

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MAY 2008

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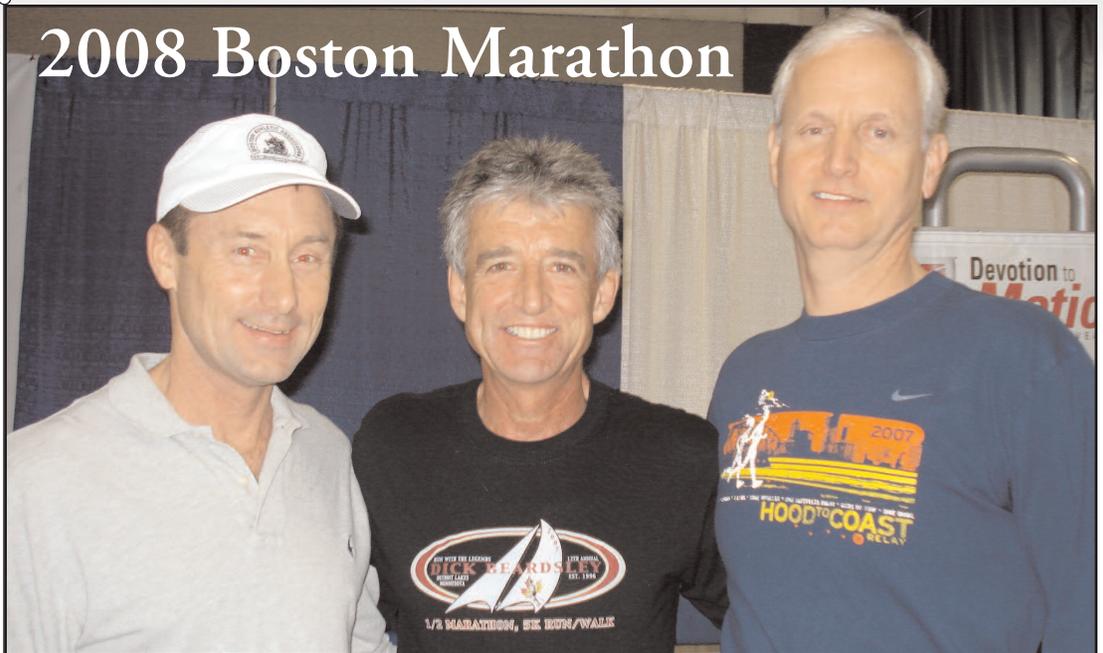
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2008 Boston Marathon



Club members Brad Mason (left) and Hal Wolfe (right) had the pleasure of meeting legendary runner Frank Shorter during their trip to the Boston Marathon.

By Brad Mason

Hal Wolfe, Gina Bolen, and Brad Mason comprised the 2008 PTCRC contingent for the 112th running of the Boston Marathon. Our consensus view is that Boston is equally challenging and exhilarating. For many runners, Boston is the pinnacle of what we've worked years to accomplish, and there is quintessential satisfaction to be attained from simply participating in this historic and prestigious event.

After a few cold and damp hours in the rather Spartan tent city of the "Athletes Village" (next time a blanket and ground cloth will be in the kit), the sky cleared and the conditions were nearly perfect for the race (50 to 60 degrees and mostly sunny). From start to finish, it's an amazing experience. One hears about the throngs of spirited spectators lining virtually every step of the route, but the full effect cannot be fully

described. Nor can the feeling of running in a pack that barely thins out over the entire course. One is warned of the downhills and to run conservatively, but until you experience the route in its entirety, you don't appreciate the net effect. There are minimal flat sections and once you do begin the climbs—however subtle—your legs are very conditioned to running downhill. The transitions are tough, and nearly every other rookie we spoke with shared the same observations (and the unusually sore quadriceps). The Boston Marathon commands your respect.

At the end, while not every goal may have been attained, Hal and Brad, who have trained together for nearly every step over eight months, had a great photo op with Frank Shorter (Olympic gold in Munich and silver in Montreal). When you go to Boston, take the time to savor the city, its great

(Continued on page 7)





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The Legacy is published six times a year in January, March, May, July, September, and November. The deadline for submission is the third Friday of the previous month. Please send all articles and photos to Rene Flaherty at rzflaherty@aol.com. Send race results to Bill Fuller at mki.kammann@ht-bbs.com.

NEXT DEADLINE:

June 20th



Spring Club Meeting Highlights

The complete meeting minutes are available in the members only section of the PTCRC Web site at www.ptcrc.com.

March

President Bob Dalton called the March 3, 2008 meeting of the Peachtree City Running Club to order at 7:30 p.m. at the Wyndham Conference Center. New members and guests were welcomed. A motion was made to approve the minutes of the February meeting as posted on the club Web site. Motion carried.

Guest Speaker

Mike Norman announced the guest speaker, Dr. Chris Andreone of Andreone Sports & Family Chiropractic in Peachtree City.

Reports from Officers

Activities V.P. – Mark Ward gave out awards for the January and February Grand Prixes. The next Grand Prix will take place at the Oak Grove 5K on March 15. Members may either run this race on race day or on the following Saturday.

Reports from Coordinators

Newsletter – Rene Flaherty said the *Legacy* newsletter is available on the PTCRC Web site.

Classic Race Director – Marino Fuentes said a couple of planning meetings have been held and we are off to a good start with this year's Classic. There are two proposed shirts on the PTCRC Web site, please vote for one of the designs.

School Support – Bill Anderson / Rose Kempton — 1st meet at McIntosh; timing help needed on Wednesdays.

Announcements

Alan announced that Operation Boot Camp is coming to Peachtree City on April 7, 2008. This is a 30-day exercise and nutritional program with a log book and 20 scheduled workouts. It is a 5 day a week program with homework on the weekends. Participants will meet at 5:30 at Drake field. A discount is provided for beginners. The cost is \$125 off the 1st month. Go to www.operationbootcamp.com for more information or call 888-7-Fit-Now.

Dave Olson announced that a print timer is missing.

Marion Fuentes announced that a clean up of the 10K course will be scheduled. Please plan to help out at this event.

April

The April 1, 2008 meeting of the PTCRC was held at Partner's Pizza after an informal run. President Bob Dalton called the meeting to order at 7 p.m. and recognized new members, visitors, and guests. Carolyn Gulick motioned for the minutes of the last meeting to be approved as posted on the club Web site. Marino Fuentes seconded the motion and it was unanimously approved.

Announcements

Bob Dalton recognized club members running the Boston Marathon – Hal Wolfe, Brad Mason, and Gina Bolen.

Bonnie Hancock thanked the volunteers and participants of the Oak Grove Run for the Gold. Cookies were donated to the club as a thank you.

Bill Fuller reminded interested runners to sign up for the Marine Corp Marathon to be held on Oct. 26, 2008. Registration begins April 30, 2009.

Roy Robison announced that the annual golf tournament will be held on June 21, 2008.

Next meeting will be Monday, May 5 at the Wyndham Conference Center.



A great big Thank You to Roy Robison and Carolyn Gulick for agreeing to take over the annual Kid's Fun Run for at least this year. This traditional club event will take place at 9 a.m. on the first Saturday in May. We look forward to having lots of kids take part again this year. And they certainly need club members to volunteer to ensure its success.

Those who took part in the ING Marathon and Half Marathon the last Sunday in March certainly had better weather than last year as temperatures were about 30 degrees cooler. We also want to extend our congratulations to those club members who went to

Congratulations Marlene Atwood!

Club member and RRCA Georgia State Representative Marlene Atwood was selected by the Road Runner's Club of America (RRCA) as the 2007 recipient of the Browning Ross Spirit of the RRCA Award. The award was created to honor the memory of one of the RRCA's founding members, Browning Ross, who died unexpectedly in April 1998. The award honors a club member who is an unsung hero. These are the people who champion the RRCA "tirelessly and with enthusiasm," but prefer to stay in the background, letting others bask in the spotlight, just as Browning did.

Marlene was the quintessential RRCA State Representative. During her eight-year tenure, she traveled the length and breadth of the state of Georgia visiting each and every running club and its representatives comprising over 6,600 runners. She has done yeoman's work for the RRCA, compiling the annual report for the conventions, arranging guest speakers, and representing the interest of the running clubs of Georgia. Marlene's positive influence on the RRCA and running in general are more than worthy of the Browning Ross award and truly exemplify what the award seeks to honor. We are proud of you Marlene!

Marlene joins an esteemed group of other club members who have been recognized on the national level by the RRCA for their outstanding work in the PTCRC:

Paul Blaum — 1996 RRCA Scott Hamilton Outstanding President of the Year Award

George Martin — 2005 RRCA Kurt Steiner Children's Development Award

Rene Flaherty — 2005 RRCA Jerry Little Journalism Award for Best Small Club Newsletter

We are truly privileged and honored to have such great folks in our club!

Boston – Gina Bolen, Hal Wolfe, and Brad Mason – all first timers! Gina finished the race in 3:57:55; Hal in 3:45:17, and Brad in 3:34:21.

Congratulations to club member Marlene Atwood who was selected by the Road Runner's Club of America (RRCA) as the 2007 recipient of the Browning Ross Spirit of the RRCA Award. You can read more about her accomplishments in the accompanying box.

Lou and Martha Boone are well into their hike on the Appalachian Trail. They started on February 29 and expect to complete all 2,174 miles by Lou's birthday on September 8. They have been given trail nicknames as is the custom of those who trek the Appalachian. Martha is '6 Iron' in honor of the six Ironman Triathlons she has completed. Lou is 'Cast Iron.' We'll have to get him to explain that one when they return in September. You can follow their progress through the trail journal on their Web site at www.louandmartha.com. There are lots of great pictures as well. As of the writing of this letter, they were in Damascus, Virginia and had completed over 425 miles on their way to Maine. Al Barker has more details on their adventures in his story on page 5.

The annual RRCA convention is scheduled for May 1-4 this year in Cincinnati in conjunction with the Flying Pig Marathon. For the first time in a number of years, the club will be sending a full contingent to represent the membership. Activities VP Mark Ward, Newsletter Editor Rene Flaherty, and Race Director Marino Fuentes will be attending the proceedings and will have a report on the RRCA activities when they return, to be published in the July newsletter.

The Summer Track Classic, the annual Golf Tournament, and the Peachtree 10K among other activities are all just around the corner. Be sure to join in the fun so you don't get left behind!

WELCOME NEW MEMBERS

Alan Conner (PTC)

Leah and Brent Liming (PTC)

Jill and Doug Lego (Fayetteville)

Brandi Osse (Fayetteville)

Phillip and Karina Stark (Newnan)

George and Cindy Voegtlin (Tyrone)

Al Wheeler (Fairburn)

Mark and Susie Spencer (Sharpsburg)

Evelyn White (Fayetteville)

Richard and Carol Zellner (PTC)

Carole Godwin (Tyrone)

Michael Cappas (PTC)



Tom Crofton

Hall of Fame Honoree

Editor's note: Tom was one of the inaugural inductees into the PTCRC Hall of Fame. When doing background for the Hall of Fame on the Web site, it was discovered that his bio never appeared in the Legacy. Our apologies to Tom.

Tom Crofton was one of the four individuals who founded the Peachtree City Running Club in 1981. Tom's contribution to and participation in club activities cannot be overstated.

In 1983, Tom served as the third Race Director of the Peachtree Classic. Tom's accounting and auditing background was put to good use in 1986 when he was elected as the club's treasurer. He again held that position in 1993, 1994, and 1997. Tom maintained the club's race calendar and processed race results in 1982, 1983, 1993, and 1994. He was the Newsletter Editor in 1982 and 1983. Tom was the Director of the Summer Track Series in 1995 and 1996. He was the original School Support Coordinator and held that position for 5 years from 1995 to 1999. While in that position Tom presented the very first Ronnie Godwin

Scholarships. He was also the Race Director of the Billy Mitchell Race. And finally, Tom was the PTCRC President in 1998.

Tom was one of the first PTCRC recipients of the RRCA National Volunteer Service Award. In 2003, Tom received the Most Improved Runner Award. Tom is a past winner of the PTCRC Grand Prix Series. It would be difficult indeed to find a member of the PTCRC who has been more successful as a runner. He has to his credit more than 25 sub-3-hour marathons (Boston, Marine Corp, etc) and, in fact, ran three sub 2:55 marathons in a 3-week period. His running began while in the 8th grade, and he ran in high school (Chicago and LaGrange) and then on to West Georgia College, and finally to a successful road racing career. Tom helped organize the very first PTCRC relay team. That team competed in Georgia's First Annual Lake to Lake in 1988. Tom has participated on several relay teams including the Hood to Coast (Oregon); The Colorado Relay; the Providian Relay (California); and the Lake Tahoe Relay.

Tom's PRs are as follows: 1 mi = 4:27; 2 mi = 9:36; 5K = 15:45; 10K = 32:58; 15K = 53:30; Half Marathon = 1:13:10; and Marathon 2:35. Tom is particularly proud of this family and their history of running. His wife, Mary Ann, has run a 4:26 marathon; his son Kevin was on the 1997 McIntosh State Championship Cross Country team and ran cross country for the U.S. Air Force Academy; his daughter Mary Katherine was a member of the 1998 McIntosh State Championship Cross Country team. Both Kevin and his son Michael have advanced in Scouting to the rank of Eagle Scout.

Boones on track after two months of hiking

By Al Barker



Club members Lou and Martha Boone are in good spirits as they continue on their quest to conquer the 2,100-mile Appalachian Trail.

Someone once said that organization is the key to success. That said, it looks to me like the Boones are destined to be among the lucky few to achieve their goal of walking all the way from Georgia to Maine.

My first clue to their resolve came on New Year's Day when I spotted the huge map of the entire length of the Appalachian Trail (AT) covering their refrigerator. I thought, these guys are serious! But that's what it takes.

I sat in awe as I listened to Lou describe in detail exactly how many calories they needed at each meal and the exact weight of the individual packets of dehydrated food in their packs. It seemed to me they had planned every-

thing in as much detail as is humanly possible.

I decided to have them over to my cabin in the North Carolina mountains when they hiked through in March to give them a little break from the trail. Lou's answer to my invitation was, "We'll provide the food if you'll provide the transportation." Sounded like a great idea, and it was!

I picked them up at the Nantahala Outdoor Center, a favorite stop off for thru-hikers as they are called. The Boones were on a first-name basis with most of the customers in the restaurant, as they had been seeing them, off and on, along the trails, for the previous two weeks or so. I'm sure they'll get to know many of them quite well during the next six or so months of hiking.

We spent the day at the cabin drinking beer, followed by steaks and wine, followed by more beer. Well, you get the picture! A good time was had by all, and they were back on the trail the next morning.

I learned a lot that weekend. Hiking the entire AT is an epic event that changes people's lives. Only about 15% actually make it all the way from Springer Mountain in Georgia to Mt Katahdin, Maine. The average hiker takes around six months for the 2,100 mile trip. The vast majority go south to north to take best advantage of the change of seasons. Lou and Martha started on Feb. 29 and hope to end on Sept. 8 — Lou's 70th birthday! What a way to celebrate!

Stay tuned to their Web site at www.louandmartha.com for day-to-day updates on their progress, and send them some cheer!

Runner's Roundup

MAY 2008 GEORGIA RUNNING EVENTS

5/10/08 Susan Komen Race for the Cure, Atlanta
 5/10/08 MSO 5K Allegro Walk/Run 08, Macon
 5/10/08 Tucker Road Race, Tucker
 5/10/08 Madison in May 5K/12K/1 mile, Madison
 5/11/08 Callaway Gardens 5K/Duathlon, Pine Mountain
 5/17/08 Running Chiefs 5K, Canton
 5/17/08 Elf Fun Run, Fort Benning
 5/17/08 FC Civitan's Old Courthouse 5K, Fayetteville
 5/17/08 Fontainebleau Forest 5K and Fun Run, Dunwoody
 5/17/08 Talk/Walk/Run, Roswell
 5/17/08 Mayor's Challenge 5K/10K, Alpharetta
 5/18/08 Hurricane Diamond Dash 5K, Monroe
 5/24/08 Mark Trail Memorial Day Invitational, Fairburn
 5/24/08 Peachstand Road Race, Locust Grove
 5/24/08 Welcome House 5K, Newnan
 5/25/08 Save our Skin (SOS) 5K, Atlanta

JUNE 2008 GEORGIA RUNNING EVENTS

6/01/08 Harris Jacobs Dream Run, Dunwoody
 6/07/08 10K Torture Trail Road Race, Eatonton
 6/07/08 BLIMPIE Gwinnett Road Race, Suwanee
 6/07/08 Bosnia Brze 5K, Jonesboro
 6/07/08 Virginia Highland Summerfest 5K, Atlanta
 6/14/08 GA 400 4-Mile Road Race, Atlanta
 6/14/08 Army "Hooah" 5K/10K, East Point
 6/22/08 Callaway Gardens Sprint Triathlon, Pine Mountain
 6/28/08 Magnolia Run 5K, Atlanta

Race Results

Bill Fuller	ATC/PTC 10K	44:54	1 st AG
Todd Davison	Naples 1/2 Marathon	1:30:08	
Gary Kolb	Knoxville Marathon	4:14:00	
Gene Reynolds	Snicker Marathon, Albany, Ga.	3:35:00	(qualified for Boston)

ING Georgia Half Marathon

Mark Ward	2:02:12
Paul Blaum	1:38:38
Melia Foley-Lane	2:09:41
Bill Everage	1:47:20
Doug Fuentes	1:46:17
Marino Fuentes	2:04:10
Masatoshi Fujimoto	1:44:41
Bill Fuller	1:40:49
Ann Port	1:39:43

ING Georgia Marathon

Michelle Binkley	3:52:01
Mark Hamilton	3:43:37
Wesley Wilkins	3:49:35
Holly Anderson	3:43:14
Gina Bolen	3:52:28
Anne Chrzanowski	3:41:52
Eric Huguélet	4:04:26
Paula May	3:44:22
John Mrosek	4:04:07
Chuck Smith	3:51:47
Jeannie Smith	3:59:51
Jed Smith	3:22:54

Boston Marathon

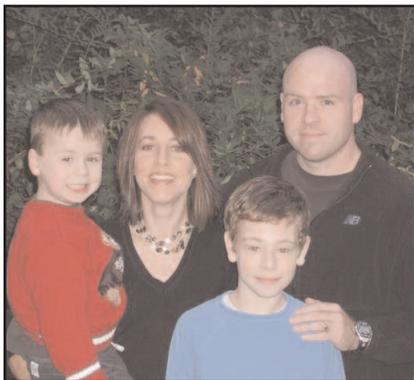
Brad Mason	3:34:21
Hal Wolfe	3:45:17
Gina Bolen	3:57:55



New Member Profile

2nd time's the charm for former club members

By Bob Dalton



Jed and Jeannie Smith with their sons Sam and Rex.

Jeannie works at home raising Rex, 11, and Sam, 5, along with their Shi-Tzu, Annie. Jeannie and Jed both run and hope to be more involved in the coming year.

Jed was born in Provo, Utah, but grew up in Riverdale and was on their High School Track and Cross Country team. He graduated from Georgia State with a B.S. in computer science and a minor in mathematics. He now works for AT&T in Information Technology as a software developer. It's no surprise then when he counts reading computer books as one of his hobbies, along with spending time with his family, watching movies, and of course, running.

Jeannie was born and raised in Jonesboro. She went to Georgia State University for two years before getting married and getting baby fever. She has been a stay-at-home mom ever since. She likes to run because it's something she does for herself and is a way to meet a lot of nice people. She started running four years ago to compete in the Blue Ridge Adventure race with Jed and her brother as a team and was hooked. Her favorite distance to run is 10 miles and her favorite race is the Atlanta Half Marathon because she "loves to run downtown." She has a 21:28 PR in the 5K, a 46:56 in the 10K, a 1:10 in the PTC Classic 15K, a 1:43 in the Half Marathon, and a 3:49 PR at the brutally hot 2007 ING Marathon.

Jed says "I enjoy running because of the way it makes my body and mind feel." With PRs of 5:04 in the mile, 17:34 for 5K, 38:30 for the 10K, and a 3:22 marathon at the 2008 ING, running is more than just a hobby for Jed. In fact, his favorite race is the annual Darkside 50K, which he has done for the last five years. "This race gives you the most running time per dollar spent. Seriously, it's a fun and challenging race here in Peachtree City with a great shirt and pizza afterwards. The weather is usually perfect and the volunteers are fantastic."

Asked to recount his most unusual running experiences, Jed says, "On the bad side, I've had D-cell sized batteries thrown at me from a moving car which fortunately missed. The worst thing I've actually been struck with was a fast-food bag filled with wrappers, napkins, ketchup packets, etc.

"Because I work downtown, a large majority of my runs occur around Atlanta. Not once, but twice I'm sad to say, I've found a nice dark place to relieve myself before noticing a homeless person within 10 feet of me after I've already 'committed.' On Peachtree Street, my running buddies and I noticed a solid trail of ketchup a good two blocks long which ended up being someone's blood."

On the plus side, Jed says he has a couple of memorable running experiences. "Although we weren't dating at the time, my wife Jeannie and I had the same P.E. class in high school and used to run a mile together on the track. Jed coached Jeannie running up to five miles and she said she would never run again... never say never! My other most memorable running experiences were running with my father Fred and brother Nathan in the 164-mile Lake to Lake relay and also in the Atlanta Track Club's 24-Hour Relay. I was on the Riverdale High School "B" team during the 24-Hour Relay. Although you could have up to 10 participants per team, we unfortunately only started with eight. Three dropped out early in the night, leaving us with just five runners who ended up putting in 32 miles that day." Sounds like it turned out to be one of those unintentional "character building" experiences.

Both Jed and Jeannie ran the ING Marathon again this year. Under much better conditions, Jed managed a 3:22 while Jeannie came in at 3:59. As for future running goals, Jeannie would eventually like to qualify for Boston while Jed just wants to be able to keep on hitting the roads and paths and continue to enjoy the benefits of running. Isn't that the beauty of running? You can set any variety of goals for yourself and still have a good time in the pursuit while enjoying the camaraderie and support of others in the running club.



Gina Bolen enjoys some free time before the start of the 2008 Boston Marathon in Hopkinton, Mass.

New Member Profile

Andy Foresman's future goal: a marathon medal

By Bob Dalton



Andy Foresman

Andy Foresman, 48, was born in Iowa, raised in Northwest Indiana, and lived in upstate New York, New Jersey, and Michigan, but has called the Peachtree City area home for the past 11 1/2 years. With a B.S. in Mechanical Engineering from Purdue University, Andy serves as Director of Engineering for Georgia Pacific's Gypsum Division. Married to Ann Marie DeJaneiro, a preschool teacher's aide, they have a son, Andrew, 17, a junior at Starr's Mill, and a daughter, Allison, 13, an 8th grader at Rising Starr Middle School.

Although he has only been running for about five years, Andy has already covered a lot of ground in such diverse places as Barcelona, Prague, Baja California, and many different U.S. cities and towns. He enjoys running because "it makes me feel good and feel good about myself [along with] the sense of accomplishment after finishing a race that you've trained diligently for, especially when you set a PR. And it helps control weight." In fact, Andy goes on to say, "Due mostly to running, I've been able to lose, and keep off, 50 pounds."

He joined the running club in order to "meet and get to know some fellow runners and help with some of the events staged for the community and schools." His favorite racing distance is the half marathon and his favorite race is the PTC Classic because it's "expertly organized; great route; fall weather; a reasonable distance (15K)." He has a 21:10 PR at the 5K and a 1:38 PR at the half marathon distance.

For future goals, Andy hopes to tackle the marathon distance sometime in the coming year. If the club members are any influence, it will probably happen sooner rather than later!

Boston Marathon a great experience

(Continued from page 1)

people, its history, and the wonderful food and drink. It's more than a race.

Race times for our local entrants: Brad Mason 3:34:21; Hal Wolfe 3:45:17; and Gina Bolen 3:57:55.

For those considering next year, we had a great experience with the Quincy Marriott. While a few miles south of town, the hotel is .7 miles from the "T" and if booked early, the AAA rates (or government if you are eligible) are very reasonable. It's easy to get to Boston, and there are ample amenities nearby. On race day, the hotel provided a shuttle (for \$10) to the Boston Commons to link up with the official bus convoy to Hopkinton. As one would expect — after 112 years — all administrative and support details were flawless. Boston exceeded our expectations and it's easy to understand why running this event gets in the blood.

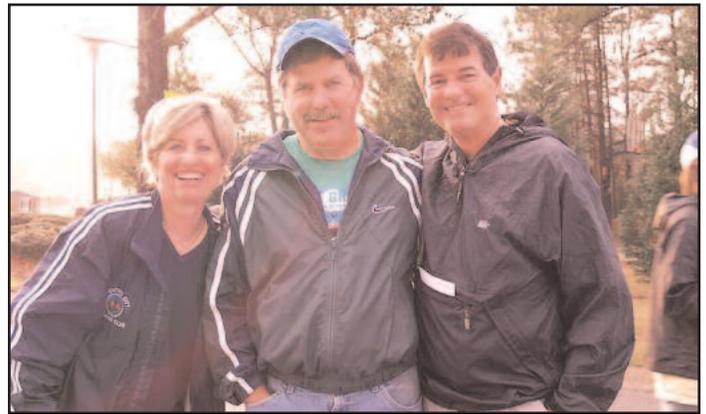
1,000 Mile Club Spring Update

1,000 MILE CLUB APOLOGY: At the PTCRC Christmas party, the 1,000 Mile Club Chairman failed to recognize that Jan Bankieris reached the 1,000 mile level for the year 2007. That was Jan's 8th year in the 1,000 Mile Club. Congratulations Jan!

NAME	YEARS IN	MILES	MEETINGS	VOLUNTEER	JACKET SIZE
1000 CLUB					
15,000 MILE CLUB					
BILL WERLUNG	19	408	4	8	20000 LG
LYNN FAIRLEY	16	62	1		NO
BILL FULLER	15	540	1	NO APPLICATION	NO
SUSAN MILLS	15	200	1		NO
10,000 MILE CLUB					
TERI BESCH	14	348	4	3	15000 MED
CAL DALEY	14	150	2		15000 XL
JOE WASSSELL	14	438	0	NO APPLICATION	15000 ?
ANN SHOEMAKER	13	350	2	2	NO
DAVE PIET	13	80	1		NO
BOB DALTON	12	631	4	2	NO
JERRY SHOEMAKER	12	450	1		NO
BILL ANDERSON	11	440	4	2	NO
JULES DESGAIN	11	355	2	3	NO
ROY ROBISON	11	410	4	3	NO
5,000 MILE CLUB					
BONNIE HANCOCK	9	178	3	1	10000 LG
STEVE HANCOCK	9	250	3	1	10000 LG
TRISH VLASTNIK	9	338	1	0	10000 MED
JAN BANKIERIS	8	300	1	NO APPLICATION	NO
BILL JOHNSTON	8	27	1		NO
CARYLE ROBISON	8	308	2		NO
MARK HAMILTON	8	151	0		NO
BEN GROSS	7	60	2		NO
DICK ALLUS	6	400	1	NO APPLICATION	NO
JANE HAMILTON	6	120	1		NO
MARINO FUENTES	6	351	3	1	NO
GEORGE MARTIN	5	260	2	1	NO
CATHY OLSON	6	276	3	1	NO
BOB SMITH	5	150	2	1	NO
MICHAEL WARREN	5	420	3	2	NO
RITA WESTON	5	202	1		NO
1,000 MILE CLUB					
BILL EVERAGE	4	190	2	2	5000 LG
RENE FLAHERTY	4	280	3		5000 SM
MELIA POLEY-LANE	4	149	2	1	5000 MED
ANN HENDERSON	4	225	3	2	5000 SM
PATRICK KEARNS	4	400	2		5000 XL
ROSE KEMPTON	4	289	2		5000 ?
SHANNON PHILLIPPS	4	25	1		5000 SM
TOM ROUND	4	350	2	2	5000 MED
CONSTANCE SAMBRONE	4	437	3	4	5000 SM
MARK WARD	4	389	2	2	5000 MED
BERNICE WASSSELL	4	292	1	NO APPLICATION	5000 ?
WES WILKINS	4	430	2	2	5000 MED
JOHN WATERHOUSE	3	90	3		NO
DAVE KETELSEN	2	267	2		NO
TERESA MOORE	2	400	3	2	NO
MIKE NORMAN	2	230	3		NO
ANASTASIA WALKER	2	153	2		NO
PATRICIA COTE-MILES	1	230	2	2	NO
RANDY DAUGHTRY	1	47	1		NO
JAKE HANCOCK	1	208	3		NO
SANDRA HORNING	1	0	1		NO
KIM RUPLE	1	230	2	3	NO
BETTY SMITH	1	10	1		NO
ED VISE	1	268	4		NO
1000 MILE CLUB ENROLLEES					
RAY BESCH	0	171	2	2	1000 XL
CAROLYN BOWEN	0	0	1		1000 MED
GINA BOLEN	0	643	3	2	1000 MED
CARLA BRADY	0	153	2	1	1000 MED
RUSTY BURNS	0	411	4	3	1000 LG
TIM COVERT	0	340	4	2	1000 LG
GREGG DAVIS	0	75	2	1	1000 XL
NICOLE DEGNER	0	360	1	NO APPLICATION	1000 ?
STEVE DORSEY	0	258	1		1000 ?
HANNAH HANCOCK	0	192	0		1000 ?
REBECCA HUNTINGTON	0	150	1		1000 LG
LEAH LIMING	0	432	2	2	1000 MED
MIKE MCCRARY	0	272	2		1000 MED
BRANCI OSSE	0	300	1	NO APPLICATION	1000 ?
JEANNIE SMITH	0	585	4		1000 ?
JED SMITH	0	951	4		1000 LG
JANE WELCH	0	360	1	NO APPLICATION	1000 ?
AL WHEELER	0	51	1		1000 XL
VON WOODS	0	150	1		1000 LG

PTCRC Spring Grand Prix Results

March Oak Grove 5K



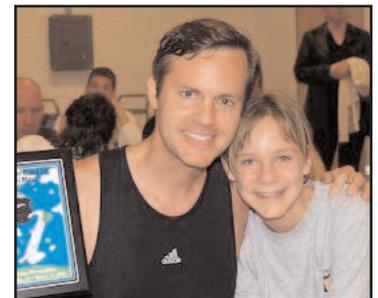
Open Men (50 and under)

Place	Runner	Time
1	Vern Schmitz	20.43
2	Wes Wilkins	21.22
3	Chris Chiong	21.27
4	Mike Norman	21.32
5	Hal Wolfe	21.49



Masters Men (51 and over)

Place	Runner	Time
1	Bob Dalton	19.47
2	Chuck Garwood	22.22
3	Ed Vise	22.47
4	Jules Desgain	23.38
5	Mike Warren	24.15



Open Women (47 and under)

Place	Runner	Time
1	Ann Port	21.24
2	Hannah Hancock	23.30
3	Kim Ruple	23:52
4	Heather Loridas	26.06
5	Leslie Degner	27.14



April Adventure Run

Open Men (50 and under)

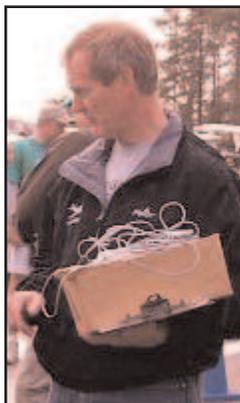
1st place	Vern Schmitz
2nd place	Wes Wilkins
3rd place	Chris Chiong
4th place	Mike Norman
5th place	Bill Everage

Open Women (47 and under)

1st place	Ann Port
2nd place	Teresa Moore
3rd place	Kim Ruple

Masters Women (48 and over)

Place	Runner	Time
1	Trish Vlastnik	24.57
2	Margie Dam	25.00
3	Jan Bankieris	26.07
4	Rene Flaherty	26.17
5	Patsy Bickford	27.14



Masters Men (51 and over)

1st place	Mike Warren
2nd place	Jules Desgain
3rd place	Roy Robison
4th place	Marino Fuentes
5th place	Patrick Kearns

Masters Women (48 and over)

1st place	Margie Dam
2nd place	Trish Vlastnik
3rd place	Sandy Tuman
4th place	Pat Cote-Miles
5th place	Ann Shoemaker

Overall Grand Prix Standings after 4 events

Male - Age 50 And Under

Place	Runner	Points
1	Wes Wilkins	275
2	Vern Schmitz	270
3	Bill Everage	210
4	Bill Anderson	180
5	Chris Chiong	160
6	Mike Norman	150
7	Steve Hancock	125
8	Tim Covert	110
8	Hal Wolf	110
9	Todd Davidson	105
10	Jake Hancock	80
11	Mark Hamilton	70
12	Rusty Burns	55
13	Ben Brown	50
14	Doug Lego	40
15	Brad Mason	30
15	Robbie Vernnon	30
16	Bill Brown	20
17	Alan Conner	10
17	Scott Allen	10
17	Mike Mccrary	10
17	Gary Kolb	10
18	Koya Takahashi	5
18	John Mrosek	5

Male - Age 51 And Over

Place	Runner	Points
1	Dave Piet	345
2	Marino Fuentes	290
3	Mike Warren	255
4	Jules Desgain	220
5	Patrick Kearns	205
6	Bob Dalton	165
7	Roy Robison	155
8	Normer Adams	110
9	Chuck Garwood	95
10	Ed Vise	85
11	Dan Twineham	80
12	Cal Daley	70
12	Bob Trombley	70
13	Bob Commerford	40
13	George Martin	40
14	Dave Gulick	25
14	Jim Crowley	25
15	Lynn Fairley	20
15	Dick Allis	20
16	Tom Round	15
16	Bill Werling	15
17	Tom Crofton	10
17	Ben Gross	10
17	Dave Olsen	10
17	Ray Besch	10
17	John Waterhouse	10
18	Jerry Shoemaker	5
18	Roger Dam	5

Female - Age 47 And Under

Place	Runner	Points
1	Ann Port	295
2	Kim Ruple	255
3	Jane Hamilton	180
3	Bonnie Hancock	180
4	Heather Loridas	170
4	Hannah Hancock	170
5	Leslie Degner	150
6	Teresa Moore	120
7	Nicole Degner	105
8	Ann Blaum	70
8	Sandra Romanow	70
9	Brandi Osse	50
10	Julie Jackson	40
10	Kelly Bowman	40
11	Melia Foley-Lane	35
12	Shannon Phillips	20
12	Jill Lego	20
13	Valerie Reynolds	5
13	Kim Bramblett	5
13	Sue Bozgoz	5
13	Gina Bolin	5

Female - Age 48 And Over

Place	Runner	Points
1	Rene Flaherty	220
2	Trish Vlastnik	210
3	Margie Dam	205
4	Pat Cote-Miles	195
5	Jan Bankieris	185
6	Sandy Tuman	165
7	Patsey Bickford	140
7	Kim Garwood	140
8	Teri Besch	135
9	Martha Boone	120
9	Ann Shoemaker	120
10	Alice Todd	115
11	Bernice Wassell	100
12	Ann Henderson	95
13	Cathy Olsen	70
14	Rose Kempton	65
15	Amy Stitt	40
16	Carolyn Gulick	15
17	Judy Jensen	10
18	Mary Ann Crofton	5
18	Susan Mills	5
18	Mary Nowak	5
18	Susan Berschinski	5

18	Dan Flaherty	5
18	Gary Kolb	5
18	Joe Wassell	5
18	Lou Boone	5
18	Bob Smith	5
18	Jeff Warlick	5
18	Jim Tuman	5

- Club Notes & News -

Marine Corps Marathon

This will be the last reminder for the Marine Corps Marathon on Oct. 26. Registration for the MCM opened April 30 and fills up fast so don't delay in signing up. A block of rooms are being negotiated at the Holiday Inn Capital. It's a great location and we have used it before, but **DO NOT CALL THE HOTEL YET**. A further e-mail will be sent when we have agreed on the contractual terms. The rate is a little higher this year because there is an expo in town as well as the MCM. Rate for two beds, 1-2 people is \$189, for 3-4 people, \$199, with a two-night minimum Saturday and Sunday. The cancellation policy is 72 hours before arrival.

The following is a list so far of club members who are going to MCM or have a strong interest: Bill Everage, Bill Fuller, Mark Ward, Jerry Shoemaker, Bonnie & Steve Hancock, Mark & Jane Hamilton, Carolyn Bowen, Scott Spiegel, Mike McCrary, Trish & Jane Vlastnik, Mike Warren, Wes Wilkins, Tammy & Matthew Angrisani, Leah Liming, Vern Schmitz, Glenn Silbert, Gina Bolen, Fred & Ann Port, and Chuck Smith.

Please promote the Marine Corps Marathon with other club members and friends. It is really a good goal to set with plenty of time to train, and it's in a beautiful city. For more information, e-mail Bill Fuller at mki.kammann@bt-bbs.com.

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 it is a run winding through some beautiful old neighborhoods. So reserve the date — May 24 (the Saturday before Memorial Day). For more information, contact George Martin at r2sun98@mindspring.com.

PTC Running Club Golf Tournament

The 7th annual PTC Running Club Golf Tournament will be held Sat., June 21 at the Flat Creek Country Club. You can register on the club Web site, fill out the entry form on page 11 of the *Legacy*, or e-mail Roy Robison at croyrunn@bellsouth.net. For those of you who have played in this "best ball" 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 3 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 (3rd, 10th, 17th, and 24th) and also on July 8. Registration for the events begins at 6:00. The finals of the Track Series will be on July 15-16 (Tuesday and Wednesday nights). The summer track series is free of charge and is open to club members as well as the general public.

Paddle the Flint River

The Georgia River Network sponsors a paddle trip each year, and from June 21-27 it's the Flint — right in your own backyard. You can canoe/kayak any part or all of what has been described as the "most scenic river in Georgia." Easy canoeing, incredible scenery, catered meals, speakers, entertainment, new friends, camping under the stars (or indoors, if you prefer) — you'll have a great time. Although the application says you have to go the first two days or the entire time, arrangements have been made to allow canoeists to swap out along the way.

If you can't participate, please consider sponsoring a canoeist for 10 cents a mile, 25 cents, a dollar, whatever you can. The largest percentage of the proceeds will go towards the formation of a Flint Riverkeeper organization, dedicated to preserving the waters and watersheds of Georgia.

For more information and to sign up, go to www.garivers.org. You can also call Phil Jones (678-642-3239), or Ed Outlaw (770-631-8503). Half the 300 slots are already taken, so check it out soon. Hope to see you there in June!

Running the nation for 50 years!

1958 - 2008

Look for details of the 50th anniversary RRCA National Convention in the July issue of the *Legacy*!

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 5 meeting up through the June 2 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 2, 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 5 club meeting, reservations may be made with Mike Norman via e-mail (mnorman172@bellsouth.net) or phone (678-364-0875). 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 he 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. We usually arrive back in PTC before noon.

PTCRC 7th ANNUAL GOLF TOURNAMENT

The 7th Annual PTCRC Golf Tournament will be held on Saturday, June 21, 2008, at 12:00 PM at the Flat Creek Club. The format will be the same as last year (4 person teams, best ball). Team handicaps will be figured using the Scully Handicapping System for Scramble Tournaments. The entry fee is \$10.00/person. Green fees are \$55.12 or member fee. Awards to top 3 teams and 2 longest drives and 2 closest to the pin.

Looking for 2 volunteers to drive the beverage cart.

Please fill out the form below and mail to (or submit answers via email) to:

Roy Robison
806 Carradale Ct.
Peachtree City, GA 30269 or
Via email at croyrunn@bellsouth.net.

Name: _____ Phone : _____ Email: _____

Are you a PTCRC Member? Yes/No _____

Are you a member of Flat Creek/Any other member club? Yes/No _____

What was your best 18 hole score during past year? Score _____

What was your best 18 hole score ever? Score _____

What is the "best possible" score you could shoot now? Score _____

If you have an established handicap now, what is it? Handicap _____

Are you willing to serve as a team captain? Yes/No _____

List any player/players you would like to be paired with (If you want to submit a 4-person team (or less than 4 members included on the same team, an application must be forwarded for each team member)

NOTE: The entry fee of \$10.00 can be paid to Roy Robison prior to the event.



In The Sponsor SPOTLIGHT This Month

The Rotary Phonebook

The Rotary Phonebook has been a Classic sponsor for three years. This unique Phonebook began as a community service project of the Rotary Club of Peachtree City 35 years ago when, believe it or not, Peachtree City did not even have a telephone book. The Rotary Phonebook is now a separate company, owned and operated by the PTC Rotary Club, serving all of Fayette County, with profits used to fund over 30 community service projects both locally and internationally. One of the most notable projects is the PTC Rotary Club Elementary School Grand Prix series. With \$5,400 seed money donated from the Rotary Club Phonebook each year, 14 Fayette County elementary schools have sponsored 5K fund-raising races that last year raised over \$100,000 for local elementary schools. In addition, the \$2,000 Classic sponsorship is used to support kids running clubs in 11 of our local elementary schools. The PTC Rotary Club is an organization that has been actively involved in the betterment of our community for more than 40 years. For more information or to advertise in the book see www.rotaryphonebook.com.



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

UPCOMING CLUB EVENTS

MAY 3 KIDS FUN RUN • MAY 5 CLUB MEETING @WYNDHAM • MAY 9/10 2-PART CLUB GRAND PRIX • MAY 10 BROOKS 5K/10K • JUNE 2 CLUB MEETING @WYNDHAM • JUNE 3 SUMMER TRACK SERIES BEGINS • JUNE 7 CLUB GRAND PRIX • JUNE 21 PTCRC GOLF TOURNAMENT