

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MARCH 2008

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## PTCRC runners enjoy being "Goofy!"

Five fearless (foolish?) members of the Peachtree City Running Club journeyed to Orlando, Florida in January to run the Disney "Goofy Race and a Half" challenge. For those unfamiliar with this "goofiness," that means they not only ran the Disney 1/2 marathon on Saturday but followed it with the full marathon on Sunday for a combined 39.3 miles in two days.

In recognition of their efforts, they were awarded three medals — Mickey Mouse for the marathon, Donald Duck for the half, and last but not least, the prestigious Goofy medal for the combined challenge. Calling themselves "goofy" for the third year in a row are Steve Hancock and Mark Ward (center). First-timers included Melia Foley-Lane (left), Kim Ruple, and Pat Cote-Miles (right). Congratulations to all!

*Registration has already closed for the Goofy challenge on Jan. 10-11, 2009, but there are still openings for the full and half marathons. You'll find information at [www.disneysports.com](http://www.disneysports.com) under Headline Events.*



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**NEXT DEADLINE:**  
**April 18th**

## Winter Club Meeting Highlights



*The complete meeting minutes are available in the members only section of the PTCRC Web site at [www.ptcrc.com](http://www.ptcrc.com)*

### January

President Bob Dalton called the meeting to order at 7:30 p.m. at the Wyndham Conference Center. A motion was made and seconded to approve the minutes of the November meeting as posted on the club Web site. Motion carried.

#### Guest Speaker

Jeff Warlick presented highlights from his Mount Kilimanjaro experience. Jeff is willing to participate in another climb if there are any club members who would like to climb Mount Kilimanjaro.

#### Old Business

George Martin presented appreciation awards to several Jingle Bell Trail Volunteers. George noted that the PTCRC has a history of volunteering for this event for the past 10 years.

Jeanne Daprano was recognized for holding the master's world record for the mile and for being Master Athlete of the year for 2007.

#### New Business

Bob Dalton presented the 2008 budget. He requested that members look over the budget and contact board members with any questions. It will be voted on at the February meeting.

Establishment of Classic Steering Committee. This committee will advise and counsel the Classic Race Director in order to lend continuity to the race. The terms of the Officers are as follows: Roy Robison (Chairman) 3 years, Carolyn Gulick 3 years, Dave Olson 3 years, Joe Domaleski 2 years, George Martin 2 years, Dick Allis 1 year, Valerie Reynolds 1 year.

New Kid's Fun Run Director – a new director is needed before the next meeting, otherwise the PTCRC will discontinue this race.

#### Reports from Officers

*Activities VP* – Mark Ward presented the results of the January Grand Prix.

#### Reports from Coordinators

*Classic Race Director* – Marino Fuentes stated that there will be some changes this year in order to attract more participants. He will be working with the Steering Committee to bring about these changes.

*1000 Mile Club* – Roy Robison presented the requirements for the 1000 Mile Club.

*Membership* – Mark Ward said memberships not renewed by the end of March will be dropped.

*Equipment* – A volunteer is needed to fill this position.

#### Announcements

Please keep Bill McBride in your thoughts and prayers as he begins another round of chemo.

Bob Dalton recognized members participating in the Goofy Marathon and Disney Marathon. George Martin will be running his 15th consecutive Disney Marathon.

Lou and Martha Boone will be hiking the Appalachian Trail for six months. You can read about their adventures on [TrailJournal.com](http://TrailJournal.com).

There being no further business, the meeting was adjourned at 8:50 p.m.

*(Continued on page 11)*



*Admin. V.P. Mike Norman (left) presents guest speaker Jeff Warlick with a Classic sweatshirt during the January club meeting.*





In keeping with our tradition of usually having cold or wet weather (or both!) for the annual Atlanta Track Club 5K/10K that we co-sponsor with them, we threw in some snow for good measure this year. I was out directing traffic at 6:30 a.m. in between periods of cold rain showers while turning into a human popsicle and wondering how much worse it could get. The

race itself actually went off fairly precipitation-free, but afterwards during the tear-down, the snow began to fall in answer to my question. By that time, most folks were thankfully on their way back home so some careful driving was in order. But it makes me wonder what surprises we'll have next year! One thing that was not a surprise was the great job co-race directors George Martin and Gene Sedlacko did again this year, along with all the club volunteers. The ATC always compliments us on the great turnout we always have and the friendliness of our volunteers.

Congratulations to those five club members who completed the Disney Goofy this year (they ran the Disney Half Marathon on Sat., Jan 12, and then the Disney Full Marathon the next day!). Kim Ruple and Pat Cote-Miles ran it for the first time as part of their "50 marathons in 50 states" quest. Melia Foley was also a first-timer, but Mark Ward and Steve Hancock have run it the last three years in a row. George Martin also deserves special mention for having run all 15 consecutive Disney Marathons, one of only 117 people who have done so.

We recently established a Classic Race Steering Committee. Its purpose is to add some multi-year continuity to the management of

the race and also to aid in long-term decision making and long-term planning issues. We chose people who have been very involved in the Classic operations for many years. Roy Robison is serving as Chairman of the committee, and serving along with him are Carolyn Gulick, Dave Olson, Joe Domaleski, George Martin, Dick Allis, and Valerie Reynolds. They have already had their first meeting and have come up with some great initiatives to improve our race and the participation in the coming years. But if you have any ideas you'd like to suggest, please feel free to contact any one of the Steering Committee members or the Race Director himself, Marino Fuentes. And by the way, a big shout out of thanks to Sandra Horning for her \$1,000 contribution to this year's Classic on behalf of the Rich Horning Foundation. Once again, Sandra leads the way in sponsorship of the Classic, and we are grateful for her continued support of this premiere event.

We had another great turnout this year at the annual New Member's Breakfast, graciously hosted in February by Ray and Teri Besch. Speaking of membership, if you have not joined or renewed your own membership since Oct. 1 last year, you are overdue. After March 31, you will no longer receive the many benefits of being a member of the second-largest running club in Georgia and best one in the world! So don't waste another minute. Download an application from our Web site at [www.ptcrc.com](http://www.ptcrc.com) or clip the one on page 15 of this issue, and get it to our Membership Chairman, Mark Ward, as soon as possible!

Looking ahead, the Elementary School Grand Prix series is in full swing, and we are actually already over half way through. Spring is just around the corner and with it more moderate temperatures for running and training. Hope you are able to take advantage of the nicer weather and get out there and enjoy it.

See you on the roads and paths!

## RRCA 50th Anniversary Convention 1958-Running the Nation for 50 Years! -2008

Since 1958, the RRCA Convention has promoted fun, idea sharing, best practice discussions, the development of quality road races that anyone can run, and much more. We invite everyone in the running community to join us in Cincinnati, Ohio May 1-4 to celebrate 50 years of the Road Runners Club of America.

The convention will be held in conjunction with the 10th annual Cincinnati Flying Pig Marathon weekend, featuring a full marathon, half marathon, 10K, and 5K — a little something for everyone! The Flying Pig Marathon has been named one of the top 10 "Most Fun Runs" in the world by *Runner's World* magazine. So come and join us for a weekend of running fun and fellowship!

## WELCOME NEW MEMBERS!

Mike McCrary (Peachtree City)  
Ron Christman (Peachtree City)  
Stirling Barnes (Sharpsburg)  
Kurt Miller (Fayetteville)  
Kevin McKinley (Fayetteville)  
George and Cindy Voegtlin (Tyrone)  
Amber Melear (Tyrone)  
T. Wayne Brannon (Tyrone)  
Al Wheeler (Fairburn)

# *“Runs With Dog” — a new name for Marathon Val*

By Valerie Reynolds

If you have ever watched a golden retriever running through a green grassy field, ears flopping, tongue daggling, golden wisps of hair swaying with every stride of motion, that happy dog grin across his face, you’ve seen the joy and happiness God intended for all of us. I’ve seen that joy, in my own Golden Retrievers, Tyler and Justin. I’ve seen that joy in all my dogs when they run.



*Young Valerie cuddles with her first running companion — a fluffy white toy poodle.*

I have run with a dog almost my whole life. When I was a little girl, living in a small beach community, I would take my little toy poodle down to the beach to run. There was nothing more fun to me than running barefoot with her off-leash down the beach through the wave-wet sand. That was before fancy shoes, running shorts, and before I counted miles. She entertained me by chasing the foam back to the ocean only to be chased by the oncoming wave. She is long gone now, but those memories still live with me.

To this day I treasured those beach runs with my little white fluffy dog. My runs with her started the foundation of who I am.

Years later, I ran with my chocolate Labrador retriever. We won the first ever Dog Jog 2-mile race in Atlanta. When he got too old to run, I had to leave him behind. But the fond memories still live within me. We were talking about the movie “Dances with Wolves” one day at the office. It was just a few of us joking around having fun talking about nothing. It seemed appropriate that I was named “Runs With Dog.” But when I reflect back, I realize that it wasn’t just a name, it is me.

My life very much parallels that of Lt. John Dunbar in the movie; all alone on a western military outpost (Fort Sedgewick) with the companionship of only a wolf (Two Socks) to get him through each day. It is not natural for humans to be alone for long periods of time. With my companion, I am never alone. Running can be so solitary — all those miles of training for marathons. My dog is always right there with me.

Since then I have had many more 4-legged running companions. Some dogs are simply better all around runners than others. I have never actually gone in search of the best running dog. My dog is simply my dog. My Golden Retriever, Tyler, and my white Standard Poodle, Tara, ran a marathon with me in 1997. The day after that marathon as I headed out to go for a short “recovery” run, I asked Tyler and Tara if they wanted to go run. Tyler hid behind the couch, while Tara jumped for joy. While they both ran with me, Tara was definitely better suited. She entertained me every Sunday morning when we ventured for 20 or so miles. Chasing squirrels was her favorite activity. She would see one, freeze, then chase. Just

as it got away she would ditz it — flip her head up and swoosh her ears away as if to say, “I didn’t want you, you silly little squirrel.” One day she got so intent on chasing, she fell into a ditch ... didn’t even see it. In dog language, we called that a “white fluff” moment. I affectionately call her “my princess,” not because of her clumsiness but because of her demeanor. Eventually, the 20 milers stopped, the runs turned to walks. But those entertaining long runs are treasured memories for me.

Meanwhile, Tyler ran with me as well but for social reasons. He lovingly gazed into the eyes of every person or dog we encountered. One of my fondest memories is taking Tyler to the track. He would run one, maybe two with coercion, laps around the track, then hang out by the fence to socialize with every person he could. He felt very comfortable plopping down into someone’s lap that had sat down on the track to stretch. When he passed, I wasn’t the only one who missed his loving presence.

One day I picked up a little brown pointer at the dog pound and named him Russell. I had “sucker” written on my forehead that day. He was difficult to train to not pull on the leash. Once I got him where we could comfortably run together, everyone wanted him. With his head held high, his beautiful high-stepping prance brought compliments regularly. He has made a miraculous transformation from the scared little dog I got at the pound to a lovable, affectionate, cuddly dog with “cutiitis” (chronic cuteness). When Russell runs, he is on a mission — eyes straight ahead, there is no socializing. He knows where he is going and is focused on getting there. I have had several instances in which a friend has taken

Russell and I on a running route. Maybe a year would pass and I would want to run this same route again. I’ve taken Russell to where we started and he can remember every turn, street crossing, every nuance. Russell would go on to run an ultramarathon with me, not once, but twice. Because he has been able to handle the miles and the summer heat, he has run with me more than any dog I’ve ever had. He was delighted to celebrate my birthday with me one year by getting up at 5 a.m. on New Year’s Day and running



*Val’s chocolate lab Bo poses with his awards after the pair won Atlanta’s first Dog Jog 2-mile race.*

*(Continued on page 5)*



## *“Runs With Dog”*

(Continued from page 4)



*Valerie enjoys running the carpaths of Peachtree City with her faithful canine companions. Her white standard poodle Tara and golden retriever Tyler ran a marathon with her in 1997.*

the marathon distance with me just because I wanted to. I'll cherish that companionship forever.

I have learned that some dogs, like people, simply aren't acclimated to distance running. Sadie is my 130-lb Rottweiler. She is about as good of a runner as a football lineman. She wants to go, but after a half mile or so, she is done. I can almost feel the ground shake when she runs. She isn't as graceful as Tara or as beautiful as Tyler. Not wanting her to get a complex about her size, I tell her every day, "Big girls are sexy too." I still cherish our half-mile runs together. It's the way she looks up at me when she is running, as if to say, "Hey look, I'm running." It just melts my heart.

I've since adopted two full-grown puppies — a black Standard Poodle, Amie, and a blond Golden Retriever, Justin. Training them to run with me has helped them learn structure and discipline. They are being groomed for what will certainly be a lifetime of running. We will build memories that will be treasured as well.

Over the years, I have logged tens of thousands of miles with my 4-legged companions. They are always willing and excited to join me — never too tired or too busy. It is never too hot, too cold, or even too wet outside. A simple uneventful run makes for a perfect day. They have shown me that chasing something is more fun than running fast just for the sake of running fast. At the same time, it doesn't matter how fast or slow you are going if the air smells good and you are enjoying the scenery.

They have taught me to be as forgiving as they are and not hold grudges. From my dogs I've learned to quit thinking about yesterday and tomorrow, to stay in the moment and enjoy right now. They have shown me what true unconditional love feels like. Since dogs own nothing and are very happy, from them I've learned you don't have to own much to be happy. From their perspective, anytime is a good time to go for a run — 3 a.m., 10 p.m., noon, or right now is fine. They've shown me that unexpected detours are fun and sometimes just part of life.

My dogs have shown me unselfish love and companionship in its highest form. I could never pay them enough money for the lessons they've taught me. If I did, they wouldn't want it. We have shared the joy and peace that comes with living life. And all I give them is a little of my time and my love.

As I go to sleep tonight I will think about my dogs and all the running we have done. I dream that I am running barefoot in a deep green field of clover. My hair is long again and floats with each stride I take just like my Tyler's golden wisps of hair. The random daisies and black-eyed susans strain their eyes toward the deep blue sky. My dogs are with me step for step, playing and laughing, running and chasing, doing what we love to do. My dream takes place in a time long past my future and they are all there, with me, together — every one of my four-legged running companions that has ever lived. My hope is that, it is not a dream, but instead what God intended for us all, to run through that field together, forever.

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# Vitamin Power

By Jill Weisenberger

You don't need to take a lot of pills to get health benefits from these star nutrients — instead, load up your grocery cart.

Vitamins and minerals help give you energy, fight disease, and increase athletic performance. But it's common for many American women to skimp on these health boosters and become dangerously deficient. Before rushing to the supplement aisle, recognize that the best health-promoting vitamins and minerals aren't found in pills.

"Food first," says Kerry Neville, M.S., R.D., spokesperson for the American Dietetic Association. Neville recommends vitamin and mineral supplements only to augment an already balanced diet, or if you avoid whole food groups because of allergies, intolerances or other reasons, such as being a vegetarian. There are thousands of phytonutrients in food, she says, but only a few hundred have been researched. No pill can duplicate the chemical reactions of your breakfast, lunch and dinner.

So head to the grocery store to get your hardworking body most of what it needs to carry you through the day and fend off illness. Here are some star nutrients that may need some pumping up in your diet.

## Vitamin A

Vitamin A is a group of compounds — beta carotene and retinol among them — important in immune function, vision, bone growth, and cell division. Fruits and vegetables provide vitamin A in the form of beta carotene and other carotenoids. Vitamin A from animal sources comes as retinol.

You'll have no problem getting the RDA of vitamin A (2,310 International Units or IUs) if you eat five to nine servings of colorful fruits and vegetables daily. The best sources of beta carotene: orange fruits and vegetables such as carrots, sweet potatoes, cantaloupe and mangoes; green leafy vegetables such as spinach and kale; red fruits and vegetables like watermelon and tomatoes. For retinol, consume chicken liver, whole milk, fortified nonfat milk and other dairy products or eggs.

Be careful when choosing a vitamin A supplement. Sometimes supplements can be harmful, says Edgar Miller, Ph.D., M.D., professor of Medicine and Epidemiology at Johns Hopkins Medical University. Consider what scientists learned about beta carotene supplements in the '80s and '90s. Researchers observed that people who ate ample fruits and vegetables rich in vitamin A had lower rates of lung cancer. However, they also found that male smokers receiving beta carotene supplements were more likely to develop lung cancer. Taking large doses of antioxidant supplements may interfere with the body's own defense mechanisms, suggests Miller.

Supplemental vitamin A, found in multivitamins, is often made of retinol (often seen as vitamin A palmitate or acetate), beta carotene or a combination of both. Excess retinol is associated with birth defects, liver disease, osteoporosis and hip fracture. (Don't take a multivitamin that lists a Daily Value (DV) of more than 100 percent for retinol.) Similarly, the IOM does not recommend beta carotene supplements for the general population. So aim for a multi

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with both sources listed, and if it simply lists vitamin A, leave it alone since you don't know the source.

## Folate

This B vitamin is needed for DNA synthesis and cell division. During growth periods such as pregnancy and infancy, folate requirements increase to keep up with rapid cell division. Since the body absorbs folic acid, the synthetic form of the vitamin, more easily than the food form, the FDA requires all foods designated "enriched" to have added folic acid, says Lynn Bailey, professor of nutrition at the University of Florida. This ensures that women of reproductive age consume enough of the vitamin to reduce the risk of neural tube defects such as spina bifida and other birth defects.

Folate is required for the synthesis of blood and muscle cells, so a deficiency means less oxygen-carrying ability and a decrease in your physical performance, says Bailey. "Taking extra folic acid, however, does not enhance your ability to perform athletic activities." Some studies suggest that folate is important in the prevention of heart disease, cancers and Alzheimer's disease.

Aim for 400 micrograms (mcg) per day unless you're pregnant or planning to become pregnant soon. Then you'll need 600 mcg daily. Boost your folate levels with fortified breakfast cereals, fortified breads, dried beans and peas, green leafy vegetables and oranges.

## Vitamin B12

Every food that comes from animals contains this vitamin, which is necessary to make DNA and maintain healthy nerve and red blood cells. National health surveys show that most Americans consume adequate amounts of vitamin B12. However, strict vegetarians will need to supplement, as will older people lacking the stomach acid necessary to extract the vitamin from food. If you are older than 50, experts advise that you get 2.4 mcg from a supplement or fortified food such as breakfast cereal.

It often takes years to deplete the body's normal reserves, so deficiency symptoms appear slowly. They include anemia, fatigue, depression and nerve damage such as tingling in the hands and feet. If the deficiency persists, the nerve damage will be permanent. To avoid developing a deficiency, eat fortified breakfast cereals, beef, fish, poultry, pork, dairy and eggs.

## Vitamin C

Vitamin C acts as an antioxidant, aids the immune system



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and is necessary for the synthesis of collagen, the major protein of bone, teeth, skin, cartilage and tendons.

Reports of large doses of vitamin C preventing the common cold are controversial. The general consensus is that although vitamin C doesn't prevent a cold, it can reduce the severity of symptoms.

Eating plenty of fruits and vegetables will assure you consume several times the RDA. (The RDA for women is 75 mg, the amount in about 5 ounces of orange juice or just over a cup of cantaloupe.) Some experts recommend amounts several times the RDA, believing it helps prevent chronic diseases. Sources high in vitamin C: broccoli, sweet peppers, tomato products, citrus fruit, cantaloupe, guava, kiwis and strawberries.

### Vitamin D

This vitamin is actually a hormone made in the skin. UV rays from sunlight trigger its synthesis. Thus dark-skinned people, those who are rarely outdoors, those living in northern latitudes and older adults must be especially careful to get adequate vitamin D from food or supplements.



Most commonly recognized for its role in bone health, vitamin D is also studied for its possible role in the prevention of many chronic diseases. Studies suggest it can reduce the risk of hip fractures; protect against cancers of the colon, breast, lung and digestive tract; and decrease the

inflammation associated with arthritis.

The recommended intake of vitamin D is 200 to 600 IUs (you need more as you get older). Many researchers think it should be much higher. Be careful to stay under 2,000 IUs, the safe upper intake level for adults. Salmon, tuna canned in oil, sardines canned in oil, fortified milk, egg yolks, and fortified cereals are all good sources of vitamin D.

### Potassium

Throw a banana in your gym bag and you'll get an instant pick-me-up after a workout. Why? Because bananas are loaded with potassium, crucial for muscle contraction, nerve transmission, and fluid balance.

Potassium lessens the risk of developing kidney stones and possibly minimizes bone loss with age. And potassium-rich foods help prevent and treat high blood pressure, which raises your risk of stroke, heart disease and kidney disease. Potassium blunts the effects of excess sodium — 75 percent of women take in too much sodium — which causes blood pressure to rise.

The average American woman eats less than half the Institute of Medicine's (IOM) recommended 4,700 milligrams (mg) of potassium each day. Boost your intake by adding sweet potatoes, white potatoes, leafy greens, tomatoes, melons, mangoes, oranges, peaches and yogurt to your diet.

### Calcium

Seventy-eight percent of women don't get enough calcium, which is crucial for your health. More than 99 percent of the body's calcium provides structure for your bones and teeth. The remaining

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calcium goes to the blood and muscles, where it helps the muscles contract, expands and contracts blood vessels, and sends messages through the nervous system. Calcium is so vital that it must be constantly present in blood. When your calcium intake is inadequate, your body steals it from the bones to supply your blood, which can lead to weak bones and osteoporosis.

Researchers have studied calcium's potential role in a variety of illnesses. According to the National Institutes of Health Office of Dietary Supplements, a diet rich in fruits and vegetables and high in calcium reduces blood pressure, lessens the risk of kidney stones (contrary to previous beliefs) and may help fight colon cancer (early research results are promising but inconclusive).

Aim to consume 1,000 to 1,200 mg of calcium daily. Your best sources: milk and other dairy foods, calcium-fortified juices and soymilk, sardines, canned salmon with bones, tofu, leafy greens and canned beans.

If you don't eat dairy products, look at your calcium intake carefully. To get the calcium in 8 ounces of milk, you'll need to eat 8 cups of cooked spinach, 2 1/2 cups of cooked broccoli, 1 1/2 cups of cooked kale, or 3 ounces of sardines. If you're not getting enough, you may need to consider supplements.

Calcium supplements are the number one selling mineral supplement, and the two main forms are calcium carbonate and calcium citrate. They are similarly well absorbed for most of us with adequate stomach acid. For those with lower levels of stomach acid — often people with anemia, depression, asthma, osteoporosis and other diseases — calcium citrate is a better choice. Otherwise choose calcium carbonate because it's cheaper, and the pills are smaller. If you need to get more than 500 mg of calcium from supplements, split your dose into no more than 500 mg at a time since absorption decreases as dosage increases. Look for a supplement containing vitamin D, which aids calcium absorption.

### Magnesium

This mineral is key to more than 300 enzymes that regulate biochemical reactions throughout the body. You need magnesium to extract energy from food and for normal bone metabolism (50 percent of the body's magnesium is in the bone), muscle and nerve function and blood sugar regulation. And your risk of developing both high blood pressure and diabetes drops as your magnesium intake increases. A recent study in the *Journal of Internal Medicine* found that for every 100 mg increase in magnesium, the risk of developing type 2 diabetes fell about 15 percent.

The Recommended Dietary Allowances (RDAs) of magnesium for women range from 300 to 360 mg, depending on your age and whether you're pregnant. (You need more when you're expecting.) Get most, if not all, from your diet. Spinach, artichokes and other green vegetables, dried beans, nuts, seeds and whole grains are all

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good sources. You're advised not to take more than 350 mg from supplements.

## Iron

Low iron means low energy. Almost two-thirds of your body's iron is found in hemoglobin, that part of the red blood cell that carries oxygen throughout your body and provides energy. Iron deficiency is most common in women with increased needs for this mineral — teenagers, those with heavy menstrual losses, and pregnant women.

Avoid this energy-zapping deficiency by helping your body grab iron from food. Iron in meat proteins, also called heme iron, is well absorbed and largely unaffected by diet. But absorption of nonheme iron (from plants) is hugely influenced by diet. Both meat proteins and vitamin C enhance your body's ability to take in nonheme iron. If you rely on vegetable sources of iron, include vitamin C-rich foods at every meal.

Get iron from liver, beef, oysters, fortified cereals, legumes, lentils and spinach. Aim for 18 mg per day until you reach age 50. Then your needs decrease to only 8 mg. If you don't need extra iron, don't take it. Some evidence suggests that iron stimulates the activity of free radicals, highly reactive molecules capable of causing cell damage.

## Picking a Multivitamin

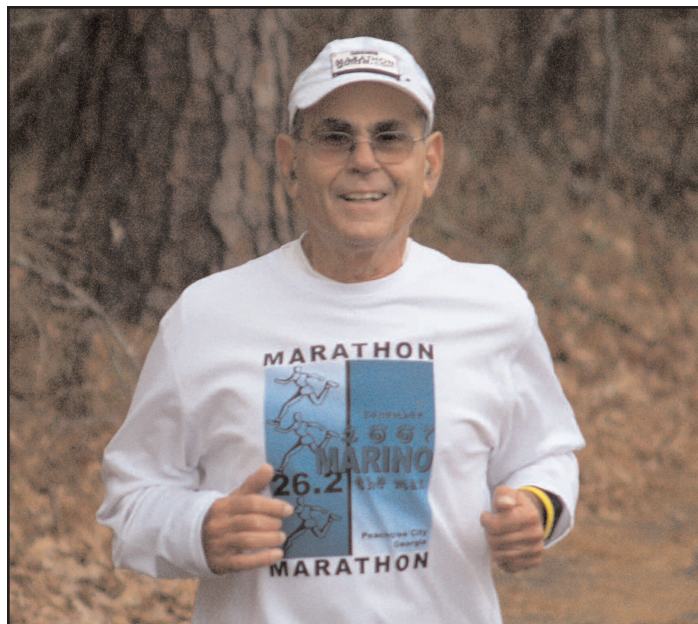
A quality multivitamin/mineral supplement can fill in nutritional gaps if necessary. Before taking individual nutrient supplements, however, check with a registered dietitian or your physician, urges Kerry Neville, M.S., R.D., spokesperson for the American Dietetic Association.

Look for a multi containing no more than 100% Daily Value (DV) for most nutrients, she says. Don't expect to get 100% DV for everything, however. You'd be swallowing a horse pill to get a full day's supply of magnesium and calcium. And if you're postmenopausal, choose a multi with less than 100% DV for iron.

Be label savvy. If a product merely states that it affects an organ or body system, the manufacturer does not need FDA approval. For example, "supports a healthy immune system" is considered a structure/function claim and requires no FDA approval. Products with structure/function claims must have a disclaimer that reads, "This statement has not been evaluated by the FDA." However, health claims such as "reduces the risk of cancer" do need FDA evaluation because the claim mentions a specific disease.

*Jill Weisenberger, M.S., R.D., C.D.E., is a registered dietitian and certified diabetes educator for the Hampton Roads Center for Clinical Research in Norfolk, Va.*

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*Marino Fuentes, above, runs with his marathon supporters, below.*



## The Marino Marathon: A new race in town!

*By Melia Foley-Lane*

The first annual Marino "the Man" Marathon was held on Dec. 22, 2007. As you all know, the Chicago Marathon was a less than desirable experience for most runners. Club member Marino Fuentes had planned for Chicago to be his last marathon, but like most runners, he was not allowed to finish the race. So the idea of the Marino Marathon was born.

A race was planned using the boat-dock loop, allowing Marino to run a full 26.2 miles. The race began at 7 a.m., and many members of the PTC Running Club and community came to run part of the race or cheer him on to the finish. Marino and Leslie Salinski both completed the full marathon that day. They were awarded one-of-a-kind, long-sleeve T-shirts, which were also available for supporters to purchase.

Watch for the Marino Marathon to become an annual event!



# Double the fun at Pensacola Double Bridge Run

By Rene Flaherty

"I'd like to run a 15K in Pensacola, Florida. And oh, by the way, it's on Mardi Gras weekend." That's all my husband Dan needed to know, and he was in, despite the fact that he had never run a 15K and was nursing a knee injury. But he had managed the ING Georgia Half Marathon last year, when he was also injured, so he figured he could run a mere 9.3 miles. And heck, the post-race recuperating would be great!

I first heard about the Pensacola Double Bridge Run when I volunteered at the Peachtree Road Race Expo back in July. The Race Director happened to be at the booth across from us passing out applications, and we talked for a while. It sounded like a fun race, and Dan and I both love that area, although I wasn't sure how great it would be in early February. But since the race was scheduled for Feb. 2, coinciding, like I said, with the biggest party in the world, I thought we could give it a shot.

We made plans to stay over Friday night, run the race, then head to Mobile, which I'm told has the second largest Mardi Gras celebration in the country (after New Orleans, of course) and is apparently the city where Mardi Gras actually started. When we got to Pensacola Friday night after a 4-1/2-hour drive, we had to pick up our race packets at Hooter's on the beach. Driving over the bridges, pretty much the entire course we would run the next day, I suddenly started regretting the whole thing. It just seemed so far! Neither of us had trained at all, since Dan had the knee injury and I had been nursing an injured foot for the past month. The most exercise we'd had recently was skiing for a week in January and running a few miles that week. At that point, I was really glad it wasn't a half marathon! Dan apparently had no qualms about the race – after settling in at the hotel, he met up with a buddy at McGuire's Irish Pub and carbed up on Guinness until midnight. I, of course, went to sleep early.

The race started in downtown Pensacola by the bay and ended on the beach boardwalk after crossing over two bridges and the Gulf Breeze peninsula (see map). It was a chilly 38 degrees at start time (7 a.m.) but since we were in the central time zone, the sun was already up, and it warmed up quickly. I was glad to have my jacket at the end, though, because it was still windy and in the 50s. Since the race was point-to-point, they had vans available to take your belongings to the finish line. We also had to return by shuttle, but they had a large number of buses making the trek, so there was little waiting time.

The race totaled about 900 runners, but we found plenty of parking and port-a-potties available close to the start. Since I didn't expect to PR, I ended up enjoying the race, especially running across the bridges. The first one was three miles long and fairly flat, so there was lots of time to enjoy the view. The second was shorter and steeper, but not too bad. I was a little disconcerted by all the runners flying by me at that point, thinking 'how the heck can they not be tired?' until I realized they were running the 5K race that had just started at Gulf Breeze. Fortunately, that meant only another

few miles, and the race was finally over. Not my best time by far, but I was just glad to finish this one. Dan came in a few minutes after me, so he did pretty well for his first 15K. The post-race party included free beer and plates of spaghetti in addition to the usual bagels, fruit, and water. How great is that?

The party on the beach (actually the boardwalk) featured food and music until 2 p.m., at which time the Mardi Gras parade was supposed to start, but we headed out before then to catch the festivities in Mobile. It was a great weekend for a race with all the Mardi Gras activities, but even without the parties and parades, it would be a good time, and I highly recommend it. The event is sponsored by the Pensacola Sports Association and includes the 5K run/walk I mentioned if you have family members interested in a shorter distance. You'll find more information on the Web at [www.doublebridgerun.com](http://www.doublebridgerun.com).



# New Member Profiles

By Bob Dalton

## New member combines love of medicine with athletics

Elizabeth MacNamara moved to Tyrone this past summer from Augusta and wasted little time in joining the club shortly thereafter. She was looking for “the comradeship of fellow runners and the love of the sport itself.” Although she just joined the club in September, she has already come on like gangbusters. She has completed all of the first nine Elementary School Grand Prix Series races, winning her age group in most of them. Those results have catapulted her to first place in the women’s age group 25-29 in the series with a whopping lead of 400 points ahead of her next closest competitor. In fact, she was presented the Most Improved Runner Award for 2007 at the club’s recent Christmas Banquet.



*Elizabeth MacNamara*

Her usual running partner, however, is a mixed lab/chow/pit bull that she shares her house with along with her pet rabbit. Elizabeth goes on to say, “Exercise is a tremendous stress relief mechanism for me personally. It allows me a chance to enjoy the outdoors, the simplistic acts of breathing and moving, and the rush of endorphins that follow a great run.”

While this age-group winner is a gritty competitor on the weekends, the work week finds her serving as a Physician Assistant at the Tyrone Family Medicine clinic. In her own words, that is where “I see, diagnose, treat, monitor, prescribe medications for, and perform procedures on patients of any age and gender with any and all concerns.”

Elizabeth took pre-med courses at Augusta State University, graduating in 2001 with a B.S. in Biology, and then attended the Medical College of Georgia, graduating in 2007 with a B.S. as a Physician Assistant. This multi-talented athlete also found time along the way to study several languages including Spanish, French, and German. Her other hobbies include Irish step dancing, reading, tutoring, scrap-booking, cooking, backpacking, and SEC football. In spite of a fear of flying, she also likes to travel and has been across the country and to Mexico.

In high school, she ran track, qualifying for the state finals in the 1600 and 3200. Her favorite distance today is the 10K, and her favorite race is the Cooper River Bridge 10K. “The view while running is outstanding, and the crowd is completely diversified with runners of all ages, ethnicities from around the world (literally), and those even dressed in costumes!” She also counts the 2006 version as her most memorable race “as it was my first 10K race ever and the first race to travel the new bridge — it was exhilarating.”

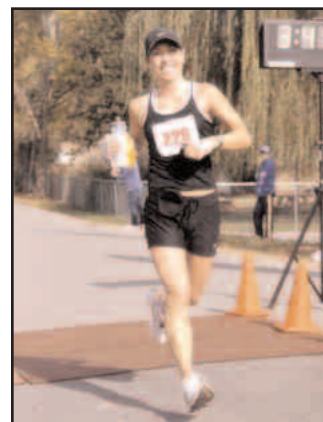
Her next athletic goal is to start training for and attempt a triathlon. She would also like to eventually step up to the half-marathon distance. Peachtree City is definitely the place to make those dreams come true. We’ll sign you up for the annual PTC Sprint Triathlon and save a seat for you on the club bus to the Atlanta Half Marathon, Elizabeth!

## Full-time mom finds joy in running

Gina Bolen came to Peachtree City 15 years ago by way of Jacksonville, Florida originally. This former Air Traffic Controller now works as a full time stay-at-home mom of two very active boys: Joey, 12 years old, and Jacob, 10. She and husband Neil, who is an FAA engineer, also have Scout the beagle and Sylvester the cat.

Gina states that, “As a runner, I’m a late bloomer. I did absolutely nothing all through high school and it wasn’t until after I was diagnosed with gestational diabetes at age 26 that I got off my butt and started running. My first race was the PTC Classic 5K in 1999 and I was amazed at how well I did (22:20) — I actually got 2nd in my age group! I haven’t stopped running since.” Her times at other distances include 6:45 for the mile, 49 minutes for 10K, 1:47 for the half marathon, 3:41 for the marathon, and 5:30 for the Silver Comet 50K Ultramarathon.

Although Gina just joined the PTCRC recently, she has actually been a member of another running club in the area called “the cult” by their husbands since 2003. “It is a very exclusive girl group here in town but if I told you some of the members’ names, I’d have to kill you.” In fact, it was with this running group that Gina says she had one of her most memorable running experiences. “My running girls and I all ran the Calloway Gardens Marathon during the ice storm of 2005. The race was delayed by two hours and then the course got changed because of ice and fallen trees, and the race ended up being over 28 miles. A lot of laughs on that one, but we got 5th overall and 1st in our age group!”



*Gina Bolen crosses the finish line of the 2007 Chickamauga Battlefield Marathon.*

Not one to let a little adversity like a 28+ mile marathon in the middle of an ice storm get her down, Gina decided to train for the Marine Corps Marathon later that same year. However, it also turned out to be one of her more unusual running experiences. “Because of a stress fracture, I did the last two months of training before the marathon by ‘pool running’. Not that exciting but definitely unusual. Next time I’ll just get fat; it was beyond boring and



# Winter Club Meeting Highlights

(Continued from page 2)

## February

President Bob Dalton called the meeting to order at 7:33 p.m. at the Wyndham Conference Center. He welcomed new members and guests and announced that any unclaimed items from the New Year's Day Grand Prix will be donated to Wellspring Ministry if not picked up. A motion was made by Roy Robison and seconded by Bill Anderson to approve the minutes of the January meeting as posted on the club Web site. Motion carried.

### Guest Speaker

Mike Norman announced the guest speaker, Mark Briggs, who along with his wife Tara owns and operates the Relax the Back store in Peachtree City. Mark brought a few of his products to show and demonstrate.

### New Business

New member Rebecca Huntington presented several handmade running-related necklaces. If anyone wishes to purchase a necklace, the cost is \$20 with \$5 going to the PTCRC.

The following runners were recognized for completing the Goofy Race and a Half challenge held at Disney World: Melia Foley, Mark Ward, Steve Hancock, Kim Ruple, and Pat Cote-Miles. George Martin was recognized as being one of only 117 Disney Marathon participants who have done all 15 marathons.

ATC T-shirts were available in the back of the room for volunteers for the January ATC race.

Sandra Horning donated a check for \$1,000 from the Rich Horning Foundation. Please remember to thank Sandra and Sheridan for this generous donation.

A Bike Ride to the Capitol will be held on March 11, 2008.

Details can be obtained on the state Web site or by contacting Dick Allis or John Mrosek.

A volunteer is still needed for the Kid's Fun Run. Contact Bob Dalton if you are interested, otherwise this race will be discontinued.

### Old Business

The Steering Committee held its first meeting on Jan. 28. The committee would like to purchase snow fencing with the PTCRC logo for the Classic race. Marino Fuentes sent out a survey to 778 Classic participants and received 66 responses back.

Bob Dalton opened the floor for discussion of the 2008 budget. He noted that the reason for a deficit budget is due to monies re-invested back into the Classic. The budget was voted on and carried as presented.

### Reports from Officers

Treasurer Hal Wolfe reported that the club currently has \$55,364.

### Reports from Coordinators

*1000 Mile Club* – Roy Robison presented the requirements for the 1000 Mile Club.

*School Support* – Bill Anderson is transitioning over the duties to Rose Kempton.

*Equipment* – Todd Davison has volunteered for this position.

### Announcements

Chuck Garwood won his age group in the 50K. His time was 6 hrs, 52 mins. The next meeting is on Mon., March 3 at the Wyndham Conference Center.

## Full-time mom . . .

(Continued from page 10)

monotonous! The longest pool running session was 2 -1/2 hours — double yuck!"

When asked about her favorite race, Gina says, "I couldn't possibly pick just one race because I've taken something memorable from each and every one." But Gina says her favorite distance is definitely the marathon, which is fairly evident because she has done 19 of them at 18 different locations up and down the east coast all in just the last four years. "Although I can be competitive, I've enjoyed the races I've done for fun a whole lot more than those I've run for speed! For example, the New York City Marathon — too much to see and too many hands to high five for speed or PR — I didn't want it to end!" Next up on her radar is the ING Marathon in March and then the Granddaddy of them all, Boston in April!

Finally, Gina says running "calms me, rejuvenates me, and makes me feel healthy and young. Running takes me to that place when I was a carefree kid." She joined the club to "meet new people who share the same love of running I do."

Gina, something tells me you've come to the right place!



*PTCRC president Bob Dalton (center) recently presented \$1,000 checks to the Peachtree City Police Department, Fire Department, and Recreation Department in gratitude for the public service they provide each year at the Peachtree City Classic road races. Accepting were, from left, Mayor Harold Logsdon, Police Chief James Murray, Captain Dave Williamson of the Fire Department, and Randy Gaddo from the Recreation Department. Monies were earmarked for the "Vest Fund" for the Police Department, for EMT equipment for the Fire Department, and for additional tables at the Gathering Place for the Recreation Department.*

# January Grand Prix/New Year's Day Brunch



## Event 1 Challenge: Guess the Distance

(Actual distance: 28,828 feet)

### Men's Open (50 and under)

1st	Todd Davison	29,040 ft guessed
2nd	Wes Wilkins	29,150
3rd	Bill Anderson	29,180
4th	Vern Schmitz	28,248
5th	Mark Hamilton	28,154

### Men's Masters (51 and over)

1st	Dave Piet	28,881
2nd	Mike Warren	28,938
3rd	Dan Twineham	28,644
4th	Bob Trombley	28,615.52941
5th	Bob Dalton	29,087.424

### Women's Open (47 and under)

1st	Nicole Degner	28,900
2nd	Ann Port	29,040
3rd	Kim Ruple	29,198.4
4th	Ann Blaum	29,631.36
5th	Bonnie Hancock	30,201

### Women's Masters (48 and over)

1st	Bernice Wassell	28,776
2nd	Ann Henderson	28,934
3rd	Kim Garwood	28,564.8
4th	Alice Todd	29,568
5th	Martha Boone	27,984
(tie)	Rene Flaherty	27,984





# February Grand Prix/New Member Breakfast



## Event 2 Challenge: Consistency Run

### Men's Open (50 and under)

1st place (tie)	Tim Covert	1 second difference
1st place (tie)	Steve Hancock	1 second
1st place (tie)	Bill Everage	1 second
1st place (tie)	Bill Anderson	1 second
5th place	Rusty Burns	4 seconds

### Men's Masters (51 and over)

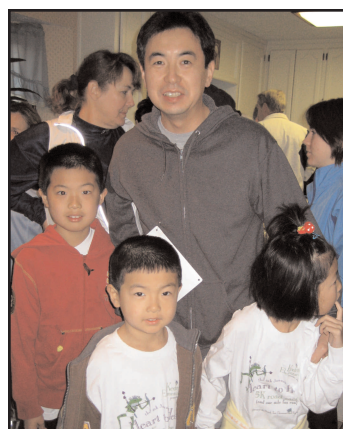
1st place	Dave Piet	4 seconds
2nd place	Patrick Kearns	6 seconds
3rd place	Marino Fuentes	7 seconds
4th place	Cal Daley	14 seconds
5th place	Normer Adams	20 seconds

### Women's Open (47 and under)

1st place	Heather Lorigas	0 seconds
2nd place	Leslie Degner	2 seconds
3rd place	Bonnie Hancock	3 seconds
4th place (tie)	Sandra Romanow	5 seconds
4th place (tie)	Hannah Hancock	5 seconds

### Women's Masters (48 and over)

1st place	Jan Bankieris	0 seconds
2nd place	Rene Flaherty	7 seconds
3rd place	Sandy Tuman	15 seconds
4th place	Patsy Bickford	19 seconds
5th place (tie)	Rose Kempton	21 seconds
5th place (tie)	Martha Boone	21 seconds



For complete Grand Prix results, check the  
PTCRC Web site at [www.ptcrc.com](http://www.ptcrc.com).

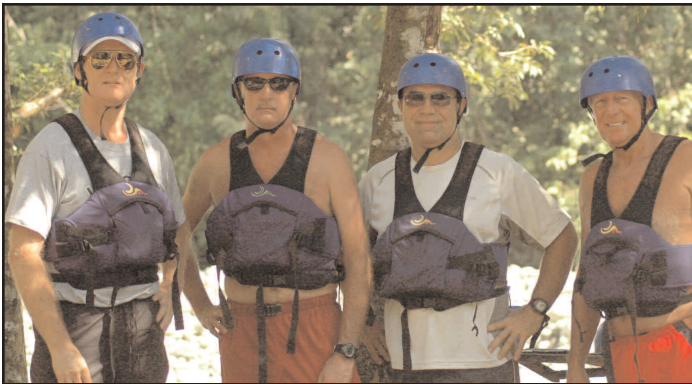
## - Club Notes & News -

### Benefit Art Auction (and great party!)

Everyone is invited to attend the 2nd Annual ARTcetra Live and Silent Auction sponsored by Promise Place (formerly Fayette Council on Domestic Violence, Inc.) on Sat. March 15 at the Tyrone Depot. Art preview is at 6:30, auction starts at 7:30 p.m. Admission is \$15 per person, \$25 per couple. All proceeds will benefit the purchase and operation of the new emergency shelter. For more information, contact Promise Place at 770-460-1604. Volunteers are also needed. If you would like to help, please e-mail George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com).

### 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 "Run for the Gold" 5K on March 15. The AJC newspaper with the application will be sold at the race for \$2. Be sure to bring 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. They will make a copy of your ID and even take your application to the post office.



*Mark Ward, Scott Allen, George Martin, and Bill Fuller are about to set off on a whitewater kayaking trip during their latest jaunt to the beautiful Central American country of Costa Rica. Bill highly recommends Costa Rica to all members of the running club as a vacation destination and would be happy to provide house and hotel rental details.*

### ING Georgia Marathon Volunteers Needed

The ING Georgia Marathon on Sun., March 30 is still in need of volunteers. Weekend events include:

- March 28 & 29, 2008 ING Georgia Marathon Health and Fitness Expo at the Georgia World Congress Center
- March 29, 2008 Sister Hazel Concert at the Tabernacle
- March 29, 2008 Publix Tot Trot at Atlantic Station – Race for children 8 and under
- March 30, 2008 ING Georgia Marathon and Half Marathon and Wheelchair Half Marathon

For a complete list of volunteer opportunities and to sign up go to [www.inggeorgiamarathon.com](http://www.inggeorgiamarathon.com). Click on Volunteer link and pick out the job of your choice! All volunteers will receive a volunteer T-shirt, goodie bag and a special commemorative souvenir pin.

*Club members Lou and Martha Boone are hiking the 2,000-mile Appalachian Trail. They started Feb. 29 with a goal of finishing on Lou's 70th birthday on Sept. 8. You can follow their adventures on the Web site [www.louandmartha.com](http://www.louandmartha.com).*



### Sprint for Students 5K

A "Sprint For Students" 5K sponsored by the Shoal Creek Adventist School will take place April 13 at 3 p.m. starting at Drake Field near the Peachtree City Library. A tot trot for kids will begin at 2:30 p.m. Cash prizes will be awarded to the top three overall male and female winners. Entry fee is \$15, and checks can be mailed to Shoal Creek Adventist School, HWY 34 East, Sharpsburg, GA 30277. All are invited to attend a Runners Weekend Service at 11:10 a.m. Saturday at the PTC 7th Day Advent Church (same address), with a sermon by club member and church pastor Dave Ketelsen. It will be followed by a complimentary vegetarian meal. For more details, call Dave at 678-416-9171.

### Southwest Christian Care 5K Hustle

The 15th annual Southwest Christian Care 5K will be held in Christian City on Sat., May 3. 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 15 years. The race starts at the Lester Road Christian Church, 3900 Newton Rd in Fairburn. Applications are available online at [www.swchristiancare.org](http://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 3rd 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 course winds through some beautiful old neighborhoods. So reserve the date May 24 (the Saturday before Memorial Day). For more information on the race, you can check the Web site at [www.communitywelcomehouse.org](http://www.communitywelcomehouse.org) or contact George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com).



# PTCRC 2008 Membership Application

Membership Application and Liability Release

Year: \_\_\_\_\_

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

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Sex: Male: \_\_\_\_\_ Female: \_\_\_\_\_ Date of Birth (DOB): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

New Member:

Membership Renewal:

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

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

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

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

## Liability Release

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

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

(Under 18, Parents Signature)

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

Name	Sex	DOB	Signature



*Mahaffey Orthodontics*

Dr. Michael Mahaffey, DMD, MS, has been a Classic sponsor for the past five years. He owns and operates Mahaffey Orthodontics at 8 Eastbrook Bend, Suite B, Peachtree City. Mike has been in practice for 16 years, the past six years here in Peachtree City. Mahaffey Orthodontics is a full-service orthodontic practice, treating all ages. They utilize the latest technological advances in the industry, such as invisible ceramic braces and Invisalign, along with the latest in computer technology (digital imaging and advanced computer graphics) to ensure that you receive the most effective care possible. Mahaffey Orthodontic's top priority is to provide you the highest quality orthodontic care in a friendly, comfortable environment. They recognize that every patient has different needs, and they pride themselves on the courteous service they deliver to each person who walks through their doors. Whether you're an adult, adolescent or child, their knowledgeable doctors and staff are committed to helping you achieve the smile you deserve — a healthy, beautiful one! Appointments can be scheduled by calling 770-487-6439, and more information can be obtained at their Web site at [www.peachtreecitybraces.com](http://www.peachtreecitybraces.com).



Peachtree City Running Club  
P.O. Box 2377  
Peachtree City, GA 30269  
[www.ptcrc.com](http://www.ptcrc.com)

## UPCOMING CLUB EVENTS

MARCH 3 CLUB MEETING @WYNDHAM • MARCH 15 GRAND PRIX, OAK GROVE 5K • MARCH 29 LANDMARK SCHOOL 5K • APRIL 1 CLUB MEETING @ PARTNER'S • APRIL 5 GRAND PRIX • APRIL 19 HUDDLESTON 5K • APRIL 26 CRABAPPLE 5K