

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

MAY/JUNE 2010

THE 52ND ANNUAL RRCA CONVENTION, RUNNING FUN IN THE SUN, ANOTHER HUGE SUCCESS

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The 52nd Annual RRCA Convention, Running Fun in the Sun, took place April 21-24, in Lakeland Florida. There was a good turn out with lots of great speakers, good educational sessions, an expo, and a great 5K/10K/15K challenge race.

This year, the Peachtree City Running Club's contingent consisted of Marino Fuentes and Mark Ward. Mark is also the RRCA South East Representative. The convention is a great place to network for both personal growth and business opportunities. While at the convention, Marino sat in on the ChiRunning meeting. ChiRunning is based on the simple principle of letting gravity help propel you forward instead of our normal upright stance. He was so impressed with the concept, he purchased both the book and video. He plans to give them a try and decide if the method is worth presenting to our club at a later date. Marino also made contact at the expo with Sigvaris, a local Peachtree City company. They manufacture compression socks and could be a possible sponsor for The Classic. George Martin knows of this lead and will be in contact with Jason Kern, Product manager for Sigvaris, Inc. We'll keep our toes crossed.

They met with the State Representatives, and Lena Hollmann chaired the meeting. It was learned that ultra marathons are now included in the events that the RRCA will sponsor, and at present, Lena is looking for a club to award the South East Regional Championship to this year.

One of the speakers was Pat Williams. Pat is an excellent motivational speaker and is not only a runner but currently the Senior Vice President of the Orlando Magic. He spoke on the important elements required in successful Team Building. He claims these principles apply to sports teams and business organizations as well as running clubs.



The RRCA National Championship 5K was also held Saturday Morning during the convention. The Race the Lakes is a spectacular course around beautiful Lake Mirror, Lake Morton, Lake Hollingsworth, and through the streets of downtown Lakeland. This event offered a 5K and 10K course, or you could challenge yourself and run both consecutively in the 15K.

Since 1971, the RRCA has honored dedicated individuals for their outstanding service to the RRCA and the sport of distance running. These 2009 National Running Award recipients were honored at the 2010 RRCA Annual Banquet and National Running Awards Ceremony:

RRCA Distance Running Hall of Fame: Colleen De Reuck and Libby Hickman

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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

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at soupie@numail.org.

Send race results to

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at mki.kammann@gmail.com.

NEXT DEADLINE:

JUNE 18

Club Meeting Highlights



March

President Bill Werling called the meeting to order at 7:30 p.m. at the Dolce Conference Center. New members and guests were acknowledged and welcomed by Bill and the club. Congratulations went out to all club members and others who had participated in races during the month of February including 5Ks, The Charles Harris, Jane Hamilton's Savannah Half Marathon, and also a 50K completed by Ben Gross' sons.

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

Lists Passed Around

1,000 Mile Club Book

Oak Grove/Burch—Terri Besch stated that to date, the registration numbers were down from the norm for this year's combined Oak Grove/Burch Elementary 5K Run/Walk scheduled for March 6. Runners and volunteers are still needed for the event.

Guest Speaker

Dave Ketelsen introduced the speaker for the evening, Merilee Giddings, a Yoga Instructor since 1996. She is currently an instructor at World Gym. Ms. Giddings spoke to us on the importance of incorporating Yoga in our running routines for improved strength and flexibility. She stated that with proper breathing, meditation, body awareness, and mental focus we could all improve our running capabilities. Yoga is a method that would provide all these avenues for improvement. Not only did Ms. Giddings "inform" us about the benefit of Yoga, she had us "perform" various Yoga positions that would assist us in improved strengthening and flexibility. Many of our club members already participate in these Yoga classes.

New Business

After Dave thanked Ms. Giddings for her very beneficial presentation, he spoke to the group about the Shoal Creek Adventist School's "Sprint for Students" 5th Annual 5K & Tot Trot Too. The event is scheduled for Sunday, May 2, at 2:30 p.m. (kids' run) and at 3:00 p.m. (5K run). The event begins at Drake Field in front of the Peachtree City Library (201 Willow Bend Road). He invited everyone to the Saturday "Runners Weekend Service" on May 1 at 11:10 a.m. and after the service to a wonderful vegetarian meal. The address of the church is 4957 Highway 34 East in Sharpsburg.

Reports from Officers

Bill Anderson reviewed the club and Classic budgets. He stated that the only changes from his review last month was a \$700 drop from the website's budget, and the Classic sponsor budget dropped from \$16,000 to \$15,300. There will be more focus on high school scholarships, the Godwin Scholarship will remain the same, and the newsletter budget will be \$1,000. He stated that the budget is balanced.

After Bill's review, it was motioned and seconded that the 2010 budget be approved. The motion was carried.

Other Business

Bill Werling encouraged support and participation in the Fayette Senior Center's March 20 Meals-On-Wheels 5K and 1 Mile Run/Walk. He also promoted the Fayette Senior Center's April 10 Softball Game. For additional information on these two events, contact Bill Werling at werling@bellsouth.net.

Reports from Coordinators

All American 5K Race Director—Carolyn Gulick—gave an update on the club sponsored "All American 5K" scheduled for Saturday, May 29. Lt. Dan will be present for the "start" of the race. The race will begin at the Amphitheater. She encouraged everyone to take flyers for the event to distribute in the area and to others who may be interested. Volun-

Minutes continued on page 3.

WELCOME NEW MEMBERS!

Brooke Clem (PTC)

Ashley Baldwin (Griffin)

Don Livingston (PTC)

Andrea Kilgren (PTC)

Martin Rowe (PTC)

Gary Voigt (PTC)

Oscar Diaz (Fayetteville)





OK. I admit it. I am jealous. Why? First, a little background. In 1977, I was a fat (206 pounds) out of shape person. I had played baseball through high school and college and had stayed in decent shape through my early years. After serving in Vietnam in 1966, I came home and got lazy. By 1977, my physique was less than desirable.

I decided to get in shape and started running. My first Peachtree Road Race was in 1978. Over the next few years, I got caught up in the running craze, lost weight, and became a decent runner. (I even owned a pair of Nike Waffle trainers when they first came out.) Bob Dalton never feared me in a race, but I was respectable. PRs of 3:10:51 in the marathon, 1:29:05 in the half-marathon, and 40:20 in the 10K made me faster than half the field. Life was good. I have completed 32 consecutive PRs and three Boston Marathons.

Then came 1994. A ruptured disc in my back ended my marathon running, but I could still run the half. In 2005, I had a heart problem, eventually resulting in three stents. Finally, bad knees and arthritic hips spelled the end of my running career. Every now and then, I try to run a little; however, my body steps up and whacks me up side of my head. In effect, it says, "Are you crazy?"

So, now I walk as much as I can. To have once been a decent runner to now being a slug is not easy. Like some smart man once said, "You can only do what you can do." The closest I get to races now is working at track meets and road races. I am no longer an athlete, but I can still be an athletic supporter. So, while I encourage and applaud all the runners as they finish, deep inside know that I am jealous. Now you know why.

See you on the cart paths!

(Note from editor: Bill, you are a huge asset to this club, and you have a good heart. Your friends and family love and care about you. In the end, that is what matters most.)

Minutes continued from page 2.

teers and participants will be needed for this most important "club" event. She also informed the club that the Rotary Club will not purchase tee shirts for the event as she had said at the last meeting. The "All American" is a PTCRC sponsored event only. Let's do all we can to make this event a success.

Club Grand Prix—Mark Hamilton—presented Grand Prix awards to those present. The next Grand Prix will be March 13 at the regular location. It will be a 4-person run.

Newsletter—Tamara Gerken—stated the Newsletter is ready for reading "online."

Other—Anyone running in the ING Half Marathon is asked to meet at 5:30 a.m. in the Kroger parking lot to carpool. Good luck runners!

Announcements

The next meeting will be held on Tuesday, April 6, at Partner's II Pizza in Peachtree City.

Adjourn

With no further business, the meeting was adjourned at 8:48 p.m.

April

After a "fun" fun run, and in the midst of delighting in pizza, pasta, calzones, salads, sandwiches, etc., etc., President Bill Werling called the meeting to order at 7:00 p.m. at Partners II Pizza. New members and guests were acknowledged and welcomed by Bill and the club. Congratulations were expressed to all club members who had participated in various races, including the ING Marathon and Half Marathon during the month of March.

A motion was made and seconded to approve the minutes from the March meeting. The motion was carried.

Lists Passed Around

1,000 Mile Club Book

The Peachtree Road Race Family and Party Buses—All riding on the buses should arrive by 5:20 a.m. on Sunday, July 4. The buses depart at 5:30 a.m. The cost for members is \$8. The cost for non-members is \$16. Please let Dave Ketelsen know if you will not be returning on the bus after the race.

Race Dates to Remember

Sprint for Students 5K—Sunday, May 2, at 2:30 p.m. (kids' run) and at 3:00 p.m. (5K run). Prizes for "overall" winners: 1st—\$100; 2nd—\$75.00; 3rd—\$50.00. Volunteers are especially needed for the finish. Contact Dave Ketelsen to volunteer or for additional information.

Run For the World 5K—Saturday, May 8, at 10:00 a.m. For additional information, call 770-631-0432, or email Michael Renie at michael.renie@r4tw.org.

All American 5K—Saturday, May 29, at 8:00 a.m. Volunteers and runners needed. Please Call Carolyn at 770-487-5934 or email gulick4@gmail.com to volunteer or for additional information. Race applications and posters are available for distribution.

Minutes continued on page 4.

Gangbusters Beth



Beth with husband Scotty

Beth Redmond has been a fixture at local races and the Summer Track Classic Series for several years bringing along her two youngest children, Graham, now 14, and Madison, now 13, since they were youngsters. She finally joined the running club but not necessarily because she wanted to get fit herself. You see, she is already a personal trainer, group fitness instructor, and registered yoga teacher and is already in fantastic shape. In fact, you could consider her a professional athlete as she has been on the staff at Gold's Gym and now World Gym for the past ten years. She joined the running club because "I wanted a [1,000 Mile Club] jacket, plus all my running friends kept insisting that I finally join."

Originally from Riverdale, Beth (41) along with her husband, Scotty (43), and children Shelbe (18), Hunter (16), Graham, and Madison have called Tyrone home for the past ten years. Beth describes her real job in life as bookkeeper, taxi cab driver to four kids, chef to six, yard man, pool man, and launderer. It's clear that her BS from Berry College is paying off as she strives to keep all those balls in the air while holding down her own profession and personal training regimen.

Beth has always been a multi-sport athlete, but it hasn't always been easy. She was mountain biking in 2003 when she took a nasty spill and tore her anterior cruciate ligament (ACL). This is one of the most devastating injuries anyone can have, especially an athlete, as it usually requires months of rehabilitation, never mind a frustrating absence from practicing one's sport. But five months later, she was back on the roads again. She counts one of her most memorable running experiences as "the first time I went out to run after five months off from (ACL) knee surgery!" She soon proved her full recovery by running the Disney Marathon in 2005.

Perhaps she still needed to curb her enthusiasm, however, as shown by another incident. "On Thanksgiving Day in 2005, Angie Burton and I decided to skip the Atlanta Half Marathon and run in Peachtree City. It was right after a hurricane or tornado went through. We jumped over fallen trees, ran in deep feet sucking mud pits, and I tripped and fell spread eagle on the cart path. It still makes me laugh when I think about our adventurous run. Guess we should have just run the Atlanta Half!"

But she has come back like gangbusters having already run four half marathons within about a four month period earlier this year – the Atlanta Half in November, the Marino Half in December, the Disney Half in January, and the Mercedes Half in February.

Beth says the only thing she doesn't like about running is "I hate running in the winter! I hate the time it takes to put on umpteen layers of clothes just to get ready. Summer running is the best!" On the plus side, she counters that "It allows my mind to clear for the day. I enjoy the time spent with my friends. I also enjoy the thrill of competition."

Her favorite run is the Peachtree Road Race because "five out of six of my family run this race every year!" Her favorite distance is the 10K or half marathon. She has a 10K PR of 47:27 set at the Chattahoochee 10K Road Race in 2007 and a 1:49:04 PR in the 2009 Atlanta Half.

As for hobbies "I like to read, when I have a free moment, and spend time with my family. I like to study anything related to fitness, and I do like rock climbing." Given her determination, super fitness, and high achievement goals, it's a cinch that Beth is going to be the proud recipient of a 1,000 mile jacket this year!

Minutes continued from page 3.

Reports from Coordinators

Club Grand Prix—Mark Hamilton—announced Grand Prix winners and members' current Grand Prix "standings." The next Grand Prix is scheduled for Saturday, May 8, at the PTC Library (flagpole).

Peachtree City Classic Race Director—George Martin—had four samples for tee shirts for the Peachtree City Classic for club members to vote on. George also stated the need for coordinators for the Classic. Anyone interested in "coordinating" please contact George.

Announcements

Tamara Gerken informed the group of a FREE "Barefoot" Running Clinic to be held on Monday, May 31, at 7:00 p.m. at Drake Field. If you are interested or just inquisitive, don't miss this great opportunity.

The next meeting will be held on Monday, May 3, at 7:30 p.m. at the Dolce Conference Center.

Adjourn

With no further business, the meeting was adjourned at 7:15 p.m.

New Member Profile *By Bob Dalton*

The Best of “Bothe” Worlds



Steven at the Surf City Marathon

Steven Bothe, 33, has his dream job in Detroit and his family home in the dream locale of Newnan. So, you can believe that he spends a lot of time on the road – or in the air actually – commuting between the two locales. What you might not believe is the incredible progress he has made in his personal fitness in the last year in spite of his grueling schedule. For starters, he has lost 70 pounds and during that period also dropped his 5K time from 28:56 in May 2009 to 19:52 in January of this year. Steve has also accumulated quite a few frequent flyer miles, as you can imagine, making the hop between Atlanta and Detroit a couple of weekends per month on average.

Steve is a Michigan native who maintains his residence in Newnan with his wife, Susan, along with their three cats, Kali, Sweetie, and Snickers. Steve is an engineer with Nissan in Detroit, while Susan, also an engineer by training, is now a marketing/pricing manager for Freudenberg NOK in LaGrange. Steve has a BS in mechanical engineering from GMI and an MBA from Lawrence Technical University.

When asked to recount one of his most unusual running experiences, he says, “Running the Thanksgiving Day Half Marathon and then cooking Thanksgiving Day dinner (with all the trimmings) for my family, while all of them fell asleep on the couch. Apparently, watching a half marathon is more work than running one; who would have thought.”

Steve also recounts, “Finishing the Rocket City Marathon in December 2009, his first, in 3:30:45. Then a couple of months later, limp running (due to a foot injury)

the last 12 miles at the Surf City Marathon in Huntington Beach, CA, in February 2010 and still beating his time from Rocket City with a 3:27:27.”

In addition to the Atlanta Half Marathon, Steve has run several others including the ING Georgia Half and the Martian Half in Dearborn, MI.

Steve enjoys running because “It is challenging and self responsible, but more social than I expected. The science and art of improving performance is also very interesting. Running was the primary contributor to losing the 70 lbs.”

As far as other hobbies, he says, “I’m a big soccer fan, both playing and watching. I enjoy watching movies, mostly action and comedy. My wife and I are both certified SCUBA divers. And making or eating pancakes and waffles.”

“I climbed Mount Fuji, while on a business trip to Japan in July 2006. I’m a huge coffee nut; everything from French presses to espresso. I’ve been awarded a US Patent for a method to detect when a spare tire is being used; I also have one pending to detect tire pressure and automatic inflation when necessary. I played baseball and soccer in high school.”

As to his reasons for joining the running club, he says, “I have been running with the Sunday (Huddleston Group) since mid-July and figured why not, it could be fun.” So far the arrangement has been working out pretty well – working in Detroit, living in Newnan, and running in Peachtree City. Who could ask for more?

RUNNER ROUND UP

Bill Anderson

Charles Harris 10K—43:15

Oak Grove 5K—20:28 (3rd overall)

Gate River Run 15K—1:14:15

Melissa Anderson

Charles Harris 10K—42:02

ING Half Marathon—1:34:19 (22nd overall female)

Tamara Gerken

ING Half Marathon—2:29

Note: Not many race results were submitted for this edition. If you would like to have your race results listed in the Legacy, please be sure to email them to soupie@numail.org. Thank you.

Upcoming Georgia Races & Events

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

Come out for the Hustle for Hope and the Heroes of Hope events on Saturday, May 1, in Union City. Hustle for Hope registration begins at 7:30 a.m. with Heroes of Hope registration beginning at 8:45 a.m.

Southwest Christian Care is a nonprofit organization dedicated to providing the highest quality care for terminally ill patients, children with special needs, seniors, and their families. Many of our members may recall that SCC Hospice is where our past Race Director Rich Horning spent his last few days. Hospice care is provided by SCC to anyone in the community with absolutely no charge to the families and is a huge blessing to the families in their time of need. The Heroes of Hope gives those with special needs the opportunity to experience the thrill of competition. The PTC Running Club has supported this very worthy organization and its race for a number of years, and they are in need of both volunteers and participants. Come be a part of it!

The events will take place at Lester Road Christian Church, 3900 Newton Road, Fairburn, GA (just one mile up the road from their facility and just over the Fayette County line). Please visit www.swchristiancare.org/common/content.asp?PAGE=424 for more info and to download an application, or contact George Martin at 770-596-9890 or r2sun98@mindspring.com.

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

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

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

Club Grand Prix - 3-Person Team "Solve the Clues" Run—05/08/10

How it works: Between now and May 6, everyone who wants to participate emails Mark Hamilton a 5K race time at jmbhamilton@mindspring.com. He will use these times to set up 3-person teams with combined times as equal as possible. Try to be as accurate as possible for this to be fair for everyone.

Everyone starts at the Library and runs to the Boat Docks where your team will be given a piece of paper with clues to three locations. There will be a short, medium, and long distance location that the clues will lead you to. The three team members must decide who will run to which location. Each member of the team only runs to one location. When they get there, they receive an item that shows they made it to the correct location. Once you receive this item you run back to the Library. The LAST team member back stops the clock for that team. The team with the fastest time wins.

Brooks Elementary School 5K—05/08/10

The last race of the Rotary Elementary School Grand Prix series will take place at 8:00 a.m. at Brooks Elementary School located at 119 Price Road in Brooks on May 8. The PTC Running Club has supported this race for over 20 years, and this year's race will have special commemorative race mugs to all age group award winners, three deep.

As with all of the elementary school races, 100% of the profits raised go to that individual school. During these harsh economic times with school budgets being reduced each year, these races are more important than ever for the individual schools. Last year, over \$100,000 was raised for the 16 schools that are now participating in the race series.

2010 Peachtree International Triathlon & Super Sprint Triathlon – 05/15/10

Registration closes on Thursday, May 13, so if you want to take part in the 2010 Peachtree International Triathlon or Super Sprint Triathlon, hurry! These events will take place on Saturday, May 15 at 7:30 a.m. at Drake Field in Peachtree City. The PIT costs \$85 to register and is capped at 500 entrants. The SST costs \$50 and is capped at 250 entrants. For the PIT, you will swim .93 mile, bike for 25 miles, and run for 6.2 miles. 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. For the SST, you will swim 300 yards, bike 8 miles, and run 2 miles. Awards for three deep in each five year age group. Overall Masters, Grandmasters, Clydesdale, Athena, Masters Clydesdale, Masters Athena, and Physically Challenged recognized.

First Ever Elementary & Middle School Cross Country Event—05/22/10

The Fayette County School system is looking at reducing a number of programs as it continues to respond to the series of educational budget cuts. Many of our school athletic programs are now on the chopping block. So how does the PTC Running Club respond? We jump in to fill the gap by creating a new program for the benefit of our children and their health.

On Saturday, May 22, the PTC Running Club and the PTC Flash (youth running club) will co-host the first ever Fayette County Elementary School and Middle School cross country meet, which will be held behind Oak Grove Elementary School. Details are still in the works, but mark your calendar, and sign up to help in what is planned to be an annual event each year. For more information, please contact Don Livingston at donlivingston@bellsouth.net or George Martin at r2sun98@mindspring.com.

More events continued on next page.

Upcoming Georgia Races & Events

All American 5K—05/29/10

Mark your calendars for the PTC Running Club's first **All American 5K**. This event will be held Memorial Day weekend, Saturday, May 29, at 8:00 a.m. near the Fredrick Brown Jr. Amphitheatre. The course will be the men's 5K from the PTC Classic with a few changes. All proceeds from this event will go to the Dan Berschinski Fund with all application fees being made out directly to the fund. The event will be for runners, walkers, and phantom runners. All who register will receive a tee shirt, which must be picked up race morning by 8:00 a.m. Lt. Dan Berschinski will be on hand to start the race and give out the overall awards afterwards. Please keep this date in mind! The entire day will be honoring Lt. Dan Berschinski with the race at 8:00 a.m., an escort from Fayetteville to PTC at 11:00 a.m. with speakers at City Hall, and a concert at the Fredrick Brown Jr. Amphitheatre featuring the Armed Forces Band at 7:00 p.m. Please download an application here: [All American 5K](#). Please call Carolyn Gulick at 770-487-5934, or email gulick4@gmail.com if you have questions.

Barefoot Ken Bob's 2010 Barefoot Running Workshop Tour—05/31/10

Barefoot Ken Bob Saxton is known as The Master in the barefoot running community when it comes to, what else, running barefoot. He has run over 75 marathons barefoot and has helped to define barefoot running in the US as it is today. Ken Bob is on tour through the country offering **FREE** barefoot running workshops. No registration or reservations are required. If you've ever been interested in or remotely curious about what it feels like to run barefoot, please join us at Drake Field in Peachtree City near the PTC Library on Monday, May 31, at 7:00 p.m. to learn the art of running barefoot from the sensei. All skill levels are welcome. You will pick up tips and advice on how to find your proper barefoot running form, avoid injury, and enjoy running in a whole new way. Stay around afterwards for a group run.

Rotary Elementary School Grand Prix Series Awards—06/03/10

The Rotary Club of Peachtree City will host the 6th annual awards luncheon for all age group award winners in the Rotary Elementary School Grand Prix series on June 3 at the Wyndham Conference Center in Peachtree City beginning at noon. This is the 6th season of the series and annually sees over 3,000 runners and walkers participating, many for the first time ever in a 5K.

Each age group award winner (top 3) will receive a complimentary lunch and a custom plaque with their own photo imbedded in the plaque to commemorate their accomplishments over the past 9 month race season. Age groups include "8 and under" up to "70 & above." The Rotary Club makes this a very special day for all award winners and has been a loyal partner with the PTC Running Club in this series over the past six years.

The alternate date for awards presentations for those unable to attend will be at the regular June 7 meeting of the PTC Running Club at the Dolce Conference Center beginning at 7:30 p.m. For more information please contact George Martin at r2sun98@mindspring.com.

18th Annual Old Courthouse 5K—06/12/10

This event is sponsored by the Fayette County Civitan Club. Proceeds from the race go right into community organizations, which include the Joseph Sams School, ExceptionalOPS, Fayette County Special Olympics, and 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.

Pre-registration is \$20; race day is \$25. The race will begin at 8:30 a.m. on Saturday, June 12, behind the Old Fayette County Courthouse in the parking lot of the Fayetteville First Baptist Church at 205 Stonewall Avenue. Race Day Registration will begin at 7:30 a.m., and we recommend all pre-registrants to arrive early for check-in. Each race registrant will receive a premium 100% cotton tee shirt with an original artwork designed by local area artists. All race finishers will be entered into a drawing for some outstanding door prizes furnished by some of our corporate sponsors. Overall male and female winners will receive an Old Courthouse 5K etched glass-imaged trophy. The first and second male and female runners in each age group will receive dated, etched glass Old Courthouse 5K imaged medallions with ribbons.

Club Grand Prix - 10K Trivia Run—06/19/10

To be determined.

2010 Summer Track Classic Series—Tuesdays in June & July 6, 13, and 14

The Summer Track Classic Series Starts at Riley Field adjacent to the Peachtree City Elementary School. Registration begins at 6:00 p.m. with the first event kicking off at 6:30 p.m. (See the following page for details.)

Peachtree Road Race 10K & **Bus Info**—07/04/10

The upcoming club meeting on Monday, May 3, will be your first opportunity to sign up for the Peachtree 10K buses; you will have another opportunity at the June club meeting. Reservation policy is as follows:

- 1.) Club members have priority for making reservations beginning at the May 3 meeting up through the June 7 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 \$8 for members and \$16 for non-members. Fees are non-refundable.
- 4.) After the club meeting on June 2, any remaining seats will be sold on a first-come, first-served basis to the public at large.

Contact Dave Ketelsen at dgketelsen@numail.org, or call 678-416-9171 to obtain a seat. Mail your payment to him at 18 St. Charles Place, Sharpsburg, GA 30277 to guarantee your seat. A waiting list will be started once both buses fill up. If you have to cancel, please inform the V.P. so he 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's parking lot NO LATER THAN 5:30 a.m. on Friday, July 4. You should plan on being aboard by 5:15 a.m. Runners will be dropped off near the start at Phipps Plaza/Lenox Square and be picked up near the assembly area at the Civic Center. Maps of the specific assembly point will be passed out on the bus that morning. We usually arrive back in PTC before noon. The annual club picnic will follow—details to be published. A good time WILL be had by all!!

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

Club News & Announcements

Continued from the cover.

Outstanding Club President of the Year in Honor of Scott Hamilton: David Purinton, Huntsville Track Club, Huntsville, AL

Browning Ross Spirit of the RRCA Award: Deborah Magilke, Yellowstone Rim Runners, Billings, MT

RRCA Outstanding State Representative of the Year in Honor of Al Becken: George Rehmet, State Representative for California (Coastal Region)

Road Runners of the Year:

- ◆ **Open Male:** Meb Keflezighi, Mammoth Track Club, Mammoth Lakes, CA
- ◆ **Open Female:** Amy Yoder Begley, Nike Oregon Project, Beaverton, OR
- ◆ **Masters Male:** Jon Williams, Gold Coast Runners, Miami, FL
- ◆ **Masters Female:** Joan Benoit Samuelson

Excellence in Journalism Awards in Honor of Jerry Little:

- ◆ **Small Club Newsletter:** "Runners Hi!"—Editor, Ed Hardee, Amelia Island Runners, Fernandina Beach, FL
- ◆ **Large Club Newsletter:** "The Running Account"—Editor, Esther Dill, North Carolina Running Club, Raleigh, NC
- ◆ **E-Newsletter:** "Sooner Soundings"—Editor, Marlyss Bird, Pamakid Runners, San Francisco, CA
- ◆ **Club Writer of the Year:** Mark Lucas, Cornbelt Running Club, Bettendorf, IA
- ◆ **Journalism Excellence:** Roger Robinson, Running Times Magazine
- ◆ **Outstanding Club Website Award/Overall Winner:** Chattahoochee Road Runners (small club winner), www.crrclub.com, Chattahoochee, GA

Outstanding Volunteer of the Year in Honor of Rod Steele: Diane Perriello, Summit Athletic Running Club, Cuyahoga Falls, OH

Outstanding Youth Program Director in Honor of Kurt Steiner: Ron Beasley, Ann Arbor Track Club, Ann Arbor, MI

Outstanding Beginning Running Program Award: Women Run/Walk Memphis led by Terri Clarke and DJ Watson, Memphis Runners Track Club, Memphis, TN

RRCA Road Race of the Year: The Kaiser Permanente San Francisco Half Marathon hosted by the Pamakid Runners, San Francisco, CA



Education sessions were:

- ◆ **Insurance & Risk Management** sponsored by Star Insurance and K&K Insurance
- ◆ **Lobbying for Nonprofit Running Clubs** sponsored by the RRCA
- ◆ **Developing Grassroots Advocacy Campaigns** sponsored by the RRCA
- ◆ **Non-running Events and Creative Group Runs to Build Club Camaraderie**
- ◆ **ChiRunning** sponsored by ChiRunning
- ◆ **Managing Race Growth**
- ◆ **Developing Programs for Older Runners & Walkers**
- ◆ **"Join a Club"—Strategies for Growing Your Club**
- ◆ **Kids Run the Nation**
- ◆ **Hosting RRCA Programs—The Convention, Championship Events, and Coaching Certification Courses**
- ◆ **Injury Prevention/Shoe Fit Clinic (RRCA & USAT CEC)**
- ◆ **Nutrition, Supplements, and Performance Enhancers (RRCA & USAT CEC)**
- ◆ **Putting on a Half Marathon & Marathon**
- ◆ **Working with Charities**
- ◆ **Writing about Running to Promote Your Club or Event**

Keynote speakers were:

- ◆ **Pat Williams:** RRCA Friday Luncheon Honoring the 2009 Outstanding State Rep of the Year
- ◆ **Keith Brantly:** RRCA Saturday Luncheon
- ◆ **Bill Rogers:** RCA Banquet and National Running Awards Ceremony Keynote Speaker, Saturday evening

The dates for the next two conventions are May 12-15, 2011, in Fredericksburg, VA, and March 15-18, in Memphis, TN, so mark your calendars. We look forward to seeing you then!

Club News & Announcements

PEACHTREE CITY RUNNING CLUB

Presents the

2010 SUMMER TRACK CLASSIC SERIES

For runners of all ages and abilities

- Where:** Peachtree City Track and Riley Field adjacent to Peachtree City Elementary School on Wisdom Road
- When:** Tuesday evenings on June 1, 8, 15, 22, 29, and July 6; Championship Meet on July 13 and 14; Registration starts at 6 p.m. First event starts at 6:30 p.m.
- Entry Fee:** Runners **FREE**—Spectators **FREE**
- Events:** 50 yard dash (10 & under); 100, 200, and 400 meter dash; 1 mile run; 800 and 3200 meter run; 5K run; and 400 and 1600 meter relays. **NO FIELD EVENTS**
- Awards:** Presented for Championship Series Meets Only
- Contact:** Mark Hamilton at 770-716-0362 or Bill Werling at 770-460-1425

GROUPINGS

- Regular Weekly Meets:** Events will be run in various heats based on # of runners.
- Championship Series:** Events will be run in heats based on age groups and gender.

ORDER OF EVENTS

Regular Weekly Meets

- 6:00 p.m. Registration opens
6:30 p.m. 800 meter run
6:45 p.m. 50 yard dash (10 & under)/100 meter dash on June 1, 15, and 29; 200 meter dash on June 8, 22, and July 6
7:00 p.m. 1 mile run
7:30 p.m. 400 meter dash (run in lanes)
8:00 p.m. 3200 meter run on June 1, 15, and 29; 5K run on June 8, 22, and July 6
8:30 p.m. 4 x 400 relay on June 1, 15, and 29; 5K run on June 8, 22, and July 6
8:45 p.m. Pizza at Partners!

Championship Series

- | <u>Tuesday, July 13</u> | <u>Wednesday, July 14</u> |
|------------------------------|-------------------------------------|
| 6:00 p.m. Registration opens | 6:00 p.m. Registration opens |
| 6:30 p.m. 100 meter dash | 6:30 p.m. 1 mile run |
| 7:00 p.m. 800 meter run | 7:15 p.m. 50 yard dash (10 & under) |
| 7:45 p.m. 200 meter dash | 7:45 p.m. 400 meter dash (lanes) |
| 8:15 p.m. 5K run | 8:15 p.m. 3200 meter run |

Rain date for the Championship Series Meet will be Thursday, July 15.

The above schedule is approximate. We will attempt to start all events early except for the 800 meter run. All competition weekly meets will be run in heat. All heats will stress safety and quick times by being limited in number. Track surface is rubberized and soft. All timing is done by electronic equipment.

9th ANNUAL PEACHTREE CITY RUNNING CLUB GOLF TOURNAMENT

- Where:** Flat Creek Country Club
- When:** Saturday, June 19, at 12:00 p.m.
- What:** 4-person scramble, best ball, team handicaps
- Who:** All PTC Running Club members and their guests who want to have a day of fun!
- Cost:** Canongate members pay usual green fees; guests pay reduced guest fees of \$55, which includes the cart. All players pay \$10 entry fee to Rose Kempton before the tournament.



As in past years, the format will be a best ball scramble with 4-person teams. Individuals can form and enter a team, or individuals will be placed on a team by the tournament coordinator. Teams will be assigned a handicap which will be calculated by the tournament coordinator. Each member of the top three teams will receive awards. There will be awards for closest to the pin (2) and longest drive.

Refreshments will be made available during the tournament and afterwards at a short awards ceremony.

Please submit your answers to the following questions to Rose at ro456838ro@bellsouth.net:

- 1.) Name
- 2.) Phone number
- 3.) Email address
- 4.) Handicap (current)
- 5.) Best 18 holes last year
- 6.) If you don't have a handicap, please tell me a little about your level of play, never played before, beginner, etc.
- 7.) List players you want to play with

Download an application and get all the rules at <http://www.ptcrc.com/?q=node/13>

Looking forward to a great event again this year! ~Rose Kempton



Upcoming Club Events

Monday, May 3—Club Meeting at the Dolce Peachtree Conference Center at 7:30 p.m.

Saturday, May 8—Club Grand Prix/3-Person Team "Solve the Clues" Run at the Peachtree City Library at 8:00 p.m.

Tuesday, June 1—Summer Track Classic Series starts at Riley Field adjacent to the Peachtree City Elementary School/Registration begins at 6:00 p.m. with the first event kicking off at 6:30 p.m. (See above notice.)

Monday, June 7—Club Meeting at the Dolce Peachtree Conference Center at 7:30 p.m.

Tuesday, June 8—Summer Track Classic (See above notice.)

Tuesday, June 15—Summer Track Classic (See above notice.)

Saturday, June 19—Club Grand Prix/10K Trivia Run at the Peachtree City Library at 8:00 a.m.

Tuesday, June 22—Summer Track Classic (See above notice.)

Tuesday, June 29—Summer Track Classic (See above notice.)

Grand Prix Events & Results

March/Event 3—4-Person Team Relay

TEAM 1 - PL 2 - PTS 90	TEAM 4 - PL 4 - PTS 70	TEAM 7 - PL 6 - PTS 50
Teri Besch	Rose Kempton	Brandi Osse
Trish Vlastnik	Chuck Garwood	Adam Shoemaker
Shawn McKinnon	Normer Adams	Ed Vise
Hal Wolf	Cal Daley	Lou Boone
TEAM 2 - PL 7 - PTS 40	TEAM 5 - PL 5 - PTS 60	TEAM 8 - PL 1 - PTS 100
Ben Gross	Martha Boone	Rene Flaherty
Steve Bothe	Ann Henderson	Vern Schmitz
Tim Covert	Gary Kolb	Dave Piet
Marino Fuentes	Mike Langford	Jules Desgain
		Bill Fuller
TEAM 3 - PL 8 - PTS 30	TEAM 6 - PL 3 - PTS 80	VOL - PTS 5
Jane Hamilton	Patsy Bickford	Ann Shoemaker
Ann Port	Bill Everage	Dick Allis
Tommie	Jerry Shoemaker	Bill Werling
Mike Cash	Chris Chiong	Ron Kempton

April/Event 4—Easter Egg Hunt

Men 51 and Under

PL	RUNNER	COLLECTED PTS	GRAND PRIZ PTS
1	Shane Carpenter	290	100
2	Adam Shoemaker	280	80
2	Chris Chiong	280	80
2	Steve Bothe	280	80
3	Gary Meyer	240	60
4	Vern Schmitz	230	45
4	Kith Burkingsstock	230	45
5	Wes Wilkins	210	25
5	William Whitehouse	210	25
6	Bill Anderson	180	10
6	Bill Everage	180	10
7	Scotty Redmond	140	5
8	Steve Hancock	130	5

Women 50 and Under

PL	RUNNER	COLLECTED PTS	GRAND PRIZ PTS
1	Michelle Villars	270	100
2	Katie Eldwell	260	90
3	Nora Elwell	240	80
4	Lisa Mathews	220	60
4	Jane Hamilton	220	60
4	Hannah Hancock	220	60
5	Beth Redmond	200	35
5	Penny Carpenter	200	35
6	Leslie Salinski	170	20
7	Kim Ruple	160	10
8	Bonnie Hancock	150	5

Men 52 and Over

PL	RUNNER	COLLECTED PTS	GRAND PRIZ PTS
1	Normer Adams	280	95
1	Bob Dalton	280	95
2	Dave Piet	250	80
3	Chuck Garwood	240	70
4	Marino Fuentes	230	50
4	Bob Trombly	230	50
4	Scott Allen	230	50
5	Gary Kolb	220	30
6	Jules Desgain	210	15
6	Tom Round	210	15
7	Jerry Shoemaker	200	5
7	Mike Lankford	170	5
7	Cal Daley	90	5
V	Dick Allis		5
V	Bill Werling		5

Women 51 and Over

PL	RUNNER	COLLECTED PTS	GRAND PRIZ PTS
1	Trish Vlastnik	260	100
2	Rene Flaherty	230	85
2	Rose Kempton	230	85
3	Teri Besch	220	70
4	Margie Dam	210	60
5	Martha Boone	180	50
6	Jan Bankieris	160	40
7	Sandy Tuman	140	30
8	Ann Shoemaker	120	20
9	Patsy Bickford	110	10

2010 Grand Prix YTD Results

Women 50 and Under

PL	RUNNER	PTS
1	Michelle Villars	265
2	Lisa Mathews	215
3	Jane Hamilton	190
4	Ann Port	100
5	Beth Redmond	95
6	Kim Bramblett	90
6	Katie Eldwell	90
7	Teresa Moore	80
7	Leslie Hassell	80
7	Brandi Osse	80
7	Hannah Hancock	80
7	Nora Elwell	80
8	Jennifer Lawrence	70
9	Leslie Salinski	60
10	Anastasia Walker	45
10	Amy Arnold	45
11	Bonnie Hancock	40
12	Penny Carpenter	35
13	Brook Clem	20
13	Kim Ruple	20
14	Ashley Baldwin	10
15	Valerie Reynolds	5
15	Mary Catherine D.	5
15	Rachel Jones	5
15	Kelly Michell	5

Men 51 and Under

PL	RUNNER	PTS
1	Adam Shoemaker	300
2	Vern Schmitz	205
3	Chris Chiong	190
4	Bill Anderson	180
5	Steve Bothe	145
5	Shane Carpenter	145
6	Steve Hancock	135
6	Wes Wilkins	135
7	Jake Hancock	105
8	Hal Wolf	95
8	Bill Everage	95
9	Shawn McKinnon	90
10	Mark Ward	65
11	Gary Meyer	60
12	Greg Cox	55
12	Tim Covert	55
12	Kith Burkingsstock	55
13	Tim Covert	45
14	Mike Cash	30
14	Tommie	30
15	William Whitehouse	25
16	Todd Davison	10
17	Tracey Moore	5
17	Ryan Kennedy	5
17	Scotty Redmond	5

Women 51 and Over

PL	RUNNER	PTS
1	Rene Flaherty	360
2	Teri Besch	240
3	Ann Henderson	220
3	Martha Boone	220
3	Trish Vlastnik	220
4	Rose Kempton	215
5	Ann Shoemaker	105
6	Bernice Wassell	100
6	Margie Dam	100
7	Patsy Bickford	90
8	Maryann Crofton	85
9	Kathy Devine	80
10	Susan Mills	50
11	Jan Bankieris	45
12	Pat Cote-Miles	30
12	Sandy Tuman	30
13	Cathy Olson	20
14	Carolyn Gulick	5
14	Alice Todd	5
14	Rita Weston	5

Men 52 and Over

PL	RUNNER	PTS
1	Marino Fuentes	260
2	Chuck Garwood	250
3	Normer Adams	225
4	Jules Desgain	220
4	Gary Kolb	220
4	Mike Lankford	220
5	Dave Piet	190
6	Jerry Shoemaker	170
7	Cal Daley	155
8	Bob Trombly	140
9	Bill Fuller	135
10	Bob Dalton	100
11	Ed Vise	75
12	Dave Olson	60
12	Dan Flaherty	60
13	Lou Boone	55
14	Ben Gross	50
14	Scott Allen	50
15	Tom Round	25
16	Tom Crofton	20
17	Dick Allis	15
18	Jim Crowley	10
18	Patrick Kearns	10
18	David Gulick	10
18	Ron Kempton	10
18	Bill Werling	10
19	Von Woods	5
19	George Martin	5
19	Lynn Fairley	5
19	Joe Wassell	5
19	Dave Kennedy	5
19	Todd Hamill	5

1,000 Mile Club

NAME	YEARS IN 1,000	MILES	MTGS	VOL	JACKET	SIZE
20,000 MILE CLUB						
BILL WERLING	21	394	4	4	NO	
15,000 MILE CLUB						
BILL FULLER	17	210	2	0	NO	
SUSAN MILLS	17	242	3	2	NO	
TERI BESCH	16	209	3	3	NO	
CAL DALEY	16	65	1	0	NO	
VALERIE REYNOLDS	16	120	1	0	NO	
JOE WASSELL	16	128	2	0	NO	
DAVE PIET	15	135	2	0	NO	
10,000 MILE CLUB						
BOB DALTON	14	545	3	2	15,000	?
ANN SHOEMAKER	14	363	2	3	15,000	MED
JERRY SHOEMAKER	14	135	2	1	15,000	MED
BILL ANDERSON	13	440	3	0	NO	
JULES DESGAIN	13	375	1	0	NO	
ROY ROBISON	13	390	2	1	NO	
BONNIE HANCOCK	11	135	2	1	NO	
STEVE HANCOCK	11	147	2	0	NO	
NORMER ADAMS	11	100	1	0	NO	
CARYLE ROBISON	10	365	1	0	NO	
5,000 MILE CLUB						
DICK ALLIS	19	19	1	0	10,000	XL
JAN BANKIERIS	8	311	1	0	NO	
MARINO FUENTES	8	326	3	0	NO	
MARK HAMILTON	8	286	1	1	NO	
CATHY OLSON	8	339	3	1	NO	
TODD DAVISON	7	115	1	0	NO	
JOHN MROSEK	7	148	1	0	NO	
BOB SMITH	7	160	2	0	NO	
BERNICE WASSELL	7	96	2	0	NO	
RITA WESTON	7	172	3	0	NO	
BILL EVERAGE	6	310	1	0	NO	
PATRICK KEARNS	6	297	2	0	NO	
TOM ROUND	6	153	2	0	NO	
CONSTANCE SAMBRONE	6	376	3	5	NO	
WES WILKINS	6	183	2	1	NO	
RENE FLAHERTY	5	355	1	0	NO	
JANE HAMILTON	5	225	1	0	NO	
DAVE KETELSON	5	368	3	0	NO	
LISA MATHEWS	5	373	2	1	NO	
JOHN WATERHOUSE	5	257	2	0	NO	
HAL WOLFE	5	212	1	0	NO	
1,000 MILE CLUB						
TERESA MOORE	4	270	3	3	5,000	SM
ANASTASIA WALKER	4	335	2	1	5,000	MED
PAT COTE-MILES	3	257	2	1	NO	
JAKE HANCOCK	3	127	2	0	NO	
KIM RUPE	3	390	4	1	NO	
ED VISE	3	210	2	0	NO	
RAY BESCH	2	279	3	1	NO	
RUSTY BURNS	2	356	1	0	NO	
TIM COVERT	2	250	3	2	NO	
BRANDI OSSE	2	200	2	1	NO	
BETTY SMITH	2	190	2	0	NO	
VON WOODS	2	375	1	2	NO	
KITH BURKINSTOCK	1	304	2	0	NO	
CHRIS CHIONG	1	404	2	0	NO	
TAMARA GERKEN	1	217	2	0	NO	
TRACEY MOORE	1	220	3	2	NO	
NATHAN REEVES	1	210	1	0	NO	
1,000 MILE CLUB ENROLLEES						
STEVEN BOTHE	0	555	2	0	1,000	XL
MITCH BUTLER	0	365	3	1	1,000	XL
CHRIS CASH	0	55	2	0	1,000	XL
MICHAEL CASH	0	145	2	0	1,000	LG
CHRIS EDMONDSON	0	79	2	0	1,000	MED
WENDY EDMONDSON	0	78	2	0	1,000	MED
JOHN GRAFMILLER	0	25	1	0	1,000	XL
TODD HAMILL	0	150	1	0	1,000	LG
DAVID KENNEDY	0	235	3	0	1,000	XL
RYAN KENNEY	0	398	3	1	1,000	MED
MIKE LANKFORD	0	451	4	2	1,000	LG
JENNIFER LAWRENCE	0	172	1	0	1,000	MED
DOUG LEGO	0	167	1	0	1,000	LG
JILL LEGO	0	104	1	0	1,000	MED
LAURIE MCCARTHY	0	125	1	0	1,000	SM
KELLEY MITCHELL	0	115	1	0	1,000	MED
KIM PROFFITT	0	65	1	0	1,000	SM
SCOTT PROFFITT	0	65	1	0	1,000	XL
ADAM SHOEMAKER	0	322	1	0	1,000	LG
MICHELLE VILLARS	0	140	1	0	1,000	SM
GARY VOIGT	0	650	1	0	1,000	?

HISTORY OF THE 1,000 MILE CLUB

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

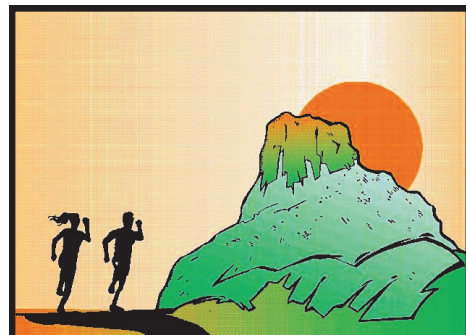
The 1,000 Mile Club is one of the Peachtree City Running Club's most popular programs and helps promote fitness, volunteer activity, and club participation.

1,000 MILE CLUB REQUIREMENTS

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

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

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



In The Sponsor SPOTLIGHT This Month



Our newest major sponsor, Volkswagen of South Atlanta, also known as Heritage Volkswagen, began its operations in 1998 in Morrow, Georgia, now located in Union City, Georgia, right off I-85 south. Volkswagen of South Atlanta is the fastest growing Volkswagen dealer in Atlanta for a reason—a commitment to customer service excellence that starts with the ownership and translates down to friendly and professional sales staff and technically competent service and parts organizations.

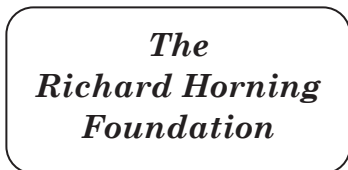
Volkswagen of South Atlanta is not only a major sponsor of the PTC Classic but they also recently agreed to sponsor ALL of the Elementary School Grand Prix races in Fayette County, proof of their commitment to our community as well as our children and families. Please remember this great dealership when you think of a new car.



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



Kiwanis Club
of Peachtree City



The Avenues



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