

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MARCH 2007

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Time to log another
1,000 miles!



Great turnout for new member breakfast

PTCRC members gathered Feb. 24 to welcome new members and guests at the club's annual New Member Breakfast. Teri and Ray Besch once again graciously opened their home to the onslaught of hungry runners who had just completed the Grand Prix consistency run. Good running, good company, good food — that's what the Peachtree City Running Club is all about!





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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: April 20

January 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 7:31 p.m. in the Wyndham Conference Center.

Old Business

Leslie Salinski, coach of the PTC Flash, introduced Ryan Hamill and Garrison Pavel, who placed 10th and 11th in regional competition and qualified for the Nationals in Spokane, Washington.

New Business

Kelly Slaggert introduced a new running program in PTC called "Girls on the Run." The program is designed to reach out to elementary school girls in grades 3, 4, and 5 and teaches citizenship as well as social and emotional skills in an attempt to minimize possible problems girls sometimes experience in their teen years. Kelly is looking for future runners and coaches for the program.

Bill Anderson recognized the Boys Cross Country Team from Our Lady of Mercy High School. He then introduced freshman Kate West of MacIntosh H.S. who placed 3rd in the Region and 10th in the State this year. Along with her was freshman April Esposito from MacIntosh who not only won this year's PTC Classic but placed 5th in the state. He then introduced Coach Chad Walker from Starr's Mill High School. Chad recognized and introduced Senior Austin Enriquez, who was the state champion, and freshman Jackie Sample, who was the girls' state runner-up. The athletes were given a certificate of recognition for their achievements.

Several club members journeyed to Disney World to run the Half-Marathon, Marathon, or both. The "Goofy Participants" included Jane Hamilton, Bonnie Hancock, Steve Hancock, Adam Shoemaker, and Mark Ward. Teresa Moore made Disney her first ever marathon. George Martin has run all 14 Disney Marathons. Congratulations to all!

Guest Speaker

Our guest speaker was Norman Hough from Fayetteville, a native of South Africa and a decathlete. He spoke about the World Master Athletics that takes place every other year in different locations throughout the world. This year's event will take place in Rimini, Italy, which is about 120 km south of Venice. See the Web site for details including past results, hotels, travel, etc. at www.wma.com.

Reports from Officers

Secretary – Tom Round announced that a job description for the club secretary for 2007 is written and sent to the president for review and inclusion in his "continuity book" to be handed down to his successor.

Treasurer – Hal Wolfe was absent but sent a written report to President Dalton. There is a total of \$15,261.58 in the Talbot State Bank account and \$34,423.05 in the Money Market Accounts for a grand total of \$49,684.63.

(Continued on page 3)

WELCOME NEW MEMBERS

Kelly and Chelsey Bowman (Peachtree City)
Beth and Sarah Frederick (Fayetteville)
Nancy Donohue (Peachtree City)
Kellye and Jeff Slaggert (Fayetteville)
Carl Eifert (Peachtree City)
Millie Cabrera (Fayetteville)
Savannah Williams (Sharpsburg)
Tammy and Joe Newell (Peachtree City)
Margarita Ireland (Fayetteville)
Melissa and Alan Nelson (Peachtree City)



We were fortunate to have relatively moderate weather for the annual Atlanta Track Club 5K/10K on Jan. 20 this year — no rain and temperatures in the 30s instead of the teens! This was the Atlanta Track Club's new Executive Director, Tracey Russell's, first chance to come down and look at our operations up close since coming on board Jan. 1. You'll get a

chance to do the same with her, as she has been invited to come and speak at one of our monthly meetings this spring. Stay tuned for details.

Don't forget, it's renewal time for club memberships. You have until the end of March to get your dues in before you are "dropped from the rolls," an event none of us want to see happen. There are just too many benefits to club membership to pass up. So please get your renewal form to Joe Wassell as soon as possible if you haven't already done so.

Many thanks to Lou and Martha Boone for their hospitality in letting us use their home again for the New Year's Day Grand Prix Run, especially since they trusted us enough not to trash the place as they were out of town at the time! And sincere thanks also go to Ray and Teri Besch for opening their home for the February New Members Breakfast and Grand Prix Run. We had a great turn out and once again, didn't do TOO much permanent damage to the houses!

The club is excited to be partnering with Kellye Slaggert who is sponsoring a kid's running program called Girls On The Run. This is a program for young girls to build self-esteem, confidence, and fitness through running. The club donated \$250 in seed money to help get the program off the ground by funding flyers and posters to advertise the program in the schools. This is just another example of the fruits of your labors from the annual Classic going toward the benefit of the next generation of runners.

Congratulations again to our "Goofy" winners. These hardy

individuals ran both the Disney Half Marathon and then the Full Marathon on successive days the first weekend in January. They include Steve and Bonnie Hancock, Jane Hamilton, and Mark Ward, who accomplished this amazing feat for the second year in a row. Adam Shoemaker is a first time "Goofy" winner, but it was also his fourth marathon in 14 months. It was also Teresa Moore's first marathon and George Martin's 14th Disney Marathon. Way to go folks!

Congratulations to Ann Akers who was given an Honorable Mention for the second time in three years in the annual Running Times National Masters Rankings. Congratulations also to Bill and Jeanne Daprano who were featured in the local Citizen Newspaper for their achievements in National and World Masters Track and Field Championships. These folks set the example for the rest of us on how to not only stay active, but continue to excel throughout life.

Thanks to Sandra Horning for the generous donation she gave to the club at the February meeting from the Rich Horning Foundation in support of sponsorship of our annual PTC Classic Race. Once again, she is the "firstest with the mostest." Sandra, we greatly appreciate your generosity and are especially gratified that you have chosen this method of keeping the memory of Rich alive. He was a loyal club member, an outstanding Race Director, a true friend, and a great husband and father to you and Sheridan. He would be proud and happy to know that his legacy continues thanks to you.

George Martin and I are off to Chicago this month to attend the annual RRCA convention. We hope to learn lots more about running and club-related issues as well as do some all-important networking with the "Who's Who" of the U.S. running world so we can call on them for favors when we need it. See you on the road and cart paths when we return!

50th Annual RRCA National Convention

We invite everyone in the running community to join us March 21 - 25, 2007 to celebrate 50 years of convening to promote grassroots distance running around the country. The Alpine Runners of Lake Zurich and Illinois Runs will host the 50th Annual RRCA National Convention in Chicago, IL. The Convention will be held in conjunction with the 28th Annual LaSalle Bank Shamrock Shuffle 8K, the largest 8K run in the country, which is scheduled for March 25. All convention attendees are guaranteed entry into the race, which fills quickly.

Not only does the RRCA Convention offer a fun tradition, it is a great learning and networking opportunity that fits your budget. Register online today at www.RRCAConvention2007.org.

January Highlights *(Continued from page 2)*

Reports from Coordinators

Classic Race Director – George Martin is looking for a continuation of volunteers for this year's PTC Classic.

1,000 Mile Club – Roy Robison stated that this is the 19th year for the "1000 Mile Club" and outlined the requirements that must be met. There is a May deadline to sign up. He then awarded a 5000 mile jacket to Jane Hamilton and passed out several 1000 mile certificates to members not present at the Christmas Party.

Membership – Joe Wassell reminded everyone to renew their club membership. Deadline for renewal is March 30.

Announcements

The "Kids' Fun Run" is scheduled for Sun. April 29.

PTCRC Hall of Fame

By Bob Dalton



Teri Besch

One of the two newest PTCRC Hall of Famers is Teri Besch. Originally from Niles, Michigan, Teri and her husband Ray have been PTC citizens for the past 25 years and running club members for 14 years. Teri is a teacher at Oak Grove Elementary School. She served as the club Secretary from 1998-1999 but is probably best known as having been the Kid's Fun Run Coordinator for the last 12 years.

In fact, it is her passion for children combined with running that drives her. She says, "I love working with kids and teaching academics. I also started the running club at Oak Grove and still miss being with the students in the mornings when they run their laps. I enjoy seeing them succeed."

Although Teri has a passion for running, she was hesitant at first to join the club. "I was very intimidated because I always thought it would be a serious club, very focused on running, and I was never a competitive runner. I moved here in 1982 and didn't join for 11 years. Valerie Reynolds was my neighbor. Between her and my husband, they pretty much forced me to join. I have never regretted it. The running club

is like my extended family."

And now she says, "I feel so good when I'm through (with a run workout). I have made life-long friends through running. I hope that it will keep me healthy. I'm the only one in my family who exercises. I am hoping to beat the odds by keeping fit (my family has a history of heart problems)."

Teri and Ray have two grown children, Kris and John, and are grandparents to Kris' daughter Bailey Rose. One of Teri's most memorable runs was "probably about 5 years ago when I talked my mother, two of my sisters, and a niece to walk a 5K. They all finished the walk. My mother was the last person to finish. She kept stopping and talking to people and telling them how old she was and it turned out to be quite the social outing for her."

Teri was also among the group of club members who took part in the first Disney Goofy Challenge last year. "My goal was to finish before the sweep and I did it with time to spare!" But among her most unusual running experiences was "probably when I saw a flasher a couple of years ago by the nature walk. He waved at me, and I ran faster than I had in years just to get away." Guess all that training paid off when it counted!



Dave Olson

Dave Olson is also one of the two newest inductees into the PTC Running Club Hall of Fame. A native of South Dakota, raised in Washington, and college educated in Ohio, Dave and his wife Cathy have called PTC home for the last 21 years and have been members of the running club for 20 of those years. With a chemistry degree from Bowling Green State University, Dave is a 6 Sigma expert at Cooper Lighting, where he teaches statistics and design of experiments. Dave and Cathy have two children, Rachel, 27, and Erik, 24.

During his college days at Bowling Green, Dave was good enough to run in the rarified atmosphere of national and world class athletes. "I got to run in the NCAA National Championship Cross Country Meet where we finished 9th. I feel very fortunate to have been able to run with that caliber of runner. My team mates included Sid Sink, the 3,000-meter Steeplechase American record holder at 8:26 and Dave Wottle, 800-meter world record holder at 1:44.3 and Olympic gold medalist at 800 meters in Munich."

Since joining the club, Dave served as Classic Race

Director in 1990. He has worked the race results of the Classic every year since. He also started the club Web site in 1995 and managed it as the Web master for the next ten years. But Dave says, "I think my biggest contribution to the PTCRC was doing the timing and scoring for the PTCRC Classic for 10 years and then convincing the club to go to chip timing."

Dave enjoys running because "I guess I am good at it and I can't deny that beating other people is very nice for the ego, but it is more than that. It's hard to explain but I really do get into a zone. I get serious runners high where I enjoy pushing myself and, dare I say, enjoy the pain. I don't think enjoy is the right word but I certainly get serious satisfaction from it." And he has the PR's to prove it: 4:34 in the mile; 9:35 for two miles; 14:56 in the 5K; 33:29 in the 10K; 1:21 for the half marathon; and 3:08 for the full marathon.

"Besides running, I love hiking/backpacking in the mountains. I have done several mountain climbing trips in Washington and Colorado with PTCRC members. I also own a sailboat and love sailing. I also play a little guitar." When asked about an interesting or unknown fact about himself, Dave replies, "After 20 years I don't think there is anything that no one knows. However, let me just say I was — and guess I still am — a hippie."



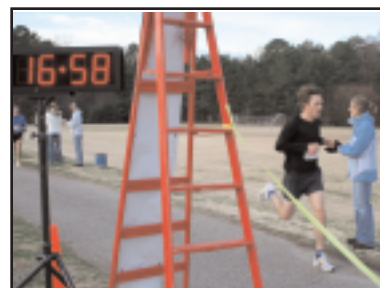
ATC Executive Director Tracey Russell with PTCRC Race Director George Martin at the Jan. 20 ATC/PTCRC race.

PTCRC welcomes new ATC Executive Director to annual 5K/10K race

The Peachtree City Running Club welcomed a special guest to its annual collaborative race with the Atlanta Track Club (ATC) on Jan. 20. New ATC Executive Director Tracey Russell was on hand to meet everyone and check out our famous cart path system!

Russell recently took the reins of the second largest running club in the U.S. from long-time director Julia Emmons. A former competitive swimmer, she eventually got into sports event management and was named 2005 Road Race Director of the Year for successfully directing the Ukrop's Monument Avenue 10K in Richmond, Va. This 20,000-runner event, loosely based on the Peachtree among other races, swiftly became one of the most popular events in the southeast.

If you didn't get a chance to meet the ATC's newest shining star, you will have another opportunity as she will join us at one of our spring meetings.



New Member Profile

'Electrifying' Jeff McKinney

By Bob Dalton

Jeff McKinney, 44, is one of the newest members of the club. He originally hails from Stone Mountain but has called PTC home for the last 14 years. He earned his Bachelor's in IE from Georgia Tech in 1986 and his MBA from Kennesaw State University in 2000. He is an Industrial Engineer at Bell South (now AT&T) where he "leads a group in the business of transforming the telecom industry by applying IE principles to improve service, quality and cost. We examine process and people and find better ways of doing things!"

Jeff, along with his wife, Lee, and sons, Will (13) and Clay (10), enjoys gardening, travel and woodworking. He's also active in Boy Scouts with his sons and in their church. Jeff says he also enjoys running "because it's about being outside, it's a great time to relax, it's a great time to think, and I have some of my best ideas while running!"

Jeff claims he has only been a runner for the last four years and joined the club "to get to know other runners in our area, to support the running community in PTC, and for the benefits such as transportation to the Peachtree 10K and the Atlanta Half Marathon." Jeff has fond memories of the Atlanta Half, which is the first half marathon he ever ran.



Jeff with wife, Lee, and sons Will and Clay in Salzburg, Austria.

"Since I had only been running for less than a year, I wasn't 100% sure I could do it at all. Even now, I remember that sense of accomplishment when I finally reached the finish line."

Jeff says an unusual fact about himself that no one in the club knows is that he was part of a group of eight friends struck by lightning while camping at Lake Hartwell in 1985! He's also signed up for the Georgia ING Marathon in March — his first attempt at that distance. Jeff, if you can survive being struck by lightning, you can certainly survive the marathon!

The Ghost Town 38.5 — running the Black Range foothills

By Al Barker

Hillsboro, New Mexico sits in a remote high desert region (5,249 ft.) of the southern part of the state. It is home to about 225 people — mostly escapees who have chosen to trade the rat race for a saner life. Founded in 1877 by two prospectors, it eventually grew to 1,200 people in 1907. Most were associated with the gold and silver mines. Many of the old buildings still stand, giving one a feeling of stepping back into the past. It was truly a welcome change from the all too common malls and fast food joints.

My home for three days was the Enchanted Villa Bed and Breakfast, a charming old house with creaky wooden floors. My room was painted in bright blues and yellows, reminiscent of a van Gogh painting. The following quote was framed and hung on the wall:

"Why should we be in such desperate haste to succeed, and in such desperate enterprises? If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away".....Thoreau

This region in the Black Range foothills is gently rolling and covered mostly with pinion trees. (Nothing smells better than pinion logs on a fire!) The rugged terrain and beautiful scenery make a good setting for hiking, exploring, and ultra trail running. I could live here!

Our pre-race dinner of pasta, salad, bread, and ice cream was held in the town center at the Barber Shop Cafe, another quaint old

building. Door prizes were given out, and I got a chance to meet and visit with some of the other runners.

I was awakened at 5 a.m. by the sound of howling winds tapping against my window. After a snack of muffins and coffee, I made my way down to the 6 a.m. start at race director Susan Reynolds' house. Never in my life have I felt wind so strong! And if that were not enough, the temperature at the start was 20 degrees! The first 6.3 miles were run on the main paved road in the dark. More than once I felt like I would be blown off my feet. The only exposed skin (on my face) stung. Some relief came at daybreak when we made our way onto a dirt road. The next 26 miles were on dirt roads becoming steeper and rockier the further we went. I found this part of the course to be a real challenge — but, as they say, "If it were easy, everyone would be doing it." At several points, we were close to 7,000 feet in elevation.

Aid stations were plentiful, well-spaced and offered all of the right fuel — water, energy drinks, potatoes, PBJs, pretzels, and other good stuff, along with encouraging words from those brave folks who were kind enough to spend their day standing in the bone chilling cold. And, as an unexpected treat, they even had mile markers! That's right— 38 painted rocks with flags along the road. Also, in the event of emergencies (getting lost, javelinas, cougars, hypothermia etc.), all runners were given whistles to carry. But, fortunately, I don't think anyone had to use them.

Closer to the top of the mountain the vegetation changed from

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Phil's Philosophy on Health and Fitness

By Phillip Crone

www.PhillipCrone.com

I have a chapter in my book titled Running to Something or Running from Something. When people ask me why I have jogged for 27 years, I explain it with that reason. I am running from the person I don't want to be, and running to the person I long to become. One thing is for sure, I will never reach my goal. I'm a huge believer that we never reach our best, we can only keep striving to reach our best and attempt to get better every day of our lives. If we stop reaching our best or just stay the same, we are getting worse because there are many other over achievers in life who won't stop attempting to reach their potential and will lap us on the track of life.

To take this one step further, why have I not stopped jogging in 27 years? From a psychological point of view, I'm avoiding the pain of not jogging. Now that is a deep thought. Most people start exercising because they want to experience the pleasure of exercising and avoid the pain of sitting around and getting fat. That is how I felt when I started jogging\exercising, but somewhere over the years my mind switched to worrying more about "not" exercising versus the mental act of exercising. Now that I'm a runner and have enjoyed all of the benefits of running, I don't want to lose those benefits and be known as a "non" runner. That is the mental switch that will cause a habitual habit. Much like brushing your teeth everyday, we don't really think about the experience being pleasurable, we just know what will happen if we don't brush our teeth, and we want to avoid that pain. The feeling is the same with my jogging.

Another example I like to use is mowing my lawn. Mowing my lawn is much like taking care of my body. If I mow my lawn once every week or two, then my lawn will look good and it will be easier to mow the next time. Why people don't view their bodies as their lawn I will never under-

stand. If you take care of your body through regular exercise, your lawn will be mowed, and it will be easier to mow it next time as well. One view I have is if you are really attempting to better yourself through regular exercise and you don't plan on exercising over many years, why bother at all unless you just enjoy the activity. The truth of exercising is that the benefits need to be maintained over a long period of time or for the most part they will be lost.

Regular exercise is much like building a house with bricks. Every day you exercise you are putting a brick on your foundation. If you miss a day of exercise, I like to think you take a brick off of your house. In my case, I jog Monday through Friday and don't run on most Saturdays and Sundays. I do many other exercises during the week, but the point I'm trying to make is I'm adding five bricks per week, and only taking two off. My foundation over the years has grown large; ask yourself how your foundation looks.

If you're thinking about starting a regular exercise program to help you reach your potential in life, remember these thoughts. It's not how many minutes per day we exercise but how many years we put in. The benefits of regular exercise are right in front of you every day; you have a choice — to exercise or not to exercise. It takes discipline and hard work to work out every other day, or five days per week, and as I say in my book, "hard work is that act that separates us from the masses." The people gravitating towards the masses are the path-of-least-resistance crowd, the lazy crowd. Hard work will separate us from the masses and help us become successful and reach our potential in life.

So pay the price, make the choice today to start getting better and attempting to reach your potential. Much like saving money, the interest will compound over time and will add up each and every day, making you healthier and more successful. Fight old age and fight all the negativity of being out of shape, get off your butt, and make it happen today!

Ghost Town 38.5 *(continued from page 6)*

mainly pinion to large beautiful trees. I remember thinking, as I arrived at the grassy turn around, that I'd love to come back here sometime and camp — in warmer weather of course!

The last 6.3 miles were back on the paved road again to the finish line at Susan's house, where we were greeted by cheering spectators.

The day was parlayed with a delicious post-race dinner, complete with garden burgers for the vegetarians, as well as more door prizes. It was great fun, but the day had been long, and I was zonked by 7 p.m.

The following morning, as planned, I spent driving around taking pictures and looking at all that I'd missed while running. That's when it hit me that I have to put this one on my list for next year!

You Might Be A Runner If...

1. you need a magnifying glass to see your name in the newspaper.
2. people say, "you run three miles...at once?"
3. you go to a golf course to run.
4. you combine phrases like "10 mile run" and "easy run" in the same breath.
5. you enjoy running hills.
6. you're running in your dreams.
7. "Chariots of Fire" is actually entertaining to you.
8. you don't know what an "off-season" means.
9. you can pronounce those difficult Kenyan names.
10. you wake up in the morning and find that you're already running.

Disney 'magic' captivates runners

What a difference a year makes, or you must be really Goofy to do this! Twice!

By Mark Ward

Two years ago, Disney's Wide World of Sports officials announced they were splitting the 2006 Walt Disney World Half-Marathon and Marathon events into two separate days back to back over a weekend. Some individuals complained that this would cause a lot of inconvenience, but one group cheered about the change. These individuals decided to make the most of the new format by registering for both events to participate in the first ever "Goofy's Race and a Half Challenge." Last year six people from the Peachtree City Running Club started and completed the inaugural "Goofy" event. It was a cold start at 30-32 degrees. Looking back, it now appears those were great temperatures.

This year, on Jan 6-7, five intrepid runners from the PTCRC traveled to Orlando to participate in the second Goofy's Race and a Half Challenge — Bonnie and Steve Hancock, Jane Hamilton, Mark Ward, and Adam Shoemaker. Conditions this year were almost unbearable. The temperature at the start of the marathon was 65 degrees and 92% humidity; by 11 a.m. the temp had climbed to 85 degrees and humidity was at 65%. What a contrasting difference between this year and last. So will next year be right between the two and be perfect??

A total of 3,000 people completed both Saturday's half-marathon and Sunday's full marathon events. By Sunday afternoon, these people officially ran or walked 39.3 miles in the preceding 30 hours. Again this year Disney offered a special third medal for those who finished both — the "Goofy" medal. If you run both events, you not only get your Donald and Mickey medals, but you also receive that special medal.

I would have to say this is one of the best Marathons/Half Marathons a person can go to as long as it's not as warm as 2007. If you want to try your first half or full marathon, this is a great one to start. The support from the thousands of volunteers and spectators is outstanding. The finish of the full is one of the most

impressive on the circuit. You not only run the last six miles IN the theme parks but you have all the guests of Disney there to cheer you on. If there is a wall to hit, it's easy to get caught up in the magic of Disney and forget you just ran 20+ miles. This is a very flat, fast course.



Five PTCRC members participated in the second annual Goofy's Race and a Half Challenge in Orlando Jan. 6-7, running both the marathon and half marathon in the same weekend. Two of them also completed the 5K! Showing off their medals are from left Steve Hancock, Mark Ward, Bonnie Hancock, and Jane Hamilton. Not pictured is Adam Shoemaker.

Registering for both the full and half events does NOT give you a discount, but you do get all the accoutrements of each individual event, such as the three finisher medals and two race T-shirts. At \$225, this is not an event for the budget-minded. This is a huge jump from last year.

Best of all, however, is that those who complete both and who receive a Goofy medal will have the kind of bragging rights not even the Mickey medal-wearers are able to boast. Even though you could still sign up for both

events individually, the "Goofy" registration is capped at 3,000 people. Once it's filled you will not be able to collect the Goofy medal. There seem to be a lot of people from the PTCRC this year interested in completing the "Goofy" of 2008, which will be held Jan. 12-13. I would sure like to see a large group next year.

Yes, Steve and I have signed up again. We are truly "Goofy!"

Registrations for both the Marathon and Half Marathon are now open, but they won't be for long. Traditionally, registrations for both events fill up by the summer. By splitting the two events to two separate days, Disney plans to allow upwards of 18,000 participants in each event. While this may be the reason for the events not filling up yet, if you are considering entering, you probably should not wait much longer. Registration is available online through an interactive form. The price for both events, either registered online or by mail, is \$225.

2007 Grand Prix series kicks off with New Year's Day run



January - Event 1

Guess the Distance

(Actual distance was 27,404 feet)

Men's Open (50 and below)

1st place	Jake Hancock	27,456 feet
2nd place	Brian Leski	27,652
3rd place	Fred Port	27,116
4th place	Randy Stitt	27,720
5th place	Mark Hamilton	27,034

Men's Masters (51 and above)

1st place	Dave Piet	27,111
2nd place	Marino Fuentes	27,034
3rd place	Dan Ahern	27,896
4th place	Ben Gross	26,732
5th place	Lou Boone	26,640

Women's Open (47 and below)

1st place	Kim Branblett	27,456
2nd place	Michelle Binkley	27,245
3rd place	Anne Chrzanowski	27,244
4th place	Ann Blaum	27,186
5th place	Jane Hamilton	26,928

Women's Masters (48 and above)

1st place	Amy Stitt	27,456
2nd place	Pat Cote-Miles	27,033
3rd place (tie)	Sandy Tuman	26,928
3rd place (tie)	Bernice Wassell	26,928
5th place	Ann Henderson	26,925

February - Event 2

Consistency Run

Men's Open (50 and below)

1st place	Mike Norman	3 second difference
2nd place	Mark Hamilton	6
3rd place	Vern Schmitz	11
4th place (tie)	Wes Wilkins	15
4th place (tie)	Bill Anderson	15

Men's Masters (51 and above)

1st place	John Waterhouse	2 second difference
2nd place	Tom Crofton	6
3rd place (tie)	Dan Ahern	8
3rd place (tie)	Dave Piet	8
5th place	Mike Warren	9

Women's Open (47 and below)

1st place	Bonnie Hancock	3 second difference
2nd place (tie)	Teresa Moore	19
2nd place (tie)	Angie Burton	19
4th place	Anne Chrzanowski	28
5th place	Hannah Hancock	34

Women's Masters (48 and above)

1st place	Patsy Bickford	2 second difference
2nd place	Teri Besch	3
3rd place	Ann Shoemaker	5
4th place	Sandy Tuman	6
5th place (tie)	Rene Flaherty	9
5th place (tie)	Susan Berschinski	9
5th place (tie)	Amy Stitt	9

- Club Notes & News -

Sprint for Students 5K

Come on out for the "Sprint For Students" 5K at club member Dave Ketelsen's church. The race will take place April 1 at 3 p.m. All are invited to attend a Runners Weekend, beginning with services at 11:10 a.m. Saturday, where you get to hear Dave preach. It will be followed by a great dinner provided by the PTCSDA Church for all runners and their families. (The dinner is free, and the members are excellent vegetarian cooks.) On Sunday there will be a Kids run at 2:30 p.m. followed by the 5K run. The race will start and finish at the school gym. Top 3 in each age division win awards.

Entry fees are \$15 for the 5K and \$20 on race day. The Kids run is \$5 without a T-shirt, \$10 with shirt. Checks can be sent to SDA Sprint for Students at 18 St. Charles Place, Sharpsburg, GA 30277. For more information, call Dave Ketelsen at 770-252-4484 or 678-416-9171.

The Peachtree City Seventh-Day Adventist Church is located on 4957 Highway 34 East, Sharpsburg. Take Hwy 54 South toward Newnan. Continue onto Hwy 34 just past the light at Fishers Road. The church is about 1/4 mile on the left. Go to the turn around, and come back to the church.

Race Date Change

The annual Huddleston Elementary "Hustle" will be held on Saturday, April 14. This is a change from previously published dates so be sure to mark your calendar. The Huddleston Hustle is a great course and it is race #11 of the 13-race "Peachtree City Rotary Club Elementary Grand Prix Series." Please help spread the word about the new date.

Southwest Christian Care 5K "Hustle"

The 14th annual Southwest Christian Care 5K will be held in Christian City on Saturday, May 5. Southwest Christian Care facility houses both a wonderful Hospice for terminally ill patients as well as a Respite Care center for physically handicapped children. Amazingly, this organization charges the patients absolutely nothing, relying solely on donations and community support. The PTC Running Club has been supporting this wonderful fundraiser both in volunteers and with runners for most of those 14 years. The race starts at the Lester Road Christian Church, 3900 Newton Rd in Fairburn. Applications are available online at www.swchristiancare.org or by calling 770-969-8354. If you want to volunteer, contact George Martin at 770-596-9890.

Welcome House 5K

The 2nd annual Community Welcome House 5K race will take place in beautiful downtown Newnan again this year, beginning and ending just off the Courthouse Square. This is a small race so it is a good one to collect an age group award! All proceeds go toward the Domestic Violence prevention programs in Coweta County. And the run winds through some beautiful old neighborhoods. So reserve the date — May 26 (the Saturday before Memorial Day).



Jan Bankieris and her son Brandon relax after finishing the Tybee Island Marathon/Half Marathon on Feb. 3. Brandon ran his first marathon in 3:40:29, taking 4th in his age group. Jan ran the half in 1:51 and placed third in her age group. Congratulations to both!

Benefit Art Auction

Everyone is invited to attend the Inaugural ARTcetra Live and Silent Auction sponsored by Promise Place (formerly Fayette Council on Domestic Violence, Inc.) on Sat. April 14 at the Tyrone Depot. Art preview is at 6:30, auction starts at 7:30 p.m. Admission is \$10 per person, \$15 per couple. All proceeds will benefit the new emergency shelter opening May 1. For more information, contact Promise Place at 770-460-1604. Volunteers are also needed. If you would like to help, please email George Martin at r2sun98@mind-spring.com or Bernice Wassell at bwassell422@earthlink.net.

Elementary School Grand Prix Series

You still have time to qualify for an award in the Elementary School Grand Prix series even if you have not run any races yet this year. All you have to do is run four of the last six 5K races. They include North Fayette on March 3, Oak Grove on March 17, Our Lady of Victory on March 24, Huddleston on April 14, Crabapple on April 28, and Brooks on May 12.

Peachtree Road Race Applications

It's time once again to get those Peachtree Road Race applications in. If you want to beat the masses the next day, come to the Oak Grove 5K on March 17. Club member Bonnie Hancock will be available after the race to take your applications and get them up to Atlanta. Registration forms will be on hand. Be sure to bring a copy of your driver's license or photo ID, a check for the registration fee, stamped envelope, and proof of your 10K qualifying time if you have one. Oak Grove Elementary is located at 101 Crosstown Road. For more information, call Bonnie at 770-631-3260.

February Meeting Highlights

(Continued from page 3)

President Bob Dalton called the meeting to order at 7:30 p.m. in the Wyndham Conference Center.

Old Business

Bill Werling introduced boys' cross-country runners from Our Lady of Mercy Catholic High School. This team won the State Championship this year by a 40-point spread over their nearest competitor. Bill also introduced Assistant Coach Matt Hofkes and sang the praises of Head Coach Mark Tolcher.

New Business

Jason Brady announced that Our Lady of Victory Elementary School will hold its first 5K on March 24. Teri Besch announced that the Oak Grove Elementary 5K will be held on March 17, Saint Patrick's Day.

Mike Nail from the PTC Flash personally thanked the club for its Elementary School Grand Prix series and sponsorship of Elementary School running programs. He introduced several members of the Flash that are direct products of those programs.

President Dalton recognized Ann Aker's honorable mention in the "Running Times" magazine for the second time in the last three years. Ann spoke briefly about her experiences over many years of running and her desire to be a good role model for young women just beginning the sport. President Dalton also recognized Bill and Jeanne Daprano. They are headed to Italy to participate in the World Masters Championships.

The 2007 budget was approved unanimously.

Guest Speaker

Our guest speaker was Margaret "Sue" Bozgoz, long-time club member. Sue is the head running coach and certified Nordic Pole instructor for Foot Solutions. Sue introduced her associate from Foot Solutions, Millie Daniels, and also Tatyana Pozdnyakova. Tatyana is a world-class runner and an agent for Russian and Ukrainian women runners with marathon times between 2:29 and 2:40. Tatyana won the last Austin, TX marathon in a time of 2:24. Sue played a DVD that demonstrated Nordic Pole walking and its value in total body workouts that increase cardiovascular activity and significantly enhance muscular and aerobic fitness.

Reports from Officers

Secretary Tom Round announced that the club received a thank you note from Kellye Slaggett for the seed money for the "Girls on the Run" program in Fayette County.

Treasurer Hal Wolfe reported that the club has \$9,767.93 in the Talbot State Bank account, and four CD's totaling \$39,475.31 for a grand total of \$49,243.24.

Announcements

Bernice Wassell announced that there is an art auction at "The Barn" on April 14 for the benefit of "Promise Place," the council for domestic violence. She is looking for volunteers in various categories to assist in everything from delivering artwork to serving as cashiers, to providing refreshments. Contact Bernice if you would like to volunteer.

Time to log another 1,000 miles!

If you want to be part of the prestigious 1,000 mile club, it's time to start logging those daily runs and get them recorded in the official book. First, fill out an application and return it to Coordinator Roy Robison. You can pick one up at any club meeting, but you must submit it by the May 7 deadline. The 1,000 mile book is passed around at each meeting so you have the opportunity to update your mileage throughout the year.

Along with running, you must attend at least three club meetings and volunteer for at least three PTCRC-related events throughout the year. You must also have three mileage updates published on the Web site or the club newsletter. If you meet all requirements by the date of the club Christmas party, you will receive a jacket and/or certificate recognizing your awesome feat!

Below is the mileage update as of the February meeting. If you have any questions, please contact Roy Robison at 770-631-4715 or croyrunn@bellsouth.net.

NAME	YEARS IN	MILES	MEETINGS	ACTIVITIES	JACKET	SIZE
	1000 CLUB					
DAN AHERN	13	84	1	0	NO	
KAY AHERN	7	54	1	0	NO	
BILL ANDERSON	11	223	1	0	NO	
TERI BESCH	13	161	2	1	NO	
PATRICIA COTE-MILES	0	172	1	0	1000	SM
CAL DALEY	13	151	2	0	NO	
BOB DALTON	11	252	2	1	NO	
LYNN FAIRLEY	16	107	1	0	NO	
RENE FLAHERTY	3	110	1	0	NO	
MELIA FOLEY-LANE	3	98	1	0	NO	
MARINO FUENTES	5	216	2	1	NO	
BEN GROSS	7	142	1	0	NO	
JANE HAMILTON	5	102	1	0	NO	
MARK HAMILTON	7	202	1	0	NO	
BONNIE HANCOCK	8	145	1	0	NO	
STEVE HANCOCK	8	145	1	1	NO	
SNADRA HORNING	1	54	1	0	NO	
DAVE KETELSEN	2	80	1	0	NO	
CARMEN MADERO	0	0	1	0	1000	MED
TERESA MOORE	1	100	1	0	NO	
JOHN MROSEK	4	106	1	0	5000	LG
MIKE NORMAN	2	103	1	0	NO	
CATHY OLSON	5	149	2	1	NO	
DAVE PIET	12	120	1	0	NO	
ANNE PORT	8	98	0	0	NO	
FRED PORT	11	107	1	0	NO	
VALERIE REYNOLDS	13	336	2	0	NO	
CARYLE ROBISON	7	120	0	0	NO	
ROY ROBISON	10	165	1	1	NO	
KIM RUPLE	0	181	1	0	1,000	SM
CONSTANCE SAMBRONE	3	161	2	1	NO	
ADAM SHOEMAKER	0	100	1	0	1000	
ANN SHOEMAKER	13	65	1	0	NO	
JERRY SHOEMAKER	11	145	0	0	NO	
BETTY SMITH	1	10	1	0	NO	
BOB SMITH	4	25	1	0	5000	LG
SANDY TUMAN	14	90	1	0	15000	MED
MICHAEL WARREN	4	120	1	0	5000	LG
BERNICE WASELL	4	140	2	1	5000	MED
MARK WARD	1	184	1	0	NO	
JOE WASELL	13	90	2	1	NO	
JOHN WATERHOUSE	2	0	1	0	NO	
BILL WERLING	18	170	2	1	NO	
RITA WESTON	3	54	2	0	5000	MED
HAL WOLFE	1	88	1	0	NO	
VON WOODS	0	50	1	0	1000	LG

Sponsor Spotlight: Richard Horning Foundation

The Richard Horning Foundation was established in December of 2005 by SanD and Sheridan Horning, in memory of their husband and father, Rich Horning. Rich was a long-time running club member and former Classic race director who loved to participate in running, running club events, and especially in programs involving children's running. SanD wanted to establish a living memorial to Rich involving something he loved and, because 100% of our sponsor's money is returned to the community, she felt it was a perfect fit to continue to honor Rich's very full life and involvement in the Peachtree City Running community. The Rich Horning Foundation was the first sponsor to "re-up" for the 2007 Classic this year.

As information, the Peachtree City Running Club is a 501(c)3, tax-deductible organization, which funds 20 annual scholarships, 10 Elementary school running programs, 5 High School running programs, hosts the Middle School Track & Field championships, and funds many more community programs.



Peachtree City Running Club
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UPCOMING EVENTS

MARCH 3 GRAND PRIX, NORTH FAYETTE 5K • MARCH 5 CLUB MEETING @ WYNDHAM • MARCH 10 GATE RIVER RUN • MARCH 17 OAK GROVE 5K • MARCH 21-25 RRCA NATIONAL CONVENTION • MARCH 24 OLV 5K • MARCH 25 ING GEORGIA MARATHON • APRIL 3 CLUB MEETING @ PARTNERS • APRIL 7 GRAND PRIX • APRIL 14 HUDDLESTON 5K • APRIL 28 CRABAPPLE 5K