

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

SEPTEMBER 2007

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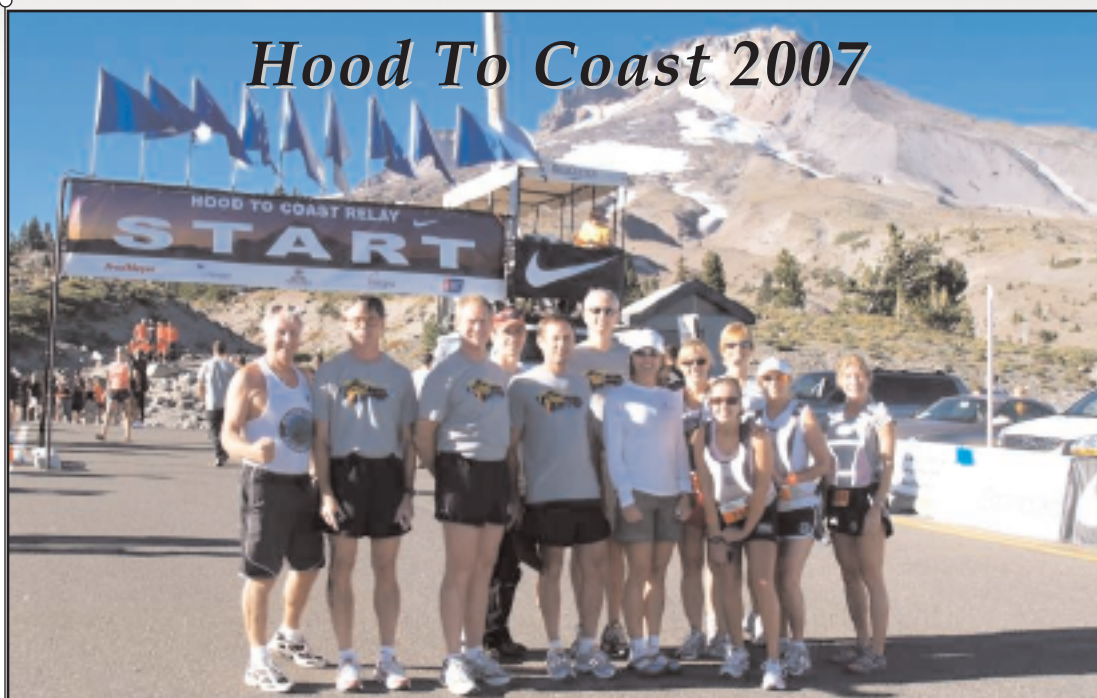
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Hamilton, Warren, Moore & Tuman lead Grand Prix



*PTCRC's Hood to Coast Team "It's Good in the Hood" finished the 197-mile relay from Mt. Hood to Seaside, Oregon in 26:39:37. The group placed 54 out of 295 teams in the mixed-open division and 307 out of 1037 overall with an average pace of 8:07. Participating in PTCRC's 11th annual trek were from left, Bill Fuller, Bill Anderson, Mark Ward, Shawn McKinnon, Brad Mason, Hal Wolfe, Cynthia Lyons, Cynthia Maerz, Bryony Fuller, Victoria Davison, Alice Todd, and Celita Ricks.*

**By Tory Davison**

As the sun slowly set, our team name was announced at approximately 8:25 p.m. and we, the proud Peachtree City Running Club team, followed our fearless leader, Bill Fuller, under the FINISH banner. OK, that's not really how it happened, we ran like hell just to keep up with Bill. He was smokin' — running into the finish even in the super soft sand. What was really sad was that we in Van 1 had been resting for nearly 3.5 hours, and the other van had been driving like mad to get to the finish line so we could run in together. With Bill's mad dash to the finish, he made sure we had a very respectable average of 8:07 min/mile pace.

Our team, "It's Good in the Hood," was the first mixed team PTCRC has been able to send. To qualify for a mixed team, you need a minimum of six women. The "Gal Squad" took over Van 1, while the guys "bonded" in Van 2. For those of you who don't know what HTC is, it's a 197-mile relay that starts near the peak of Mt. Hood and traipses through the cities and backcountry of Oregon to end at the Coast near Seaside, Oregon. The total drop of elevation is 6,000 ft, with 3,500 ft occurring in the first two legs of the race. I was one of the lucky ones in Van 1 to experience this precipitous drop. I'm all for having a downhill run, but believe me there can be too much of a good thing!

*(Continued on page 7)*





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

**NEXT DEADLINE: Oct. 19**

# August Meeting Highlights

For the complete meeting minutes, go to the Member's Only section on the club Web site at [www.ptcrc.com](http://www.ptcrc.com).



President Bob Dalton called the meeting to order at 7:30 p.m. in the Wyndham Conference Center. The minutes of the last meeting were unanimously approved.

### Guest Speaker

Scott Rigsby is a double-amputee who has competed in numerous road races and triathlons since a tragic accident several years ago. He has been featured in numerous magazine articles throughout the country. You can read more about this amazing athlete at his Web site at <http://www.scottrigsby.com>.

### New Business

George Martin – The PTC Rotary Club is introducing Dragon Boat Racing as part of the “Touch the World” international festival on Oct. 6. The boats were constructed in Hong Kong and teams consist of 25 members: 20 rowers, one drummer, one steersman, and 3 alternates. The races will take place on Lake Peachtree and the cost is \$40 per person to compete. Hopefully, the running club will have an entry team.

Rene Flaherty – The Atlanta Track Club is again sponsoring the Ekiden to be held on Sept. 23 in Piedmont Park. Teams have 6 members and “pass the sash” as each member runs approximately 3 miles of the 19-mile course. Rene is looking for club members to form one or more teams for this annual event.

Teri Besch – Teri announced that the annual Alzheimer's Walk will take place on Oct. 6. The 5K walk/run event begins at the Amphitheater. Participants can purchase T-shirts and/or make donations to benefit this worthy cause.

Melia Foley – Melia is the volunteer coordinator for the PTC Triathlon and passed around a sign-up list for club volunteers. The Triathlon takes place in PTC on Sept. 8.

### Reports from Officers

*Admin V.P.* – Ann Henderson – There is no speaker during the September meeting at Partner's Pizza.

*Activities V.P.* – Steve Hancock - Announced the top three winners in each age group and gave out prizes for the August Grand Prix. The next Grand Prix will take place on Sept. 22.

*Secretary* – Tom Round – Announced that George Martin and Joe Domaleski are picking up the mail from now through the PTC Classic due to the race applications coming in daily. Any club business for the secretary should be sent via email or called in by phone.

*Treasurer* – Hal Wolfe – Reported that as of 08/06/07, our total assets include \$4315.00 in the Talbot State Bank Account and \$35,241.00 in Money Market Accounts (CDs), for a grand total of \$39,556.00.

*(Continued on page 2)*

## WELCOME NEW MEMBERS

Mark Greiner (Fayetteville)  
Charles Loftin (Newnan)  
Jim Machovec (Fairburn)  
Chris Chiong (Peachtree City)  
Angela Rush (Peachtree City)  
David Lee (Peachtree City)  
William Elizondo (Peachtree City)  
Cormac Carolan-Tolbert (Peachtree City)  
John Bond (Tyrone)



It's been another busy summer punctuated by highlights such as the Golf Tournament, the Summer Track Classic Series, the Peachtree 10K and annual Family Picnic, as well as the monthly Grand Prixes and Club Meetings.

We had a terrific guest speaker at the August meeting. Double amputee Scott Rigsby inspired and motivated us with stories of his achievements, failures, and comebacks. His deprecating sense of humor, down to earth attitude, and determination resulted in a standing ovation at the end of his talk. We will continue to follow his exploits as he heads to Hawaii this October for his first Iron Man Triathlon.

Roy Robison has taken the initiative to design, manufacture, and get city approval to install directional markers on the 10K course. We will be having a "project day" soon to install them at every intersection along the 10K course to ensure that no one like me who is geographically challenged ever gets lost again. Thank you Roy!

Coming up this fall again is the annual Elementary School Grand Prix Series. 15 is the magic number this year. We will kick off the series with the Tyrone Founder's Day 5K on Sept. 15. We are looking at expanding to a record 15 events this year. That's 15 different elementary schools in Fayette County that are raising much needed funds, and best of all, showing kids first-hand just how

enjoyable and beneficial running can be. It's one of the few sports around that can result in lifelong fitness since it requires so little to accomplish – because it can be done anytime and just about anywhere with only a minimum of equipment.

Peachtree City will be hosting the first annual International Festival called Touch the World on October 6-7 and as part of the festivities, they will be hosting Dragon Boat Races. The Running Club is looking to put a team together, and George Martin and Jeff Warlick are heading up the recruitment. Jeff has put together a high-speed promotional video that will knock your socks off. The event looks like a blast. You can get more information on the Rotary Club web site at [www.peachtreecity-rotary.org](http://www.peachtreecity-rotary.org). Be sure to see George or Jeff to sign up as part of the Running Club team!

Of course, our own PTC Classic is just around the corner. As the very capable Race Director again this year, George Martin is looking to club members to come through in their usual selfless way and support this premiere club event to the max. Many of the committee chairs have already been hard at work. Dick Allis has been busy lining up vendors for the two-day expo, Volunteer Coordinator Cathy Olson is soliciting helpers from within and outside the club (contact her at 770-487-1768, or [olsonc@bellsouth.net](mailto:olsonc@bellsouth.net)), and Social Coordinator Teresa Moore has food and refreshments lined up for the volunteers. But there remains much more to be done, and we can only accomplish all the tasks at hand with the help of each and every member. That means YOU!

See you on the roads and cart paths!

## August Club Meeting

(Continued from page 2)

### Reports from Coordinators

*Classic Race Director* – George Martin – PTC Classic applications are being mailed out this week. We lost two sponsors for the Classic this year, but picked up two new major sponsors, the Peachtree City Kiwanis Club and "Friends of Joe Malloy."

*Community Support* – George Martin – Roy Robison is in charge of marking the running club's traditional 10K route. He and George are meeting this week with the city for approval and will need volunteers to help erect the markers within the next few weeks.

### Announcements

Joe and Juliet Perdue announced that they are now the owners of "Velocity Sports Performance" located at 297 Dividend Drive, Suite A, in PTC. This is on the corner of Dividend Drive and Huddleston Road. Contact them at 770-632-5432 or [jperdue@velocitysp.com](mailto:jperdue@velocitysp.com) and schedule an appointment if you want to increase your speed, power, and agility.

The next regular club meeting is scheduled for 7 p.m. Tuesday, Sept. 4 at Partner's Pizza in PTC to be preceded by a fun run at 6 p.m. The meeting was adjourned at 8:48 p.m.

Dear Mr. Dalton, Mr. Anderson, and ALL the Peachtree City Running Club,

This is to say THANK YOU to ALL of you for your generous gift to me as your recipient of The 2007 Ronnie Godwin Memorial College Scholarship. I am extremely honored to have been chosen for this prestigious award.

The money has already been deposited into my account to help pay for my schooling as a freshman at Georgia Tech this fall. I am enrolled in the Earth and Atmospheric Sciences department, where I will begin their rigorous course of study in physics and meteorology. My goal, if I continue in this major through graduation, is to help increase and improve the early warnings for catastrophic weather so that fewer and fewer human lives are lost in meteorological disasters such as tornadoes.

I love running and will miss my four years on the Cross Country Team at Fayette County High School. However, I plan to continue to run for health and pleasure, not only through college, but for the rest of my life. Thank you for the example you set and the opportunities you give. I would like to belong to a running club like yours someday.

Again, THANK YOU. "HAPPY RUNNING!"

Sincerely,

*Rebecca E Kollmeyer*

Rebecca Kollmeyer

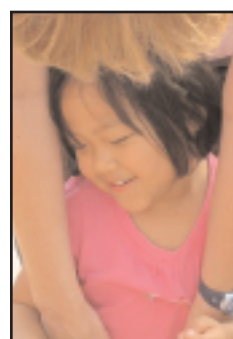
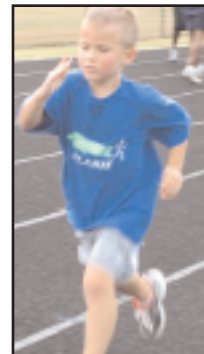
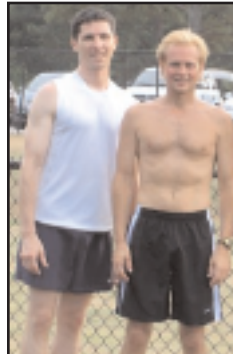
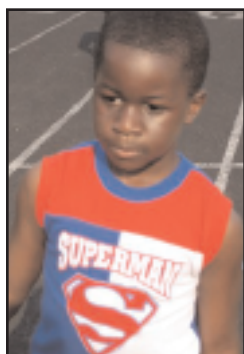




## Summer Track Series: Everyone is a champion!

It just wouldn't be summer without Tuesday evenings at the track, and we had another great series again this year. Steve Hancock, Bill Werling, and Roy Robison made sure the events ran like clockwork with a whole bunch of help from stalwarts like Teri Besch, Dave and Cathy Olson, Ron and Rose Kempton, Bonnie Hancock, and many others whose efforts were much appreciated! Here are some scenes and memories from this year:

*Canceling the third track meet due to rain and then regretting it because it stopped raining shortly thereafter; donated cases and cases of a popular energy bar that we could hardly give away because frankly, it tasted like stale fruitcake; the starter pistol firing twice most every time at one meet because of carbon buildup leaving runners wondering if it was a false start or not; the visit of the "Hanes Comfort Force" tour – young ladies handing out free samples of underwear; plenty of smiles on the faces of kids at the Championships wearing their medals and sucking on fruitsicles; and last but not least, a letter from a grateful Mom appearing in the Citizen Newspaper in mid-July thanking the club for hosting the summer track series and inviting her children to participate over the years and providing a wonderful experience!*



# Countdown to the Peachtree City Classic!

*The Peachtree City Classic is rapidly approaching! The 5K/15K races will be run this year on Sat. Oct. 20, and hundreds of volunteers are needed to make it a success. Get the job you want by contacting Volunteer Coordinator Cathy Olson at [olsonc@bellsouth.net](mailto:olsonc@bellsouth.net). You can help Race Director George Martin and his team of coordinators make the 27th annual Classic our most successful ever!*

## Classic Expo

Every great race has a great expo, right? Ours is no exception! The two-day expo on Oct. 19 and 20 gives local residents a chance to pick up their bib numbers, hobnob with other racers, and check out some great



vendors. If you know of a business that would like to set up a table at the expo, give them the information below.

This year's EXPO will again be set up at the Frederick Brown Jr. Amphitheater on both days. The EXPO will run from 5-9 p.m. Friday, and 7-11 a.m. Saturday. Approximately 3,000 runners will pick up their race numbers the evening of the 19th and the morning of the 20th during that time. We are offering two options for exhibitors:

**OPTION 1:** A secured, (locked Friday night) under cover 6-foot space with a table inside the amphitheater, but no tablecloth. The cost for option 1 would be \$150 for one or both days, no one-day rate.

**OPTION 2:** For \$100, an 8-foot parking space in the parking lot for one or both days, no one-day discount. You would have to furnish your own table and tent if needed. We cannot offer security or rain protection for these spaces. There is no electricity and only one street light on Friday night. The advantage is that on race day, all runners will have to pass through this area to and from getting their shirts. Besides the fees, we are asking for product donations to be given out at the awards ceremonies.

Space will be limited, so please send a check made out to PTCRC to: 202 Camp Creek Trail, Peachtree City, Ga. 30269. Or contact [ptcexpo@juno.com](mailto:ptcexpo@juno.com) if you have any questions. We will try to accommodate any special request if possible. Details and confirmation will be sent at a later date. Deadline for entry is Sept. 29, 2007 or when all positions are filled.

A volunteer is needed to coordinate the EXPO hospitality room on Friday afternoon and Saturday morning. The job includes free food and drinks! Call Dick Allis ASAP at 770-487-9956, and leave a message if you can help.

## Corporate Fitness Challenge

The Corporate Fitness Challenge, a friendly competition open to local companies and organizations, will again be part of this year's Peachtree City Classic. The PTCRC is challenging employers to encourage their employees to take that first step toward fitness by forming a team.

All rosters, registration forms, and entry fees must be submitted by Sept. 30. Teams must consist of five or more employees. Team members may not be added after that date, but individuals may still participate for the standard entry fee. Members of a corporate team will receive a discount on the cost of the race. Participants will pay \$20 for either the 5K or 15K.

Participation awards will be presented to teams having the greatest number of employees as a percent of total employees. The "Best of Show" award will go to the best display of corporate colors/logo.

Applications and additional information can be obtained by contacting Patrick Staples at [pstaples@phrehab.com](mailto:pstaples@phrehab.com).

## Kiwanis Club New Kid's Marathon Sponsor

We are proud to welcome The Kiwanis Club of Peachtree City as the latest Classic sponsor. The Kiwanis Club has stepped up to the plate with a generous title sponsorship of \$5,000, specifically earmarked for children's running programs in Peachtree City and Fayette County. These funds will be used in the continuation of the "running clubs" that now exist in at least 10 elementary schools in our County. Some of these schools see literally hundreds of kids showing up to run laps early in the morning before school, and the laps are then counted and accumulated toward the minimum 25 miles required to participate in the "Kiwanis Kid's Marathon Finish" the morning of the Classic.

Thank you to all of the members of the Kiwanis Club of Peachtree City for your important support of the Elementary School Running Club program and the fight against childhood obesity!



# Snow At Disney – that's Goofy!

By Kim Ruple

Well, not if you are Pat Cotes-Miles and Kim Ruple. These two members of the Peachtree City running club have been dashing around the country running marathons and bringing strange weather to almost every race. All in all, the two, usually recognized by the burnished red hair (Pat) and blonde ponytail (Kim), have run in nine marathons in less than 18 months. The maniac journey started in December 2006 with the Rocket City Marathon in Huntsville, AL where the two had to suffer 20 degree temperatures and ice puddles. This was shortly followed by the Gasparilla in Tampa where the race was delayed 30 minutes due to lightning storms. After they got started, the runners experienced rain, high winds, and if you stuck around long enough – enough sun to get a nice pink glow. Though the winds in Tampa were brisk, they were mild compared to the double-loop course and 28-mph winds in Warner Robbins a month later. The good news was Pat received an award for her age group in this race.

Going into 2006/2007 Pat and Kim had their sights set on Chicago, Las Vegas, the Rock n' Roll Triple Crown and the inaugural ING Atlanta marathon. Once again, the dynamic duo set new weather records – 26F in Phoenix (coldest in 16 years) and 67F at the ING start (phew, that was hot!) Where are the water stops! But both were successful in adding some new medals to their collection and moving a few steps closer to joining the 50-state marathon club.

Asked what their favorite races are, the opinion differs. Pat loved Chicago with the 1.2-million spectators and the tour through the unique neighborhoods that give Chicago its charm and diversity. Kim leans toward the smaller races, but loves the music and free concerts. She can often be seen dancing to the music during one of the Rock n' Roll runs like San Diego. Although both agree they



*Pat Cotes-Miles (left) and Kim Ruple never know what to wear to their races as they invariably encounter strange weather wherever they go!*

couldn't be having all this fun without the help and support of their spouses and families.

What's next for Pat and Kim? They are looking for a good fall marathon since Kim didn't get into NY again. Then they're headed south to Orlando for the Goofy half and full marathon. For those who are signed up for these January 2008 races, bring all your gear, as you never know what the weather will be when Pat and Kim make an appearance!

## 2007-2008 Rotary Elementary School Grand Prix Race Series

This year's Elementary school Grand Prix will be the largest ever with the expansion to 15 elementary schools. The series is sponsored by the Rotary Club of Peachtree City and is supported by the PTC Running Club with the use of equipment and people (volunteers). The 15 races are all fund raisers for the individual schools, with a combined impact each year of about \$100,000 raised for those local schools that participate. But most importantly, the series fits into a larger, more comprehensive plan that encourages kids to develop the habit and fun of running, which is a major contributor in our local battle against the epidemic of childhood obesity. The tentative schedule of races is listed below:

September 15, 2007	Tyrone Elementary Founder's Day 5K
October 6, 2007	Sara Harp Minter Mountain Lion 5K
October 27, 2007	Peoples Elementary 5K
November 3, 2007	Braelinn Elementary 5K

November 10, 2007	Springhill Elementary 5K
December 8, 2007	PTC Elementary Jingle Bell Trail 5K
January 12, 2008	St. Paul Lutheran School 5K
February 9, 2008	Kedron Elementary School 5K
March 1, 2008	North Fayette Elementary 5K
March 15, 2008	Oak Grove Elementary 5K
March 22, 2008	Our Lady of Victory Elementary 5K
March 29, 2008	Landmark Christian School 5K
April 19, 2008	Huddleston Elementary 5K
April 26, 2008	Crabapple Elementary 5K
May 10, 2008	Brooks Elementary 5K/10K

Applications are available on the Fayette County Board of Education Web site under each individual school for all of the public schools.

## "It's Good in the Hood" BUT the COAST is Better!

*(Continued from page 1)*

Dropping that many feet in elevation may make your ears pop while driving in a car, but it will definitely make your quads sing while running.

The logistics of this race were extraordinary. Just think how you would supervise 3,000 vans that arrive on your doorstep with 22,000 runners, walkers, volunteers, and drivers in tow. The first thing you would do clearly is order 470 port-a-potties, which are called "Honey Buckets" in Oregon. Each team of 12 runners has a team name, and many of the team names did make a play on the Honey Bucket company name. My favorite was "The Honey Bucks & Buckettes." Their vans were decorated with an old-timey outhouse on top. Some of my other favorite team names were "Hormone Derange" and "Desperate Housewives." The winner of the team name, again this year, was the "North American Distance Sprinters" oh sorry... you might recognize them more as the NADs and their team at every exchange would be screaming "Go NADs!" I believe there seemed to be some misinterpretation of what they were actually saying. They also had some rather LARGE blue balls on top of their van that may have promoted the confusion.

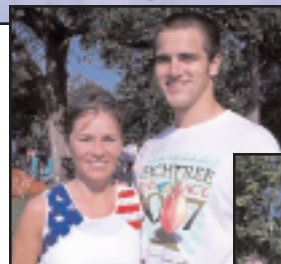
Truly, this race is a test of endurance on so many levels; it is like a 24+ hour party on wheels. Van 1 started at the top of Mt. Hood at 5:45 p.m. while Van 2 took off and waited at Exchange area 7. They got to rest for our six legs of running. When we made the final exchange, Van 1 took off and went to Exchange area 13. Well...theoretically this is all supposed to go smoothly as we have a map and directions in the "Official Handbook." But the handbook was obviously written by locals because they didn't bother to put all the turns you need nor do they call the streets by the name that is actually on the signs. Suffice it to say, after a less than legal U-turn on a bridge near midnight, we finally made it to our "Resting Zone." This happened to be under a "lovely" bridge in downtown Portland. Someone announced that we have until 1:30 a.m. to sleep. Two people go outside, two stretch out on seats, and two share the floor of the van. We never made it to 1:30 a.m. I think the loudest train I have ever heard crossed the bridge overhead at around 1:00 and took its tooting sweet time. We gave up and began to rustle around and get ready. At this point, I began to believe Arkansans were the smartest people in the USA as they were the only state not represented at HTC.

Our guys dutifully showed up not much after 2 a.m., and off they went. The only problem was they were now down a runner. Unfortunately, Shawn McKinnon blew out his knee three miles into his first leg. This meant two of the Van 2 guys would now run a total of 4 legs each. Bill Fuller and Bill Anderson took those honors. Even through all the trials and tribulations of the race, everyone had a great sense of humor and camaraderie! The Gal Squad had leaders ebb and flow, but there were never any cross feelings or issues even though we were major sleep-deprived. You begin to recognize other teams that you are running with along the way, and friendships form. You learn why people become addicted to this race, for the beauty of the scenery, the party on wheels, the extreme feeling of accomplishment, and for the ROADKILL! If you want to know what roadkill is, you will just have to ask someone who has done HTC!





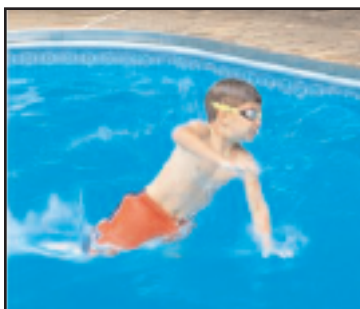
# Peachtree Road Race • July 4, 2007







## Post-Race Picnic



# Market Savvy

By Jill Weisenberger

*Grocery shopping just got simpler. Use our health-conscious guide to navigate through cluttered aisles and get right to the good stuff.*

Food labels scream out health claims. Store signs boldly shout out price specials. Add that to the cacophony of grocery carts, price scanners and other shoppers, and it's enough to make you want to live on take-out. With so many choices lining supermarket shelves, how can you confidently decide which foods to drop in your cart and which to pass by? Follow us on an aisle-by-aisle guided tour, and you'll never again see the grocery store in the same way.

## Pile on the Produce

For good health, disease prevention and ready-for-a-run muscles, half of your plate should be filled with fruits and vegetables. So start in the produce section. Bring home a bag of mixed salad greens to reap the benefits from various types of lettuce. Select crunchy veggies in different colors to toss into your salad. Rich in phytonutrients and antioxidants, your salad will help repair tired muscles and fend off ills such as heart disease, diabetes, age-related eye problems, Alzheimer's and cancers of the lung, mouth, esophagus, stomach and colon.



Plan to have at least one fruit and/or vegetable at each meal and most snacks. Experts recommend that everyday you eat something from each of the five major fruit/veggie color groups since each contains different nutrients and disease fighters. Grab the standard carrots and tomatoes, but also get creative with more exotic ones such as jicama, purple bell peppers and rutabagas. Below are some ideas to get you started.

Blue/Purple	Green	White/Brown	Yellow/Orange	Red
blackberries	avocados	brown pears	apricots	red grapefruit
blueberries	green apples	dates	cantaloupe	red pears
plums	green grapes	Jerusalem	yellow figs	pomegranates
purple grapes	honeydew	artichokes	golden kiwi	raspberries
prunes	kiwi	jicama	persimmons	beets
raisins	artichokes	mushrooms	acorn squash	red peppers
purple cabbage	asparagus	turnips	yellow beets	red onions
purple carrots	broccoli		yellow peppers	red potatoes
eggplant	broccoli rabe		rutabagas	
	chayote squash		sweet potatoes	
	sugar snap peas			

## Make Meat Count

The protein in fish, poultry, beef and other meats helps promote recovery and rebuilds muscles after a tough workout. Go for variety in this department too. The American Heart Association recommends at least two servings of fish per week to lessen the risk of heart disease. Look for fish rich in omega-3 fatty acids, valued for their heart-shielding effects as well as their possible roles in lowering risks for certain cancers, Alzheimer's disease, asthma, depression and diabetes. Plus, omega-3 fatty acids can ease the inflammatory

**Her Sports**  
+Fitness

symptoms of arthritis, psoriasis and Crohn's disease. Dine on salmon, lake and rainbow trout, herring, sardines, anchovies, American shad, albacore tuna, tuna steaks and Atlantic, jack and Pacific mackerel. A note of caution: Women who may become pregnant, are pregnant or are nursing should limit albacore tuna and tuna steaks to 6 ounces per week because elevated mercury levels may cause birth defects.

Beef can be your best source of the minerals iron and zinc. Iron helps transport oxygen, and zinc is necessary for normal immune function, wound healing and amino acid metabolism. Be sure to go lean. Some cuts of beef are loaded with saturated fat, linked to high cholesterol, heart disease and insulin resistance. When a label touts "80 percent lean," it's another way of saying 20 percent fat. Buy ground meats no less than 90 percent lean. The leanest cuts of beef usually have "round" or "loin" in the name (top round and tenderloin). When choosing pork, look for "loin" (as in loin chops). Poultry is a great source of nutrients too. Lose the skin to dump half the fat. Look carefully at labels for ground turkey or chicken—frequently the skin is ground in with the meat.

## Do Dairy Right

Go fat-free or low-fat at the dairy case, another saturated-fat landmine. Whole milk is about 3 1/2 to 4 percent fat by weight and provides a whopping 5 grams saturated fat in an 8-ounce glass. Skim milk is a great choice with no saturated fat. Use butter and fat-rich cheeses and spreads sparingly to stay within the recommended maximum of 20 grams saturated fat per day if you eat a 2000-calorie diet. And watch out for hidden trans fats (also linked to heart disease and other ills) in foods such as margarines and some spreads. Even though the label touts "no trans fats," federal regulations say the product can still contain up to 0.5 grams. So look out for partially hydrogenated oils in the ingredients and limit your intake as much as possible.

The dairy case is overflowing with yogurt—nonfat, full fat, reduced fat, artificially sweetened, fiber added, with granola or cookie crumbles toppings, and on. Watch out for saturated fat and added sugars (and calories). Kid-friendly yogurt usually means loaded with sugar. For something different, try delicious Greek yogurt, thick and creamy and perfect for tzatziki, cold cucumber soup and other Middle Eastern favorites. For a dose of friendly bacteria that may protect your digestive system, select yogurt bearing the "live and active cultures" seal. Products such as Dannon Activia

(Continued on page 11)



(Continued from page 10)

and Breyers Light! Probiotic Plus Yogurt are designed specifically to increase favorable bacteria.

Dairy Food	Saturated Fat in grams
Whole milk, 1 cup	5
2% milk, 1 cup	3
1% milk, 1 cup	1.5
Fat-free (skim) milk, 1 cup	0
Butter, 1 tablespoon	7
Land O' Lakes Light Butter (stick), 1 tablespoon	3.5
Land O' Lakes Light Butter w/ Canola Oil (spread), 1 tablespoon	2
Promise Buttery Spread Light, 1 tablespoon	1
Smart Balance Light Buttery Spread w/ Flax Oil, 1 tablespoon	1.5
Cheddar cheese, 1 ounce	6
50% reduced-fat cheddar cheese (Cabot), 1 ounce	3
2% American cheese slice (Kraft), 2/3 ounce	1.5

### Break Some Eggs and Add Oil

Once shunned for its cholesterol content, the egg has made a comeback. The American Heart Association now recommends up to one egg per day, which will give you about 10 percent of your daily protein needs along with a sizeable dose of lutein for your eyes. Some designer eggs are fortified with omega-3 fatty acids and may be a good choice for people avoiding fish and other sources of these health-enhancing fats.

All vegetable oils are 120 calories per tablespoon and have 14 grams of fat, most of it the healthy unsaturated kind. Olive oil is a good choice for its heart-friendly monounsaturated fats. Both soybean and canola oils have respectable amounts of omega-3 fatty acids, also heart-healthy. Choose the one you like best or vary them for different recipes.

### Crave Cereal

A bowl of cereal can be a great meal for carb-hungry muscles or simply a bowl full of fortified sugar and refined grains. Linda McDonald, M.S., R.D., editor of Supermarket Savvy, recommends cereal (and breads) with a whole grain listed first in the ingredients. "Don't take for granted that 'made with whole grains' means that it's a good source of whole grains," she says. A healthful-sounding cereal or bread might contain just a small bit of whole grains and a larger amount of refined grains. "A full serving of whole grains is 16 grams," she adds. Many products bear the Whole Grain Stamp ([wholegrainscouncil.org](http://wholegrainscouncil.org)), indicating the amount of whole grains in a serving. Federal guidelines encourage at least three servings or 48 grams whole grains daily. Vary your grains. Choose cereal and breads made with whole oats, whole barley, whole wheat and whole corn.

Food labels don't differentiate between added sugars and the natural sugars in fruit. Compare cereal labels for sugar, but expect cereals with raisins or other fruit to be higher in sugar than cereal without fruit. Even though it has more sugar, Mini-Wheats (frosted or not) with raisins is a much better choice than the highly processed, lower-in-sugar Rice Krispies.

### Stock the Pantry

It's true. You can get good nutrition in a can. According to a University of Illinois study, canned fruits and vegetables pack as

much fiber as their fresh counterparts. Canned pumpkin has 20 times the vitamin A as fresh pumpkin because it's more concentrated.

And compared to fresh, canned tomato products have more available lycopene—a carotenoid thought to be important in cancer prevention—because the body absorbs it better from cooked tomatoes. Canned fruits, vegetables, beans, soups, tuna and chicken can each fill a nutritional gap and help you throw together a speedy meal. Always keep some on hand for power outages and emergencies. According to the Canned Food Alliance, canned food lasts at least two years. After that, taste and texture may deteriorate, but nutritional quality and safety remain. To find the age of a canned food, call the toll-free number on the product label and report the code stamped on the can.

### Fill the Freezer

In the dead of winter, frozen fruit and vegetables are far more appealing than the fresh ones shipped from far away—and, usually, more nutritious (fresh fruits and veggies lose nutrients the longer they sit around). Like their canned counterparts, they're picked at the peak of ripeness, frozen quickly and ready when you are. Look for packages with very short ingredients lists, says Jill Comess, director of the food science and nutrition program at Norfolk State University in Norfolk, Va. Ideally, a bag of frozen green beans or berries contains nothing more than green beans or berries. "Ingredients are listed from descending order by weight, so the first ingredient listed is the main one in that product. Though not always true, generally the more ingredients listed, the more processed the food," she says.

To avoid extra sodium, buy canned and frozen food that's been processed without salt. The labels may say "No Added Sodium." If your family prefers the regular variety, buy one can or package of each and mix them together or add just a little salt when cooking frozen vegetables.

*Jill Weisenberger, M.S., R.D., C.D.E., is a registered dietitian and certified diabetes educator for Hampton Roads Center for Clinical Research in Norfolk, Va.*

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





# RRCA Update

By Marlene Atwood  
RRCA State Representative

Hope you all enjoyed the summer and the longer days that give us runners more time to run! Contrary to what they say about running in the south, we compensate for the heat and humidity by running early, running late, running shorter and dressing minimally. Even though we haven't offered distance events in July or August (except for our GUTS group – Hot to Trot 8 Hour Run), we have some great 5Ks coming up. Please support your fellow RRCA Clubs – come out and run with us!

## Upcoming RRCA Georgia Championship Events:

- \* 5K Georgia State Championship – Halloween Moonlight Run, Douglas County Rogue Runners, Douglasville (10/27)
- \* 10 Mile Georgia State Championship – Carpet Capital 10 Miler, Carpet Capital Running Club, Dalton (12/8)
- \* Awarded for 2008 Georgia State Marathon Championship – ING Georgia Marathon (3/30/08). You can view all RRCA upcoming championships at <http://www.rrca.org/programs/championships/>.

## Upcoming RRCA Georgia Races:

~9/15/07~

- ATC Singleton Stone Mountain Races, 5M & 10M run, 8 a.m., Stone Mountain, GA. (Atlanta Track Club) Low-key, no T-shirt event. Free to ATC members; non-members \$5. Race day registration only. (Park entrance fee \$8 per vehicle) Contact (404) 231-9064.
- Roman Rumble 5K, 8 a.m., Ridge Ferry Park, Rome, GA. (Rome Runners Club) Contact (706) 676-2858 or [romerunnerclub.org](http://romerunnerclub.org).
- Broad Street Ramble 5K, Curtis Baptist Church - corner of 13th and Broad Street, Augusta, GA. Multi-events starting at 7:30

a.m. (Augusta Striders) Tom Crute 706-737-9114 or [www.augustastriders.com](http://www.augustastriders.com).

~9/23/07~

- ATC Atlanta Ekiden Team Relay, 8 a.m., Piedmont Park, Atlanta. (Atlanta Track Club) Advance registration only. All applications must be received by 5 p.m. Monday, Sept. 19 or before the 150 team limit is reached, whichever comes first. Contact (404) 231-9064 or [www.atlantatrackclub.org](http://www.atlantatrackclub.org).

## Upcoming RRCA National Events:

- RRCA National Run@Work Day – Sept. 21, 2007. Pledge to run 35 minutes on September 21 by signing up for FREE at [www.active.com](http://www.active.com). For detailed info on RRCA National Run@Work Day, visit <http://www.rrca.org/programs/runatwork/>.
- Related RRCA National Run@Work Day Georgia Events – we will again be organizing a group run from Atlanta City Hall for councilmen and staff and potentially the Mayor of Atlanta. We will be joined by teams from the Kaiser Permanente Corporate Run/Walk that work downtown. This will serve as a warm up for the Kaiser Permanente Corporate Run/Walk scheduled for the following week. Other KPCRW teams will be staging their own company events on that day. Phiddipides Running Stores will also be staging Run@Work events from their stores. Big Peach Running Company has expressed interest in supporting this event as well. You can drop in on any of these events.
- 50th Anniversary RRCA Convention - April 30 - May 4, 2008 – Cincinnati, OH. Held in conjunction with the Cincinnati Flying Pig Marathon and related events. Visit <http://www.rrca.org/news/index.php?article=2187> for the most current press release.

## Así es la carrera por dentro



## Club member featured in local Hispanic newspaper

PTCRC member Marino Fuentes, 67, enjoyed some local fame when he was profiled in the Sports page of *Mundohispanico Atlanta* the week of July 12. The article was based on Marino's training diary and chronicled his thoughts before and during the 2007 Peachtree Road Race. The following is an excerpt in English:

*The third mile is easy as the course is downhill, our pace is 8:36, which is near where we want to be, mile 4 is the key to this race. Most of it is uphill, but today the weather makes it easier and we get past mile 4 with a pace of 8:39, which is better than we expected. Now the legs are starting to feel the effort of doing the uphill mile, mile 5 turns out to be 8:41, which is not bad. The last mile is a fast 8:22 pace, but I do not feel like pushing too hard at this point, my calf is holding up well, and I want to keep it that way. Past the photographers, give a high five, and push towards the finish line ...*

Congratulations, Marino!



## - Club Notes & News -

### Promise Place 5K

The third annual Promise Place "Run from Domestic Violence" will be held on the last Friday night of September (Sept. 28). The race starts and ends at Partner's Pizza, who is the anchor sponsor of the race again this year. This event is unique in the Peachtree City racing world for several reasons. First it is a "night race" with race time beginning at 7 p.m. Secondly, it is the only race around with free Pizza and drinks, compliments of Partner's Pizza! And finally, the proceeds from the race all go to the maintenance of the brand new Domestic Violence Emergency shelter for Fayette County. Please plan to either run in this fun event or come out and volunteer for a very worthwhile organization. For more information, contact George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com).

### PTC Running Club Dragon Boat Team

Chinese Dragon Boat racing is sweeping the country with dozens of races now happening in 2007 and even more scheduled for next year. Most of these races are used as fund-raising events, and they are action packed, very colorful, and just a lot of fun.

The Peachtree City Rotary Club is hosting the first Touch the World International Festival this Oct. 6, and as part of the festival they will also be hosting the first Chinese Dragon Boat races on Lake Peachtree. At the last PTC Running Club meeting we had a number of people who signed up to be on the PTC Running Club team. However, we still need about 10-12 more people to make a full team. The cost of a team sponsored by a "non-profit" team is \$700 or about \$32 each. All necessary equipment (boats, life jackets, paddles, etc) are provided.

You don't have to be experienced. This is strictly a fun event. The race course will be a straight line and only a few hundred yards long so the "work" will last about 5 minutes. This is really about "team fun." The events will take place on Saturday morning, Oct. 6. About 5,000 people are expected at this first event, with 1,200 participants and many more spectators on the banks of Lake Peachtree.

The plan is to have these races every year, and the festival will likely be moved to a spring event after this very first festival. If you would like to be on the first-ever Peachtree City Running Club Dragon Boat team, please contact George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com) as soon as possible. If we don't have enough people that want to participate, we will not field a team, so please step up immediately if you are interested. For more information check the Web site at [www.PeachtreeCityDragonBoats.org](http://www.PeachtreeCityDragonBoats.org).

### Southern Crescent Memory Walk

The annual walk to help fight Alzheimer's Disease will be held Sat., Oct. 6 starting from the Peachtree City Amphitheater. Both runners and walkers are welcome, with runners starting at 9:15 a.m. and walkers at 9:30. Contact Cathy Olson at 770-487-1768 or [olsonc@bellsouth.net](mailto:olsonc@bellsouth.net) to be part of the running club "team" and contribute to seven years of local fundraising for this worthy cause. If you can't participate, you can make a donation through the club.

### PTC 25K/50K Race

The Darkside Running Club will host the 6th annual Peachtree City 50K and inaugural PTC 25K on Sunday, Nov. 11, beginning at 7:30 a.m. The certified courses will consist of either three or six loops starting and ending at Luther Glass Park. Volunteers are needed on race day. For more information or an application, check the Web site [www.darksiderunningclub.com](http://www.darksiderunningclub.com), or contact Race Director Scott Ludwig directly at 770-487-7445.



*Several PTC Running Club members recently made a trip to Colorado to attempt to "bag" a few more "14's" (peaks over 14,000 ft). Above from left, Martha Boone, Lou Boone, Dave Olson, Steve Boone (Lou's son), and George Martin at the trailhead of Mt. Challenger (14,081 ft) ready to begin the climb to base camp. Dave is the dean of the group with 16 "14's," with George next at 13. Planning is already underway for next summer, and there is always room for a few more!*



*Left, Martha picks her way near the summit of Mt. Challenger. At 14,000 feet it's "four steps and take a break." Finally at the summit (below), Dave, George, Martha, and Steve take a break before trying to beat the "incoming weather" rolling in behind.*





# — Summer Grand Prix Events —



## July – College Bowl

### **Open Men (50 and below)**

1st place Bill Anderson  
2nd place Mike Norman  
3rd place Wes Wilkins  
4th place Brian Lesko  
5th place Bill Brown

### **Open Women (47 and below)**

1st place Teresa Moore  
2nd place Kim Ruple  
3rd place Rhonda Fuentes  
4th place Jennie Ramsey  
5th place Hannah Hancock

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

1st place Mike Warren  
2nd place Normer Adams  
3rd place Tom Crofton  
4th place Ed Vise  
5th place Jim Crowley

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

1st place Rene Flaherty  
2nd place Pat Cotes-Miles  
3rd place Cathy Olson  
4th place Patsy Bickford  
5th place Alice Todd

## August – Get a Clue

### **Open Men (50 and below)**

1st place Bill Anderson  
2nd place Brian Lesko  
3rd place Vern Schmitz  
4th place Mark Ward  
5th place Mark Hamilton

### **Open Women (47 and below)**

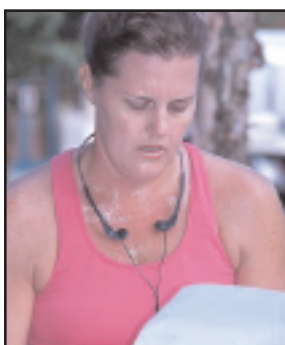
1st place Teresa Moore  
2nd place Jane Hamilton  
3rd place Bonnie Hancock  
4th place Kim Ruple  
5th place Hannah Hancock

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

1st place George Martin  
2nd place Roy Robison  
3rd place Bob Dalton  
4th place Tom Round  
5th place Mike Warren

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

1st place Carolyn Gulick  
2nd place Mary Ann Crofton  
3rd place Amy Stitt  
4th place Pat Cotes-Miles  
5th place Patsy Bickford





# Grand Prix Standings After 8 Events

Male - Age 50 and Under			
PLACE	RUNNER	POINTS	EVENTS
1	MARK HAMILTON	450	7
2	MIKE NORMAN	415	7
3	WES WILKINS	385	7
4	BILL ANDERSON	375	6
5	JAKE HANCOCK	350	7
6	VERN SCHMITZ	345	6
7	MARK WARD	335	7
8	BRIAN LESKO	250	3
9	COREY THOMPSON	150	3
10	BILL EVERAGE	140	2
11	GARY KOLB	130	4
12	TIM COLVERT	115	3
12	HAL WOLFE	115	4
14	JOHN MROSEK	95	3
15	SCOTT ALLEN	85	3
16	FRED PORT	80	1
16	KEVIN KILLORY	80	1
18	SCOTT STINSON	70	1
18	RANDY STITT	70	1
20	CHRIS CHIONG	65	2
21	BRIAN KILLORY	60	1
21	BILL BROWN	60	1
23	PATRICK STAPLES	35	2
24	MICHAEL CHRZANOWSKI	30	1
25	RANDY GRAHAM	20	1
26	SCOTT BROWN	10	1
26	CHUCK SMITH	10	2
27	GARY MEYER	5	1
27	GENE REYNOLDS	5	1
27	PEE WEE BRAMBLETT	5	1
27	DAVE KETELSEN	5	1
27	TODD DAVISON	5	1
27	STEVE DORSEY	5	1
27	DAVID LEE	5	1
27	BEN BROWN	5	1

Female - Age 47 and Under			
PLACE	RUNNER	POINTS	EVENTS
1	TERESA MOORE	455	7
2	BONNIE HANCOCK	435	7
3	JANE HAMILTON	375	7
4	HANNAH HANCOCK	370	7
5	ANNE CHRZANOWSKI	310	4
6	KIM RUPLE	270	4
7	VALERIA REYNOLDS	250	4
8	RHONDA FUENTES	160	4
9	MARGIE DAM	105	2
10	KIM BRAMBLETT	100	1
11	MICHELE BINKLEY	90	1
12	KARYN STAPLES	85	2
13	ANGIE BURTON	80	2
13	SHEILA HEGWOOD	80	1
15	ANN BLAUM	70	1
15	JENNIE RAMSEY	70	1
17	ANN PORT	55	2
18	CHRISTY HENDERSON	50	1
19	ANASTASIA WALKER	40	3
20	DENISE VICARI	30	1
21	MELISSA ANDERSON	5	1
21	BETH WIGGINS	5	1

Female - Age 48 and Over			
PLACE	RUNNER	POINTS	EVENTS
1	SANDY TUMAN	450	6
1	PATSY BICKFORD	450	6
3	PAT COTE-MILES	330	4
4	AMY STITT	310	4
5	ANN HENDERSON	290	7
6	TERI BESCH	280	7
7	RENE FLAHERTY	265	4
8	ANN SHOEMAKER	225	5
9	CATHY OLSON	215	5
10	JAN BANKIERIS	175	6
11	ALICE TODD	160	3
12	CAROLYN GULICK	155	5
13	MARYANN CROFTON	145	4
13	SUSAN BERSCHENSKI	145	3
15	TRISH VLASTNIK	135	3
16	BERNICE WASSELL	80	3
17	KIM GARWOOD	40	1
18	TINA WILSON	30	1
19	JANE GARDNER	15	2
20	MARTHA BOONE	10	1
20	SUSAN MILLS	10	2

Male-Age 51 and Over			
PLACE	RUNNER	POINTS	EVENTS
1	MIKE WARREN	530	8
2	NORMER ADAMS	495	7
3	JULES DESGAIN	395	8
4	BOB DALTON	295	7
5	MARINO FUENTES	285	5
6	DAN AHERN	245	7
6	JOHN WATERHOUSE	220	5
8	DAVE PIET	200	3
9	TOM CROFTON	175	3
10	JIM CROWLEY	170	6
11	LYNN FAIRLEY	165	4
11	EDD VISE	165	3
13	ROY ROBISON	150	3
13	GEORGE MARTIN	150	6
15	TOM ROUND	105	5
16	PATRICK KEARNS	100	4
17	BEN GROSS	95	6
17	DAN FLAHERTY	95	3
19	DICK ALLIS	75	6
20	LOU BOONE	65	2
21	JOE WASSELL	60	7
21	CAL DALEY	60	3
23	BOB TROMBLEY	50	1
24	BILL FULLER	40	3
25	DAVE GULICK	30	6
26	JERRY SHOEMAKER	20	1
27	BILL WERLING	15	3
28	VAUGHN WOODS	5	1
28	DAN TWINEHAM	5	1

# Sponsor Spotlight: Run Fit Sports

**Run Fit Sports** is the first running specialty store to open in Peachtree City. Owner Bill Brown and the guys at the store offer a complete line of running shoes, apparel and accessories. They will also do expert footstrike and biomechanical analysis of your particular running form and stride before they sell you a pair of shoes. These guys really know what they are doing as all are avid runners themselves. And, most importantly, they will give a minimum 10% discount on all merchandise to members of the Peachtree City Running Club and their families. They are located at 100 N. Peachtree Parkway in the Kroger shopping center right next door to Subway. Hours are Mon-Fri 10-7 and Saturday 10-5. Stop by and check them out soon, and don't forget to tell them you are a member of the Club.



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

## UPCOMING CLUB EVENTS

SEPT 4 CLUB MEETING @ PARTNER'S • SEPT 15 TYRONE FOUNDER'S DAY 5K • SEPT 22 GRAND PRIX • OCT 1 CLUB MEETING @ WYNHAM • OCT 6 MINTER MOUNTAIN LION 5K • **OCT 20 PTC CLASSIC** • OCT 27 GRAND PRIX, PEEPLES ELEMENTARY 5K • NOV 3 BRAELINN ELEMENTARY 5K