

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

NOVEMBER 2006

inside

4

PTC Classic Memories



15K record breakers Michael Green & Belay Teka-Kassa

7

RRCA regional reps meet in PTC

8

Beth Wiggins conquers Ironman Hawaii!

13

Book review: The secret of success

15

Renew your PTCRC membership!



26th annual Peachtree City Classic: a record-breaking year!

By George Martin, Race Director

The 26th Peachtree City Classic is now history. It joins the ranks of the previous 25 as a tribute to the power of teamwork within our club. How 1,000 moving parts come together in one seamlessly smooth set of races is still a mystery to me, but I know it took literally thousands of hours worked by more than 200 volunteers to make it happen.

And what an exciting finish the 15K had. The previous 15K record was set in 1990 by Glen Banks in a time of 47:38. Perfect conditions helped two very fast, competitively matched, runners break that record as they pushed and battled each other down to the very end. Michael Green (from Great Britain by way of Atlanta) came in at 46:03. Belay Teka-Kassa (from Ethiopia by way of Fayetteville) followed at 46:13. Both shattered the previous record by well over a minute.

And, financially, another new record. The final numbers are not yet in, but it appears the Peachtree City Running Club will have made

well over \$35,000 by the time the dust settles, and the majority of that will be returned directly to the many youth running and scholarship programs we have. Just to name a few: the Elementary school running clubs, the Kids Marathon Finish, the annual Kids Fun Run, the Summer Track series, the Middle School County Track & Field Championships, the High School athletic support programs, and the Ronnie Godwin Scholarships are only part of what we do with the profits gained from the Classic.

The success of our programs has resulted not only in national acclaim and prestigious financial grants, but in attracting the attention of a number of other clubs. Many of them are much larger than ours, and they are attempting to duplicate what our club does with fewer than 200 members. That is something we can all be very proud of.

It all starts and ends with a successful Classic, and we have another one in the bank. Congratulations and Thank You to all the club members and non-members who volunteered both on race day and in the days leading up to Oct. 21.



PTCRC 2006 EXECUTIVE BOARD

President

Bob Dalton
robert.dalton@arcent.army.mil
770-461-4450

Administrative Vice President

Ann Henderson
ahendersonptc@hotmail.com
678-516-1428

Activities Vice President

Steve Hancock
hancock4@comcast.net
770-719-5196

Secretary

Tom Round
tomround@comcast.net
770-823-9343

Treasurer

Marino Fuentes
chemical55@aol.com
770-487-8575

Membership

Joe Wassell
jwassell@mindspring.com
770-631-7658

Classic Race Director

George Martin
r2sun98@mindspring.com
770-596-9890

Newsletter Contacts:

Editor

Rene Flaherty
770-631-1287
rzflaherty@aol.com

Printing/Distribution

Joe Wassell
jwassell@mindspring.com
770-631-7658

Race Results

Bill Fuller
mki.kammann@ht-bbs.com
404-401-7714

RRCA Liaison

Marlene Atwood
atfedwood@msn.com
770-883-4208

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: Dec. 15



September Meeting Highlights

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

President Bob Dalton called the meeting to order at 7:00 p.m. at Partners' Pizza in Peachtree City. There were no new members or guests in attendance to be recognized. A motion was made to approve the minutes of the last meeting as posted on the club Web site. Motion carried by unanimous approval.

New Business

Bob has received flyers for several up-coming races in the area. Look for them at each monthly meeting or contact Bob if you have a particular interest.

Reports from Officers

Admin V.P. – Ann Henderson talked about the bus for Thanksgiving Day.

Treasurer – Marino Fuentes reported that the club has a total of \$20,559.74 in the bank accounts. The Money Market Account contains \$28,908.89 and the grand total is \$49,468.63 as of Sept. 11, 2006. The club is in position to add another \$5,000 to the Reserve Fund. Tom Crofton completed the annual audit with no major findings. He will create a form to record names for sales in order to stay in compliance with state sales tax laws.

Reports from Coordinators

Community Support – George Martin said the schedule for the Elementary School Grand Prix series of races is now available.

Announcements

The next monthly meeting will be held on Monday, Oct. 2 at the Wyndham Conference Center starting at 7:30 p.m. The meeting was adjourned at 7:12 p.m.

October Meeting Highlights

President Bob Dalton called the meeting to order at 7:30 p.m. at the Wyndham Conference Center in Peachtree City. New members recognized included Patty Rogers and Anna White from PTC, and Donna Burnette from Fairburn. A motion was made to approve the minutes of the last meeting as posted on the club Web site. Motion carried by unanimous approval.

Old Business

President Dalton recognized the efforts of Shannon Philips in putting together the club yearbook for 2005. Shannon is a sophomore at Starrs Mill High School and runs for the PTC Flash and the high school cross-country team. She tediously put the yearbook together in chronological order with appropriate pictures and decorations that coincide with each season of the year. This is an excellent yearbook and will be available for viewing during the November meeting and during the annual Christmas party.

(Continued on page 11)

WELCOME NEW MEMBERS

Donna Burnett (Fairburn)

Tim Covert (Peachtree City)

Teresa McQueen (Tyrone)

Jane Meucci (Newnan)

Anna White (Peachtree City)

Monica and Samuel Nipper (Hampton)

Dallas and Dolly Wurst (Peachtree City)

Trey and Stephanie Hadaway (Fayetteville)



Another Classic has come and gone, and once again it lived up to its well-earned title. We were blessed with gorgeous weather, and it was apparently conducive to enabling Michael Green of Atlanta to shatter the 15K course record by a minute and a half with a blazing time of 46:03 (4:57 per mile pace!). It just goes to

prove that this event's great reputation continues to attract quality talent from around the region.

Race Director George Martin seems to have the Midas touch and his first year as head of the Classic was no different. We not only had a very successful event, but George also single handedly brought in more sponsorship money than ever before once again. He raised over \$30,000 all of which will go back to the community in the form of scholarships, school support programs, youth running programs, and various grants and donations. George achieved the status of Club Hero long ago, but he is certainly not one to rest on his laurels. He continues to do great things for the club, and we look forward to his continued contributions.

I would be mistaken to let you think that the Classic was a one-man show. It definitely was not. George had a super crew of coordinators and volunteers, far too many to mention here, who did the grunt work of making sure that every job was covered. From course marshals, to expo workers, to clean up crew, club members and volunteers made sure the entire weekend was flawlessly executed. My sincere thanks and gratitude to all who pitched in to make it possible.

We will be holding elections at the next club meeting on Nov. 6 for Treasurer to replace Marino Fuentes. I am glad to report that the rest of the board has agreed to stay on, and I wish Marino could have as well, but the club bylaws say you can only stay a maximum of three years which he has. More about Marino in the next issue.

We will also be voting on the superlative categories at the November meeting. Please come prepared with your nominations in mind for Most Improved Runner of the Year (male and female), Rookie of the Year (male and female), and Volunteer of the Year.

Looking ahead to December, the annual Club Christmas Awards Dinner will be held on Sat., Dec. 16 at the newly renovated Depot in Tyrone. Your Social Coordinator, Teresa Moore, is working hard to make sure it is another first-class event as always. Be sure to sign up as seats are sure to go fast. It is one of the social highlights of the season for club members.

In this upcoming season of Thanksgiving, it is only appropriate that we take the time to count the many blessing that have been bestowed upon us throughout the year. We are grateful for family, friends, health, and wealth, among others. We should also include the gift of running, walking, and jogging – whichever is your mode of exercise. Everyone knows Steve Prefontaine's famous quote, "To

give anything less than your best is to betray the gift." It is indeed a gift from our Creator, this ability to propel ourselves along at a comfortable pace with the wind in your face, enjoying nature and the freedom of exercise. It is all too easy to take for granted. Only when we have been deprived of the gift through injury or illness, whether temporarily or permanently, do we really appreciate it and the many benefits we derive from it. So the next time you are out on the roads, or trails, or cart paths, take a moment to give thanks for the fact that you are out there. There are lots of others who would like to be but can't for one reason or another.

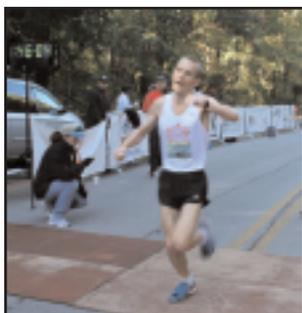
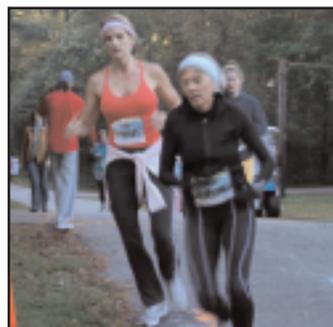
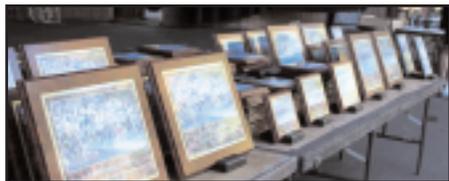
Does that mean if one can no longer "hit the road" so to speak that one has nothing to be grateful for? Not at all. The apostle Paul tells us to "Give thanks in all things." A good example of this was the famous marathoner Abebe Bikila from Ethiopia. Running barefoot through the streets of Rome at the 1960 Olympics, he won the marathon gold medal in an Olympic record of 2:15:16. He successfully defended his Olympic title in Tokyo in 1964. Sadly, he was paralyzed in a car accident in 1969, ending his stellar running career. His attitude, however, was not one of defeat, but rather of continued victory. He said, "In the days of my victory and joy, I had faith enough to thank the Lord. Now as well, I should not but accept my accident in grace."

Regardless of your present situation, good or bad or, like most of us, somewhere in between, be sure to consider all the reasons to give thanks for this great country of ours, the freedoms we enjoy, and our wonderful community, among many other things. Till then, see you on the roads!

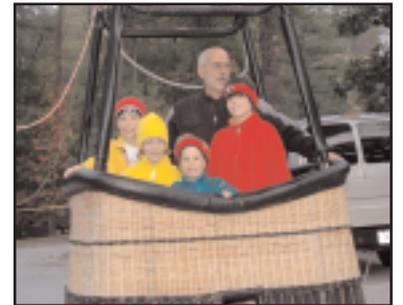
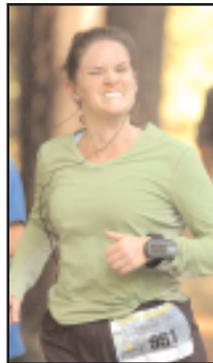
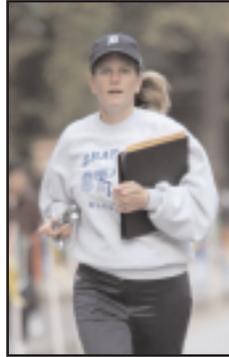
ATTENTION MEMBERS!

The membership period for joining and renewing membership for 2007 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 fill out the membership application on page 15, and mail it to Membership Chairman Joe Wassell at 707 Orleans Trace, Peachtree City, GA 30269. 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 will get all your great Peachtree City Running Club benefits through December 2007!

PTC Classic Memories

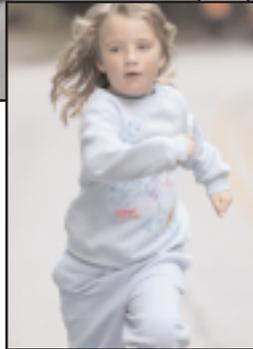
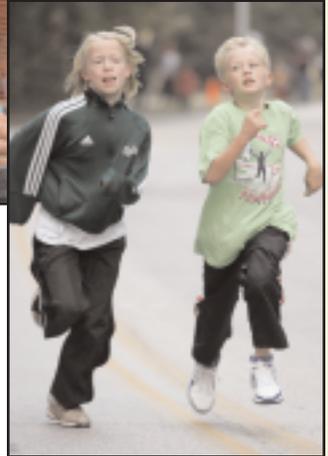


October 21, 2006



2006 Kid's Marathon Finish

The 2006 Kid's Marathon Finish was a great success despite the four-day long weekend. This year it culminated with an exciting trip in the big RE/MAX hot air balloon. More than 100 kids from nine different schools showed up after qualifying for the KMF by running a minimum of 25 miles prior to the Classic Saturday. When they all finished their 1.2 miles, they had completed their own personal marathon and had the largest medal made, just to prove it.



Fitness Challenge Adds to Classic



Showing off their awards are team leaders from seven of the 11 winning Fayette Fitness Challenge teams.

For the third year in a row, the Fayette Fitness Challenge successfully added many first-time runners and walkers to the Peachtree City Classic. This year's FFC Coordinators, Patrick and Karyn Staples, added one more twist to the award ceremony, which took place at the Peachtree City Recreation Commission meeting on the Monday following the Classic. This year there was a "Spirit Award" that was actually given to two brand-new teams — Panasonic and Office Depot, both entering local employees for the first time ever. "Both teams displayed incredible enthusiasm in their first time in the event," said Patrick.

Congratulations to everyone on all the corporate teams this year!

Fayette Fitness Challenge Corporate Winners

First Division

- 1st place — Chick-fil-A
- 2nd place — Panasonic
- 3rd place — Delta Airlines (Delta Dusters)

Second Division

- 1st place — U.S. Federal Aviation Administration
- 2nd place — City of Peachtree City
- 3rd place — Frank Cawood & Associates

Third Division

- 1st place — U.S. Environmental Protection Agency
- 2nd place — Gardner Denver
- 3rd place — Headquarters 3rd Army

School Division

- 1st place — Peachtree City Elementary
- 2nd place — Oak Grove Elementary

Road Runners Club of America Southern Region State Reps gather in Peachtree City after Classic race

By *Marlene Atwood*
RRCA Georgia State Rep

The RRCA Southern Region State Reps selected the Peachtree City Classic 15K as the event for their 2006 RRCA Southern Region State Rep Meeting and Open House. The Classic, held on Oct. 21, is hosted by Peachtree City Running Club.

The RRCA Southern Region is comprised of 13 state reps from FL, GA, LA, AL, TN, SC, KY, AR, TX and NC. The meeting gave state reps an opportunity to share ideas, report on their respective states, and discuss any issues or concerns. Normally, state reps meet only once a year at the national convention. The regional meeting provided a wonderful opportunity for state reps to meet in a casual environment with sufficient time for in-depth discussion.

Some of the topics of discussion included:

Promoting more children's running programs. Former PTCRC President and current PTCRC Race Director George Martin addressed the group and presented an overview of the various programs and initiatives that the club supports — from the elementary school level to the high school level. George was the 2005 RRCA National Kurt Steiner Children's Running award winner.

State Reps discussed the RRCA Championship program and changes they would like to see. They also reviewed how each state rep promotes the championship program in their state; and how to make the championship program more appealing — especially for the smaller clubs. Ron MacSoud from Alabama has one of the most successful championship programs nationwide. He provided several suggestions for soliciting championship events.



RRCA Southern Region State Reps are from left, Top Row: Denise Longino - Mississippi; Steve Shepard - S. Texas; Lisa Dahlberg - Kentucky; Don Nelson - S. Florida; Michelle Wimberley - Tennessee. Middle Row: Yvonne Thomas - Louisiana; Marlene Atwood - Georgia; Lena Hollman - North Carolina. Bottom Row: Ron Macksoud - Alabama; Kim Howard - Arkansas. Not Pictured: Kelly Richards - N. Texas, Michael Bowen - N. Florida; Anna Blestal - S. Carolina

Developing a State RRCA Grand Prix Series was also discussed. Kim Howard from Arkansas has a very successful GP Series, as does Anna Blestal from South Carolina. Anna advised that dozens of clubs participate in her GP series, which culminates in an annual banquet at the end of the year. Marlene Atwood advised that a GP in Georgia would be difficult — especially if competing against the “Run and See Georgia Grand Prix Series,” a very successful GP.

Much discussion centered on promoting women's running programs to help grow club memberships. Anna Blestal from South Carolina and Marlene Atwood from Georgia offered suggestions based on the programs they conduct in their respective states.

Louisiana's State Rep Yvonne Thomas provided an update on Hurricane Katrina clean-up and running in general in Louisiana. There is still much work to be done.

RRCA National Award Nominations were also discussed along with the upcoming national convention in Chicago in March 2007. The state reps were urged to encourage their clubs to submit nominations for the various national RRCA awards and encourage clubs to participate in the 50th meeting in Chicago in 2007.

Special thanks to Peachtree City Running Club for sponsoring and facilitating the RRCA State Rep Southern Region Meeting and Open House. Looking forward to seeing everyone in Chicago in 2007!



RRCA Southern Region Director Ken Bendy and his wife Marie check out the PTCRC Classic Expo.

Runners prove their versatility in PTC triathlon

One thing you can say about Peachtree City Running Club members is that they're versatile. Most don't stick just to running — they bike, swim, hike, kayak, and any other type of cross-training activity you can think of. PTCRC counts many triathletes among its members, and they were out in force at the annual PTC Triathlon held Aug 26 — both participating and volunteering in support of the PTC Triathlon Club.



Bill McBride



Angie Burton, Ann and Christy Henderson



Doug and Marino Fuentes



Chuck Garwood

Congratulations Beth!

PTCRC boasts a number of elite Ironmen — those who have the stamina to complete a 2.4-mile swim, 112-mile bike ride, and 26.2-mile run. Several have participated in the world championship Ironman in Hawaii. Beth Wiggins is the latest to join their prestigious ranks after completing Ironman Hawaii on Oct. 21 in a time of 11:47:12. Congratulations to Beth on her awesome feat!



Carolyn and Dave Gulick

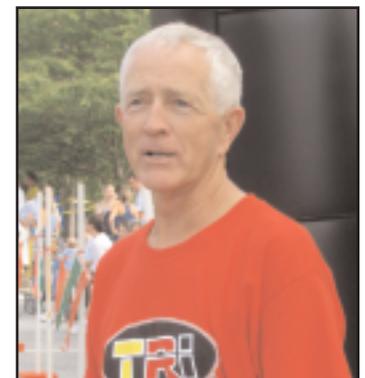


Will, Kaye, and Dan Ahern



Cathy Olson

Right: Ashley and Aaron Freuler, Cee Koehler, and Bob Dalton



Bob Trombly



Thanksgiving tips: Cooking for a small crowd

One of the most famous images of Thanksgiving is the iconic Norman Rockwell painting depicting a big family of several generations gathered around a huge table in hungry anticipation of a big turkey dinner and all the fixings. But for many, Thanksgiving is a much smaller affair. Still a time to celebrate all there is to be thankful for, but around the table there are no more than four to six guests. What to cook for a small crowd when a gigantic turkey is the most famous guest?

Although Chef Michael Vignapiano of The Art Institute of New York City rarely makes Thanksgiving dinner himself — “I’m always working!” — he loves the idea of a small gathering that requires little to no preparation so there is more time to enjoy your guests. “I like a bone-in turkey breast for a small Thanksgiving crowd,” he says. Chef Vignapiano likes to start the breast at a high temp and then lower the heat so the meat gets crispy but doesn’t dry out. Check with your butcher about specific roasting times when you’re at the market. If you have guests who prefer dark meat, add turkey thighs to the pan.

“If you add carrots, onion and celery halfway through the cooking, you can make a nice, simple pan gravy using chicken broth and a little cornstarch or flour mixture to thicken it,” he adds. Consider using good quality frozen vegetables; organic frozen vegetables, for example, are easily available and using them cuts down on prep time, says the Chef. For stuffing, Chef Vignapiano keeps it simple with a good quality packaged stuffing mix to which he adds sausage or chestnuts, which are available now in many frozen food sections.

While it may be missing from the Norman Rockwell painting, a wonderful bottle of wine can help complete any Thanksgiving meal, big or small. Chef Joseph LaVilla, assistant academic director for culinary arts at The Art Institute of Phoenix, says, “It’s nearly impossible to match wine with all the foods served at Thanksgiving dinner,” says the certified Sommelier. “Instead, go for wines that pair easily with any food and taste great at the same time.” For example, if there are white wine drinkers in the bunch, Rieslings are the perfect food wine: light, yet full flavored; tangy, yet still fruity. These wines will be the chameleon on the table, fitting in everywhere. Another option is a Gewurztraminer. Known for its floral, exotic aroma and spicy notes, it will blend well with all the flavors at the table. Red drinkers can stay with Thanksgiving as an American tradition and drink Zinfandel. A juicy, easy-drinking Zin (not the pink stuff) has enough fruit and spice to fit into the feast.

Finally, there’s dessert. If you’ve taken Chef Vignapiano’s advice on keeping it simple using good quality-frozen vegetables, then you might want to go all out on dessert. Nearly everyone wants pumpkin on Thanksgiving, but what about chocolate? They live together happily in Chef Michelle Suh’s White Chocolate & Kabocha Pumpkin Cheesecake. “You’ll need to walk around the block before you dig into this cake, but the flavor is just spectacular. It’s worth the effort, and everyone will applaud you. Or they should,” says Chef Suh, culinary arts instructor, The Art Institute of California - Los Angeles.

Happy Thanksgiving!

(Courtesy of ARA Content)

White Chocolate & Kabocha Pumpkin Cheesecake

Ingredients

- 3 pounds cream cheese
 - 1 cup sugar
 - 5 ounces Kabocha squash, puree
 - 8 eggs
 - Zests from one of each: lemon and orange
 - 1 tablespoon vanilla extract
 - 1 1/2 tablespoons Grand Marnier
 - 8 ounces white chocolate, pea size chunks
- #### Crust
- 9 ounces chocolate wafer, coarsely broken
 - 3 ounces pecan pieces
 - 4 ounces unsalted butter, melted
 - White chocolate curls (optional)

Directions

For crust:

1. Preheat oven to 325 degrees F. Butter 10-inch-diameter spring form pans with 2 3/4-inch-high sides. Wrap outside of pan with heavy-duty aluminum foil.
2. Place cookies and pecan pieces in processor and blend until coarse crumbs form. Add butter and process until evenly moistened. Press crumb mixture firmly onto bottom of prepared pan. Bake crust 5 to 7 minutes; cool on rack.

For filling:

1. Steam Kabocha squash, press through sieve. Measure 5 ounces puree and set aside.
2. Using electric mixer beat cream cheese and sugar in large bowl until smooth. Beat in eggs, 1 at a time until just blended. Stir in zests, vanilla and Grand Marnier. Transfer 2 cups of batter to medium bowl; stir in Kabocha puree. Stir reserved batter with chocolate chunks.
3. Pour white chocolate mixture batter into prepared pan and spoon Kabocha mixture onto white chocolate mixture and swirl with back of spoon.
4. Place spring form pans in large roasting pan. Pour enough hot water into roasting pan to come 1 inch up sides of pan. Bake uncovered until filling is puffed around edges and moves slightly in center when pan is gently shaken, about 1 hour.
5. Remove pans from water; remove foil; cool slightly. Refrigerate cake at least 4 hours. (Can be prepared 2 days ahead; cover and keep refrigerated.)
6. Run small knife around pan sides to release cheesecake from the pan. Garnish cheesecake with large white chocolate curls, if desired.

Left over cheesecake batter can be saved in the refrigerator for 3 to 4 days; drop onto brownie or muffin batter for added finesse.

Club members help Army team ace Corporate Challenge

By Bob Dalton

The Third Army Road Racing Team (with a little help from USARC and FORSCOM recruits!) turned in a great performance at the 24th annual running of the Kaiser Permanente Corporate Challenge 5K on Thurs., Sept 21.

More than 15,000 runners and walkers turned out for what organizers call the “world’s largest office party.” The purpose was to promote fitness, team building, and esprit de corps through running and walking as a means to overall fitness. The event started and finished at Turner Stadium and benefits the Atlanta Braves Foundation and the Boys and Girls Clubs of Atlanta. Conditions were near ideal with low humidity, clear skies, temps in the low 70s, and a slight breeze. Many of the participating companies and businesses had set up festive tents in the adjoining lots to the stadium.

The cumulative time of 72:18 (first four count) was the fastest time for any Fort McPherson team since we started competing in this event in 1999. Third Army beat out Georgia Tech for first place in the Men’s Division in another squeaker by only one minute and seven seconds. Rounding out third place was the Centers for Disease Control. There were 47 teams total in the Men’s Division.

Complete results are available at <http://www.kpcorporaterun-walk.com>.



3rd Army Results (above, left to right)

MAJ Tony Satterfield	18:48	35th Overall	PTC (club member)
WO1 Mike White	16:22	7th Overall	Ellenwood
Bob Dalton	18:13	25th Overall	F’ville (club member)
MAJ Bruce Jenkins	19:20	43rd Overall	Stockbridge (club member)
MSG Mike Dunn	18:55	38th Overall	McDonough

Third Army Ten Miler Team Wins All Comer’s Division



By Bob Dalton

Race day on Sunday, Oct. 8, dawned under near ideal conditions for the 22nd annual Army Ten Miler with clear skies and temperatures in the 50s, which were gladly welcomed by those participating after two days of rain. 24,011 registered runners from every state in the Union and 20 countries and over 650 teams continued to make this race the largest 10-mile race in the nation for the 15th consecutive year. With 16,676 starters and 15,134 finishers, there were no glitches like last year’s event, which was re-routed in mid-race when a suspicious packet on the 14th Street bridge was discovered, turning the event into an 11.2-mile fun run.

Among those who showed up at the starting line was the Third Army Team from Ft. MacPherson. The team competed in a series of races leading up to the Army Ten Miler in order to gauge their fitness levels as well as to sharpen their competitive edge as they kept their ultimate goal in mind. Team Captain Major Tony Satterfield said, “After we held time trials in April and May to select the team, we then trained together for the next five months incorporating hill workouts, speed workouts, long runs, and racing into our training program.”

As the starting cannon sounded, Jared Nyamboki, 29, from Kenya, broke away from the field by the two-mile mark and ran alone along the Mall, past the Capitol, and back to the finish, winning the men’s race in 48:24. He was less than a minute off Olympian Dan Browne’s course record of 47:31 set in 2004. Nyamboki, along with his teammates who are sponsored by Foot Solutions, lives and trains in nearby Fayetteville, GA. He and his teammates swept the men’s competition, taking the top three positions, as well as fifth and seventh, winning the men’s open team division as well.

In the women’s field, Alisa Harvey dominated by winning an unprecedented fourth victory in a time of 59 minutes flat. As a 41-year-old master’s runner, she is also the oldest woman to win the race and broke the master’s women’s record by 49 seconds in the process.

(Continued on page 14)

14 club members to earn coveted jackets

NAME	MILES	MTNGS	ACTIV	JCKT	SZ
Normer Adams	800	2	0	10,000	MED
Jules Desgain	905	7	6	10,000	MED
Roy Robison	890	7	9	10,000	MED
Jane Hamilton	840	5	2	5,000	SM
George Martin	825	7	5	5,000	LG
Cathy Olson	815	7	3	5,000	MED
Patsy Bickford	830	5	2	1,000	SM
Kath Jones	901	5	4	1,000	MED
Teresa Moore	1025	6	2	1,000	SM
Michaela Phillips	850	0	0	1,000	LG
Patrick Staples	811	5	4	1,000	LG
Anastasia Walker	589	4	4	1,000	LG
Christine Warlick	900	0	0	1,000	SM
Jeff Warlick	950	1	0	1,000	MED

The club members listed at left are eligible to receive a 1,000, 5,000, or 10,000 mile jacket. Congratulations! If your name is on this list, verify that the information is correct. If you will not qualify for the jacket, please notify Roy Robison at 770-631-4715 immediately. Also, notify Roy if your name is not on the list and should be.

For complete 1,000-mile club results through October, check the PTCRC Web site at www.ptcrc.com.

October Meeting Highlights

(Continued from page 2)

New Business

Through George Martin's efforts in putting together an application, the club was awarded a \$6,000 grant by the Saucony Company. The grant money is to be used for support of the Elementary School running programs and the Kids' Marathon. The money has to be spent by June 1, 2007 and any leftover funds returned. The club's Board of Directors agreed to spread these funds over this year and next along with moneys already budgeted for these programs in order to get maximum usage from the grant. The grant funds will be spent as follows: \$1,000 to the city for use in building a cross-country course around the Baseball and Soccer Complex on Route 74 south, \$1,500 for Elementary School programs, \$500 to Gene and Valerie Reynolds toward the cross-country course they built on their land, \$2,000 "seed money" toward an indoor track facility at the proposed new Fayette County YMCA, and \$1,000 in increased funding for the elementary school running clubs.

Reports from Officers

Secretary — Tom Round reported that the nominating committee has been approaching members to fill the club officer positions for the coming year. A slate of nominees for election will be presented during the regular November meeting.

Treasurer — Marino Fuentes was absent but sent a report to President Dalton that identified the club has a total of \$28,181.15

in the checking account. The Money Market Account contains \$34,032.93 and the grand total is \$58,214.08 as of Oct. 2, 2006.

Reports from Coordinators

Classic Race Director — George Martin reminded the members that the Race Exposition will be held at the Frederick Brown Amphitheater on Friday and Saturday this year. RE-MAX will have their hot air balloon on site for the weekend. In addition to the race sweatshirt provided to all runners, the club will sell wind shirts for \$29.95 each as an additional fundraiser. We currently have 1,500 race applications, which is good but not great at this date. We have a record number of funds from major race sponsors this year and the major sponsorships are closed.

1,000 Mile Club — Roy Robison said jackets for this year will be ordered this week. Roy needs confirmation from those on the list as to their eligibility and total mileage.

Social Events — Teresa Moore said the menu for the Christmas party was finalized. The party will take place on Sat., Dec. 16, at the Tyrone Depot. The cost is \$25 per person. Teresa passed around a sign-up sheet.

Publicity/Historian — Carolyn Gulick sent a PTC Classic article to all local neighborhood newspapers.

Announcements

The next meeting is scheduled for 7:30 p.m. Monday, Nov. 6, at the Wyndham Conference Center

September 2006 Grand Prix - Cross Country

Place	Team	Score	Points	Volunteers	Points
1	4	63	100	Dick Allis	5
2	1	88	90	Ann Henderson	5
3	6	94	80	Hannah Hancock	5
4	2	101	70		
5 Tie	5	106	60		
5 Tie	8	106	60		
7	7	126	40		
8	3	154	30		

Team #	Team Members	Points	Team #	Team Members	Points
1	Melia Foley-Lane	90	5	Patsy Bickford	60
	Doug Fuentes	90		Wes Wilkins	60
	Tim Fuller	90		Mike Norman	60
	Mike Chrzanowski	90		Bill Fuller	60
	Les Sitzes	90		Patrick Kearns	60
2	Valeria Reynolds	70	6	Jane Hamilton	80
	Michaela Phillips	70		Ann Port	80
	John Waterhouse	70		Randy Graham	80
	Jan Bankieris	70		Bill Everage	80
	Trish Vlastnik	70		Dave Piet	80
3	Teri Besch	30	7	Rhonda Fuentes	40
	Dan Ahern	30		Anne Chrzanowski	40
	Tom Crofton	30		Gary Kolb	40
	Ben Gross	30		Jake Hancock	40
	Bill Johnston	30		Mike Warren	40
4	Margie Dam	100	8	Bonnie Hancock	60
	Mark Hamilton	100		Vern Schmitz	60
	Todd Davison	100		Fred Port	60
	Shawn McKinnon	100		Mark Ward	60
	Roy Robison	100		Gene Reynolds	60

Results of the October, November, and December grand prix's will not be published so that the final Grand Prix winners will be a surprise. Come to the annual Christmas party on Dec. 16 to find out who the top winners are in the 2006 PTCRC Grand Prix Series!



The Croftons and Gulicks recently spent a weekend with Phil Jones at his house on St. George Island. While there they all ran the beautiful Oyster Spat 5K.

Tom Crofton was first in his age group with Phil taking second. Carolyn Gulick was third in her age group.

Enjoying the post-race festivities are from left Phil Jones, Tom Crofton, Mary Ann Crofton, Michael Crofton, Carolyn Gulick, and Dave Gulick.



The Secret of Success:

A Little Bit Over a Long Period of Time

By Phillip Crone

Reviewed by Bob Dalton

When you're the club president and your name and e-mail address are on the home page of the club Web site, you get all kinds of e-mails from folks wanting to sell or give you something. I received one recently from a fellow named Phillip Crone asking if I wanted a free copy of his book along with a pair of free Thorlo socks. Being the voracious reader and running addict that I am, it sounded like a deal too good to pass up. I responded in the affirmative and sure enough the book arrived in short order along with a coupon to redeem for a pair of socks.

I was able to read the book on the plane on the way to and from the Army Ten Miler in Washington, D.C. but have yet to wear the socks. So I can't tell you about the socks yet, but here's the rundown on the book.

The premise of the book could be summed up as a subtitle: "Defer instant gratification for long-term prosperity and other benefits." Mr. Crone has a formula for achieving this goal, and he illustrates several principles by which one should live in order to achieve health, happiness, and financial independence. The following, in no particular order, are among some of the principles he espouses.

- exercise consistently, make it part of your lifestyle
 - when you stop learning, you stop living
 - keep a positive attitude
 - don't procrastinate, do it now!
 - use lists to accomplish tasks
 - maintain your integrity, always tell the truth
 - learn to be grateful for and content with what you have
 - all things in moderation
 - learn to forgive
 - have reasonable expectations
 - get organized
- Mr. Crone shows how applying these

Phil's Philosophy on Health and Fitness October, 2006

Have you found your potential? What is your potential? These are important questions in life. Isn't it funny how we cheer the person who may not be the best athlete, have the greatest of abilities, but if they are giving it 100 percent we cheer them on. On the other side of the coin for some reason we hate the "slacker."

So how can you find your potential whether it be in sport or life? Most of us have more potential than we realize. I happen to be a believer that physical fitness plays a major role in finding our potential in life.

Many people treat their cars better than they do their bodies. If we could only go into the future and see what we might look like, what diseases we might have, then we might be motivated to do something today that might prevent something from happening to us in the future.

I have found many people have the attitude of wanting immediate gratification, wanting something today for not much effort. Life just doesn't work that way. We need to pay the price today to reap the benefits in the future. Taking care of our bodies should be no different than brushing our teeth, or mowing our lawn. How do you think your teeth would look if you didn't brush them for a few months, or how would they look if you only brushed them a few times per year? This is how we need to view our physical fitness. Most of us need to work on keeping in shape at least 5 days per week or every other day.

In my own life I witnessed my transformation from being shy and lacking confidence, to quickly becoming a hard charging self-starter full of ambition and courage, simply by finding physical fitness through jogging. That was 27 years ago and I haven't stopped yet.

Most of us have a choice, many make the choice to be unfit and out of shape. Many reach, at least in their minds, the point of no return. A point where they are so unfit and out of shape, that their lifestyles begins to revolve around negative actions, like over-eating, weight gain, sleep problems and lack of confidence and self-esteem. It doesn't have to be this way, you can make changes starting today that can make a difference for your future.

Let the positives of being fit transform your life. You'll feel better, look better, have more confidence, you'll think better and more positive influences will begin to transform your life. You'll quickly find gravitation towards becoming healthier, eating better, drinking less alcohol and more importantly, finding your potential.

We can't ask more out of life than what we are capable of, but we can attempt to squeeze every bit of our God given potential, what a waste if we don't try. It's out there, just take the first move to grab it and quickly you will walk down a path of improving your life in more ways than you can imagine. Always remember, for most of us we have a choice, to be fit and to reach our potential, or always wonder what that hidden potential might hold. Your full potential was a gift given to you at birth, go out and find it today!

I welcome your comments or suggestions.

Phillip Crone

Suwanee Georgia

Email: Phillip@PhillipCrone.com

Website: www.PhillipCrone.com

principles in his own life enabled him to retire in 1997 at the age of 37 after selling a successful computer company. He now spends his time running, playing golf, and being a devoted husband and a father to his two girls. There is nothing really new about these principles that have not been promoted in countless other books, but Mr. Crone is a passionate advocate because he has seen first hand that they actually work. Where he differs in some ways is how he applies them. For instance, when giving advice about starting a fitness program, he says, "for the first three months of your exercise program run

only 10 minutes a day and not a minute more." Most other programs on the other hand, advise an increase of no more than 10% per week in either time or distance.

Mr. Crone shows us that short of getting lucky and hitting the jackpot or inheriting a windfall, there are no shortcuts to success. He concludes by stating his purpose for the book is to help others achieve their goals but admits he doesn't have all the answers either. For someone who is looking for the basics of getting their life in order, however, this book is a good place to start.

- Notes & News -

Georgia to Tampa Relay

Operation One Voice is an organization based in Duluth, Georgia (Special Operations Forces — Duluth Police COPS Division) that supports the children of fallen Special Operations Forces personnel. On Tues., Nov. 7, they will begin their 625-mile relay from the Discovery Mills in Gwinnett all the way to Tampa. Please visit their Web site at www.operationonevoice.org for more information and to follow their route down to Tampa. They are inviting all RRCA clubs along the way to come out and run with them. Their route will take them through Tucker, East Point, Newnan, La Grange, Pine Mountain, Hamilton, Dawson, Putney, and Pelham.

Thanksgiving Day Bus Reservations

The PTC Running Club will again arrange 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 a \$7 fee by no later than the close of the Nov. 6 meeting at the Wyndham Hotel. After that meeting, should there be any seats remaining, reservations will be opened to the general public. Reserve your seats by contacting Ann Henderson at ahendersonptc@hotmail.com or 678-516-1428.

Carpet Capital 10 Miler

The 19th annual Carpet Capital 10 Miler will be held in Dalton on Dec. 9 at 9 a.m. This event is part of the Georgia Run & See grand prix as well as being the RRCA state championship race at the 10-mile distance. This year it is also the final stop on the USATF Georgia Association's Grand Prix of Long Distance Running. It should be an exciting race. There is also a 5K run so more runners can get involved, and there will again be a post-race meal served starting at 10:30. You can get a copy of the registration form on the Web site www.carpetcapitalrunningclub.com/TenMilerHome.html. For more information, contact David Leatherman at davidleatherman@yahoo.com or 706-275-5505.

PTCRC Christmas Party

The PTC Running Club's annual awards banquet and Christmas party will be held Sat., Dec. 16 at the Tyrone Depot on Senoia Road, starting at 6 p.m. Tickets will be \$25 per person.

Gate River Run

It is time to register and make hotel reservations for the Gate River Run on Sat. March 10. This year is the 30-year anniversary. For those who have not run this race before, for the most part it is a flat and fast 15K except for the big bridge you have to run over at the 8-mile point!

Bill Fuller has reserved rooms at the Quality Suites Hotel at Jacksonville Beach for Friday, March 9 through Monday, March 12. The rate is \$149 per night. To reserve a room, just call the hotel directly, and refer to the block booking under Peachtree City Running Club and Bill Fuller. The hotel number is 904-435-3535.

For race details and registration go to www.gate-riverrun.com. You can also contact Bill Fuller at mki.kammann@bt-bbs.com or

George Martin at r2sun98@mindspring.com for more details.



Alice Todd and Carolyn Gulick display their age-group awards from the Promise Place 5K held on Sept. 29.

3rd Army team wins 10-miler

(Continued from page 10)

A special category of runners that debuted in 2004 took part again this year, the Army's Missing Parts In Action. The team was made up of 18 military amputees and their physical therapists. MPIA's motto is "Some Assembly Required" and they served as an inspiration along the course, receiving many "Hooah's" and encouragement along the way.

In the team competition, Third Army continued to dominate its division. The team posted its seventh victory in the All Comer's Division in eight races (having finished second in 2000) defeating their chief rivals from Redstone once again, this time by almost 16 minutes. In fact, the Third Army Team was seventh overall out of over 650 teams and one of only the first 10 teams that had a cumulative time of less than four hours (first four runners count). There were 18 teams in the All Comer's Division.

Individual results are as follows:

COL Brian Lein	1:04:48
MAJ Tony Satterfield	1:03:38
MAJ Bruce Jenkins	1:02:48
WO1 Mike White	54:40
MSG Carl Clark	59:30
Bob Dalton	59:41 (1st Place Age Group)

Team Coach Bob Dalton said, "This team has more talent and depth than any other I have coached in 10 years at the Army Ten Miler. We started off with 10 great athletes, but lost one to injury, one due to a PCS, and a couple more to deployments. Those who were left battled their own injuries and time challenges to training while ensuring they accomplished their Third Army mission first." They were able to continue the Third Army winning tradition by living up to the motto, "Third Always First!"

PTCRC 2007 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**.

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

Sponsor Spotlight: Chick-fil-A

Chick-fil-A has been one of the longest and most loyal supporters of the Peachtree City Running Club. It has also been one of the longest-enduring restaurant chains. It recently celebrated the 60th anniversary of its founding just 20 miles from here by Truett Cathy. And in those 60 years it has grown to one of the largest food franchises in the world.

The Cathy family still resides in Fayette County and is one of the most philanthropic families and companies in the area. Not only does Chick-fil-A support us as a sponsor every year, current CEO Dan Cathy actually runs in our 15K every year along with a large contingent from Chick-fil-A. This year more than 275 members of the Chick-fil-A family are running in the Disney Marathon & Half Marathon. A better, more loyal corporate running sponsor would be hard to find. Thank you Chick-fil-A!



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

UPCOMING CLUB EVENTS

NOV 6 CLUB MEETING @ WYNDHAM • NOV 11 SPRING HILL TURKEY TROT 5K • NOV 18 GRAND PRIX • NOV 23 ATLANTA MARATHON/HALF MARATHON • DEC 2 GRAND PRIX • DEC 9 JINGLE BELL TRAIL 5K • DEC 16 CLUB CHRISTMAS PARTY • JAN 1 GRAND PRIX