

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JULY 2008

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around the world

2008 RRCA convention
coverage

7th annual golf tourney
ends in tie

Smiles abound at the
Kids Fun Run

Outstanding year for high
school track & field

Summer Is Here!



Time for the PTCRC Summer Track Series!





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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:
August 15th

PTCRC Club Meeting Highlights



The complete 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. A motion for the minutes of the last meeting to be approved as posted on the club Web site was unanimously approved.

Guest Speaker

Kelly Phillips of Massage Envy was the guest speaker. She spoke about Massage Envy and the services they provide.

Old Business

Thank you to Roy Robison and Carolyn Gulick for putting on the Kid's Fun Run. Roy thanked all the volunteers on behalf of himself and Carolyn. The cost was \$250 to host the Kid's Fun Run (approximately \$2 per child).

New Business

A volunteer is needed to be the Director of the 2009 Kid's Fun Run.

Patsy Bickford distributed Grand Prix awards for March and April.

School Support – Bill Anderson is transitioning out and Rose Kempton will be taking over this position.

Check out PTCRC.shutterfly.com for pictures from the Kid's Fun Run.

Let Bob Dalton know if you have not been receiving e-mails as a new e-mail group has been set up.

Reports from Officers

Hal Wolfe reported on the club assets, which total \$53,504.60.

Announcements

Marino Fuentes reported on the Classic race. The steering committee has met a couple of times for planning. Promoting the race in the community is key.

Pat Cote-Miles and Kim Ruple have completed their 10th state marathon in pursuit of their 50-state marathon goal. They thanked the PTCRC for their support.

June

Mike Norman (in the absence of President Bob Dalton) called the meeting to order at 7:32 p.m. at the Wyndham Conference Center. New members and guests were welcomed. The May minutes were approved as posted on the club Web site.

Old Business

Elementary Grand Prix Awards were handed out by George Martin. George thanked all the volunteers. The races this year were the largest in terms of the number of races offered (fourteen 5K races) and the number of total participants (2,680). Over \$100,000 was raised collectively.

Guest Speaker

Ralph Boston spoke about his Olympic Games performances as a long jumper and the path that brought him to his chosen sport.

Reports from Officers

Treasurer – Hal Wolfe – PTCRC currently has a grand total of \$49,000 in our budget.

Reports from Coordinators

Classic Race Director – Marino Fuentes – Peachtree Classic registration forms will be available at the Army Hooah Race and at the Peachtree Expo.

Merchandise – Trish Vlastnik – golf shirts and a lot of running merchandise are available for purchase.

Announcements

Yvonne Martin has a sign-up list for anyone wishing to walk in the PTC parade on July 4.

Next Meeting is Mon., Aug. 4 at the Wyndham Conference Center.



Congratulations to our Activities Vice President, Mark Ward, who was appointed Georgia State Rep to the RRCA effective May 19. Mark replaces PTCRC member Marlene Atwood who stepped down after eight years at the helm.

The influence of our running club and its members will continue to make their presence

known throughout the state. Way to go Mark! You done us proud!

More good news from the RRCA Convention: our Peachtree City Classic from last year with George Martin as Race Director received a Southern Region Award of Merit. Our newsletter, the LEGacy, with Rene Flaherty as Editor, was the runner-up in the Southern Region for Best Small-Medium Club Newsletter, and the online version also received a Southern Region Award of Merit. The club and its people continue to do great things and we are recognized at the regional and national level for it.

Lou and Martha Boone continue their hiking quest along the Appalachian Trail. They are approximately two thirds of the way to their final destination at Mount Katahdin in Maine, the northern terminus. Their blog at www.louandmartha.com recounts their daily adventures. There is a great story about Roy Robison on there as well that will crack you up. And the pictures they have taken are awesome – from grand vistas of our great country, to critters and wildlife, to fauna and flora.

The 2007-2008 Elementary School Grand Prix Series wrapped up with awards being presented at the June meeting. We had a record number 14 races with almost 2,700 people taking part over the series and raising over \$100,000 collectively for the schools that participated. Kudos and thanks to George Martin for continuing to head up this vital and worthy pro-

gram. George not only works the finish line and results at each and every one of the races, he also spends countless hours compiling the Grand Prix standings and posts them at each race. He then procures the awards for the top three in each age division at the end of the series and even ensures that a photo of each of the awardees is on their plaque, thus ensuring a personal touch you don't usually find at such events. George, we owe you a huge debt of gratitude and are looking forward to the 2008-2009 schedule with great anticipation.

And of course thanks to Carolyn Gulick and Roy Robison for stepping up and taking the helm of the annual Kid's Fun Run this past May. These two stalwart club members organized the volunteers and planned the event to its usual flawless execution. The kids had a great time and many were exposed for the first time to the wonderful sport of running.

Planning is well underway for this year's PTC Classic scheduled for Saturday, Oct. 18. Race Director Marino Fuentes holds meetings with the steering committee and planning committee on a regular basis, and efforts to increase race participation are being implemented. Along those lines, we have instituted an early-bird special this year. Those registering for the race (either the 5K or 15K) by July 15 will receive a \$5 discount. So the fee for the 5K is \$17 and the 15K is \$20 till then. We ask our club members to work the race in order to ensure its successful execution, but please spread the word to your friends and neighbors and co-workers who wish to run.

If it's July, it must be time for the annual 4th of July Peachtree 10K and the family picnic at the Allis'. Last one in the pool is a rotten egg!

WELCOME NEW MEMBERS

John Grafmiller (Senoia)
Glenn and Tamara Silbert (PTC)
Wendy Crosbie (Sharpsburg)
James McLaughlin (PTC)
David Monsour (Tyrone)
Mike Burton (Fayetteville)

4/21/2008

Thank You!

Dear Mr. Martin,

I would like to thank the Peachtree City Running Club for the check presented to the J.C. Booth Walking Warriors. We will use the money to reward the student with the most laps and to host a party for the other members.

This incentive may encourage more students to join the Walking Warriors next year. As a sponsor, I have enjoyed walking in the morning and feel that this is a good way to wake up and mentally prepare for the day ahead.

Thank you so much for your generosity. This money will serve as a wonderful motivation for building our Walking Warrior's membership.

Sincerely,

Cheryl Braddy and David Morrison.

Marathon Mania!

From the hills of Kentucky to Scandanavia and exotic China, Peachtree City Running Club members travel the world in search of the perfect marathon. Four club members who recently visited these beautiful areas share their stories below.

The Kentucky Marathon Experience: music, running, history, horseracing, baseball, feats of daring, and art

By Kim Ruple and Pat Cote-Miles

Louisville is the home of many notable items, home of Diane Sawyer, Muhammad Ali museum, Maker's Mark Bourbon, World's Best Fireworks, the Kentucky Derby and most notable for us, the Kentucky Derby Mini, Relay, and Full Marathon. Each a good reason for locals to throw an amazing party and show visitors a good time. With three live music venues, ample food, hot air balloons, and festivities, runners were able to enjoy Kentucky hospitality throughout the weekend.



Pat Cote-Miles and Kim Ruple are dwarfed by a baseball bat at the Louisville Slugger Museum.

The race day began cool and dreary. As we lined up for the buses to the start line, Mother Nature gave a few quick showers, but decided to hold off from the 60+% rain forecast. Debarking from the bus, we all lined up for the port-a-potties only to discover the 4-lane road facing them hadn't been closed to traffic yet and standing in line meant sharing the road with the early drivers. Not sure who was in more peril – the runners (who we all know take port-a-potty lines as serious business) or the drivers!

Luckily, everyone was courteous and the start went off without a hitch. The course wound through historic homes, hilly Iroquois park, the infield of Churchill Downs – home of the Kentucky Derby, then through scenic Cherokee Park, which Pat claims went downhill more than uphill. Next we wound back through the downtown area viewing the beautiful waterfront section, including the Muhammad Ali Museum, then up and over the 2nd street Bridge for a trip to Indiana and back, finally culminating near the historic Galt Hotel downtown where we were greeted by plenty of refueling options and a great band!

Throughout the race, spectators were enthusiastic and water/PowerAde was plentiful. The race is a larger half (mini) marathon (9,387) with a smaller marathon field (1,200). The late split, post mile 11, was well marked but a little disconcerting to those who are used to a much earlier separation. Pat and I both thought “did we miss the turn off” numerous times before reaching it.

This is definitely a race to add to your schedule regardless of your distance – the relay and mini options provide opportunities for everyone. The downtown is easy to get around and is jam-packed with great restaurants, art museums, and the Louisville Slugger museum for the sport fans. Also included in your admission is a pass to Churchill Downs to watch the

races on Saturday and Sunday (<http://www.derbyfestivalmarathon.com/race-info/default.asp>). Pat and I finally qualified for the 50 State Club, with 10 states down and only 40 more left. Pat even met one of the board members and got the inside scoop. See <http://www.50states-marathonclub.com/50dc/index.html>.

Wish us luck and see you on the trails!

Stockholm, Sweden: one of the most scenic marathons in the world!

By Bill Fuller

Wow! What a beautiful city Stockholm is. Formally the land of the Vikings, there's water everywhere, with 2,500 islands alone forming the Stockholm archipelago. Water craft, from small rowing boats and sailboats to tall ships and ocean cruise liners dot the various harbors within the city limits. Thus, the stage is set for perhaps one of the most scenic marathon courses in the world.

The date for the 30th running of the Stockholm marathon was May 31, 2008, and along with my wife Janet and our friends from England — Peter, Jane, and their son Jonathan — we decided to make the trip a vacation, arriving a week beforehand with guidebooks in hand and a plan to see as much of the city and its people as possible. I had, for some reason, a preconceived idea that the Swedes were ultra conservative and short on humor, but this was not the case. We were given a happy smile and good welcome from everyone we met (apart from the ticket inspector on the early morning train, but that goes with the job).

This capital city is built on 14 islands, one of which is Gamla Stan, a wonderfully preserved medieval gem. The Royal

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The Changing of the Guard at the Royal Palace in Stockholm is a sight not to be missed when visiting the capital city.

Palace and changing of the guard are sights not to be missed. The ceremony takes around 30 minutes with a military band in splendid uniform performing on horseback. As a boy, I played in a brass band and so could appreciate the talent and discipline of these guards as they handled instruments and animals simultaneously. The German church in Gamla Stan was built in 1570 originally for German members of the Royal family and residents of German descent. Highlights include a gilded gallery with 119 unique gallery paintings, a Royal box, and an astonishing ebony and alabaster pulpit dating from 1660. There are wonderful museums aplenty, including the jaw-dropping Vasa Museet on the island of Djurgården, which houses a warship built in the 1620s and recovered from the harbor in 1961. With one-third water, one-third green belt, one-third city, and stunning architecture, there's too much to see in one week!

Despite resting the day before the marathon, I think I had already spent too much time on my legs sightseeing. That's my excuse for a 3 hour 50 minute marathon, coupled with 80-degree weather, and I'm sticking to it. I would encourage anyone to run this marathon, though. The course is a flat double loop through and around the city, running mostly by the water, and after 30 years it's become a Stockholm tradition, and cheering spectators line every point on the course. It starts at 2 p.m. — that's a first — with temps in the low 70s and at

the finish, in the low 80s. Part of the race goody bag included a sponge, and specially constructed iced water containers were available every few miles to help runners cool down, along with plenty of drinking water and sports drinks. 18,000 runners registered, with the second largest contingent after Sweden coming from Finland, followed by Denmark and Germany, but not so many Norwegians. Mile 20 had a special treat; no, not Power Gel, but — can you believe it — pickled gherkins! Yep, just what we all need at mile 20 in a marathon, and runners were eating them. My first half was respectable at 1:45:00, but the heat was already getting to me, so it was on to plan B — slow down, and just enjoy the day. The hardest part of the course is running across the Vasterborn Bridge, but even on the second loop it's no huge challenge, just a steady half-mile incline and wonderful views of the city and harbors. What a finish, you can't beat this. Entering the 1912 Olympic Stadium, site of no less than 83 world



Bill Fuller checks out the 26-2-mile route that will take him around the beautiful city of Stockholm.

records, and there you are on the track, adrenalin pumping, a cheering crowd, and 400 exciting yards to cross the finish line!

I'll finish as I started — WOW! I hope more club members are able to make this trip or use any overseas marathon to combine with a vacation. I'm thinking Istanbul, Turkey next year. Anyone interested?

Running (crawling!) the Great Wall of China

By John Thomas



Dr. John Thomas (left) was talked into taking on the challenge of the Great Wall Marathon by his chiropractic patient Jeff Stebar, who also ran the race.

Have you ever heard of a marathon venue that makes it mandatory for you to inspect the course before running it? Well, we had to inspect the Great Wall itself before the day of the marathon because of the danger of the 3.5-mile climb. After climbing the wall for the first time, I began to realize what I was in for. We were the few in the whole world who would ever have the opportunity to climb the portions of the wall we experienced.

Saturday, May 17, was the big day. We left Beijing at 3:00 in the morning to head to the Great Wall. I didn't get to bed until 11:00 the previous night. Of course, I couldn't sleep and probably kept my eyes closed for two or three hours before getting up at 2:00 in the morning. We got to the starting line at around 6:30 a.m., and the run was going to start at 7:35. After saying hi and taking pictures of the scene, I joined the warm-up group and did a few stretches and aerobic dances and then it was time. The gun went off and I was ready to go, camera, energy gels, and all. I took all kinds of pictures along the way. The first three miles of the course were up the mountain that lead to the Great Wall. I had never run three consecutive miles straight uphill. If this was any indication of how difficult the run was

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Exotic locales entice PTCRC marathoners

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going to be, I should have taken note right then. After the three miles upward bound towards the Pearly Gates of Heaven, we entered the entrance of the wall towards hell. Despite what was in store, my excitement level was high and I was still feeling great! So many steps, so very steep, I decided that I would briskly

tion because I had totally run out of my own stash by mile 16 or 17. One of them was Priscilla. She was actually in my tour group. We encouraged each other with crazy talk, and she gave me some stuff to chew on.

A bit worried about whether I would make the first cut-off of 6 hours, I picked

throwing in the towel. All I had to do was turn around and walk a few yards to the finish line and get disqualified, and that seemed like no big deal at the time. It sure felt like the better choice. But I had 6 more miles to go and the next three of those miles were up that dreaded wall. I could not go back home to tell everyone that I gave up.

It was the look of sincere understanding from Franca, the young lady I had helped up to this point that enabled me to take the next step. I literally crawled up most of the wall on all fours. It was somewhat comforting to know that I was not the only one crawling. Half way up the wall a lady by the name of Roxy who had helped me earlier on the wall with an electrolyte gel asked me to take her hand and pull her up the wall. I don't know how I did it but I did. I had two hours to finish the run or else I would be pulled off the course at the 8-hour cut off. Two hours seemed like plenty of time to finish 6 miles. It was actually barely enough.

I finished proudly 5th from last with a time of 7:50:09. This was my second marathon; I did my first in 5:09:40. They say the Great Wall Marathon typically takes runners 50% longer to complete than their average marathon. I almost didn't make it. I reached somewhere from deep within and pulled it out of me. I screamed with joy until I was hoarse right under the finish banner, and the crowd cheered me on. Tears of joy for this amazing accomplishment rolled down my cheeks. I did it. I learned a lot about myself that day. I learned that even in the midst of self-defeat I had it in me to reach out to help others as others reached out to me. This is what I believe carried me across the line in the nick of time. All five of us (the last five) stuck it out together and became winners! Franca finished 3rd from last and Roxy finished last. Priscilla didn't finish but she received a medal, and in my book she deserved it because of all she did along the way to help not just me but other people too. Wow! I am truly a changed man. They have a saying in China, "He who has not climbed the Great Wall is not a true man." Close to 1,600 of us toed the line from 49 different countries, and all of us are true winners!



John Thomas gets ready to climb the 3-5-mile portion of the Great Wall of China Marathon.

walk most of this. I didn't want to fall, twist my ankle, waste my energy, or overdo it for the sake of my back.

I finished the 3.5-mile wall portion in about 45 minutes and headed into the first of five villages we had to run through. The terrain was more like an adventure cross-country trail suitable for four-wheelers and dirt bikes. I snapped more pictures and hi-fived the hands of the little boys and girls that were there to greet us and cheer us on along the way. The sights and sounds were amazing and inspiring up to about the 14th mile. It was here that I started feeling the first effects of what the wall was capable of inflicting. I was starting to feel the need to concentrate on myself instead of the scenery. I was also thinking about the fact that at mile 21 I was going to have to go up that dreaded wall again in reverse! I kept on going. Most of the course up to now was uphill with no end in sight for a downhill break. I met up with a few people who helped me out with some nutri-

up my super-slow shuffle to maybe an 11-minute pace. Eventually I ran into another fellow foot dragger who I coached along all the way to the 21-mile mark. Her name was Franca, and she was from Italy. She was adorable. At the time, I knew that if I didn't help her she would not make it. I later would come to realize that by helping her I helped myself. Little did she know that every time I told her that "we" were going to make it, it forced me to keep my word. I could not let her down. I would not let her down. Every time I told her that we were almost there, I had to believe it too. But we had not reached the point of the run that would truly challenge every ounce of strength we had left, and that was the Great Wall all over again. Before getting to the wall again, we had to pass through the finish line area and hear all the accolades for runners who finished their race. At this point, I was emotionally, mentally, and physically shattered. It was at this precise moment that I seriously considered

More than \$100,000 raised for local schools

Another successful Rotary/PTCRC Grand Prix



The Rotary Club of Peachtree City, along with the Peachtree City Running Club, hosted two separate award ceremonies for winners of the 2007-2008 Elementary School Grand Prix — one at the Rotary Club and one at the Wyndham Conference Center. Pictured above are winners of this year's series of 5K races from 14 different elementary schools. Participants earned points for each race they participated in depending on their finishing place in their age groups. More than 2,600 people ran in at least one of these races, and over \$100,000 was raised for local Fayette County elementary schools. Runners were from all age groups between ages 5 and 75. The 2008-2009 Grand Prix Series will begin in September with the Tyrone Elementary school race on Sept. 13, 2008.

Boones pass halfway mark in quest to hike trail

By Roy Robison

Peachtree City Running Club members Lou and Martha Boone have reached a milestone on their quest to complete a nonstop hike of the entire length of the Appalachian Trail. On Sunday, May 25, Lou and Martha passed the 1,000-mile mark of their 2,175-mile journey. It took the Boones just under 3 months (they began on February 29) to reach this milestone.

Just beyond the 1,000-mile mark is the town of Harpers Ferry, WV. The Appalachian Trail Conservancy is located there and is considered by most to be the psychological halfway point of the hike. The Boones visited the Conservancy and picked up much-needed supplies that had been mailed by their daughter Mary. Also, the Boones had their picture taken and entered into the AT 2008 Conservancy Trail Book for thru-hikers.

They took a day off there to wash clothes at a laundromat and to re-supply at the local Wal-Mart and trail store. They also took the time to eat a few great meals and drink some well-earned bottles of beer. They resumed their trip on Tuesday and still plan to reach the northern terminus of the AT (Mt Katahdin, Maine) by Lou's 70th birthday, which is on Sept. 8.

They already have a ton of stories (most of them good) and have met many wonderful people, both hikers and helpers (Trail Angels as they are called). They are in great spirits and are as enthusiastic as they were the day they started. Incidentally, Lou has lost nearly 25 pounds during the trek. Martha? None!

If you would like to follow the adventures and progress of Lou and Martha, simply go to www.louandmartha.com (or



Lou and Martha enjoyed a surprise visit from old pal Roy Robison during their stop-off in Harpers Ferry, W.V.

<http://www.trailjournals.com/entry.cfm?id=217258>) and follow the links. They will take you to their trail journal and pictures and will allow you the opportunity to send them an e-mail.

Editor's Note: The Boones got the surprise of their life when they encountered Roy on the Appalachian Trail near Harpers Ferry. Roy had spent a day hiking the trail and looking for his friends in the hopes they would actually arrive in the area on the day they were supposed to. He had just about given up when he saw them in the distance, hid his face behind a map as they passed, and then yelled, "Can anyone tell me how to get to Peachtree City?"

RRCA Convention Coverage: Cincinnati 2008

By Mark Ward



Marino Fuentes (left), Rene Flaherty, and Mark Ward enjoy a luncheon honoring the State Reps at the 2008 RRCA convention in Cincinnati, Ohio.

The Road Runners Club of America (RRCA) met in Cincinnati the first week of May for its annual convention. Since 1958, the RRCA has gathered in different cities around the country for its annual meeting, which includes seminars, educational workshops, and the National Grassroots Running Awards Banquet. The convention is a great opportunity for running club leaders, race directors, fitness professionals, RRCA State Representatives, Regional Directors, Board Members, RRCA Certified Coaches, sponsors, running industry professionals, and runners to come together to share information, best practices, and contribute to the national mission of the RRCA.

Rene Flaherty, Marino Fuentes, and Mark Ward were on hand to represent the PTCRC. They attended workshops from promoting and marketing running clubs to timing equipment rental and purchase. They also found time to enjoy all the festivities held during the "Flying Pig" Marathon weekend. Along with seeing fireworks and "real" flying pigs, Rene and her husband Dan participated in the 10K race on Saturday while Marino and Mark ran the half-marathon on Sunday.

The most important items on the agenda this year were the election of Officers and Directors along with the presentation of 14 resolutions to amend the RRCA Bylaws. (See <http://www.rrca.org/news/index.php?article=2280> for more information.) Mark had voting proxy for the PTC Running Club, acting for President Bob Dalton. The PTCRC had 14 votes, which is based on the number of members in the club. Mark attended an open forum led by Bylaws Task Force Chair Jeff Darman prior to the Annual Meeting. Discussion was held on resolution five which relates to Article VI (Meetings of the General Membership), a part of the bylaws that outlines the use of proxies at membership meetings. Resolution five was not passed. The most contentious vote was held on changing the By-laws to dis-allow proxy voting. This would basically mean

that the President or an officer of every running club would have to be in attendance in order to vote in any election. For some of the smaller clubs this would be financially restrictive and therefore their votes would never be counted. At least with the proxy vote the smaller clubs can give their votes to someone attending the convention to vote for them. The current language, as stated in the June 2005 version of the Bylaws for Article VI, will stand in the newly revised Bylaws. Voting by proxy will remain in the new version of the Bylaws. There was also discussion on resolutions six and eight. These resolutions pertained to the proposed Bylaw changes that would outline term limits for board members and committee members. After discussion, members voted to pass 13 of the 14 proposed changes to the RRCA Bylaws.

RRCA is pleased to announce the new members of the RRCA Board of Directors: Brent Ayer (President), David Cotter (Vice President), Dennis Novak (Treasurer), Mark Grandonico (Eastern Region Director), and Mitch Garner (Central Region Director).



PTCRC member and former GA State Rep Marlene Atwood (center, left) and N.C. State Rep Lena Hollman show off their national awards flanked by Bart Yasso (left) of Runner's World and Southern Region Director Ken Bendy.

One of the most exciting things the PTCRC team saw was a demonstration of a product called ClubExpress. Rene, Marino, and Mark were all impressed with the software and are recommending it to the PTCRC board as a tool for membership activities. With ClubExpress, members sign up and renew their memberships online, and people register and pay for events online. Credit card processing is included. Administrators manage every aspect of the club's operations online, including the membership database, reports, news, committees, newsletters and other documents, photos (unlimited photos!), event calendar, surveys, discussion groups, and special programs. This would almost totally eliminate the need for a Membership Director position other than the oversight and greatly assist other officers and committee members as well. Stay tuned!

PTCRC 7th annual golf championship a success

By Roy Robison

A tie for the championship marked the 7th Annual PTCRC Golf Tournament played Saturday, June 21 at Flat Creek Country Club. A total of 52 “duffers” participated, and by all accounts, everybody had a great time. Team Trombly (Bob Trombly, Tom Goetter, Lynn Fairley, and Judy Jensen) and Team Shoemaker (Jerry Shoemaker, Adam Shoemaker, Chuck Garwood, and Dave Piet) tied for 1st place at 18 under. Second place at 16 under went to Team Gulick (Carolyn Gulick, Dave Gulick, Jason Gulick, and Tom Crofton). Third place went to Team Port (-15) (Fred Port, Frederick Port, Chuck Smith, and Jorden Smith).

Other awards: Closest to the pin #3: Ron Kempton; Closest to the pin #18: Steve Poth; Closest to the center line #6: Frederick Port; Longest Drive #17: Jason Gulick.

A special thanks goes to the volunteers who drove around all day providing participants with refreshments and, when the well went dry, made runs to Kroger to purchase more beverages. So, thank you Dalia, Falon, Christine Jordon, Cathy and Dave Olson, Beth Redmond, and Leslie Salinski (and associates).

The weather was excellent, the greens not too fast, the handicaps high (and so was Team Gopher!), and the pictures turned out great. If you missed it, plan to join in for the 8th Annual to be held next June at Flat Creek.



Team Trombly



Team Shoemaker



Team Gulick

Results - 2008 PTCRC Golf Tournament

| | | | |
|------------------|--|------------------|--|
| 1st Place -18 | Bob Trombly Tom Goetter Lynn Fairley Judy Jensen | 5th Place -13 | Rose Kempton Steve Poth Scott Allen David Smith |
| 1st Place -18 | Jerry Shoemaker Chuck Garwood Adam Shoemaker Dave Piet | 6th Place -12 | Mike Warren Steve Matlaga Bill Werling Hernan Morales |
| 2nd Place -16 | Carolyn Gulick Jason Gulick Dave Gulick Tom Crofton | 7th Place -10 | Toby Polhamus Tony Mathews Chris Burgess Rick Grimes |
| 3rd Place -15 | Fred Port Jordan Smith Chuck Smith Frederick Port | 7th Place -10 | Paul Blaum Jerry Bridges Lee Blair Tim Cleary |
| 4th Place -14 | Vern Schmitz Sonya Murphy Goetter Hal Wolfe | 8th Place -9 | Bruce Brzoska Roy Robison Jeff Warlick Joe Wassell |
| 5th Place -13 | Marino Fuentes Bill Salinski Melia Foley-Lane Elizabeth Fuentes | 9th Place -6 | Doug Lego Greg Eubanks Ed Clark Gary Weers |
| 5th Place -13 | George Martin Ron Kempton Kelly Bowman Sue Leger | | |



Team Port

This father-son team showed that you can be a winner at any age!



Team Blaum, aka “Team Gopher” provided their own personal cad-dies, complete with coveralls à la “The Masters” golf tournament.

Kids Fun Run

The Kids Fun Run almost fell by the wayside this year as Teri Besch relinquished the reins after 13 successful years. Fortunately, Roy Robison and Carolyn Gulick stepped in to organize another fun-filled race, which the kids thoroughly enjoyed, as evidenced by the smiles on all their faces!

Many thanks to Roy and Carolyn and all those who volunteered, especially Cathy Olson, Jan Bankieris, and Rene Flaherty for obtaining a ton of awesome door prizes!



2008 is outstanding year for local high school track and cross country teams

By Rose Kempton

Fayette County High School teams performed well in the 2008 Track and Field season, finishing strong at their respective State Championship meets.

Sandy Creek High School, Class 3AAA, had an exceptional showing for both girls and boys. Raven Moore led the charge for the girls, finishing 2nd in the 100-meter run and 6th in the 200-meter run. She was followed by Mia Jones who finished 3rd in the 400-meter run. Kiana Courtney also contributed with a 3rd-place finish in the 800-meter run. The girls all came together for strong finishes in both relays, coming in 2nd in the 400-meter relay and 4th in the 1600 relay, finally taking 4th place in the state for Class 3AAA.

The Sandy Creek boys also had an outstanding finish, with high school phenomenon Christian Taylor leading the charge. This outstanding athlete was State Champion in three different events! In the 400-meter run, his incredible time of 46.46 seconds not only put him in the top position for all classes at this year's state championship, but was the best time in the country for high school as well, pushing him to elite status. He followed up that incredible performance with 1st-place finishes in the Long Jump at 25'6" and Triple Jump at 52'6.5".

Also contributing to Sandy Creek's strong performance were Ryan Atrice, 400M, 4th; Andrew Roberts, 100M, 7th; Darius Harris, High Jump, 5th and 200M, 7th; and Jonathan Owens, 800M, 4th. As with the Sandy Creek Girls, the team banded together for the relays, coming up with State Championship finishes in both the 400- and 1600-meter races.

In Class 4AAAA, **Starr's Mill High School** girls led the field with 2nd-place finishes in both the region meet and state meet. At region, they qualified 11 girls in a variety of events to go on to state. At the state meet, Michelle Stegall, a former Peachtree City Flash runner, led the charge for the ladies as State Champion in the 200-meter run at 24.45 seconds. For the second year in a row in the 400-meter run, her incredible time of 54.34 seconds was the best time of the day for all classes. In addition, Michelle ran with her teammates in the 400-meter relay, finishing 2nd in that as well.

Also placing at the state meet for Starr's Mill girls were Crystal Cristian, Long Jump, 3rd; Katie Bragg, Discus, 7th; Jackie Sample, 1600M run, 8th; and Natalie Hauser, Pole Vault, 6th. Representing the Starr's Mill High School boys team were Stephen Roberts in the 110 Hurdles and Warren Enriquez in the 3200-meter run.

McIntosh High School led the boys for Class 4AAAA this year, qualifying five boys in seven different events: Vince Brown, Brendan Leonard, and Davis Fraker (all former Peachtree City Flash members) as well as Daiyan Epps and Taylor Hughston.

Vince Brown participated in the 1600, finishing 11th, and had another incredible 2nd-place finish in the 800-meter run at 1:56.67 for the second year in a row. Davis Fraker, only a freshman at McIntosh, is well on his way to McIntosh's top all-time completers with a 2nd-place finish in the Discus with a throw of 52'9.25" and 4th-place finish in the Shot Put with a throw of 144'2".



Former school support coordinator Bill Anderson presented the Ronnie Godwin scholarships during Senior Honors Night at McIntosh High School. From left are Hughston Taylor, Michelle Miller, Bill, Elizabeth Brasch, and Cormac Carolan-Tolbert. Hughston and Michelle won for track, while Elizabeth and Cormac were the cross-country recipients.

Also qualifying for state berths were **Fayette County High School's** Matt Daniels in the 100M run, and Brandon Boykin for the Long Jump as well as the 400-meter Relay Team.

For **Whitewater High School**, qualifiers were Chaz Price in the 400M run; and Josh Clemons, 100M run, and Jonathan Groom, High Jump, who both finished in 8th place. Lauren Perkins represented the Whitewater High School girls team at the state meet, qualifying for the 100-meter run.

2008 Ronnie Godwin Scholars

Congratulations to the following students who received the PTCRC's annual Ronnie Godwin Scholarship.

Sandy Creek High School

Rhyan Atrice, Mia Jones, Jaimie Little, Ryan LeBlanc

Starr's Mill High School

Sarah Balkolm, Steven Sanders, Julie Thompson, Eric Finke

Fayette County High School

Jared Yamamoto, Jared Koenig, Jasmine Facey, Jonathan West

McIntosh High School

Michelle Miller, Hughston Taylor, Cormac Carolan, Elizabeth Brasch

Whitewater High School

William Morrissey, Lauren Perkins, Justin Forrester, Ashley Carson Leathers

New Member Profile

Carolyn Bowen: (cursed) marathon girl!

By Bob Dalton



Carolyn Bowen waves as she runs the Atlanta Ekiden.

Carolyn Bowen advises that anyone who wants to run a marathon not schedule one that she is signed up to run in. Consider the following marathons she has recently done: the 2005 Marine Corps Marathon with temperatures in the 80s; the 2006 Warner Robbins Marathon with record 50 MPH winds; the 2006 Calloway Gardens marathon with a start delay due to ice with falling icicles and the course lengthened to almost 29 miles due to diversions from fallen trees; the 2006 Twin Cities Marathon with more record high temperatures; and the 2007 Chicago Marathon with record high temperatures that was stopped in mid-race. Other than that, she has had a great 20-year running career.

Carolyn, 40, hails originally from McLean, VA, and has been a

PTC resident for the past 12 years along with husband, Richard; sons Zach, 12, and Kyle, 11; their Siberian husky, Sam, and two Leopard Geckos, Rocky and Adrian. A graduate of the University of South Carolina with a B.A. in English and a minor in Spanish, she works as a Strategic Analyst with Delta Airlines, where she determines international fares and pricing strategy for Mexico, the Caribbean, Asia and Central/South America regions.

Before she was a runner, Carolyn's first 10K was a rollerblade race in Ashburn, VA. She used to rollerblade and run all over the Western and Old Dominion Trail in Northern Virginia. When Delta transferred her down south to Atlanta, she joined the PTC Running Club "to branch out and meet new runners and to be part of a local running group." She likes to run because "it makes me feel good body and soul and helps me deal with life's ups, downs, and in-betweens."

Her favorite distance is the marathon, and her favorite marathon is Marine Corps because "I get to run through my old stomping grounds while amongst the patriotism of the 'People's Marathon.'" Her most memorable running experience was the time she was in Panama for a conference and ran along the Panama Canal in the early morning hours during a thunderstorm. When not running or working, Carolyn likes hanging out with family, travel, and gardening/home improvement.

Carolyn recently set a 3:58 PR at the Las Vegas Marathon, just missing qualifying for Boston. Although she sustained an IT band injury, she is working on getting healthy again to continue her quest toward running a qualifier for Boston. Best wishes Carolyn and welcome to the club!



The Army Central Road Racers, led by PTCRC's Bob Dalton, took 1st place in the military team competition of the 7th annual Army Hooah 10K on June 14. Members of the winning team included, from left, Col Mike Simmons (1st AG), Maj Amanda Azubuike (1st military female overall), SGM Michael Dunn (1st military male overall), Bob Dalton (1st masters male overall), and Maj Tony Satterfield.

Race Results

Teresa Moore Country Music Marathon 4:38:20

Army Hooah Run (10K)

| | | |
|---------------------|---------|--------|
| Mark Hamilton | 43:43 | |
| Bill Fuller | 45:44 | 1st AG |
| Christopher Chiong | 48:00 | |
| Ed Vise | 49:22 | |
| Kim Ruple | 50:34 | 2nd AG |
| Valerie Reynolds | 55:14 | |
| Tim Covert | 55:22 | |
| Patricia Cote-Miles | 1:09:27 | 1st AG |



Teresa Moore said she "felt great" after finishing the Country Music Marathon in Nashville with a chip time of 4:38:20.

Health Notes

Free-range eggs aren't 'free,' but are they worth it?

If you've purchased a dozen eggs lately, you might have been a bit flummoxed when trying to decide whether to put out more of your hard-earned cash for the free-range variety. How do you know if paying the extra price for this "boutique" variety of eggs is worth it?

First, you have to understand just what the term free range means, and that its definition can be a matter of perspective. Warning: it's not all that simple. According to Mother Earth News, true free-range chickens eat a natural chicken's diet that includes "all kinds of seeds, green plants, insects and worms, usually along with grain or laying mash." True free-range chickens also spend time out of doors walking around and foraging— something factory farm birds can't do. And factory farm birds are usually fed cheap mixtures of corn, soy, and cottonseed meals with additives. Here's the confusing part — the USDA defines free range as birds merely having access to the outdoors. Some manufacturers are taking advantage of this definition by leaving tiny doors open on huge sheds, which in turn leaves the door open for the manufacturers to label their eggs as "free range." So what's a consumer to do?

Know what you're getting for your money. According to Mother Earth News-sponsored tests, free-range chickens produce eggs of superior nutritional value as compared to eggs from factory hens. And when compared to the official USDA nutrient data for commercial eggs, the eggs from free-range chickens contained up to:

- two-thirds more vitamin A
- double the omega-3 fatty acids
- triple the vitamin E
- seven times more beta carotene
- one-third less cholesterol
- one-quarter less saturated fat



Val's grandson Kyle feeds her free-range chickens one of their favorites — bananas!

You can find the names of reliable sellers of eggs from pasture-raised hens by checking out www.eatwild.com or www.local-harvest.org. But PTCRC is lucky to have its own source of free-range eggs. Club member Valerie Reynolds sells eggs from the free-range chickens she raises at her home in Senoia. If interested, you can contact her at 770-599-9475 (home), 770-318-8165 (cell) or go@marathonval.com.

- Notes & News -

2009 RRCA Convention

Three of the most recognizable names in distance running — former Olympian Frank Shorter, Ultramarathon phenom Dean Karnazes, and Runner's World Chief Running Officer Bart Yasso — will headline the 51st Annual RRCA National Convention in San Francisco. The annual convention will be held at the Hyatt Fisherman's Wharf from March 26-29, 2009. Hotel and sponsorship information is currently available on the 2009 RRCA Convention Web site, www.rrcaconvention.org, with additional convention information to come.



Ann Henderson and Gary Kolb stop for a scenic break during their recent bike ride across Ohio. It was their third Great Ohio Bike Adventure (GOBA), and they have also completed Bike Virginia.

Peachtree City Classic

The PTC Classic on Oct. 18 will be here before you know it. Tell your friends and families to register by July 15 to get a \$5 discount! Two other things to be thinking about: the annual EXPO and the Corporate Fitness Challenge. The two-day expo will be held on Oct. 17 and 18 at the Frederick Brown Jr. Amphitheater, Friday from 5 to 9 p.m. and Saturday from 7 to 11 a.m. If you would like to rent a booth or know someone interested in being a vendor, please contact Dick Allis at allisrj@juno.com for more information.

The Club will once again host a Corporate 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. All Fayette County organizations 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 event adds a lot of new people to our Classic registration numbers, so help spread the word!

Mark Ward named new RRCA Georgia State Representative



Congratulations to Mark Ward for being named the new RRCA Georgia State Representative! Mark follows in the footsteps of club member Marlene Atwood, who served in that position for 8 years. Following is the announcement sent out by the RRCA.

The Road Runners Club of America is pleased to announce that Mark Ward of the Peachtree City Running Club has been named the RRCA State Rep for Georgia.

Mark was born and raised in Delta, Ohio, and now lives in Tyrone, Georgia, just south of Atlanta. He attended Embry-Riddle Aeronautical University and received a BS degree in Professional Aeronautics. Mark served in the US Air Force, US Army, and Army Reserve. He holds an Airline Transport Pilot certificate, LearJet type rating, Commercial, Instrument helicopter and flight instructor licenses.

Mark hired on with the FAA in 1981. During his career with the agency, Mark has been Air Traffic Manager at Atlanta Air Route Traffic Control Center, Southern Region Manager Tactical Operations, Southeast US, and Manager for Operations/Procedures Branch. He was also Assistant Air Traffic Manager at New York ARTCC, Area Manager and Supervisor at Chicago ARTCC, Staff Specialist at the Great Lakes Regional Office and Quality Assurance Staff and ATCS at Indianapolis ARTCC. Mark's outside interests include running, woodworking, motorcycles, and flying his 1979 Piper Dakota.

Mark has been running for more than 31 years. At age 19 he started running to lose weight, and while there have been lighter years, he has never stopped. During the 80s Mark was extremely involved in the triathlon movement, completing some 20 triathlons of different lengths.

Upon moving to Georgia in 1997, Mark became a member of the Peachtree City Running Club and since 2004 has completed 7 marathons, three of which have been the Goofy Race-and-a-Half Challenge at Disney World. Mark is currently the Vice President for Activities and the New Membership Coordinator for the PTC Running Club.

Spring Grand Prix Results

May — Event 5

5K Prediction/Brooks 10K

Men's Open (50 and below)

- 1st place — Vern Schmitz
- 2nd place — Wes Wilkins
- 3rd place — Tim Covert
- 4th place (tie) — Bill Everage, Chris Chiong

Men's Masters (51 and above)

- 1st place (tie) — Bill Fuller, Ed Vise
- 3rd place (tie) — Bob Dalton, Marino Fuentes, Dave Piet

Women's Open (47 and below)

- 1st place — Ann Port
- 2nd place (tie) — Teresa Moore, Kim Ruple

Women's Masters (48 and above)

- 1st place (tie) — Trish Vlastnik, Margie Dam
- 3rd place — Rene Flaherty

For complete Grand Prix results, check the PTCRC Web site at www.ptcrc.com/GrandPrix.

June — Event 6

10K Prediction Run

Men's Open (50 and below)

- 1st place — Bill Everage
- 2nd place — Hal Wolfe
- 3rd place — Wes Wilkins
- 4th place — Vern Schmitz
- 5th place — Scott Allen

Men's Masters (51 and above)

- 1st place — Mike Warren
- 2nd place — Bob Dalton
- 3rd place — Marino Fuentes
- 4th place — Normer Adams
- 5th place — Roy Robison

Women's Open (47 and below)

- 1st place — Ann Port
- 2nd place — Teresa Moore

Women's Masters (48 and above)

- 1st place — Jan Bankieris
- 2nd place — Sandy Tuman

Runner's Roundup

JULY 2008 GEORGIA RACES

- 7/12 Walnut Grove 5K Breakaway, Loganville
- 7/13 Carrollton Triathlon, Carrollton
- 7/19 Homespun Festival 5K, Rockmart
- 7/19 Run To Play Cross Country 5K, Athens
- 7/19 Battle of Atlanta, Double Quick 5K, Atlanta
- 7/19 Bragg Jam Moonlight Miles 5K, Macon
- 7/19 Clydes Run 5K, Roswell
- 7/26 25th Annual Run For Life 5K/10K, Kennesaw
- 7/26 Etowah River Run Road & Trail 5K, Canton
- 7/26 Burnin' up the Blacktop 5K, Athens

For more information on these races, search on the race name or go to www.active.com.

AUGUST 2008 GEORGIA RACES

- 8/02 Patriot Cross Country 5K, Lexington
- 8/09 Run for Love Evening Run 5K, Tifton
- 8/09 Dinosaur Dash 5K, Atlanta
- 8/09 Jim Herrin Memorial Stampede, Centerville
- 8/09 Summer's End 5000, Winder
- 8/16 Gary Tillman Memorial Clocktower 5K, Rome
- 8/16 Titan Twilight 5K, Bogart
- 8/16 Bulldog Dash 5K, Suwanee
- 8/16 ATC Grand Finale 5K, Atlanta
- 8/23 5K for Hope, Decatur
- 8/23 Coach Mike's Health Run CC 5K, Athens
- 8/30 Adams Realtors Run for the Park, Atlanta
- 8/30 Sunrise on the Square 5K, Newnan
- 8/31 Callaway Gardens Triathlon and 5K, Pine Mtn

In The Sponsor SPOTLIGHT This Month

Ultimate Fitness

Our newest sponsor for the 2008 PTC Classic is **Ultimate Fitness**, the newest gym in town. Ultimate Fitness is proud to be our only gym sponsor and views it as an opportunity to have a positive effect on our community and to take part in some great local activities. Ultimate Fitness is committed to offering two Fayette County locations with a team of highly trained professionals. They provide a full range of amenities, services, and the information and support needed to help their members achieve fitness goals. Amenities include a full line of cardio equipment, cardio theatre, selectorized circuit machines, free weights and state-of-the-art equipment. Other benefits include group fitness classes, Kids Clubs, indoor tanning, saunas, massage, and 24-hour access. Ultimate Fitness is offering special discounted rates to PTCRC members starting at \$34 a month for individuals, \$54 a month for couples, and \$74 a month for families. You are invited to come to either of the two Fayette County locations for a complimentary tour and workout. Ultimate Fitness is located next to Partners Pizza II in Peachtree City and at 182 N. Glynn St. in Fayetteville, with a new Fayetteville location scheduled to open in August, 2008.



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

UPCOMING CLUB EVENTS

JULY 4 PEACHTREE ROAD RACE & PICNIC • JULY 8 SUMMER TRACK MEET • JULY 12 GRAND PRIX • JULY 15-16
SUMMER TRACK SERIES FINALS • AUG 2 GRAND PRIX • AUG 4 CLUB MEETING @ WYNDHAM