

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

NOVEMBER 2007

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## PTC Classic Oct. 20, 2007

*Runners in the Women's 5K traverse the scenic cartpaths of Peachtree City, a hallmark of the PTC Classic.*

**By George Martin**  
**Race Director**

Twenty-seven years in a row is a long time to do anything. But when it is a complex event involving several thousand participants, 225 volunteers, thousands of spectators, the police department, fire department, public works, hundreds of children, tons of food and drink, and tying up the traffic of the town, it becomes an even more formidable challenge. Oh, yeah, throw in a Kid's Marathon Finish and a Corporate Challenge, make it all "customer-friendly," and don't make any mistakes.

In short, it is a huge leap of faith to believe it will all somehow come together. And yet the members of the Peachtree City Running Club do that year after year. Not only do we do it every year, but we continue to attract a large body of runners from all over the Southeast who come back year after year.

"It is always so well organized and it is a beautiful course," according to Christie Jones of

Cataula, Ga. "You set the standard for races with your fall Classic," wrote Col. Kevin Kerns of Ft. McPherson. And their comments echo those of so many other runners who appreciate how much work it takes to make the Classic a success every year. Stop and think about it. The PTC Running Club is not that big. For such a small club to do such a first-class event is a huge challenge.

The members of the Peachtree City Running Club really do need to be proud of what we put together every year for the benefit of the running community, not just in Peachtree City but for the many people who drive in from Alabama, Florida, Tennessee, South Carolina, Ohio, and this year from as far away as Ontario, Canada. It truly is a great event and is appreciated by more people than you can imagine. Thank you everyone.

*For more Peachtree City Classic race coverage, see pages 4-6.*



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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](mailto:rzflaherty@aol.com). Send race results to Bill Fuller at [mki.kammann@ht-bbs.com](mailto:mki.kammann@ht-bbs.com).

**NEXT DEADLINE:**  
**December 21st**

# Fall Club Meeting Highlights



*The complete meeting minutes can be found on the club Web site at [www.ptcrc.com](http://www.ptcrc.com) in the Members Only section.*

## September

President Bob Dalton called the meeting to order at 7 p.m. at Partner's Pizza in Peachtree City. A motion to approve the minutes of the last meeting as posted carried unanimously.

### Reports from Officers

*Admin V.P.* – Ann Henderson – October is a business meeting and there will be no guest speaker. The speaker for the November meeting is Dr. Matzkin, a Lasik Surgeon with the Eyesight Lasik Center.

*Secretary* – Tom Round – Any club business for the secretary should be sent via email or called in by phone.

*Treasurer* – Hal Wolfe – Reported that as of 09/04/07, our total assets include \$10,185.44 in the Talbot State Bank Account and \$35,263.86 in Money Market Accounts (CDs), for a grand total of \$45,449.30.

### Announcements from the floor

Bill Fuller announced that the annual Hood to Coast Run was held on Aug. 25-26, and the club entered a team for the 10th consecutive year. A total of 12 runners completed the 196 miles in 26 hours and 34 minutes.

The next regular club meeting is scheduled for 7:30 p.m. Mon., Oct. 1 at the Wyndham Conference Center. The meeting was adjourned at 7:18 p.m.

## October

President Bob Dalton called the meeting to order at 7:31 p.m. at the Wyndham Conference Center. A motion was made by Bob Smith and seconded by Marino Fuentes to approve the minutes of the last meeting as posted on the club Web site. Motion carried unanimously.

### New Business

Race Flyers were available for the First Annual Goblin 5K in Newnan on Sat., Oct. 27 at 5 p.m.; the Harvest Classic 5K at 8 a.m. on Sat. Nov. 3 at New Hope Baptist Church; the Peachtree City 50K and Inaugural 25K at 7:30 a.m. on Sun., Nov. 11; and the Wellspring Benefit 5K on Nov. 17 at 9 a.m. at Partner's Pizza in Peachtree City.

Jake Hancock explained a science project he is working on that seeks to determine the effects of caffeine on running. He passed around a sign-up sheet for volunteers to run on a treadmill for 30 minutes on two separate days while their heart rate and blood pressure are monitored. One day will be caffeine free, and the next day participants will run 45 minutes after consuming 300 mg of tea. Participants are required to fill out a waiver.

Bill and Jeanne Daprano were recognized for their accomplishments. Bill celebrated his 80th birthday recently and Jeanne is "somewhere in her early 70s." Jeanne set the world record for the mile in her age group this past May and is featured in "Fast Forward," "Running Journal," and "Running Times," and is the "Geezer Jock of the Year" nominee. On a recent trip to Italy to compete in the World Master's Championships, they were truly outstanding again in their age groups. Bill placed 4th in the decathlon, 6th in the javelin throw, ran on the silver medal winning 4x100 team, and was a member of the gold-medal winning 4x400 team that set two national records. Jean won the gold medal in the 800 and set the world record in the 400 while winning bronze in the 1500, silver with the 4x100 team and set a gold-medal winning world record with the 4x400 team.

Bill Anderson will chair a committee to search for club officer candidates for the coming year. Hal Wolfe will run again for Treasurer and Bob Dalton for President. Vacant offices include Administrative Vice-President, Activities Vice-President, and Secretary. Hal Wolfe and Steve Hancock will serve as Executive Committee members of the search team, and Bill Anderson will appoint two members at large in order to comply with club by-laws.

*(Continued on page 7)*



In the November issue last year, I spoke of the gift of running, jogging, and walking and how they are only some of the many things for which we should be grateful. The season of Thanksgiving is upon us once again and we in the club are blessed to have completed yet another successful Classic. Scores of volunteers led by

George Martin once again came together

in perfect synchronicity to ensure that our premiere event was flawlessly executed. I offer my own profound thanks to all who made it happen.

Dave Purinton, President of the Huntsville Track Club (HTC), and I have crossed paths several times at the annual Road Runner's Club of America (RRCA) conventions. The HTC is one of the largest and most active clubs in the southeast if not the U.S. and always has the largest contingent of representatives at the annual RRCA convention. Dave always writes thoughtful, heartfelt letters in his President's column for his club's newsletter. In the Sep/Oct issue, he writes of his trip to attend the IAAF World Track and Field Championships this past summer in Japan and notes that he saw basically two types of runners.

He says, "The first were the athletes who seem to be running for glory. To get a medal and the fame that goes with it...the athletes from this first group had attitude. They were the ones very focused on style. They were the ones who didn't bother to take off their sunglasses when they were being interviewed, even though their races were at night. They were the same athletes who didn't bother to attend the closing ceremonies out of respect for the host country. They were the athletes who shamelessly paraded in front of the camera to get as much media coverage as possible. Their sole reason for running seemed to be glory and to hear their name before the crowd.

In my mind there are two camps of athletes...The ones who recognize their talent as a gift, and seek to honor what they've been given with hard work and humility. And the other set who seek to be honored because of their gift.

An athlete that impressed me was Tyson Gay. Not because he won triple gold or ran blisteringly fast, but because he exhibited humility that unfortunately is all too often absent from professional and non-professional athletes these days. In an interview, he expressed not only his gratitude for the gift God had given him, but his reliance on that gift for his success. Tyson knew that his running meant more than a gold medal or applause while he stood on the awards podium. He knew it was an expression of God's glory."

David ends by saying, "We should strive for greatness. To not do so would mean squandering the gift. I'm also not implying that just because an athlete pays some lip service to God that their intentions are [more honorable] than anyone else's. If their heart isn't

really behind what they say, then their words are just noise. What I am saying is that our running should be about more than what we get. It's about what we've been given and what we give back when we reflect an understanding that it's not all about us. Seeing someone run to the heights of their ability with a humble heart is a beautiful thing to watch."

David Purinton touches on an important aspect of athletics in general in his letter. It is very easy to become jaded and cynical with the latest revelation by Marion Jones that she was lying all along while denying taking banned performance enhancers. And now it looks like she will be forced to give up her five Olympic medals and will probably be banned for life. She was obviously running for the wrong reasons – personal glory at the expense of her own integrity.

At the amateur level where most of us compete, there's not a lot of glory to be found – certainly not at the national level. Occasionally placing in our age group in a local 5K is about as much as any of us can expect. Our motives are likely more pure – fitness, camaraderie, and fun. So the next time you think about it, take a moment and give thanks that we have a running club that promotes these values and provides a multitude of programs and events built on them. Have a Happy Thanksgiving!

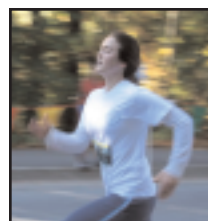
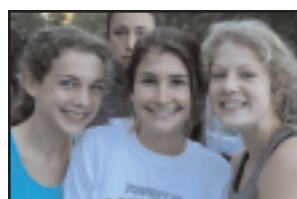
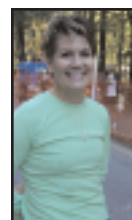
## WELCOME NEW MEMBERS!

Leslie Degner (Peachtree City)  
Thomas Miller (Newnan)  
Andy Foresman (Fayetteville)  
Cyndy Schroeder (Newnan)  
Jennifer Watts (Tyrone)  
Kevin Haight (Fayetteville)  
April Evans (Peachtree City)  
Elizabeth Macnamara (Tyrone)  
Norman Hough (Fayetteville)  
Sandy Arrington (Fayetteville)  
Dawn Zier (Peachtree City)  
Ann Jackson (Peachtree City)

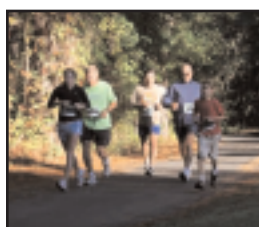
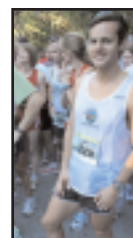
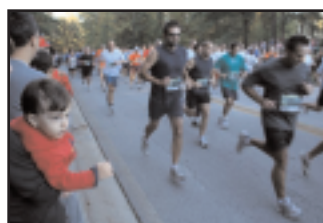
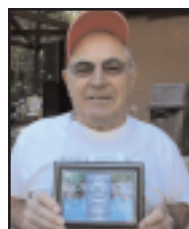
The membership period for joining and renewing membership for 2008 began on Oct. 1. Regular members can renew membership anytime; you don't have to wait until you get a renewal notice/invoice via e-mail. Just print out the membership application on page 15 and mail it to Membership Chairman Mark Ward at 370 Pendleton Trail, Tyrone, GA 30290. We need a signed membership application on file each year for insurance purposes so don't just send in a check. Renew now and you'll get all your great Peachtree City Running Club benefits through December 2008!



# PTC Classic Scrapbook



*Race Director George Martin*





# October 20, 2007



Subject: 2007 Peachtree City Classic

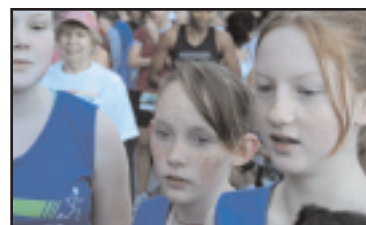
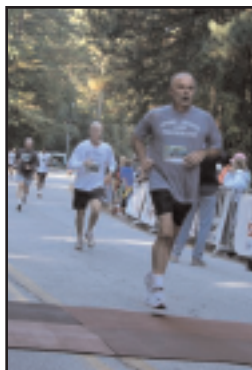
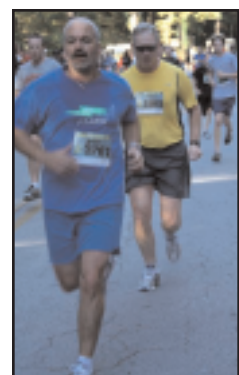
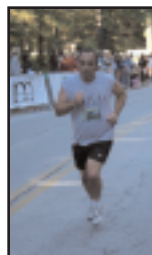
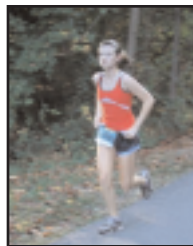
22 October 2007

A personal thanks to you and the entire running club for putting on a great race. Once again, you set the standard for races with your fall classic, the Peachtree City 15K/10K. After running through the hot summer, it becomes more enjoyable each year to run in your race and take pleasure in an ideal autumn morning. I cannot imagine all the work and preparation that goes into organizing a race, but a special thanks to all:

- The organizers who take it upon themselves to ensure another great race is held
- The individuals staffing envelopes and bags with materials
- Those who took the registrations, and handed out race packets
- The road guards directing runners and holding back traffic
- The individuals handing out water and gatorade
- The folks cutting off chips at race-end, picking up afterwards
- Those handing out sweatshirts
- And yes, yes, even the music at ceremonies.

Like most runners, we try to support the sponsors and vendors whenever possible, but for those who do not hear our thanks at the cash register, I just wanted to take a moment and let everyone know how much the local community appreciates their hard work.

*Katie Korta*  
Katie Korta



# Fayette Corporate Fitness Challenge

This year's Fayette Fitness Challenge, coordinated by Karyn Staples, was once again a great success. With a dozen teams and nearly 200 participants, the "Challenge" served its purpose of creating an opportunity for some great corporate team-building, introducing many new runners and walkers to the Classic, and helping to increase the financial support of our club and our community service programs. Below are some of the teams showing off their team spirit. Congratulations to all!



*Gardner-Denver*



*Panasonic*

Fayette Fitness Challenge Corporate Winners		
<u>Team Name</u>	<u>Division</u>	<u>Place</u>
Panasonic	Corporate - Large	First
Chick-fil-A	Corporate - Large	Second
Hoshizaki	Corporate - Large	Third
Gardner Denver	Corporate - Medium	First
FC&A	Corporate - Small	First
U.S. Army	Government - Large	First
Army Reserve	Government - Medium	First
City of PTC	Government - Small	First
PTC Physicians	Medical	First
Center IMT Atlanta	Medical	Second
Oak Grove	Schools	First

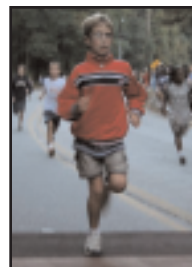
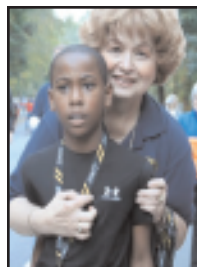


*Chick-fil-A*

## 2007 Kiwanis Kid's Marathon Finish

This was the fourth year of our Kid's Marathon Finish and the first year of a multi-year agreement with the Peachtree City Kiwanis Club as the title sponsor. And this year was the most successful ever. About 2,000 kids now participate in "in-school" running clubs, and nearly 100 kids qualified to run on race day by doing at least 25 miles prior to the Classic.

This year, the Kiwanis Club was out in force to help at the finish line. Those handing out medals to finishing kids included the new Kiwanis President, Brig. General Joe Frazer (Ret), and our own Peachtree City Mayor Harold Logsdon. Gen. Frazer commented, "I think it was a great event. The eight Kiwanians thoroughly enjoyed the morning, and all felt that we gave our money to a worthwhile cause. Bottom line, it was a super morning and I thank you for inviting Kiwanis to be your title sponsor for the Kid's Marathon."





## Chicago 2007

# Marathon meltdown from a 'local' perspective

By Kath Jones

After months of the usual preparation for such an event, it was time to test ourselves on the 2007 Chicago Marathon course. Peachtree City Running Club members Mark Ward, Mark Hamilton, Steve and Bonnie Hancock, Bill Fuller, Marino Fuentes and me, Kath Jones (a member by association with those mentioned) were ready for the challenge. Or so we thought! With the usual scanning of the weather forecast from 10 days out, Oct. 7 was looking less and less conducive to running a marathon.

Starting at 8 a.m., signs of a "bad day at the office" were looming. Water and Gatorade became scarce around the 2-3 mile mark, and at subsequent water stops, there was a mad scramble to find a cup, let alone water. The leading groups were not having the same problems; typically, it was the runners in the middle and back end of the pack who suffered most.

Three-and-a-half hours into the marathon, with the temperature climbing to 88 degrees and the humidity at 97%, race officials made the only decision open to them, and that was to stop the race and cut it short. Although many runners were disappointed, medical assistance had been stretched to the limit and was unable to handle the sheer numbers of people literally collapsing where they stood.

Bill and Mark Hamilton were within sight of the finish line when the race was called and went on to complete it running. (Mark now has bragging rights over Bill until the next marathon as his chip time was actually a minute less than Bill's.) Mark Ward, Steve, and I were well past the half-way mark and were allowed to finish. However, we were told by police and firefighters that we could only walk to the finish. Bonnie was diverted with her group back to the start at Grant Park to complete the run early. Marino was the cleverest of the group and called it a day at the 13-mile mark.

Despite the disappointment of the weather, we all managed to enjoy Chicago. Bill as usual found a great restaurant for us all to enjoy at the end of the day. Mark Ward surpassed his previous best record by not only finding one lady to bring out to dinner but two! When he wasn't running, Steve was watching football at every possible moment and forced Bonnie and me to sit through just one more game. It was a big weekend for Steve and Bonnie as their beloved Tennessee gave the Georgia Bulldogs a bit of a caning. To make matters worse, I came back from the expo only to discover that the three shirts purchased for me and Graeme just happened to be orange and white!

So, in typical style, it's never again... or maybe just until next time! It was wonderful to catch up with many of you while I was in the U.S. I'm now back in Australia and am already planning my next trip back with the excuse to run, drink coffee or G&T and have more fun times with you crazy runners from the Peachtree City Running Club!



*Despite the disappointment of a shortened marathon after coming all the way from Australia, Kath Jones still managed to have fun in Chicago!*

## October Club Meeting Highlights

*(Continued from page 2)*

### Reports from Officers

*Admin V.P.* – Ann Henderson passed around a sign-up list for the bus to the Atlanta Half Marathon on Thanksgiving Day. The cost is \$8 for members and \$12 for guests. The first 56 paid will fill the bus. The speaker for the November meeting is Dr. Matzkin, a Lasik Surgeon with the Eyesight Lasik Center.

*Treasurer* – Hal Wolfe sent a report via email stating that as of 10/01/07 our total assets include \$16,815.90 in the Talbot State Bank Account and \$35,556.29 in Money Market Accounts (CDs), for a grand total of \$52,372.19.

### Reports from Coordinators

*School Support* – Bill Anderson reported that Emily Borsare is doing quite well at the University of Louisville.

*Social Events* – Teresa Moore reminded everyone there is only one more regular meeting before the Christmas party. She encouraged everyone to sign up now. The party is Dec. 15 at the Tyrone Depot (same place as last year). The cost is \$20 per person. We will be looking for a social event coordinator for next year since Teresa is stepping down to spend more time with her children's activities and her now full-time job.

*Membership* – Mark Ward is the new membership coordinator, effective immediately.

The next regular club meeting is scheduled for 7:30 p.m. Mon., Nov. 5, at the Wyndham Conference Center.

# The 'Old Home Place' Road: Searching for roots in the Nebraska heartland

By Valerie Reynolds

I have heard stories about dogs being separated from their owners, sometimes traversing thousands of miles, then finding their way home. I have always believed we are all guided if we just listen. This summer I traveled to Nebraska where I was born and caught a glimpse of what members of my family call "home." I believe I was guided to go to Nebraska this summer.

Other than members of my father's family, I have never known anyone else who is actually from Nebraska. My parents left when I was about 1 1/2 years old. After a brief move to Massachusetts, they were divorced when I was just over 2 years old. I never saw my Dad again until I was 23. My mother and I moved frequently over several states for several years. Because of the separation from family at such a young age, and constant moving, I never felt the sense of family and especially not of "home." There were grandparents I never met, cousins I didn't know, and a "home place" that I had never actually seen. I have always wanted to visit but have never been back to the place I was born, Nebraska.

It was my cousin Brett who encouraged me to go. He piqued my interest with all his stories about the family farm and the small



*The road leading to the Old Home Place and Valerie's family roots.*

the gust of wind as if waving hello. I fell in love with the abundant green landscape that changed yet stayed the same for miles upon miles. Southern Nebraska was more rolling, but as we drove north, closer to Orchard, it flattened out. Orchard was a tiny but self-sufficient town – a store, a gas station, a post office and a diner.

The first morning I was there I headed out for a run. I told my aunt, uncle, and cousin I would be gone for about an hour. There were cornfields in every direction, and everything looked the same. I started out circling the very small town, which only took about 10 minutes. So I headed west on a major road with a wide shoulder. I ran for a bit until I came to a crossroad. Since the tracts of land are 1 mile by 1 mile square, it is easy to keep track of mileage. The first crossroad didn't intrigue me so I kept going straight. At the next crossroad, I looked right where I could see forever and then left which seemed to call me. But I stopped running and looked as far as I could see down the road to the left. I felt this urge telling me 'I have to go down that road.'

It had rained heavily the night before and lots of branches were down. The road had a sandy/gravelly base with several trees lining the beginning – almost meeting at the top. Nebraska roads are pretty straight and even, but this one had a slight wiggle in it rising upward till it met the sky. I headed up the road feeling like I had found the place that was very much me. I was absolutely in my element running down a quiet country road. The green fields were vibrant with life, yet peaceful. At one point I saw some rather large paw prints. I wasn't sure if this large dog would be friendly or not. So at the top of the next hill I paused and took a long look. There were a few trees nearby but very open with cows grazing the field to my right. A gentle breeze was blowing the corn tops in the next field over. I took in as much as I could before setting out back to the tiny little town of Orchard.

When I returned they asked about my run. Since roads are numbered and not named, they asked me which road number I had gone to. I was enjoying the scenery too much for road signs or numbers. I explained how intriguing this one road looked, the trees, the fields, the paw prints. They all commented that they would take me to the 'Old Home Place' today and that I had gone in that direction.



*A storm is brewing as Duke (the dog) looks toward the vast corn fields with the farm grain bin in the background*

town of Orchard. In early July 2007, he called and told me of his plans to go visit for his mother's 75th birthday. He would drive from Panama City to my place in Senoia, spend the night, fly out of Atlanta to Omaha, rent a car and drive four hours to Orchard. His family would already be there, and he said it would be great if I could join him and finally get to see where our parents grew up. He would show me the Old Home Place, where our grandparents lived. His sister, my cousin Angela, still owned the old family farm.

It seemed like no time before Brett and I were on our way. As soon as we left the Omaha airport, we were greeted by fields and fields of corn stalks, soybeans and cows as far as the eye could see. Everything was so green and beautiful, so peaceful, so open yet full of life. A truck would go by, and the fluffy corn tops would blow in



## RRCA News

### State Rep Bids Farewell



Dear Georgia Clubs,

Eight years ago, I got tapped on the shoulder by [then] RRCA Southern Region Director Beverly Coville and asked to become the Georgia State Rep for the Road Runners Club of America. I was thrilled, excited, and eager to start contacting my clubs and developing working relationships across the state on behalf of the RRCA.

At the time, I recall going down the list of Georgia clubs and calling each club contact to introduce myself. I was a bit dazed as club after club thought I was trying to sell them something and had no idea who I was or who the RRCA was. I was quickly rethinking my appointment as state rep and just how thrilling it may not be.

Over the past eight years, I have traveled the state bringing the RRCA to such places as St. Simons Island, Columbus, Augusta, Savannah, Dalton, Rome, Gainesville, Douglasville, Dublin, Peachtree City, and the metro area. For the most part, I can proudly say that my club officers now know who the RRCA is and who I am. I think the biggest challenge has been getting club officers to pass local and national RRCA communications down to their club members. It is truly important that club members understand who the RRCA is and why they are members. And that only comes with exposure to information.

Being your state representative has been rewarding, challenging, educational, enriching... I have met thousands of runners and found a common thread among all clubs. We all love the sport of long-distance running, and we all work hard to keep it thriving in our communities. We are presidents, newsletter editors, race directors, webmasters, treasurers, and at heart — all perpetual volunteers.

And this brings me to the reason for this communication. Eight years is quite a long time to be state rep. As I told current RRCA Southern Region Director Ken Bendy, even U.S. presidents retire after eight years. Although the decision did not come easy, it had to be made. There comes a point where you need to admit that you're stretched too thin. Aside from a hectic full-time job in the software industry and supporting several non-profit organizations, I also have a full-time job as a running coach.

It is time to step aside and give someone else [who has more time] an opportunity to bring a new perspective and new ideas to Georgia clubs. I will work with Ken to ensure a smooth transition and to assist the new state rep in any way I can. You will be notified once that person is appointed.

Finally, I cherish the relationships we've established over the years and everyone that has reached out to me in friendship and support. You have made this a truly enjoyable experience!

Safe running...

Marlene Atwood

RRCA Georgia State Rep

## The 'Old Home Place' Road

*(Continued from page 8)*

After a shower and some conversation, we all piled into the van and headed out. To my amazement, my cousin Scott turned left down the intriguing road I had discovered earlier that morning. The van wiggled its way up the road, and a stone's throw past the top of the hill where I had paused for a long look, he pulled into a driveway. I was amazed to see the Old Home Place as I had seen it in pictures. It came alive. It was real.

A rather large, oversized Weimeraner came shyly bounding right up to me, smiling and friendly. He was so happy to have some visitors on this lonely, quiet road. They all teased me that dogs know



*Valerie is all smiles with her cousins Scott Haswell (left) and Brett Haswell (right) in front of the old barn.*

the dog lovers. It was his paw prints I had seen earlier that morning. We toured the barn and farm area. I got detailed descriptions of the location of the old mulberry tree, the chicken house, the garden and much more. The barn wasn't used anymore and the wood was old and weathered. Scott mentioned that it would have to be torn down soon and it was not salvageable. The barn stood proud as a testament to a thriving farm deep in its roots. I could envision it 50 years ago, alive with milk cows, chickens and goats; tomatoes on the vines and zucchini growing in the garden; the mulberry tree alive with fruit, and my cousins sitting on top of the chicken house eating the mulberries, with squished fruit on their shorts from sitting on the roof where the mulberries had fallen.

"What a coincidence," my cousin's wife said, "that you ran to the old home place and didn't even know it." But I knew there were no coincidences. I knew I was being guided down the "Old Home Place" Road. I paused and listened, using the same God-given guidance system that dogs have. Thanks to the paw impressions in the gravelly dirt by a dog named Duke, my cousins got to see the excitement on my face as I recognized what I had seen in pictures so many times. I was guided to the home I never knew but longed for my whole life.

# PTCRC Historic 10K Fun Run Course gets Permanent Markers

By Roy Robison

New club members and anyone else who find themselves getting lost on the club's 10K course (Bob Dalton!) will be happy to hear that permanent markers have been installed to guide runners around the course.

The PTCRC has been doing the Saturday morning Fun Run from its present location since May 1981. The club has used four separate 6 mi/10K courses, with the most recent being used since the late 80s. Unlike the others, it remains totally on the scenic golf cart paths. One other effort to put permanent markers on the 10K course failed due to vandalism. The remnants of that effort were still visible in the form of 4"x4" posts at six different locations on the course.

Phase I of the current effort to mark the course has been completed. Most have no doubt seen the brown 4"x6" posts located at 33 different spots around the course. There are markers at the start/finish lines, turn locations, each mile mark, and at the 5K mark. The first nine were put in without the aid of concrete to hold them in place. Those went unmolested for all of two days. When it became obvious that would not work because of vandalism, the original and the remaining markers were set in concrete.

The 4"x6" posts were purchased at Home Depot and cut into 5-foot lengths. A 45-degree angle was cut on each post. The posts were then painted with a coat of brown paint and a coat of varnish. Next the numbers, arrows, and lettering were applied. A team of club members then dug 30" holes, first with a post-hole digger, and later, with a 13 HP two-man auger. The posts were placed into the holes, concrete added, and the holes filled in. A final paint touch-up completed the project.

The PTCRC owes a dept of gratitude to the folks who made this possible. First of all, we must recognize the contributions of long-time member Paul Blaum. Paul volunteered to cut the 45-degree angle on the posts, which turned out to be a major part of the project and took a considerable amount of time. Paul also painted 36 posts and then followed up with a coat of varnish on all of the posts. To add insult to injury, the



installation crew broke his post-hole digger!

George Martin, Lynn Fairly, Marino Fuentes, Jules Desgain, and Bob Trombly made up the crew who installed the posts. It was a hard job that lasted several days and produced many humorous anecdotes. For example, at one point we were digging the post holes and filling them up again for safety reasons. We planned to shovel the dirt out again later when the posts were installed. When we did the hole for the 5-mile marker, there were several city workers watching. They observed three guys get out of a truck, proceed to struggle to dig a hole, then fill it back up and move on. You can imagine what the story sounded like back at the city yard!

Phase II of this project will include erecting a sheltered sign at the starting point with a map of the course as well as some history of the club and the course. An alternate start location will be offered to the Conference Center, and a 5K turn-around post will be installed at the correct point on the course.

The markers will have to be maintained and repaired, so if you see any vandalism, please report it immediately to a club officer.

## September Grand Prix Results – 'Run the Given Time'

### Open Men (50 and below)

1st place Mike Norman	:18 difference
2nd place Mark Ward	:23
3rd place Gary Kolb	:40

### Open Women (47 and below)

1st place Margie Dam	:17
2nd place Hannah Hancock	1:23
3rd place Jane Hamilton	8:55
3rd place Bonnie Hancock	8:55

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

1st place Tom Crofton	:10
2nd place Bill Fuller	:14
3rd place George Martin	1:54
4th place Dave Gulick	1:55
5th place Lynn Fairley	1:57

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

1st place Trish Vlastnik	:03
2nd place Rene Flaherty	1:32
3rd place Jan Bankieris	1:33
4th place Patsy Bickford	2:04
5th place Alice Todd	12:52

*Results of the final three grand prix will not be published so that the final winners will be a surprise. Come to the annual Christmas party on Dec. 15 to find out which of your fellow club members will win the coveted trophies in the PTCRC Grand Prix series!*



## New Member Profile

# ***Running inspired weight loss, stress relief***

**By Bob Dalton**

Beth Frederick, 37, was born and raised in Fayette County and has lived here all her life. She attended Brenau Women's College and University in Gainesville, obtaining her Bachelor of Arts degree with a double major in Graphic Design/Studio Art and Business Administration. Husband Bryan is the owner and operator of B&B Hardwood Floors in Fayetteville. They have two children, Sarah Grace, 7, and Steven, 4. Rounding out the family are a dog, Cappie, two cats named Felix and Oscar, and a fish named Rainbow.

Beth says before kids, she was a Graphic Design Studio Manager. Now she's busier than ever serving as wife, mom, chauffeur, maid, and bus driver while also working out of her home as a stained-glass artist. She started running about three years ago and in the process has lost nearly 200 pounds and gotten in great shape. (Looking at her today, I thought that was a typo – maybe it should have been 20 pounds, but Beth confirmed it was correct!)

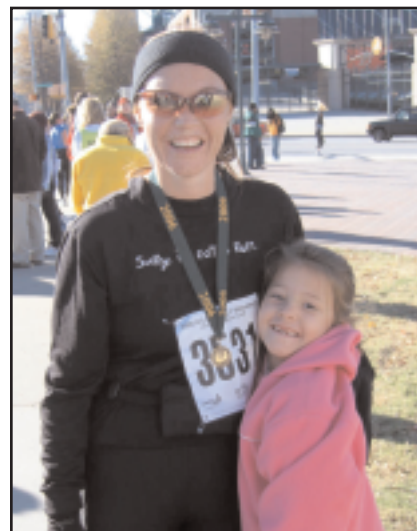
Beth ran her first 15K in the Peachtree City Classic and also did her first Atlanta Half Marathon with us last Thanksgiving in 2:24:53 and "felt awesome afterwards." She counts her PR's in the 5K at 30:43 and the 10K in 1:12. Beth says she enjoys running because "it's my stress relief, my "ME" time, and for WEIGHT MANAGEMENT!! Also, the feeling of a great workout, and sweating profusely feels great, post-run!"

Among her most memorable walking/running experiences, Beth exclaims that would have to be the time she ran "across all the

Islands in Cedar Key, FL, [and saw] beautiful, rainbow-filled skies – showing a smidgeon of God's beauty!" In her leisure time Beth enjoys anything artistic or decorator oriented, and she loves rowing and kayaking. Sounds like a member of next year's Dragon Boat racing team!

Beth joined the club for the social activities and for the convenience of the buses we take to the Peachtree 10K and Half Marathon every year. She has her sights set on a full marathon in the near future, and

given the determination, persistence, and fortitude she showed in losing weight and becoming physically fit, there is no doubt she will succeed.



***Beth Frederick gets a hug from her daughter Grace after finishing the 2006 Atlanta Half Marathon.***

## **PTC Running Club team competes in Ekiden relay**



PTCRC competed in the annual Ekiden relay at Piedmont Park on Sun., Sept. 23, which finished the 21-mile course in a respectable 2:44:19 in the open-mixed division. Team members pictured at left included team captain Rene Flaherty, Dan Flaherty, Teresa Moore, Mark Hamilton, Mark Ward, and Bob Dalton. Club members Ann Akers and Jan Bankieris (below) also participated in the relay as part of a master's womens team.



# 3rd Army team takes 2nd place in Army 10-miler

By Bob Dalton

Unseasonably warm temperatures greeted a record 26,000 registered participants from all 50 states, Washington, D.C., Puerto Rico, and 20 different countries for the Army Ten Miler on Sunday morning, Oct. 6 at the Pentagon. The temperature at the 8 a.m. start was 70 degrees with 94% humidity, and it just continued to get warmer as the sun rose higher in the sky. That, combined with the lack of a breeze, made running conditions oppressive. The race was marred when a runner collapsed 200 meters from the finish line and later died. The other 17,600 finishers at the nation's largest 10-mile annual foot race had to settle for slower times and a few dozen other heat casualties along the way.

The Brazilian Army Team felt right at home, however, as they swept the first four places to claim top individual and military team division honors. The heat did not seem to affect them as they went out strong in what quickly became a race between the six Brazilians in their yellow and white uniforms and the six Foot Solutions racers in their green and whites.

Jose Ferreira, 31, sprinted past teammate Reginald Campos, Jr. in the final 100 meters to win in 49 minutes 21 seconds, the slowest winning time since 1993. Firaya Sultanova-Zhdanova, 46, a former Russian national team competitor and running for the Atlanta-based Foot Solutions team, led the women's race from start to finish and won in 58:31, breaking Alisa Harvey's 2006 masters' record of 59:00.

Closer to home, the Third Army Road Racers fell to second in the All Comer's division, ending their six-year winning streak. The Ft. Sill Redlegs edged them out by four minutes with a cumulative time of 4:17:16 to Third Army's 4:21:51 (first four on each team count). The next closest team was the Potomac Runners in 4:30:25. Third Army Team Coach Bob Dalton said, "Our top runners have been plagued with injuries this year, and we just weren't as sharp as in previous years. But we will be back next year to re-claim our rightful place in this division and re-establish our dominance." Team Captains MAJ Satterfield and MAJ Hobbs were equally



*Third Army team members included, standing: COL Simmons, SSG Lewis, MAJ Azuibuike, MSG Dunn, LTC Jenkins, MAJ Satterfield, MJ Hobbs. Front Row: Bob Dalton, PFC Brown (with award), Dave Ketelsen. Not shown: Phil Temple, MAJ Woommavovah*

unanimous in their praise of the team's efforts this year and dedication to coming back better and stronger next year.

Complete results are available at [www.armytenmiler.com](http://www.armytenmiler.com). Individual results are as follows:

Mr. Bob Dalton	1:02:55
SGM Michael Dunn	1:06:05
PFC Scott Brown	1:06:10
LTC Bruce Jenkins	1:06:42
Mr. Dave Ketelsen	1:07:31
MAJ Tony Satterfield	1:07:58
MAJ Mark Woommavovah	1:08:22
MAJ Amanda Azuibuike	1:24:05

## 'World's largest office party' a good warm-up for 3rd Army team



The Third Army Road Racing Team competed in the 25th annual Corporate Challenge in downtown Atlanta on Thursday evening, Sept. 27. The "world's largest office party" had over 15,000 people running, jogging, and walking the 5K course, which started and finished at Turner Stadium. There were some light sprinkles initially, but dry, slightly humid and warm conditions prevailed.

When the smoke cleared, Third Army finished second in the Men's Division with a time of 76 minutes (first four count). The team included, from left, MAJ Tony Satterfield, MAJ Mark Woommavovah, MSG Mike Dunn, LTC Bruce Jenkins, and PTCRC's own Bob Dalton.



# PTCRC 1,000/5,000/10,000/15,000 mile club status

NAME	YEARS IN 1000 CLUB	MILES	MEETINGS	ACTIVITIES	JACKET	SIZE
DAN AHERN	13	484	3	3	NO	
KAY AHERN	7	54	1	0	NO	
DICK ALLIS	5	860	7	4	NO	
BILL ANDERSON	11	1421	5	8	NO	
JAN BANKIERIS	7	850	4	2	NO	
TERI BESCH	13	960	9	10	NO	
MARTHA BOONE	15	935	2	1	NO	
ANNE CHRZANOWSKI	0	550	1	0	1000	MED
PATRICIA COTE-MILES	0	947	5	5	1000	SM
CAL DALEY	13	850	6	5	NO	
BOB DALTON	11	2130	9	7	NO	
MARGIE DAM	10	541	1	0	NO	
TODD DAVISON	4	1230	5	3	5000	MED
JULES DESGAIN	?	870	5	2	NO	
BILL EVERAGE	2	1323	4	7	NO	
LYNN FAIRLEY	16	107	1	0	NO	
RENE FLAHERTY	3	865	7	6	NO	
MELIA FOLEY-LANE	3	835	5	3	NO	
MARINO FUENTES	5	1035	7	7	NO	
BILL FULLER	14	940	3	2	15000	
RENEE GILLET	0	675	1	0	1000	MED
BEN GROSS	7	410	3	3	NO	
JANE HAMILTON	5	601	5	1	NO	
MARK HAMILTON	7	872	5	0	NO	
BONNIE HANCOCK	8	945	5	5	NO	
JAKE HANCOCK	0	805	3	4	1000	
STEVE HANCOCK	8	925	7	3	NO	
ANN HENDERSON	?	920	5	2	NO	
SNADRA HORNING	1	79	2	0	NO	
CHRISTINE JORDAN	1	50	1	0	NO	
PATRICK KEARNS	2	850	2	1	NO	
DAVE KETELSEN	2	1165	3	0	NO	
GARY KOLB	NEED	TO	FILL OUT	APPLICATION		
CARMEN MADERO	0	300	2	1	1000	MED
SUSAN MILLS	14	850	3	4	15000	SM
GEORGE MARTIN	6	612	4	3	NO	
TERESA MOORE	1	950	7	3	NO	
JOHN MROSEK	4	843	4	2	5000	LG
MIKE NORMAN	2	103	1	0	NO	
CATHY OLSON	5	810	7	4	NO	
RICHARD PENLAND	12	127	1	0	NO	
DAVE PIET	12	980	5	2	NO	
ANNE PORT	8	1147	1	0	NO	
FRED PORT	11	985	2	0	NO	
VALERIE REYNOLDS	13	1350	5	2	NO	
CARYLE ROBISON	7	923	4	0	NO	
ROY ROBISON	10	978	6	12	NO	
TOM ROUND	3	1020	5	4	NO	
KIM RUPLE	0	1086	5	5	1,000	SM
CONSTANCE SAMBRONE	3	954	8	3	NO	
ADAM SHOEMAKER	0	400	1	0	1000	
ANN SHOEMAKER	13	750	3	2	NO	
JERRY SHOEMAKER	11	789	1	2	NO	
BETTY SMITH	1	390	5	1	NO	
BOB SMITH	4	860	6	3	5000	LG
JOHN THOMAS	0	0	1	0	1000	XL
SANDY TUMAN	13	90	1	0		
ED VISE	0	708	4	3	1000	LG
TRISH VLASTNIK	9	454	3	1	10000	MED
MICHAEL WARREN	4	843	3	2	5000	LG
MARK WARD	1	983	3	3	NO	
ANASTASIA WALKER	1	650	3	2	NO	
JEFF WARLICK	1	247	2	0	NO	
BERNICE WASSSELL	4	580	4	3	5000	MED
JOE WASSSELL	13	825	4	4	NO	
JOHN WATERHOUSE	2	933	5	4	NO	
JANE WELCH	1	1010	3	1	NO	
BILL WERLING	18	888	8	15	NO	
RITA WESTON	3	877	6	2	5000	MED
WES WILKINS	3	646	3	2	NO	
HAL WOLFE	1	592	3	1	NO	
VON WOODS	0	50	1	0	1000	LG

The following people are scheduled to receive a prestigious club jacket. If your name is on the list and you will not qualify, please notify Roy Robison at 770-631-4715 or [croyrunn@bellsouth.net](mailto:croyrunn@bellsouth.net). Remember, you need to have attended three club meetings and volunteered for three activities in addition to running 1,000 miles. If your name is not on the list and should be, let Roy know immediately.

## 1,000 Miles

Patricia Cote-Miles (Small)

Jake Hancock ( ? )

Kim Ruple (Small)

Ed Vise (Large)

## 5,000 Miles

Todd Davison (Med)

Michael Warren (Large)

John Mrosek (Large)

Bernice Wassell (Med)

Bob Smith (Large)

Rita Weston (Med)

## 10,000 Miles

Trish Vlastnik (Med)

## 15,000 Miles

Bill Fuller ( ? )

Susan Mills (Small)

## You might be a runner if ...

1. your sport is other sports' punishment.
2. your heart rate is below 50 and you are not dying.
3. you can name every runner within a 100-mile radius who has PRs faster than yours.
4. a football game has 12:39 remaining and an Ethiopian man comes to mind.
5. you don't laugh every time you hear fartlek.
6. you are from the U.S. and you think in terms of meters and kilometers, not yards or miles.
7. all your white t-shirts have mud spots up the back of them.
8. you feel one second is a lot of time.
9. your school notebooks are covered with split times.
10. you run.

## - Club Notes & News -

### Nominations for 2008 Executive Board

The following persons have been nominated for the Peachtree City Running Club Executive Board for 2008: President, Bob Dalton; Administrative VP, Mike Norman; Activities VP, Mark Ward; Secretary, Jane Hamilton; Treasurer, Hal Wolfe. Formal elections will be on the agenda for the November meeting, and any other nominations will also be accepted from the floor. Voting will be done by voice vote or show of hands by the members present.

You will also be asked to vote for the superlatives for the past year. Paper ballots will be provided at the meeting. You may vote either in person at the meeting or by e-mail, but PLEASE DO NOT VOTE MORE THAN ONCE. If you vote by e-mail, please send your selections to [robert.dalton@arcent.army.mil](mailto:robert.dalton@arcent.army.mil) (You must hit the FORWARD key — if you hit the RETURN key, it will not be sent.) Honors include Most Improved Runners of the Year (male and female), Rookie of the Year (male and female) and Volunteer of the Year.

### Thanksgiving Day Bus Reservations

The PTC Running Club will again be arranging for a bus to the Atlanta Track Club's Thanksgiving Day Marathon/Half Marathon. Members wishing to ride to the Half Marathon must sign up for the bus and pay an \$8 fee by no later than the close of the Nov. 5 meeting. After that meeting, should there be any seats remaining, reservations will be opened to the general public. It will fill up fast so reserve your seats today by contacting Ann Henderson at 770-252-2260 or [ahendersonptc@hotmail.com](mailto:ahendersonptc@hotmail.com).



*Club member Ed Vise and his son Jonathon used their new racing chair for the first time at the annual Tyrone Founder's Day 5K on Sept. 15. "Team Vise" completed the race in 29 minutes, beating out quite a few other folks on a tough, hilly course. Congratulations to Ed and Jonathon!*

**Peachtree City Running Club Christmas Banquet 2007**

Saturday, December 15, 2007 at the Tyrone Depot  
Cocktails and snacks from 6:00 to 7:00  
Dinner at 7:00

**Appetizers:**  
Nuts and Nibbles

**Dinner:**  
Succulent Roast Turkey Breast with Homemade Cornbread Stuffing  
Beef tips and rice pilaf  
Assorted Vegetables and Salads

**Choices of Dessert:** Double Chocolate, Coconut, or Spiced Apple miles or pecan pie  
Unsweet/Sweet Tea, Water, and Coffee

**Vegetarian Entree (available Upon Request):**  
Grilled Portabella Mushroom Steak

Reservations and payment can be made to Mark Ward or Terren Moore at any club event before December 2, 2007. Email - [markward@bellsoath.net/phone](mailto:markward@bellsoath.net/phone)  
- 678-763-6988

**Members: \$20**  
**Non-members: \$30**

### Club Christmas Party

Be sure to bring your checkbooks to the November club meeting to reserve and pay for your seats at the annual club Christmas Awards Banquet scheduled for Sat., Dec. 15, at the Tyrone Depot. (See flyer above.) It promises to be an affair to remember. Seats are \$20 each and the club will be subsidizing this event with funds YOU EARNED from working the Classic. This is a price reduction of \$5 per person from last year! We have a delicious meal planned with plenty of refreshments, an awards ceremony, a DJ and dancing, and a special appearance by Santa himself with our own in-house photographer (the one and only Normer) who will be preserving the event pictorially. You don't want to miss it. See you there!

### Upcoming Elementary School 5Ks

Several Elementary School 5K races are coming up in the next few weeks that are part of the 17-school series, including one brand new race, not on the original schedule. Those races include:

Braelinn Elementary on Nov. 3

Springhill Elementary on Nov. 10

Peachtree City Elementary on Dec. 8

And new to the calendar, Cleveland Elementary on Feb. 16

All funds raised in these 17 races go to the individual schools that host the races. The races also introduce several thousand elementary-age school children to running and racing, so be sure to support this great series.



# 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 as *Footnotes* is now available online.)

## 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

# In The Sponsor SPOTLIGHT This Month

*FC&A Publishing*

Frank Cawood & Associates (FC&A) is a direct-mail publishing company located in beautiful Peachtree City. The company began in 1969 as a one-man enterprise, and has grown to include more than 150 employees. FC&A's motto is "Focusing on Customers and Associates" and everyone in the company strives to maintain that focus. We truly care about our customers and want to give them the best product possible.

We recognize the need for reliable health information that is easy to understand, so our editorial staff sets high standards for accuracy and simplicity in our health books — they research every topic in medical journals and interview top health professionals to provide up-to-date information that can help you improve your health. Our consumer books are also thoroughly researched to provide the best ways to save time, money, and effort, and our artistic staff is constantly working on unique new designs for our craft books.



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

## UPCOMING CLUB EVENTS

NOV 5 CLUB MEETING @WYNDHAM • NOV 10 GRAND PRIX, SPRING HILL TURKEY TROT 5K • NOV 22 ATLANTA HALF MARATHON • DEC 1 GRAND PRIX • DEC 8 JINGLE BELL TRAIL 5K • DEC 15 CLUB CHRISTMAS PARTY • JAN 1 GRAND PRIX