

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MAR/APR 2010



PEACHTREE CITY RUNNING CLUB TO HOST INAUGURAL ALL AMERICAN 5K/BENEFIT RUN FOR LT. DANIEL BERSCHINSKI

Inside:

♦ Iron Mom loves the beach.....page 4

♦ Once a runner,
always a runner.....
.....page 5

♦ Should you shed
your shoes? (from
WebMD).....page 6

♦ The chase is on.....
.....page 8

♦ ATC PTC 5K/10K
Pictorialpage 9

♦ Last call to "renew"
your membership
.....page 15



Dan stationed in Afghanistan

A native son of Peachtree City will be returning home soon! Lt. Daniel Berschinski has endured much over the past few months but has remained strong and positive despite having lost both of his legs and nearly his life when he stepped on an improvised explosive device while helping to secure a village in Afghanistan. His homecoming is planned for the end of May, and Peachtree City is excited in anticipation of that day.

In honor of Dan's service to our country, The Peachtree City Running Club is proud to support Dan by sponsoring the inaugural All American 5K fund raiser. It is the intention of the club to continue the 5K race annually sponsoring a soldier from the Wounded Warriors Project. Dan will be on hand to start the race at 8:00 a.m. and give out the overall awards after the race. Following the 5K race will be a homecoming parade which will begin at 11:00 a.m. and lead from the square in Fayetteville and end with speakers at City Hall in Peachtree City. The festivities will end with a free concert event

featuring the Ground Forces Band at the Fred Jr. Amphitheater at 7:00 p.m.

Please come join us in showing your support for Dan and thanking him for his service at the All American 5K Run/Walk/Phantom event.

Race Information: The 5K will start and end near the amphitheater area on May 29 at 8:00 a.m. The Men's Classic 5K route, with some variations, will be used. Donate \$25 to walk, run, or be a phantom supporter. All proceeds will benefit the Dan Berschinski Fund. All entrants will receive a tee shirt for their participation, and awards will be given to the top/overall male and female winners and the top three male and female finishers in each age group. For more information and to download an application, please visit www.pterc.com. If you have questions, please call Carolyn at 770-487-5934 or email her at gulick4@gmail.com.



Dan, last December at Walter Reed, tries out his new legs. These "C-Legs" have a microprocessor-controlled knee joint and have revolutionized mobility for above-the-knee amputees.



**PTCRC 2010
EXECUTIVE BOARD**

President

Bill Werling
werling@bellsouth.net
770-460-1425

Administrative Vice President

Dave Ketelsen
dgketelsen@numail.org
678-416-9171

Activities Vice President

Mark Hamilton
jmbhamilton@mindspring.com
770-716-0362

Secretary

Connie Sambrone
frecons@bellsouth.net
770-851-2209 (c)
770-631-0420 (h)

Treasurer

Bill Anderson
banderson@hoshizaki.com
770-486-8537

Membership

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

Classic Race Director

Vacant

Newsletter Contacts:

Editor

Tamara Gerken
770-253-7387
souple@numail.org

Race Results

Bill Fuller
mki.kammann@gmail.com
404-401-7714

RRCA Liaison

Mark Ward
mark@markward.com
mark.d.ward@faa.gov
770-631-8775

The Legacy is published six times a year — January, March, May, July, September, and November. The deadline for submissions is the third Friday of the previous month. All are welcome to contribute.

Please send all articles and photos to
Tamara Gerken
at souple@numail.org.
Send race results to
Bill Fuller
at mki.kammann@gmail.com.

**NEXT DEADLINE:
APRIL 16**

Club Meeting Highlights



January

President Bill Werling called the meeting to order at 7:30 p.m. Bill acknowledged the new home for the Peachtree City Running Club meetings, the Dolce Conference Center. New members and guests were also welcomed by Bill and the club. Congratulations were expressed to the Huntsville Rock City Marathoners: Bonnie and Steve Hancock, Teresa and Tracey Moore, and Anastasia Walker.

Lists Passed Around

1,000 Mile Club—Roy Robison had 1,000 Mile Club registration forms available for members to complete.

Guest Speaker

Dave Ketelsen introduced the speaker for the evening, Chuck Garwood. Chuck intrigued, enlightened, and excited the group about the biking adventure he and eight others plus their SAG person, Lou Boone, took from San Diego, California, to Jekyll Island, Georgia. The 2,760 mile trip from March 22, 2009—April 22, 2009, most certainly made many of us wish we had been riding the roads, highways, and expressways with them. Dave Ketelsen presented Chuck with our signature Peachtree City Classic Vest to thank him for sharing his story.

New Business

The club plans to have a spring 5K to raise money for Dan Berschinski. Volunteers are needed to begin work on this very important project.

George Martin will be sending out an email to club members who would like to volunteer for the Atlanta Track Club's annual 5K/10K run scheduled for January 16, at 8:30 a.m. at Glenloch Recreation Center. The event is free for ATC and PTCRC members who would like to participate in the 5K or 10K.

George Martin also reminded the group of the Rotary Club's January and February Elementary School Grand Prix Races. January 9, St. Paul Lutheran School's Frostbite, and February 27, Kedron Elementary School's Heart-to-Heart.

Reports from Officers

Activities V.P.—Mark Hamilton—made available a list of possible club Grand Prix activities. The next club Grand Prix will be held at Terri Besch's home on Saturday February 13. This will also be the New Members' Breakfast. Everyone is encouraged to bring a dish.

Reports from Coordinators

Peachtree City Classic Race Director—George Martin—has agreed to be this year's Peachtree City Classic Race Director! Much thanks to George for stepping up to assume this very important position.

Club Membership—Bob Dalton—invited guests to join the club and encouraged current members to renew their membership. There is a ninety-day grace period for members to renew.

Announcements

The next meeting will be held at the Dolce on Monday, February 1, at 7:30 p.m.

Adjourn

With no further business, the meeting was adjourned at 8:35 p.m.

See page 4 for February Minutes.

WELCOME NEW MEMBERS!

Bettina Morton (Newnan)
Michael Cash (Locust Grove)
Wendy Edmondson (Concord)
Laurie McCarthy (Sharpsburg)
Amanda Ferguson (Sharpsburg)
Beth Redmond (Tyrone)
Michelle Villars (Fayetteville)
Steven Bothe (Newnan)

Paul Hlas (Tyrone)
Mary Peiffer (PTC)
Kim Proffitt (PTC)
Kim Archbold (PTC)
Kelley Mitchell (PTC)
Wayne Sanders (PTC)
Ross Bradley (PTC)
Carol Hamilton (PTC)





Who opened up the back door to Canada? A normal Georgia winter does not include lots of snow and long periods of cold weather. Oddly enough, an event usually plagued with bad weather, the annual ATC PTC 5K/10K, enjoyed a pretty nice day. With one minor glitch, the race went off well. Many thanks to all of the Peachtree City Running Club volunteers who came out to make the event a success. Special thanks to the race director, George Martin.

Our February 13 club Grand Prix event proved to be quite challenging. Snow, ice, and cold weather made it an effort just to get to the starting line. Ray and Teri Besch once again generously allowed the club to use their home for our annual New Member Breakfast. Approximately 20 club members, including several new ones, completed the consistency event. Courageous souls they were indeed. Because of the extreme conditions, a make-up event was scheduled for February 20 for those who could not make it on the 13th.

With warm weather coming, hopefully, there are several events I would like to call to your attention. On March 20, Fayette Senior Services will host a 5K run. The run will benefit their Meals On Wheels program. For \$30, you get a tee shirt and lunch afterwards. Their cafeteria is supposed to be quite good. I will be there as a phantom runner. Come join me!

A little more long range, please plan to take part in the run for Lt. Dan Berschinski. It will be held on May 29 and will be open to the public. The Peachtree City Running Club is sponsoring this event, so we need to support it to the maximum extent possible, either as runners or volunteers. Carolyn Gulick has stepped up to be the race director. More information is forthcoming as time goes along.

Finally, it is not too early to plan for the Peachtree Road Race on July 4. Make sure you are in shape to go 10K, and then plan to attend the post-race party. Dick Allis has agreed to host the annual party at his home again. This will be the 17th consecutive year that the Allis' have hosted this event.

See you on the cart path!



This year, Mark Ward will represent Georgia, and Marino Fuentes will represent the Peachtree City Running Club at the 52nd Annual RRCA National Convention in Lakeland, Florida. The Lakeland Runners Club and Central Florida's Polk County Sports Marketing will be hosting this year's convention.

Since 1958, the RRCA has been promoting the sport of road racing throughout the country. At each annual convention, running clubs, race directors, fitness professionals, and runners are able to network with others, share information, offer best-practices, and learn new ways to improve themselves and their clubs through educational workshops, training seminars, and meetings featuring key-note speakers.

To finish off the week-long convention, The Lakeland Runners Club will also host the Race The Lakes 5K, 10K, and 15K Challenge. In addition, in 2010 The Race the Lakes will also be the RRCA 5K National Championship.

For more details, and to register your attendance at the 52nd Annual RRCA National Convention, please visit www.rrcaconvention.org.

NEW MEETING LOCATION FOR 2010

Beginning January 4, the Peachtree City Running Club will be holding monthly meetings at the Dolce Conference Center, 201 Aberdeen Parkway, Peachtree City. Meetings normally occur on the first Monday of the month at 7:30 p.m. with some exceptions, so be sure to check your newsletter, the club's website, or club emails for the next meeting's date and time.

New Member Profile *By Bob Dalton*

Beach runner



Jennifer with sons Drew & Will

When she's not in Georgia, she's at the beach. Born and raised in Orange Beach, Alabama, Jennifer Lawrence's blonde locks and sun-kissed complexion convey that she belongs at the beach anyway! This 32-year-old mother of two is an Au Pair Care Area Coordinator who has called Sharpsburg home for the past nine years. She explains, "I work with young ladies (and men) from all over the world who come over to experience America for one year while providing in-home childcare."

Her husband, Dave, is an Emergency Room nurse at Fayette Piedmont Hospital. Together they are raising their two boys Drew, 5, and Will, 3, along with their four dogs, Sam, Maggie, Jack, and Millie. Jennifer attended the University of Mobile where she earned a BS in Marine Science. After working as a flight attendant for ASA for a couple of years, she attended LaGrange College where she earned a Masters in Education which she put to use teaching at East Coweta High for two years. By then she had two children and decided to work as a full-time stay at home mom.

She has been running for about five years now and says, "Something memorable usually happens when I run with the BDRs (the famous Boat Dock Runners)!" As far as an unusual experience while running, Jennifer states, "I think it would have to be this year's Disney Half Marathon. When I signed up last year, I did not expect to be running in sleet."

Her favorite race distance is the half marathon in which she has a PR of 1:57 at Disney. She also has a marathon PR of 4:36 which she did as part of the Florida Ironman Triathlon in November last year. She is looking forward to the Snickers Marathon in Albany this March and counting on a better chance of improving her time.

Jennifer believes that "Running is my sanity time. Plus, I think it sets a good example for my boys. My five-year-old has done several one mile fun runs and will be moving up to a 5K in the fall."

Jennifer enjoys going back to visit family at Orange Beach with her own family as often as possible, mostly in the summer where she runs with the local running club, the Bear Point Runners. They meet at the marina every Thursday for a 5K run and then a beer afterwards, or as Jennifer says, "We run for beer!"

When asked why she joined the Peachtree City Running Club, Jennifer explains, "it was due to peer pressure from the BDRs!" Let's hope she decides to stay because of the club itself!



Jennifer at the Florida Ironman Triathlon

Minutes continued from page 2.

February

President, Bill Werling called the meeting to order at 7:30 p.m. at the Dolce Conference Center. New members and guests were acknowledged and welcomed by Bill and the club. A motion was made and seconded to approve the minutes of the January meeting. The motion was carried.

Lists Passed Around

Kedron—Leah Liming, representing Kedron Elementary School, spoke briefly regarding Kedron's 5K Run/Walk on February 27 and passed a list around for volunteers to sign up.

Oakgrove—Terri Besch passed a list around for volunteers to sign up for Oakgrove Elementary's 5K Run/Walk on March 6.

1,000 Mile Club—Bill Werling and Marino Fuentes explained the process for becoming a thousand mile club member.

Guest Speaker

Dave Ketelsen introduced the speaker for the evening. Our speaker was Amy Walker from Fitlab Metabolic Services. Amy gave a very interesting and in depth presentation on her company's heart rate-based assessment and training program. Fitlab provides the tools to increase athletic performance and/or lose weight the right way – no gimmicks or crash diets, just solid, science-based facts that increase your cardiac health and performance. For additional information or questions regarding Fitlab, Amy may be contacted at 901-871-8750 or 100 Peachtree Parkway N, Suite 11, (next to Bicycles Unlimited).

Minutes continued on page 5.

Chief Keeps on Chuggin'



Greg Cox running the ING Marathon

Greg Cox, 48, hails from Ocala, Florida, and has been a resident of Fayetteville for 14 years. He is a Senior Systems Engineer for Cox Enterprises, Inc. As such, his function is to design and support the directory and messaging systems for Cox Enterprises and its subsidiaries. He attended Seminole Community College, University of Central Florida, and Phoenix University graduating with a BS in Information Technology. He served in the U.S. Army for 20 years as an Information Tech rising to the rank of Chief Warrant Officer 3. He served two tours in Germany, one in Korea, and also at various stateside posts including Fort Irwin, Fort Benning, Fort Bragg, Fort Drum, and Fort McPherson.

His wife, Kerstin, is a retail store manager at Ulta at the Fayette Pavilion. They have a daughter Sydney, 16-years-old, and three dogs, Frinckles, Parsley, and Elvis.

He says, "I've been running off and on for 33 years. I started running cross country and track at age 15 but stopped when I was 20 years old. In 2007, at the age of 46, I started training again. I ran my first marathon at Rocket City in December of that year, and since then I've run five marathons, one being the 2009 Boston Marathon." He ran Rocket City twice more in 2008 and 2009 and ING in 2008. His PR was a 3:16 in his second time at Huntsville.

Greg continues, "I just started racing again, and so I don't have a lot of races under my belt. Having said that, I've really come to enjoy the 15K distance and the 2007 PTC Classic was my first road race in years. I like the course and the support."

But his PRs belie his unassuming demeanor. He ran a 1:54 800, a 4:08 mile, a 15:23 5K, and a 32:42 10K all as a 19-year-old which shows the potential he really has. Greg states, "For me, running is not just a means to stay fit or relieve stress, but a great way to meet new friends." In fact, that's why he joined the Peachtree City Running Club, "to meet new friends and support the local running community."

However, running is not his only hobby. "After I stopped running the first time at age 20, I was an open racquetball player. Even though I'm no good at it, I enjoy playing the guitar. My daughter says to give it up because I have no rhythm!" Rhythm or not, Greg still has his best running years ahead of him considering he only got serious about it in the last four years!

Minutes continued from page 2.

Old Business

Bill Werling acknowledged Jane Hamilton's 2nd place win in her age group for the final Grand Prix of 2009. Points were not tallied in time for her trophy to be presented to her at the Christmas Party. Congratulations Jane!

President Bill Werling presented Road Runners Club of America Awards to Cathy Olson, Dave Piet, and Jane Hamilton. Congratulations to all!

New Business

Carolyn Gulick spoke to the club about the All American 5K Run/Walk/Phantom event sponsored by the Peachtree City Running Club and the Rotary Club of Peachtree City. The All American 5K, which will become an annual event for the club, will be a fund raiser this year for First Lieutenant Dan Berschinski. The event will take place on Saturday, May 29, Memorial Day Weekend. The goal is to raise \$10,000. The Rotary Club will donate tee shirts, and it is hoped that other businesses and/or organizations will donate funds to cover other expenses for the event. All members are encouraged to support this very important activity.

Bill Werling encouraged members to participate in the Fayette Senior Services Meals On Wheels 5K on March 20. The cost for the 5K is \$30. The \$30 entry fee includes a tee-shirt and lunch. Bill also mentioned the Soft Ball Tournament sponsored by Fayette Senior Services will be on April 10. Please contact Bill Werling if you need additional information about either of the Fayette Senior Services activities.

The next Grand Prix will take place on Saturday, February 13, at the Besch's Home. This will be a consistency run. It will also be the New Members' Breakfast. All current members are asked to bring a breakfast dish.

Bill informed the club that Lynn Fairley will be having Knee Surgery on February 2. Members are encouraged to express well wishes to him.

Bill Dalton encouraged members "listed" to pick up what will probably be the final "hard copy" of the Legacy Newsletter. The next issue of the newsletter will be posted on the website only. This will be done in an effort to cut down on printing expenses. Please contact Bob at robert.dalton@arcent.army.mil if you have concerns regarding this new process.

Reports From Officers

Treasurer—Bill Anderson—gave a very in depth report on the "State of the Treasury." His goal is to maintain a "balanced" budget by cutting back, making adjustments, decreasing unnecessary expenses, etc., in any areas possible for the good of the club. After a meeting with President, Bill Werling, PTC Classic Chairman, George Martin, and Secretary, Connie Sambrone, a manageable "proposed" budget was agreed upon. The budget for the 2010 Classic is \$72,500 and the club's 2010 budget is \$81,450. Bill passed out copies of the proposed budget to club members for review and comments. The budget will be voted on for approval at the March meeting. Any questions regarding the budget may be directed to Bill Anderson at banderson@hoshizak.com. Thanks Bill for your very intense work on the budget.

Activities V.P.—Mark Hamilton—is still in need of comments and input regarding the 2010 Club Grand Prix Events. Please contact Mark at jmbhamilton@mindspring.com with your input.

Announcements

The next meeting will be held at the Dolce on Monday, March 1 at 7:30 p.m.

Adjourn

With no further business, the meeting was adjourned at 8:42 p.m.

Barefoot Running FAQ: Should You Shed Your Shoes?

**Ready to try barefoot running?
Here's what you should keep in mind.**

By Kathleen Doheny

WebMD Feature

Reviewed by Louise Chang, MD

(Republished with permission of WebMD.)

Running is often touted as the perfect exercise, partly because it's so simple: Lace up your shoes and go. Now, a small but vocal contingent of runners says it can be even simpler and perhaps healthier -- just shed the shoes and run barefoot for an even better workout.

Barefoot running divisions are cropping up at organized runs across the U.S., and Christopher McDougall's barefoot running book, *Born to Run*, landed on the New York Times best seller list.

Curious? Here's the lowdown on barefoot running -- and what you should keep in mind if you try it.

Why the sudden interest in barefoot running?

It's not so sudden, advocates say, just in the spotlight more lately.

Barefoot running has been around since antiquity, say proponents such as McDougall. He visited the Tarahumara tribe in Mexico and found that they wear flimsy sandals but manage to run hundreds of miles without being plagued by injuries.

That triggered McDougall's conversion to running barefoot or wearing "minimal" running shoes designed to be somewhat like a glove for the foot. McDougall says he typically logs 50-plus miles a week, running barefoot.

Other long-time runners recall past fads of barefoot running. "I've been running for 51 years and every 10 years barefoot running makes a comeback," says Jeff Galloway, a 1972 Olympian and veteran runner who directs a marathon training program.

What's different about barefoot running?

It's not just about what's on -- or not on -- your feet. It's a matter of how your foot strikes the ground.

Supporters say that barefoot running has the ability to change the way the foot strikes the ground, with the impact not on the heel but farther forward on the foot.

In contrast, "It's really hard not to do a heel strike in conventional running shoes," McDougall tells WebMD.

Shifting the impact forward cuts the collision force, according to a study published in *Nature* in January 2010.

That study showed that barefoot runners who strike on their forefoot -- in other words, land on the balls of their feet -- generate smaller collision forces than runners who wear running shoes and generally strike on the rear of the foot or heel. The forces on the heel are up to three times the runner's body weight.

When running barefoot, "you are much better at sensing where your body is in relation to the ground. It forces you to be gentle," McDougall says. "All this is about being more gentle and landing more lightly. It's hard to imagine how being more gentle could be bad."

Is a forefoot foot strike really better?

Experts disagree. "I've always been a proponent of landing on the heels for long-distance running," says Jeffrey A. Ross, DPM, MD, associate clinical professor of medicine and chief of the diabetic foot clinic at Ben Taub Hospital in Houston.

It's common for sprinters to land on the ball of the foot, Ross says. But forefoot strikers who go long distances risk pulling too much on the Achilles tendon, which could spell trouble, says Ross, who is also a spokesman for the American College of Sports Medicine.

"When you run [long distances] on the balls of the foot, there are more shin splints, more knee pain," Ross says.

But another foot expert says less impact on the heel might be better, at least for some people.

"It could potentially be better for someone who does pronate excessively," says James Christina, DPM, director of scientific affairs for the American Podiatric Medical Association (APMA). Pronation is the natural slight inward-rolling motion of the foot as someone walks or runs. In overpronation, the ankles roll too far inside after the heel strike, which can cause foot problems.

"Some people are going to be very well-adapted to barefoot running," Christina says, but others "may do horribly."

The APMA doesn't take a stand for or against barefoot running. "It should be approached with caution," Christina says. "At this time, there does not appear to be completed research on it."

Galloway, who ran barefoot in his youth, says barefoot running "helps to develop a quicker running motion, if you do it regularly. I do believe it strengthened my feet."



How hard will barefoot running be on my feet?

Not hard, says McDougall, who says his feet have no calluses.

Tamara Gerken, 43, of Atlanta, has been running for six years, and has run barefoot for the last 16 months. She says barefoot running has helped her run farther, despite having a Morton's Neuroma -- a painful nerve condition in the ball of the foot, between the toes.

"I can run [barefoot] up to 17 miles before I feel the pain from the Morton's Neuroma," Gerken tells WebMD. In shoes, the pain started at 3 or 5 miles, she says.

Gerken also credits running barefoot with making her faster. In the past year, she says, she's knocked 15 minutes off her half-marathon time -- from 2:37:36 to 2:22:31.

Barefoot running is likely to be harder on older feet, Ross says. "When you're younger, the feet are more resilient," he says. The arch is typically in better shape, too, he says, and problems such as hammer toes haven't developed.

But Ross doesn't rule out barefoot running. "If you have a perfect foot, if you are biomechanically blessed, then you can go out and try to run barefoot," he says. "It could work."

Are some surfaces better than others for barefoot runners?

Asphalt beats other paved street surfaces because it has "a little more give," Ross says.

McDougall says he prefers asphalt due to its smoothness. But he advises fellow barefoot runners to try "any surface that feels comfortable."

Grass surfaces are great, says Kimberley Jackson, 23, of Indianapolis, who's been a runner for 10 years and first tried barefoot running in late 2009. She's taking a break from it now, due to inclement weather, but still likes the idea of not having to rely on any equipment.

Whatever surface you choose, it should be free of glass shards and other debris, Christina says.

Who should not run barefoot?

Anyone who has diabetes, peripheral vascular disease, or who has a compromised immune system -- such as people with HIV or rheumatoid arthritis and those taking drugs that suppress the immune system -- should not run barefoot, Ross notes. Anyone else at risk of infection should not try it either, in Ross' opinion.

If I decide to give barefoot a try, what's the best way to do that?

Take it easy. "Your body will tell you how far to go," McDougall says.

"I would suggest doing very short segments, about 20 to 30 yards the first week," Galloway says. On week

two, he says, move up to 200 yards or so at a time. Gradually increase your distance every other day.

What about the newer "minimal" shoes?

Those "glove-like" shoes are promoted as being close to barefoot.

"It's a lot better than going out running barefoot," Ross says.

McDougall has been known to wear "minimal" shoes and is quoted in a YouTube video saying they can help keep barefoot runners "honest," but he has no ties to the makers of the shoes. His advice for newcomers to barefoot running is to "learn the technique, skip the minimal shoes. Then add whatever [minimal] shoe you want."

Some foot doctors recommend transitioning from conventional running shoes to minimal shoes to barefoot; McDougall disagrees. A better plan, he says, is to go barefoot, learn the technique (via workshops or running with an experienced barefoot runner), and then add a minimal shoe if desired.

How should a barefoot runner care for the feet? What about blisters and calluses?

"Your feet will take care of you," McDougall says.

Still, cuts happen, as do infections and blisters, as even barefoot runners admit.

Christina tells runners -- wearing shoes or not -- to leave their blisters alone. "Protect it, cover it with a dressing," he says. It should drain on its own. If not, he says, see a foot doctor.

Can a barefoot runner keep a pedicure looking presentable?

Gerken swears it's possible. But she says she needs to touch up the polish every couple of days.

SOURCES:

Christopher McDougall, author, *Born to Run*; contributing editor, *Men's Health*.

Jeffrey A. Ross, DPM, MD, spokesman, American College of Sports Medicine; associate clinical professor of medicine, Baylor College of Medicine, Houston; chief of the diabetic foot clinic, Ben Taub Hospital, Houston; contributing writer, *Inside Texas Running* magazine.

Tamara Gerken, barefoot runner, Atlanta.

James Christina, DPM, director of scientific affairs, American Podiatric Medical Association, Bethesda, Md.

Kimberley Jackson, barefoot runner, Indianapolis.

Jeff Galloway, 1972 Olympian.

WebMD Health News: "Barefoot Running Laced With Health Benefits."

Reviewed on February 10, 2010

© 2010 WebMD, LLC. All rights reserved.

WebMD Content may not be published, copied, broadcast or redistributed without the prior written authority of WebMD.

Access all of WebMD's health content at www.webmd.com.

Racing News

Rain or shine, the Marino Marathon remains a tradition

After a downpour of heavy rain cancelled the first attempt at the Third Annual Marino Marathon in late 2009, a few hearty individuals decided to give it a try on another day. Their chance came a week before Christmas. It appeared the weather was going to cooperate a bit more, at least in the beginning. Marino explains, "Around 15-16 people started on the first loop and only one person ran all 26.3 miles. That was Holly Anderson who completed the marathon all by herself." Not counting the rest stops, Holly's time came to 3:46—not bad considering this was a training run.

Shortly after beginning, the weather again turned sort of nasty, cold and somewhat wet. Marino Fuentes, Mark Ward, Shane Carpenter, Adam Shoemaker, Alan Conner, Melia Foley-Lane, and Lisa Matthews completed 15 miles and decided to try again next year hoping for better weather. Several people ran anywhere from 5 to 10 miles, one of them being Mark Anderson who wore a skirt and a bright pink shirt; apparently, he had lost a bet. What a shame no one brought a camera!

Marino credits Melia, who made all the arrangements for the event, "for keeping this crazy event alive for one more year." He also thanks Julie Hausmann for designing the "really sharp" race tee shirts.

As positive as ever, Marino states, "It was a fun day even under poor weather conditions."



Kim Ruple at the 2009 Gulf Coast Marathon where she took 1st Place in her age group. Kim says, "[This race] should definitely be on everyone's Boston Qualifier list. The course is flat and fast enabling me to make a new PR of 3:55:46." Way to go, Kim!

Caught ya!

By Normer Adam

On Friday, February 5, I was leaving my downtown office to pick up my wife who is a fellow lobbyist at the Capitol. One block from the Capitol, I spotted two young men entering a vehicle parked at a parking meter. What was interesting about this was the entrance was through the side window. I pulled up beside the vehicle as the smaller of the two threw a briefcase out the window to the other larger and taller youth. I requested of them, maybe it was more of a shout, to stop. They took off running while the larger one did a hand-off of the briefcase to the other much smaller youth. They headed down Washington Street toward the Underground.

Like a pit bull challenged with a chase, I left my car running in the street and took off after them. With nothing in my hand except a cell phone, I made quick progress in catching up to both of them. You cannot run very fast carrying a briefcase. (What I would have done if they had stopped is anyone's guess.)

The young man carrying the briefcase, seeing that he was about to be overtaken, dropped the briefcase and continued running. I was not going to let a perfectly good briefcase lay on the ground so that someone (like the other perpetrator) could pick it up, so I grabbed the briefcase and continued running. Remember there were

two of them, and now I have the briefcase. I continue after the one that originally had the briefcase through the Underground parking lot. Carrying a briefcase and at the same time dialing 911, I continued to gain on the smaller young man but not fast enough to out run the larger male. (Remember carrying a briefcase and running is difficult.) The larger man gained on me and hit me from behind. I turned around and was punched again in the face. I can run *from* people too, so I did.

The young man that I was originally chasing got away, so now the chase was on for the larger man who ran toward the Underground. Still with the briefcase and now talking to 911, we enter the Underground where I again am confronted by the larger male. Remember, I can shout. Screaming for the police, they arrived in seconds to arrest the young man.

Turns out, this young man is associated with a number of robberies, car break-ins, and assaults. Police were happy to catch him. They did recommend that I not make a habit of doing this.

I did not do badly either. The briefcase with a laptop in it belonged to a Legislator. She was extremely grateful to get it back. Turns out this Legislator is on important committees that deal with the issues and legislation of which I advocate. Ah, karma.

That's my story, and I'm sticking to it.

Racing Calendar

Upcoming Georgia Races

Oak Grove/Burch Elementary 5K & 1 Mile Fun Run—03/06/10

Come join us for the Oak Grove & Burch Elementary/Run for the Gold-Bear Tracks Joint Race 5K and 1 Mile Fun Run on Saturday, March 6. The race will begin at Oak Grove Elementary. Warm-up begins at 7:30 a.m. with the 5K starting at 8:00 a.m. and the 1 Mile Fun Run beginning at 8:05 a.m. All participants will receive a tee shirt. 5K awards will be given to the top three male/female winners of each age group. Top male/female per grade level will receive awards for the 1 Mile, as well as Overall and Masters. With over 600 expected, you should sign up now. Please visit www.burchbears.org/RTG_BT_Application_2010.pdf for more info and to download an application.

PTCRC Grand Prix - 4-Person Team Relay—03/13/10

Meet at the PTC Library at 8:00 a.m. on Saturday, March 13, for the 4-Person Team Relay. We will draw names to form teams. On the 10K course, each team of four runners will run together as fast as they can to the 1st mile marker. The team will then decide which runner drops off while the remaining three run together as fast as they can to the 2nd mile marker. The team will then decide which runner drops off while the remaining two run together as fast as they can to the 3rd mile marker. At the 3rd mile marker, the remaining two runners will decide who goes on alone to finish the 10K distance. The team with the remaining person who reaches the finish line first wins.

4th Annual ShamROCK and Run 5K/10K & 1 Mile Fun Run—03/13/10

Come out for the ShamROCK & Run 5K/10K and 1 Mile Fun Run on Saturday, March 13. This event is a major fundraiser for local charities of Coweta County. Race day registration and check-in takes place at 7:00 a.m. The 1 Mile Fun Run begins at 8:15 a.m., the 5K starts at 8:30 a.m., and the 10K begins at 9:15 a.m. The 10K race route is one of the last qualifying races for the Peachtree Road Race. The course is set in historic downtown Newnan. We have a new race route this year, and it is mostly downhill, which will be great for your qualifying time! Awards will be presented to the overall male/female, overall masters male/female, as well as to the top 3 finishers in 14 age groups! Dogs and strollers welcome! For more info and to download an application, please visit www.njslonline.org/shamrock-and-run.html.

2nd Annual Meals On Wheels March for Meals 5K & 1 Mile Fun Run—03/20/10

The community is invited to participate in this special walk/run to benefit Fayette Senior Services' Meals On Wheels program on Saturday, March 20, at 9:00 a.m. As a non-profit, Fayette Senior Services delivers more than 40,000 meals throughout Fayette County to homebound seniors each year. Participants are welcome to form teams as well. All walkers/runners will receive a tee-shirt and goodie bag. The start and finish line will be at Fayetteville First Baptist Church, 205 Stonewall Avenue, Fayetteville. For more info and to download an application, please visit www.fayss.org/.

4th Annual ING Georgia Marathon & Half Marathon—03/21/10

Both the ING Georgia Marathon and Half Marathon races start at 7:00 a.m. on Sunday, March 21. For the third consecutive year, the ING Georgia Marathon has been awarded the RRCA Georgia State Marathon Championship. The historic neighborhoods along the course will welcome you at festive Cheering Zones in the Neighborhood Challenge. All participants must pick up their race packet at the ING Georgia Marathon Health & Fitness Expo at the Georgia Dome on Friday, March 19, from 11:00 a.m. to 7:00 p.m. or Saturday, March 20, from 9:00 a.m. to 6:00 p.m. Enter the Georgia Dome through Gate E which is located on the lower level between Gates B and C. There is a \$10 parking fee. All participants must show a valid Photo ID in order to pick up their race packet. There will be no race day packet pick up and no race day registration. Please visit www.inggeorgiamarathon.com/Home_4.htm for more info and to register.

6th Annual Crabapple Elementary Red Bird Run 5K & 1 Mile Fun Run—03/27/10

This year, the 5K and 1 Mile Fun Run will be held on Saturday, March 27. The warm up will begin at 8:00 a.m., the 1 Mile Fun Run will begin at 8:15 a.m., and the 5K will begin at 8:50 a.m. Awards and door prizes will be given out at 9:30 a.m. There will also be door prizes drawn by race numbers. All participants will receive a race tee shirt. 5K awards will be given to the top three male/female winners of each age group. The 5K race route is new and improved this year taking place off the gravel and on the golf cart paths all the way around the Ardenlee. For more info and to download an application, please visit www.216.77.96.35/schoolhp/crabapple/PTO/Redbird%20Run/RedBirdRun.html.

PTCRC Grand Prix - Adventure Run—04/03/10

Meet at the PTC Library at 8:00 a.m. on Saturday, April 3, for the Adventure Run. We will run the 10K course. Each person will select an Easter egg from a basket at the 1st mile marker. Within the egg is a slip of paper with an amount of time written on it. You will carry your egg to the 2nd mile marker and select another egg with an amount of time written on it. Continue on this way selecting an egg at each mile marker. When you make it to the finish line, you will deduct the total amount of time gathered from the eggs from your actual run time. Whoever has the least amount of time wins.

Racing Calendar

Upcoming Georgia Races

Huddleston Elementary Hustle 5K, Kids' Fun Run & Kids' Marathon—04/17/10

The Hustle will begin at 8:00 a.m. on Saturday, April 17. The Kids' Fun Run will begin at 8:00 a.m. The Kids' Marathon will follow the Fun Run with the Huddleston Hustle 5K beginning immediately following the kids' races. Check-in will be from 7:00 a.m. – 7:45 a.m. for all races. All participants who register by April 2 will receive a tee shirt. Awards will be presented to the top three male/female finishers in each age category. All Kids' Marathon participants will receive a tee shirt and medal. Race day registration will be available, but tee shirts are not guaranteed. Race Packets may also be picked up on Friday, April 16, from 3:15 p.m. – 6:00 p.m. in the school's gym. For more info and to download a race application, please visit www.huddlestonelementary.org/docs/HH10_race_app.pdf.

Inman Elementary 5K—04/24/10

Be sure to join us at Inman Elementary for the Inman Elementary 5K on Saturday, April 24. The race start time is at 8:30 a.m. This is the only "cross country" course in the Elementary Grand Prix Series. The course runs across a beautiful set of fields, by a lake, and over slightly rolling hills. The course is easily visible to spectators standing on the hill by the school. This is one not to miss!

17th Annual Southwest Christian Care Hustle for Hope 5K & Heroes of Hope 100 Meter—05/01/10

Come out for the Hustle for Hope and the Heroes of Hope events on Saturday, May 1, in Union City. Hustle for Hope registration begins at 7:30 a.m. with Heroes of Hope registration beginning at 8:45 a.m. The Hustle for Hope benefits Southwest Christian Care, a ministry dedicated to providing the highest quality care and support for terminally ill patients, children with special needs, seniors, and their families. The Heroes of Hope gives those with special needs the opportunity to experience the thrill of competition. The Peachtree City Running Club has supported this race with equipment, volunteers, and runners for many years. Come be a part of it! The events will take place at Lester Road Christian Church, 3900 Newton Road (just one mile up the road from their facility). Please visit www.swchristiancare.org/common/content.asp?PAGE=424 for more info and to download an application.

EVENTS: 5K Run/Walk - 8:30 a.m.
5K Walk & Senior Stroll - 8:35 a.m.
Tot Trot (5 & Under) - 9:30 a.m.
Kids' Fun Run (6 & Over) - 9:45 a.m.
100 Meter Run/Walk - 10:00 a.m.

5th Annual Sprint for Students 5K—05/02/10

This year, the Sprint for Students 5K will be held on Sunday, May 2, at 3:00 p.m. at Drake Field next to the Peachtree City Library. The registration fee is \$15 until April 26th. There will be race day registration. First place male and female finishers will receive \$100, \$75 will go to 2nd place, and \$50 for 3rd place. Volunteers are requested. Please contact Dave Ketelsen at dgketelsen@numail.org, or visit www.ptcsda.net for more info and to download an application.

For more Georgia events, please visit www.atlantatrackclub.com, www.rungeorgia.com, and www.active.com.

2010 Elementary School Grand Prix Schedule

(There have been some changes, so please take note.)

You still have time to qualify for an award in the Elementary School Grand Prix series even if you have not run any races yet this year. All you have to do is run four of the last five 5K races. You don't even have to "run" to win an award; in many age groups you can "run/walk" or even "walk" and still be able to win a top three award. (Awards go to top three in points in each age group and gender.)

March 6	Oak Grove & Burch Elementary 5K (at Oak Grove)
March 27	Crabapple Elementary 5K
April 17	Huddleston Elementary 5K
April 24	Inman Elementary 5K
May 8	Brooks Elementary 5K/10K



Club News

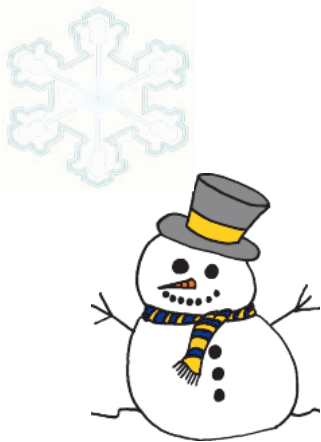
New Member Breakfast



New member Jennifer Lawrence with Lisa Matthews



New members, father and son, David and Ryan Kennedy



President Bill Werling with new member Rachel Smith



Peachtree Road Race Registration Opens Sunday, March 21

Online registration for the AJC Peachtree Road Race 2010 will open at 1:00 p.m. on Sunday, March 21, at www.ajc.com/peachtree. The entry fee is \$33 per participant. New this year, race number pick-up will take place at the Peachtree Health and Fitness Expo at the AmericasMart in downtown Atlanta on Friday, July 2, and Saturday, July 3. Those wishing to have their race numbers mailed can do so for a \$5 fee to cover the cost of postage and handling. The first 45,000 out of 55,000 total entries will be accepted through online registration.

If you prefer to mail in your application, or you are unable to secure one of the first 45,000 online entries, Peachtree applications will be available in the AJC on March 28. The event's remaining 10,000 entries will be selected at random from all applications received.

For more info, go to www.atlantatrackclub.org/peachtree/Registration.htm.

Upcoming Club Events

March 1 – Club Meeting @ the Dolce Peachtree Conference Center

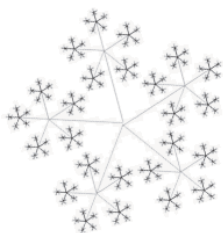
March 13 – Club Grand Prix/4-Person Team Relay

April 3 – Club Grand Prix/Adventure Run

April 6 – Club Meeting @ Partner's Pizza

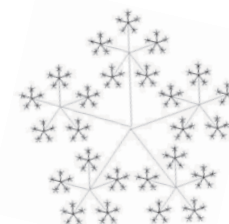
Grand Prix Events

January/Event 1 – Guess the Distance (Actual Distance - 27,090 feet)



Male – Age 52 and Under				Male – Age 53 and Over				Female – Age 50 and Under				Female – Age 51 and Over			
PL	RUNNER	PTS	DIFF	PL	RUNNER	PTS	DIFF	PL	RUNNER	PTS	DIFF	PL	RUNNER	PTS	DIFF
1	Bill Anderson	100	4	1	Marino Fuentes	100	50	1	Jane Hamilton	100	20	1	Bernice Wassell	100	12.24
2	Adam Shoemaker	90	155	2	Bob Trombly	90	55.37	2	Kim Bramblett	90	56.4	2	Rene Flaherty	90	162
3	Mike Lankford	80	162	3	Jerry Shoemaker	80	65	3	Teresa Moore	80	75.6	2	Mary Ann Crofton	90	162
3	Steve Hancock	80	162	4	Chuck Garwood	70	66	4	Michelle Villars	70	162	3	Martha Boone	70	260
4	Vern Schmitz	60	260	5	Dave Olsen	60	109	4	Lisa Mathews	70	162	4	Ann Henderson	60	366
5	Tim Covert	50	471.6					5	Anastasia Walker	50	366	5	Susan Mills	50	638.6
								5	Amy Arnold	50	366				

February/Event 2 – Consistency Run



This year, the Consistency Run from the Besch's house was split into two days, the 13th and the 20th, due to the snow and ice covered roads; only a few dare-devils managed to make it on the 13th, so a makeup day was granted for the rest of us. The combined scores are below. Ten extra points for bringing a friend the day of the run and five points for volunteering were given.

Male – Age 52 and Under						Female – Age 50 and Under					
PL	RUNNER	OUT	IN	DIFF	PTS	PL	RUNNER	OUT	IN	DIFF	PTS
1	Jake Hancock	12:33:00	25:13:00	0:07:00	100	1	Lisa Mathews	16:38:00	33:06:00	0:10:00	100
2	Wes Wilkins	11:02:00	22:13:00	0:09:00	90	2	Leslie Hassell	11:54:00	23:37:00	0:11:00	90
3	Adam Shoemaker	12:04:00	23:57:00	0:11:00	80	3	Ann Port	14:27:00	28:42:00	0:12:00	80
4	Bill Anderson	10:21:00	20:29:00	0:13:00	65	4	Beth Redman	13:25:00	27:05:00	0:15:00	70
4	Greg Cox	10:21:00	20:29:00	0:13:00	65	5	Jennifer Lawrence	16:41:00	33:04:00	0:18:00	60
5	Steve Hancock	12:29:00	25:12:00	0:14:00	50						

Male – Age 53 and Over						Female – Age 51 and Over					
PL	RUNNER	OUT	IN	DIFF	PTS	PL	RUNNER	OUT	IN	DIFF	PTS
1	Jules Desgain	13:33:00	27:07:00	0:01:00	100	1	Ann Henderson	14:01:00	28:01:00	0:01:00	100
2	Gary Kolb	14:05:00	28:08:00	0:02:00	90	2	Rene Flaherty	13:59:00	28:02:00	0:04:00	90
3	Mike Lankford	12:58:00	25:51:00	0:05:00	80	3	Kathy Devine	25:00:00	50:05:00	0:05:00	80
4	Marino Fuentes	16:35:00	33:02:00	0:08:00	70	4	Michelle Villars	13:29:00	27:07:00	0:09:00	70
5	Normer Adams	11:01:00	22:12:00	0:10:00	60	5	Martha Boone	12:04:00	23:57:00	0:11:00	60

1,000 Mile Club

The idea for the 1,000 Mile Club was conceived in 1989 by then Peachtree City Running Club President Nora Weed. The first jackets were presented by Santa Claus at the 1989 Christmas party at the Christ Our Shepherd Lutheran Church. Since then, the club has presented more than 170 jackets to members who have met the minimum qualifications. The 1,000 Mile Club also includes 5,000, 10,000, 15,000, and 20,000 Mile Awards.

The 1,000 Mile Club is one of the Peachtree City Running Club's most popular programs and helps promote fitness, volunteer activity, and club participation.

PTCRC 2010 1,000 MILE CLUB REQUIREMENTS

To qualify for a 2010 1,000 Mile Club Jacket and/or certificate, the following requirements must be met by a PTCRC member:

- 1.) Run and/or walk at least 1,000 miles between the 2009 and 2010 PTCRC Christmas party.
- 2.) Participate as a PTCRC volunteer (not participant) in at least three (3) events between the 2009 and 2010 PTCRC Christmas party.
- 3.) Have at least three (3) mileage updates published in the Legacy between the 2009 and 2010 PTCRC Christmas party.
- 4.) Attend at least three (3) club meetings between the 2009 and 2010 PTCRC Christmas party.
- 5.) For the 5,000/10,000/15,000/20,000 Mile Clubs, you must have qualified for the 1,000 Mile Club for 5, 10, 15, and 20 years respectively. Years need not be consecutive.
- 6.) The deadline for signup for year 2010 is the May club meeting.
- 7.) An application **MUST** be completed at a PTCTC meeting.

If you have any questions about the program, please contact the 1,000 Mile Club coordinator, Roy Robison at croyrun@comcast.net.

NAME	YEARS IN 1,000 CLUB	MILES	MTGS	VOL	JACKET	SIZE
20,000 MILE CLUB						
BILL WERLING	21	181	2	1	NO	
15,000 MILE CLUB						
BILL FULLER	17	60	1	0	NO	
SUSAN MILLS	17	205	2	0	NO	
TERI BESCH	16	87	2	1	NO	
CAL DALEY	16	65	1	0	NO	
VALERIE REYNOLDS	16	120	1	0	NO	
JOE WASSELL	16	128	2	0	NO	
DAVE PIET	15	135	2	0	NO	
10,000 MILE CLUB						
ANN SHOEMAKER	14	40	1	0	15,000	MED
JERRY SHOEMAKER	14	25	1	0	15,000	MED
BILL ANDERSON	13	188	1	0	NO	
ROY ROBISON	13	125	1	1	NO	
BONNIE HANCOCK	11	135	2	1	NO	
STEVE HANCOCK	11	147	2	0	NO	
NORMER ADAMS	11	100	1	0	NO	
CARYLE ROBISON	10	150	0	0	NO	
5,000 MILE CLUB						
DICK ALLIS	9	19	1	0	10,000	XL
MARINO FUENTES	8	158	2	0	NO	
CATHY OLSON	8	157	2	1	NO	
TODD DAVISON	7	115	1	0	NO	
JOHN MROSEK	7	148	1	0	NO	
BOB SMITH	7	80	1	0	NO	
BERNICE WASSELL	7	96	2	0	NO	
RITA WESTON	7	99	2	0	NO	
PATRICK KEARNS	6	96	1	0	NO	
TOM ROUND	6	153	2	0	NO	
CONSTANCE SAMBRONE	6	162	1	1	NO	
WES WILKINS	6	60	1	0	NO	
DAVE KETELSON	5	214	1	0	NO	
LISA MATHEWS	5	167	1	0	NO	
JOHN WATERHOUSE	5	158	1	0	NO	
1,000 MILE CLUB						
TERESA MOORE	4	75	1	0	5,000	SM
ANASTASIA WALKER	4	70	1	0	5,000	MED
JAKE HANCOCK	3	127	2	0	NO	
KIM RUPLE	3	174	2	1	NO	
RAY BESCH	2	169	2	0	NO	
RUSTY BURNS	2	356	1	0	NO	
TIM COVERT	2	48	1	0	NO	
BRANDI OSSE	2	150	1	0	NO	
BETTY SMITH	2	124	1	0	NO	
CHRIS CHIONG	1	155	1	0	NO	
TRACEY MOORE	1	55	1	0	NO	
1,000 MILE CLUB ENROLLEES						
MITCH BUTLER	0	157	2	1	1,000	XL
CHRIS CASH	0	40	1	0	1,000	XL
MICHAEL CASH	0	110	1	0	1,000	LG
CHRIS EDMONDSON	0	50	1	0	1,000	MED
WENDY EDMONDSON	0	50	1	0	1,000	MED
DAVID KENNEDY	0	67	2	0	1,000	XL
RYAN KENNEY	0	111	2	0	1,000	MED
MIKE LANKFORD	0	206	2	0	1,000	LG
JENNIFER LAWRENCE	0	172	1	0	1,000	MED
DOUG LEGO	0	167	1	0	1,000	LG
JILL LEGO	0	104	1	0	1,000	MED
LAURIE MCCARTHY	0	125	1	0	1,000	SM
KIM PROFFITT	0	65	1	0	1,000	SM
SCOTT PROFFITT	0	65	1	0	1,000	XL
MICHELLE VILLARS	0	140	1	0	1,000	SM



Peachtree City Running Club

2010 Membership Application & Liability Release

Last Name: _____ First Name: _____

Gender: Male: _____ Female: _____ Date of Birth: ____/____/____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (____) _____ - _____ Work Phone: (____) _____ - _____

Email Address: _____ New Member: _____ Member Renewal: _____

Please enclose a check for dues made payable to **Peachtree City Running Club, Inc.** (Annual dues are payable by March 31; those joining after October 1 are paid through the following year.) Mail to: Peachtree City Running Club, Inc., P.O. Box 2377, Peachtree City, GA 30269

Annual Dues:

Family Membership: \$25.00

Students and Running Coaches: \$20.00

Liability Release

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Peachtree City Running Club, Inc., and all sponsors, their representatives, and successors from all claims or liabilities of any kind, arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the person(s) named in this waiver.

Signed: _____ Date: ____/____/____

(Parent's signature required if under 18)

List all running family members (Signature required if 18 or older):

Name	Gender	Date of Birth	Signature

In The Sponsor SPOTLIGHT This Month

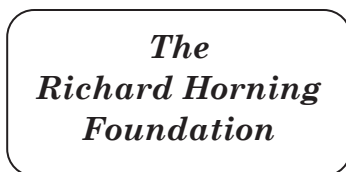
PEACHTREE CITY TOURISM ASSOCIATION



The **Peachtree City Tourism Association** was formed in 2005 to attract and stimulate tourism to our area. The Association is composed of five appointed, volunteer Directors and Executive Director Lauren Yawn. The Peachtree City Tourism Association maintains the Peachtree City Visitors Center located adjacent to the Tennis Center and is open Monday through Friday from 8-5. It's primary role is to draw visitors to the many venues and events in Peachtree City. This is the 6th year that 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 website at www.visitpeachtreecity.com.



Infiniti of South Atlanta
www.atlantainfiniti.com
Volkswagen of South Atlanta
www.vw-place.com



Kiwanis Club
of Peachtree City

The Avenues



WYNDHAM PEACHTREE™
CONFERENCE CENTER
PEACHTREE CITY, GEORGIA

