

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MAY 2007

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*PTCRC President Bob Dalton (left) enjoys socializing with well-known running coach Roy Benson at the awards banquet reception during the 50th annual Road Runners Club of America Convention.*

## Chicago: My Kind of Town

*By Bob Dalton*

Perhaps they should rename Chicago the Foggy City instead of the Windy City, as we never saw the sun there until the morning we left. However, the dreary weather and heavy fog didn't dampen the spirits of the over 200 attendees at the 50th annual Road Runners Club of America convention during the weekend of March 22-25.

The convention kicked off Friday morning with a welcome by Bee McCleod, RRCA President, and Jean Knaack, Executive Director. The news was mostly positive, and they highlighted the fact that the RRCA had come from a deficit of \$40,000 in 2004 to a current surplus in excess of \$400,000. And with a record number of member clubs at 774, the club has never

been healthier. The quarterly RRCA publication *Footnotes* has also been back in an online edition for the past year and a half but not without some controversy. More about that later.

The opening session then broke up into regional meetings with the Southern Region chaired by our Director, Ken Bendy. Ken gave out some regional awards and noted that the Southern Region typically had more members attending the convention and more award recipients than any other region, including Volunteer Recognition Awards. This year was no different, and he had us all pat ourselves on the back for continuing the tradition.

After lunch it was time to start the new Club College seminars. Club College is an innovative program consisting of a core of educational sessions

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**NEXT DEADLINE: June 15th**



## Spring Club Meeting Highlights

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

### March

President Bob Dalton called the meeting to order at 7:30 p.m. in the Wyndham Conference Center. A motion to approve the minutes of the last meeting as posted on the club web site was unanimously approved.

#### Guest Speaker

Kathy Mulherin, Clinic Director/ Owner, The Egoscue Method, Atlanta. She was accompanied by Sally Childers, one of her clinic associates. Kathy started with The Egoscue Method in 2000 and worked under the founder, Pete Egoscue, for a few years prior to coming to Atlanta. She opened the Atlanta Clinic in June 2004, of which she is director and owner. Her goal is to help as many people in Atlanta and the surrounding areas to overcome their body's postural breakdown and chronic pain issues so they can lead an active pain-free lifestyle.



*V.P. Ann Henderson (left) with guest speaker Kathy Mulherin and assistant Sally Childers.*

#### Reports from Officers

*Admin V.P.* – Ann Henderson announced there will be no speaker during the April meeting at Partners' Pizza and that Dr. David Goodman, a runner and Orthopedist, will speak at the May meeting.

*Activities V.P.* – Steve Hancock gave out prizes for the winners of the March Grand Prix and announced that the next Grand Prix will be held on April 7.

*Treasurer* – Hal Wolfe was absent but sent a report via email: as of 3/7/07, our total assets include \$11,108.95 in the Talbot State Bank Account and \$39,642.95 in Money Market Accounts (CDs), for a grand total of \$50,751.90.

#### Reports from Coordinators

*Newsletter* – Rene Flaherty stated that the deadline to submit articles for the next newsletter is April 20. Asked the members to take pictures of upcoming events in which they are participating and submit them for the newsletter.

*Classic Race Director* – George Martin announced that Sandy Horning was the first sponsor to step up for this year's PTC Classic.

*1,000 Mile Club* – George Martin passed around the 1000-Mile Club book for updating and gave a reminder to all participating members to sign up for 2007 by the end of May. A 1,000-mile jacket was awarded to Anastasia Walker and 1000-mile certificates to Melia Foley-Lane, Susan Mills, and Bill Johnston.

*(Continued on page 3)*

## WELCOME NEW MEMBERS

Ed Vise (Sharpsburg)

Carla and Michael Brady (PTC)

Edwardo Sanchez (PTC)

Mike and Amy Hart (Tyrone)

Brad Hendrickson (Atlanta)

Corey Thompson (Senoia)

Jonathan and Quintella Hauser (Fayetteville)

Bruce Jenkins (Stockbridge)

Jackie and Andy Smith (Sharpsburg)

Jamie Glover (Newnan)

Sheila Hegwood (Peachtree City)





Record high temperatures and pollen counts in the thousands greeted those who braved the inaugural ING Full and Hall Marathon on March 25. This was followed two weeks later on Easter weekend by a record cold snap that had us pulling out long-sleeve shirts and gloves we thought we had put away for the season. The wacky weather

of late kept us guessing from one day to the next as to how to dress for the day's run. But it appears that spring is finally here which means one thing — can the summer track meets and the venerable Peachtree 10K be far behind?

In the meantime, the club schedule is full of activities as usual. Bus sign-up for the Peachtree 10K will begin at the May 7 club meeting. The Elementary School Grand Prix series will be wrapping up a record 13-race season at Brooks on May 12. Be sure to mark the June 4 club meeting on your calendar as the new Executive Director of the Atlanta Track Club, Tracey Russell, will be our guest speaker. The summer track series begins the very next day, June 5,

and continues every Tuesday evening in June and several more in July, and Roy Robison is hosting the annual club golf tournament on Saturday, June 23.

I had the privilege of attending the 50th annual RRCA convention in Chicago the latter part of March. You'll be glad to know the Association is on sound financial footing once again, though not without some of the usual intrigue and controversy. A full report is available elsewhere in this issue.

A great big THANK YOU to Bill Brown of Run Fit Sports! He hosted the April Grand Prix Adventure Run and presented a sponsorship check to the club for \$1,000 toward the Classic. And thanks again to Teri Besch who directed another successful iteration of the annual Kid's Fun Run. This event has become an enduring tradition among the kids and their parents thanks to Teri's faithful dedication and efforts.

It's the volunteer spirit of our members that makes our club such a success, and I pray we never lose sight of that. If you are not yet involved, step up and volunteer at any one of the club's many activities. You won't be disappointed; rather, you'll have fun and make some new friends. I guarantee it!

See you on the roads and cart paths!

## Spring Club Meeting Highlights

(Continued from page 2)

**Social Events** – Teresa Moore announced that coffee, juice, and bagels would be served after the next Grand Prix.

**Community Support** – George Martin announced this is the third year the club will host the middle school track and field championships on April 24 and 26 at the Fayette County High School. He also announced that the Huddleston Elementary School race has been moved up to April 14.

### April

President Bob Dalton called the meeting to order at 7 p.m. at Partner's Pizza in Peachtree City. New members Melissa Nelson, Cory Thompson, and Ed Vise were welcomed to the club. The March 2007 minutes, as posted on the club Web site, were unanimous approved.

#### New Business

Waynette Peek talked about the Race for Riley that will benefit Joseph Sams School in Fayetteville. The 5K race will be on Sat., April 28. Other upcoming races are April 14, Huddleston Hustle 5K and April 28, Crabapple Lane Elementary 5K.

#### Reports from Officers

**Admin V.P.** – Ann Henderson will have the bus sign up for the Peachtree Road Race at the next meeting. Cost: \$8 for members,

\$16 non-members. Sign up is first-come, first-serve.

**Activities V.P.** – Steve Hancock sent the following report: The next Grand Prix is Sat., April 7 at 8 a.m. at Run Fit Sports and will include a light breakfast following the run.

**Treasurer** – Hal Wolfe sent a report via email: as of 3/30/07, our total assets include \$10,513.39 in the Talbot State Bank Account and \$39,774.92 in Money Market Accounts (CDs), for a grand total of \$50,288.31.

#### Announcements

Members present that are running the Boston Marathon this year are: Valerie Reynolds, her twelfth, and Bill Fuller, his tenth.

George,

Would you please extend a big thank you to all the folks from the PTCRC that volunteered for the OLV 5K? We had a great race and turnout.

The PTCRC's support is such a great contribution to the community and its youth.

Best,

Todd Davison

# Chicago: RRCA Convention Coverage

(Continued from page 1)

designed to increase participants' knowledge in key areas of running and club management. The sessions included managing your non-profit club, effective financial management and resource development, insurance and managing risk, and implementing RRCA programs and services to benefit running clubs.

The first class I attended was "Working with the Media to Achieve Maximum Exposure" followed by "Ethics for the Running Community." Both classes were well attended and very informative. Afterwards, it was already after 5 p.m. so I took my only opportunity of the weekend to do some sightseeing and walked down to the Navy Pier, which is one of Chicago's most popular tourist spots on the western shore of Lake Michigan.

The 3,000-foot-long Navy Pier covers 50 acres and was originally constructed as a shipping and recreational facility in 1916. After a period of decline, the Pier underwent a \$200 million renovation in the 90's and it has since evolved into a major tourist attraction drawing more than 8 million visitors annually. It consists of shops, eating establishments, museums, an expo center, theaters, and even a 15-story Ferris wheel.

Saturday morning kicked off with more Club College classes. I attended the class on "Developing Engaging Websites and Maximizing Technology" and then "Keeping the Sport Clean and Fair." These seminars were all facilitated by subject matter experts in the field so there was a wealth of information and lively discussions held. Carey Pinkowski was one of them. He has served as the Executive Director of the LaSalle Bank Chicago Marathon since 1990 and has grown the event during that time to one of the largest marathons in the world with 45,000 runners from all 50 states and over 100 countries. It was great to be able to share ideas with this world-class race director afterwards one on one.

After lunch, it was time for the annual business meeting. After settling a few administrative matters, the issue of the RRCA publication, *Footnotes*, came to the forefront. One Florida club president wanted to know why the \$1.25 of each member's dues to the RRCA wasn't going toward the printing of hard copies of the newsletter. It was explained that publishing and mailing costs are what bankrupted the RRCA a few years ago and that since they went to an online version, the costs were negligible and the RRCA was once again financially healthy. With the price of stamps soon going up once again to \$.41, simple math dictates that the \$1.25 wouldn't even cover the annual postage costs, never mind the printing associated with mailing a hard copy to over 175,000 members. Elections were held for two At-Large Director positions, and the Southern and Western Region Directors. Our own Southern Rep, Ken Bendy, ran

for re-election and won handily so we will continue to benefit from his expertise for two more years.

The capstone of the convention was the awards banquet Saturday evening. The guest speaker was the amazing Helen Klein. This retired nurse began running at the age of 55, and now 84, has completed over 100 marathons and over 140 ultramarathons including the Marathon Des Sables, a 145-mile race across the Sahara Desert. She holds several world records and is an Ironman Triathlete. I was humbled to share a table at the dinner with Ken Bendy (Southern Region Director), Marlene Atwood (Georgia

State Rep), Roy Benson – coach extraordinaire, and Carol Rice, publisher of *Running Times* magazine, and their spouses. Where else could a guy from a little old club in PTC get to rub shoulders with some of the elites of the American running world???

Finally, it was announced that the 51st annual convention will be held in Cincinnati next year

May 1-4 in conjunction with the Flying Pig Marathon. The complete RRCA 2006 Annual Report and 50th convention program are available upon request.



Chicago's Navy Pier

On September 21, 2007, the Road Runners Club of America will promote the 2nd Annual RRCA National Run@Work Day®. The purpose of National Run@Work Day is to promote physical activity and healthy living through running or walking. Sign the pledge to run or walk at least 35 minutes on Sept. 21, 2007 in support of the RRCA National Run@Work Day.

To help running clubs, employers, or individuals plan and promote their local Run@Work Day events, the RRCA has developed a "Planning Kit." The "Kit" contains a sample press release for announcing local events, ideas for planning and promoting the event, and information on nutrition and running that can be shared with event participants. In addition, Run@Work Day events can be posted on the RRCA Calendar for FREE. Event organizers can use the special event code, Run@Work Event, when posting their event and be sure to encourage your participants to sign the pledge to participate. Information can be found at [www.rrca.org/programs/runatwork](http://www.rrca.org/programs/runatwork).

# Chicago: RRCA Convention Coverage

By Marlene Atwood  
RRCA Georgia State Rep

As you know, the Road Runners Club of America celebrated its 50th annual convention in Chicago, Illinois on March 21-25, 2007. The Windy City, the "City of Big Shoulders," proved it had all the components for a great convention for the 200+ participants that came from across the country.

From the hustle and bustle that is Chicago's O'Hare Airport to the great Chicago skyline dominated by its sentinels — the Sears Tower and the John Hancock Center, Chicago was impressive!

The Embassy Suites Downtown Hotel on Columbus Drive served as our host hotel. Its ideal location allowed for early morning group runs along Chicago's lakefront and Navy Pier area. There were side trips to Chicago's Magnificent Mile offering world-class shopping, dining, and entertainment. There were excursions to Pizzeria Uno and Pizzeria Due for world-famous Chicago style deep dish pizza. A few made it to the Oprah Winfrey Show, and some to Second City — home of John Belushi, Bill Murray, and Gilda Radner.

The RRCA has been holding conventions for 50 years! The annual convention serves many purposes. It offers state reps from across the country an opportunity to meet and network as a group; it offers club leaders seminars and workshops that address different aspects of being a non-profit club, it offers continuing education to certified coaches, it allows the membership to hold an annual meeting and elections, and finally it gives us an opportunity to honor those individuals who have been selected for the annual RRCA national awards.

The 50th annual convention preceded the organization's 50th anniversary which takes place next year. Big plans are underway to celebrate a half century of "running" the nation in 2008!

Highlights from this year's convention include:

- RRCA State Rep Meeting — Over 35 state reps traveled to attend this session. This is the only time during the course of the year that state reps meet with their peers and their regional directors to network and share ideas. This year's session included a review of the roles and responsibilities of being a state rep; an overview of RRCA programs, policies and initiatives; new and current sponsors; and breakout sessions with regional directors.
- Runners World Luncheon — sponsored by *Runners World*, provides an opportunity to honor the State Rep of the Year, who this year is Ron Mackoud from Alabama. The featured guest speaker was John "the Penguin" Bingham — "Penguin Chronicles" columnist and author.
- RRCA Club College and Seminars — This year's workshops featured several topics designed to help clubs with best practices for insurance, club and race management, club finances and membership growth. Among some of the featured workshops: Managing Finances; Managing Your Non-Profit Club/Event; Developing a Beginning Running Program or Children's Running Program; RRCA Insurance & Managing Risk; Developing a Website/Newsletter; and Working with the Media.
- RRCA Coaches Certification Continuing Education Classes — Mel Williams, PH.D, FACSM, presented Advanced Sports

Nutrition. Coach Roy Benson, MPE, CFI, presented Advanced Interval Training. Both courses apply toward a Level 2 certification for RRCA coaches.

- The Marathon & Beyond Luncheon featured Jan Seely and Rich Benyo, publishers of *Marathon & Beyond Magazine*. Their presentation traced running from its early beginning and showed how technology has evolved over the years. Our thanks to both of them for complimentary issues of *Marathon & Beyond Magazine*.

- The RRCA Annual Meeting of the membership — This was a highly anticipated meeting with elections scheduled for western director, southern director, and two at-large directors. Although there were several nominations from the floor, the slate of officers, selected by the RRCA Nominating Committee, was elected. Results: Ken Bendy (FL), originally appointed, became Southern Director by acclamation; Lisa Paige (CO) moved from Western



*Convention participants enjoy browsing the expo.*

Director to At-Large Director, David Epstein (AK) moved from At-Large Director to Western Director, Bob Holmes (GA) was elected to a second term as At-Large Director.

- Executive Director Jean Knaack reported a solid year of continued growth in membership, investment in programs, and preservation of cash assets for long term financial stability.

- RRCA State Rep Silent Auction and RRCA Live Auction — Every year, these two auctions raise funds to support several initiatives. The State Rep Silent Auction proceeds provide a small travel stipend for state reps who attend the convention. The RRCA live auction benefits programs such as the RRCA Road Scholar Program.

- RRCA Annual Awards Banquet — Keynote speaker featured Helen Klein, 84, who has finished over 100 marathons and over 140 ultras. Klein holds several world records — world's fastest time in her age group for 1 mile, 10K, marathon, 50M, 100K, and 100M.

- The most important part of the RRCA Annual Awards Banquet is honoring those winners of the RRCA National Awards — Hall of Fame, Outstanding Club President, Road Runners of the Year, Jerry Little Memorial Journalism Awards, Website, Outstanding Volunteer, Children and Women's Developmental Awards, Race of the Year, etc. For a complete list of winners, please visit [www.rrca.org](http://www.rrca.org).



## New Member Profile

### Meet new member Brian Reamer

By Bob Dalton

New member Brian Reamer, 39, hails from Detroit, Michigan and has been a Peachtree City resident less than a year but decided that joining the club was the best way to help him get back in shape. Brian served a stint with the U.S. Army in the 5-502 BN in the Berlin Brigade from 1986-1989 as a scout patrolling the Berlin wall. Just to show you what a small world it is, the author and Brian (unbeknownst to each other until I conducted this interview) were in the same crowd on that day in June 1986 when President Reagan came to Berlin and gave his famous speech where he said, "Mr. Gorbachev, tear down this wall." And that is just what happened a short three years later in October 1989. And Brian was still there as a witness again to history.

After his stint in the Army, Brian then went back to school at Lawrence Technical University where he obtained his Bachelors and MBA. Since then he has worked for Panasonic, most recently as a Group Manager in Program Management, where his team executes new development programs for car audio.

Brian ran the Berlin Half Marathon in 1988. His favorite distance to race is the 5K, but his favorite race was the Detroit Relay Marathon, which he did in 2005. His leg went through the tunnel between Canada and the U.S. He says he enjoys running because "it's a good way to reduce stress, and I believe the best way to stay in shape." He claims he doesn't have much time for hobbies but he does enjoy home improvement projects and spending time with his wife Susanne and their three children — Kyle, 8, Gracie, 6, and James, 3. Look for Brian on the cart paths, where you will find him most days training for the Classic 15K later this fall, which he plans to use as a stepping stone for the Atlanta Half Marathon in November.



*Brian Reamer*

## Tackling the Umstead 100-Mile Endurance Run

By Al Barker

"Drink before you're thirsty. Eat before you're hungry. Walk before you're tired" Those were the words that kept ringing in my head for over 27 hours as I made my way through the second 100-mile run of my life (and probably the last). They were the most important words of advice given at the pre-race meeting by race director Blake Norwood.

A rustic old lodge in the center of Umstead State Park in Raleigh, North Carolina made a fitting location for the pre-race meeting and dinner. I'm not much for all the hoopla before a run, so I made my way to the food. After eating a huge plate of spaghetti and four pieces of cherry cheese cake, I was off to my motel for a good night's sleep. I'm sure nobody missed me.

I have heard nothing but good things about Umstead and, as it turned out, they were all true. The total amount of climb, 8,000 feet, sounds like a lot, but spread out over 100 miles it's just right — just enough roll to allow your body to use different muscles. The course is converted from a dirt road that now serves as a running, biking, and bridle trail. The surface is fine-packed granite screen-



*Al Barker appreciated the company of his pacer, Sarah Lowell, while running through the North Carolina woods.*

ings (1/16 inch and finer). In short, perfect! The 12.5-mile loop, which is repeated eight times, has nine aid stations, and all miles are marked. I did not need to carry anything! The menu was second to none: cookies, potato slices, sandwiches, candy, bananas, crackers, hamburgers, hot dogs, chicken, pretzels, soup, ice cream, yogurt, and pizza!

I found that a liquid diet worked best for me. The biggest part of my 4,800-calorie intake came from Boost Plus. I drank about 4 gallons of water and took a huge number of electrolyte capsules. I prefer Succeed since it has 300 mg of sodium.

The race directors say that pacers are not really necessary, but I found mine to be a great help. Sarah Lowell and Katharine Brown, both avid trail runners from Franklin, North Carolina, were there for me in the wee hours of the night. Both are school teachers who have most afternoons free to run the rugged trails of the Blue Ridge Mountains. Katharine chose, as her first race ever, a 21-mile trail run on the hardest part of the Bartarm Trail. That impressed me as

*(Continued on page 15)*

# Get Shakin'

By Matthew G. Kadey, M.S., R.D.



Savvy, time-strapped athletes and weekend warriors, always on the hunt for quick, nutritious fare, have helped make smoothies (also called shakes) the latest post-workout “it” food. But these days the craze doesn’t stop at the gym — malls, college campuses and uptown cafes are all offering cold blends in one form or another. Problem is, many are too liberal with calories, fat and sugar to be considered healthy additions to your diet. Solution: Make your own.

“Toss in the right ingredients, and shakes are fast, nutrient-dense meals or snacks that help you meet your protein, vitamin, calcium, healthy fat and fiber requirements — all with little clean-up,” says Monique Ryan, M.S., R.D., an Illinois-based sports dietitian and author of *Sports Nutrition for Endurance Athletes*. Smoothies, made with fruit and milk, provide an excellent way to add foods like berries, mango or pineapple into your diet — helping fulfill the Centers for Disease Control’s Five-a-Day recommendation. And with half a cup each of milk and yogurt thrown into the mix, you’ll also reach 30 percent of your daily bone-building calcium needs. But don’t just stick with standard ingredients. “Who says you can’t give tofu and peanut butter a whirl for a protein and good-for-you fat kick?” asks Ryan.

Smoothies also are excellent recovery drinks. Consumed as soon as possible after a workout, they have all the protein and carbs your muscles need to bounce back after sweating it out. Shakes can help “replace energy (glycogen) stores in one shot,” says Ryan. Plus, for those with poor appetites following exercise, “it can be a lot easier on your stomach to drink, rather than eat, your calories,” Ryan adds.

## Guiltless Smoothies

Post workout, it might seem faster and easier to stop at your local smoothie store than make your own, but becoming a regular can thwart the benefits of your exercise routine. Not all smoothies are created equal — some are more decadent milkshake than healthy snack, like Smoothie King’s 32-ounce Hulk Chocolate that contains a whopping 1,269 calories and 44 grams of fat. To make your next juice bar experience a healthy one, make these smart, on-the-go selections:

**Keep it Real:** Juice concentrates, fruit purees, frozen yogurt, chocolate milk and syrups increase sugar and calories. Look for whole fruit or at least 100 percent fruit juice instead. The additional boon of fresh fruit is extra fiber, which makes your smoothie more filling.

**Go Small:** Extra ounces mean unnecessary calories. Stick with smoothies that are no more than 16 to 20 ounces.

**Check the Fine Print:** Know what you’re drinking. Read nutrition information at the store or online.

**Sack the Fat:** Ice cream, whole milk and cream can have your strawberry smoothie competing with a fast food joint’s chocolate milkshake in calories and fat. Choose shakes with lower fat ingredients like skim milk, soy, cottage cheese or low-fat yogurt. And although high in protein and healthy monounsaturated fat, peanut butter is best added in moderation since one spoonful contains 100 calories.

# Her Sports + Fitness

**Skip the Boosters:** Be leery of extras such as energy and immunity “boosts” — many are only proven to lighten your wallet. Stick with the basics — low-fat dairy and fresh fruit — and you’ll get all the nutrition you need.

## Be a Blending Master

There’s more to making a great smoothie than tossing everything in a blender and hitting a button. Follow these rules from Cherie Calbom, author of *The Ultimate Smoothie Book*, to create champion drinks:

### Rule #1: Order Matters

For better consistency and to prevent blender back-up, liquids should be added first, then soft items like fruit and tofu, followed last by frozen items. “Sticky ingredients like nut butters and protein powders are best added after an initial blending of other ingredients so they don’t lodge to the side,” says Calbom.

### Rule #2: Fruit Not Ice

Ice tends to water down smoothies whereas frozen fruit adds a frosty thickness and creaminess. Besides, frozen fruit (especially berries) provides disease-fighting antioxidants sorely lacking in ice cubes. Instead of tossing out bananas that are riper than you’d like, Calbom suggests peeling them and then freezing in an airtight container, ready for use in future blender sessions.

### Rule #3: Save Leftovers

No need to toss those few ounces that won’t fit in your glass. Simply pour the smoothie mixture into Popsicle molds and freeze. “They’re refreshing on a hot day, and kids will love their new after-school treat,” says Calbom.

*Matthew Kadey is a Toronto-based registered dietitian, freelance writer and photographer (mattkadey.com).*

*Through inspiring stories about real women of all ages and abilities and practical guidance on training, health and nutrition, Her Sports + Fitness motivates women to achieve their fitness goals and stay active for life. You can sign up for a free newsletter at [www.hersports.com](http://www.hersports.com).*

## Babylonian Breakfast

An on-the-go morning meal full of nutrients and fiber

1/4 cup rolled oats

1/4 cup raisins

2 tablespoons almonds

2 tablespoons ground flaxseed

1/2 cup low-fat milk

1 cup plain low-fat yogurt

1 tablespoon fresh lemon juice

1 teaspoon freshly grated lemon peel

Pour milk into blender and add remaining ingredients. Blend on high speed until smooth.

**NUTRITION FACTS:** 286 calories, 13 grams protein, 36 grams carbohydrates, 6.5 grams fiber, 10 grams total fat, 2 grams saturated fat

# An Unlikely Family

By Valerie Reynolds

After 12 Boston marathon finishes, one would think that the entire process would get a little routine by now. The enthusiasm experienced during that first trip to Beantown has definitely subsided but a new focus has emerged in the process. For me, Boston isn't just about running a marathon. It is about experiencing "family."

This concept has eluded me my whole life. The word family to some conjures up images of relatives at the Thanksgiving table, or Christmas gift-giving or Easter picnics. Family is foreign to me. It is through my running that I came to understand family. Last time I was in the company of my grandparents on my father's side I was a baby. My grandparents on my mother's side I met too briefly to establish any memories. I never had brothers or sisters. I ended up living with a foster family when I was 17. My mother is still alive and somewhere... I prefer to keep it that way. Dealing with my circumstances as a child is one of the reasons I started running in the first place. My parents were divorced when I was two years old. My Dad and I reunited when I was 23. Forgiveness comes easily for me, and I decided when we met, I would not carry any burdens, but start from scratch and build a relationship from there. We ran our first Boston marathon together in 1994. Every year, when I mention going to Boston, folks ask me, "Are you going to see your Dad while you are there?" It is an odd situation that while he is my dad, he was never a dad to me. I don't want pity... it just is what it is. Family is something I have always wanted. However, I still consider myself "family-less." It is interesting that many people spend their entire lives trying to get away from their family, and I have always wanted one. How ironic is that?

It is through my running that I came to understand family. I think all those years when a person forms identities through being part of a family; I chose my family in the people I met through running. My family consists of members of the Peachtree City Running club, the Tri-PTC club, the Marathon Investment Group (which started from women members of the PTC running club), the Atlanta Track Club, and the people I meet at the marathons I participate in — especially the Boston marathon. I must be the luckiest person in the world because I get to pick my family.

So that leads me to this year's Boston Marathon. For the first time ever, it ended up just me and my Dad. His wife didn't go this year, my husband didn't go either. It was the first time ever that I can remember that it was just me and my Dad. However, this year's Boston experience wouldn't be without its challenges either. A major storm was headed for New England. I arrived on Saturday,

met him at the expo and afterward he took me to dinner — just the two of us. It was the first time I could remember having dinner with just my Dad. On Sunday, we went running in the sleet. We talked about running in cold wet weather. We perused an antique store as we both have an affinity for "old things." We sat at a pizza place for lunch and just talked for over two hours. Meanwhile, the wind howled and it rained, then it poured down rain, then it rained some more. It was two jackets, wool gloves, a head/neck scarf and a raincoat cold. On race morning, Dad went with me to catch the bus that takes the runners to Hopkington. Getting off the train (The "T") at the Boston Common, I very quickly noticed it wasn't as cold or as wet as the day before.

Peachtree City had a rather small group this year, but before Dad faded into the crowd, we managed to meet up with Bill Everage for the ride to Hopkington. Normally, I try to avoid all the chit chat on the bus. But these are Boston marathoners. I know these people. I know what they have been through to get here. They make up my Boston marathon family.

When we got to Hopkington, it really only rained lightly off and on. It looked like the land of the plastic bag people. Parts of Hopkington were just mud fields. It was warmer than the day before and less rainy. Deciding what to wear for the run, Bill and I both opted for the "less is better" approach and ended up

with shorts, sleeveless tops, and a jacket.

As we headed to the start corrals, it seemed to get warmer. All the hoopla about the weather and it was a perfectly glorious day for a marathon. 90 percent of the runners were overdressed. The mass of people created warmth, and not long after the start, both Bill and I took our jackets off. We were both sleeveless in a sea of people dressed like they were headed to Antarctica. I also knew it gets colder closer to Boston. After about 7 miles, the jackets came back on. The temperature was perfect with very little rain; however the blustery wind was a bit chilly at times. The clothing choice was perfect.

The highlight of the race was watching Bill's enthusiasm in running his first Boston Marathon. He went on to run his race. Me, I was just there as a participating spectator. I did a lot stopping and stretching an injured hamstring taking in all the sights and sounds. The crowds were thinner than normal. But I appreciated each and every person. They are my Boston marathon family. I count on them every year — the screaming, cheering girls at Wesley, the small home-made aid stations through the Newton Hills, the kids at Boston College. I noticed a couple getting married at the top of Heartbreak Hill. Even Dad was at the usual spot. I stopped and hugged and kissed him as I do every year. When I turned onto Boylston Street for the finish line, it was a familiar scene to me — just as grand and glorious as ever.

Afterward, we all reconnected — Dad, Bill E. and myself — and shared our stories. Bill ran superbly. Boston will certainly be a positive memory for him. I have participated in the process with



*Valerie Reynolds and her Dad brave the weather prior to the Boston Marathon on April 16.*



# Kids Fun Run

You couldn't ask for a more beautiful day for the annual Kids Fun Run held April 29 at the PTC amphitheater. Although it was the hottest run in recent memory, the kids all gave their best efforts and enjoyed beating the heat with post-race popsicles and ice cream. The fact that it was held this year on Sunday afternoon rather than Saturday morning caused a few logistical problems, but aside from a 911 call for an asthmatic child and a near-disastrous timeclock incident (in which Teresa Moore saved the day by having set her own watch — way to go Teresa!), the event was a complete success. A big thank you to all the volunteers who helped put smiles on the faces of over 100 kids and give them a head start on a lifetime of running. Congratulations to Coordinator Teri Besch on yet another great Fun Run!



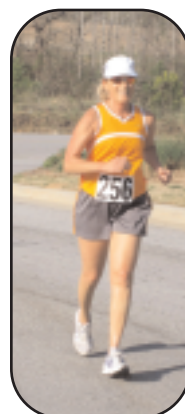
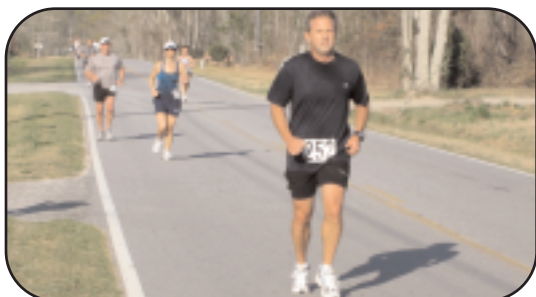
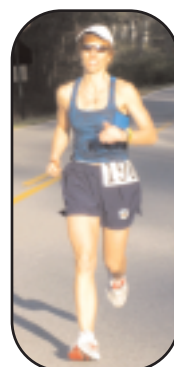
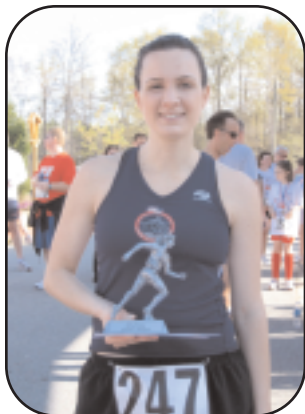


# Scenes from the Elementary Schools Grand Prix

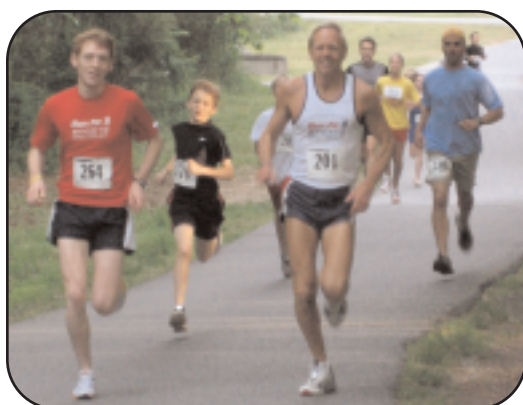
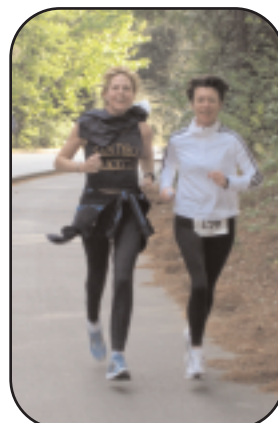
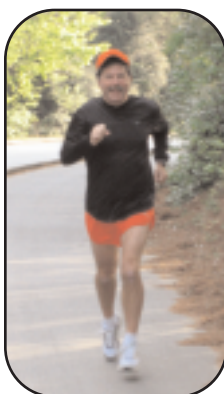
## — Oak Grove “Run for the Gold” March 17 —



## — OLV “Run for Victory” March 24 —



## Huddleston "Hustle" April 14



## Race Results

<u>Name</u>	<u>Event</u>	<u>Time</u>	<u>Info</u>
Marino Fuentes	ING 1/2	2:08	24th AG
Doug Fuentes	ING 1/2	1:46	
Bill Anderson	ING Marathon	4:05:18	
Valerie Reynolds	ING Marathon	4+	Marathon #71
Jan Bankieris	Atlanta Women's 5K	25:08	
Katie Bankieris	Atlanta Women's 5K	25:02	3rd AG
Bill Fuller	ING 1/2	1:44	
Rene Flaherty	ING 1/2	2:02	PR
Dan Flaherty	ING 1/2	2:24	
Alice Todd	OLV 5K, Sprint for Students 5K		1st AG
Rose & Ron Kempton			
Patrick & Jean Kearns	Buckhead Pub Run No times or winners but finishers got 2 beer tickets!		
George & Yvonne Martin			
Kelly Bowman			





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## Melissa Anderson Sets 5K PR at Georgia

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Club member Melissa Anderson recently completed her first year of competing with the University of Georgia track team. Melissa was a 4-year letter runner for McIntosh High School. Both she and her dad Bill figured her competition days were over after she graduated from high school, as only Oglethorpe had expressed any interest in her running in college. Melissa spent her freshman year at Georgia playing on two ultimate Frisbee teams, sustaining a stress fracture in the process. After sitting out her freshman year, Melissa missed running and decided to walk on the UGA team, despite her dad's comment that she wasn't "SEC material." Last fall, she worked out with the cross country team but didn't compete as she was still recovering from the stress fracture that sidelined her for almost three months over the summer.

This spring, Melissa competed in three track meets for UGA as a walk-on. She set her 5K PR on April 14 at the Spec Towns Invitational, running a 19:36.04. This was over a minute faster than her high school PR; she also beat one of Georgia's scholarship runners in the process. Coach Dave Hartman is happy to have Melissa on the team as she always works hard in practice, she enables him to keep one extra boy on the team due to Title IX, and her 3.77 GPA raises the average GPA for UGA athletes. This has become an important issue at Georgia after the negative publicity UGA has received from their football and basketball graduation rates.

The best part for Melissa has been proving her dad wrong about her ability to compete at the SEC level!



*Melissa burns up the track!*

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## Running Club Team Wins Golf Tournament at Flat Creek

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*Vern Schmitz, Rhonda Fuentes, and Bill Anderson*

The PTC Running Club team of Rhonda Fuentes, Vern Schmitz, and Bill Anderson won the Monster Scramble golf tournament at Flat Creek on March 11. This tournament consisted of 50 teams broken into four flights. The running club team won the second flight with a gross score of 68 and a net score of 64.2. This was only two shots higher than the gross score turned in by the Flat Creek professional threesome. The format was a 3-person scramble with the men playing from the gold tees (all the way back) and the women playing from the women's tees. The flags were placed on the sides of slopes or on the very edge of the greens. For example, on one hole, a five-foot birdie putt turned into a 30-foot par attempt after all three runners/golfers missed, and the ball ran down the slope immediately past the hole.

Rhonda Fuentes led the team all day as she was consistently booming 225-yard drives from the women's tees. She also made several key putts, as both she and Bill knew that the best putter (Vern) was always ready to putt last. After the round, the other teams were heard to grumble about Rhonda hitting from the women's tees and about how embarrassing it was to lose to three "flat-bellied runners."

## - Club Notes & News -

### Brooks 5K/10K

The "Brooks Beat" 5K and 10K races will be held May 12, and as usual, the longer race will be part of the PTCRC Grand Prix for the month of May. Friday night (May 11) the PTC Running Club will have a prediction run (5K) from the PTC City Hall/Library complex. You can run that as fast or as slowly as you like, remembering that the 10K the next morning is one of the few true "speed" events we have in our Grand Prix series. The May Grand Prix points are split evenly between the Friday night and the Saturday morning events. Brooks Elementary also sponsors a 5K as part of the "PTC Rotary Club Elementary School Grand Prix Series." The 5K begins at 8 a.m. sharp and the 10K begins at 8:30 so you can actually run both races! Applications are on the Brooks Web site at [www.brookselementary.org](http://www.brookselementary.org).

### 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 it is a run winding through some beautiful old neighborhoods. So reserve the date... May 26 (the Saturday before Memorial Day).

### PTC Running Club Golf Tournament

The 6th annual PTC Running Club Golf Tournament will be held Sat., June 23 at the Flat Creek Country Club. You can register on the club Web site or by e-mailing Roy Robison at [croyrunn@bellsouth.net](mailto:croyrunn@bellsouth.net). For those of you who have played in this "best ball" and "just for fun" tournament, you know it is one of the most fun things we do all year. So mark your calendar, and sign up today.

### Summer Track Series

Our annual Summer Track Series will begin on June 5 this year and will again be held at the Riley Field track on Wisdom Road. We will have events beginning at 6:30 p.m. every Tuesday night in June



*Peachtree City Running Club members Elena Etter and Bill Fuller join Florida Striders member John D'Antonis (right) at the post-race festivities for Jacksonville's annual Gate River Run 15K.*

(5th, 12th, 19th, and 26th) and also on July 10. The finals of the Track Series will be on July 17-18 (Tuesday and Wednesday nights). Registration for the events begins at 6:00. The summer track series is free of charge and is open to club members as well as the general public.

### Peachtree Road Race Buses

It's time once again to sign up for the 4th of July Peachtree buses. Here is the reservation policy:

1. Club members have priority for making reservations beginning at the May 7 meeting up through the June 4 club meeting.
2. Club members may make reservations for family members and friends.
3. To guarantee a seat, the fee must be paid at the time the reservation is made. Current fees are \$8 for members and \$16 for non-members. Fees are non-refundable.
4. After the club meeting on June 4, any remaining seats will be sold on a first-come, first-served basis to the public at large.

After the initial sign up at the May 7 club meeting, reservations may be made with Ann Henderson via e-mail ([ahendersonptc@hotmail.com](mailto:ahendersonptc@hotmail.com)) or phone (770-252-2260). Confirmations will be sent out via e-mail, and updated lists will be published periodically. A waiting list will be started once both buses fill up. If you have to cancel, please inform the V.P. so she can move people up from the waiting list.

As in the past, there will be two buses, a "party" bus and a "family" bus. The family bus will be alcohol free. The buses will depart from McIntosh High School parking lot NO LATER THAN 5:30 a.m. You should plan on being aboard by 5:15. Runners will be dropped off near the start at Phipps Plaza/Lenox Square and be picked up near the tennis courts inside Piedmont Park. We usually arrive back in PTC before noon.



*Bill Everage is bundled up against the unusual spring weather prior to the Boston Marathon on April 16. It was Bill's first time qualifying for Boston, and he ran it in 3:42:12. Congratulations Bill!*



# March Grand Prix



## Track Prediction Run

(Actual time 47:52)

Place	Name	Prediction	Difference
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### Men 50 and under

1st	Mark Ward	48:25	0:33
2nd	Mike Norman	46:58	0:54
3rd	Mark Hamilton	46:41	1:11
4th	Jake Hancock	49:40	1:48
5th	Vern Schmitz	44:37	3:15

### Men 51 and over

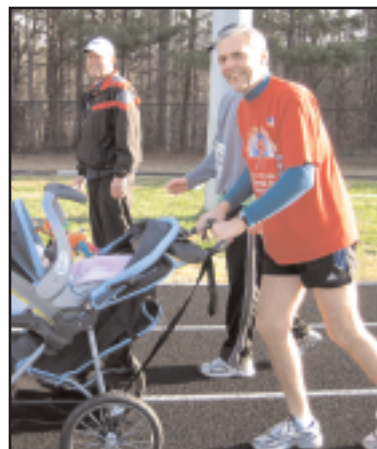
1st	Jules Desgain	48:00	0:08
2nd	Mike Warren	46:25	1:27
3rd	Lynn Fairley	46:12	1:40
4th	Normer Adams	45:15	2:37
5th	Bob Dalton	50:38	2:46

### Women 47 and under

1st	Margie Dam	46:21	1:33
2nd	Hannah Hancock	49:40	1:48
3rd	Karyn Staples	45:16	2:36
4th	Jane Hamilton	45:07	2:45
5th	Anne Chrzanowski	44:21	3:31

### Women 48 and over

1st	Sandy Tuman	46:33	1:19
2nd	Trish Vlastnik	46:17	1:35
3rd	Susan Berschinski	45:15	2:37
4th	Ann Shoemaker	44:45	3:07
5th	Ann Henderson	43:45	4:09





# April Grand Prix

## Adventure Run

### Open Men (50 and under)

1st place	Mark Ward
2nd place	Corey Thompson
3rd place	Bill Anderson
4th place	Vern Schmitz
5th place	Wes Wilkins

### Masters Men (51 and over)

1st place	Normer Adams
2nd place	Jim Crowley
3rd place	Mike Warren
4th place	Jules Desgain
5th place	John Waterhouse

### Open Women (47 and under)

1st place	Kim Ruple
2nd place	Valerie Reynolds
3rd place	Sheila Hegwood

### Masters Women (48 and over)

1st place	Sandy Tuman
2nd place	Patsy Bickford
3rd place	Pat Cote-Miles
4th place	Amy Stitt (tie)
4th place	Jan Bankieris (tie)

**For the complete Grand Prix Series results and current Standings, go to the club Web site at [www.ptcrc.com](http://www.ptcrc.com), and click on PTCRC Grand Prix.**

## Umstead Endurance Run

*(Continued from page 6)*

I thought back to my first race — a 5K on the road. And I remember thinking that was a big deal! Sarah was born to run, being 5 feet 8 inches tall, weighing about 112 lbs and having a list of running credentials almost as long as her legs! She is sponsored by Montrail. Her most recent victory was being the only woman ever to finish the Arrowhead 135-mile, self-supported trail race in the snow in Minnesota.

For me, the most difficult part of the run came in the middle of the night, when the body says, “Let me sleep!” There were times when I actually began to dream, if only for seconds — little microbursts of images that weren’t really there. Those were the hours when I needed the company of Sarah and Katharine the most. I’ve always felt very comfortable and at ease with both of them. That’s so important! They know me well enough to instinctively know when to talk and when not to. I owe them a lot, and can’t wait to crew for them some day! As a token of my appreciation, I gave them T-shirts that bore the slogan, “Women who behave rarely make history.” They were thrilled!

I really have no idea about how to best train for a 100 miler. Obviously, weekly mileage, including long runs, is important, but in reality, I think a huge part of it is mental. As Rob Apple once said, “You gotta want it bad!” This time I really wanted it bad. I knew, deep down, that this time I could do it. A positive attitude helps so much.

What’s next? I’m open to suggestions!

## An Unlikely Family

*(Continued from page 8)*

many first-time Boston marathoners, and like family memories, these are wonderful memories for me as well. My Dad and I had a celebratory dinner, and like every year, he headed back home to Agawam that night. This year added a new element in that I spent the next day with my stepson Zach. It was a bit colder with more rain than race day. We toured Fanueil Hall, did some shopping, had lunch at “Dick’s Last Resort.” When it was time to go home, Zach took me to the airport.

As it turned out, the weather was not a factor for the marathon — the runners were lucky. The days before and after weren’t so good. However, the airport showed signs of weather-related chaos. My flight was delayed for two hours. But like my marathon finish... I got there. When I pulled into my long, dark driveway at 11:30 p.m. Tuesday night, I was feeling like it had been a good trip. I went to run, not race, and even though I fell far below some previous Boston marathon finish times, I was content. I saw my Dad and built some more memories. I saw another first-time Boston marathon runner complete his Boston experience. I got to spend a day with my college-age stepson and share some laughs. I felt truly blessed. When I opened the door of my home, my five 4-legged friends were all there to greet me — tongues licking, 20 paws aprancing, tails wagging, bouncing and wiggling. They didn’t care how I had run — good or bad. Their unconditional love emanated from their eyes as they looked into mine. At that moment, I realized I was home and my loving family was there to greet me.

# Sponsor Spotlight

Jeff Warlick and Christine Jordan are full-time, full-service Realtors serving the Peachtree City and Fayette County areas. Their mission is to help others attain their housing dreams and goals while saving them time and maximizing their financial benefit.

Jeff & Christine are committed to diligently staying abreast of market and economic trends, changes in laws and regulations, and changes in our profession. They listen carefully to the needs of both buyers and sellers, and focus on communicating effectively and efficiently.

Their full service approach for sellers includes multiple professional pictures to help sell homes; staging a home to maximize a buyers appeal; Internet marketing to expand your home's marketing; expert negotiating skills for a winning solution; and open and continuous communication with clients.

Jeff & Christine are also committed to giving back to the community with their time and support. Jeff can be reached at 770-378-9747. You can also visit their Web site at [www.MakeGeorgiaHome.com](http://www.MakeGeorgiaHome.com).



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

## UPCOMING CLUB EVENTS

MAY 7 CLUB MEETING @ WYNDHAM • MAY 11/12 2-PART CLUB GRAND PRIX • MAY 12 BROOKS 5K/10K • JUNE 2 CLUB GRAND PRIX • JUNE 4 CLUB MEETING @ WYNDHAM • JUNE 5 SUMMER TRACK SERIES BEGINS • JUNE 23 PTCRC GOLF TOURNAMENT