

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MARCH 2006

## inside

4 Meet the PTCRC  
Executive Board

5 Hall of Fame honors Joe  
& Bernice Wassell

6 A tribute to Joe Maloy

8 1,000 mile club: A worthy  
goal

11 2006 Grand Prix kicks off

## A 'goofy' time in the Magic Kingdom



*Six PTCRC members traveled to Orlando Jan. 7-8 to participate in the inaugural Goofy's Race and a Half Challenge, running both the marathon and half marathon in one weekend. From left, Teri Besch, Mark Ward, Bonnie Hancock, Jane Hamilton, Kath Jones, and Steve Hancock came home with THREE medals for their tremendous efforts — the Mickey, the Donald, AND the brand new Goofy.*

*By Mark Ward*

When Disney's Wide World of Sports officials announced that they were splitting the 2006 Walt Disney World Half-Marathon and Marathon events into two separate days back to back over a weekend, some individuals complained that this would cause some inconvenience. There is one group, however, that cheered about the change. These individuals decided to make the most of the new format by registering for both events to participate in the first ever "Goofy's Race and a Half Challenge."

Yes, you read right. A back-to-back half-marathon AND marathon. There were close to 3,000 individuals who completed both Saturday's half-marathon and Sunday's full marathon events. By Sunday afternoon on Jan. 8, these people officially ran or walked 39.3 miles in the preceding 30 hours. A total of 18,000 people started the half marathon, with 12,000 completing the Full.

If you ran both events, you not only got your Donald and Mickey medals, but you also received a special Goofy medal, never before available for the WDW Marathon event. Those who had asked Disney race officials about this mysterious third medal received the following response:

"Yes, that is true. We think that doing something like that; running a Half Marathon for a "Donald Duck" on Saturday and a Full Marathon for a "Mickey Mouse" on Sunday, sounds kind of "Goofy." If you know what I mean. So if they finish both, people deserve a third "special medal."

"Have a magical day!"

Most people that were doing the Goofy felt like they needed to rest and take it easy Saturday following the Half Marathon. But not everyone thought they should waste a perfectly good day on resting. After all, the reason many of these

*(Continued on page 8)*





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**NEXT DEADLINE: April 17**

# Jan-Feb Meeting Highlights



## January

President Bob Dalton called the regular meeting of the Peachtree City Running Club to order at 7:35 p.m. at the Wyndham Conference Center. The minutes from the last meeting as posted in the newsletter were unanimously approved by voice vote. The following club members were recognized for running the Disney Half-Marathon and full Marathon on consecutive days and receiving the "Goofy Medal" — Steve Hancock, Bonnie Hancock, Teri Besch, Mark Ward, Kath Jones, and Jane Hamilton.

Guest speaker was Marlene Atwood, RRCA Georgia State Representative and a member of the USATF Georgia Association Board of Directors. She praised the PTCRC as being one of the "model clubs" for the state. She spoke of "America's Running Routes," similar to "Google Earth," where you can access and post your favorite running routes through [www.usatf.org](http://www.usatf.org). There are currently 89 Georgia routes that are mapped.

Old Business — Bob reminded everyone to send race times to Bill Fuller. He thanked Joe and Bernice Wassell for another great Christmas party and announced they are stepping down from the Social Committee. Volunteers are being sought for chairmanship, and the first event will be coordinating the new member breakfast. Members were also encouraged to check out the new Web site.

New Business — The one-year anniversary of the passing of Rich Horning was recognized. Rich's wife, SanD, and daughter, Sheridan, presented a sponsorship check in the amount of \$2,000 to the club from the Rich Horning Foundation. This is the first sponsorship for the 2006 Peachtree City Classic.

Copies of the 2006 budget were passed out to the members present so they could take them home for study.

By-Law changes were presented and passed. A total of 6 policy proposals were presented and passed. These were actually practices already under implementation and recommended to be formalized and used for general guidance in club operations.

## Officer Reports

Secretary — Tom Round said he will try to promote human interest and race attendance stories for the newsletter and also for the local newspapers.

Treasurer — Marino Fuentes reported the following savings: Southern Community Bank \$7,543.72, Talbot State Bank \$6,157.99, and the Talbot State Bank CD \$18,257 for a grand total of \$31,958.76.

## Coordinator Reports

1,000 Mile Club — Roy Robison reported that 400 jackets have been earned by club members since 1989, and this is the 18th year for this activity.

*(Continued on page 9)*

## WELCOME NEW MEMBERS

Kim and Rich Miller (Peachtree City),

William Avera (Peachtree City)

Anne Chrzanowski (Peachtree City)

Daphne Rackley (Fairburn)

Gabrielle Humphrey (Senoia)

Michaela and Rick Phillips (Tyrone)

Teresa and Tracy Moore (Fayetteville)

Randy and Sherri Hall (Peachtree City)

Carmen Hall (Peachtree City)

Christine Bell (Newnan)

Vivian and Jesse Aku (Peachtree City)

Kate West (Peachtree City)



We got off to a great start this year with the traditional "Guess the Distance Run" hosted by Lou and Martha Boone at their home. We were blessed with good weather, great fellowship, and terrific food. That was followed by a good turn out at the "Adopt A 10K" run on the 14th and the annual Atlanta Track Club

5K/10K on the 21st. Instead of the usual cold weather at the ATC run, we had relatively warm temps in the 60s, but also intermittent rain. Personally, I'll take the rain over the cold any day — just not both at the same time, please!

At the January club meeting, SanD Horning and daughter Sheridan made a contribution from the Rich Horning Foundation for sponsorship of this year's Classic. As a former Race Director for two years, Rich would be proud and humble at the same time to know that his legacy lives on and that we continue to honor his memory through this sponsorship. It is the first one this year and sets the standard for others to follow. We consider SanD and Sheridan as family and greatly appreciate their generous donation.

Congratulations are in order for our esteemed newsletter editor, Rene Flaherty. She won as editor of the best newsletter for a small club in the RRCA Southern Region and then went on to the national competition where she won again! Rene is this year's recipient of the RRCA Jerry Little Memorial Journalism Award. She competed with the best and came out on top. She has continually worked to improve upon a great design and layout that was first developed by Ann Blaum. Ann also deserves recognition for the work she did on the initial redesign of the newsletter to its present form. Their hard work has been duly recognized, and we are fortunate to have their talent and skills. Please pass on your own thanks and congrats when you see them.

Congratulations are also in order for George Martin as the RRCA National Award Recipient of the Kurt Steiner Children's Development Award. This award is given to an individual who is dedicated to promoting children's running and/or coordinating an outstanding children's running program. It is extremely gratifying to see all the hard work George put into the Elementary School Grand Prix Series and the Kids Marathon Finish come to fruition and be recognized on a national level.

To have two award winners in the same club (and in the small club category no less!) and recognition by the RRCA is no less than amazing and a tribute to the hard work these two individuals have put into the club. To borrow a military phrase, "Your achievements reflect great credit upon yourself, the Peachtree City Running Club, and runners everywhere." We are all very proud of both of you and fortunate to have such talented, hard-working, self-sacrificing members in our club because you make all of us

look so good. Thanks again for all you guys have done and continue to do for the club. We truly have National Class, and I like to think, even World Class talent in our club.

And the accolades continue. Our own PTC Classic 15K has been awarded the 2006 RRCA 15K Southern Region Championship. This is due to the hard work of race directors Rose and Ron Kempton and all you club members who volunteer to ensure that we put on a first-class race every year.

Thanks also go to Dave Olson for having been our Web site manager for these many years, and to Joe Domaleski for taking over and contributing his skills free of charge as owner and manager of his own Information Technology business. If you haven't done so yet, I urge you to check out the club Web site ([ptcrc.com](http://ptcrc.com)). Although it is still a work in progress, I think you will be pleasantly surprised at how easy it is to navigate and its general user friendliness. Feedback is welcome.

If you haven't done so yet, I also urge you to sign up at one of our monthly meetings for the 1,000-mile club. This is one of the best activities we have for our members as an incentive for getting or staying in shape. There are certain requirements, which can be found on the Web site, but if you are an active member, they are easy to fulfill. If successful, you will be recognized and rewarded at the end of the year at the annual Christmas party with a certificate and/or jacket as appropriate. You'll find more about the program on page 8.

On a sad note, long-time club member Joe Maloy passed away from cancer on Monday evening, Jan. 30. Joe was a World War II veteran and was actively walking 6-7 miles per day up until recently. Please see the article about Joe on page 6.

Classic race Director George Martin and I are off to the RRCA national convention in Houston March 9-12 along with our lovely ladies. (They are going at our own expense, of course!) I'll have a full report for you in the next issue. In the meantime . . .

See you on the roads and cart paths.

P.S. If you haven't already done so, be sure to get your membership renewal to Joe Wassell ASAP. Otherwise, you will be dropped from the rolls and will no longer receive this great newsletter and all the other great benefits of club membership like a 10% discount off running shoes at Smith and Davis and T&G All Sports!

## PTCRC WINS NATIONAL AWARDS

George Martin — RRCA Kurt Steiner Children's Development Award

Rene Flaherty — Jerry Little Memorial Journalism Award

Rose Kempton, Bill Anderson, and Bernice Wassell — National Volunteers of the Year

CONGRATULATIONS TO ALL!



# Get to know the PTCRC Executive Board

You met the club's new president, Bob Dalton, in the last issue of the *Legacy*. Here's the scoop on the rest of the 2006 PTC Running Club Executive Board. Many thanks to these hard-working individuals who take time out of their busy schedules to help make our club a success!

## Ann Henderson

### Administrative Vice President

Ann was born and raised in Memphis in a family of five girls. She began working for Federal Express as a courier in 1982. She transferred to the Atlanta area in 1986 and settled in Peachtree City to raise her family. She has three daughters — twins Angie and Christy, who live in Peachtree City, and Mandy, who lives in Santa Barbara, California.

Ann has been active in sports all her life. In her teens, she played basketball, volleyball, and softball. As an adult, she biked competitively and played tennis for many years with various ALTA teams. Unfortunately, she has just about given up tennis because of knee problems. Luckily, she can still run. She joined the running club about five years ago and has been running seriously since then. She ran the Chicago Marathon in 2003, and has run several half marathons as well as many local 5Ks and 10Ks.

Ann enjoys travel, golf, working out at the gym, biking, hiking (she actually climbed to base camp of Mt. Everest!) and spending time walking her dog Spanky. She says she has met many wonderful people and made many friendships through the running club. She's looking forward to an exciting year and appreciates all the support of the members as well as the rest of the board members.



## Steve Hancock — Activities Vice President

Steve was born on the 4th of July and officially christened John Hancock. How patriotic is that? He hails from Cleveland, Tenn. and is a big UT fan. Go VOLS!

Steve and his wife Bonnie have two children — Jake, 12, and Hannah, 9. He teaches science at Flat Rock Middle School, where he coaches track and operates the scoreboard for the basketball, football, and volleyball teams. He is currently working on his Master's degree in Science and is an avid reader of American History books.

Steve began running in February 1998 to prepare for his first Peachtree Road Race. He figured it would be a fun way to celebrate his birthday! He joined the PTC Running Club in 1999 and has run 1,000 miles every year since. His favorite race distance is the half to full marathon, and he cites the Atlanta Half, the Disney Marathon, and the Peachtree 10K as his favorite races.



## Tom Round — Secretary



Tom joined the running club in the fall of 2003 after a long rehabilitation from a heart attack and arterial bypass surgery in April 2001. He considers the camaraderie, encouragement, and inspiration received from the club members as his greatest incentive toward a successful recovery. Having run a total of eight marathons prior to 2001, he has now run an additional three since October 2004. This includes a Boston qualifying time of 3:34:30 in Virginia Beach this past spring. He plans to be in Boston in April.

Now working at Fort McPherson as a government contractor for CACI International, Tom is a Senior Training Analyst for the U.S. Army Reserve Command. He retired from the Army in August 2003 as a Colonel in the

*(Continued on page 5)*

## Marino Fuentes — Treasurer

You definitely need to know the man who handles your money.

Marino joined the Peachtree City Running Club almost immediately upon moving to Peachtree City in July 2001. He moved here to be close to his youngest son and grandchildren and considers it one of the smartest moves of his life. Six years ago, Marino retired after a 35-year career in the chemical industry with PPG Industries. For many years he was the General Manager of the Fine Chemicals Business Unit. In this capacity he traveled extensively, much of it international travel.

As a child growing up in Havana, Cuba, his athletic focus was on swimming. He was a breaststroke competitor, competing in Cuba, Mexico, and the United States. He did this from age 10 until 16, when he decided it was no longer any fun. When Castro came into power, Marino, like many other Cubans, left his home-

*(Continued on page 5)*



# 2005 Hall of Fame Honorees

Imagine having to choose your best run when your memories include runs through snow-covered forest trails in Germany, runs along the spectacular coast line of Newport, Rhode Island, runs along the ancient canals of New England, runs with the Hillingdon club in England, or early morning runs at sunrise by the bay in Yokosuka, Japan. Joe and Bernice have literally run all over the world, and with Joe approaching 43,000 miles over the past 25 years, he is actually more than half way around his second loop.

The Wassells were both born and raised in Nanticoke, Pennsylvania and have been together over 40 years. Bernice and the kids — Christopher, Sarah, and Nicole — followed Joe around the world in a 25-year naval career. Rumor has it that you can actually have 25 years in the Navy and never spend a night on board ship!

Joe and Bernice joined the PTC Running Club in 1993 and have been some of our most active volunteers ever since. Both have been awarded the RRCA 2,000-hour Volunteer Award. They were joint race directors for the Classic in 1997 and 1998 and also served as the sponsor coordinators those years as well. Bernice was the club's Volunteer of the Year in 1998 and Joe in 1999. Joe also received the President's Award in 2000. Joe has worked on the *Legacy* newsletter for the past three years and continues to be our Membership Coordinator. Bernice has been responsible for most of our great social activities over the same period. In a word, the club owes Joe and Bernice an extremely large "thank you" for the tremendous amount of work and time they have given, and continue to give, to the club.

Joe has done 15 marathons with a PR of 2:59:12 at the Shamrock Marathon and a 10K PR of 36:36. He has his 10,000-mile jacket, and Bernice is sneaking up on her own 5,000-mile version. But most importantly, they are two great members of the Peachtree City Running Club, and the club is the better for it. Congratulations to Joe and Bernice.



*Joe & Bernice Wassell*

## Tom Round — PTCRC Secretary

*(Continued from page 4)*

U.S. Army Corps of Engineers after a total of 31 years service. Seven of those years were spent in the Army Reserve while he was teaching high school mathematics. After 12 years in secondary education, he likes to say that he finally "escaped" to the Army in 1981 and enjoyed a very successful career.

Although baseball was his true love and his main sport, Tom also ran track in ninth grade and says he's never stopped running since then. He coached baseball and basketball at the high school level in Pennsylvania and became interested in organized running after being coaxed into a 15K race by a couple of friends. He caught the bug and has run regularly ever since. His first marathon was in Pittsburgh in 1992, and his last trip to Boston was in 1994.

Tom is an avid trout fisherman and has backpacked high into the Rockies for backcountry fly-fishing over the past three years. His marathon trips include Chicago, Virginia Beach, and Dallas. Traveling and seeing new and different places, meeting new people, and visiting old friends are his greatest thrills. He intends to continue doing that as long as his good health holds up and as often as he can afford to do so.

## Marino Fuentes — PTCRC Treasurer

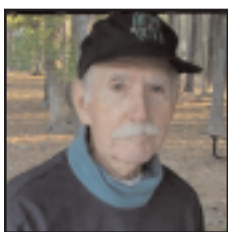
*(Continued from page 4)*

land and moved to the United States. He began his new life here in the states as a chemical engineering student at the University of Arizona.

Marino has always been dedicated to good physical fitness. For many years, he was an avid tennis player until his work required so much travel it was hard to stay competitive. Running came much later in his life. It actually began as a challenge with a friend to train and run the Marine Corps Marathon. The friend hurt his back and dropped out. Although Marino did not run the Marine Corps Marathon that year, he did run the Pittsburgh Marathon and has been running ever since.

Travel with his job only increased his interest in far off places, and he still enjoys traveling. He especially enjoys travel that includes golf. Now his biggest challenge is to find the time to train and still be on the road.

He has enjoyed his tenure as Treasurer and appreciates the time many members dedicate to the successful management of the club.



## In Memory

# Joe B. Maloy Jr. 1924-2006

By Bob Dalton

The word “hero” is used far too frequently today, almost to the point of trivializing it. However, it is a more than appropriate description of Joe Maloy. Joe was a turret gunner on a B-24 Liberator with the U.S. 8th Air Force flying missions in Europe during the Second World War. He was all of 20 years old at the time — only a kid really, like many others fighting for the U.S. in that war. In 1944, on only his fourth mission, his plane was shot down over Germany near Berlin. Only six of the crew of 10 survived. He was captured and interred as a POW at Stalag-17B, the one made famous by the movie of the same name. During his imprisonment, his group was forced to march 200 miles over 18 days to a different camp in Austria. At one point during captivity, Joe’s weight dropped to 98 pounds. After one year as a POW, the allies liberated Joe’s camp and the war ended shortly thereafter. Returning to the states, Joe went to work in the business world, retiring in 1988 after a very successful career.

Joe took up running in 1967 and kept up with it over the years until 1999 when he was forced to curtail his daily jog due to potential heart problems. Not one to quit, however, Joe still walked six miles every day except Sunday and continued right up until shortly before his passing. A member of the Peachtree City Running Club since moving here in 1988, Joe was one of only two club members who earned the honor of being the first recipient of the 10,000 Mile Jacket and then the 15,000 Mile Jacket.

Joe was also honored when he was selected to be an Olympic torchbearer as part of the 1996 Atlanta Olympic Games. He was chosen more because of his concern that veterans be represented than for his long-term running skills. He carried the torch in one hand and a list of the names of his crew members and fellow POWs in the other as a way to honor their sacrifices and memory.

In 1999, I invited Joe to be the guest speaker at one of our monthly meetings. The date was June 7th, the day after the 55th anniversary of the Allied landings at Normandy on D-Day on

June 6, 1944. There had been a surge in interest lately in that period of our nation’s history. For example, some popular movies about the era included the film *Memphis Belle* and of course, *Saving Private Ryan*, which had been nominated as best picture of the year the year before. Tom Brokaw also had a best selling book entitled *The Greatest Generation*. In it he chronicled the stories of the men and women, both military and civilian, who helped to win the Last Great War and saved the world from tyranny.

So I thought it would be a fitting month in which to pay tribute to the people who helped win that war by inviting our own Joe

Maloy to come and speak to us. Of course he gladly accepted the invitation and recounted his adventures during the war, both good and bad. The audience sat in rapt attention throughout. At the closing, Joe received a standing ovation. And not only that, but it was a sustained ovation. In 10 plus years of attending almost every club meeting, I have never seen anything like that for any other speaker. It was obvious that Joe’s sacrifices had made an impact on each of us in attendance.



*Joe Maloy spoke to the Peachtree City Running Club in June 1999 about his experiences as a turret gunner and POW in WWII. Here, he shows off the gift given him by the club, accompanied by his wife, Ida, and former club VP Bob Dalton.*

As is our running club tradition, I then presented Joe with a token of our appreciation. But instead of the usual Classic sweatshirt, I presented him with a copy of Tom Brokaw’s book, *The Greatest Generation*. I told him his story could have been included as well as any of the others that are in it. The inscription inside read as follows:

“To Joe Maloy, a bona fide member of the Greatest Generation. In deepest gratitude for your selfless service to the nation, our community, and the club. Best wishes always. (signed) The Peachtree City Running Club.”

He was quite moved. Joe, we owe a debt of gratitude to you that can never be repaid. We are honored by having known you and are the better for it. It was a privilege to have you as a club member and to be able to call you friend and to share this bond of friendship and camaraderie through running. May you rest in peace.





## Rich Horning Foundation new Classic sponsor

SanD and Sheridan Horning presented club president Bob Dalton with a \$2,000 check from the Rich Horning Foundation for a Classic sponsorship at the club meeting on Jan. 9. These are the words that Sheridan read when presenting the check:

"My Mom and I would like to present this check to sponsor my father Richard Horning. Talking about my dad, I would like to say

today is the day my Dad died in 2005. If my Dad were here, he would want to be a sponsor because he just loved running a lot. Thank you."

The Rich Horning Foundation is the first sponsor to come forward for the 2006 Classic. As a sponsor, Rich's name will appear on all shirts, posters and applications.

## Race Results

Name	Race	Time	Note
Al Barker	Atlanta Marathon	3:44	1st AG
Tom Round	Atlanta Half Marathon	1:36:44	5th AG, PR
Jason Hendrix	Jingle Bell 5K	20:58	3rd AG
Doug Fuentes	Jingle Bell 5K	23:46	3rd AG
Mark Hamilton	Jingle Bell 5K	19:38	1st AG
Charles Loftin	Jingle Bell 5K	19:56	2nd AG
Vern Schmitz	Jingle Bell 5K	21:28	
Bill Anderson	Jingle Bell 5K	20:05	1st AG
Paul Bryant	Jingle Bell 5K	21:17	1st AG
Dave Olson	Jingle Bell 5K	19:56	1st AG
Normer Adams	Jingle Bell 5K	21:45	2nd AG
Roger Dam	Jingle Bell 5K	25:20	
Dan Ahern	Jingle Bell 5K	26:15	1st AG
Bob Dienell	Jingle Bell 5K	26:31	2nd AG
Marino Fuentes	Atlanta Half Marathon	2:02:43	4th AG
Marino Fuentes	Jingle Bell 5K	25:53	1st AG
John Waterhouse	Jingle Bell 5K	23:58	1st AG
Martha Akin	Jingle Bell 5K	24:10	1st AG
Gabrielle Humphrey	Jingle Bell 5K	26:42	3rd AG
Rhonda Fuentes	Jingle Bell 5K	28:12	
Mary Catherine Domaleski	Jingle Bell 5K	35:34	ran with kids
Margie Dam	Jingle Bell 5K	24:39	1st AG
Tori Stivers	Jingle Bell 5K	27:14	3rd AG
Maa Kim	Jingle Bell 5K	29:27	
Trish Vlastnik	Jingle Bell 5K	26:42	1st AG
Connie Sambronne	Jingle Bell 5K	31:31	1st AG
Cathy Olson	Jingle Bell 5K	37:50	
Judy Dienell	Jingle Bell 5K	45:14	2nd AG
Jeanne Daprano	Jingle Bell 5K	26:30	1st AG
Wes Wilkins	Father Time 4K	16:47	1st AG
Wes Wilkins	Disney Marathon	3:32:58	PR
Bill Fuller	Half Shell Half Marathon	1:42	2nd AG
Hal Wolfe	Braelinn 5K	19:58	1st AG, 4th Overall, PR Boston 2007
Dave Piet	Gainesville Marathon	3:58	PR
Anne Chrzanowski	Gainesville Marathon	3:58	PR
Bertha Thompson	Gainesville Marathon	3:40	PR
Floren	Austin Marathon	2:59	PR
Nancy Stewart	Austin Marathon	3:05	
Leah Moore	Austin Marathon	2:50	Missed Olympic time trials by 2 minutes

## Health Notes



With swimsuit season almost here, many people are looking for a way to get in shape. While most people start counting calories or carbs, many experts say you might be better off counting fiber. Studies show that fiber can help boost satiety – or the feeling of fullness – which can help people eat less without being deprived. But most people fall far short of the fiber they need each day.

New dietary guidelines recommend adults get 28-38 grams of fiber a day, but most Americans only get half that amount – about 12 to 15 grams per day. The minimum amount of fiber we need is about equal to seven medium-sized apples – which is why a growing number of experts recommend a daily fiber supplement to help bridge the gap.

According to the new *FiberChoice Fiber Facts* survey, most Americans understand the value of fiber but aren't doing enough to meet the daily recommendations. The survey found that:

- Nine out of 10 Americans think it's either very or somewhat important to get enough fiber in their diet.
- Most (86 percent) admit they don't keep track of their fiber intake.
- Two out of three adults say they would take steps to increase their fiber intake if it would help control their weight.
- Only 4 percent say they currently take a fiber supplement.

Besides helping control weight, increasing fiber intake may also help lower the risk of diabetes, heart disease and certain types of cancer.

Try eating more fruits (especially berries), vegetables, and whole-grain breads and cereals to get your fiber intake where it should be.



## 1,000 Mile Club: A worthy goal

If you're new to the club, you may have heard about the 1,000 Mile Club and wondered what it's all about. It is one of the PTCRC's most popular programs and helps promote fitness, volunteer activity, and club participation.

The idea for the 1000-Mile Club was conceived in 1989 by then PTCRC President Nora Weed. The goal is to run or walk 1,000 miles in a year. Rather than go by the calendar year, the rules stipulate the miles must be completed between the dates of each year's Christmas party/awards banquet.

To qualify, you must also volunteer for at least three PTCRC-related events throughout the year and attend at least three club meetings. You also must have three mileage updates published on the Web site or in the club newsletter.

To officially participate in the 1,000 mile club, you first must fill out an application and return it to Coordinator Roy Robison. You can pick one up at any club meeting as long as you do it before the May club meeting — the deadline for signing up. The 1,000 mile book is passed around at each meeting so you have the opportunity to update your mileage throughout the year.

If you meet all requirements by the date of the Christmas party, you will receive the prestigious PTCRC 1,000 mile club jacket as well as a lovely certificate suitable for framing! The first jackets were presented by Santa Claus at the 1989 Christmas party. Since then, the club has awarded more than 400 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. So if you think you get to take a break after your year-long effort, think again. The very next day, it's time to start your next 1,000 miles. Do it for five years (doesn't have to be consecutive), and you'll receive an even more prestigious 5,000 mile jacket. And so on and so forth — all the way up to 20,000 miles.

It may sound intimidating to run or walk all those miles, but when you break it down, it only comes out to about 20 miles a

## A 'goofy' time in Disney's Magic Kingdom

*(Continued from page 1)*

marathoners return to do the Walt Disney World Marathon every year is to have an excuse to visit the resort. The best thing about Disney is that the parks are there to walk through on Sunday afternoon and Monday. What other marathon has such an inviting open area to allow you to hobble/walk to your heart's content?

Although some participants planned to return to work immediately after marathon weekend, some planned to spend the post-marathon days visiting the parks... and showing off their medals. In this case, we had the option of wearing all three medals, or wearing just the Goofy medal alone, since Goofy was the rarest of all medal types in the parks.

Registering for both the full and half events does not give you a discount, but you do get all the accoutrements of each individual event, such as the finisher's medal and race T-shirt. At \$95 for the marathon and \$85 for the half (not including processing fees), this is not an event for the budget-minded. But that's more than made up for by the fact that those who complete both and who receive a Goofy medal have the kind of bragging rights not even the Mickey medal-wearers are able to boast.

Even if you only want to do one of the events, I would say this is one of the best Marathons/Half Marathons a person can go to. If you're a person that wants to try their first Half or Full Marathon, this is a great one to start. The support from the thousands of volunteers and spectators is outstanding. The finish of the full is one of the most impressive on the circuit. You not only run the last six miles IN the theme parks but it's with all the Disney guests there to cheer you on. If there is a wall to hit, it's easy to get caught up in the magic of Disney and forget you just ran 20+ miles. This is a very flat, fast course, and the only con is the 6 a.m. start, but this does help provide a cool, early finish.

Registration for both events is now open, but it won't be for long. Traditionally, registration for both events fills up by the summer. By splitting the two events to two separate days, Disney plans to allow upwards of 18,000 participants in each event. While this may be the reason for the events not filling up yet, if you are considering entering, you probably should not wait much longer. Registration is available online through an interactive form.

I must be goofy because I've already signed up again for next year!

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week. And anyone can do that, right? It's a great excuse to join the club for its Saturday and Sunday morning fun runs as well as to get involved in club activities.

If you have any questions, please contact Roy Robison at 770-631-4715 or [croyrunn@bellsouth.net](mailto:croyrunn@bellsouth.net).

Happy running!



## Weather can't dampen annual ATC-PTCRC 5K/10K race



## January-February Meeting Highlights

*(Continued from page 2)*

Merchandise — Trish Vlastnik will begin charging 6% sales tax on all items sold. The tax will be paid quarterly to the state.

### February

President Bob Dalton called the regular meeting of the Peachtree City Running Club to order at 7:30 p.m. at the Wyndham Conference Center. He gave a last call for unclaimed items from the New Year's Day Grand Prix and stated that anything remaining would be donated to a charity. Bob then recognized Rene Flaherty for receiving the RRCA award as the Best Newsletter Editor, Small Club, Southern Region and George Martin as a National Award Recipient of the Kurt Steiner Children's Development Award.

The guest speaker was Barbara Corley who detailed a life long dream of bicycling cross-country.

Old Business - The deficit of \$5204.45 from the Peachtree City Classic was discussed. It was pointed out that registration this past year was lower and that one sponsorship still remained unpaid.

New Business - Joe Domaleski, Web site manager, sent word to encourage all members to please use a login name and get a password for the site. He is currently in the process of building a "members only" section.

Sue Bozgoz announced that the Army Hooah Race at Fort McPherson will take place on June 10. There will be on-line registra-

tion for both the 5K and 10K races.

Flyers for the "Darkside 8-Hour Run" are now available.

A vote was taken on the 2006 budget and unanimously approved.

### Officer Reports

Administrative V.P. Ann Henderson reported that she is looking for programs and speakers and would like recommendations from the membership.

Activities V.P. Steve Hancock announced the Grand Prix winners for January and February. The next Grand Prix event is a track run on March 4.

Secretary Tom Round reported that he sent a PTCRC card with a written note to Joe Maloy's family.

Treasurer Marino Fuentes reported the following savings: Southern Community Bank \$7,543.72, Talbot State Bank \$9,132.34, and the Talbot State Bank CD is \$18,322.95 for a grand total of \$34,999.01. Marino stated that these funds will enable the club to purchase an additional 6-month money market CD for \$6,000.

### Announcements

Start thinking about door prizes for the Kids Fun Run.

The PTC Flash needs coaching help on Monday and Thursday evenings at Riley Field from 5:30 to 7:00.

# - Club Notes & News -

## Diabetes Conference

The Diabetes Exercise and Sports Association (DESA) will hold its 2006 National Conference at UNC in Chapel Hill, N.C. May 18-20. The conference is not just for athletes with diabetes, but for parents, teachers, athletic trainers, nurses, doctors, CDEs (certified diabetes educators) or anyone who touches the life of a person with diabetes.

The fee for the conference is very affordable. Housing will be on campus close to all sessions and workshops. The speakers are tops in their fields. Many sessions are diabetes related, but many will be of interest to the general population as well. Examples include Optimal Nutrition and Hydration, Fitness Evaluation, Common Musculoskeletal Injuries, and Massage Therapy.

Participants are encouraged to bring bikes, running or walking shoes, and other toys because this is an active group. Go to [www.diabetes-exercise.org](http://www.diabetes-exercise.org) for information on the event, or contact Phyllis Dodd at [www.advantagemassage@nc.rr.com](mailto:www.advantagemassage@nc.rr.com).



**Another feather in our cap!**  
**The PTCRC Classic 15K race**  
**has been named the 2006**  
**RRCA Southern Region 15K**  
**Championship.**

**The race is scheduled for Oct. 21 and is**  
**sure to draw runners from all over the**  
**South. Mark your calendars now!**

## Peachtree Road Race Applications

The PTC Running Club will once again consolidate Peachtree applications for mailing on Sat., March 18. Dr. Ed Finucan has agreed to allow his office to serve as that consolidation point on that day from noon until 1 p.m. His office is at the corner of Hwy 74 and Aberdeen Parkway, next to Roly Poly. Ed will have copies of the application from the newspaper at his office. If you want to get your application in ahead of the masses starting the next day, be sure to bring four things: Your driver's license or photo ID, a check for the registration fee, a stamped envelope, and proof of your 10K qualifying time if you have one. The "mail truck" leaves at 1:00 sharp so don't be late!

## RRCA Opens On-line Store

Show your support for the largest grassroots running organization in the country and shop its new on-line store. You can visit the Mall section of the RRCA Web site and click on the RRCA Branded Gear banner, or simply go to [www.cafepress.com/rrca](http://www.cafepress.com/rrca). The store contains an assortment of t-shirts, golf shirts, coffee mugs, note cards, and much more. Check out the back of the t-shirts, most of them say *We Run the Nation!* In the coming weeks you will even be able to purchase

your own print copy of *Footnotes*. All proceeds will benefit the RRCA's educational programs and services.

## Social Chairman Needed

The club is still looking for a Social Coordinator. You don't have to do this alone, but can sign on with a friend or two or more and work as a committee. The family picnic on the 4th of July and the Christmas dinner are the two biggest social events of the year for the club. But don't worry. You will have years of experience to draw on from Bernice Wassell, the former coordinator. Thanks Bernice for your many years of dedicated service in this capacity!

## Elementary School Grand Prix

You still have time to qualify for an award in the Elementary School Grand Prix series by running four of the last five 5K races. They include North Fayette on March 4, Oak Grove "Run for the Gold" on March 18, "Huddleston Hustle" on April 15, Crabapple "Redbird Run" on April 29, and the "Brooks Beat" on May 13.

## Thank you!

Thanks to everyone who showed up to pick up litter on the Adopt A 10K run on Jan. 14. We collected several trash bags worth. The 10K course looks a lot better, and the portions of it used by the runners in the ATC 5K/10K the following week were presented with a much more pristine image of our already beautiful city.

Thanks also to all those who showed up to work the ATC 5K/10K. Instead of the usual bitter cold, we worked in a fairly steady drizzle. The names of all those who volunteered will be published in the March edition of the *ATC Wingfoot*.

A big thanks as well goes to Teri Besch who graciously opened up her home to host the New Members Breakfast Fun Run. It was an opportunity to warmly welcome our newest members and for us to get to know each other informally over bagels and coffee after a wet but invigorating run. A good time was had by all.

Thanks to all those who helped coordinate the memorial service for Joe Maloy and to those who brought food for the reception afterwards. It was a very dignified event, and Ida was most appreciative of the support of the club. This was just another example of how taking care of our own makes this more than just a great running club, but a network of deep and abiding friendships as well.

And thank you to Dave Piet for his remarks at Joe Maloy's funeral on behalf of the running club. Dave spoke eloquently about the character and strength of Joe and the principles he believed in and lived by during his life. Thanks Dave, you done us proud.

## Congratulations

Kudos to Teri Besch on being selected to participate in the Educator to Japan program sponsored by the Japanese American Friendship Society and the Japan External Trade Organization. Teri will travel to Tokyo, Kyoto, and Nagoya for 16 days this July, where she will stay in two host family homes and visit a Japanese school. She will have the opportunity to observe Japanese classes and teach a lesson as well. We'll look forward to hearing all about her experience when she returns!



# GRAND PRIX 2006



## January — Event 1

### “Guess the Distance”

(Actual distance of the run was 26,235 feet)

#### Men's Open (50 and below)

1st place	Bill Anderson	50-foot difference
2nd place	Jerry Shoemaker	99
3rd place	Gary Kolb	295
4th place	Dave Ketelsen	335
5th place	Randy Graham	356

#### Men's Masters (51 and above)

1st place	Jules Desgain	16
2nd place	Bill Johnston	99
3rd place	Dan Twineham	204
4th place	Dan Ahern	215
5th place	Tom Crofton	330

#### Women's Open (47 and below)

1st place (tie)	Ann Port	363
1st place (tie)	Carol Corrigan	363
3rd place	Beth Wiggins	429
4th place	Kath Jones	515
5th place	Rhonda Fuentes	574

#### Women's Masters (48 and above)

1st place	Ann Shoemaker	389
2nd place	Trish Vlastnik	437
3rd place	Teri Besch	465
4th place	Jean Kearns	542
5th place	Susan Ross	565

## February — Event 2

### “Consistency Run”

#### Men's Open (50 and below)

1st place	Vern Schmitz	12-second difference
2nd place	Fred Port	15.41 seconds
3rd place	Wes Wilkins	15.6 seconds
4th place	Mike Norman	20 seconds
5th place	Chuck Smith	24 seconds

#### Men's Masters (51 and above)

1st place	Dave Piet	5.17-second difference
2nd place	Patrick Kearns	5.63 seconds
3rd place	Normer Adams	16 seconds
4th place	Mike Warren	17 seconds
5th place	Bill Fuller	20 seconds

#### Women's Open (47 and below)

1st place	Karyn Staples	.17-second difference
2nd place	Jane Hamilton	13 seconds
3rd place	Rhonda Fuentes	16 seconds
4th place	Ann Port	17 seconds
5th place	Margie Dam	22 seconds

#### Women's Masters (48 and above)

1st place	Patsy Bickford	10-second difference
2nd place	Sandy Tuman	24 seconds
3rd place	Teri Besch	33 seconds
4th place	Cathy Olson	35 seconds
5th place	Trish Vlastnik	38 seconds



# Sponsor Spotlight: Talbot State Bank

Talbot State Bank is your community bank, offering a variety of accounts to help you with your personalized banking needs. If you are looking for an account with no monthly service charges and unlimited check writing or an account that earns interest, the choice is yours.

Talbot State Bank was established in 1906 but was purchased by its current owner in 1980. We are proudly involved in our community as a sponsor of both the Frederick Brown, Jr. Amphitheater in Peachtree City and Fayetteville Villages Amphitheater. We also donate to various local organizations, including Roosevelt Warm Springs Rehabilitation Center, Southern Crescent Memory Walk, Boy Scouts, Girl Scouts, the American Cancer Society, and the Peachtree City Classic.

If you're looking for a personal or commercial account, we have many services to meet your needs. We have five locations to serve you. At Talbot State Bank, you will always find a friendly and courteous staff. Feel free to contact us any time, or check our Web site at [www.talbotstatebank.com](http://www.talbotstatebank.com).



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

## UPCOMING CLUB EVENTS

MARCH 4 GRAND PRIX @TRACK • MARCH 6 CLUB MEETING @ WYNDHAM • MARCH 8-12 RRCA CONVENTION •  
MARCH 11 GATE RIVER RUN • MARCH 18 OAK GROVE 5K • APRIL 1 GRAND PRIX • APRIL 4 CLUB MEETING @  
PARTNER'S • APRIL 15 HUDDLESTON 5K • APRIL 29 CRABAPPLE 5K • MAY 1 CLUB MEETING @ WYNDHAM