LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

SEPTEMBER 2008

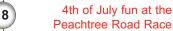
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Poetic tribute to a friend

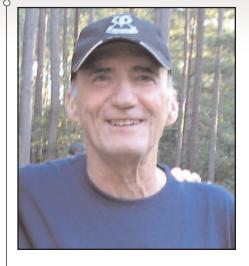


Bill McBride: Living life in the fast lane



PTC Classic to host "Shadow run"

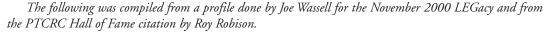
Rotary Elementary GP sets race schedule



William Hugh "Bill" McBride 1940 - 2008

Bill McBride: Husband, Father, Athlete, Veteran

By Bob Dalton



The Peachtree City Running Club lost one of its original members on August 3. Bill McBride was a 30-year resident of Peachtree City and had been running almost as long. He was retired from the Environmental Protection Agency where he was the Director of Grants and Contracts.

Bill joined the running club after receiving a phone call from Mary Ann Crofton asking him to attend a kick-off meeting. He attended that first meeting and the rest is history. The names of those attending that meeting are engraved on the plaque at the water fountain located next to the boat dock. Bill describes his joining as the "third best move of his life." His second best move was moving to Peachtree City and of course "my best move was marrying Linda," his wife of 35 years. Bill and Linda have three children, Debbie, Mike, and Scott and three grandchildren with another on the way at the time of his passing.

When Bill was eight years old, his father decided to give up farming and become a white-collar worker. He landed a job as the Business Manager for the Georgia State Prison in Reidsville. Actually, the prison is located six miles from Reidsville but has always been associated with the town.

So Bill's father packed up and moved his family from the family farm to a several thousand acre "state farm." Housing was furnished for the employees, so Bill actually lived on a prison reservation. His house was located about 200 yards from the women's prison and about a half-mile from the men's. In those days prisoners that had become "trustees" were allowed to work in the homes of some of the employees or do other special jobs around the reservation without supervision. Bill's father arranged to have a trustee assigned to the McBride home. So Bill grew up with prisoners doing housework, preparing meals, doing laundry, and sometimes even babysitting.

(Continued on page 3)







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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: OCTOBER 20

August Club Meeting Highlights



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

President Bob Dalton called the meeting to order at 7:30 p.m. New member Nathan Reeves from Peachtree City was recognized. Items left over from 4th of July Picnic were a couple of towels; contact Dick Allis to retrieve them. A motion was made by Bill Anderson to approve the minutes of the last meeting as posted on the club Web site. The motion was seconded by Bill Werling and the minutes were approved by the club.

Presentation

Bob presented a slide show "A Day in the Life of CPT Ivan Hurlburt" stationed at the Army Iraqi base in Mosul. CPT Hurlburt contacted Bob regarding the PTCRC sponsoring them for a shadow run of the PTC Classic. This event was approved by Race Director Marino Fuentes and the steering committee. The PTCRC will need to send approximately 250 standard logo t-shirts to them for the race.

New Business

The next Grand Prix will be held on Sept 6. It will be a team X-country event at the Reynolds' place.

Reports from Coordinators

Classic Race Director – Marino Fuentes said registration for the Classic can be done by paper form or through Active.com. Forms will be placed in the Sprint-Tri bags distributed at their expo.

Classic Expo info can be obtained from Dick Allis. The expo will be held from 5-8 p.m. on Friday night in the upper amphitheatre and in the parking lot the morning of the race. Cost for the expo is \$150 for both days and includes a table and two chairs. Go to ptcexpo@juno.com to register.

Publicity/Historian – Carolyn Gulick said she will have the club scrapbook available at the next meeting.

Announcements

Cathy Olson is collecting donations for the Alzheimer's run on Oct 4.

Rene Flaherty announced that the Atlanta Ekiden Relay will be held on Sept. 21. Let Bob Dalton know if you are interested in forming a team.

The Sunrise on the Square Road Race will be held in Newnan on Aug 30.

Next Meeting is Tues., Sept. 2 at Partner's Pizza. A fun run will take place at 6 p.m. followed by a short business meeting at 7 p.m.

Thank You!

Dear Friends,

Thank you for the reception you provided at the church after Bill's funeral. The food was just what we needed before our trip to Macon for Bill's burial.

The Running Club has always been an important part of our life, and we cherish the wonderful friends we have made through the club. Your support, prayers, visits, cards, and food during his illness were all appreciated more than you will ever know!

Our family also appreciates the donation in Bill's name to Southwest Christian Hospice. Thanks again for all that so many of you did for us during this difficult time.

Linda McBride

Prez Sez . . .

By Bob Dalton

Lou and Martha Boone are nearing the end of their journey along the Appalachian Trail. Martha was waylaid for about 10 days with a bout of Lyme disease but has rejoined Lou to finish up the 2,174-mile walk in time for Lou's birthday on Sept. 9. The tired but proud couple will soon be back home sleeping in their own bed for the first time since their departure in February!

George Martin has been hard at work organizing this year's Elementary School Grand Prix series

and tells me we should have another 15 races or so to look forward to during the upcoming school year. You'll find the schedule on page 13.

Speaking of working hard, Marino Fuentes and his crew has been at it spending lots of time in steering committee meetings and coordinating all the "behind the scenes" planning that it takes to ensure another successful Classic Race. There are lots of new innovations this year, and a big one is that we will be sponsoring a "5K Shadow Run" for an Army unit in Mosul, Iraq, much in the tradition of the ATC Peachtree 10K shadow runs that have taken place the last few years. We will be sending them special edition T-shirts and some other goodies while Sue Bozgoz and Foot Solutions will be supply-

ing the trophies.

We lost a Charter Member and great friend when Bill McBride passed away on Sunday, Aug. 3. He had been battling liver cancer for a number of years. Bill was a runner, a triathlete, a golfer, all-around athlete, an Army veteran, and great family man. Even though his passing was not unexpected, it is no less sad or easier to bear. To Linda, his wife, and family, our thoughts and prayers are with you. Please see the tributes to Bill on page 1 and elsewhere in this issue.

Tribute to Bill McBride (continued from page 1)

Bill considered his childhood to be unique because he got to know some unusual people and got to roam freely over several thousand acres of forest and farmland. He described is as a "Huckleberry Finn" experience. One of his most memorable experiences was his association with the trustees that were better known as the "dog boys." The kennel for the bloodhounds that were used to track down escaped prisoners was located on the reservation. The dog handlers who used to care for and train the dogs were the trustees. This was an enviable position for the prisoners because these trustees were not required to report to the main prison each night for the "head count" and "lock down." They were furnished meals and living quarters at the kennel. Bill and his friend got to be good buddies with some of the dog handlers, and they let them lay trails for the dogs to track when they were training or exercising the dogs. Bill describes those days as his first running experience.

Bill also served his country in the U.S. Army. He served a short tour on active duty as a tank driver at Ft Knox, home of the Armor branch, followed by six years in the Georgia National Guard.

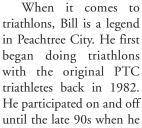
Bill was a charter member (1981) of the Peachtree City Running Club. He was the second member to hold the office of President (1983). He was the Classic Race Director in 1987 and again in 1989. Other club responsibilities included Classic Registration Director for three years and Finish Line Coordinator for three years. He designed the current Classic 15K course that has since become a favorite of many runners and has been voted the "best course in Georgia" by *Running in Georgia* magazine.

There haven't been many running club activities that Bill has not been involved with. He was the first to organize a long-distance relay team (Georgia Lake to Lake 1989). For years he arranged the club transportation to the Peachtree 10K Road Race and was the local coordinator for the Atlanta Track Club's 5K/10K Grand Prix Race held in January every year in PTC.

The fact that Bill did not start his running career until he was in his 40s did not deter his excellence. Among his many accomplishments: The Boston Marathon, the London Marathon, the New York Marathon, Hood-to-Coast Relay 2nd-place Master's Team, overall winner of the Atlanta Track Club's Grand Prix Series,

and winner of the PTCRC
Grand Prix Series, to name
a few. Bill's PRs included a
16:50 5K; a 35:46 10K
(Peachtree Road Race); a
1:16 Half Marathon
(Savannah); and a 2:54
Marathon (Macon Marathon).

When it comes to



decided to do the Floridian (Ironman length) Triathlon. He finished the race with some difficulty but with a determination to improve and maybe, just maybe, qualify for the Ironman World Championship in Kona. Two Ironman Triathlons later Bill did just that when he placed second in the 2002 Florida Ironman. On a warm evening in 2003, Bill, with many PTC friends in attendance, crossed the finish line of the Ironman World Championships in Kona, Hawaii.

(Continued on page 7)

My Friend Bill

Life has its ironies, it gives and it takes We sometimes forget just what is at stake We accept what's been given, in that we abide We'll remember forever William McBride.

I never called him William, to me he was Bill Old fart, on occasion, I remember that still For 27 years I called him my friend More like a brother, he was till the end.

My first recollection was of Bill and his dog
Out on the paths, out for a jog
Introduced formally at the running club's first meeting
We had one thing in common from the very beginning.
We both loved to run, that framed our lives
We both had support from our wonderful wives
Later it was bicycles and swimming in the lake
Drinking thousands of beers, man was that great.

He was born in Alston, a town in south Georgia Close to McBrideville, now Long Pond, well sorta To William McBride, his nickname was Tom To Sarah Lou, that was his mom.

Sarah and Tom had four kids in all Besides Bill there was Walter, older and tall Bill's sister Catherine was next to appear And finally Earle, athletic, no fear.

He grew up in Reidsville, went to high school there Pretty well known, he and George were a pair The McBride name was famous, it kept him on top It was known, on occasion, to help with the cops. Bill did some time in the Army Reserve Driving around tanks around every curve Went to work for the government, on every case In Warner-Robins at Robins Air Force Base.

In 1962 something marvelous occurred Bill's life would change, his heart was stirred A love affair began, a match made in heaven Bill married Linda, they settled in Macon. In 1964, much to their delight Debbie was born, a light in their life Two years later, Mike appeared on the scene Six years after, Scott completed the team.

They moved to Atlanta, the east side of town They figured it was here that they'd settle down But fate had it different, their plans to amend To Peachtree City, on Raintree Bend. For the next 30 years they'd live in that house Raise three kids, Bill and his spouse Installed a pool, landscaped the yard Remodel, rebuild, Bill worked real hard.

It was here in this city Bill discovered his gift It started out slow but got real swift He'd run with Ginger, in his part of town
It was then that I met him, and I'd run him down.
As we all know, that didn't last long
We started to race, run short and run long
10Ks, half marathons, and 26 miles
Qualify for Boston and we were all smiles.

Bill's first marathon started in Tifton
Ran through Bolingbroke and on into Macon
I can still see the finish, the look on his face
It was only the beginning of what was his fate.
A new word hit town that would mold what's ahead
That word was triathlon, it was Ronnie who said
Let's swim, bike, and run as much as we can
In the shadows, in the dark, he whispered Ironman.

Back then it was Ronnie who led the pack
Bob was always pushing right up his back
Bill and I raced, we had our own feud
For a little while longer I could outrun that dude.

Caryle and I moved out to LA

I went there to work, not out there to play
A highlight occurred when out of the blue
Bill paid us a visit, our friendship grew.
We went out to Kona that very year
Bill couldn't make it, but he sent me some cheer
He gave Bob a picture, Bob gave it to me
A picture of Bill, his medals and trophies.

It took six years but finally we made it Peachtree City, a mold that we fit Bill just turned 50, running in his prime New playmates to run with, man it was fine. For the next 12 years we did it all Traveled all over, having a ball Bill ran Boston, London, and New York Linda by his side, marathons galore.

Bill called me once and said with chagrin
"We're running a relay, you want to be in"
I've never done one, what does it take?"
So Bill, Tom, and I did Lake to Lake.
That was the first of the relays we ran
Hood to Coast, New Hampshire, were part of the plan
We ran up mountains, ran to the coast
Jimmy Stewart relay, we were able to boast.

Sometime in the 90s Bill and his bud
Reentered triathlons, I'm talking of Doug
Half distance triathlons were enjoyable to run
How about an Ironman, Claremont here we come.
So Doug, Bill, and Paul set out on a quest
To swim, bike and run, to pass the great test
"This should be easy, we know Florida's flat"
It took them a month to recover from that.

New doors were opened to Bill, as we know Panama City was where he would grow Into an Ironman of good repute He qualified for Kona, we could not refute.

We were off to Hawaii, our small little group
To watch in amazement as Bill got his coup
The Gulicks were there, the Olsons and Croftons
And Lou watched Martha, we all saw her often.
I can still see it as clear as the moon in the sky
Bill swimming and biking and running on by
The lights at the finish, imagine if you can
Linda in the arms of her Ironman.

In 1991, as a change of pace
Bill asked me to go to another kind of race
"You're kidding?" I said, "I can't go that far"
"After all, my man, I can't even spell NASCAR."
And so it began, two times a year
We'd pack up our coolers, fill them with beer
We'd cheer for Dale, Rusty, and the like
Bill and me and Charlie and Mike.

We watched the king race his last race
We watched Jeff Gordon run his first race
We watched them win, we watched them fail
Bill watched as the Lord took away his Dale.
One great day out at the track
The rain started down, we picked up the slack
We drank more beer than God had intended
Bob took us home, a little offended.

Who knows why, but Bill learned to golf He and Bob took lessons, hitting golf balls aloft One thing for sure on every other hit He'd exclaim, "Oh Bill" and there was a divot.

"Let's go tour England" I said with a smile
"No," said Bill, "let's tour the whole isle"
So off we flew to jolly old England
To begin three weeks, enjoying our freedom.
Caryle and I and Linda and Bill
Jumped in our rental, what a great thrill
One day he'd drive, I'd say to where
We'd change roles the next day, drove all over there.

First we hit Wales, literally I might add
We took out several mirrors, my driving was bad
We drove with Bob through the hills in old Ireland
Then we continued to drive with Peter to Bridlington.
Scotland was next and what a great time
Bill was driving, the destination was mine
Little did we know, that night would be cool
It was magic, that night we spent in Ullapool.

Most people didn't know that Bill was an artist Slightly more knew that he was a guitarist He painted me a picture, sang many songs Country music, fishing, we all sang along. Bill loved to read, he loved to debate

Conservative in nature, he'd dangle the bait

You'd better be prepared no matter the issue

He'd challenge your answer, the subtlety would miss you.

Bill's number of friends cannot be counted

As the years went by that number mounted

He was easy to like and easy to love

We could relate to his ways, they fit like a glove.

One friend in particular, in all that they did Stood by his side, gave all to give Dedication and love, a brother to Bill I'm talking about Bob, no void to fill. Another friend that we can't forget He has four legs, on legs he would wet He'd greet with a bark, an exception to no one The grey little friend, his wonderful Hogan.

Bill loved his kids, he bragged all the time
Told us what they were doing, that they were fine
Mike, Debbie, and Scott, you could feel his pride
Take heart, my children, in him he abides.
Grandchildren were made for old folks to love
Bill loved his, gifts from above
Patrick, don't forget, he'll always be with you
Nichole, my dear, you're in his heart too.

The love of his life, the women he married By his side always, his children she carried Wherever there's Linda, there will always be Bill Together, eternally, their fate has been filled.

Four years ago in a routine exam
Bill learned some tough news that would test any man
We watched and we marveled, the courage and the strength
He never gave up, he raced the full length.
He took refuge in Long Pond, near the place of his birth
He loved to be there, to work with the earth
To sit with Linda and watch as the day
Faded to night, faded away.

I loved Bill, I miss him, I knew that he cared He put up with my crap, he was always there Whether I'm running, or drinking, or watching a race He'll be by my side, his rightful place.

I know where he is, the light shines upon him Our Lord who's in heaven has welcomed him in A marathon awaits him, he'll run it with ease He'll run two oh five, with that he'll be pleased.

The day Bill left us I went out for a run Dedicated to Bill, we ran as one Halfway through I felt something pass One last time Bill kicked my ass.

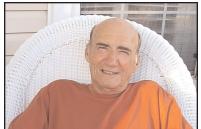
Life has its ironies, it gives and it takes We sometimes forget just what is at stake We accept what's been given, we do what we can Please know, Bill, forever, I love you man!







































Bill McBride: Life in the fast lane

By Scott Ludwig

I first ran into Bill McBride at the Brooks Day 10K (now called the Brooks Beat) in May of 1991. Bill invited me to join him and some of the members of the Peachtree City Running Club for a casual run the next morning, and gave me directions to his home on Raintree Bend — our official starting point.

The next morning — the day after our tough run in Brooks — I met Bill and three of his closest friends, Tom Crofton, Roy Robison, and Bob Trombly for a casual run. That is, if you can call 15.7 miles at a 6:45 pace "casual."

But that was Bill — living life in the fast lane. I was amazed when he told me that he had run a 35:59 at Peachtree the year before... when he was 49. It wasn't long before Bill — 15 years my senior — became my running mentor. At Bill's request, I joined the PTCRC, a club that he, Tom, Roy, Bob, and Jeff Warlick were responsible for forming.

Back in the early 1990s I was racing almost every Saturday, but I never passed on the opportunity to run with Bill the following Sunday morning. For the two years that Bill and I ran together on Sundays, I always knew what was in store for me — 15.7 miles at a 6:45 pace. Sometimes a bit faster, but rarely slower. For me, that was essentially my race pace for that distance.

But there's more. On the Sundays that Bob Trombly would join us, we'd all agree before we ran to "take it easy," which usually lasted for a good — oh, five or six minutes. After that, Bill and Bob would engage in their usual battle of trying to run as fast as they could so they could make the other one cry uncle. Me? I was usually caught in the middle, trying to pull the two back together as much as possible. Then one day I realized that by staying in the middle, the pace for me wasn't remotely "casual" and was actually causing me a lot of discomfort.

So one day I decided what the hell: if I'm going to hurt, I'm going to hurt a lot. From that point on I would do my best to stay with the frontrunner (it could be either one of them on any given Sunday).

Bill and I traveled to the Atlanta Reservoir one Friday night in August to compete in a 5K race. Fortunately for me, the race was held in two stages: one for the open runners (ages 39 and younger) and one for the masters runners (ages 40 and over). I ran well in the open race, finishing in a respectable 18:10. Bill, however, ran spectacularly in the master's race, finishing in a sizzling 17:12 (at the age of 51).

On Thanksgiving Day 1991, I ran the Atlanta Marathon, convinced that Bill had worked me into good enough shape so that I could finally break three hours on this difficult course. It turns out I virtually ran the same pace per mile (6:53) for the marathon that we had been running every Sunday for the last 18 months. Looking back, those 15.7 miles at a 6:45 pace translate pretty well to 26.2 miles (marathon distance) at a 6:53 pace, which meant I had raced virtually every Sunday for two years. If you have already done the math, you know that I missed breaking three hours at the Atlanta Marathon by a mere 20 seconds. However, I promise you I gave it everything I had. After all, I learned from one of the finest: Bill McBride.

I think back to those Sunday runs and realize that it was running with Bill, learning from Bill, and being mentored by Bill that led me to run competitively for the Atlanta Track Club Men's Masters Team for eight years.

I also remember how those Sunday runs ended during the hot, summer months. Bill and I would go out to the pool in his back-yard. Almost immediately, the two of us would be horizontal, albeit in two entirely different ways: I would be face up — flat on my back — catching my breath by the side of the pool. Bill would be face down — in the water and swimming laps.

After all, that was Bill — living life in the fast lane.



Bill and Scott join their buddies at an early Peachtree Road Race, where they show off the mugs they received for being among the top 1,000 finishers. From left are Bill Fuller, Bill McBride, Dave Olson, Scott Ludwig, Tom Crofton, and Bob Trombly.

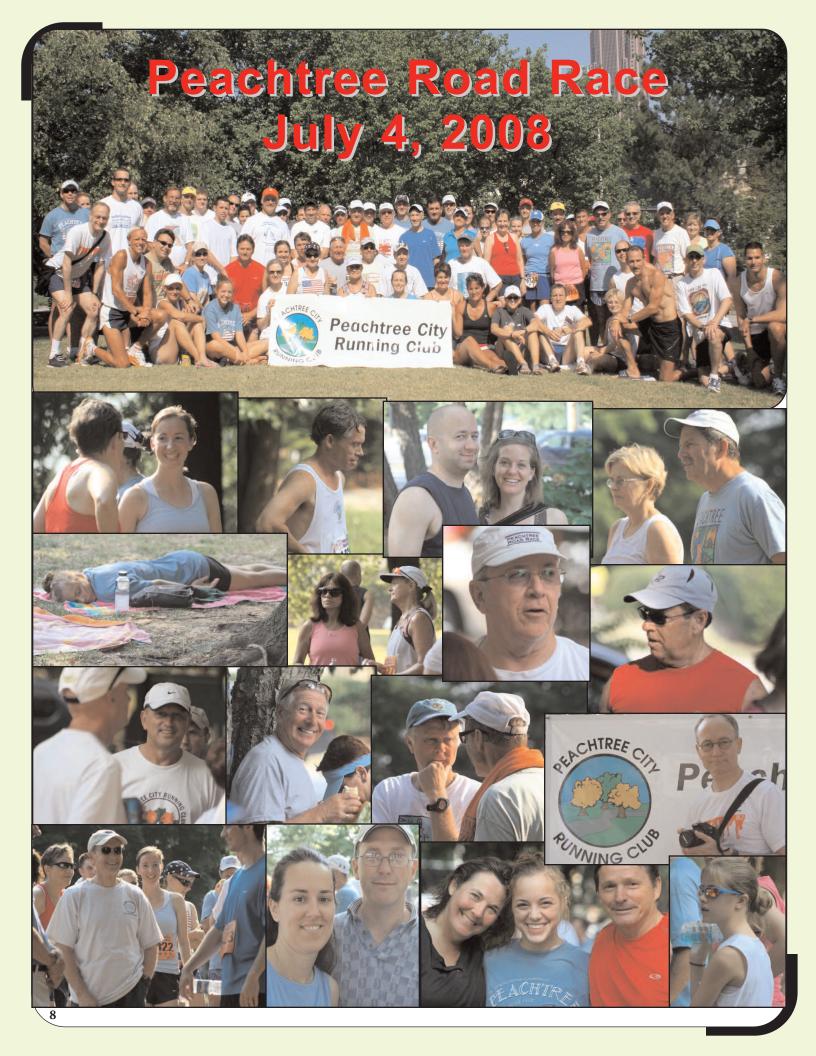
Tribute to Bill

(Continued from page 2)

Bill was a true Renaissance man. Besides his running, biking, swimming, and golfing activities, Bill found time to paint (land-scapes), play guitar, and watch NASCAR. He even got to fulfill a dream and drive a race car around the track at the Atlanta Motor Speedway in Hampton courtesy of his children one year as a birth-day gift.

Fittingly, Bill was in the inaugural class inducted into the 2004 PTC Running Club Hall of Fame due to his many contributions and dedication to the club. In true unselfish fashion, he then willingly served for the last two years on the PTCRC Hall of Fame Selection Committee.

Bill was diagnosed with cancer in August 2004 and at the time was only given 22 months to live. The fact that he battled valiantly for 48 months is a testament to his strength of character and will to live. Bill was a wonderful husband and father, a determined and dedicated athlete, and a great friend. He will be truly missed.





Peachtree City Classic Update

Peachtree City Classic to host "Shadow Run" in Iraq

Plans are well underway for the 28th running of the Peachtree City Classic 15K and 5K road races. And this year, the club is proud to add something new to an already exciting day. In the tradition of the Peachtree 10K that several years ago started a "shadow run" for American troops in the Middle East, the Peachtree City Classic will follow suit and host a 5K for American and Iraqi soldiers stationed at Al Kindi Army Base near Mosul. Captain Ivan Hurlburt, a member of the Mobile Training Team (MTT) stationed there contacted the club this summer asking about the possibility of sponsoring such an event. Race Director Marino Fuentes enthusiastically embraced the idea and it took off from there.

The races will take place Oct. 18 along the scenic golf cart paths and simultaneously at Al Kindi Army Base in Mosul. The 5K "shadow run" in Al Kindi will take place on a hard-packed road inside the perimeter of their compound. The Al Kindi finishers will also receive special T-shirts sent by the club designating it as the PTC Classic "shadow run."

Once again the Road Runners Club of America named this race its RRCA National 15K Championship Race, and the United States Track and Field has named it their USATF Georgia Association 15K Championship Race. All finishers in the different races will receive a special technical shirt to mark the 28th year of this Classic event. There will also be random drawings for assorted prizes, but participants must be present to win.

Many volunteers are needed, and all club members are asked to donate their time and talents to making the Classic a success. Don't forget to ask friends and family members to help out as well!

2-day Classic EXPO needs vendors and volunteers

The EXPO for this year's Classic race will be held Oct. 17 and 18. This year the EXPO will be set up at the Frederick Brown Jr. Amphitheater Friday night and its parking lot Saturday morning. On Friday the EXPO will run from 5 to 8 p.m. and on Saturday from 7 to 11 a.m. Deadline for entry will be Oct 1 or when filled.

For a fee of \$150, a table and chairs will be furnished in an 8foot space inside the upper part of the amphitheater Friday night and in a 10-foot open air space in the parking lot Saturday morning. Electricity and cover will not be available in the parking lot Saturday morning, but it is permissible to use a max size of a 10x10foot tent or cover if needed. No one-day rate will be provided this

Saturday morning, space will also be available in the upper part of the amphitheater if needed or because of weather. After the race Saturday morning, all the runners end up in the parking lot, and the awards ceremony will be held and race results posted in the amphitheater. Unlike past years, Saturday runners do not have to go to the amphitheater's stage for their shirts after the race.

If you or anyone you know would be interested in reserving a space at the EXPO, send a check made out to PTCRC as soon as possible to Richard Allis, 202 Camp Creek Trail, Peachtree City, Ga 30269. Please include an e-mail address for a return confirmation. Volunteers are also needed to work the EXPO. For more information, you can call Dick at 770-487-9956 or e-mail him at ptcexpo@juno.com.

2008 Fayette County Fitness Challenge

The Fayette County Fitness Challenge will be a "competition" to find the "Most Fit Schools, Companies, Organizations" in Fayette County. The definition of "Most Fit" will be the organizations that have the highest percentage of their staff members or employees that can finish (walking or running) either of the 5K races or the 15K Race. It will not be based on the speed or finishing times of the teams. Preliminary rosters must be submitted no later than Sept. 18 to secure a guaranteed team spot. After that date, it is possible we will cut off new team entries. If you have submitted a preliminary team roster, you will be able to add more team members to that roster.

All 5K finishers will count as one team member to have finished. We anticipate that the two 5Ks will fill up quickly, so we are offering a "bonus" in the 15K race. Any team member that runs or walks in the 15K will be counted as TWO team members in the calculation of the Fitness Challenge. The 9 proposed divisions for this year's Fitness Challenge are:

Corporate Divisions:	Non-Profit /	Government	Divisions
Corporate Divisions.	MOII-I TOTIL /	Government	Divisions.

I 10-20 Employees **Elementary Schools** II 21-50 Employees II Middle Schools III 51-150 Employees III **High Schools** IV More than 150 Employees

IV Non-Profit Companies

Military Organizations

All Divisions will have awards issued to the First, Second and Third place teams. Additionally, there will be awards issued to each Division for the most "total number of finishers." But every organization will benefit from this team building experience. More information can be obtained by calling 770-596-9890 or by e-mailing r2sun98@mindspring.com.

New Member Profiles

By Bob Dalton

The sky's the limit for optimistic Dawn Garvin



Dawn Garvin

The PTC Running Club has held our monthly meetings at the Wyndham Peachtree Executive Conference Center for a number of years now. During that time you may have seen, if not met, one of their employees, the effusive Dawn Garvin. Dawn has worked as the Audio Visual Concierge/Technician for the past year and a half at the Conference Center.

This 45-year-old native of Buffalo, NY now resides in Fairburn and joined the club in October last

year to get more information about running events and learn more about running techniques, preventing sports injuries, and to network. "It's also a way to get involved with people interested in the same thing," she says. "My friends attempt to run with me every now and then, but then they would ask how far are we going to run/walk? I would just tell them, 'you'll find out when we get there' (that way they would go further than they would if they knew ahead of time). If they knew up front then they would complain and say, 'I can't go that far,' so I don't tell them."

Her favorite distance is 3.5 miles on a course she has measured around her neighborhood and her favorite race is the Peachtree 10K which she ran in 2006. "It was the biggest event and the most people I've ever seen out running at one time ever. It was just a lot of energy and excitement."

When asked about her motivation for running, Dawn says, "I love the way I feel afterwards. I feel good, energized, motivated, accomplished, and I feel like I am one step closer to my goal. It may take me forever to get where I want to go, but I'll keep on keeping on! And that's in every area of my life. The (Atlanta) half marathon is next, and then the full, the sky's the limit after that."

Dawn goes on to say, "I like watching movies, staying home and relaxing, and spending time with my family, although I haven't done much of that because they're in Buffalo. I love being outdoors, grilling, listening to music with my friends and family. I love outdoor events, concerts, festivals, sports, etc. I also love plays, church, and gospel music.

"I'm shy, but outgoing. People that know me would not say that I'm shy. I'm always looking at the brighter side of life. I smile a lot, even when I'm not that happy. People feel I'm always cheerful. I do have lots energy. I love being around creative, positive people — people I can learn and grow from."

Like many people, Dawn admits the desire to stay fit is a constant battle. "I have a whole wardrobe and nothing to wear, and I am not going to buy any 'fat' clothes. My mom comes to visit me

every April for our birthday (mine is the 8th and hers is the 9th). We've celebrated our birthdays together every year for the past 8 years. Well, this year, I had the nerve to gain another 10 lbs. (I blame her — kidding!) I guess I will really have to get busy. I'm trying to get back to my fabulous 40s and be not only healthy but sexy as ever."

Brandi Osse sets sights on marathon in 2009

Brandi Osse, 36, moved to Georgia from California back in 1987 when she was 16 years old. She attended Clayton State University, earning her Associates degree in Business Administration and a Bachelor of Arts degree in Middle Level



Brandi Osse

Education. She currently works as a Legal Assistant for a personal injury attorney. Brandi has been a runner/walker since she ran cross country in Junior High some 24 years ago. Her favorite distance is the 10K and her favorite race is the 5K at Callaway Gardens because of the beautiful surroundings. She ran her first Half Marathon at ING last year finishing in 2:24.

Brandi explains that she runs because "it makes me feel good and I can get out and

really think and have time to myself." As far as outside interests, she says, "On the weekends I work as a perfume vendor for the company Parlux passing out perfume samples. She is also studying German and enjoys camping. She joined the club to "meet people and have people to run with on Saturdays."

As far as her most unusual running experience, she says she was "running the cart paths in Peachtree City with a friend thinking I knew where I was going. NOT! Started at the library and ended up coming from behind the hotel down by Wynnemeade Subdivision."

Brandi, you are in good company because as a non-PTC resident who has also gotten "mis-oriented" on the cart paths more than a few times, I can definitely identify with that.

When asked if she had done the Peachtree 10K, she says, "It took 20 years to run the Peachtree Road Race because I am usually out of town visiting relatives. I was finally in town to run it last year (2007)." As for the future, she wants to run her first marathon in 2009.

Brandi, it looks like you've joined the right support group of runners to help you reach your goal!

Hometown Holiday: Celebrating the 4th with family and old friends

By Tom Round

The Fourth of July Holiday in Peachtree City means fireworks, golf carts by the lake, and the Peachtree Road Race. For us though, it means a yearly visit back to our hometown in western Pennsylvania for family reunions and a trip down "memory lane." This year we again journeyed northward to gather with our families and renew old friendships. It always seems like time stood still when we go there and the much-enjoyed visits go by too quickly.

Our hometown is called Ford City, named after its founder Captain John B. Ford, a former riverboat captain turned entrepreneur who helped found the plate glass industry in the Pittsburgh area. He built a town in the early 1900s right along the Allegheny River about 25 miles north of Pittsburgh to support a huge plate glass industry that he called Pittsburgh Plate Glass and is known today as PPG Industries.

Ford City was once one of the fastest-growing communities in Pennsylvania. The glass plant made this town the destination of many United States citizens as well as European immigrants searching for a new life of employment and prosperity. The essence of this hardworking ethnic community is still prevalent today even though the glass plant that was once a mile in length and employed 4,000 workers is now gone. The people have grown together over generations and still endow the spirit of blue-collar America. It is now a "bedroom community" with most of the jobs in and around the city of Pittsburgh, but it will always be home and the place where our family heritage is maintained.

The Fourth of July holiday is now the center of a weeklong "Heritage Days" celebration located in the town square park. Old fashioned parades, lots of ethnic food booths, craft displays, musical entertainment, and fireworks mark the activities of the week. One of the main draws is the 5K Run-Walk which turned 20 years old this year. Each year, the event has become more a part of the community.

Race Director Jim Solak, one of my high school classmates and now a college professor and school board member, has headed up this event since its inception. He states proudly, "The race runs entirely through town. People sit on their porches to watch, and they've become a part of the race, volunteering to help in any way possible." The community has become such a part of the race that residents regularly interact with participants, and vice versa. Joe Johnston is 92 years old and he still walks the race route, stopping to chat and shake hands with everybody. This year his time was 1:10:50 and nobody left the finish line until Joe came across, sprinting the last 10 yards, to a round of cheers that were heard blocks away.

The race committee prides itself on the walk program. There are numerous water stops and race marshals along the way to help with any and all needs. The course is totally flat and very participant friendly. Runners regularly look to set PRs while others walk



Tom Round (left) joined his old friend Bill Oleksak in running the Heritage Days 5K in his hometown of Ford City, Pennsylvania.

leisurely with their families and friends, finishing in the park, where they can partake of the requisite fairs. The very first year saw 500 entrants, and they've steadily grown to almost twice that number.

I haven't run all 20 races over the years due to military duties and other commitments, but my friend Bill Oleksak, a recently retired schoolteacher, has participated in every one. We both graduated from Ford City High School in 1965, and we've maintained contact and continued our friendship ever since. Bill got me into my first organized race over 35 years ago, and we have run together twice in the Marine Corps Marathon and twice in the old Pittsburgh Marathon. He is legendary in the area for his running and recognized by all. Each year I've been home, we've run together and finished in the top 5 in our age group.

This year was special, because we were together again for the 20-year milestone of the race. After all this time, we finally finished first and second in our age group. I was most fortunate to have a good day, placing first with a time of 23:42 and Bill was right behind me. It really was a good day, because I'm usually a few steps behind him. I think the key to our success is that we've outlasted the competition.

After we got our trophies, Bill insisted we have a picture taken together because it had taken us 20 years to get them. But I'm not writing about our exploits, I'm writing to commemorate and applaud the people who keep these events going for numerous years through their tremendous dedication. They are the real winners out there. My many thanks to them, and I look forward to participating in my hometown holidays for many more years.

Rotary Elementary Grand Prix sets 2008-09 race schedule

By George Martin

The PTC Running Club has been sponsoring "in-school" running clubs for several years now as a community service project. But this year marks the most successful year ever with 14 elementary schools in Fayette County now having running clubs and with well over 1,000 kids running for 10-15 minutes before school each day. The Club supports each school with \$250 for the purchase of small incentive awards used when the kids attain certain mileages. For the 2008-2009 school year the following schools have running clubs: Brooks, Tyrone, Oak Grove, Burch, Braelinn, Spring Hill, Fayette Intermediate, Cleveland, Huddleston, Crabapple, Sarah Harp Minter, Peeples, Kedron, and Peachtree City Elementary. That investment of \$3,500 (or less than \$3.50 per child) is the best health care investment we can contribute to and one that will change the lives of many children.

Many of these children go on to compete in the races sponsored by their schools and others as part of the PTC Rotary Club Elementary School Grand Prix. The Grand Prix raises over \$100,000 each year for local elementary schools in Fayette County and last year had over 2,600 adults and children participate in at least one race. This year's schedule is listed at right. As always, each race you run generates points that accumulate all year long with a minimum of four races required to qualify for year-end awards. Be sure to mark your calendars!

Track Series owes success to great volunteers

By Bob Dalton





Another Summer Track Classic Series has run its course (pun intended) and come to a successful close. For five Tuesday evenings over six weeks and then a Championship Series on the last Tuesday and Wednesday evenings, we hosted this annual event that attracted everyone from toddlers to seniors who walked, skipped, sauntered, jogged, ran, sprinted, and sometimes danced their way around Riley Field to the cheers of parents, friends, coaches, and spectators. We had more kids attend the last few meets than anyone can remember in recent memory. I believe that is a testament to the popularity of our sport and that it will pay big dividends in coming years as the involvement of our youth in running events leads the way in reducing childhood obesity. And besides that, it's just plain

Rotary Elementary Grand Prix

Sept. 13, 2008 Cleveland Elementary 5K

Sept. 20, 2008 Tyrone Elementary 5K

Oct. 4, 2008 Sara Harp Minter 5K

Oct. 25, 2008 Peeples Elementary 5K

Nov. 8, 2008 Springhill Elementary 5K

Nov. 15, 2008 Braelinn Elementary 5K

Dec. 6, 2008 PTC Elementary 5K

Jan. 10, 2009 St. Paul Lutheran School 5K

Feb. 28, 2009 Kedron Elementary 5K

March 7, 2009 Robert J. Burch Elementary 5K

March 14, 2009 Oak Grove Elementary 5K

March 21, 2009 Crabapple Elementary 5K

March 28, 2009 Fayetteville Intermediate 5K

April 18, 2009 Huddleston Elementary 5K

May 16, 2009 Brooks Elementary 5K/10K

fun as evidenced by the good times everyone had!

The following club members made it possible for us to conduct this annual event, and I want to recognize them and acknowledge their contribution. It is inevitable that I overlooked someone and if so, I apologize — it is entirely unintentional. Some were only able to help out once or twice, but many of these folks showed up every week or most every week.

Roy Robison, Starter; Dave Olson, Chief Timer; Bill Werling, Announcer; Cathy Olson, Registration/Awards; Teri Besch, Registration/Awards; Rose Kempton, Race Results; Normer Adams, Photographer (photos from the meets can be viewed at http://www.normer.com/photo); Bob Trombly, Clock Operator/Timer; Bob Commerford, Timer; Judy Jensen, Registration/Awards; Connie Sambrone, Registration Awards; Ed Vise, Timer; Dave Piet, Timer; Gina Bolen, Registration; Leah Liming, Registration; Yvonne Martin, Timer/Awards; Marino Fuentes, Race Publicity; Brandi Osse, Lane Assignments; Kelly Bowman, Results; Chelsea Bowman, Results; Mike McCrary, Timer; Andy Foresman, Timer; Bill Johnston, Timer; Rene Flaherty, Timer; Jan Bankieris, Timer; Todd Davison, Equipment; Susan Mills, Timer; Jules Desgain, Timer; Carolyn Gulick, Lane Assignments.

My sincere thanks to everyone who put forth the effort to ensure the continued success of the annual Summer Track Series!

- Club Notes & News -

Toga Trot

The inaugural Peachtree City Toga Trot will begin and end at Phi Mu Headquarters, located at 401 Westpark Drive, at 8 a.m. on Saturday, Sept. 6, with a post-race party at Partners Pizza. The race is open to runners of all abilities and ages. Awards will be given to the top three runners in 14 different age groups, with those running or walking in togas receiving a special award. Don't have a toga? Not a problem as togas will be custom fit and sold prior to the race start. More information and applications are available at the ASCAPA Web site, www.ascapa.org, the Peachtree City Rotary Club Web site at www.ptcrotary.org, or the race Web site at www.togatrot5k.org.

RRCA Run at Work Day

The Road Runners Club of America will promote the 3rd Annual National Run@Work Day on Sept. 19. The goal of National Run@Work Day is for RRCA members and individuals across the country to host community-based events that encourage people to incorporate at least 35 minutes of exercise into their daily lives. This goal can be achieved by a running club, an individual, or a corporation hosting a running or walking event with the duration of at least 35 minutes before work, during lunch, or immediately after work. For more information, or to register your own pledge to run at work, go to www.rrca.org/programs/runatwork.

Promise Place 5K

"Free Pizza, Beer and a Tee-shirt." That is the prize for every runner, walker, and volunteer at the 4th Annual "Run From Domestic Violence 5K" that will be held on Friday night, Sept. 26 at 6:30 p.m., starting and ending at Partners Pizza. There will also be a band playing, games for the kids, and a lot of fun. All proceed are going to Promise Place (formerly the Fayette County Council on Domestic Violence). Many volunteers are also needed, so if you are not able to run but can spare a little time on a Friday night, please contact George Martin at 770-596-9890 or at r2sun98@mindspring.com.

Southern Crescent Memory Walk

The annual walk to help fight Alzheimer's Disease will be held Sat., Oct. 4 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 *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.

Peachtree City 25K/50K Race

From Scott Ludwig:

I would like to invite you and your friends, family members, and/or running friends to participate in this year's Peachtree City 50K or Peachtree City 25K on Sunday, Nov. 9. The course consists of six or three loops (for the 50K and 25K, respectively) on the golf

cart paths. It is a "fan friendly" course and one that is ideal for a Personal Best or for a first-time 50K or 25K runner. You can find an application on the Web site for our host club, the Darkside Running Club, at www.darksiderunningclub.com. Note: If you have trouble downloading the application, send me an e-mail at www.darksiderunningclub.com with your home address and I'll "snail mail" you one. I hope to see you in November!

PTC Classic Dragon Boat Team

The Peachtree City Rotary Club is hosting the 2nd Touch the World International Festival on Sept. 27, and as part of the festival they will again be hosting Chinese Dragon Boat races on Lake Peachtree. If you would like to be part of the PTC Classic Dragon Boat team, please contact Roy Robison at <code>croyrun@bellsouth.net</code> as soon as possible. The cost will be \$10 and includes all necessary equipment (boats, life jackets, paddles, etc). You will need to participate in three practices beforehand. 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 <code>www.PeachtreeCityDragon Boats.org</code>.

Don Tuschoff runs Lilac Bloomsday 12K



ning program similar to ours.

Those of you who have run the Hood to Coast Relays over the years will remember Don Tuschoff, our host at the Sand Dollar Bed & Breakfast in Seaside, Oregon. You may also remember Don running across the finish line with us at the end of several of the relays.

We received a letter from Don recently. He is now 78 years old and ran his first Bloomsday in May of this year. The Lilac Bloomsday was founded by Don Kardong, former Olympic runner in the mid 1970s, and is a very popular 12K (7.46 mile) race in Spokane, Washington. Don completed his first Bloomsday in a time of 1:43:14. The Lilac Bloomsday has about 50,000 participants each year, including an elementary school run-

Don ran the race with his son and placed 5th among 28 other 78-year olds participating and 3rd among 78-year-old males. He said he ran 8 miles one time and 7 miles twice as his preparation. His final quote in the letter was, "There's life in this old geezer yet."

Many people will remember Don and his former wife Meredith and the wonderful breakfasts they served to the Hood to Coasters. If you would like to send him a congratulatory note, Don's new address is 1312 N. Holladay #6, Seaside, OR 97138.

PTCRC Summer Grand Prix

July — Event 7 — College Bowl

Men's Open (50 and under)

1st place — Mike Norman

2nd place — Bill Anderson

3rd place — Vern Schmitz

4th place — Wes Wilkins

5th place — Hal Wolfe

Men's Masters (51 and over)

1st place — Bob Dalton

2nd place - Ed Vise

3rd place — Mike Warren

4th place — Normer Adams

5th place — Dave Piet

Women's Open (47 and under)

1st place — Ann Port

2nd place — Kim Ruple

3rd place — Heather Loridas

4th place — Brandi Osse

5th place — Leslie Degner

Women's Masters (48 and over)

1st place — Trish Vlastnik

2nd place — Jan Bankieris

3rd place — Pat Cote-Miles

4th place — Alice Todd

5th place — Teri Besch

August — Event 8 — Poker Run

Men's Open (50 and under)

Women's Open (47 and under)

1st — Hal Wolfe

1St — Ann Port

2nd — Wes Wilkins

2nd — Hannah Hancock

3rd — Chris Chiong

3rd — Kim Ruple

4th — Vern Schmitz

4th — Heather Loridas

5th — Mark Hamilton

5th — Teresa Moore

Men's Masters (51 and over)

Women's Masters (48 and over)

1st — Normer Adams

1st — Jan Bankieris

2nd — Ed Vise 3rd — Jules Desgain 2nd — Trish Vlastnik

4th — Bob Dalton

3rd — Sandy Tuman

5th — Roy Robison

4th — Rene Flaherty

5th — Margie Dam

GP Standings after 8 events

Male - Age 50 and under

2

3 3

4

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20

PLACE RUNNER **POINTS**

WES WILKINS	610
VERN SCHMITZ	590
BILL EVERAGE	360
HAL WOLFE	360
BILL ANDERSON	340
CHRIS CHIONG	340
MIKE NORMAN	260

TIM COVERT 240 MARK HAMILTON 170

STEVE HANCOCK 145 105 90

50

40

30

30

30

20

15

10

5

5

5

POINTS

140

110

100

95

65

60

60

40

35

35

35

35

30

20

20

TODD DAVIDSON JAKE HANCOCK SCOTT ALLEN **GARY KOLB** 80 55

RUSTY BURNS **BEN BROWN**

DOUG LEGO **BRAD MASON** ROBBIE VERNNON

MIKE DUNN **BILL BROWN**

MIKE MCCRARY ALAN CONNER KOYA TAKAHASHI JOHN MROSEK

DAVE KETELSTON

Male - Age 51 and over

PLACE RUNNER

MIKE RUPLE

1	DAVE PIET	545
2	BOB DALTON	505
3	MARINO FUENTES	490
4	MIKE WARREN	470
5	JULES DESGAIN	390
6	ROY ROBINSON	365
6	ED VISE	365
7	NORMER ADAMS	355

JIM I UMAN	
LYNN FAIRLEY	
JOHN WATERHOU	SE
TOM CROFTON	

10 DAVE OLSEN 10 RAY BESCH

Female - Age 47 and under DIACE DIINNED

PLACE	RUNNER	POINTS
1	ANN PORT	695
2	KIM RUPLE	515
3	TERESA MOORE	360
4	LIEATUED LODIDAO	000

HEATHER LORIDAS 5 HANNAH HANCOCK 6 LESLIE DEGNER 250 **BONNIE HANCOCK** 230 JANE HAMILTON 190

9 **BRANDI OSSE** 120 10 NICOLE DEGNER 105 11 ANN BLAUM 70 11 SANDRA ROMANOW 70 12 ANASTASIA WALKER 50 40

13 JULIE JACKSON 40 13 KELLY BOWMAN 35 14 MELIA FOLEY-LANE 15 SHANNON PHILLIPS 20

15 JILL LEGO 20 VALERIE REYNOLDS 16 5 KIM BRAMBLETT 16 SUE BOZGOZ 5

GINA BOLIN

Female - Age 48 and over

16

PLACE RUNNER **POINTS**

5

500 TRISH VLASTNIK JAN BANKIERIS 480 3 RENE FLAHERTY 375 MARGIE DAM 365 5 SANDY TUMAN 335 6 PAT COTE-MILES 310 TERI BESCH 290 ALICE TODD 225 195

8 9 PATSY BICKFORD 10 KIM GARWOOD 140 11 MARTHA BOONE 120 11 ANN SHOEMAKER 120 12 ANN HENDERSON 105

13 BERNICE WASSELL 100 14 CATHY OLSEN 70 15 ROSE KEMPTON 65 16 AMY STITT 40 17 CAROLYN GULICK 25

JUDY JENSEN 10 19 MARY ANN CROFTON 5 19 SUSAN MILLS 5 19 MARY NOWAK 5 19 SUSAN BERSCHINSKI 5 19 **CARLA BRADY**

21 JERRY SHOEMAKER 5 21 ROGER DAM 5 21 **GARY KOLB** 5 21

JOE WASSELL 5 21 LOU BOONE 5 **BOB SMITH** JEFF WARLICK



PTC Tourism Association

The Peachtree City Tourism Association was formed in 2005 to attract and stimulate tourism to our area. The Association, composed of five appointed, volunteer Directors and Executive Director Lauren Yawn, also acts as the management company for the two large, city-owned venues, the Frederick J. Brown, Jr. Amphitheater and the Peachtree City Tennis Center, both of which are natural vehicles to attract people and dollars from outside our community. The Tourism Association also maintains the Peachtree City Visitors Center located adjacent to the Tennis Center and is open Monday through Friday from 8-5. This is the 5th year the Tourism Association has invested in the Peachtree City Classic as a venue that draws about 5,000 people into the city each October. The Peachtree City Tourism Association can be contacted at 678-216-0282, or you can visit their Web site at www.visitpeachtreecity.com.



































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

UPCOMING CLUB EVENTS

SEPT 2 CLUB MEETING @PARTNER'S • SEPT 6 CLUB GRAND PRIX • SEPT 12-13 REACH THE BEACH RELAY • SEPT 13 CLEVELAND ELEMENTARY 5K • SEPT 20 TYRONE FOUNDER'S DAY 5K • OCT 4 MINTER MOUNTAIN LION 5K • OCT 6 CLUB MEETING @ WYNDHAM • OCT 18 PTC CLASSIC • OCT 25 CLUB GRAND PRIX, PEEPLES ELEMENTARY 5K