate sponsors were: Chick-Fil-A (Brian Jaguar), FC&A (Rene Flaherty), and Run Fit Sports (Bill Brown).

George announced that Marino Fuentes will be the next Classic Director. George will continue to work with sponsorship for the race. George thanked all who volunteered and said that volunteers make the race a success.

Guest Speaker

Ann Henderson announced the guest speaker, Dr. Dennis Matzkin, a Lasik Surgeon with the Eyesight Lasik Center. Flyers were passed out with his bio, and he is offering a 25% discount to running club members.

New Business

Retiring club officers include: Ann Henderson, Administrative vice president; Steve Hancock, Activities vice president; and Tom Round, secretary. Officers continuing to hold office include Hal Wolfe, treasurer and Bob Dalton, president.

Dave Piet, nominating committee spokesman, asked for nominations from the floor for any of the vacated offices and there were no nominations. He then named committee nominations for prospective officers for the 2008 year as :

Bob Dalton, President; Mike Norman, Administrative Vice President; Mark Ward, Activities Vice President; Jane Hamilton, Secretary; Hal Wolfe, Treasurer

A brief biographical summary of each nominee was handed out. Dave again called for nominations from the floor and there were none. He then asked for a vote, and the slate of officers was unanimously approved.

Reports from Officers

Activities V.P. – Steve Hancock announced the winners of the last Grand Prix.

Treasurer – Hal Wolfe reported that as of 11/05/07, our total assets include \$3,657.68 in the Talbot State Bank Account and \$35,711.85 in Money Market Accounts (CDs), for a grand total of \$39,369.53. He also reported that a profit statement was not yet available for the 2007 PTC Classic.

Reports from Coordinators

School Support – Bill Anderson reported that recently there was a regional meet where runners from Starrs Mill, Whitewater, McIntosh, Sandy Creek, and Our Lady of Mercy all qualified to go to state.

Social Events – Teresa Moore said the Christmas party is December 15th at the Tyrone Depot (same place as last year) and the cost is \$20 per person. Teresa is stepping down as social director. Ann Henderson and Kelly Bowman volunteered to take her place.

Community support - George Martin said there are now 17 schools in the Elementary Grand Prix series.

Membership - Mark Ward asked that members renew now and not wait until the first of the year.

Publicity/Historian – Carolyn Gulick reported that members can view PTC Classic photos on PTCRC.shutterfly.com.

Announcements from the floor

Ann Chrzanowski qualified for Hawaii Ironman at her first Ironman in Louisville, KY, and she completed Hawaii with a good time.

Thanks to Roy Robison and crew for installing all of the 10K course markers.

There being no further business, the meeting was adjourned at 8:33 p.m.



We presented a lot of well-earned awards at our annual Christmas Awards Banquet in December. In a turn of events, the club was recognized by the Darkside Running Club for our help with their annual 25K/50K ultramarathon. Several of their key leaders suffered family

tragedies in the days prior to the event and asked for a helping hand. Our members responded unhesitatingly and helped to ensure the event was a success. They presented us with the inaugural "Mama Betty Award" recognizing the club for our efforts on their behalf. See thank you note on page 14.

But now another year is done. 2007 is closed and relegated to the record books. 2008 is here, and time to look forward to another year full of activities, races, and events. You don't want to miss out on all the fun with your Peachtree City Running Club. So before you forget, fill out the membership renewal application included in this issue on page 15, or find the one online at <http://www.ptcrc.com/phpwebsite/files/PTCRCMembershipApplication.pdf> and submit it to our Membership Coordinator, Mark Ward. Life goes better with PTCRC!

Before we shut the door completely on 2007, I do want to take a moment and acknowledge a few folks and their efforts on behalf of the club. As you know, three of our Executive Board members reached the two-year mark of dedicated service and have stepped down.

Our Admin Vice President, Ann Henderson, did a fantastic job of arranging for a variety of guest speakers and kept the buses rolling for the Peachtree 10K and the Atlanta Half Marathon among other things. Fortunately for the club, she is going to stay involved by co-chairing the Social Committee along with Kelly Bowman who has also stepped up to the task.

Activities Vice President Steve Hancock kept us on our toes with the monthly Grand Prix runs that kept us guessing from month to month on how each was going to be tweaked. Who can forget the April Fool's Day Run and running with water balloons?! He was also a stalwart as the race director for one of my favorite club events, the Summer Track Classic Series.

Secretary Tom Round produced timely, accurate minutes of each and every monthly club meeting and quarterly Executive Board meeting with military precision, timeliness, and accuracy. I think Tom holds the record for quickest time in getting the minutes approved and posted to the Web site. His sage advice and wisdom were greatly appreciated.

Fortunately, our very capable Treasurer, Hal Wolfe, is staying on for at least a second year. Hal hit the ground running and has proved more than equal to the task of keeping up with all of the

many financial numbers and transactions involved in keeping the club functioning in a smooth and efficient manner.

Stepping into the breach as Admin Vice President is Mike Norman; as Activities Vice President, Mark Ward; and as Secretary, Jane Hamilton. You can read more about our new officers on page 8. They say the key to success is to surround yourself with successful people. Man, are you guys going to continue to make me look good!

Looking ahead, I also want to welcome aboard Marino Fuentes as our new Classic Race Director. Marino is a longtime club member who served as Treasurer from 2004-2006. He is one of our most avid volunteers and has supported many club activities over the years. He brings a lot of enthusiasm and expertise to the job, and we look forward to another successful Classic in 2008 under his leadership.

The Elementary School Grand Prix series continues and has expanded to 17 races for the academic year. That means there is one practically every other weekend on average to choose from. Of course, our own Grand Prix will have some surprises along the way as well. Also, be sure to sign up for the 1,000 Mile Club as soon as possible. This is a great program because it provides incentive to get out and put in the mileage (average 3 miles per day); encourages involvement in club activities (volunteer for at least three club events); and promotes camaraderie and friendship (attend at least three club meetings). You get a great jacket the first year and every five years afterwards and a nifty certificate each year. It's one of the most popular programs the club has going so get signed up! Ok, time to quit talking and start doing!

See you on the roads and cart paths...

P.S. Congratulations again to all of our annual award winners! You can read more about each one elsewhere in this issue.

WELCOME NEW MEMBERS!

Heather Loridas (Peachtree City)
 John James (Peachtree City)
 Larry Landgren (Fayetteville)
 Jed and Jeannie Smith (PTC)
 John Bragg (Tyrone)
 Gina Bolin (PTC)
 Carolyn Bowen (PTC)
 Rusty Burns (Newnan)
 Gregg Davis (Newnan)
 Dawn Garvin (Fairburn)
 Koya Takahashi (PTC)
 Rebecca Huntington and Gregory Woods (Tyrone)

2007 PJCRC Awards

MOST IMPROVED RUNNER

Elizabeth MacNamara joined the club in September and has wasted no time in coming on like gangbusters. She has competed in all six of the elementary school grand prix races this year. She placed second in her age group in one, and took first in three others. Those results have catapulted her to first place in the women's age group 25-29 in the series with 460 points, far ahead of second place with 120 points. She is already making plans to start training for triathlons and also wants to step up the competition distance by tackling the 15K and half marathon in the coming year. Congratulations Elizabeth!



first race at that distance. Congratulations Chris!

Chris Chiong joined the club in July of this year and has come on strong by competing in four of the first six races of the elementary school grand prix series and has placed second three times. He is currently leading the men's 35-39 age group with 370 points over second place with 280 points. He also ran the Classic 15K this fall — his

PRESIDENT'S AWARD

Bill Fuller has been in charge of the water stations at the Peachtree City Classic course for at least the past eight years.



During that time, he has developed a personal relationship with the families along the course that help with the water stations and provide access. He has also compiled race results for the club newsletter for at least the last five years.

He is probably best known, however, as the running club's in-house travel agent extraordinaire. Over the years he has organized trips to the Jacksonville Gate River Run; Hood to Coast relay; numerous Marine Corps, Chicago, Boston, and Disney marathon trips, and even one overseas trip to London. Anyone who ever signed up for one of these events will attest to his meticulous planning, attention to detail, and organizational skills. He always made any trip he coordinated a truly memorable event. We want to express our gratitude and appreciation to Bill for his many contributions to the club.

ROOKIE OF THE YEAR

Melissa Nelson ran a PR in the Army Hooah 10K last year and knocked 5 minutes off that time in this year's race. She also ran the Classic 15K for the first time last year and knocked four minutes off her time in that same event this year. She recently took part in the three-day breast cancer walk covering a total distance of 60 miles during that period, which was also a first for her. She has also run most of the elementary school grand prix races to date and is currently ranked second place in her age group. She also serves her country as a Major in the U.S. Army so she's a great American patriot as well. Congratulations Melissa!



Ed Vise decided to get serious about running just last year. He ran a 5K, a 10K and the Classic 15K and then followed that up the next month by taking the bus with the club to do the Atlanta Half Marathon. This was his first attempt at both of these distances — the 15K and half marathon. He did well enough that he decided to move up to the full marathon. He trained for and completed the Chicamauga Marathon in November in a time of 3:56, which is remarkable for a first attempt on a hilly course. He also earned his first 1,000-mile jacket this year and has been a tremendous volunteer for the club.



Ed is probably better known, however, as the man who provides the propulsion for the two-man racing team known as "team Vise." He and his son Jonathon first competed as a team this past September at the Tyrone Founders Day 5K in Jonathon's brand new, souped up, fire-engine-red racing chair. Since then, they have competed in four races together, and Jonathon took second in his age group at the Harvest Classic 5K last month. This was his first racing award ever thanks to his dad. Congratulations Ed on all your accomplishments this year!

RRCA VOLUNTEER AWARD

This award is presented to club members who have given at least 2,000 hours or more to the club through volunteer work at various activities and functions.

Bill Anderson was recognized for his work as School Support Coordinator for the past five years. He works the high school track and cross-country meets and manages the high school scholarship program. He agreed to



(Continued on next page)

2007 PTCRC Awards

RRCA VOLUNTEER AWARD

(Continued from page 4)

head up this year's search committee to nominate replacements for the executive board members who will be stepping down. He has also served as the club Treasurer for two years in 2001 and 2002.



Rene Flaherty has edited the award-winning club newsletter, the *LEGacy* for the past three years. During that time, she has spent countless hours on the layout, writing, compiling, editing, printing, publishing, and distribution of this product, which also serves as a historical document of the activities of the club. Under her leadership, the newsletter won the RRCA Small Club Newsletter of the Year award in 2005.

The last recipient is the epitome of the energizer bunny because he just keeps on going and going. The benefits to the club as a result of his 27 years of faithful dedication and commitment will have a positive effect for years to come. **Roy Robison** maintained the activities page on the first club Web site to include the 1,000 mile club stats and the Grand Prix results. He has been the race coordinator for the Classic 15K for many years and the lead biker and course marker for the annual Kid's Fun Run since its inception. He has served as Admin VP one year, Secretary one year, Treasurer one year, and Activities VP for seven years. He has been the 1,000-mile club coordinator for the last 18 years. Because of these contributions and more, Roy has also been honored with the club's Volunteer of the Year award.



PTCRC VOLUNTEER OF THE YEAR

The club has set a precedent this year by naming two recipients of the 2007 Volunteer of the Year Award. In addition to **Roy Robison**, this award goes to a very deserving **Dick Allis**. He can be found at most of the monthly club Grand Prixes as a volunteer. Many times he is the bike lead in the races around town. Speaking of bikes, over the years he has repaired literally hundreds of old and used bikes to make them like new again and has donated them to various charities and low-income kids around the area. He has served six years as the Classic Expo Coordinator. Next to the job of race director, this has got to be the toughest job because it requires so much time and coordination. Many thanks to Roy, Dick, and all the volunteers for their many hours of service to the club!



EXTRA MILE AWARD

The extra mile awards are for people in the club who may or may not 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 and excel by going above and beyond the call of duty.

The first recipient, **Joe Wassell**, served as Classic Race Director in 1997 and 1998, new member coordinator for an unprecedented nine years, and assistant newsletter editor for five years. As proof of his unselfish attitude and compassion, he moved to California this year to care for his elderly parents. The second recipient is closely related to the first. **Bernice Wassell** served as the Classic Co-Race Director in 1997 and 1998 and was the social coordinator in 2004 and 2005.



The next recipient served as the Classic Expo director for a number of years and equipment manager for the last six years. He is now stepping down, so to honor his service, we are presenting **Jerry Shoemaker** with the extra mile award.

Teri Besch and her husband have hosted the new member breakfast at their home many times. She has also assisted with registration, fruitsicles, and medals at the summer track series for at least a dozen years. She served as the club secretary from 1998-1999. But the main reason we are recognizing her is for her involvement with the annual kid's fun run that we hold every spring. She has worked on it for 13 years and has been the race director for the last 10 years. You can tell she really has a heart for children because she always does such a great job with the kids and with the organization of this annual event. However, she has decided to step down, so as a token of our appreciation, the club is honoring Teri with the extra mile award.



The inimitable **Bill Werling** is the quintessential volunteer. In fact, he is a two-time recipient of the RRCA volunteer service award, and was the club Volunteer of the Year award winner in 2003. He parks cars and has been a stalwart at the summer track meets for about the last 18 years or so. Any time there is a call for volunteers, you can count on him being there. He is almost always the first man to report for duty at any club event. He should probably earn this award every year as a matter of general principle. Congratulations and thank you to Bill and all the "Extra Mile" recipients!



2007 Grand Prix Winners

WOMEN'S OPEN



From left, Teresa Moore, 1st place; Jane Hamilton, 2nd place; Hannah Hancock, 3rd place; Bonnie Hancock, 4th place; and Kim Ruple, 5th place.

WOMEN'S MASTERS

From left, Patsy Bickford, 1st place, Sandy Tuman, 2nd place; Pat Cote-Miles, 3rd place; Jan Bankieris, 4th place; and Rene Flaherty, 5th place.



MEN'S OPEN



From left, Mike Norman, 1st place; Mark Ward, 2nd place; Mark Hamilton, 3rd place (tie); Jake Hancock, 4th place; and Vern Schmitz, 5th place. Not pictured is Wes Wilkins, 3rd place (tie).

MEN'S MASTERS

From left, Mike Warren, 1st place; Normer Adams, 2nd place; Bob Dalton, 3rd place; Jules Desgain, 4th place; and Marino Fuentes, 5th place.



Hall of Fame

(Continued from page 1)

Last year he was presented with the RRCA volunteer service award as well as the PTCRC volunteer of the year award.

Lynn joined the PTCRC at the running of the 1985 Peachtree City Classic. He says it was the last time he was able to run the Classic due to being a club volunteer for each race thereafter. He served as club treasurer from 1988-1989 and as equipment manager for four years from 1998-2001. He then took over as club president in 2002 and served for two years. In 2004 he was nominated for and received the RRCA volunteer service award. He has also received the 1,000 mile club designation every year since its inception in 1989.

Lynn says he began running about 1977 because he wanted to stay in shape year round to have an advantage in two Men's League Basketball programs he played in. He took basketball very seriously and thought he could gain an advantage by running year round. That is when he caught the "running bug" and gave up basketball.

Lynn ran his first marathon at age 50 at the inaugural Disney Marathon with a goal of breaking four hours. He finished in 3:59:14 — mission accomplished. His next goal was to run one marathon a year for as long as he was physically able. His PR was the 20th Marine Corp Marathon in 1995 in 3:46. Too many miles and too many injuries forced him to run his sixth and last marathon on his 60th birthday. Knee surgery in 2005 forced him to give up competitive running, but he still tries to get around the 10K course with the club on Saturday mornings in pursuit of another 1,000 miles. He hopes to pass the 17,000 mile mark in 2008 and one day join Bill Werling (assuming he gets in one more year) and Joe Maloy in the 20,000 mile club.

Lynn says he treasures the many friendships he has made through his years with the club. "My personal club hero, and I have told him many times, is Bill McBride. To see how running changed him from an overweight smoker to an elite runner and Hawaiian Ironman is simply amazing. What's not to admire in such a success story?"

Lynn says he is "truly humbled" to be considered worthy enough to stand alongside the previous 14 inductees in the PTCRC Hall of Fame. Both Lynn and George are indeed worthy recipients of this prestigious award, and the club is honored to recognize them.

The PTCRC Hall of Fame was instituted in 2004 and had nine inductees the first year, three more the following year, and two last year. The criteria for selection to this institution is stringent. You must have been a club member for five years, have made significant contributions to the club, have served in a club 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.

Thousand Mile Club Awards

1,000 MILE CLUB



Displaying their new jackets to returning 1,000 mile club members are from left, Kim Ruple, Ed Vise, Pat Cote-Miles, and Jake Hancock.

10,000 MILE CLUB



Returning members of the 10,000 mile club include from left, Bob Dalton, Sandy Tuman, Jerry Shoemaker, Ann Shoemaker, Joe Wassell, Valerie Reynolds, Margie Dam, Dave Piet, Martha Boone, Bill Anderson, Teri Besch, Jules Desgain, and Roy Robison.

15,000 MILE CLUB



Susan Mills and Bill Fuller are all smiles as they don their blue jackets to join Bill Werling and Lynn Fairley (not pictured) in the prestigious 15,000 mile club.

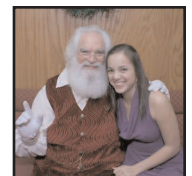
5,000 MILE CLUB



New 5,000-mile club members (left) Mike Warren, Bob Smith, John Mrosek, and Bernice Wassell join returning members (below) Mark Hamilton, Cathy Olson, Dick Allis, Carole Robison, Marino Fuentes, Bonnie Hancock, and Steve Hancock.



PARTY TIME!



Meet your new PTCRC Executive Board

The 2008 Executive Board will take over the reins in January with three new members and two incumbents. Many thanks to these individuals for the many hours of hard work they put into running the club!

President: Bob Dalton (Incumbent)

Bob has been a club member since 1995. He works as a Senior Intelligence Analyst at Third Army Headquarters at Ft. McPherson. He is married to Teresa, a nurse at Southern Regional, and has a 21-year-old son, David, a senior at Georgia Tech.

Admin Vice President: Mike Norman

Mike joined the club in 2003. He is an Environmental Engineer working for the U.S. Environmental Protection Agency as the Brownfields Coordinator, helping communities assess, clean up, and redevelop contaminated properties throughout the Southeast. He has a Civil Engineering degree from Georgia Tech, where he played on the golf team. He and his wife Robyn are the proud parents of 10-year-old twin daughters, Olivia (Livvy) and Camille, along with Charlie the family dog, who serves as his frequent training partner.

Activities Vice President: Mark Ward

Mark was born and raised in Delta, Ohio, and now lives in Tyrone. He attended Embry-Riddle Aeronautical University and received a BS degree in Professional Aeronautics. Mark served in the U.S. Air Force, U.S. Army, and Army Reserves. He currently works for the FAA as an Air Traffic Manager at the FAA's regional office in Atlanta. His outside interests, besides running, include woodworking, motorcycles, and flying his 1979 Piper Dakota.

Secretary: Jane Hamilton

Jane has been a club member since 2000. She works at



The PTCRC 2008 Executive Board includes from left, President Bob Dalton, Admin VP Mike Norman, Activities VP Mark Ward, Secretary Jane Hamilton, and Treasurer Hal Wolfe.

Piedmont Newnan Hospital in the MIS Department as an Applications Analyst for the Laboratory and Pharmacy after having worked in the microbiology lab for almost eight years. She and her husband Mark have a daughter, Rylie, who turned four on Thanksgiving Day.

Treasurer: Hal Wolfe (Incumbent)

Originally from Spartanburg, South Carolina, Hal moved to Peachtree City 10 years ago and became a club member in 2003. He works for Thomson-West as a senior regional manager. He and his wife Nancy have a daughter, Morgan, 21, who attends UGA, and a son, Brian, 18, who is at Georgia State.

50-state marathon club quest continues for Miles and Ruple

By Kim Ruple

The Cote-Miles and Ruple team have added another notch in their 50-state belt, the SunTrust Richmond Marathon hosted on Nov. 10 in Virginia. You'll find information about it at <http://www.richmondmarathon.com/> The race definitely lived up to its nickname of being the friendliest in America. There were spectators, music, and plenty of dogs scattered along the course – waving and shouting encouragement. Kim got two personal records – 4:19:10 and more than 20 returned “Good Mornings” – a personal friendliness marathon record. Pat also ran hard, beating her old record and clocking a new one of 4:45:11.

The marathon hosted 3,783 marathon starters and 4,906 8K starters, and was well-marked with lots of volunteers to assist. The race finished up with vendor booths, plenty of drinks, fruit and hot pizza – quite a feat considering the temperature barely crept over 45F during the entire race. Pat and Kim completed the day with a free concert at “The Toad,” a local tavern featuring up-and-coming musical talent.

The SunTrust should definitely be in your race line up. Travel to and from the city is easy, and it is very runner friendly. And by the way, this brings Pat and Kim to their ninth state in the quest to join the 50-state club. See you on the paths!



Kim Ruple



Pat Cote-Miles



RRCA Update

By **Marlene Atwood**
Georgia State Representative



It has been several weeks since I announced my retirement as RRCA Georgia State Rep. I wanted to make sure information continues to flow as RRCA Southern Director Ken Bendy goes through the process of finding a replacement for me. Please contact Ken at southdir@rrca.org if you know of an individual that might be interested in representing the RRCA in Georgia. It is a very rewarding position for someone who has the drive, the passion, and the

time to support close to 7,000 runners in Georgia.

The RRCA National Office recently announced that they had awarded \$5,000 in "Kid's Run the Nation" grant money for 2007. Out of the 46 grants received by the national office, I know of at least two Georgia organizations that applied. Congratulations to the winners in South Carolina, Mississippi, California, Florida, Arkansas, and Ohio. For complete details, go to <http://www.rrca.org/news/index.php?article=2247>.

RRCA 50th Annual Convention, Cincinnati, Ohio — Registration is now open for the organization's 50th annual convention held in conjunction with the Cincinnati Flying Pig Marathon, May 1-4, 2008. 2008 is an election year and nominations are now being accepted for President, Vice President, Treasurer, Central Director, and Eastern Director. Elections will be held at the convention in May. You can register for the convention at <http://www.rrca-convention.org/registration.html>.

2007 USATF Convention, Hawaii — Nov. 28-Dec. 2, 2007. I was privileged again this year to be selected as a delegate from the USATF Georgia Association to the annual USA Track & Field convention in Hawaii. As many of you know, USATF is the governing body for long distance running (LDR), master's running, race walking, youth athletics, disabled athletes, coaching certification certified officials, track and field, as well as grass roots and high performance programs.

Each year, the national office, the executive board, representatives of the various sports committees and participating organizations, meet to discuss issues, pass legislation, elect officers, honor athletes of the year, and plan for the coming year. The following are some highlights from this year's convention that I thought would be of interest to you.

- Bill Roe will retire next year after 8 years of service as President of USATF. Roe has been very instrumental in making the organization what it is today. He will continue to serve the organization in various capacities.

- USATF remains resolute in maintaining its zero tolerance stance on drug doping among its athletes, and openly acknowledged the latest development regarding Marian Jones and steroid use. Amidst the various doping scandals that abound in other sports, USATF stands at the forefront in policing its sport with

their Zero Tolerance Program. They are also working hard to strengthen their authorized athlete representative program that conducts background checks on individuals who are agents or representatives of American athletes.

- 2008 Olympics — There was much discussion regarding preparations for the 2008 Games in Beijing. One of the biggest issues facing our athletes is smog and pollution. From all indications, China is busy relocating factories and taking measures to minimize pollution around the perimeter of the Olympics. One such measure is instituting "traffic zones" around the Olympic venues three weeks prior to the games so that pollution will have an opportunity to dissipate by competition time.

- In 2007, USATF rolled out its Child Protection Background Screening Program to screen individuals wanting to be registered as club coaches and volunteers in USATF youth programs. At the convention, the USATF Officials Committee announced that officials were willing to be tested as well. As an RRCA certified running coach, I've encountered the same requirements when I coach park district programs. As time goes on, this will become standard practice any time you work closely with children — whether you are a coach or a volunteer.

- USATF Rule on MP3 Players and Headphones in races — this solicited quite a bit of discussion at the convention. Since 2007 is not a rules year, no actions or motions could be entertained. Representatives of Grandma's Marathon and Twin Cities Marathon were in attendance at the LDR Division meeting at the convention. They reported that they had identified 35/176 violators (respectively) during their marathons. Twin Cities Marathon violators were sent disqualification letters and their results were pulled. Marathon representatives reported that they had not yet received feedback from the mailings. The consensus among attendees was that the matter might be better handled through an extensive education rollout, rather than trying to enforce the rule or create additional rules or guidelines. Educating race directors on contingency planning for all potential scenarios might also be more effective. This will certainly be a major topic of discussion in 2008 (a rules year). Stay tuned.

- Those of you who remember the untimely deaths of Georgia runners Carole Rivera and Patty Foell (both were hit by cars), will feel the emotional appeal to help Jenny Crain, an elite runner from Wisconsin. Jenny was hit by a car in August while on a run and has been in the hospital in serious condition ever since. She sustained a broken jaw, broken vertebrae in her neck, and potential brain damage. She had been seriously training for Olympics Trials (2:39 marathon PR) with the hopes of making it to the Olympics in Beijing. At the USATF convention this year, appeals were made for donations on behalf of the Jenny Crain "Make It Happen" fund. This fund was created to help with Jenny's care. For more information, please visit <http://jennycrain.net/make-it-happen-fund/>.

My best wishes for a new year filled with safe and happy running!

New Member Profiles

By Bob Dalton

Rebecca Huntington: Gymnast/diving champion learned to love running

"The day I started walking, my Dad had me running," states Rebecca Huntington about her introduction to the sport. Originally from Newton, New Hampshire, Rebecca was an athlete from an early age. "I have been a gymnast since I was 3 years old. I was on the springboard diving team in college. I hold two school diving records, and I was New England Champion my junior year."

"I come from a huge running family and up until now I was the one that hated to run and just did gymnastics. My parents are cross-country coaches in New Hampshire. My mom has run Boston twice. My dad ran for the University of Connecticut all four years. My sister and brother ran all through high school."

Rebecca, now 26, graduated from Plymouth State University with a B.S. degree in Communications and is currently working toward a Masters in Health Informatics through the University of Phoenix. A job transfer brought her to the Tyrone area in September 2007. She now works as an Applications Analyst at the Piedmont Newnan Hospital where "I work with the computers in the hospital, mostly the application side, which would be the programs that the staff uses to do their daily work."

Rebecca ran her first race in Georgia at the Women's 5K at the PTC Classic this past October, finishing in a time of 25:38. She likes running because "it keeps me in shape. A nice run is so relaxing after sitting at a desk all day, and the weather here is so nice to run in, not like fridge weather back home." She also loves photography, hiking, biking, camping, and having friends over for BBQ's. She joined the running club "to meet people in town and have some running buddies."



Rebecca Huntington with boyfriend Gregory Woods

Among her most memorable running/walking experiences, she counts "hiking Mt. Sinai in Egypt with my family" right up top. As a most unusual running/walking experience, she says, "I think that would be when my dad and I went kayaking and we got to a place in the river where there were falls and neither of us dared to go over them so we had to hike around the falls with kayaks on our heads."

While Rebecca credits her parents for their strong influence on her involvement in athletics, she is quick to point out, "What my dad does not know is that I am determined to kick his butt in a 5K race... determined!" With a runner's killer instinct like that, my money is on Rebecca to achieve her goal sooner rather than later.

Gregg Davis: 'Late bloomer' sets his sights on Boston



Gregg Davis at the Chicago Marathon

and how many flights per day at what time for each market that Delta flies. My area of responsibility includes markets from Atlanta to the western U.S. as well as Southeastern U.S. "non-hub" flying."

Originally from Indianapolis, Gregg, 44, resides in Newnan with his wife Kris, two horses, and four cats. A network planner for Delta Air Lines for the last 18 years, he "decides what size aircraft

A self described "very late-bloomer athletically," Gregg Davis says, "In high school, I wasn't good enough to run on the track or cross-country teams so I was the student manager and team statistician. Twenty years after graduating I was back in Indy to run the half marathon and ran into my old track coach after running a big PR. He made a comment that none of the guys that ran on my high school team back then could beat me now. After the race I checked the results and found three former teammates – coach was right, I beat them all!"

Gregg Davis says, "In high school, I wasn't good enough to run on the track or cross-country teams so I was the student manager and team statistician. Twenty years after graduating I was back in Indy to run the half marathon and ran into my old track coach after running a big PR. He made a comment that none of the guys that ran on my high school team back then could beat me now. After the race I checked the results and found three former teammates – coach was right, I beat them all!"

Gregg graduated from Purdue University in 1985 with a B.S. in Aeronautical and Astronautical Engineering. He took up running and road racing shortly afterwards and has set some pretty impressive personal records along the way. His PR's include the mile in 5:50, the 5K in 20:13, the 10K in 40:47, the half marathon in 1:32, and the marathon in 3:29. Gregg says he enjoys running because "it makes me feel good, it's a great social event filled with positive people who are fun to be around, and it gives me a sense of accomplishment." He joined the PTC Running Club because he wants to get more involved with the southside running community. Indeed, he can often be found at the summer track meets giving the other masters runners a run for their money.

He counts his favorite race as the Indianapolis 500 Festival Mini Marathon (actually a half marathon) because, "It's my hometown race on a lightning-fast course, and you get to run a lap on the Indianapolis Motor Speedway." Among his more unusual running

(Continued on page 11)

Health Notes

Top things to consider when looking for health info online

A recent study conducted by the National Institutes of Health (NIH) indicates a growing number of Americans are seeking general health information from the Internet as a first source, rather than consulting their doctors.

In 2003, 51 percent of those randomly surveyed said they turned to the Internet first for health information, according to the report titled, "Cancer Communication: Health Information National Trends Survey." That number rose to 58 percent when the question was posed again two years later; even though another report shows the public's trust in online material about health has declined.

People may be concerned that Internet searches often end in frustration or the retrieval of inaccurate, even dangerous information. But turning to the Internet is not necessarily a bad thing, experts say. You just need to make sure the site you're turning to is credible and trustworthy.

Gregg Davis profile

(Continued from page 10)

experiences, Gregg says, "I ran in a small race in Barnesville, GA a few years ago and managed to win an age group award (which is also very unusual). The awards turned out to be little tin plates like you would find in the dining hall of a Boy Scout summer camp with a piece of paper containing the race logo pasted in the center. The poor race director was so embarrassed that she made it a point to mention in the next year's race application that there would be "quality awards" for all age-group winners. I managed to win my age group the next year (this race was REALLY small) and sure enough, I received a nice medal engraved with my age group and place. My wife still makes fun of me for having that plate in my race award collection."

As far as most memorable racing experiences, Gregg states, "It would be a tie between the finish of my first marathon (Grandma's in 2001) and being part of a division winning Ekiden team in 2003. The marathon was memorable because it was the culmination of an incredible amount of training, effort, and planning, and I honestly wasn't convinced I could do it until I actually crossed the finish line. My time was awful, but I was inspired enough that I've run nine more and actually run a couple in fairly decent times. The Ekiden division win was memorable because of the talented runners I had the privilege to run with. I was by far the slowest (my 10K PR is probably five minutes slower than the next slowest guy) but since I was the sixth fastest runner we had, I was on the team. We finished ninth overall and I managed to keep us in the top 10 on my leg."

With 10 marathons under his belt and a PR of 3:29 at Austin in 2004, Gregg feels like he's just getting warmed up. For future goals, Gregg wants to run a qualifier for Boston in the coming year so he can make it to the 112th running in April '09. Given his record so far, it's a good bet he will be toeing the start line at Boston next year to fulfill his running dream and put his high school running mates to shame once and for all!

How do you do that? Here are the top five things to consider when evaluating health information online:

#1. Always consider the source of information. Good sources of health information include government sites; university or medical school sites; many not-for-profit groups such as the American Diabetes Association, the American Cancer Society and American Heart Association where the focus is research and teaching the public about specific diseases or conditions; and organizations dedicated to providing health care services and sharing knowledge from their own medical experts, such as MayoClinic.com.

#2. Avoid sites that are obviously sponsoring a product or service or that want you to take action right away, like buying something or disclosing personal information. They will likely contain information that is biased or slanted. Look for a name that is a trusted source in the health care field, and make sure there's a clear distinction between editorial and advertising content.

#3. Make sure the site you're turning to has the latest information. You can check this by looking at the beginning or end of any article to see if it has a date and time stamp on it. Health information changes constantly as new information about treatments and diseases becomes available, and you want to make sure you're getting the latest.

#4. Information should be presented in a clear and concise manner, and should be factual and verifiable. Check to see that the information includes attribution by an authoritative author or references legitimate sources.

#5. Make sure the site clearly states who the intended audience is. Many professional sites have one section for consumers, another for medical professionals. If the site is only directed at professionals, it's not for you.

More savvy searchers are likely to begin their search for health information at a site such as MayoClinic.com, affiliated with one of the premiere health care institutions in the country. Philip Hagen, M.D., a senior medical editor, points out that the content on the Mayo Clinic site is written by health writers and is reviewed by physicians, scientists and researchers who are experts in their respective fields to ensure medical accuracy and reliability.

"The information on the site is not influenced by anything other than the medical evidence as interpreted by practicing physicians here at Mayo Clinic, and people recognize the value of information they can trust," he says. "We now reach about 10 million visitors each month."

Whether you have a question about how to protect yourself from the flu, what to do about an injury that just won't heal, a mysterious headache that comes on suddenly and won't go away, or how to lose weight and stay healthy, log on to www.MayoClinic.com and begin the search for information.

In addition to a broad and deep collection of resources on medical conditions and lifestyle, there are interactive tools you can use to self-assess your health and a feature called "Ask a Specialist" where the answers to questions asked by users are posted. If you don't find the answer you're looking for, you can e-mail a question to a Mayo Clinic specialist.

(Courtesy of ARA Content)

Thanksgiving Half Marathon: a great way to start the holiday!

By Nicole Degner

This year was my second time running the Thanksgiving Half Marathon, and it is starting to become a favorite tradition of mine. I enjoy the race more and more each time I race, as I think the half is becoming my favorite distance. Riding the bus with the PTCRC is a great way to begin Thanksgiving Day.

When the race started, I was glad the morning was warm as the rain started to fall with the sound of the gun. It was hard to complain about the rain during this drought, and instead I think the rain and the wind adds another element into the run. Somehow it makes the race seem more exciting!

I wanted to start off conservatively as I was not sure where my fitness was at this time. My goal is to always finish strong, whether my time is slower at the end or not, I simply want to maintain the same effort. I knew there were hills at the end, and I needed to save strength for the finish. As the race went on I saw fewer and fewer women, but fortunately there are always plenty of guys to try and

catch! Finishing the race with the pouring rain was a wonderful beginning to a fun holiday with Thanksgiving and family time.

My joy for running began when I became serious about the sport in 2005 as I started racing competitively. As I was getting ready for my senior year at Berry College, I decided to join the running team. I had run high school cross-country but never enjoyed this sport, however, something changed when I began running for Berry. The team community and the encouragement from my new coach greatly aided in my new excitement for running. Instead of dreading the runs, I began to get excited about training.

Now I have graduated, but I am continuing to pursue running at a competitive level. I have recently returned to Peachtree City, and I am looking forward to being part of a new team — the PTCRC.

New member Nicole Degner won her age group (20-24) at the 2007 Atlanta Half in a time of 1:26:15. Congratulations Nicole!

Big Sur Trail Marathon: beautiful but tough 5,700-foot ascent

By Al Barker

From the moment he said “go” we were either going uphill of downhill. There seemed to be no in between. But the race director gave us fair warning. “You will all be cussing me over and over again during this race!” And so I felt mentally prepared for the 5,700 feet of ascent.

The run on Sept. 29 began at Andrew Molera State Park near Big Sur, California. It followed the original road from Big Sur to Carmel — all unpaved. The surface was fairly smooth and runnable, but the constant climbing and descending ended up costing me about an hour and a half.

The road, which traverses private land, goes from the park on Highway 1 to the famous Bixbee Creek Bridge seen in so many movies (Remember “Play Misty For Me”?) There it reverses and returns to the start after a short out-and-back segment. The race directors had to get permission from ALL the land owners along the course, so rules for littering and visits to the “wee chateau” were very strict. “Do it in the road if you have to go, but DON’T do anything on any private property!” I suppose I’d feel the same way if I lived in such a beautiful and pristine place. It’s hard to imagine such an arcadian spot in such a seemingly crowded state. The truth is that somehow California has managed to protect much of its seacoast from the “progress” of development. It’s surprising to see cows grazing right down to the ocean on some of the most scenic land in our country. These farms must have existed there for many years.

As expected for that time of year, the weather was perfect! Cool and dry. The aid stations were well-stocked, and the volunteers were helpful and friendly (though many did not know the distances to the next station or the finish). There is no need to carry anything.

How many calories does it take to lift a 138-lb body 5,700 feet? If anyone knows, please let me know, but I’m sure I “ate off” that much plus a marathon at my favorite Nepenthe Restaurant. Most everyone who has visited the area knows about it. I was directed to it after finishing the Big Sur Marathon in 1993. It sits on a cliff about 500 feet above the ocean and was the original home of author Henry Miller. The food is just as great as the view from the deck. I’ll never forget the brave crows that walk right up and steal food off your plate when you’re not looking!

And, yes, this is another one of those “will do again” races!



PTC running club members were out in force supporting the Peachtree City Elementary “Jingle Bell” 5K on Dec. 8. From left are volunteers Carolyn Gulick, Bob Dalton, Tom Crofton, Christine Jordan, and Yvonne Martin.

Race Results:

Atlanta Half Marathon

By Bill Fuller

Who prayed for rain? Well, I guess we all did, and oh boy did we get it! At this year's Atlanta Half Marathon the gun went off, and he must have shot a hole in the clouds as precisely at that moment the heavens opened. The temperature, however, was fine — around 52 degrees at race start — so other than wet shoes the majority did not have a problem. Other than Beth Wiggins, sorry Beth but we are not letting up on you yet! What a lame excuse for dropping out — chaffed body parts!

Peachtree City Running Club had a great turnout. I believe we were 50 members and guests on the bus — what a great way to go to the race. You would expect little conversation normally at 5:30 a.m. but not that morning. Old members and new were chatting away and having fun.

It's the only way to go. I have attempted to record the times of all on the bus because as a club I feel we made an outstanding contribution to this year's event. Any times not shown against names was due to Web site difficulties. I would like to highlight club members who placed in their age group as follows:

Martha Boone	1st in age group
Nicole Degner	1st in age group
Ann Akers	2nd in age group
Jeff Olive	2nd in masters
Bill Fuller	3rd in age group

Finish	Last Name	First Name	Time
2	Akers	Ann	2:13:44
36	Bankeris	Brandon	1:37:36
5	Bankeris	Jan	M
22	Berner	Meghan	1:42:27
0	Besch	Terri	M
1	Boone	Martha	1:46:55
0	Conner	Allen	G
0	Crowley	Jim	M
378	Davenport	Rick	2:33:09
10	Davison	Todd	1:31:56
1	Degner	Nicole	1:26:15
0	Desdain	Jules	M
316	Elizondo	Bill	2:08:18
0	Eller	Jeff	G
18	Flaherty	Rene	1:59:46
113	Foley-Lane	Melia	2:01:19
0	Fuentes	Marino	1:58:28
3	Fuller	Bill	1:41:33
0	Guest of Anderson	Bill	G
199	Hamilton	Jane	2:35:27
0	Hamilton	Mark	1:33:33
317	Hancock	Bonnie	2:35:27
148	Hancock	Jake	2:00:31
247	Hancock	Steve	2:00:34
0	Hirsch	Gary	M
14	Kennedy	Ryan	1:28:57
61	Koeler	Cee	2:24:16
175	Maass	Mary	2:07:12
0	McKinney	Jeff	M
0	Miceli	Andree	M
7	Mills	Susan	2:24:16
2	Olive	Jeff	1:21:38
39	Round	Tom	1:57:23
60	Schmitz	Vern	1:42:13
136	Sells	Jim	2:29:02
215	Shoemaker	Adam	2:20:49
0	Shoemaker	Ann	M
66	Shoemaker	Jerry	1:52:54
0	Shoemaker Guest	Ann	G
0	Smith	Greg	1:45:36
19	Smith	Jeannie	1:43:16
0	Smith	Jed	M
359	Thompson	Mystre	2:51:13
0	Thurston	Karen	G
239	Thurston	Scott	2:05:53
0	Tippons	Jeff	G
0	Vise	Ed	M
0	Ward	Mark	M
0	Welch	Jane	M
0	Welch	Tracy	M
dropout	Wiggins	Beth	M
125	Wilkins	Wes	1:49:57
13	Zittelli	David	1:28:57



- 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. 19. The race begins and ends at the Glenloch Recreation Center with the starting gun sounding at 8 a.m. It is a 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.



PTCRC ladies gathered on Dec. 22 for their annual Christmas run/walk and brunch. The holiday event was hosted by Cathy Olson.

Marine Corps Marathon

Bill Fuller will be coordinating arrangements for the 2008 Marine Corp Marathon on Oct. 28 for any club members that are interested. Registration opens April 30 and fills up very quickly, so mark that date. Bill is willing to try to secure a block of rooms at the Holiday Inn Capital. He used that two years ago and it worked out well. If you are interested, e-mail Bill at mki.kammann@ht-bbs.com. Sue Bozgoz will work on logistics with Bill. If you have any questions, you can also contact Sue at suebozgoz@bellsouth.net.

Bill will not be coordinating a trip to the Gate River Run on March 8 but encourages club members to go on their own, as it is always a great race.

Elementary School Grand Prix races

Upcoming races in the Elementary School Grand Prix series:

St. Paul Lutheran Frostbite 5K, Jan. 12

Kedron Elementary 5K, Feb. 9

Cleveland Elementary 5K, Feb. 16

North Fayette Elementary 5K, March 1

Stockholm Marathon trip coming in May! Anyone interested, contact Bill Fuller at mki.kammann@ht-bbs.com.

Thank You!

A note of gratitude to PTCRC members:

Most of you know that Scott Ludwig and I co-direct an annual ultra event, the PTC 50K/25K. This year it was on Nov. 11. It is a small race and Scott, Al, and I along with our families are usually able to do the lion's share of the work for the race on race morning. However, two weeks before the race, my mother, who had been diagnosed with ovarian cancer, began her final stages of the disease that would take her life on Nov. 7. The family chose the following Sunday, Nov. 11, as the date to attend a mass dedicated to her and gather afterwards; that of course, essentially eliminated me and my family of 5 from the race.

To further compound things, Scott's father had just died after a long struggle with multiple myeloma, and his mother had just gone through an emergency colostomy and remained on a ventilator after the surgery with no explanation for her respiratory status. His parents lived in Virginia, which further complicated his ability to manage the situation.

Scott didn't feel he could cancel the race because we had one of our largest responses ever thanks to the PTCRC placing our ultra race flyers in the Classic race packets. I immediately asked Bob Dalton to make an appeal to the PTCRC for volunteers, and he sent an e-mail out within the hour. Within minutes, my phone began to ring. Many of you offered your condolences and your time in order that we pull off this race. This was a testament that the PTCRC is a group of individuals who will band together and step forward to help fellow runners in times of need. It was apparent within the hour that we would have more volunteers than we needed; volunteers with years of experience working and directing races.

Scott has received notes of praise regarding how well the race was executed. And we know this is a direct result of the good help from the good people who came forward.

Our sincerest thanks to:

Bill Anderson, Leah, Shawn McKinnon, Bill Everage, Bill Fuller, Bill Brown and staff and family, Dawn, Carlos, Bill Johnson, Terry Simpson, Sue Bozgoz, Todd Davison, Dick Allis, Bill Werling, John Mrosek, Charles, and Gina. Please forgive me if I've omitted anyone.

Paula May

Darkside Running Club

Peachtree City Running Club

2008 RRCA Calendars

RRCA calendars are available for purchase. Proceeds will be used to fund local running programs as well as the Kid's Run The Nation grant program. For complete details, visit <http://store.prostors.com/rrcal>.

PTCRC 2008 Membership Application

Membership Application and Liability Release

Year: _____

Peachtree City Running Club, Inc. P.O. Box 2377, Peachtree City, GA 30269

Last Name: _____ First Name: _____

Sex: Male: Female: Date of Birth (DOB): _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail Address: _____

New Member:

Membership Renewal:

Please enclose a check for dues payable to **PEACHTREE CITY RUNNING CLUB, INC.**

Annual dues payable by March; those joining after October are paid through the following year.

Annual dues: Family Membership: **\$20.00** Students and Running Coaches: **\$15.00**

Subscription: \$1.25 of your annual dues goes to the RRCA for your subscription to the quarterly magazine, "Footnotes" that you receive as a member of the **Road Runners Club of America**. *(No longer applies)*

Liability Release

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Peachtree City Running Club, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind, arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver..

Signed: _____

(Under 18, Parents Signature)

Date: _____

List all running family members (signature required if 18 or older):

Name	Sex	DOB	Signature



Talbot State Bank

Talbot State Bank is **your** community bank, offering a variety of accounts to help you with your personalized banking needs. If you are looking for an account with no monthly service charges and unlimited check writing or an account that earns interest, the choice is yours. Talbot State Bank was established in 1906, but was purchased by its current owner in 1980. We are proudly involved in our community as a sponsor of both the Frederick Brown, Jr. Amphitheater in Peachtree City & Fayetteville Villages Amphitheater. We also donate to various local organizations including Roosevelt Warm Springs Rehabilitation Center, Southern Crescent Memory Walk, Boy Scouts, Girl Scouts, the American Cancer Society, and the Peachtree City Classic.

If you're looking for a personal or commercial account, we have many services to meet your needs. We have five locations to serve you. At Talbot State Bank, you will always find a friendly and courteous staff. Feel free to contact us any time, or check our Web site at www.talbotstatebank.com.



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

UPCOMING CLUB EVENTS

JAN 1 GRAND PRIX • JAN 7 CLUB MEETING @WYNDHAM • JAN 12 ST. PAUL LUTHERAN 5K • JAN 19 ATC 5K/10K •
FEB 4 CLUB MEETING @ WYNDHAM • FEB 9 KEDRON ELEMENTARY 5K • FEB 16 CLEVELAND ELEMENTARY 5K •
FEB 23 GRAND PRIX/NEW MEMBER BREAKFAST • MARCH 1 NORTH FAYETTE 5K