

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

NOVEMBER 2008

28th annual PTC Classic & Shadow 5K

inside

Peachtree City Classic goes to Iraq

Team "Too Much Fun" enjoys RTB Relay

Trail running tips from the ATRA

Dragon boat racers take 6th place

Time to renew club membership



The weather cleared, the runners came, and the 28th annual PTC Classic is now just another memory of hard work and smiling faces for the Peachtree City Running Club. Despite a few glitches, the 2008 Classic on Oct. 18 was deemed an overall success.

"I learned a lot this year. We tried a few new things; some of them didn't work, but we have a better idea of what to do next year, said Race Director Marino Fuentes. "I intend to do a quick survey of participants in November to see what we learn in terms of likes and dislikes so we can improve in 2009."

According to Fuentes, race numbers were up this year, with the largest increase occurring in the women's 5K. "From a registration standpoint we did what we set out to accomplish, and that was to reverse the downward trend of the last several years. Our promotion was successful in

advertising the race and bringing new runners to the Classic," he said.

One part of the race that was an outstanding success was the 5K Shadow Run held at the Al Kindi Army Base near Mosul, Iraq. More than 200 Iraqi and American soldiers participated in the run, earning their own special Classic T-shirts. The PTCRC also sent official Start and Finish banners, which were strung high above the Army base.

CPT Ivan Hurlburt, who organized the overseas run, had this to say in a post-race e-mail: "Wow, what a day! The run went off great... I will say for now that the Iraqi soldiers and the American volunteers had an awesome distraction to what is going on around them today. Thank you so much!"

Kudos to all who volunteered their time and effort to support the club's major fundraiser for the year. It couldn't be done without you!

(For more on the PTC Classic, 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. Send race results to Bill Fuller at mki.kammann@ht-bbs.com.

NEXT DEADLINE:
December 19th

Club Meeting Highlights



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

September

President Bob Dalton called the meeting to order at 7 p.m. at Partner's Pizza. New members, visitors, and guests were recognized. A motion was made to approve the minutes of the last meeting as posted on the club Web site. The motion was seconded and carried.

Reports from Officers

Admin V.P. – Mike Norman – the sign-up sheet for the Atlanta Thanksgiving Day Half Marathon was passed around. Cost for member is \$8.

Activities V.P. – Mark Ward – the next Grand Prix will be a team x-country event held at Valerie Reynolds's farm. Mark handed out awards from previous Grand Prix events.

Reports from Coordinators

The September issue of the newsletter is a dedication issue to Bill McBride.

Marino Fuentes – The next few weeks are critical in terms of promoting the PTC Classic. The PTCRC will have a team entered into the Dragon Boat races on Sept. 27. A few people are needed to hand out Classic registration forms.

With no further business the meeting was adjourned at 7:20 p.m.

October

Administrative Vice President Mike Norman called the meeting to order at 7:30 p.m. at the Wyndham Conference Center. There were no new members or guests. A motion carried to approve the minutes of the last meeting as posted on the club Web site.

Old Business – The PTCRC team entry in the Dragon Boat Races finished in the top 6. Team pictures were taken.

New Business

Fliers are available for the Harvest Classic 5K, Great Pumpkin Race, and Thanksgiving Day Half Marathon.

Please let Roy know if you will not be meeting the requirements for the club 1,000 mile club.

The club Web site will be upgraded and new features will be added. Joe Domaleski is developing a proposal. Joe will demo the Web site at a future meeting.

Bill Werling was contacted by an ING representative who offered a discount if we had 50 people interested in running the ING marathon.

Reports from Officers

Admin V.P. – Mike Norman – the sign-up sheet for the Atlanta Thanksgiving Day Half Marathon was passed around. Cost for members is \$8.

Reports from Coordinators

George Martin – Community Support – voted to purchase a marker for Bill McBride; the marker will be placed at the water fountain at city hall.

Todd Davison – Equipment – we are cramped for space and looking to expand. Todd will get a price list.

Announcements

Bob Dalton's Ekiden team won the masters division.

Bonnie Hancock announced that she will be coordinating an Oak Grove Elementary School fund raiser. If you would like her to pick up your Atlanta Half Marathon or Marathon race number, she will do it for a small fee, which will be donated to the Care Team at Oak Grove. She will need a copy of your driver's license and a phone number to reach you. A sign-up sheet will be available at the November meeting.

The next meeting will be on Nov. 3, 2008 at the Wyndham Conference Center.



It's fall once again and that means PTC Classic, Thanksgiving Day Marathon and Half Marathon, and the annual Christmas Awards Banquet to name a few of the highlights of the season. It is always one of the busiest times of the year because of all the many activities of the club in addition to the usual fall festivities and holidays.

First up, a great big thank you and congratulations to Marino Fuentes as he takes a well-deserved sigh of relief and breather after the successful 28th annual PTC Classic. Marino willingly stepped up to the plate last year to take on this monumental task, and he shepherded it each step of the way to its successful conclusion. It was by no means a solo act, however. There was a cast of a dozen or so Lead Coordinators who managed everything from registration, volunteers, the expo, the finish line, and everything in between. Then, of course, were the many volunteers from the club who manned their stations and performed their duties with no recompense other than the satisfaction of a job well done helping others. If I started mentioning names, it would look much like the alphabetical roster of most of the club. Suffice it to say that the club members came through in flying colors to accomplish the mission in spite of the obstacles that arose, and you can take pride in your running club. I know I do.

The first ever PTC Classic Shadow 5K Run in Mosul, Iraq was an unqualified success as well. Approximately 200 Iraqi soldiers and a handful of Americans ran the dusty perimeter of Camp Al-Kindi Iraqi Army Base starting and finishing under official banners supplied by your club. Finishers were awarded the coveted Classic Shadow Run shirt while enjoying refreshments supplied courtesy of the U.S Army. Captain Ivan Hurlburt coordinated the entire event, and we salute his efforts to improve morale, esprit de corps, and team camaraderie among the soldiers in his command training and fighting for freedom. (See related photos on page 5.)

Congratulations and kudos are also in order to Team Captain Roy Robison and his merry band of Dragon Boat Racers known as 'Team Classic.' What started off as a group of people just wanting to have fun turned into a well-trained competitive team that won two heats and made the finals ending up in the top six overall out of 26 teams. The team won a specially designed "Paddle Trophy" for their achievement. (See photos on page 13.)

We will be holding elections at the November meeting to replace Hal Wolfe, our Treasurer, who will be completing two years, and for the position of President, as I will be completing my third and final year. We will also be voting on the superlative

categories. 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.

Be sure to mark your calendars for Saturday, Dec. 13 for the annual Christmas Awards Banquet. We have a new venue this year, the Wendell Coffee Golf Club, and it promises to be an elegant, yet fun event. Your Social Coordinator, Ann Henderson, is hard at work to ensure a good time is had by all. Year-end awards will be presented and are always a highlight of the event, along with the banquet before and dancing afterwards. Hope to see you there!



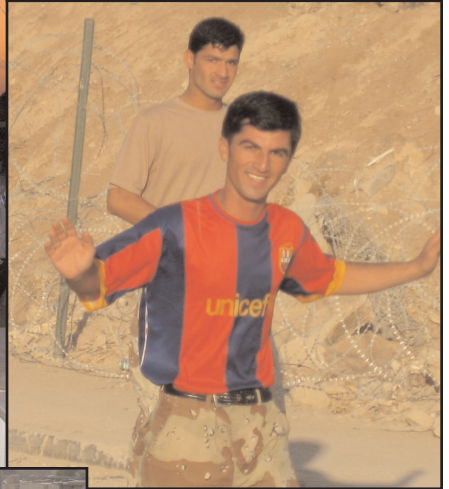
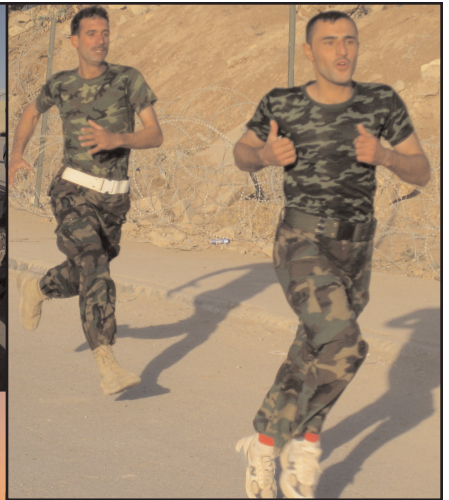
WELCOME NEW MEMBERS!

Nathaniel Reeves (PTC)
Tome and Helene Gannon (PTC)
Lori Johnson (Sharpsburg)
Raberta "Bo" Hatch (PTC)
Pam Burrus (Newnan)
Helen Moore (PTC)
Bunny Sutton (PTC)
Michael Burton (Fayetteville)

The membership period for joining and renewing membership for 2009 began on Oct. 1. Regular members can renew membership anytime; you don't have to wait until you get a renewal notice 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 please send it along with your check for \$20. Renew now, and you'll get all your great Peachtree City Running Club benefits through December 2009!

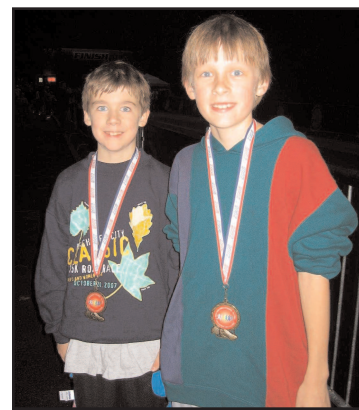
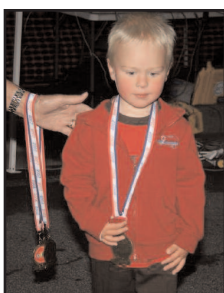
PTC Classic Memories





2008 Kiwanis Kid's Marathon Finish

Despite near darkness at the start — which was a half hour earlier this year — the kid's marathon finish went off without a hitch. More than 100 students, grades Pre-K to 5, qualified to run by doing at least 25 miles with their school running programs prior to the PTC Classic. On race day, they ran the final 1.2 miles, and as they crossed the official finish line, they were greeted with cheers by Kiwanis members, including PTC Mayor Harold Logsdon, who distributed marathon T-shirts and medals.



Fayette Corporate Fitness Challenge

This year's Fayette Fitness Challenge, coordinated by Karyn Staples, was once again a great success. The Challenge served its purpose of creating an opportunity for great corporate team-building, while introducing many new runners and walkers to the PTC Classic. Below are six of the nine participating groups displaying their team spirit.



McIntosh High School



Mighty Birch Painting



Fort McPherson



Panasonic



Gardner-Denver

Challenge Award Winners

Most Fit School

- 1st place Oak Grove Elementary School
- 2nd place McIntosh High School

Most Fit Military

- 1st place Fort McPherson

Most Fit Large Corporation

- 1st place Chick-fil-A
- 2nd place Panasonic

Most Fit Medium Corporation

- 1st place Gardner-Denver
- 2nd place Hoshizaki America

Most Fit Small Company

- 1st place Parkside Dental
- 2nd place Mighty Birch Painting



Chick-fil-A

New Member Profiles

By Bob Dalton

Triathlete finds new place to make friends



Alan Conner

Alan Conner, 39, has been the Secretary for the Peachtree City Triathlon Club for the last two years and thought he would join the PTC Running Club as "just another reason to hang out with friends and meet some new ones." He also says, "I thoroughly enjoyed being a part of the initial running of the 'Marino the Man' Marathon back in December."

Although originally from New Jersey with a 20-year stopover in Hollywood, FL, Alan has been a PTC resident for six years now. With a BS in banking and an MBA in Finance from Nova Southeastern University in Ft. Lauderdale, Alan works for Spectrum Advisory Services purchasing bonds for high-net-worth clients and several small institutional accounts that his firm manages money for. Prior to coming to GA, he was a bank consultant.

Alan and his wife, Sharon, have a son, Duncan, assigned to the 75th Ranger Regiment at Ft. Benning, GA. Duncan served a tour in Iraq and is a bona fide member of the new "Greatest Generation." Alan also enjoys the occasional round of golf.

His favorite race is the Country Music Half Marathon in Nashville, which he has done twice, the first time in 2005, and again in 2007. "It was my very first half marathon, and when I went back and did it again, it was the first time I had run a race with someone. I was pushed to go faster than I thought I could and set a new PR, even though the goal was just to have a good time."

Alan admits that "before moving to GA and taking up triathlon and running, I used to complain about getting up at 6 a.m. to go to the gym... now I can be found there sometimes at 3-4 a.m., and meeting for a run at 4:30 is no big deal, even if it means getting up an hour before... I also couldn't finish a 2-mile run without walking..." Just to show you how far Alan has come, he has done four Half-Ironman Triathlons and is in training for Ironman Florida in November.

But it has all been worth it because "my running friends are the best, and I have to give them a substantial amount of the credit in my overall running improvement and the sheer enjoyment and motivation. If not for the BDR's* (they know who they are), I wouldn't have accomplished half of what I have done."

**Boat Dock Runners*

Long-time runner sets sites on future marathon

Michael Cappas, 38, has been a Peachtree City resident for only a few months but has been a runner since at least elementary school while growing up in Los Angeles. Professionally, he works as the Health and Safety Manager for Georgia-Pacific's Lumber Division. But when asked what he really does, Mike states, "Lazer's soccer transportation and spectator for our two girls, walk the dogs, travel on business, fix broken stuff around the house, pick up branches and pine cones in the yard, road trips with the family, hiking, tent camping, maybe run if there's time..."

Michael and his wife Michelene have two girls, Veronica (10), Alison (8) and two dogs — Whippets Petals and Romero. Mike earned his B.S. in Safety from the University of Southern California in 1992 and his M.S. in Environmental Health Sciences from the University of California at Los Angeles in 1994. Michelene is a Physical Therapist at ProHealth P.T. & Pilates Studio here in PTC.

"Dad was a P.E. teacher and used to take me running and run 10Ks with him," Mike says. "I just ran one year of cross-country and track in high school (for some reason, coach made me run hurdles in track — that was comical; still have scars on my knees...); on and off again since then, but regularly for the past five years; usually can put in four days a week."

Mike relates his most unusual running experience since arriving

in Peachtree City was a "30-minute run that turned into 1-1/2 hours as I got completely lost and disoriented on the golf cart paths on a gray, rainy day my first time running in Peachtree City. Ironically, I scoffed as Michelene gave me the "be careful and don't get lost" bit as I left the house. (Author's note: See, I'm not the only one!)



Mike Cappas with his daughters Veronica and Alison.

Mike did a stint in Iowa with his company for a few years between California and Georgia but says he had some of his most memorable running experiences there. "Running in Iowa winters: snow, ice, wind, below-zero temperatures... very few runners in the town where we lived — I always wondered what all those people in their cars and houses thought when they'd see me going by all winter long." In fact, his favorite race is the Living History Farms Cross Country Race in Urbandale, Iowa (6.8 miles). "It's the most fun

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Reach the Beach Relay was 'Too Much Fun'

By Rene Flaherty

It was not our first-choice relay, we had to replace several runners including our team captain, and we ran all night in the pouring rain, but all in all, the 2008 Reach the Beach Relay was a great experience for all involved.

Having been shut out of the Hood to Coast lottery for the first time in 12 years, the PTCRC relay team did what any die-hard team would do — we found another race to run. New Hampshire's Reach the Beach Relay, from Cannon Mountain to Hampton Beach, fit the bill nicely. It was about the same distance as HTC, took place only a few weeks later, and was easy to get to.

Like last year, the team had an equal mix of men and women so we ran in the Mixed Open Division. The guys in Van #1 included Shawn McKinnon, Bill Anderson, Scott Allen, Don van Landingham, Mark Hamilton, and Vern Schmitz. The "mamacitas" in Van #2 were Cynthia Maerz, Alice Todd, Jan Bankieris, Rene Flaherty, Cee Koehler, and Christiane Aleman.

The race was smaller, with only 350 teams compared to 1,000 at HTC, but very well organized. They actually had signs with arrows along every route for the runners to follow. No chance of getting lost here! Anyone who has run HTC will appreciate that benefit. Although lacking the spectacular views of Mount Hood, the race provided plenty of scenic New England vistas while we ran through the bucolic New Hampshire countryside. Not to mention some killer hills! Along with the beautiful scenery, the ladies enjoyed checking out the "papacitos" along the way!

Friday was cool and cloudy with rain throughout the night, so unfortunately we were unable to take advantage of the nearly full moon. The night runs were rough, to put it mildly. The clouds dispersed on Saturday, though, and the beautiful day gave the ladies some great sunbathing/sleep time at our second transition point. Surviving the heat, we made it to the finish just in time to join the guys and run in with Jan to the cheers of the various family members who were there to support us. Our team finished in 29:48:43, at a respectable 8:33 pace per minute.

Many thanks to team captain Bill Fuller who made all the arrangements but had to pull out at the last minute; to Cynthia, who took over the reigns and made everything run smoothly; to Scott and Mark for filling in as teammates; to Jan, Mark, and Shawn and their families who contributed coolers, sleeping bags, mats and anything else we needed; to our drivers Cynthia, Alice, Shawn, Vern, and Mark; and to everyone else for running their hearts out on those challenging hills and helping the team finish in the top half of our division. As always, it was TOO MUCH FUN!



PTCRC to award record number of 1,000-mile-club jackets

NAME	YEARS IN 1000 CLUB	MILES	MEETINGS	VOLUNTEER ACTIVITIES	JACKET	SIZE
		20,000				
BILL WERLING	19	965	8	19	20000	LG
		15,000				
TERI BESCH	14	1000	9	10	15000	MED
CAL DALEY	14	1001	4	3	15000	LG
VALERIE REYNOLDS	14	1200	2	3	15000	MED
SANDY TUMAN	14	969	3	3	15000	MED
JOE WASSELL	14	754	1		15000	LG
		10,000				
BONNIE HANCOCK	9	830	7	3	10000	LG
STEVE HANCOCK	9	850	7	3	10000	LG
TRISH VLASTNIK	9	850	3	1	10000	MED
		5,000				
BILL EVERAGE	4	803	3	2	5000	LG
RENE FLAHERTY	4	840	8	5	5000	SM
MELIA FOLEY-LANE	4	950	5	3	5000	MED
PATRICK KEARNS	4	1025	4	3	5000	XL
SHANNON PHILLIPPS	4	800	1		5000	SM
TOM ROUND	4	833	4	3	5000	MED
CONSTANCE SAMBRONE	4	1093	8	14	5000	SM
MARK WARD	4	925	5	8	5000	MED
WES WILKINS	4	955	3	2	5000	MED
		1000				
RAY BESCH	0	954	5	5	1000	XL
CAROLYN BOWEN	0	1024	6	1	1000	MED
GINA BOLEN	0	1397	5	5	1000	MED
RUSTY BURNS	0	1205	7	3	1000	LG
ROBERT COMMERFORD	0	868	4	3	1000	XL
ALAN CONNER	0	838	3	3	1000	XL
TIM COVERT	0	1213	5	4	1000	LG
GREGG DAVIS	0	700	5	3	1000	XL
LEAH LIMING	0	1015	5	6	1000	MED
MIKE MCCRARY	0	919	4	3	1000	MED
BRANDI OSSE	0	800	5	2	1000	SM
JEANNIE SMITH	0	1425	6	3	1000	SM
JED SMITH	0	2497	6	1	1000	LG
INDIE WARD-SMITH	0	870	2		1000	SM
VON WOODS	0	750	4	6	1000	LG

A record number of club members are eligible for our prestigious club jackets this year. Please check the list at left to see if you're one of them. If your name is on the list and you will not qualify, or your name should be on the list, please notify Coordinator Roy Robison at 770-631-4715 or croyrunn@bellsouth.net immediately. Remember, you need to have attended three club meetings and volunteered for three activities in addition to running 1,000 miles.

The 1,000 Mile Club is one of the PTCRC's most popular programs and helps promote fitness, volunteer activity, and club participation. It also includes 5,000, 10,000, 15,000, and 20,000 mile awards. Examples of the jackets are shown below.



New member Michael Cappas

(Continued from page 7)

you can have getting cold, wet, and muddy: 6.8 miles in late November (i.e., near-freezing weather) of over-the-hills, through-the-woods, cow pastures, corn fields, multiple armpit-deep stream crossings, clawing your way up muddy hillsides and ravines..."

As far as outside interests, Mike likes working in the yard, church (St. Andrews in the Pines Episcopal), weekend and summer trips with the family, drinking coffee, hiking, and tent camping. "Now that the girls are older and I wouldn't have to carry all their gear, I would like to get back into backpacking. We have been fortunate to have lived in southern California, northern California, the Midwest, and now the Southeast. We love experiencing the local/regional food and culture, sights, attractions, outdoors, etc."

His running PRs consist of a very respectable 21:02 in the 5K, 43:36 in the 10K, and a 1:40:58 at the 20K distance. Amazingly enough, "My current 5K and 10K race times are virtually identical

to what they were 20 years ago in high school — middle-of-the-pack runner back then, but at least I'm not slowing down... yet."

As to why he joined the running club, Mike states, "I thought it would be good opportunity to meet and run with others (I've always run alone), and participate in other activities (not always very social). Must confess that I haven't managed to make a single run or event except the bus to the Peachtree Road Race (thank you very much — very nice!)... Truth is, I am usually up and ready to run at 5:30 on the weekend, so I haven't joined in on the Saturday or Sunday runs. Now that we're settled here, I hope to be more active." He goes on to say, "I've been wanting to run a marathon but haven't been able to commit to the time to train for it properly."

Just give it time, Mike. Hang around the club long enough, and you will definitely catch the bug.

Mind your p's and q's when running on trails

"Rules on the Run" are principles of trail running etiquette that foster environmentally sound and socially responsible trail running. These principles emulate the well-established principles of Leave No Trace, and Rules of the Trail by the IMBA. The American Trail Running Association (ATRA) believes that by educating trail runners to observe "Rules on the Run," trail runners will be able to enjoy continued access to their favorite trails and trail running competitions. These rules can apply equally well to the paths in Peachtree City.

1. STAY ON TRAIL

Well-marked trails already exist; they are not made on the day you head out for a run, i.e., making your own off-trail path. There is nothing cool about running off trail, bushwhacking over and under trees, or cutting switchbacks up the side of a hill or mountain. Such running creates new trails, encourages others to follow in your footsteps (creating unmarked "social trails"), and increases the runner's footprint on the environment. When multiple trails exist, run on the one that is the most worn. Stay off closed trails and obey all posted regulations.

2. RUN OVER OBSTACLES

Run single file in the middle of a trail, even when laden with a fresh blanket of snow or muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail. If the terrain is exceedingly muddy, refrain from running on the trails so that you don't create damaging "potholes" in the surface. Moisture is the chief factor that determines how traffic (from any user group) affects a trail. For some soil types, a 100-pound runner can wreak havoc on a trail surface in extremely wet conditions. In dry conditions the same trail might easily withstand a 1,200-pound horse/rider combination. There are many situational factors to consider when making your trail running decision. Trails that have been constructed with rock work, or those with soils that drain quickly, may hold up to wet conditions – even a downpour. But, in general, if the trail is wet enough to become muddy and hold puddles ALL user groups should avoid it until the moisture has drained.

3. RUN ON OFFICIALLY DESIGNATED OPEN TRAILS

Respect trail and road closures and avoid trespassing on private land. Get permission first to enter and run on private land. Obtain permits or authorization that may be required for some wilderness areas and managed trail systems. Leave gates as you've found them. If you open a gate, be sure to close it behind you. Make sure the trails you run on are officially designated routes, not user-created routes. When in doubt, ask the land managing agency or individuals responsible for the area you are using.

4. RESPECT ANIMALS

Do not disturb or harass wildlife or livestock. Animals scared by your sudden approach may be dangerous. Give them plenty of room to adjust to you. Avoid trails that cross known wildlife havens during sensitive times such as nesting or mating. When passing horses use special care and follow directions from the horseback riders. Running cattle is a serious offense. Consider turning around



Trails like this at Kennesaw Mountain State Park are a popular place for Atlantans to run.

and going another direction when faced with disturbing large herds of animals, especially in winter when animals are highly stressed already.

5. KEEP YOUR DOG ON A LEASH

Unless otherwise posted, keep your dog on a leash and under control at all times. Dogs running off leash may result in adverse impacts on terrain and wildlife and degrade the outdoor experience of other trail users. If an area is posted "no dogs," obey signage. This may mean that you leave your dog at home. It is also imperative that you exercise Leave No Trace practices with respect to removing any dog waste, packing out what your dog may leave on the trail. Be prepared with a plastic bag and carry the waste until you come across a proper disposal receptacle.

6. DON'T STARTLE OTHER TRAIL USERS

A quick moving trail runner, especially one who seemingly emerges from out of nowhere on an unsuspecting trail user, can be quite alarming. Give a courteous and audible announcement well in advance of your presence and intention to pass hikers on the trail stating something like, "On your left," or "Trail" as you approach the trail users. Keep in mind your announcement doesn't work well for those who are wearing headphones and blasting music. Show respect when passing, by slowing down or stopping if necessary to prevent accidental contact. Be ready to yield to all other trail users (bikers, hikers, horses) even if you have the posted right of way. Uphill runners yield to downhill runners in most situations.

(Continued on page 11)

Trail running etiquette tips

(Continued from page 10)

7. BE FRIENDLY

The next step after not startling someone is letting the person know that they have a friend on the trail. Friendly communication is the key when trail users are yielding to one another. A "Thank you" is fitting when others on the trail yield to you. A courteous, "Hello, how are you?" shows kindness which is particularly welcome.

8. DON'T LITTER

Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops, and old water bottles don't have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Learn and use minimum impact techniques to dispose of human waste.

9. RUN IN SMALL GROUPS

Split larger groups into smaller groups. Larger groups can be very intimidating to hikers and have a greater environmental impact on trails. Most trail systems, parks, and wilderness areas have limits on group size. Familiarize yourself with the controlling policy and honor it.

10. SAFETY

Know the area you plan to run in and let at least one other person know where you are planning to run and when you expect to return. Run with a buddy if possible. Take a map with you in unfamiliar areas. Be prepared for the weather and conditions prevailing when you start your run and plan for the worst, given the likely duration of your run. Carry plenty of water, electrolyte replacement drink, or snacks for longer runs. Rescue efforts can be treacherous in remote areas. ATRA does not advise the use of headphones or iPods. The wearer typically hears nothing around them to include approaching wildlife, and other humans. The most important safety aspect is to know and respect your limits. Report unusually dangerous, unsafe, or damaging conditions and activities to the proper authorities.



PROUD MOMENTS

MICHELLE WILSON, mwilson@ajc.com

Fayetteville runner marks a big 100th

When Al Barker of Fayetteville was setting up his marathon schedule, he chose the St. George Marathon in St. George, Utah, for his 100th lifetime 26.2-mile race.



Barker

He's also run races in Auckland, New Zealand; Paris; and Reykjavik, Iceland; and 19 U.S. states. He also has run 25 ultramarathons; his longest was the 100 Mile Run in Raleigh,

N.C., in 2006, where he finished in 27 hours. "It's always been a favorite of mine because it's a fast downhill course with beautiful scenery," Barker, 63, said. "I wanted to do as well as possible, so I trained harder than I have in 10 years."

His hard work paid off; at the Oct. 4 race, he finished in 3:30:58, good for fourth out of 121 runners in the men's 60-64 age group and making him the fastest overall Georgian in the race. Barker, an optometrist in Morrow, has been running marathons since 1976, including 11 times at Boston, where he recorded his fastest time in 1979.

Other local finishers at St. George included: Joe Wenderoth, Atlanta, 3:36:32; Michele Keane, Atlanta, 3:37:32; Lisa Wenderoth, Atlanta, 3:43:01; Takanori Shoji, Alpharetta, 3:49:16; Wendell Nash, Dacula, 3:49:28; Meghan Nicolini, Atlanta, 3:52:00; Martin Charles, Decatur, 3:59:24; Tony Ingle, Acworth, 4:01:19; Deanne Andrus, Atlanta, 4:25:24; Laura Stokes, Marietta, 4:30:11; Bill Chocallo, Marietta, 4:38:53; and Linda Shealy, Powder Springs, 4:38:54.

Club member Al Barker was recently featured in the *Atlanta Journal-Constitution* for running his 100th marathon, which took place in St. George, Utah. The 63-year-old optometrist ran his first marathon in 1976 and has run Boston 11 times. He has also completed 25 ultramarathons. Congratulations to Al on his tremendous accomplishments!

11. LEAVE WHAT YOU FIND

Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

12. GIVING BACK

Volunteer, support, and encourage others to participate in trail maintenance days.

For more information visit <http://www.trailrunner.com>.

ARCENT runners take 2nd in Army 10-miler

By Bob Dalton



On a cool, clear, windless morning, over 18,000 runners out of 26,000 registered raced, ran, jogged, and walked America's largest 10-mile event on Sunday, Oct. 5, starting and finishing at the Pentagon. Remarkable in its stature and popularity, this year's race attracted participants from all 50 states, Washington, D.C., Puerto Rico, and 23 countries. Out of 658 teams total, three teams from Ft. McPherson made the trip as well, accepting the challenge to compete against some of America's best runners.

Once again, the Brazilian Army Team dominated in the open team and individual competition. Reginaldo Campos, Jr, a private in the Brazilian Army surged into the lead at six miles, looked back a couple of times to assess the chase pack, then never looked back again. Campos improved upon his second-place finish last year with a winning time this year of 48:59. Steve Hallilan, a 2008 American University graduate and local D.C. runner, finished second in 49:12. Rounding out the top three was another Brazilian Army soldier, Josuelo Nascimento in 49:39. Last year's winner, Jose Ferreira (yes, another Brazilian), finished fifth. The strong finish by the Brazilians (they also took ninth overall) sewed up their win in the International Team Division as well as being the first and second teams overall.

Corporate Challenge 5K

A combined ARCENT/USARC team running as the Ft. McPherson Road Racers turned in a great performance at the 26th annual running of the Kaiser Permanente Corporate Challenge 5K on Sept. 25. Over 15,000 runners and walkers turned out at Turner Stadium for what organizers call the "world's largest office party." 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.

Ft. McPherson defeated its arch-nemesis Georgia Tech decisively after taking second to them last year. With their victory, Ft. Mac established themselves back on top again making this their ninth win in the last 10 years of competing in this race. All members finished in the top 40 overall out of over 15,000 runners and walkers.

Cumulative time was 73:25 (first four count) which blew away not only Georgia Tech, but also other strong teams such as

In the women's race, it was Veena Reddy from Arlington in first place with a time of 58:08. She too made her move at mile 8 to take the lead, finishing 37 seconds ahead of Meseret Kotu from Ethiopia, who runs for Foot Solutions. Costa Rican Olympic Marathoner Gabriela Trana, another Foot Solutions athlete, finished third in 59:08. Four-time Army winner Alisa Harvey, was the first masters runner, ninth overall, in 1:00:57. "It gets harder every year," she said.

Closer to home, the top runner for ARCENT was CPT Emily Potter assigned to the C4 at Camp Arifjan. She finished in the top five women overall with a time of 59:40 and first in her age group. The ARCENT Road Racers finished second once again to the Ft. Sill Redlegs by less than four minutes cumulative team time with the first four runners scoring. Said team coach Bob Dalton, "Considering Ft. Sill is a young active-duty team with an average age of 30, and we are a more, ahem, 'senior, mature' team, with an average age of 40, I'm very happy with our performance. We came here to win, of course, but I'm very proud of the effort everyone put forth to get ready for what many consider to be the world's most competitive 10-mile race." Dalton managed to take third in his age group as well.

Another bright spot was the Ft. McPherson team that also took second in their division, the Open Masters Mixed. Consisting primarily of FORSCOM personnel, the team captain, MAJ Roger Glenn, said, "everyone gave their best and it showed in the results. We hope to come back and improve on our performance by winning it next year."

A second ARCENT team made a very respectable showing with several of the individuals setting personal records at this distance. This was especially remarkable considering the team spent the month prior to the competition deployed to Lucky Warrior and weren't able to train as consistently as they would have liked.



The Ft. McPherson Road Racers included from left: LTC Aaron Walter, SGM Mike Dunn, MAJ Mark Woommavovah, LTC Kyle Kolthoff, and Bob Dalton.

Lockheed Martin, Southern Company, and the Delta Dusters. Official results can be found at <http://www.kpcorporaterunwalk.com/results.html>.

September Grand Prix

Event 9

Team Cross Country

PTCRC Classic team places 6th in dragon boat competition

Peachtree City Classic dragon boat captain Roy Robison (below) displays the award given for 6th place in the Dragon Boat Races at the 2nd International Festival held Sept. 27 at Drake Field. After three grueling practices (one in the rain!), team members came together on race day and won their first two heats, making it to the finals by one hundredth of a second! Everyone had a great time, and the club succeeded in its efforts to get additional publicity for the Classic race. Congratulations to all!



Male - Age 50 and under					
PLACE	RUNNER	Team	Place	Team Placement	POINTS
1	MIKE NORMAN	1	5	1	100
2	HAL WOLF	5	2	2	90
3	CHRIS CHOING	4	4	3	80
4	BILL EVERAGE	3	6	4	70
5	VERN SCHMITZ	2	3	5	60
5	GARY KOLB	2	19	5	60
5	TIM COLVERT	2	DQ	5	60
Female - Age 47 and Under					
PLACE	RUNNER				POINTS
1	LESLIE DEGNER	1	DQ	1	100
2	VALERIE REYNOLDS	5	12	2	90
2	ANASTASIA WALKER	5	23	2	90
3	HEATHER LORIDAS	4	24	3	80
3	THERESA MOORE	4	14	3	80
4	BRANDI OSSI	3	21	4	70
Female - Age 48 and Over					
PLACE	RUNNER				POINTS
1	PATSY BICKFORD	1	25	1	100
2	MARGIE DAM	5	16	2	90
3	TERI BESCH	4	29	3	80
4	TRISH VLASTNIK	3	13	4	70
4	SANDY TUMAN	3	26	4	70
4	ANN HENDERSON	3	28 DNC	4	70
Male-Age 51 and over					
PLACE	RUNNER				POINTS
1	ED VISE	1	7	1	100
1	ROY ROBISON	1	20	1	100
1	BOB TROMBLY	1	8	1	100
2	MARINO FUENTES	5	DQ	2	90
2	CAL DALEY	5	15	2	90
3	BOB DALTON	4	1	3	80
4	JULES DESGAIN	3	18	4	70
5	MIKE WARREN	2	17	5	60
5	DAVE PIET	2	22	5	60
5	BOB COMMERFORD	2	27	5	60



- Club Notes & News -



PTCRC again sent a team to the Ekiden, a 19-mile relay sponsored by the Atlanta Track Club on Sept. 21. Team members included from left, Rusty Burns, team captain Teresa Moore, Mark Ward, Anastasia Walker, and Tracey Moore. Missing from the picture is Vern Schmitz.

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. 3 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 Mike Norman at 678-364-0875 or mnorman172@bellsouth.net.

Nominations for 2009 Executive Board

The following persons have been nominated for the Peachtree City Running Club Executive Board for 2009: President, Bill Werling; Treasurer, Bill Anderson. Any other nominations may also be accepted from the floor. Formal elections will be on the agenda for the November meeting. 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. Honors include Most Improved Runners of the Year (male and female), Rookie of the Year (male and female) and Volunteer of the Year.

Club Christmas Party/Awards Banquet

Be sure to bring your checkbooks to reserve and pay for your seats at the annual club Christmas Awards Banquet scheduled for Saturday, Dec. 13, at the Wendell Coffee Golf Center. 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. We have a delicious meal planned with plenty of

refreshments, an awards ceremony, a DJ and dancing, and a special appearance by Santa himself. You don't want to miss it. See you there!

Girls on the Run

Girls on the Run is looking for Fayette County teams forming in the spring. Girls on the Run and Girls on Track are interactive learning programs for 8-12 year old girls that combine training for a 5K race with life-changing, self-esteem-enhancing, uplifting warm-ups and workouts, while teaching very specific and well-defined social and physical skills.

Coaches training is provided, and potential coaches attend one of the several training dates (typically all Saturdays 9 a.m.-3 p.m. the month of January). Free First Aid and CPR training is provided for those who need this certification. Program begins in February and runs for 12 weeks. Practices are held once a week for 90 minutes, and the meeting day is determined by the coach. Lesson plans and materials provided. For more information contact Kellye Slaggert at 678-817-0708 or gotrfayetteville@bellsouth.net. You can learn more about the program at www.gotratlanta.org or www.girlsontherun.org.

Congratulations to Lou and Martha Boone for completing the 2,175-mile Appalachian Trail on Sept. 8, Lou's 70th birthday, after an arduous six-month trek. We're all proud of you!

PTCRC 2009 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**

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



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 by Truett Cathy, just 20 miles from here. 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 the Chick-fil-A corporate team was the largest team in our race with over 30 team members. 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.ptcrrc.com

UPCOMING CLUB EVENTS

NOV 1 GRAND PRIX • NOV 3 CLUB MEETING @ WYNDHAM • NOV 8 SPRING HILL TURKEY TROT • NOV 15
BRAELINN ELEMENTARY 5K • NOV 22 GRAND PRIX • NOV 27 ATLANTA HALF MARATHON • DEC 6 JINGLE BELL
TRAIL 5K • DEC 13 CLUB XMAS PARTY/AWARDS BANQUET • JAN 1 GRAND PRIX