

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

NOV/DEC 2010

## 30th ANNIVERSARY PEACHTREE CITY CLASSIC

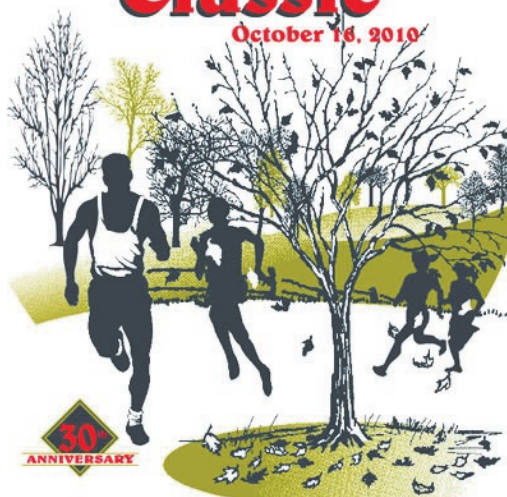
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2005  
National  
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RRCA  
Best  
Small Club  
Newsletter

**Peachtree City  
Classic**  
October 18, 2010





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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.

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**NEXT DEADLINE:  
DECEMBER 17**

# Club Meeting Highlights

## September

Vice President Dave Ketelsen called the meeting to order at 7:00 p.m. at the Dolce Conference Center. Dave requested that Bill Fuller give a report on the Macon Team Race. Bill reported that 24 club members participated. Of the 24, there were 12 first place age group winners, 2 second place age group winners, and 1 third place age group winner. The average pace for the first place team (Dave Ketelsen, Steve Bothe, Shawn McKinnon, Martha Boone, and Deanna McCurdy) was 39:35 for the 10K race. Congratulations to all winners and participants!

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

### Lists Passed Around

*The Alzheimer's Walk*

*1,000 Mile Club Book*

*Peachtree City Classic*

### Reports from Coordinators

**Dragon Boat Races**—Carolyn Gulick was not present to report on the Dragon Boat Race. It was reported, however, that the team is practicing, and the next practice will be this Saturday, September 18.

**Peachtree City Classic**—George Martin reported that he is still in need of help with the Peachtree City Classic publicity. Contact him for posters and registration forms to distribute. To date, numbers are down compared to other years, so let's get the word out about the race! There are 16 other races in the Metro Atlanta area on the same date as the Classic, so there is work to do to get our numbers up. The Wingfoot Magazine does have an ad about the Classic in the current issue.

George is still waiting for additional sponsors to respond with support for the Classic. The same company we have previously used will take care of the timing and D-chips.

Rose Kempton is the Classic Volunteer Coordinator. Please contact Rose to volunteer. Many volunteers are needed! Club members may volunteer and still participate in the event. However, the club's traditional run on the Classic courses will be held 2 weeks after the event on October 30.

Friday's Peachtree City Classic Expo will be held at the Dolce Conference Center. Saturday's Expo will be held at the Amphitheater.

George is still in need of a coordinator for the Men's 5K and a coordinator for the tee shirt distribution. Jules Desgain has agreed to take the Men's 5K Course Marshal Coordinator position. Thank you Jules.

Bill Anderson reported that to date we are \$7,000 behind in Classic collections. He has received \$6,000 in sponsorships. He is still waiting for the \$10,000 AT&T check. The current balance in the checking account is \$4,744.

**Membership**—Bob Dalton reported that to date there are approx. 175 club members. If family members are included, the membership count would be approx. 4-500.

He also mentioned that in the current issue of Competitor Magazine the Peachtree City Classic has been included on the "bucket list" of the top five races in Atlanta. Now that's impressive.

**Social Chair**—Rita reported that this year's Christmas Party will once again be held at the Glendalough Manor. The date for the party is Friday, December 17. Happy Hour will begin at 6:30 p.m. The cost per person is \$25. Please contact Rita for additional information.

### Reports from Officers

**Club Grand Prix**—Mark Hamilton announced the Grand Prix winners. Congrats to all winners!

**Upcoming Events**—Tyrone Elementary School 5K, September 18; Dragon Boat Race, September 25; and Alzheimer's Walk, October 2.

Dave Ketelsen reported that Channels 5 and 11 have done segments on the Fegarido Family that he spoke to the club about at the last meeting. Let's continue to keep them in our prayers.

*Minutes continued on page 3.*



**WELCOME NEW MEMBER!**

Steve Kiker from Newnan



Where has the time gone? It seems like last week I was typing my first article. Now, two years later, I am typing my last. It has been a fast two years with lots of happenings.

If you want to appreciate all the club's activities, serve as president for a couple of years. From the New Year's Breakfast at the Boones, New Members' Breakfast at the Besch's, ATC 5K and 10K, Club Grand Prix events, Kids' Triathlon, Summer Track Classic, Peachtree Road Race and party at the Allis', Peachtree City Classic, Christmas Party, Dragon Boat Races, and many other events, our club is an integral part of the community. In the president's case, numerous phone calls on a variety of topics are fairly common.

What makes the job easier is the amount of dedicated people who get the real work done. My job, like Fred Sanford (Remember him?) has been to be a "coordinator." I owe many thanks to a ton of people for all their hard work and accomplishments. It must have been the significant amount of money I paid each of them. I can't name everybody, but I will name at least some who have made my job (and life) a lot easier the past two years. If I forget anybody, please attribute it to my advancing years. In no particular order, they are: Mike Lankford, Tamara Gerken, Rita Weston, the Hancock Family, Dave and Cathy Olson, Dave and Carolyn Gulick, Mark and Jane Hamilton, George Martin, Marino Fuentes, Bob Dalton, all PTCRC officers, Brandi Osse, Terri Besch, Roy Robison, Dick Allis, and many others.

As the club moves forward in its fourth decade, I am sure runners in the greater Atlanta area will continue to regard it as one of the premier running clubs. People like the ones listed above and the many new ones who keep joining the club will maintain and enhance our reputation of excellence and professionalism. I sincerely thank all of you for the help you have given me. Our next president has much to look forward to. Good-bye.

And...see you on the cart paths.

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### Minutes continued from page 2.

He also asked that the club log on to [www.charter.net](http://www.charter.net) to vote for and support Shoal Creek School in their efforts to become one of the top two schools to receive laptops. The voting ends on September 20. Let's give Shoal Creek our support and our votes.

### Guest Speakers

Dave Ketelsen introduced the evening's speakers. They were enthusiastic, they were energetic, and they absolutely love what they do. They were Kendel and Walt Prescott, ultra marathoners! They shared with us exciting information about their marathon careers. Both are members of the 50 State Club. This is a club for runners who have run or are currently in the process of running a marathon in each of the 50 states at least once. However, Kendel and Walt have run marathons in all of the 50 states more than once. In fact, they have not only run marathons in the 50 states, they have run marathons on 7 continents! They even met at a marathon! Both were Olympic Torch Bearers. Their stories of their marathons, ultra marathons, hiking, trail runs, etc., were interesting, intriguing, and adventurous. Their faces actually glowed as they spoke of their experiences, their "priceless" experiences. They are definitely addicted! They reported that only one tenth of one percent of people have ever run a marathon. Those of us who have run a marathon are in an elite group! Be proud. There are currently 2,192 members of the 50 State Club. To become a member you must have run a marathon in at least 10 states. Log on to the 50 State Club website to get information about the club.



*Kendel Prescott is the only woman in the world to have finished a marathon in all 50 States 5 times. Kendel has finished a marathon on all 7 continents in addition to finishing a full Iron Man race, 50 mile races, and a 100 mile race. Walt Prescott is approaching the finish of a marathon in all 50 States 4 times. Walt has finished a marathon on all 7 continents. Walt runs many 100 mile races every year. In 2009, he completed a straight through hike of the Appalachian Trail, which is 2,175 miles. Walt's next challenge is to hike the Pacific Crest Trail, which is about 2,650 miles. Picture is of the Prescotts in Buenos Aires, February 2008.*

### Announcements

**Atlanta Half Marathon**—Bill Werling reported that the Atlanta Marathon has been cancelled. The Atlanta half marathon will start and finish at Turner Field. Since there is adequate parking and Turner Field is closer, he asked if the club felt there was still a need for a bus. A list will be passed around to determine the need. This information will be reported at the next meeting.

**Superlatives**—Runner and Rookie of the Year will be voted for at the November meeting.

**Nominations**—Bill also reminded the club that the offices of president and treasurer will be vacant for the 2011 term. Nominations or volunteering for those or any of the club's offices are now welcomed. The vote will take place at the November meeting.

Minutes continued on page 4.

## This Coffee Fairy Can Run!



Gina Char is originally from Brooklyn but has lived in Peachtree City for 18 years now with her family. Daughter Olivia is a sophomore at Samford University in Birmingham, studying nursing and is in Air Force ROTC; oldest son Will is a Senior at McIntosh playing Varsity Lacrosse—and is quite good; and youngest son Lucas is a 5th grader at Peachtree City Elementary and is trying to just keep up with everyone else! Rescue Dog Bella is of unknown age and origin. Gina shares, “Sweetest thing you’ve ever seen who tries desperately to hang in there on my runs. You will often see me begging her to get up on Flat Creek Parkway! She loves to take a ‘rest’ in the grassy shade there!”

Gina graduated from the University of Pennsylvania with a Bachelor of Science in Nursing. Today, she is the Director of Operations for Home Health Agency serving Fayette County, providing Physical Therapy, Occupation Therapy, and Skilled Nursing services to predominately seniors in Fayette County. “What I really WANT to do is spend my life spreading coffee cheer.” In fact, she has a fitting nickname. “Many endearingly call me the Coffee Fairy. A lot of people may recognize me from serving coffee at Starbucks after your Saturday morning runs! Best job EVER!”

When asked why she runs, Gina replies simply, “Aw c’mom...we all know why. It’s a legal high.” Her favorite race was when she “ran a PR at Chicago—it was the most perfect day...never felt anything like that. It was sheer giddiness. However, I grew up at the 3 mile mark of the New York City Marathon and always turned out to cheer on the runners as a teenager. As a high school senior, I watched my teacher run by and turned to my friend and said, ‘One day, I’m going to do this.’ When my daughter was diagnosed with leukemia at two years old, I found a way to turn every parent’s worst nightmare into something productive. I ran for the Leukemia Society and then for Fred’s Team....that same friend from high school came and cheered me on for all 10+ NYC Marathons, and that teacher I watched run....he coached me to my PR of 3:22 at Chicago in 2005, 23 years later.”

Among her most memorable runs she says, “NYC Marathon....year after year after year. I first started running

with the Leukemia Society in honor of my daughter—she was 3-1/2 when she cheered me on at my first marathon; she was 17 and cancer free when she ran next to me for part of my last New York. That trumps any Boston experience or PR.”

Speaking of Boston, she has run it four or five times as well as Tybee Island a couple of times and Marine Corps once with a total of approximately 20 marathons to her credit.

Recounting a humorous running incident, Gina recalls, “The first dog I had, Chloe, ran with me all the time. One day she ran off the side of the little bridge that crosses the drainage ditches along the paths. ‘Silly dog,’ I thought. Later found out, she was blind as a bat. Best way to help her was get another dog...my dog needed a seeing-eye dog. God really does have a sense of humor!”

Gina recommends that “if your running is stale, read *Born to Run*—it really is inspiring. I recently sat on a plane boo-hooing though the last 20 pages! I’m ready to shed my shoes!”

She joined the running club because, “Last year, I just had a great time at the 15K...felt like I really just needed to support the club for all they do for everyone. Have intended to join a run....haven’t been to one yet!”

Gina plans to run the 15K again this year and is volunteering to help out, so I’m sure we will be seeing more of her generous nature in the times ahead. Welcome to the club, Gina!

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### Minutes continued from page 3.

*Next Meeting*—will be held on Monday, October 4, at the Dolce. Only Peachtree City Classic business will be covered during the October meeting.

### Adjournment

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

## October

President Bill Werling called the meeting to order at 7:30 p.m. at the Dolce Conference Center. A motion was made and seconded to approve the minutes of the September meeting. The motion was carried.

Most of the meeting was devoted to the Peachtree City Classic. However, Bill did quickly mention some other important club business. Congratulations went out to Jeanne DaPrano for her finish of a one-miler in 7 minutes, 1 second. Wow! Congratulations also went out to Dave Ketelsen for completing a half marathon recently in 1 hour, 26 minutes. Dave finished 3rd in his age group. Great job Dave!

Bill also informed the group that Dave will be moving to Chattanooga soon to assume another position with his church. Congrats to Dave! You will be missed by the club and the community.

Bill reported that the Christmas Party date has been locked in. The party will be held on Friday, December 17, at Glendalough Manor and will begin at 6:30 p.m. The cost is \$25 per person. The fee includes food and an open bar. The deadline for payment is December 4. There will be no “at the door” payments accepted. See Rita or Bill for any additional information.

*Minutes continued on page 16.*



### Team Hinkle – Part I: Eric



*The Hinkle Family—Angie holding Ella, Eric, and Madison*

*Eric and Angie Hinkle are both runners in their own right. And each has their own unique story. This edition will focus on Eric with Angie being profiled in the next edition.*

A common sight at many of the Elementary School Grand Prix races are the running and racing duo of Eric and Angie Hinkle. Many times Angie is either the first female age group winner, if not the first female overall. Eric can hold his own, however, and finished in the top 10 in his age group in the Elementary Grand Prix Series last year.

Eric Hinkle, 45, hails from Akron, Ohio but grew up in Peachtree City from age 11. "I attended Peachtree City Elementary, Booth Middle School, and was part of the first graduating class at McIntosh." He and Angie have lived in Tyrone for 3-1/2 years with their two daughters, Madison, 4, and Ella, 2, and a yellow Lab, Abbey.

Eric is an Auburn Tiger with a BS in accounting and is a Certified Public Accountant. "I manage my own CPA practice here in Fayette County. I provide accounting and tax services for both businesses and individuals, new business start up support, business exit strategies, and CFO for hire services."

Eric is quick to reply when asked about his most memorable running experience. "My first Peachtree Road Race would be at the top of my list. I started training for the race in early May, and my longest prerace run was 4 miles. I had my doubts about being able to run the distance and maintain a good pace, but the spectators were great and the entire race experience was a lot of fun. I finished the race without stopping and have now raced in the last 7 Peachtree Road Races."

"I would also have to include my first (and only for now) marathon. I had never desired to run a marathon and was very satisfied to have completed several half marathons. My wife and I decided to travel to Disney for the 2009 marathon weekend. She signed up to run the full mara-

thon, and I wanted to run the half. Unfortunately, when we tried to sign up, the half was already full. With the race being about 10 months away, I thought no problem. I will just plan to start training extra early and run the full. Now I know how hard the training can be on your body! I was doing pretty well though and had built up to 13 miles by mid-September with four cooler weather months of training to go.

Unfortunately, I hurt my back the third week of September. I had herniated and partially torn two disks in my lower back and had a third bulging. I could barely move for several weeks but was determined to push forward with the marathon if I could. Dr. John Thomas, the Running Doctor, worked on me daily for about 8 weeks before I could start to run again. My back responded pretty well to running again, but my legs were constantly in pain from having to accelerate my training. I then learned of the benefits and the pain of muscle stripping. I was only able to achieve a long run of 16 miles before the marathon weekend, the second week of January, so I was very anxious about finishing the race.

(In fact, Eric was so pleased with the results of his treatment by Dr. Thomas, he has become a sort of unofficial spokesman for the Running Doctor. If you have been to just about any race in the south metro area in the last two years, your race packet probably included a sample of bio-freeze attached to a card from the Running Doctor with Eric's testimonial.)

The race weather was great. The first few miles wrapped around and then through Epcot, which was fun, and then on toward Magic Kingdom. I entered Magic Kingdom around mile 11 and saw my girls cheering me on along with my mom and mother-in-law for some much needed inspiration. Running now toward Animal Kingdom I was still running a consistent 9-9:15 pace and feeling pretty good. Animal Kingdom occupied miles 15-18 and kept my mind off of the distance ahead. I made it just past Wide World of Sports at mile 21 when my legs really started cramping.

I ended up having to walk/jog the last 5.2 miles through Disney Hollywood Studios and then back through Epcot. I finished the race at 4:43:15 which was slower than I had hoped, but I had such an overwhelming sense of accomplishment and relief when I ran across the finish line."

Eric just finished the Disney Wine & Dine Half Marathon this past October. He has done 10-12 half marathons in all, including Silver Comet, Atlanta, Disney, and ING with a PR of 1:56 at Atlanta.

Eric's favorite races are the Peachtree City Classic (Naturally!) and the U.S. 10K Classic (Incredible—Most people avoid this race because of its punishing hills, or should I say, small mountains!—B.D.). "I really like the U.S. 10K Classic. It is a very tough course with all of the hills and the weather is normally pretty warm and humid, but the race is so well done. I enjoy the family festival the weekend of the race, the race supports a great cause in the World Children's Center, and I have managed to run the hills pretty well.

*Continued on page 16.*

# 30th Anniversary Peachtree City Classic

## Notes from the Race Director

### Classic

The 30th Annual Classic road race saw perfect weather and nearly 2,000 participants this year. Registration was a concern until the very last week when we saw over 350 people register. This year we actually had more women than men run (54% to 46%), and even in the 15K, for the first time ever, we saw more women than men (429 to 422).

Runners came from as far away as Great Britain, and 49 runners came from states other than Georgia. Registrations were actually down from last year's 2,152 (We had 1,991 this year.), but because so many registered in the last few days (at a higher fee), race registration income was virtually the same as last year.

Jeffrey Zickus from Atlanta won the 15K Men's race in a time of 52:02, closely followed by Mathew Hofkes from Fayetteville, and then Ryan Kennedy, also from Atlanta. The Men's 15K Master winner was our own Bob Dalton in a time of 58:46. The Women's 15K race was won by Deanna McCurdy from Peachtree City in a time of 1:01:52; followed by Jaxen Solseng of Atlanta, and then Angie Hinkle from Tyrone. The Women's 15K Master winner was also from our club; Paula May completed it in a time of 1:13.53.



*Neck & neck: Brad Hort (right) and Jason Veclotch (left)*

In the Men's 5K there was an exciting race to the wire with Brad Hort of Peachtree City overtaking Jason Veclotch of Tyrone with times of 16:27.2 and 16:28.0, respectively. Antonio Carter from Lithonia finished third in 17:09.92. The Men's Master winner in the 5K was Don Livingston from Peachtree City in a time of 17:23.6. The Women's 5K was won by Jenny Turner of Sandy Springs in a time of 18:35.55. Jenny changed at the last minute due to a recent injury from the 15K to the 5K with good results. Young Tatiyana Caffey, 14, and Kathryn Foreman, 13, both from Lithia Springs finished 2nd and 3rd with times of 20:23.75 and 20:30.77, respectively, and Connie Robertson was the Women's Master finisher in a time of 20:57.55.



*Race Director George Martin working hard*

Special congratulations go out to two local runners: first Bill Bracken who ran in the very first Classic 30 years ago. While he has missed a few races in the interim, he has started and finished most of the Classics; also congrats to local runner Rick Parham who finished his 20th Classic this year. Both of these guys are still going strong and looking forward to next year's race already!

The race saw a good number of corporate teams again this year (*See related article.*), and 340 runners actually participated on either a corporate, school, or youth team. Best of all, corporate sponsorships were up this year, ensuring a financially successful event and enabling the club to fund its traditional community youth running programs. Thanks to the 150+ volunteers and coordinators who worked so hard to make the Classic the class act it is.

### Expo

This year's Classic Expo was held at the beautiful Dolce Conference Center. Expo Coordinator Alice Todd ended up with 14 different vendors including Smith & Davis, AT&T, Heritage Volkswagen, Bicycles Unlimited, Starbucks Coffee, and Dependable Computers, just to name a few. The Expo on race day was very successful with the perfect weather, lots of food from Publix, and lots of Classic 30th birthday cake thanks to Bernice Wassell.

### Fayette Fitness Challenge

We had a record number of teams in the Fayette Fitness Challenge this year with 221 participants from the corporate community. Our "Presented By" sponsor, AT&T, fielded a team of 60 runners from all over the Metro area and lead the field with the largest number of runners. Also, in the Large Corporate category were Piedmont Fayette Hospital finishing 2nd and Chick-fil-A placing third in the corporate competition.



# 30th Anniversary Peachtree City Classic

Panasonic Automotive fielded a large team of 33 participants again this year, finishing first in the Large Local Company division. Gardner Denver finished first in the Medium Sized Corporate division with nearly 25% of its workforce coming out to the race, and WinPak Films, Inc., from Senoia finished a close 2nd in that category followed by perennial supporter FC&A of Peachtree City. In the Small Corporate division, Discovery Auto Parts from Fayetteville finished first followed by Parkside Dental (Dr. Steve Matlaga & staff) from Peachtree City and Center IMT from Fayetteville.



To the left:  
Panasonic  
Corporate Team

To the right:  
AT&T  
Corporate Team



To the left:  
Gardner Denver  
Corporate Team

In the school division, Peachtree City Elementary not only manned a water station but also turned out the largest number of race participants, winning their division. Huddleston Elementary finished 2nd and Oak Grove came in third in the Elementary School division. Booth Middle School placed first in the Secondary School division followed by the team from McIntosh High School. And in the Government division, Fort McPherson once again took top honors.



To the left:  
Fort McPherson's  
Army Team—Left to right:  
SFC Watkins, Coach Bob  
Dalton, MAJ Blystone, CPT  
McClaurin. Not pictured:  
COL Rowe, SGT Brady, Ms.  
Heugh, Ms. Bond

To the right:  
Lithonia Youth  
Team (Not part of  
the Challenge but a  
great photo to share  
nonetheless!)



## Kiwanis Kids Marathon

The Kiwanis Kids' Marathon, now in its 7th year, was a success with nearly 100 kids from 8 different schools having run at least 25 miles to qualify to run on race day. They run laps before school each day with teachers keeping track of their miles. All kids who finished received a great Kids' Marathon tee shirt and a very large medal to honor their accomplishment. Please be sure to make a fuss if you see any youngsters wearing a Kids' Marathon Finish tee shirt around town.

## A "Quiet" Tradition

One tradition that many involved with the Classic do not know about is the quiet "thank you" we always give the PTC Public Works employees along with the PTC Recreation Department workers. These folks go over and above to help us put on such a well run race, including setting up barricades, coordinating tables and equipment, cleaning up afterward, filling and paving pot holes, to even blowing off the 15 miles of cart paths the day before the race. These guys are great! On the Wednesday after the race, the PTC Running Club hosts lunch from Partners Pizza to the entire department. It's a small but well deserved reward to all of these folks who most everyone else seem to take for granted. My message to them is that the PTC Running Club appreciates the job they do all year long. If you get a chance, thank them yourself when you see them out working the paths that make our city what it is.

## A Word of Caution

By Tamara Gerken

I want to share something with you all that may save any one of you from having to go through what I am going through.

As some of you know, I had cryosurgery for Morton's Neuroma the last week in March. (Research shows the number one reason for MN is the types of shoes we wear, but that's not the aim of this message.) After having the surgery, I was led to believe that I would be back to my normal life within 2 weeks. This was not the case for me, and as every other treatment I have tried for MN has failed me, so did this surgery. It took nearly 2-1/2 months before I could even attempt to run again. The recovery was quite painful, and placing any amount of weight on the balls of my feet caused great pain. As such, I developed a wicked case of plantar fasciitis in both feet from walking around on my heels for so many weeks. No biggie. We runners know how to deal with PF, don't we? I began the usual treatments to rid my poor feet from this condition and all was going quite well with that.

On August 31, I had an appointment with my dermatologist who prescribed antibiotics for Rosacea, something I've been battling unsuccessfully for some time now.

From about 1 to 1-1/2 weeks later, my PF reverted and became so severe that I could barely walk without great pain. I could tell there was something quite different about this case of PF. All of the usual treatments for PF, save ice

Continued on page 16.









# 30th Anniversary Peachtree City Classic





## Racing News

### Macon Labor Day 10K—Too Much Fun!

By Bill Fuller



*PTCRC members celebrate success in Macon.*

**W**OW! What a great time we had. Twenty-four members of the Peachtree City Running Club drove to Macon for their track club annual 10K.

It was great to see the talent we have in our club, so much so that our two top teams, "Flat and Fast" and "Hell of a Good Time," had their own competition going. No bragging before the race, but at start time, a lot of nerves and excitement. The weather was picture perfect, and the mood was set for PR runs.

Out of the 24 club runners, we won twelve 1st place trophies, four 2nd place and one 3rd place. Yes, 17 trophies in all!!

Team "Hell of a Good Time" certainly did by taking 1st in the team competition with the average pace for the five team members, wait for it—39 minutes, 35 seconds. Fantastic! Team member Steve Bothe continued his success from the Peachtree (37 minutes, 10K) with an outstanding run of 36:57. What is remarkable about this is Steve, relatively new to running, had run the same race last year in 46 minutes and had a 10 minute improvement. Steve believes he can get faster, so look out for next year's results.

Deanna McCurdy has become a regular on Sunday morning long runs, up with the fast guys and in front of the pack. Before the event, there were a few nervous male members wondering if she was going to beat them. Deanna decided to even things out by competing and winning first female overall in the Callaway Gardens Triathlon the day before, then with her lovely smiling face, crossing the finish line in Macon in a time of 39:51.

To level the teams, Deanna's buddy, Beth Preston joined "Flat and Fast" and came in 1st in her age group

with a 41:18, and that was after a 20 mile run the day before. I am getting worn out just writing these times down.

How do you get lost on a 10K course, not once but three times? Only Pastor Dave can. Truth is he lost sight of the runner in front, team member Steve Bothe, and there were no course marshals. A friendly police officer redirected Dave. He finished in 38:29 and took the Masters title. Hot on his heels in a time of 38:32 was Greg Cox. I can just imagine the effort on Greg's part to catch Dave. It did win Greg 1st place in his age group. Dave is just going to have to start running with a GPS, but would he remember to bring it?

Gina Bolen had a fantastic run and took first place and the Female Masters title, although she admitted after the awards she was not too happy to be referred to as a Female Master. Gina, I think you look great for thirty something.

Kim Ruple is getting stronger than ever. She won 1st in her age group, so she went proudly off to her husband and family who were staying overnight in Macon.

Continuing to sweep up the trophies was Mark Greiner, winning his division in 39:17, and Glenn Silbert, winning the 40+ in a time of 42:42. Mitch Butler has improved so much this year with a 40:50. You're going to break the 40 minute barrier soon Mitch. If you want to improve your running, join the Sunday morning long run group; it's fun and a nice challenge. Mike Langford is also finding this out. New club member Steve Scoleri wanted to break 50:00 minutes and blew it away with a 47:32.

Macon 10K had 535 runners and is truly a well organized race, with time keeping and awards smooth and fast, great trophies, and a fun breakfast in the park. Shall we go again next year? I think so!

It would be wonderful if we can encourage our friends from Macon to come to the Peachtree City Classic and give them the opportunity to take away trophies.

The complete results can be found on the following page.





## Racing News

### Hell of a Good Time

<u>Time</u>	<u>Place</u>
Shawn McKinnon	39:35 1st AG
Dave Ketelsen	38:29 1st Master
Martha Boone	44:59 1st AG
Deanna McCurdy	39:51 2nd Women's Overall
Steve Bothe	36:57 1st AG
<b>Team Average</b>	<b>39:59 1st Place</b>

### Flat & Fast

<u>Time</u>	<u>Place</u>
Mark Greiner	39:17 1st AG
Greg Cox	38:32 1st AG
Mark Hamilton	41:51 4th AG
Gina Bolen	44:56 1st Female Master
Beth Presten	41:18 1st AG
<b>Team Average</b>	<b>41:12 2nd Place</b>

### Too Much Fun

<u>Time</u>	<u>Place</u>
Bill Fuller	45:38 2nd AG
Mitchell Butler	40:50 3rd AG
Wes Wilkins	43:06 9th AG
Kim Ruple	47:16 1st AG
Carolyn Bowen	48:06 2nd AG
<b>Team Average</b>	<b>44:59 3rd Place</b>

### Hot to Trot

<u>Time</u>	<u>Place</u>
Glenn Silbert	42:42 1st AG
Vern Schmidt	43:50 10th AG
Steve Scoleri	47:32 11th AG
Paula May	46:46 2nd AG
Jeannie Smith	46:51 11th AG
<b>Team Average</b>	<b>45:31 4th Place</b>

### Individuals

<u>Time</u>	<u>Place</u>
Lou Boone	57:37 1st AG
Gary Kolb	50:40
Mike Langford	48:58
Hal Wolfe	43:34 3rd AG



*Too Much Fun—Bill Fuller, Kim Ruple, Wes Wilkins, Carolyn Bowen, and Mitchell Butler*

### Army Ten Miler Team Wins

### 28th Annual Corporate Challenge 5K!!

*By Bob Dalton*



*Team photo from left to right: Bob Dalton, COL Brian Lein, MAJ Nikki Blystone, CSM Cynthia Barren, CW2 Lea Krall, LTC Mike Brantley, Mike Dunn; not pictured: LTC Bill Pray*

Some 15,000 runners and walkers gathered for the 28th Annual Corporate Challenge sponsored by Kaiser Permanente on Thursday evening, September 16. Called the “world’s largest office party,” the event draws hundreds of businesses from around the metro Atlanta area for a chance to network, get in some fitness, and share in lots of food and drink afterwards.

Starting and finishing at the Olympic rings at Turner Stadium, the 5K participants raced through downtown Atlanta on a challenging hilly course. The Fort McPherson Army Ten Miler Team had eight of its members participate in the race for the 12th consecutive year. Our arch rivals, Georgia Tech, showed up ready to continue the contest we have had with them back and forth over the last several years. In the end, we defeated them for the second year in a row. In fact, the Fort McPherson men’s team bested all of the other teams and took 1st overall beating second place Lockheed Martin by what must be the closest margin in the 28 year history of the race, 4 seconds!! Official team results are below and posted at [www.kpcorporaterunwalk.com/results.html](http://www.kpcorporaterunwalk.com/results.html). However, it was a bittersweet victory as this was the final year for participation in the event by Fort McPherson due to the closure of the post next year.

Next up is the Army Ten Miler in Washington, D.C. This will be the 15th and final year Third Army will compete as part of a larger team from Fort McPherson. Coach Bob Dalton said the team is looking to go out on a winning note in this race as well.

Individual results can be found on the following page.



## Racing News

### Individual

LTC William Pray	18:32
Mike Dunn	19:17
Bob Dalton	19:22
COL Brian Lein	19:49
LTC Mike Brantley	20:41
MAJ Nikki Blystone	23:16
CW2 Lea Krall	25:25
SGM Cynthia Barren	27:27

### Time

Congratulations to everyone for a job well done.  
You represented the Classic in a great way!

Men's Team results (top four cumulative times count):

### Team

Fort McPherson	77:04
Lockheed Martin	77:08
Hewitt Associates	80:19

### Time

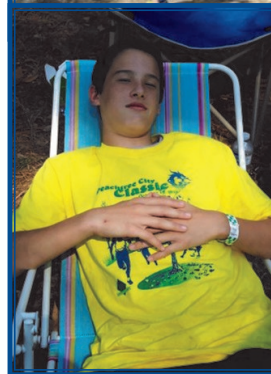
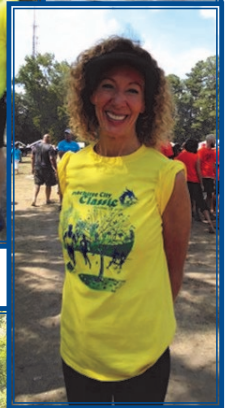
## Dragon Boat Races

*By Carolyn Gulick*



The Peachtree City Classic Dragon Boat Team had a great day at the International Festival. Thanks to everyone who came out to support us! The competition was tough this year with a couple of very young, fit Asian teams taking the lead in first and second place, but we held our own and ended up in the final six for the competition. Overall, we were 5th place out of 29 teams, another great showing for the Peachtree City Running Club.

Team members were: Scott Allen, Ashley Baldwin, Chris Chiong, Brooke Clem, Tim Covert, Cal Daley, Jeanne Daprano, Dave Gulick, Brian Hamilton, Carol Hamilton, Mark Hamilton, Patrick Kearns, Mike Langford, Kelly Mitchell, Dave Piet, Ross Salinski, Leslie Salinski, Adam Shoemaker, Jan Stewart, Bob Trombly, and Captain Carolyn Gulick.





# Grand Prix Events & Results

## September/Event 9 – Team Cross Country

<u>Team/Runner</u>	<u>Place</u>	<u>Team Points</u>	<u>Team Place</u>	<u>Race Points</u>	<u>Team/Runner</u>	<u>Place</u>	<u>Team Points</u>	<u>Team Place</u>	<u>Race Points</u>
<b>TEAM 1</b>		25	3	80	<b>TEAM 4</b>		15	1	100
Marino Fuentes	11				Chuck Garwood	7			
Vern Schmitz	1				Bill Anderson	2			
Tim Covert	13				Cal Daley	6			
<b>TEAM 2</b>		31	5	60	<b>TEAM 5</b>		27	4	70
Valerie Reynolds	9				Margie Dam	14			
Jules Desgain	10				Trish Vlastnik	8			
Dave Piet	12				Tom Round	5			
<b>TEAM 3</b>		22	2	90	<b>INDIVIDUAL</b>				60
Kim Garwood	15				Jane Hamilton	16			
Mike Lankford	3								
Bill Fuller	4								

*Results of the October, November, and December Grand Prix's will not be published so that the final Grand Prix winners will be a surprise at the Christmas Party on December 17th!*



## Overall Standings After 9 Events

### WOMEN 50 & UNDER

<u>Pl</u>	<u>Runner</u>	<u>Pts</u>
1	Jane Hamilton	455
2	Michelle Villars	395
3	Hannah Hancock	280
4	Leslie Hassell	275
5	Bonnie Hancock	215
5	Lisa Matthews	215
6	Kim Ruple	115
7	Ann Port	100
8	Beth Redman	95
9	Nancy Hamill	90
9	Kim Bramblett	90
9	Katie Eldwell	90
10	Kelley Mitchell	85
11	Brandi Osse	80
11	Teresa Moore	80
11	Nora Elwell	80
11	Carol Hamilton	80
12	Jennifer Lawrence	70
13	Valerie Reynolds	65
14	Leslie Salinski	60
14	Jill Lego	60
15	Anastasia Walker	45
15	Amy Arnold	45
16	Penny Carpenter	35
17	Brook Clem	20
18	Ashley Baldwin	10
19	Mary Catherine D.	5
19	Rachel Jones	5

### WOMEN 51 & OVER

<u>Pl</u>	<u>Runner</u>	<u>Pts</u>
1	Rene Flaherty	520
2	Martha Boone	500
3	Trish Vlastnik	440
4	Teri Besch	390
5	Ann Henderson	300
6	Margie Dam	255
7	Rose Kempton	215
8	Patsy Bickford	205
9	Kim Garwood	150
10	Jan Bankieris	140
11	Ann Shoemaker	115
12	Carolyn Gulick	110
12	Cathy Olson	110
13	Bernice Wassell	100
14	Pat Cote-Miles	95
15	Mary Ann Crofton	85
16	Sandy Tuman	80
16	Kathy Devine	80
16	Lavon McCord	80
17	Susan Mills	50
18	Alice Todd	5
18	Rita Weston	5

### MEN 51 & UNDER

<u>Pl</u>	<u>Runner</u>	<u>Pts</u>
1	Bill Anderson	655
2	Vern Schmitz	525
3	Adam Shoemaker	455
4	Tim Covert	315
5	Wes Wilkins	285
6	Chris Chiong	260
7	Steve Hancock	255
8	Bill Everage	250
9	Jake Hancock	245
9	Hal Wolf	245
10	Steve Bothe	145
10	Shane Carpenter	145
11	Kith Burkingstock	125
12	Ryan Hamill	90
12	Shawn McKinnon	90
13	Greg Cox	75
13	Todd Hamill	75
14	Mark Ward	65
15	Gary Meyer	60
15	Mitch Butler	60
16	Brady Hamill	55
17	Jordan	50
18	David Villars	40
19	Mike Cash	30
19	Tom Red	30
20	Bill Whitehouse	25
20	Dave Salisbury	25
21	Robby Hurd	15
22	Todd Davison	10
22	Rusty Burns	10
22	Deven Hamill	10
23	Tracey Moore	5
23	Ryan Kennedy	5
23	Scotty Redmond	5
23	Colin Kearns	5

### MEN 52 & OVER

<u>Pl</u>	<u>Runner</u>	<u>Pts</u>
1	Chuck Garwood	665
2	Normer Adams	570
3	Mike Lankford	525
4	Dave Piet	485
5	Bill Fuller	465
6	Marino Fuentes	370
7	Jules Desgain	310
8	Gary Kolb	300
9	Cal Daley	275
10	Jerry Shoemaker	270
11	Dan Flaherty	190
12	Bob Dalton	180
13	Tom Round	165
14	Bob Trombly	140
15	Ed Vise	135
16	Ben Gross	65
17	Bill Werling	60
17	Scott Allen	60
17	Dave Olson	60
18	Lou Boone	55
19	Patrick Kearns	50
20	Jim Crowley	40
21	Dick Allis	35
22	David Gulick	30
23	John Waterhouse	20
23	Tom Crofton	20
24	Von Woods	15
24	Bill Whitehouse	15
24	Joe Wassell	15
25	Ron Kempton	10
26	George Martin	5
26	Lynn Fairley	5
26	Dave Kennedy	5
26	James Diffenderfer	5



# 1,000 Mile Club

NAME	YEARS IN 1000 CLUB	MILES	MEETINGS	VOLUNTEER ACTIVITIES	JACKET	SIZE
20,000 MILE CLUB						
BILL WERLING	21	935	9	14	NO	
15,000 MILE CLUB						
MARTHA BOONE	18	879	5	1	NO	
BILL FULLER	17	860	4	0	NO	
SUSAN MILLS	17	891	6	3	NO	
TERI BESCH	16	931	7	11	NO	
CAL DALEY	16	880	4	4	NO	
VALERIE REYNOLDS	16	120	1	0	NO	
JOE WASSELL	16	915	3	2	NO	
MARGIE DAM	15	562		0	NO	
DAVE PIET	15	949	4	2	NO	
10,000 MILE CLUB						
BOB DALTON	14	1926	7	3	15000	?
FRED PORT	14	566	1	0	15000	LG
ANN SHOEMAKER	14	1056	4	6	15000	MED
JERRY SHOEMAKER	14	867	4	3	15000	MED
BILL ANDERSON	13	890	6	2	NO	
JULES DESGAIN	13	980	5	4	NO	
ROY ROBISON	13	960	6	3	NO	
BONNIE HANCOCK	11	580	5	8	NO	
STEVE HANCOCK	11	622	5	8	NO	
NORMER ADAMS	11	100	1	0	NO	
TRISH VLASTNIK	11	524	1	0	NO	
ANNE PORT	10	578	1	0	NO	
CARYLE ROBISON	10	880	4	0	NO	
5,000 MILE CLUB						
DICK ALLIS	9	1074	4	2	10000	XL
JAN BANKIERIS	8	311	1	0	NO	
MARINO FUENTES	8	800	5	2	NO	
MARK HAMILTON	8	911	4	2	NO	
CATHY OLSON	8	884	6	9	NO	
LOU BOONE	7	800	3	0	NO	
TODD DAVISON	7	1187	3	2	NO	
JOHN MROSEK	7	878	3	1	NO	
BOB SMITH	7	880	5	2	NO	
MICHAEL WARREN	7	944	3	5	NO	
BERNICE WASSELL	7	800	5	3	NO	
RITA WESTON	7	880	8	4	NO	
BILL EVERAGE	6	1046	3	2	NO	
PATRICK KEARNS	6	800	3	2	NO	
TOM ROUND	6	791	6	3	NO	
CONSTANCE SAMBRONE	6	904	8	19	NO	
MARK WARD	6	815	2	2	NO	
WES WILKINS	6	726	3	2	NO	
RENE FLAHERTY	5	837	4	1	NO	
JANE HAMILTON	5	975	3	3	NO	
ROSE KEMPTON	5	300	1	1	NO	
DAVE KETELSON	5	780	6	1	NO	
GEORGE MARTIN	5	325	2	1	NO	
LISA MATHEWS	5	866	5	3	NO	
SHANNON PHILLIPPS	5	500		0	NO	
JOHN WATERHOUSE	5	912	6	3	NO	
HAL WOLFE	5	837	3	1	NO	
1,000 MILE CLUB						
TERESA MOORE	4	900	4	4	5000	SM
ANASTASIA WALKER	4	850	4	4	5000	MED
PAT COTE-MILES	3	825	5	3	NO	
JAKE HANCOCK	3	820	4	8	NO	
KIM RUPLE	3	1100	7	6	NO	
ED VISE	3	763	5	3	NO	
RAY BESCH	2	917	5	3	NO	
RUSTY BURNS	2	1002	2	0	NO	
TIM COVERT	2	826	7	2	NO	
BRANDI OSSE	2	840	6	4	NO	
BETTY SMITH	2	664	5	2	NO	
VON WOODS	2	852	4	4	NO	
HOLLY ANDERSON	1	892	2	0	NO	
KITH BURKINSTOCK	1	813	7	4	NO	
CHRIS CHIONG	1	975	7	1	NO	
JAMARA GERKEN	1	4469	3	1	NO	
TRACEY MOORE	1	650	4	3	NO	
NATHAN REEVES	1	210	1	0	NO	
1000 MILE CLUB ENROLLEES						
STEVEN BOTHE	0	1698	4	1	1000	MED
MITCH BUTLER	0	1212	6	3	1000	LG
CHRIS CASH	0	95	3	0	1000	XL
MICHAEL CASH	0	465	3	0	1000	LG
CHRIS EDMONDSON	0	79	2	0	1000	MED
WENDY EDMONDSON	0	78	2	0	1000	MED
JOHN GRAFMILLER	0	25	1	0	1000	XL
TODD HAMILL	0	360	2	0	1000	LG
MELANIE HAMILT	0	832	2	2	1000	SM
JOHN JAMES	0	88	1	0	1000	XL
WILL JAMES	0	18	1	0	1000	MED
DAVID KENNEDY	0	892	8	1	1000	XL
RYAN KENNEDY	0	1078	8	2	1000	MED
MIKE LANKFORD	0	1057	7	13	1000	LG
JENNIFER LAWRENCE	0	849	3	3	1000	MED
DOUG LEGO	0	1204	2	0	1000	LG
JILL LEGO	0	716	2	0	1000	MED
LAUSIE MCCARTHY	0	125	1	0	1000	SM
KELLEY MITCHELL	0	686	3	1	1000	MED
KIM PROFFITT	0	65	1	0	1000	SM
SCOTT PROFFITT	0	65	1	0	1000	XL
ADAM SHOEMAKER	0	450	2	1	1000	LG
MICHELLE VILLARS	0	534	2	0	1000	SM
GARY VOIGT	0	650	1	0	1000	?

## 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.

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

## 2010 PTCRC Jackets

### 1,000/5,000/10,000/15,000/20,000

### Mile Club Status

The list below contains the proposed jacket recipients for 2010. If you are **not** on the list and should be, please call Roy ASAP at 770-631-4715; likewise, if you are on the list and **will not get your 1,000 miles**, please notify Roy ASAP.

NAME	YEARS IN 1000 CLUB	MILES	MEETINGS	VOLUNTEER ACTIVITIES	JACKET	SIZE
10,000 MILE CLUB						
BOB DALTON	14	1926	7	3	15000	?
FRED PORT	14	566	1	0	15000	LG
ANN SHOEMAKER	14	1056	4	6	15000	MED
JERRY SHOEMAKER	14	867	4	3	15000	MED
5,000 MILE CLUB						
DICK ALLIS	9	1074	4	2	10000	XL
1,000 MILE CLUB						
TERESA MOORE	4	900	4	4	5000	SM
ANASTASIA WALKER	4	850	4	4	5000	MED
1000 MILE CLUB ENROLLEES						
STEVEN BOTHE	0	1698	4	1	1000	MED
MITCH BUTLER	0	1212	6	3	1000	LG
MELANIE HAMILT	0	832	2	2	1000	SM
DAVID KENNEDY	0	892	8	1	1000	XL
RYAN KENNEDY	0	1078	8	2	1000	MED
MIKE LANKFORD	0	1057	7	13	1000	LG
JENNIFER LAWRENCE	0	849	3	3	1000	MED
DOUG LEGO	0	1204	2	0	1000	LG
JILL LEGO	0	716	2	0	1000	MED
KELLEY MITCHELL	0	686	3	1	1000	MED





## Club News & Announcements



### *Annual Christmas Awards Banquet Friday, December 17, at 6:30 p.m.*

Join us for our annual gala, the Christmas Awards Banquet at the elegant Glendalough Manor in Tyrone (200 Glendalough Court). This is the social highlight of the season for the running club. A sumptuous dinner is followed by an awards ceremony for Rookie of the Year (male and female), Most Improved Runner (male and female), and Volunteer of the Year, among other superlatives and grand prix awards. We cap the night off with dancing to the sounds of a DJ playing all your favorites!

The cost per person is \$25 and needs to be paid by Saturday, December 4 (no collection at the door). Please give your check to any board member, or mail it to Rita Weston, 402 The Blvd., Newnan, GA 30263.

### *Nominations For 2011 Board Positions & 2010 Superlatives*

Formal elections will be on the agenda for the November 1 meeting. The nominations committee may present a slate of nominees for all positions. We are currently looking to fill these vacant positions: President, Admin V.P., and Treasurer. Tim Covert has volunteered to step up as Treasurer. All nominations from the floor will be accepted as well. If no nominations are received from the floor, the club will vote to accept the slate presented by the committee. Voting will be done by show of hands by the members present.

At this time, you will also have the opportunity to vote for the superlatives for the past year. Honors include Most Improved Runner of the Year (male and female), Rookie of the Year (male and female), and Volunteer of the Year. Paper ballots will be provided at the meeting. You may vote only once, either in person at the meeting or by email to Bill Werling at [werling@bellsouth.net](mailto:werling@bellsouth.net).



### *Look who made the Running Journal! Peachtree City Running Club member Jeanne Daprano, that's who!*

Fast times were recorded for 60-and-older runners at the Southeastern Masters Track & Field Championship this summer in Raleigh, North Carolina. Jeanne Daprano, 73, of Fayetteville, Georgia, ran the women's mile in an amazing 7:01.29, which translates to an age-graded 4:10.88. John Hosner, 85, of Blacksburg, Virginia, ran the mile in 8:22.59, which is an age-graded time of 4:26.83. Maurice McDonald, 69, of Chapel Hill, North Carolina, ran the men's mile in 6:14.57, an age graded time of 4:36.26. Jay Smith, 61, of Chapel Hill, finished in 5:54.17, an age-graded 4:42.35.



—Source, *Running Journal* -  
October, Issue #15

### *Soles 4 Souls & Rotary Elementary Grand Prix*



Soles 4 Souls has partnered with the Rotary Elementary School Grand Prix Series this year to collect shoes for those in need both domestically and abroad. There will be collection boxes at each of the events to gather your shoes, new and old. Please be sure to tell all of your friends and family members to donate as well.

Due to the charity's aggressive donation policy toward helping victims in the Gulf Coast, survivors of the Haiti earthquake, and Pakistan floods, and answering countless requests from Americans in need (combined with a sluggish economic climate), it finds it is running low on much-needed footwear donations.

You can make a monetary donation by visiting their site at [www.soles4souls.org/donate](http://www.soles4souls.org/donate). This campaign is known as **One Dollar = One Pair**, meaning each dollar you donate purchases one pair of shoes for someone in need.

This is something so simple, something we can all do. Won't you please consider it?



## Club News & Announcements

### Hinkle

*Continued from page 5.*

I also love the Peachtree City Classic. The distance is challenging, the weather finally becoming good running weather, and running races on the paths is fun. It is also great to see so many people that we know running or volunteering at the race."

Eric loves running for the same reasons many of us do. "I love being active and want to stay in shape. I have also met a lot of great people through running and participating in the local elementary school 5Ks. The reason that I began running and the biggest reason that I enjoy it is to spend more time with my wife. She is a fantastic runner and has a true passion for it." Eric also enjoys tennis, golf ("How I hurt my back!"), scuba diving, bike riding, traveling, and spending time with his family.

He joined the running club because "I know several people in the club and would also like to meet more local runners. I also have been impressed with the community and local fitness support that the running club is involved with and felt that would be a great way for me to become more involved in my community."

Welcome aboard Eric!

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### Minutes continued from page 4.

Bill also welcomed new club members, Sandy, Tom, and Sue.

#### Lists Passed Around

*1,000 Mile Club Book*

#### Reports from Officers

**Nominations**—Bill mentioned that at the next meeting, the club will vote for: Most Improved Runner, Volunteer of the Year, Rookie of the Year (male and female), Runners of the Year (male and female), president, vice president, treasurer, and any other office nominations. There will be a nominating committee. An email will be sent regarding nominations.

**Club Grand Prix**—Since the Jingle Bell Trail Run will be held on the same date as the club's Grand Prix, Mark Hamilton will notify the club of a new Grand Prix date.

#### Reports from Coordinators

**Peachtree City Classic**—George Martin gave an in depth report on the Peachtree City Classic. The good news is sponsorships are \$4,000 more than 2009. Thanks to a \$10,000 contribution from AT&T, total sponsorships to date is \$20,000.

However, there is bad news. Registrations for the Classic are dramatically down from last year. To date, there are 1,300 registrations as opposed to 1,800 in 2009. There is still time to up these numbers. Club members are encouraged to take posters and flyers out to as many people and places as possible between tonight and the Classic registration deadline. Let's get out and spread the word and get more people registered. There are 16 other races scheduled for the same date as the Classic this year. Therefore our efforts must be greater. There has been a second wave of applications mailed out. There has also been a second wave of ads placed in local newspapers from the Citizen to Fayette County to Griffin to Newnan.

George is also trying to cut expenses to balance out the lower numbers. This year, the volunteers' and the regular runners' shirts will be the same. There will not be a specific "volunteer" shirt. There is a need for at least 150-225 volunteers. If you have neighbors, friends, etc., that will be available to help, please contact Rose Kempton. Rose's email address is

ro456838ro@bellsouth.net. George advised everyone to be careful on the race courses. On Friday, participants will be able to pick up their tee shirt with their race packet. On Saturday, there will be a sign posted notifying participants that tee shirts will be available for pick up after the race. Volunteers may pick up their tee shirts from their volunteer coordinator.

Packet stuffing will take place on Wednesday, October 13, at 6:30 p.m. at the Dolce. The more volunteers to come for the stuffing the quicker the process will be completed.

Bernice needs people to pick up tables from the amphitheater on Saturday morning. Please contact her if you can assist with this process.

There will be people from the recreation department to help with the clean-up and pick up after the race.

There will also be a need for someone to take the club's items back to the shed after the race.

Public Works will pick up any street barrels, etc., after the race. Streets are scheduled to reopen at 11:30 a.m.

Everyone was encouraged to meet with their volunteer coordinator after the meeting for specific instructions.

The Classic Volunteer Party will be held on Saturday evening at 5:30 p.m. at the Log Cabin on Log House Road. The party will be catered.

#### Announcements

**Dragon Boat Races**—Our club placed 5th in the Dragon Boat Races. Congrats to all who participated.

**Membership**—Bob Dalton mentioned that the club membership renewal period began on October 1. Please contact Bob Dalton for membership renewal.

The next meeting is scheduled for Monday, November 1, at the Dolce.

#### Adjournment

With no further business, the meeting adjourned at 8:01 p.m.

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### Caution

*Continued from page 7.*

(and NSAIDs), were actually causing me great pain, especially the night splints, taping, and stretching, so much so that my feet felt like I had a severe sunburn on the inside of my skin, and the fascia felt like it was being torn from the bone. Now I had developed what felt like tearing at the lowest part of the Achilles as well. I had never experienced Achilles pain before. This was unfamiliar to me and quite unusual for someone to develop Achilles tendonitis...while not even running, let alone walking.

Oddly, two weeks ago, I began having pain in both of my arms from the wrists (palms up) to the middle of my arms, similar to carpal tunnel syndrome. I really thought I was in trouble then, but why?

Then, in a conversation with a friend, I hit upon a clue as to what might be happening to me, why I was deteriorating instead of getting better, why constant rest was not helping, why conventional treatments were not only failing me but making the condition worse, and why I all of a sudden developed tendon pain in my arms.

She said she had a cyst, and at that time, coincidentally, she had been taking antibiotics. She found that only after ending the course of antibiotics that her pain from the cyst went away. I wondered if this could be the culprit to my problems too. After a sleepless night, I jumped to the computer around 4 a.m. to do some research, and I was shocked at what I had discovered:



## Club News & Announcements

These compounds (fluoroquinolone or quinolone) are known to cause serious problems in tendons (especially the Achilles tendon) and therefore could easily be a cause of plantar fasciitis. Plantar fasciitis and Achilles tendonitis are often caused by tight calf muscles and activities that increase tension in the calf muscles. The plantar fascia itself at the heel could be considered a tendon. Fasciae envelope and invest muscle and are given the new name "tendon" as they come together at the ends of muscle and connect to bone. Patients are 4 times more likely to get tendon rupture when taking a quinolone antibiotic. They are 28 times more likely for it to happen if they are > 60 years old and taking specifically ofloxacin. Anyone taking a quinolone and beginning an aggressive stretching program for plantar fasciitis should be very concerned about getting Achilles tendonitis or rupture if not making their plantar fasciitis much worse. Stretching the calf muscles is very unusual behavior for the general population. *(We runners are not part of the "general" population.)* Maybe only 1 in 20 people do it at the level that is generally recommended for plantar fasciitis. Night splints make the situation even worse. All this applies even more to those who are active in a job or sport that uses the calf muscles (especially men > 30) in sudden bursts of running, jumping, or doing squats. Ciprofloxacin and norfloxacin are similar compounds which are also implicated. If these pills weaken the plantar fascia tissue, they may not only cause the condition or make it worse, but they may also decrease the pain by letting the tissue tear and thereby release tension as in plantar fascia release surgery. ([www.heelspurs.com](http://www.heelspurs.com)) Multiple sites make the same claim.

Further reading indicates this is a condition that takes months and months to recover from. Some articles also make mention that people who run should avoid doing so while they are on antibiotics. This is the aim of my message.

I immediately stopped taking the antibiotics, of course. I had an MRI on Monday to see if there has been any tearing, and I will know the results in a week. I immediately began taking probiotics and an anti-inflammatory. The jury is still out at this time as to whether or not I am on the mend. If it takes 10 days to 2 weeks for antibiotics to get in the system, it probably takes at least the same amount of time for them to leave.

I just wanted to make you all aware that this problem does exist for some people. Of course, always consult with your doctor about your concerns whenever taking any medication to help determine what is right for you.

Oh, and the cryosurgery for MN? It was an utter failure as I mentioned, but somehow, I remain hopeful there will be a cure for me.

## Rotary Elementary Grand Prix Race Series 2010-2011 Race Schedule

### About the Series:

It is difficult to pick up a newspaper today without reading another story about the long-term implications of the growing childhood obesity problems. Peachtree City and Fayette County are not immune from this problem. Recognizing this issue, two active local organizations decided to take a positive step toward at least helping to resolve the problem in our area.

The Rotary Elementary School Grand Prix Series of races began in the spring of 2005 with 5 races scheduled in a preliminary shake down series. The first full Grand Prix Series season was the 2005-2006 school year. The Peachtree City Rotary Club is the primary financial sponsor and hence the name. The Peachtree City Running Club is the primary technical sponsor and will assist in the conduct of all races including the finish line, the timing/scoring, and the maintenance of the year-long winners' data base.

Last year (2009-2010), about \$100,000 was raised by the schools, and the series of races has become one more campaign in the fight against childhood obesity.

11/06/10	Springhill Elementary 5K
11/13/10	Braelinn Elementary 5K
12/04/10	Peachtree City Elementary 5K
01/08/11	St. Paul Lutheran School 5K
02/12/11	Kedron Elementary School 5K
03/05/11	Oak Grove/Burch Elementary 5K (at Oak Grove)
03/26/11	Crabapple Elementary 5K
04/16/11	Huddleston Elementary 5K
04/23/11	Inman Elementary 5K
05/14/11	Brooks Elementary 5K/10K

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

## Upcoming Club Events

**Monday, November 1**—Club Meeting at the Dolce at 7:30 p.m.

**Saturday, November 13**—Club Grand Prix/Bridge Run at the PTC Library at 8:00 a.m.

**Saturday, December 4**—Club Grand Prix/Handicap Run at the PTC Library at 12:00 p.m.

**Friday, December 17**—Annual Christmas Awards Banquet at the Glendalough Manor at 6:30 p.m.

**Saturday, January 1**—Club Grand Prix/Guess the Distance Run at the Boone's house at 9:00 a.m.

**Monday, January 3**—Club Meeting at the Dolce at 7:30 p.m.

# Upcoming Georgia Races & Events

## 7th Annual Springhill Elementary Turkey Trot 5K & 1M Fun Run/Rotary Grand Prix Race—11/06/10

Please join us for this Rotary Grand Prix Series race, which takes place on Saturday, November 6, at Springhill Elementary, 100 Bradford Square, in Fayetteville. The 1 Mile Fun Run will start at 8:00 a.m. with the 5K race beginning at 8:30 a.m. There will be tee shirts, awards, door prizes, and refreshments. Strollers are welcome! For more info and to download a registration form, please visit [www.springhillsuns.org](http://www.springhillsuns.org) or call 770-460-3432.

## 10th Annual New Hope Harvest Classic 5K & Kids' Run—11/06/10

This race takes place in Fayetteville at the New Hope Baptist Church on Saturday, November 6, at 8:00 a.m. The race will start and finish in the main church parking lot. The course is along a scenic tree-lined route and is part of one of the top 50 runs listed in the Atlanta Running Guide and is also a certified USATF course (GA01024WC). There will be awards and raffle prizes. For more info and to register, please visit [www.active.com/running/fayetteville-ga/10th-annual-harvest-classic-5k-runwalk-2010](http://www.active.com/running/fayetteville-ga/10th-annual-harvest-classic-5k-runwalk-2010) or call 770-460-4851.

## 3rd Autumn Chase 15K, 5K Trail Run & 1M Fun Run—11/06/10

This year, the Autumn Chase takes place on Saturday, November 6, at 8:30 a.m. for the 15K/5K and 9:30 a.m. for the 1 Mile Fun Run. The race begins at the Newnan Utilities' Carl Miller Park. Entry Fee: \$20 before October 22 or \$25 after October 22; kids 12 & under only \$8; or \$15 before October 22 (no shirt) or \$20 after October 22 (no shirt). Entries by mail must be received by October 29. Race day registration is available without tee shirt guarantee. Please make checks payable to the PNH Wellness Center and mail to: PNH Wellness Center, 26 West Court Square, Newnan, GA 30263. \*Checks must be received by November 1. You can pick up your packet race day beginning at 7:30 a.m. or on Friday, November 5, beginning at 8:30 a.m. at the Wellness Center. There will be awards. For more info and to register, please visit [www.piedmontnewnan.org](http://www.piedmontnewnan.org) or call 770-254-3550.

## ATC Run Around the Rock 15M/10M/5M/1M—11/06/10

Join us for Run Around the Rock 15M/10M/5M/1M at Stone Mountain, and tune up for the Atlanta Half Marathon! This is a low-key, no tee shirt event featuring a course that runs clockwise around the base of the mountain on the blacktop park road. One lap is equal to five miles. The majority of the course is slightly rolling. The event is free to ATC members and \$10 to non-members. Due to park regulations and consideration of our volunteers, race participants must complete the event within 2:45, by 10:45 a.m. Slower participants are strongly urged to register for either the 5 Mile or 10 Mile race. Race day registration is available until 7:30 a.m. Those registering after 7:30 a.m. will not be included in results or the grand prix standings. The 5, 10, and 15 Mile events will start at 8:00 a.m., and the start of the 1 Mile Fun Run will immediately follow. Please be aware that the road is not closed during the race, so pedestrians may be on the course coming from the opposite direction. There are also traffic-control posts at regular intervals on parts of the course on the right-hand side. Please register at [www.surveymonkey.com/s/atlantatrackclub2010RunAroundRock](http://www.surveymonkey.com/s/atlantatrackclub2010RunAroundRock) by noon on Friday, November 5.

## Braelinn Elementary Run for the Stars 5K/Rotary Grand Prix Race—11/13/10

Come join us on Saturday, November 13, for a 1 Mile Fun Run starting at 8:30 a.m., the 5K at 9:00 a.m., and the Tot Trot at 10:00 a.m. Registration forms can be found on the Braelinn website. You can pre-register by downloading the application and sending it in. The Packet Pickup is the Friday afternoon before the race from 2:30 p.m. to 6:00 p.m. in the school's cafeteria. Registering late does not guarantee you a tee shirt. There will be really nice Polar water bottles and previous shirts available too, and there will be a "No Frills Option" for those runners who just like to run and don't need one more shirt for just \$10 dollars. The money raised will help pay for the repairs to the track that Middle Georgia Seal Coating generously agreed to do. The Bazaar is open at 9:00 a.m. for runners/families and from 10 a.m. to 2 p.m. for the public. Come see Santa, join the cake walk, and shop! For more info, please visit [www.braelinnelementary.org/index.php](http://www.braelinnelementary.org/index.php).

## 9th Annual Peachtree City 50K & 4th Annual 25K—11/14/10

The annual 50K/25K run will be held on Sunday, November 14. The race begins at Luther Glass Park on Peachtree Parkway across from Kaufmann Tire at 7:30 a.m. There are six 5.18 mile loops for the 50K and three loops for the 25K, primarily on shaded and rolling asphalt golf cart paths with two aid stations per loop as well as two unattended water fountains. Splits are called after each loop. Both courses are certified, and food and drinks will be provided to all runners, support crews, and volunteers. Porta potties will be available at the start/finish area. Scott Ludwig, President of the Darkside Running Club, could use some volunteers—lap counters and aid station helpers. He has two shifts available: 7:15 to 11:30 and 11:30 to 3:30. If you would like to volunteer, please contact him at [magicludwig1@comcast.net](mailto:magicludwig1@comcast.net). For more info and to download a race form, please visit [www.darksiderunningclub.com](http://www.darksiderunningclub.com).

## Thanksgiving Day-Atlanta Half Marathon—11/25/10

There will be a new course this year, which starts and finishes outside of Turner Field and takes participants through areas of Atlanta including Downtown, Atlantic Station, Midtown, and Cabbagetown. The new 13.1 mile course provides a taste of Atlanta as participants pass by well-known Atlanta landmarks such as Centennial Olympic Park, Piedmont Park, Oakland Cemetery, Ebenezer Baptist Church, the Georgia State Capitol, and under the Olympic Rings. **The club is determining if a bus will be chartered this year.** To register and for more info, please visit [www.atlantahalfmarathon.org/articles/view/new-article](http://www.atlantahalfmarathon.org/articles/view/new-article).

## Peachtree City Elementary School Jingle Bell Trail 5K & 1M Fun Run/Rotary Grand Prix Race—12/04/10

Join us for our annual 5K and 1 Mile Fun Run, which always takes place the first Saturday in December! The registration fee is \$20 before November 12 and \$25 after November 12. Register by November 12 to guarantee your shirt and size. We have a great time with jingle bells on our shoes, holiday music filling the air, and Santa stopping by for a visit. As always, we offer a quality full-color long sleeve 100% cotton tee shirt. Candy, fruit, and water is also provided. This is a USATF Certified Course (GA98013WC) and is part of the Rotary Grand Prix Series. You can pick up your packet at the Peachtree City Elementary School on Friday, December 3, from 9:00 a.m. until 6:00 p.m. The race begins on Saturday, December 4, with a warm up at 8:30 a.m., the 5K at 9:00 a.m., and the 1 Mile Fun Run at 9:10 a.m. For more info and to register, please visit [www.pces.org/storage/JBT%20Application10web.pdf](http://www.pces.org/storage/JBT%20Application10web.pdf).

## 2nd Annual Bedford Dasher 5K Run/Walk & Elf Run—12/11/10

On Dasher, On Dancer, On Prancer...to the 2nd Annual Bedford Dasher! This race takes place on Saturday, December 11, at the Bedford School in Fairburn. Packet pickup/race day registration begins at 7:30 a.m. The 5K Run/Walk starts at 9:00 a.m. with the Elf Run beginning at 8:45 a.m. on the school grounds at 5665 Milam Road, Fairburn. There will be Christmas themed tee shirts and awards for 5K participants and ribbons, tee shirts, and digital pictures with Santa for the little Elves. For more info and to download a registration form, please visit [www.thebedfordschool.org](http://www.thebedfordschool.org).

**For more Georgia events, please visit [www.atlantatrackclub.com](http://www.atlantatrackclub.com), [www.rungeorgia.com](http://www.rungeorgia.com), and [www.active.com](http://www.active.com).**



# Peachtree City Running Club

## 2011 Membership Application & Liability Release

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Gender: Male: \_\_\_\_\_ Female: \_\_\_\_\_ Date of Birth: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_ Work Phone: (\_\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_

Email Address: \_\_\_\_\_ New Member: \_\_\_\_\_ Member Renewal: \_\_\_\_\_

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

Annual Dues:

Family Membership: \$25.00

Students and Running Coaches: \$20.00

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### Liability Release

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

Signed: \_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

(Parent's signature required if under 18)

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

Name	Gender	Date of Birth	Signature

# In The Sponsor SPOTLIGHT This Month



The Rotary Fayette County Phonebook has been a Classic sponsor for three years, but the Rotary Club of Peachtree City has been a partner of the Peachtree City Running Club since 2005 when the first series of elementary school races were formed and named the Rotary Elementary School Grand Prix Series of Races.

The Rotary Phonebook is the primary economic engine of the Rotary Club's fund raising activities and is the ONLY phonebook (there are 7 in Fayette County) that returns ALL profits back in the form of community projects and programs each year. The Rotary Phonebook is the most popular phonebook in our area, and coincidentally, last years sports a photo of kids running in one of those local races on the front cover of the 2010 edition. If you place only one ad for your business in a telephone directory it should be in the Rotary Fayette County Phonebook.



*The  
Richard Horning  
Foundation*



*Friends of  
Joe Maloy*



*Kiwanis Club  
of Peachtree City*



*at&t*



Infiniti of South Atlanta  
[www.atlantainfiniti.com](http://www.atlantainfiniti.com)  
Volkswagen of South Atlanta  
[www.vw-place.com](http://www.vw-place.com)



[www.pterc.com](http://www.pterc.com)

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