

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MAY 2006

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*By Tom Round*

The 2006 Gate River Run took place in Jacksonville on Sat., March 11. Fifteen members of the Peachtree City Running Club journeyed down there for another fun weekend. As always, we were hosted by the “Florida Striders Running Club” and took advantage of their great hospitality. They have their own fenced-in compound complete with tent, massage therapists, toilets, a changing facility, food, and refreshments. This is wonderful for all of us “out of towners” and was even more advantageous to a couple of our junior members.

Barnaby Jones, son of Kath and Graeme Jones (our Australian connections), and Jake Hancock, son of Steve and Bonnie Hancock, both ran their first major 5K race. What a great day it was for both of them to “cut their teeth” on

a superbly organized event! Elena Etter of the Florida Striders, who is also a member of our club, took them under her wing and made sure they found their way to the starting line and got off with the other runners. She was also present in the tent area when they finished and kept an eye on them. This enabled all the parents to run the 15K and not worry about their whereabouts. Thanks so much to Elena for her dedicated support.

Jake really enjoyed being in Jacksonville without his sister and getting the special attention all to himself (at least that’s what I’m told). He got a new pair of size TWELVE-AND-A-HALF running shoes at the Expo, but his biggest thrill was earning a T-shirt for himself that was just like the ones Mom and Dad got for their efforts.

“Barns” wasn’t the most enthusiastic runner on

*(Continued on page 3)*





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**NEXT DEADLINE: June 16**



# March - April Meeting Highlights

## March

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. The minutes from the last meeting as posted in the newsletter were unanimously approved by voice vote. A sign-up list for volunteers to help with the Annual Kids' Fun Run was passed around by Teri Besch. It will be May 20 at the Frederick Brown Amphitheater.

The guest speaker was Kelly Luckett, a lower limb amputee who runs all classes of races up to ultra-marathons. She explained that her prosthesis replaces her amputated right foot and is restricted by current technology as a walking aid rather than for running. Her quip to the crowd that it is the only part of her that doesn't hurt while she's running set the tone for a fun-filled description of her personal experiences.

### Officer Reports

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

Activities V.P. Steve Hancock announced the Grand Prix winners for the March event (Track Run at Riley Field). The next Grand Prix event is scheduled for Saturday April 1.

Secretary Tom Round reported that membership renewals continue to trickle in.

Treasurer Marino Fuentes reported the following savings: Southern Community Bank \$2,199.99, Talbot State Bank \$9,019.71, and the Talbot State Bank CD is \$23,389.09 for a grand total of \$34,608.79.

### Coordinator Reports

Classic Race Director George Martin announced that we will need every volunteer we can get to help with the PTC Classic on Oct. 21. We are off to a good start on sponsorships, which have two levels: Major, \$2,000, and Mile Marker at \$250. He asked that if anyone has some influence with any local corporations or businesses to contact him. We can always use more sponsors. A powerful selling point is that we return all proceeds back to the community, and last year that was over \$20,000.

Thousand Mile Club coordinator Roy Robison passed around the book for updating mileage and volunteer events.

School Support coordinator Bill Anderson asked for help with the McIntosh High School meet on Wed. March 8, and for the Starr's Mill meet on Saturday morning, March 11.

Community Support Coordinator George Martin reported that the Fayette County Middle School Track and Field Championships will take place at McIntosh High School on Friday, April 21, starting at 5 p.m. We are the host organization assisting Booth Middle School. We purchase all of the awards (trophies) and provide most of the volunteer support. There are four remaining Elementary School Grand Prix races: Oak Grove on March 18, Huddleston on April 15 (a date change), Crabapple on April 29, and Brooks on May 13. Sign up to help or run these last four events.

*(Continued on page 10)*

## WELCOME NEW MEMBERS

Alice Howard (Jonesboro)

Gary Hirsch (Fayetteville)

Brian and Catherine Smith (Peachtree City)

Gretchen and Damon Hall (Griffin)



It's hard to believe we are already well into spring and that summer will be here before you know it. The Elementary School Grand Prix series is wrapping up and will culminate with the Brooks Beat 5K on May 13. The 10K race Brooks also sponsors that day serves as part two of our club Grand Prix for May. So if you run both, you can kill two birds

with one stone so to speak — get credit for participation in our club Grand Prix and support the elementary school Grand Prix series. What a deal! We hope to have the results and awards for the school year from the elementary school series ready for presentation at the June 5th club meeting.

May is a busy month. We also have the annual Kid's Fun Run on May 20. Teri Besch will once again be the coordinator and would greatly appreciate any and all volunteers to help pull this event together. The kids love it, and it is the first time many of them will ever participate in a running event like this. So the volunteers need to ensure that it is fun and safe and a positive experience for all.

One of my personal favorite club activities, the summer track

series, will commence on Tues., June 6, at Riley Field. This is a great event for all ages, especially the younger kids. It is a low-key, no-pressure, fun event that you can use to fine tune for the Peachtree 10K or just enjoy watching others do their thing.

Meanwhile, Steve Hancock is hard at work planning the Grand Prix events for the coming months. Steve and his able assistant, Mark Hamilton, have put a lot of effort into ensuring we always have interesting and challenging, but fun, Grand Prix events every month. The April Fool's Day run was proof of that! Be sure to express your gratitude when you see them.

Speaking of Peachtree, be sure to reserve your seat with Ann Henderson on one of two buses we take every year to the world's largest 10K. This is the best way to participate in this event — with friends and family on a bus that drops you off near the start and picks you up at the finish in Piedmont Park. You just can't beat it for convenience and price.

Just to prove that our club members can do more than run, Roy Robison has agreed to honcho the 5th annual PTC Running Club golf tournament. Mark your calendars for Sat., June 17. Check out the club Web site for more details!

Speaking of the club Web site, the Member's Only section is now up and running with the minutes from the club meetings for this year posted. Be sure to check the Web site at least weekly as we keep it current with the latest information, Grand Prix results, meeting times and places, and upcoming races.

See you on the roads and cart paths!

## Jacksonville race a big deal for two young PTCRC members

*(Continued from page 1)*

the course, but he endured and "earned his stripes" with the rest of us. He did enjoy all of the good food, the swimming pool at the hotel, and the GIRLS by the pool. All the basic reasons why young men run long distances, Barns! Welcome to the wonderful world of running.

The race course offers some splendid views of the beautiful city of Jacksonville, especially from the top of the Hart Bridge at the 8-mile mark of the 15K run. It also winds through many neighborhoods with great crowd participation. Besides the bands and other entertainment, one of the many fun things noted by our runners was a female mannequin dressed as a runner and wrapped around a tree trunk as if she had crashed into it. The sign next to her read "Don't worry about me, I'm OK, keep going!"

Patsy Bickford dedicated her run this year to the memory of Bob Roudebush, a recent cancer victim. Bob was a co-worker with the FAA and a Jacksonville resident. He lost a valiant fight and became a great inspiration for her in the 15K. May he rest in peace.

Most everyone stayed at the Quality Suites Oceanfront in Jacksonville Beach. Bill Fuller did his usual great job of reserving

rooms and negotiating a discounted price for everyone. We did manage to spend some time on the beach in what turned out to be the best weather in the past three years. The pool area was a favorite in the afternoon following the races. We dined as a group on Friday evening at the "Eleven South Restaurant" on First Street and then at "The Homestead Restaurant" on Saturday evening. The group gathering at the Irish Pub just down the street from the hotel was smaller than past years, but the band was just as loud and the Guinness was cold as usual! A great time was had by all, which is really the norm for this adventure.

Next year is the 30th anniversary of the Gate River Run. Plan on making the trip, and register early. It should be a great time with many great surprises to commemorate this milestone.





## New Member Profiles

By Joe Wassell

### Teresa Moore (*Life as a Cow*)

Teresa is new to our running club this year. She has been a member for a little over five months. And in that short time she has been recruited, and agreed to serve, as our Social Coordinator. She is going to need our help, so please make Teresa feel welcome and help her out. Her first significant social event will be the annual 4th of July picnic at the Allis's.

Teresa hails from Griffin, Georgia. She currently resides in Fayetteville with husband Tracey and children Hannah (7) and Nathaniel (3). Teresa is a former language arts/literature teacher who now spends her days tending to her children, doing arts and crafts, and avidly reading "most anything if it is not tied down." She is also active in her church, singing in the choir and teaching 4-year-old Sunday school and preschool choir.

Teresa is a UGA graduate with a BS in English Education. Her husband just completed his BA from Clayton State after a stint in the United States Navy.

In the last two years, Teresa has lost 60 pounds and gone from a size 16 to a size 4. She first started walking at Lake Horton with her two children in tow in a wagon. People thought she was a little crazy pulling two children in a wagon. But the children would constantly encourage her by yelling "go mommy, go." Her first race was at Callaway Gardens in September 2004. Like many of us, it was not her time but the fact she finished that was meaningful. While that race is special for Teresa, it was also tinged with sadness. Her father went into the hospital two days before the race with an illness that everyone thought he would recover from, only to pass away in October. While the rest of Teresa's family got to see



*Teresa Moore enjoys a beautiful day at the lake with her son Nathaniel, husband Tracey, and daughter Hannah.*

her run and share in her joy, her father never did get to see her run. There isn't a race that goes by that Teresa doesn't think of her Dad, knowing that he would be proud of her.

Teresa is finally doing some of the things she promised herself after helping her husband finish school. One was to join her church in visitation, which she did. Two was to learn how to knit (she is working on it). And three was to join a running club and find others who like to just run for fun. I think she found the right club.

In case you were wondering about Teresa's life as a cow, she is one of the Chick-fil-A cows during the day at Town Center in Fayetteville. So if you are at the Town Center, please stop by and "moo" Teresa!

### Karyn and Patrick Staples (*Health, Health, and More Health*)

What do you get when you mix two individuals with careers in physical therapy, wellness, and Pilates? You get the Staples family, and I am not referring to office supplies.

Karyn and Patrick Staples have been in Peachtree City for a little over 10 months. Karyn, who is from Buffalo, N.Y. and a trained physical therapist and certified Pilates Instructor, operates ProHealth Physical Therapy and Pilates Studio in Peachtree City (Fairwinds Building in Georgian Park). Patrick is the Chief Operating Officer, Partner for Progressive Health, a physical therapy and wellness management company that operates in five states.



*Patrick and Karyn — health is their middle name!*



*Teresa Moore*



*Bruce  
Jenkins*



*Rich and Kim Miller*

*New Member  
Breakfast  
February 25th*



*Richard and Cindy Starr*



*Carmen  
Madero*



*Bernice Wassell, Linda McBride,  
and Mary Ann Crofton*

## Karyn and Patrick Staples

*(Continued from page 4)*

They both joined the running club about 10 months ago and immediately started participating in our Saturday morning fun runs and getting lost on the cart paths like all newcomers.

Karyn holds Bachelor of Science and Master of Physical Therapy degrees and is currently a doctoral candidate in an orthopedic and sports program. Her physical therapy clinic and Pilate's studio treats all types of injuries and alignments using a hands-on approach. She loves the challenge of being a female entrepreneur and attempting to grow a successful business. She has experience in treating a variety of conditions from the professional baseball player trying to get back on the field to the grandmother wanting to get back to walking her dog. She also has experience working with triathletes, both amateur and professional, at multiple iron-man events, using specialized hands-on soft tissue techniques.

Patrick is a heavy thinker, contemplating many things at one time (ranging from what he is going to cook for dinner to contemporary questions in theoretical physics). Running is his time to sort through all of that.

The Staples became a conglomerate back in Indiana. They were friends initially (Karyn had a boyfriend — isn't that always

the case!) before they started dating at the University of Evansville. One day Patrick was walking across a long concrete sidewalk across the front oval on Campus when he heard sprinting footsteps rapidly approaching from behind. Thinking it was one of his male friends about to tackle him or jump on his back, he waited until the footsteps got louder and closer and at the last moment ducked down. His plan worked perfectly as the person flew over the top of him. It was then that he noticed for the first time that it was Karyn. She landed on her chin and wrists and was scraped up pretty badly (this was right before her Physical Therapy school panel interviews). It was at that moment that Patrick "fell for" Karyn. He did his best to comfort her, and escorted her to his apartment (some guys will do anything to get a girl to their apartment) for some first-aid and other care.

Both Karyn and Patrick joined the running club to get out and meet more people and run consistently. They have found, like the rest of us, that the club is truly composed of an exceptional group that can engage in meaningful conversation other than running. They try never to miss a Saturday run, especially the coffee and conversation afterwards at the Breakaway café.



# 2006 Annual Road Runners Club of America

By Bob Dalton

A little over 200 people from 39 states gathered in Houston, Texas over the weekend of March 9-12 for the 49th annual Road Runner's Club of America (RRCA) convention. The event kicked off with opening ceremonies held Friday morning at the convention center headquarters, the Hyatt Regency. Bee McLeod, President of the RRCA, gave the opening remarks. She stated that although the organization suffered through a "mid-life crisis" in the early part of this decade when it was on the verge of bankruptcy, it now has a positive budget and positive leadership to see it through the coming years. The RRCA had also successfully passed the last three audits conducted in accordance with Generally Accepted Accounting Principles (GAAP), testifying to its healthy financial status. She stated the RRCA was "back" and resuming its leadership role for road racing in the U.S.

Bee was followed by Jean Knaack, Executive Director, who thanked all those who made the convention possible, especially the host club, the Houston Striders. The Houston Rockets Power Dance Team (cheerleaders for the Houston Rockets basketball team) performed a couple of high-energy numbers to pounding rock music that definitely awoke anyone who was still sleeping. The opening ceremony culminated with Houston Mayor Bill White welcoming the participants and reading a proclamation declaring it to be RRCA Houston National Convention Day. We then saw a video tribute of the unofficial Georgia State 5K Championship Race held at Camp Striker, Iraq. Following the tribute, the attendees were presented with the American flag that was carried by a unit of the Georgia 48th Brigade during a combat patrol. Then everyone sung the National Anthem. The 50-foot banner from the race was unrolled and hung in the lobby of the Hyatt for the duration of the Convention.

The assembled participants divided into regional meeting groups where reports from the region and state reps were given. It was here that Peachtree City Running Club accepted the award for regional best small club newsletter on behalf of Rene Flaherty. Information seminars began that afternoon after lunch. The first one I attended along with George Martin was Insurance and Safety Issues. This is a major item of concern given our litigious society and as evidenced by the standing-room-only crowd in attendance. One of the most significant pieces of advice was to have a risk



*George Martin expresses his appreciation for the national award he received at the RRCA Convention in Houston.*

assessment of your event performed. We will try to do this with our annual Classic Race. I then attended a seminar on Triathlon for Runners. Competition distances, equipment, and training techniques were all discussed.

One of the highlights of the weekend was the H-E-B Bayou City Classic 10K held Saturday morning. It was also the RRCA National 10K Championship. More than 2,300 people turned out to run and walk this fast, flat course in spite of the humidity. It is a smaller version of the infamous San Francisco Bay to Breakers race, where anything goes — from outlandish costumes to no clothes at all. A long tradition of the Bayou City Classic has been the inclusion of centipedes in the race. Centipedes are groups of costumed runners tied together for the duration of the race. The RRCA National Board, along with a few special guests, showed their team spirit by appearing as Greek running gods in their togas. Other groups included the Extremely Desperate Housewives, the Hula Mamas, The Marching Penguins, The Naughty School Girls, and a host of other creative groups.

The educational and informational seminars continued Saturday afternoon. I attended a session on running shoes, apparel, and gizmos, where the latest innovations in the running market were shown and discussed, including time-distance measurement watches, eyewear, and socks. "Rev your metabolism through diet" was the final seminar. A certified nutritionist discussed principles of good eating for health and fitness. There were actually three or four seminars going on during each session, so it was often hard to choose which one to attend, as they were all very good.

Saturday evening was the awards banquet. Guest speakers were Katherine Switzer and Roger Robinson who read excerpts from their forthcoming book *26.2 Marathon Stories*, which will premier in conjunction with the Boston Marathon. During the national awards portion, I was honored to receive Rene Flaherty's Best Newsletter Editor Award on her behalf and to see George Martin receive the Kurt Steiner Award for Children's Development. It was also announced that Chicago would be the host for the 50th annual convention to be held next year.

*(Continued on next page)*



*The RRCA Executive Board won an award for their creative centipede costume in the Bayou City Classic 10K.*

# National Convention — Houston, March 8-12

The following morning, the membership met in session for the Annual Business Meeting. The 2005 minutes from the meeting were approved, the financial status of the organization was discussed, the 2006 budget was presented and approved, the communications committee presented a report, and the 2006 slate of officers was presented and approved. The RRCA was proud to announce that it is on solid financial ground, and the Board of Directors was in the unique position of being able to develop an operating reserve fund. The solid financial position was due to continued support from members and strong financial support from national sponsors such as Gatorade and Dermik.

In sum, the convention was a very worthwhile event. Attendees had the opportunity to hear from informative speakers, interact with fellow running club and event leaders, meet with the Convention sponsors at the Expo, and get to know the Executive Board members of the RRCA. Our running club continues to make a name for itself, as evidenced by the national awards that two of our members received in the company of their peers from running clubs across America. I hope to continue this standard of excellence by nominating those individuals who go

above and beyond the call of duty in their efforts on behalf of the club to see that they get the recognition they deserve.

I also brought back a copy of the 2005 RRCA Annual Report and the convention program for anyone who wishes to peruse them. If interested, I will be happy to discuss any aspects of the convention. Finally, I wish to thank the club for sending George and me to this important event. It was extremely beneficial to make and maintain important contacts at the national level, and to be able to interact with fellow running club officers and leaders.



*Left, Theresa and Bob Dalton enjoy the convention banquet. Right, a group of runners ham it up at the Bayou City Classic.*



## Boston Marathon: Lifetime goal a learning experience for first-time runner

*By Bill Brackin*

*A large group of Peachtree City Running Club members qualified for and ran the 110th Boston Marathon on Mon., April 17. New member Bill Brackin gives this account of his first experience running the prestigious race.*

Life Goal #25, Run the Boston Marathon, is now marked off my list of accomplishments; however my trip to the finish line did not end as I had planned. Actually the problem was not sticking to my plan.

Before running my first Boston, I sought advice from experienced, successful marathoners such as Tom Crofton —“Hold back the first 14 miles,” Valerie Reynolds —“Don’t try to race,” and Bill Fuller —“Run an even steady pace.” I knew all three gave good advice, but somehow my brain did not process the information properly.

Race morning, weather conditions were perfect — cool and partly cloudy. I was toward the front of the



*Members of the Peachtree City group enjoy a night out with friends and family.*

second wave of runners. As the race started, I set out at what felt like a very leisurely marathon pace. The clock at the 5K marker surprised me — I was running at a 7:49 pace — 30 seconds faster than I planned. OK — SLOW DOWN. 10K split — OH NO! I actually ran faster!

IT DOESN'T LOOK DOWNHILL. At the 15K, I realized that I was more than likely a runaway train headed for disaster. I rationalized my pace by thinking that I was a really good downhill runner having an exceptionally good day.

*(Continued on page 8)*



# Lesson learned at Boston

(Continued from page 7)

Wellesley College — who could possibly slow down the pace with 10,000 college girls screaming their approval as you ran through this canyon of cheers and support. I pushed through the 20K and 25K markers still maintaining a 7:49 pace.

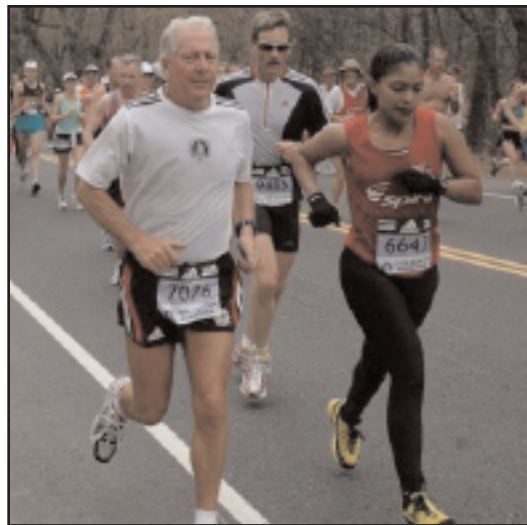
Just past the 25K mark, my body finally started to get the message across to my brain that the hard part was still to come. As I completed the series of hills through Newton, my pace had dropped by 45 seconds per mile. Heartbreak Hill was still to come.

Heartbreak Hill was as tough as has been described in countless race stories. Although tiring rapidly, I still felt that I could maintain a decent pace to the finish line. By the time I had reached the top of the hill, my pace had slowed another 30 seconds per mile to 9:03.

I was at the top! No more hills! Now was the time to gather my reserves and coast down the 5-mile downgrade to Boston. Slightly before the 22-mile mark, the warnings of the quad-pounding first 14 miles of the course became a reality.

Both of my quads decided to roll up in little knots and retire for the day. The rest of the race was a painful hobble-run to the finish. I set a record for my slowest four miles ever (54:06) as I struggled to finish.

The moral of this story — just as stated in the timeless classic, “The Tortoise and The Hare” — the race goes to the steady runner with the proper pace.



*Bill Fuller and Sue Bozgoz stay on pace.*



*Todd Davison, Tom Round, and June Round*



*Trish Vlastnik and Margie Dam*



*Trish Vlastnik, Martha Boone, Beth Wiggins, and Jerry Shoemaker enjoying race day in Boston.*



*Trish Vlastnik, Margie Dam, Bill Fuller, Jane Crewe, and Todd Davison getting their Starbucks “fix.”*

## Race Results

### Gate River Run 15K

Stephen Futch	1:08:35
Tom Round	1:12:26
Kath Jones	1:33:10
Constance Sambrone	1:45:58
Bill Fuller	1:11:53
Mark Hamilton	1:05:43
Edward Hollenshade	1:19:13
Truc Pham	1:26:20
Steve Hancock	1:27:10
Sue Bozgoz	1:33:14
Bonnie Hancock	1:48:33
Jane Hamilton	1:48:33
Rick Johnson	1:58:43
Cindy Hibach	1:58:43
Lea Johnson	1:58:43

### Gate River Run 5K

Jake Hancock	34:20
Barns Jones	35:00

### Boston Marathon

Martha Boone	4:52:18
Sue Bozgoz	3:38:27
Bill Brackin	3:49:10
Jane Crewe	3:42:57
Margie Dam	4:26:31
Todd Davison	3:26:37
Bill Fuller	3:41:20
Chuck Garwood	4:52:18
Randy Graham	3:27:00
Charles Loftin	3:31:57
Mark Pauly	3:40:17
Valerie Reynolds	3:54:07
Tom Round	3:39:25
Jerry Shoemaker	4:52:19
Trish Vlastnik	3:43:21
Beth Wiggins	3:59:12

### San Diego One Day Race, National Championship 24-Hour Run

Al Barker 100 miles, 375 ft.  
3rd place 60-64 AG



# - Club Notes & News -

## Kids Fun Run

The annual PTC "Kids Fun Run" is scheduled for May 20 this year, and once again, the Peachtree City Running Club is encouraging participation by providing financial incentives to the schools that have the highest percentage of students there. As in the past, the event will take place at the PTC Amphitheater beginning at 9 a.m. To volunteer to help at this fun event, contact Teri Besch at 770-487-9215.

## Peachtree Road Race Buses

It's time once again to sign up for the 4th of July Peachtree buses. Here is the reservation policy:

1. Club members have priority for making reservations beginning at the May 1 meeting up through the June 5 club meeting.
2. Club members may make reservations for family members and friends.
3. To guarantee a seat, the fee must be paid at the time the reservation is made. Current fees are \$7 for members and \$14 for non-members. Fees are non-refundable.
4. After the club meeting on June 5, any remaining seats will be sold on a first-come, first-served basis to the public at large.

After the initial sign up at the May 1 club meeting, reservations may be made with Ann Henderson via e-mail ([ahenderson-ptc@hotmail.com](mailto:ahenderson-ptc@hotmail.com)) or phone (770-252-2260). Confirmations will be sent out via e-mail, and updated lists will be published periodically. A waiting list will be started once both buses fill up. If you have to cancel, please inform the V.P. so she can move people up from the waiting list.

As in the past, there will be two buses, a "party" bus and a "family" bus. The family bus will be alcohol free. The buses will depart from McIntosh High School parking lot NO LATER THAN 5:30 a.m. You should plan on being aboard by 5:15. Runners will be dropped off near the start at Phipps Plaza/Lenox Square and be picked up near the tennis courts inside Piedmont Park. We usually arrive back in PTC before noon.

## PTC Running Club Golf Tournament

The 5th annual PTC Running Club Golf Tournament will be held Sat., June 17 at the Flat Creek Country Club. Applications are on the activities page of our Web site, so be sure to register as soon as possible before all the allotted slots are filled. For those of you who have played in this "best ball" and "just for fun" tournament, you know it is one of the most fun things we do all year. So mark your calendar, and sign up today.

## Summer Track Series

Our annual Summer Track Series will begin on June 6 this year and will again be held at the Riley Field track on Wisdom Road. We will have events beginning at 6:30 p.m. every Tuesday night in June (6th, 13th, 20th, and 27th) and also on July 11. Registration for the events begins at 6:00. The finals of the Track Series will be on July 18-19 (Tuesday and Wednesday nights). The summer track series is free of charge and is open to club members as well as the general public.

## Hustle for Hope 5K

The Southwest Christian Care Hospice and Children's Respite House will hold its annual fundraising Hustle for Hope on May 20. The 5K Run & Walk will begin at 8:30 a.m. with a Kid's Fun Run beginning at 9:30. The race will begin and end at the Southwest Christian Care complex at 7225 Lester Road in Union City. You can register online at [www.swchristiancare.org](http://www.swchristiancare.org) or contact Janice Wright at 770-969-8354 for more information. Southwest Christian Care is a non-profit organization dedicated to serving terminally ill patients, medically fragile children, and their families.

*Congratulations to club member Emily Borsare who set an all-time GA state record in the 3200 meters with a time of 10:31.44 at Westminster on April 12. This broke her PR by 20 seconds and is 8 seconds faster than the previous record of 10:39 set last year at the state meet by Emily Reese.*

## PTC SDA "Sprint for Students" 5K

This inaugural race will be held Sun., May 21 at 2 p.m. with a Tot Trot starting at 1:30. Cost is \$15 until May 12 and \$20 after, and includes a t-shirt, full meal, awards, massages, and free blood pressure screening. Proceeds go for Christian education. Runners and their families are also invited to the church's "Runner's weekend" on Sat., May 20 with a free vegetarian meal starting at 11 a.m. For information, contact Dave Ketelsen at [dgketelsen@numail.org](mailto:dgketelsen@numail.org), 678-416-9171 or 770-252-4484.

## Community Welcome House Stop Domestic Violence 5K

The Community Welcome House, which is the Women's Abuse Shelter in Coweta County, will host its inaugural 5K Run/1 Mile Walk on Sat., May 27. The race will begin and end at the Courthouse Square in beautiful downtown Newnan, with a start time of 8 a.m. The race is a fundraiser for the shelter that serves women and children from abusive situations in Newnan and all of Coweta County. For more information, contact George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com) or 770-596-9890.

## Thank you!

Thanks and congratulations to new member Teresa Moore who has volunteered to take over as the new Social Coordinator. Since joining the club, she has jumped in with both feet and gotten involved in club meetings, races, and Grand Prixes. Please lend her a hand if she calls on you to help out. (See new member profile on Teresa on page 4.)

Thanks also to Shannon Phillips who has served as Historian Coordinator for the last two years. As a high schooler, she is getting overwhelmed with school and social activities and is handing the job over to Carolyn Gulick. A big thanks to Carolyn for stepping up to the plate (again) as she has done so many times over the past years. Carolyn and husband Dave have served as Classic Race Directors three times. Carolyn served as coordinator for the RRCA convention we hosted in 2000 and has also been the prior Historian Coordinator.

## *In the beginning...*

**By Al Barker**

I first met Steve Roulac around 1961. We were both 10th graders at San Marino High School in sunny California. The first thing I noticed about him was that he was short and skinny, just like I was. We were truly the minority back then. Maybe that's why he picked me to run in his upcoming neighborhood track meet. He probably thought something like this: He's just like me — wispy thin — he's got to be fast! At the time I didn't get the connection. I just thought he felt sorry for me and wanted to help. My guess is that he had gotten a lot of flack from the football jocks just like I did. We never talked about it. I could just tell.

I think of those days often. As it turned out, they would become my introduction to running.

It took Steve several weeks to persuade me to run the mile at the meet that was to be held in his front yard. "No big deal," he said. "Just come out and enjoy the day. How bad can it be?" "No," I said. "Are you crazy? I can't run a whole mile!" I would find out later that he was on the school track team.

As the big day approached, I became more and more nervous. I probably rationalized it somewhat by thinking that the fitness from riding my bicycle every day could somehow make it a little easier — big mistake!

As we toed the line in the street in front of Steve's house, I checked out my competition. There were just three of us and they didn't look that fast — more like elephants than gazelles — so I resolved to try to stay with them.

The gun sounded and we were off in a sprint. The first quarter mile or so felt great. I was actually doing it! "Not so bad," I said to myself. "This running thing's not so bad." That's about when it hit me — like an electric shock. Reality set in! I had gotten in way over my head. As the other two guys disappeared around the corner, my body seemed to shut down. My lungs burned. I saw red spots. My legs felt like rubber. "If I could just finish," I thought, remembering the crowd of spectators waiting at the finish in Steve's front yard.

Something got me through it. Maybe it was the thought that the slower I went, the more embarrassed I would be. I struggled. Someone called "7:13" as I crossed the makeshift finish line. The others had finished about two minutes ahead of me.

Not one person said a word to me when I finished, so I just got on my bike and went home. I had not told my friends or my parents anything about what I was going to do — probably to avoid more embarrassment should I fail.

I would never see Steve again. My family moved away, but I often wondered what happened to him. A quick Google search turned up some interesting stuff. He had stayed true to his endurance sports, becoming an accomplished cyclist and doing a lot of inspirational stuff — sort of like Dean Karnazes, but I'm sure, much more humble.

Though I didn't know it at the time, Steve's encouragement must have been a subconscious pivotal point for me. As much as I hated the whole thing, that first quarter mile felt great! Eventually, that little memory resurfaced and started what would become my obsession.

I didn't run again for 14 years.

## **PTCRC Spring Meeting Highlights**

*(Continued from page 2)*

Membership Coordinator Joe Wassell reported that we presently have 136 members, and there are still 68 members who haven't renewed their memberships yet for this year.

The meeting was adjourned at 8:55 p.m.

### **April**

President Bob Dalton called the regular meeting of the Peachtree City Running Club to order at 7 p.m. at Partner's Pizza in Peachtree City. The minutes from the last meeting were sent to the membership prior to this meeting and were unanimously approved by voice vote.

#### **New Business**

The PTC Seventh Day Adventist Sprint for Students will take place on May 21 at 2 p.m.

The Army Hooah Race at Fort McPherson will take place on June 10. There will be on-line registration for both the 5K and 10K races.

#### **Officer Reports**

Administrative V.P. Ann Henderson reported that sign-ups for the bus to the Peachtree Road Race would begin next month. She also announced that next month's speaker will be Karyn Staples, Master Physical Therapist and Orthopedic Clinical Specialist, from PROHEALTH Physical Therapy and Pilates Studio located right here in PTC. Karyn is an active member of the PTC Running Club. *(See new member profile on Karen on page 4.)*

Activities V.P. Steve Hancock announced the Grand Prix winners for the "April Fool's Day Run" on April 1. He announced that the next Grand Prix would be the 5K Prediction Run on May 12 and the Brooks Race on May 13.

Secretary Tom Round reported that the club received "Thank You" cards from Kelly Luckett, last month's speaker, and from the Oak Grove Elementary School for our help with its 5K run on March 18.

In the absence of Treasurer Marino Fuentes, Bob reported the following savings: Southern Community Bank \$2,199.99, Talbot State Bank \$8,776.32, and the Talbot State Bank CD is \$23,389.09 for a grand total of \$34,365.09.

#### **Coordinator Reports**

Thousand Mile Club Coordinator Roy Robison passed around the book for updating mileage and volunteer events. He also announced that the next PTCRC Golf Tournament would be June 17 at the Flat Creek Country Club (noon start).

#### **Announcements**

President Dalton recognized the club members running in this year's Boston Marathon on Mon, April 17: Sue Bozgoz, Martha Boone, Margie Dam, Bill Fuller, Chuck Garwood, Randal Graham, Charles Loftin, Tom Round, Valerie Reynolds, Trish Vlastnik, Beth Wiggins, and Jerry Shoemaker. Good luck to everyone!

The next meeting is Mon., May 1 at the Wyndham Peachtree Executive Conference Center at 7:30 pm.

Teri Besch distributed cookies from the staff at Oak Grove Elementary School to thank us for helping make this year's race day a success.

The meeting was adjourned at 7:12 p.m.



# PTCRC Spring Grand Prix Results

## \*\*\* Overall Standings after 4 events \*\*\*

### March Track Prediction Run

(Actual time 49:52)

#### Men 50 and under

Place	Name	Prediction	Difference
1st	Gary Kolb	50:15	0:23
2nd	Hal Wolfe	51:00	1:08
3rd	Jerry Shoemaker	47:42	2:10
4th	Mike Norman	47:09	2:43
5th	Patrick Staples	52:37	2:45

#### Men 51 and over

1st	Dave Piet	49:54	0:02
2nd	Bob Dalton	49:24	0:28
3rd	Bob Trombley	49:12	0:40
4th	Dan Twineham	47:49	2:03
5th	Jim Crowley	47:30	2:22

#### Women 47 and under

1st	Karyn Staples	49:54	0:02
2nd	Anne Chrzanowski	51:26	1:34
3rd	Rhonda Fuentes	45:28	4:24
4th	Jane Hamilton	44:44	5:08
5th	Bonnie Hancock	41:58	7:54

#### Women 48 and over

1st	Ann Shoemaker	49:26	0:26
2nd	Susan Berschinski	47:30	2:22
3rd	Trish Vlastnik	46:41	3:11
4th	Martha Boone	46:15	3:37
5th	Patsy Bickford	43:51	6:01

### April Fool's Day Run

#### Men 50 & under

1st	Vern Schmitz
2nd	Hal Wolfe
3rd	Mike Norman
4th	Wes Wilkins
5th	Randy Graham

#### Women 47 & under

1st	Rhonda Fuentes
2nd	Beth Wiggins
3rd	Erica Hughey
4th	Karyn Staples
5th	Angie Burton

#### Men 51 & over

1st	Bob Dalton
2nd	Roy Robison
3rd	Mike Warren
4th	John Waterhouse
5th	Dave Piet

#### Women 48 & over

1st	Ann Shoemaker
2nd	Amy Stitt
3rd	Ann Henderson
4th	Patsy Bickford
5th	Sandy Tuman

#### Male - Age 50 And Under

Place	Runner	Points	Events
1	Gary Kolb	225	4
2	Mike Norman	220	4
2	Vern Schmitz	220	3
4	Hal Wolfe	200	3
5	Wes Wilkins	195	4
6	Jerry Shoemaker	190	3
6	Randy Graham	190	4
8	Bill Anderson	110	3
9	Fred Port	95	2
10	Mark Mascara	80	2
10	Jake Hancock	80	4
12	Scott Allen	70	4
13	Chuck Smith	70	3
12	Dave Ketelsen	70	1
15	Patrick Staples	55	3
16	Kyle Webb	50	1
16	Adam Shoemaker	50	1
18	Todd Davison	40	2
19	Alex Larsen	30	1
20	Mark Ward	15	3
21	Bill Everage	10	2
21	Randy Stitt	10	1
22	Gene Reynolds	5	1
22	Dan Bramlett	5	1
22	Dan Flaherty	5	1
22	Doug Fuentes	5	1
22	Ed Finucan	5	1
22	Cal Daley	5	1

#### Male - Age 51 And Over

Place	Runner	Points	Events
1	Dave Piet	265	4
2	Bob Dalton	250	4
2	Jules Desgain	160	4
4	Dan Twineham	150	2
4	Mike Warren	150	2
6	Normer Adams	145	3
6	Roy Robison	135	3
8	Patrick Kearns	130	4
9	Bill Johnston	120	4
10	Bob Trombley	110	2
10	Jim Crowley	110	4
12	Marino Fuentes	85	4
13	Dan Ahern	80	3
13	John Waterhouse	80	2
15	Tom Crofton	60	1
16	Bill Fuller	60	1
17	Bill Werling	50	1
18	Chuck Garwood	40	2
18	Dick Allis	40	2
18	Graeme Jones	40	1
21	George Martin	25	2
22	Tom Round	20	3
23	Ben Gross	15	3
23	Dave Gulick	15	3
23	Joe Wassell	15	3
26	John Bond	5	1
26	Lou Boone	5	1
26	Dave Olson	5	1
26	Sam Dillingham	5	1
26	Lynn Fairley	5	1

#### Female - Age 47 And Under

Place	Runner	Points	Events
1	Rhonda Fuentes	320	4
2	Karyn Staples	270	3
3	Jane Hamilton	205	4
4	Ann Port	200	3
5	Beth Wiggins	190	3
6	Bonnie Hancock	135	4
7	Kath Jones	130	4
7	Erica Hughey	130	2
9	Carol Corrigan	100	1
10	Anne Chrzanowski	95	2
11	Margie Dam	80	2
11	Christine Bell	80	2
13	Kim Miller	60	3
13	Angie Burton	60	1
15	Shannon Phillips	55	2
16	Emily Borsare	40	1
17	Sandra Dallas	10	1
18	Ann Blaume	10	1
18	Anastasia Walker	5	1
18	Teresa Moore	5	1
18	Gabrielle Humphrey	5	1

#### Female - Age 48 And Over

Place	Runner	Points	Events
1	Ann Shoemaker	340	4
2	Patsy Bickford	280	4
3	Trish Vlastnik	230	3
4	Sandy Tuman	200	4
5	Teri Besch	160	2
6	Ann Henderson	135	3
6	Amy Stitt	135	3
8	Martha Boone	130	3
9	Susan Berschinski	100	3
10	Caroline Gulick	90	2
11	Cathy Olson	75	2
12	Jean Kearns	70	1
13	Susan Ross	60	1
14	Mary Ann Crofton	30	1
14	June Round	30	1
16	Kim Garwood	25	2
17	Bernice Wassell	5	1
17	Judy Jeanssen	5	1
17	Rene Flaherty	5	1
17	Jan Stewart	5	1
17	Susan Mills	5	1
17	Rose Kempton	5	1

# Sponsor Spotlight: Fayette County Phone Book

The Fayette County Telephone Book is our newest Classic sponsor but began as a service project of the Peachtree City Rotary Club 33 years ago. As Peachtree City and Fayette County have grown, so has the Rotary Phonebook. The PTC Rotary Phonebook is now a separate company, owned and operated by the PTC Rotary Club, with profits used to fund dozens of community service projects both locally and internationally. One of those projects is the PTC Rotary Club Elementary School Grand Prix series. With \$4,000 seed money donated from the Rotary Club Phonebook, 13 Fayette County elementary schools have organized 5K fund-raising races that have raised more than \$75,000 for local schools. More importantly, over 2,000 people have participated in races, many of whom had never run a 5K before, greatly expanding our running community. The PTC Rotary Club is an organization that has been actively involved in our community for nearly 40 years, and we welcome the Phonebook as our newest Classic Sponsor. For more information, or to advertise in the book, log on to [www.rotaryphonebook.com](http://www.rotaryphonebook.com).



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Peachtree City, GA 30269  
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## UPCOMING CLUB EVENTS

MAY 5/6 2-PART GRAND PRIX • MAY 20 KIDS FUN RUN • JUNE 5 CLUB MEETING @ WYNDHAM • JUNE 6 SUMMER TRACK SERIES STARTS • JUNE 10 GRAND PRIX • JUNE 17 PTCRC GOLF TOURNAMENT