

PEACHTREE CITY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MAR & APR

INSIDE

Rainy Man Alex
page 4

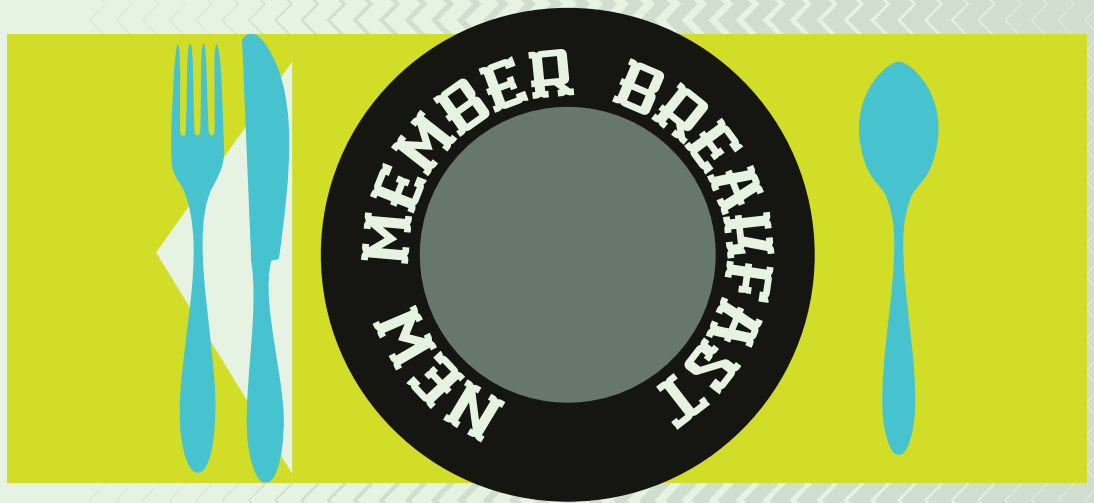
Grand Prix Update
page 5

Runner Friendly Recipe
page 6

Traveling Elizabeth
page 7

Flash Cross Country
page 8

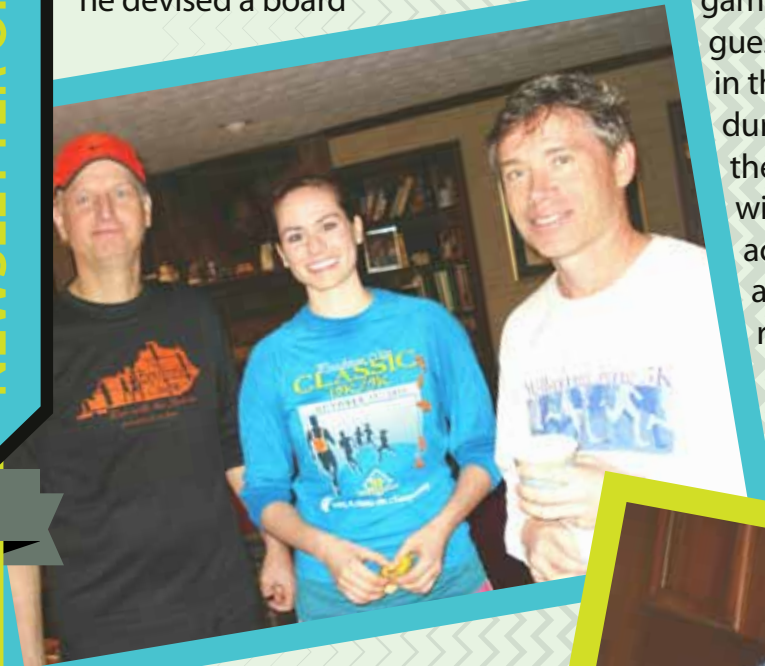
Upcoming Races
page 11



Long time club members as well as some new members gathered at the home of Ray and Teri Besch on Saturday morning, February 4th, for the annual New Member's Breakfast and monthly Grand Prix. The Besch's have graciously hosted this event for a number of years now and it is always a well-attended event. Members bring a breakfast item to share at a brunch held after the Grand Prix event.

This year, Activities Vice President Shane Sheffield had a special treat in store for runners. Owing to the occasion of it being Super Bowl weekend,

game where members could guess which team would be in the lead at certain points during the game and what the score would be. Those with the closest guess would accrue extra points to be added to their Grand Prix run score. The run itself consisted of participants having to guess their time to a certain landmark and back based on the



stated distance. No watches were allowed. Those who finished closest to their guesstimated times scored the highest points.

(Left - Casy Martin shares a laugh with Hal Wolfe and Bill Anderson. Right - Ray Besch and new member Vicki Siliski trade running stories at the brunch.





2005
NATIONAL WINNER
RRCA BEST SMALL CLUB
NEWSLETTER

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CLUB MEETING MINUTES

March 5, 2012

President Shane Carpenter called the meeting to order at the Dolce Conference Center. New members and guests were acknowledged and welcomed.

A motion was made and seconded to approve the minutes of the February meeting. The motion was carried.

LIST PASSED AROUND:

1000 Mile Club Applications/Book
PTCRC Membership/Renewal Applications
Fayette County Charity Classic
Rose City Run applications
Oak Grove run Applications

Belated 1,000 Mile jackets were awarded to Hannah Hancock and Todd Hamill.

Shane Carpenter gave an update on The Legacy. Tamara Gerken has resigned the newsletter. Russell Brown has stepped up to take over the technical part of the newsletter.

Steven Bothe encouraged content submissions from the all members of the club. Regular columns would be great.

Upcoming races were announced.

Oak Grove Elementary March 10
Fayette Charity Classic March 17
Crabapple Elementary March 24
All American 5k May 28

Tim Covert gave a finance update. The club's current checking account balance is \$11,910.56. The tax return has been filed. Sponsorship money for the All American 5k has begun to come in.

Shane Sheffield covered the highlights of the March grand prix and thanked volunteers: Michelle Villars, Jill Lego, Pam Aviles, Shawn & Teddy Frick, Joe Wassell, and Bill Werling who came out in the rain to help. The next grand prix will be April 7.

Steven Bothe announced preparations for the Peachtree busses has begun. Preference will be given first to members. An Atlanta Track Club in-training group for the Peachtree will begin meeting June 23 in Peachtree City at the HWY 54 Publix. Steven will be coordinating the group. If interested, sign up through the Atlanta Track Club website.
(continued on page 10)



The real fun began however, after the run when members were able to relax, tell war stories about the day's Grand Prix, and get to know each other better all in the comfort of the Besch home while enjoying the delicious and abundant breakfast items. Social Coordinator Leah Liming ensured the event was a complete success through her organizational skills and charming hostess presence by making all the new members feel welcome and



completely at ease!! Many thanks to all who participated whether by contributing, hosting, organizing, or just showing up to run!

(Top Left - The Murphy family enjoys brunch. From left to right: Patrick, Ian, Payton, and Lynn. Top Right - New Member Rob Norton with son, Matthew. Middle Left - Jane Hamilton with new member Jill Zuehlke. Bottom Left - New member Lauren Toering samples some of the fare at the post-run breakfast.)

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 Russell Brown at rtbrown@gmail.org. Send race results to Bill Fuller at mki.kammann@gmail.com.

NEXT DEADLINE: APRIL 20

Rainy Man Alex Medal

By Bob Dalton

Alex Medal, 34, is a pilot with Pinnacle Airlines (Delta Connection) and has lived with his wife, Melissa, and their Lhasa Apso, Lilly, in PTC for the past three and a half years. Melissa is an Event Planner with Marriott Hotels. Originally from Costa Rica, Alex earned his BS in Computer Science Engineering from the International American University in San Jose and his Masters Degree in eBusiness and Direct Marketing from the ESIC University of Madrid in Spain. He followed that up with earning his commercial and multi-engine pilot certificates. He then went to Florida where he finished up his additional ratings and has flown professionally ever since.

His favorite distance is the Half Marathon but his favorite race is any one on a rainy day. He is not just a fair weather runner!! "I love rain. I love the sound of it, the smell, and the dark, cloudy surroundings. I've always loved it since I was a small boy to go play soccer in the rain. I still remember getting in trouble with my mother for not listening to her and still go outside and play while the skies where pouring. To this day, rainy days are my favorite days to go for a run. Just slap on the Storm Fly jacket and run away!"



Alex and
Melissa at the 2011 PTC
Running Club Awards Banquet

He had an unusual experience on the cart paths one day during an early morning run. "While running through the paths in PTC about a year and a half ago I was completely overwhelmed and surrounded by a fast, blazing charge of at least 8 deer running through the path as I was running by. It was my first encounter with these fellas since I moved to PTC. My only reaction was a screeching full stop on the spot with the hope they would just dodge me as they flew by around me. It was a pretty helpless feeling. They where clearly in a hurry to get somewhere! Fortunately none of them decided to charge against yours truly here."

Alex has run a 4:49 mile and has a 41 minute 10K PR, a 1:31 Half Marathon PR (at Soldiers in Columbus in 2011) and a 3:45 at the ING Marathon in Atlanta in 2009 followed by a 3:28 at ING in Miami on January 29 this year. When asked what he likes about running, he says "To me it is an incredibly simple, basic and instinctive way to improve and compete. You don't need fancy equipment ("wanting" is another story...); just slap on a pair of running shoes and go run. As simple as that, RUN. Do it often and you'll get better; don't run in a month and you'll get worse. I also love the individuality of the sport. If things go well in a race, all the glory is yours. If you bonk and end up walking or pulling out of the race, then the finger is going to point at no one but yourself. On race day it's all about you, your speed and your decisions. I love that." (conintued on page 10)

2012 PTRC GRAND PRIX

March Contest

Volunteers: Michelle Villars, Sean and Teddy Frick, Jill Lego, Bill Werling, Pam Aviles, & Joe Wassell

Women Over 51

Name	Loop 1	Loop 2	Difference
Vicki Siliski	19:33	20:00	0:27
Ann Shoemaker	34:13	33:15	0:58
Cathy Olson	34:34	33:25	1:09
Teri Besch	34:34	33:25	1:09
Martha Boone	22:29	21:02	1:27

Women Under 51

Name	Loop 1	Loop 2	Difference
Anatasia Walker	25:08	24:41	0:27
Teresa Moore	25:08	24:41	0:27

Men Over 51

Name	Loop 1	Loop 2	Difference
Cal Daley	20:48	20:40	0:08
Bob Dalton	19:33	19:25	0:08
Dave Piet	25:08	24:53	0:15
Tom Crofton	20:00	19:13	0:47
David Olson	34:13	33:23	0:50
Jerry Shoemaker	19:59	19:09	0:50
Mike Lankford	35:50	34:57	0:53
Hal Wolfe	19:30	20:59	1:29
Bill Fuller	19:30	20:59	1:29
Jules Desgain	19:31	23:00	3:29
Tim Covert	39:11	29:29	9:42

Men Under 51

Name	Loop 1	Loop 2	Difference
Kith Burkingstock	19:49	19:19	0:30
Chris Chiong	19:31	18:57	0:34
Russell Brown	19:31	18:54	0:38
Alex Medal	19:49	18:39	1:10

Year Total as of March

For more details visit www.ptcrc.com

Women Over 51

Vicki Siliski - 295
Cathy Olson - 265
Ann Shoemaker - 265
Margie Dam - 175
Martha Boone - 155
Teri Besch - 155
Ann Henderson - 90
Mary Ann Crofton - 85
Trish Vlastnik - 60
Jill Lego - 50
Jane Hamilton - 35
Pat Cote-Miles - 20
Amy Stitt - 10
Carolyn Gulick - 10
Bernie Wassell - 10
Susan Mills - 10
Betsy Ross - 10

Womens Under 51

Anatasia Walker - 225
Teresa Moore - 195
Lynn Murphy - 100
Beth Wiggins - 80
Leslie Salinski - 70
Jill Zuehlke - 60
Michelle Villars - 50
Pam Aviles - 50
Laurie McCarthy - 10
Leah Liming - 10
Brandi Osse - 10
Deanna McCurdy - 10
Anne Port - 10
Kim Ruple - 10
Kelly Bowman - 10
Lauren Toening - 10
Casey Martin - 10

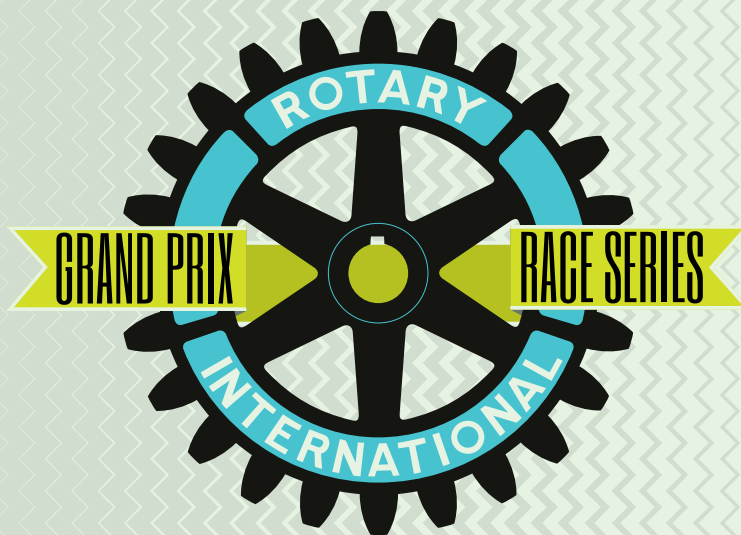
Mens Over 51

Cal Daley - 250
Jerry Shoemaker - 195
Ben Gross - 175
Tom Crofton - 175
Tim Covert - 145
Bob Dalton - 140
Dave Piet - 115

Bill Anderson - 100
David Olson - 95
Mike Lankford - 85
Chuck Garwood - 70
Ed Vise - 60
Hal Wolfe - 50
Bill Werling - 50
Joe Wassell - 50
Scott Allen - 35
Bill Fuller - 35
Jules Desgain - 35
Bill Everage - 20
Normer Adams - 10
Al Barker - 10
David Gulick - 10
Lou Boone - 10
George Martin - 10
Mike Warren - 10
Todd Davison - 10
Gary Kolb - 10
Dick Allis - 10
Marino Fuentes - 10
Von Woods - 10

Mens Under 51

Kith Burkingstock - 160
Wes Wilkins - 130
Chris Choing - 115
Russell Brown - 105
Alex Medal - 105
David McCurdy - 100
Adam Shoemaker - 100
Jake Hancock - 70
Tracey Moore - 70
Sean Frick - 65
Mark Hamilton - 20
Steven Bothe - 20
Shane Carpenter - 10
Ian Murphy - 10
Vern Schmitz - 10
Mark Greiner - 10
Pat Murphy - 10
Payton Murphy - 10
Rob Norton - 10
Matt Norton - 10



The Rotary Club of Peachtree City, in cooperation with the PTC Running Club has created a series of races that provide the opportunity for both children and adults to participate in healthy events as well as raising much needed funds for our local elementary schools. Last year about \$100,000 was raised by the schools and the series of races has become one more campaign in the fight against childhood obesity

March 24, 2012 - Crabapple Elementary 5K

April 14, 2012 - Huddleston Elementary 5K

April 21, 2012 - Inman Elementary 5K

May 12, 2012 - Brooks Elementary 5K/10K

Points will be accumulated at each race, for all age groups, both male and female. At the end of the year, awards will be presented to the top three runners, both male and female, in all age groups (ages 8 & < to 70+), having accumulated the most points. Special bonus points will be awarded based on the number of races completed. Each race will be conducted by the individual schools as fundraisers for that school only. For more info, check the website - www.rotarygrandprix.org.



Energy Bites

by Deanna McCurdy

- 1 cup oatmeal
- 1/2 cup peanut butter
- 1/3 cup honey
- 1 cup coconut
- 1/2 cup ground flaxseed
- 1/2 cup mini chocolate chips
- 1 tsp. vanilla

Mix. Chill in refrigerator for 1 hour. Make into 1 in. balls. Enjoy!



!!DEADLINE TO SIGN UP FOR THE 1000 MILE CLUB IS AT THE MAY MEETING!!

NEW MEMBER PROFILE

Traveling Elizabeth Tilden

by Bob Dalton

Elizabeth Tilden, 33, was an Air Force brat born at Edwards Air Force Base, California. Her father was a "Sled Driver" (SR-71 pilot) until he retired and went to work as a test pilot for United Airlines. She spent most of her childhood in the San Francisco Bay area until she was in her teens then began her own journey around the country working for NTSB, UPS, the railroad, and the airlines – all transportation related industries. This is the first clue that she definitely has the travel bug.

Elizabeth was working for Northwest Airlines at their headquarters in Minnesota and moved to Delta as part of the acquisition merger. She has been a PTC resident for two years now and works for Delta as a Technical Operations Internal Quality Assurance Manager. When asked to describe that in layman's terms she says, "Hamster on a wheel! I investigate and address aircraft engineering and maintenance issues to keep the airlines flying safe." We can trust she knows what she is doing as evidenced by her credentials. She has a BS in Philosophy from the University of California at San Diego and an MS in Industrial Technology from Purdue University. When I asked her how she went from philosophy to engineering, she was quick to respond, "I wasn't making any money!"

While at Purdue University, Elizabeth was on the Triathlon Team there and competed in several Olympic distance triathlons as well as the Sam Costa and Indy Half Marathons. In fact her Half Marathon PR of 2:05 was at Sam Costa.

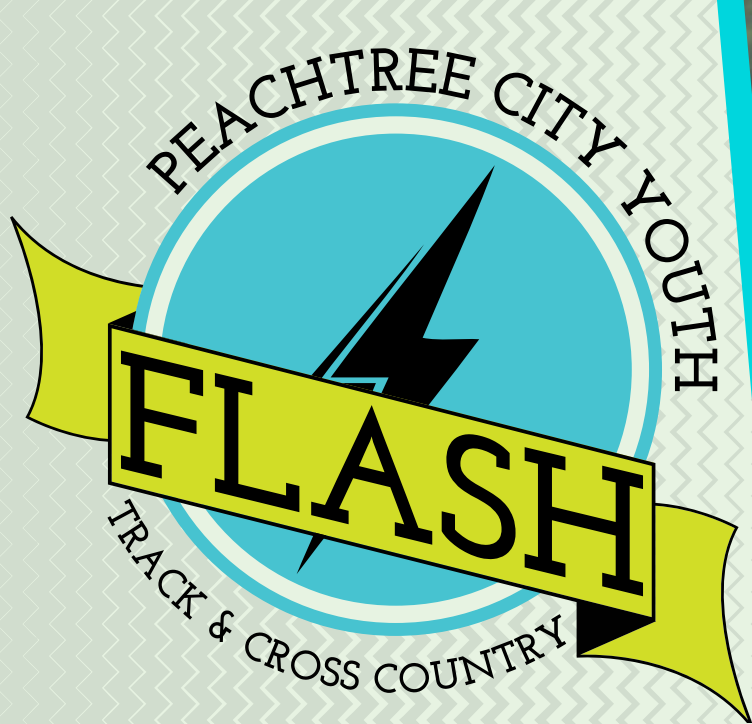
Among her unusual running experiences, she counts running around the artificial island of Chubu Airport in Japan and the Mud Run in Georgia. "Who knew obstacles during running would be so fun??!!" Her most memorable experience was when she was able to check off one of her bucket list items and made a recent trip to China where she hiked the Great Wall. "It was just amazing!"

Elizabeth enjoys running because "It keeps me physically and mentally fit." She also says "Any opportunity to be in the company of runners and events is a moving experience." She joined the club "To have a network to enjoy one of my favorite hobbies with. And Kith (Burkingstock) made me!"

As far as hobbies and leisure activities, Elizabeth enjoys "Anything active: snowboarding, hiking....etc. Introducing my son to new activities. I especially like traveling and lots of it!" (continued on page 10)



Elizabeth does the "bunny hop" while taking a break from snow boarding at Beaver Creek Resort in Colorado over the Christmas holidays.



It was an outstanding day of running for the PTC Flash at the 2011 USATF National Junior Olympic Cross Country Championships .

- Everyone was ready and focused:
- Most of the athletes ran faster than at Regionals and/or many ran their fastest times of the year.
 - The kids were composed and handle the new situation of running in races with 200-300 athletes.
 - Their focus and composure is impressive given this was the first time to run in the National Championships for more than half of the team.

- It was our best showing at Nationals ever.
- 4 individuals were All American (top 25) and
 - 1 team was on the medal podium (top 3); they finished 2nd overall.

While we had outstanding athletic performances, we also saw some outstanding team work and support across the age groups!

- Many of the younger athletes, who raced at 8am, 8:30am, and 9am asked their parents if they could stay and watch some of the older athletes races. They want to cheer them on.
- And the older athletes instead of sleeping in for their later races at 12 noon , 12:30pm, 1pm, etc got out their early to cheer and watch for the younger athletes 9am, 9:30am, and 10am, etc races.



Results:

7-8 girls race 121 runners and 5 teams (2000 meters)

Allie Walker	10th	8:19	All-American
Lindsay Tapp	47th	9:15	
Abby Murray	50th	9:19	
Nevaeh Williams	53th	9:21	
Olivia Gibson	62th	9:33	
Nicole Smith	68th	9:42	
Sidney Burks	103th	10:27	
The Flash team finished 2nd			

7-8 boys race 128 runners and 5 teams (2000 m)

Nathan Rush	34th	8:21	
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9-10 girls race 204 runners and 14 teams (3000m)

Tenae Grigsby	20th	11:37	All-American
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9-10 boys race 224 runners and 17 teams (3000m)

Derek Ewers	167th	12:49	
Quinn Gibson	170th	12:52	
David Foreman	180th	13:06	
Justin Jones	188th	13:13	
Ethan Bilsky	189th	13:13	
Duncan Anderson	215th	14:56	
The Flash team finished 17th			

11-12 girls race 251 runners and 20 teams (3000m)

Sarah Foreman	103rd	11:46	
Marissa Caporini	131st	12:04	
Nicole Slocumb	149th	12:13	
Caroline Baynes	150th	12:14	
Anna Beth Ivey	189th	12:42	
Maddie Hammond	200th	12:56	
Jacqueline Smith	209th	13:11	
Katie Kojali	240th	14:47	
The Flash team finished 16th			

11-12 boys race 277 runners and 24 teams (3000m)

Jordan Jones	50th	10:35	
Joshua Tysor	91st	10:50	
Vladi Z. Velloso	100th	10:56	
Devin Lohman	181st	10:26	
Chris Kojali	200th	11:42	
Harrison Fultz	209th	11:46	
Brady Hamill	229th	12:10	
Evan Tapp	274th	14:06	
The Flash team was 16th			

13-14 girls race 261 runners and 23 teams (4000m)

Kathryn Foreman	6th	14:26	All-American
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13-14 boys race 305 runners and 25 teams (4000m)

Reed Livingston	127th	14:13	
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15-16 girls race 139 runners and 7 teams (5000m)

Emma Brodzik	83rd	20:59	
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15-16 boys race 188 runners and 13 teams (5000m)

Ryan Phillips	46th	16:43	
Josh Warren	63rd	16:59	

17-18 girls race 75 runners and 4 teams (5000m)

Lindy Long	4th	18:41	All-American
Lauren Phillips	40th	21:05	
Kara Thornton	63th	22:36	
Kelly Hilinski	70th	23:57	

17-18 boys race 101 runners and 4 teams (5000m)

Max Mattox	64th	17:28	
Steven Shlapak	93rd	20:04	

(Club Meeting Minutes continued)
Bill Werling made a presentation to Shane Carpenter on behalf of Kedron Elementary thanking the club for their support of the school and 5k race.

Kim Ruple gave an update on the RRCA runner friendly community designation. George Martin has agreed to handle the city government section. Normer Adams and Susan Bothe will take care of photos. Pam Burrus and Tiffany Bellucci will be working with Kim to approach the different business owners needed to help secure the designation. The letter for the businesses from the club has already been drafted and approved by Steven Bothe.

Announcements:

Susan Mills announced a new race for June 23 out of Brooks to help financially support families dealing with cancer. The race will include a 5k and a duathlon.

Bob Dalton reminded members that the current membership grace period ends March 31. Members must renew in order to maintain membership privileges .

Tim Covert made an appeal for the All American 5k(May26). Martin Rowe is in need of a proofreader.

With no further business, the meeting was adjourned.

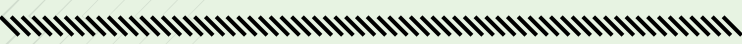
Respectfully submitted,
Teresa Moore



(Alex Medal Profile continued)
Alex is not averse to pushing the athletic envelope and has started to branch out into other sports. "Since last June I got bit by the triathlon bug. After competing in a few Sprint and Olympic tris, I decided to man up and tackle my first Ironman event in Louisville next August. The bike and the

swim goggles have become great friends with my running shoes lately." He will be doing the Half Ironman in Columbus in April as a tune up. He joined the PTC Running Club to seek out like-minded runners. "I was based in Memphis, TN for two and a half years. During this time I almost had to give up running. Only having two days off at home peer week, I could only run 4 miles each of those two days, to try to keep somewhat fit. As soon as I got based in ATL and had lots more of time off to run and train seriously, I decided to join the club and meet new people who loved the sport as much as I did!"

Since joining Alex has jumped in with both feet and has been participating in Grand Prix's and club meetings when not pulling duty in the cockpit. So if you see someone splashing through the rain puddles on the cart paths, you'll likely know it's just Alex having fun on the run!!



(Elizabeth Tilden continued)
A couple of things you probably don't know about Elizabeth is that "I have my license to fix airplanes and I speak Thai and a little French." Turns out her mother is Thai and so she grew up speaking it in her home. She also took French lessons in college.

Between work and caring for her five-year-old son Calvin, Elizabeth doesn't get to run as much as she'd like. However, she did set a PR at the recent Frostbite 5K with a time of 23:58. One of her running goals is to run a marathon one day and my bet is she will make it a destination run to someplace exotic in keeping with her travel adventures.

UPCOMING RACES

2nd Annual 5k Run/Walk For a Drug Free Community Newnan, GA

Saturday, April 14, 2012 @ 8:00 AM
A 5k Run/Walk fundraiser to support the Coweta County Drug Court and Coweta County. Raffles, DJ, Prizes, and Identi-Kid for parents. Inexpensive race great for families to do together. Visit active.com for more information and to register.

Inman 4th Annual 5K 1 Mile Off - Road Run Inman Elementary School

Saturday, April 21, 2012 @ 8:00 AM
Come run on our 200+ acre land starting at Inman Elementary School new 1/4 mile track and smell the fresh air while running the rest of the course - off road style. Visit active.com or inmaneagles.org for more information and to register.

Race For Riley SERENBE (3 miles west of previous location) Hutcheson Ferry Road Chattahoochee Hills, GA

Saturday, April 28, 2012 @ 8:30 AM
The Race for Riley is a 5K run/walk, 1 Mile fun run and Tot Trot created to raise awareness and funding for those at the forefront in dealing with and promoting research for cures and treatments of mitochondrial disorders and to provide support to affected individuals and families. On a daily basis the staff at The Joseph Sams School are helping in the fight. NEW IN 2012! CHIP TIMING for 5K and 1 mile - no more cards to fill out or tearoff tags or crowded finish chute! Visit active.com or raceforriley.org for more information or to register.

Keep Newnan Beautiful Walk N' Wag Temple Avenue Park Newnan, GA

Saturday, May 12, 2012 @ 9:30 AM
One mile fun walk with or without your dog through downtown neighborhoods starting and ending at Temple Avenue Park. Need a dog to walk? We will have some available to borrow for the event! Vendors will also be on hand with various items at Temple Avenue Park before,

during, and after the walk. Visit active.com or keepnewnanbeautiful.org for more information and to register

Peachtree International and SuperSprint Triathlon

Drake Field, Peachtree City GA
Saturday, May 19, 2012 @ 7:00 AM
International Distance Triathlon through the streets of Peachtree City. .93 mile swim/25 mile bike/6.2 mile run. The swim has always been wetsuit legal. The bike is on a rolling course with some moderate hills. The run is entirely on Peachtree City's famous golf cart paths. The Super Sprint is a 300 yard swim, 8 mile bike, and 2 mile run. Visit active.com or tri4gold.org for more information or to register.

Trinity Trail Trot 5 K Crossroads Church (Hwy 16 Campus) Sharpsburg, GA

Saturday, May 19, 2012 @ 8:00 AM
A 5k, 1 Mile Fun Run and 50 yard Dash run for the expansion of the Trinity High School Athletic Booster Club. Visit active.com or tcslions.org for more information or to register.

ALL AMERICAN 5K Peachtree City, GA
Saturday, May 26, 2012 @ 8:00 AM
SEE AD ON BACK

20th Annual Old Courthouse 5K Fayette Senior Services Fayetteville, GA

Saturday, June 9, 2012 @ 8:00 AM
Proceeds from the race go right into community organizations, which include the Joseph Sams School, ExceptionalOPS, Fayette County Special Olympics, Southwest Christian Care. The Fayette County Civitan club is a part of Civitan International, a service organization dedicated to help those that can't help themselves. Visit active.com or oldcourthouse5k.org for more information or to register.

To find other races in the area visit active.com

The Peachtree City Running Club Presents



Saturday, May 26
with Special Guest: Dan Berschinski

In Honor of
All of our Veterans

Benefitting
The American Legion, Post 50
Community and Veteran's Programs

SUPPORT:

All of our Veterans and community programs by running, walking, or being a phantom runner by donating \$25 or more.

LOCATION:

Frederick Brown, Jr. Amphitheater, Peachtree City.

AWARDS:

Awards to overall M/F and top three M/F in each age group. All participants receive a race tee shirt.

REGISTRATION:

Download application at www.ptcrc.com or register online at www.active.com.

QUESTIONS:

Call Martin Rowe at 404-859-8039 or email rowemp6@hotmail.com.

To learn more about the American Legion and our community programs, please visit
www.alegionpost50.org or on Facebook at Lyle-Brewster, Post 50