

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

NOV/DEC 2011

## 31st PEACHTREE CITY CLASSIC ONE FOR THE BOOKS

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For the first time in several years the PTC Classic showed an increase in participants over the previous year with a total of 2,224 runners and walkers registered, and the near perfect weather also created one of the lowest "no-show" rates in our history. The financial success of the race (although not finalized yet) will allow our running club to continue to fund the many youth running programs, clubs, and scholarships that have made our running club one of the leaders nationwide in long-term running development.

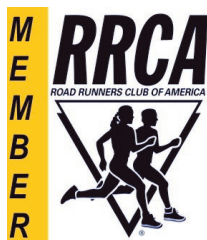
The Peachtree City Classic is one of the oldest races in the southeastern U.S., but the bottom line is this race was just plain fun. Runners constantly raved about the courses and the friendly volunteers. With an extremely popular shirt again this year and the addition of such amenities as the Peachtree

Jazz Edition on stage, comments from participants were near unanimously positive, despite the fact that a small data file glitch meant the postponement of the race awards ceremonies.

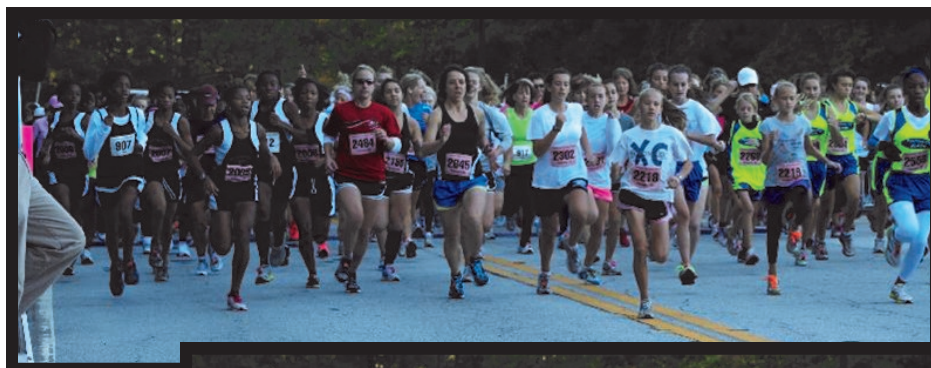
Of course, as with all races, this event would not have been possible without the hard work of literally hundreds of volunteers. Club volunteers who worked on race day were treated to a live comedy show immediately following the volunteer party with a hilarious edition of "Whose Live Anyway?" in the Frederick Brown Jr. Amphitheater Saturday night.

Work has already begun on the planning of the 32nd Peachtree City Classic, which will be held on Saturday, October 20, 2012. Mark your calendars now. ~George Martin

*For more on the Classic, see pages 8 through 11.*



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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 16**



# Club Meeting Highlights

## September

President Shane Carpenter called the meeting to order at Partners II Pizza. New members were acknowledged and welcomed by Shane and the club. A motion was made and seconded to approve the minutes of the August meeting.

Since this was an abbreviated meeting, there was no speaker. There was plenty of good pizza, pasta, and salads enjoyed by all.

### Lists Passed Around

#### *1,000 Mile Book*

*Alzheimer's Walk*—Cathy Olson encouraged all who have not contributed to walk in the October 1 Alzheimer's Memory Walk to see her. She will be raffling off \$10 gift cards from Smith & Davis to all eligible contributors at the October 3 meeting.

### Reports from Coordinators

*Classic*—George Martin, Classic Coordinator, reported that registration is going well for the Classic. There are 1,100 participants registered to date. He has ordered 2,500 shirts for the finishers. Let's all get out there and promote the event. He has plenty of registration forms and posters to be distributed. Please let him know if you have names of possible sponsors for the event. George really appreciates all the assistance he has already received from coordinators. All members are encouraged to volunteer to help make this event a success. Two hundred volunteers are needed.

### Reports from Officers

*Treasury*—Tim Covert, Treasurer, reported that the bills are all paid, and there is money in the bank. Great report!

*Grand Prix*—Shane reported that Saturday's, September 3, grand prix went well. Since Activities Vice President Mark Hamilton was not at the meeting, Shane announced that the results will be given at the October meeting.

*Newsletter*—Shane thanked Tamara Gerken for the fantastic work she continues to do with the Legacy Newsletter. Tamara also thanked the contributors to the Legacy. It is their newsworthy stories and articles that make the newsletter a great "read." She encouraged anyone with newsworthy information to get it to her, and she will be happy to include it in future publications.

### Announcements

*Macon 10K*—Congratulations to the teams who participated in the Macon 10K. The participating teams from our club placed 1st, 2nd, and 4th. Go teams!!!

*Rotary Club's Elementary School Grand Prix*—The series begin this Saturday, September 10, at Cleveland Elementary School.

*Tyrone Elementary School*—September 17

*Wellspring 5K*—September 17

*Fayetteville Intermediate School*—September 24

*Promise Place 5K*—Friday Night, September 30 (begins at City Hall)

*Darkside 25K/50K*—Zola Budd will be here to run the 25K in November.

*Bike Tour*—Dick Allis is seeking bikers to assist with Senoia's Historical Bike Tour this Saturday, September 10, 9:30 a.m. and 1:00 p.m. Please contact Dick if you'd like to "ride" in this event. The tour begins at the park in Senoia. There is a \$15 donation for the tour.

*After Classic Volunteer Party*—Leah Liming announced that the Classic volunteers will receive complimentary tickets to the comedy show to be held at the "Fred" on the night of the Classic. Discount tickets will be available for guests of the volunteers. The party will be held from 5:30-7:30 p.m. at The Fred. Moe's will cater the party. The club will provide the drinks. If there are any changes in the location of the party, Leah will inform the club members.

*Next Meeting*—will be held, Monday, October 3, at 7:30 p.m. at the Dolce Conference Center.

### Adjourn

With no further business, the meeting was adjourned.

## October

President Shane Carpenter called the meeting to order at the Dolce Conference Center. New members and guests were acknowledged and welcomed. A motion was made and seconded to approve the minutes of the September meeting. The motion was carried.

Shane informed the club that there will be a nominating committee formed to fill the positions of Secretary and Activities Vice President for 2012-2013. He has appointed Steve Bothe and Mark Hamilton to serve on the committee. Three other volunteers are needed for the committee. Anyone interested in volunteering to serve on the nominating committee should see Shane after the meeting. Anyone interested in volunteering to serve in either of the positions should also contact Shane.

### Lists Passed Around

#### *1,000 Mile Book*

#### *Classic Volunteers*

*Minutes continued on page 3.*



I hope this finds everyone doing well and enjoying the cooler fall weather. This is by far my favorite time of the year, as I enjoy running in the cooler temperatures. Also there are a lot of great races to enjoy this time of the year. One race to point out is our own Peachtree City Classic! This year was another successful race for our club, and everything was perfect, including the weather, participants, and volunteers. I want to give a huge thank you to all the volunteers who helped. We would not be able to do the race without you! I would also like to thank George Martin for being our race director and doing a fantastic job once again!

We are now looking forward to the next couple months, which will indeed be busy for us. I would like to see as many members as possible at our next meeting on November 7 so that you can vote on some very important decisions for the club. For one, we need to replace two great outgoing board members, Connie Sambrone and Mark Hamilton, and we will need to vote on the 2011 superlatives as well. We also have our wonderful Christmas party to look forward to. I hope everyone enjoys their fall months, and I look forward to seeing you on the trails!



*Minutes continued from page 2.*

### Reports from Coordinators

**Classic**—Most of the meeting was devoted to the upcoming Peachtree City Classic. George Martin gave an in depth report on the Classic. To date, sponsorships total \$19,750. Still waiting for donations from Rotary Phonebook and Heritage Volkswagen. As of the meeting, 1,658 participants are registered, 444 more than last year's registrations. He is expecting at least 2,200-2,300 participants as a final number. PR efforts are still in full force. This year's T-shirts will be given out to finishers only as they complete the race. There will be entertainment after the race and during the awards ceremony. The Expo and packet pick up will be at the Amphitheater Friday and Saturday.

Expo vendors will be in the covered area of the Amphitheater. As of the meeting, there are 10 vendors.

There is still a great need for volunteers for the Classic! Please contact Rose Kempton at 770-631-0704 or [ro456838ro@bellsouth.net](mailto:ro456838ro@bellsouth.net) if you would like to volunteer or if you have friends or neighbors interested in volunteering.

Packet "stuffing" will take place Wednesday, October 12, at 6:30 p.m. at Partners II Pizza. The more volunteers for this activity, the better.

If you have a golf cart available for the Classic, please contact George.

The Gathering Place has been reserved for "hospitality" for the volunteers on Friday and Saturday.

The Classic volunteer appreciation party will be held Saturday after the Classic from 5:30-7:30 p.m. at the amphitheater. Moe's will cater the party. Free and discounted tickets will be offered to volunteers interested in attending the comedy show, which will be held at the amphitheater beginning at 8:00 p.m.

For any additional information or concerns regarding the Classic, please contact George Martin.

**Alzheimer's Walk**—Terri Besch reported on the Alzheimer's Walk: \$400 was donated from club members. She awarded gift cards to 4 members who had participated in a special raffle.

### Reports from Officers

**Treasury**—Tim Covert, Treasurer, reported that there is currently \$39,414.40 in the club's checking account with \$8,000 currently due for the balance on the Classic T-shirts.

Congratulations to Jeanne Daprano for another record breaking finish at the 5th Avenue Mile Run!

**Grand Prix**—The next club's grand prix will be held on Saturday, October 22. Mark needs a volunteer to help with this event. He will be out-of-town.

*Other upcoming races:*

*Spring Hill Elementary School Grand Prix*—October 8

*Peoples Elementary School Grand Prix*—October 29

*Darkside 25K/50K*—November 13

**Christmas Party**—will be held on Friday, December 16, at Glendalough Manor. More information to come at the November meeting.

**Next Meeting**—will be held on Monday, November 7, at the Dolce Conference Center.

### Adjourn

With no further business, the meeting was adjourned.

## WELCOME NEW MEMBERS!

Bunny Boggs (PTC) ♦ Charles Raymond (Fayetteville)

Terry Lein (PTC) ♦ Brenda Barb (PTC)

Carrie Sorrells (College Park) ♦ Amy Cox (Newnan)

Jordan Jewkes (Sharpsburg)

### Never give up on Brian Farrier



**B**rian Farrier, 53, was born in Lake Charles, Louisiana, and graduated from the University of Louisiana at Lafayette in 1989 with a degree in Petroleum Engineering. "Since November 1989, I have worked in Atlanta for the U.S. Environmental Protection Agency's Superfund program. I am currently a project manager responsible for the cleanup of several hazardous waste sites across the southeastern U.S." Brian moved to Stone Mountain that same year and then to Newnan in 1996. His wife, Teri Winters, is a Parent Advisor with the Georgia DOE's Georgia Pines program providing services for handicapped infants.

In relating his running history, Brian says, "My first race was in Cancun, Mexico, in 1985. We were there to scuba dive, but we found out on arrival that there was a 10K that weekend. Three of us had registered for our first race the next month, but who could pass up a race in Cancun, Mexico? The people lined up along the route were very enthusiastic. At the end, I ran out of gas, but when I saw the motorcycle behind me and realized I was last, I was able to catch up with one other person, and we crossed the finish line together. I do not remember our time, but it didn't matter that day!"

"I did not run from 1995 to 2008. In 2008, I got plantar fasciitis in one foot, and then in 2009 I got it again in my other foot. I almost gave up running because I figured I was 'too old.' Then I read an article in Sports Illustrated about Arthur Webb, who has earned 13 or 14 consecutive 'buckles' in the Badwater Ultra-Marathon at 68 years old. That inspired me to remember: Never give up!"

Most people would consider it a challenge just to get up the energy and motivation to go for a jog or run. Brian has yet another obstacle facing his desire for exercise and fitness. "I am hearing-impaired and received a cochlear implant in 1999. So much has been possible since then: I am able to conduct public meetings for the EPA as part of my job, and on a good day, I can even play on my old guitar. (See this amazing video for yourself at [www.youtube.com/watch?v=BjUX9Mppnk8](http://www.youtube.com/watch?v=BjUX9Mppnk8).)

"But running has always meant silence because moisture (especially the hot, salty, dirty, sweaty kind) and sophisticated electronics do not readily mix. However, in September, I upgraded to the latest sound processor from Cochlear Americas, which is much more water resistant than previous models, and I was shocked when my audiologist told me it was okay to run with it. The next day, I ran 8 miles in PTC, and I was able to hear all sorts of strange things like golf carts and other runners "sneaking" up on me... and my shoes pounding the pavement. In addition, I had always envisioned myself as one of those ultra-cool runners who you only rarely see in public. That changed quickly when I was able to hear my own breathing, which was anything but 'cool.' At the end of my run, still drenched in sweat, I even had a conversation at Drake Field with a triathlete I met at the PTC Sprint Triathlon in September: Imagine that!"

Brian says he enjoys running because "It's one of the best ways to rejoice in the days that the Lord has made for us (Psalm 118:24). Being fit has so many benefits: You look and feel better, you have less problems elsewhere (like not throwing your back out all the time), plus you have the power of knowing you can pursue other outdoor activities such as skiing, hiking, or scuba diving... not to mention making it to shore if your boat flips over!"

"I am currently training for my first official marathon race, which will be the Soldier Marathon in Columbus, Georgia, on November 12. My PRs (5K in 29:35; 10K in 57:48; half marathon in 2:10:25; and marathon in 4:51) are for my current life and were all done within the past year. However, in a previous life, I ran a half-marathon in 2:00 and I would enjoy achieving a 4:00 marathon almost 24 years later. That will be easier said than done, of course."

He joined the club "To meet other runners and be part of the running community in PTC. I love running the trails of PTC and want to support the club through membership and volunteer efforts."

As far as hobbies and other leisure activities, "I used to turn wood on a lathe, and I got fairly good at bowl-making for a while, but I have not done that for a couple of years now. I also like to cook Cajun foods including a mean gumbo. If it goes good with rice, I can probably cook it! I also enjoy boating, which is similar to running because you pursue it for pleasure, yet it also causes great pain sometimes. (Also, I find people who don't boat and/or run will often give me that same 'look'.")

Brian is an inspiration to others, but he is also inspired. "I have been truly blessed to see many of the people competing in PTC's triathlons and road races. The best moment of all was seeing the brave folks crossing the finish line in September's Toga Trot; in particular, one fellow who I believe was named "Trev-or! Trev-or! Trev-or!" To Trevor, if that is indeed your name, and the others that day: Thanks for being such an inspiration for the rest of us. Never give up!"

That is a great philosophy if there ever was one, and that same philosophy has served Brian well for many years.



# Racing News

## The Peachtree City Garden Club brings home the green!!\*

By Bob Dalton



Approximately 20 club members traveled to Macon for the 10th annual Macon Labor Day 10K the first weekend in September. Remnants of Hurricane Lee made for very humid conditions and a 7-10 mile an hour headwind for much of the north to south course through downtown Macon, but that didn't stop club members from racking up the lion's share of the awards.

In addition to the usual overall and age group awards, the Macon race also offers team competition in the 10K race. In keeping with club tradition, PTCRC sent three teams of five and a few individual runners to help clean up the awards. PTCRC teams placed 1st, 2nd, and 4th overall, with many individual honors and awards as well.

Age group awards were a Japanese Bonsai Tree, and team awards were a Lucky Bamboo Shoot. As you can see from the photos, the members of PTCRC looked more like participants at a garden club after they collected their loot at the awards ceremony!

Overall female winner was the lightning fast Deanna McCurdy who was interviewed after the race by the local TV station. You can see the interview here as well as catch glimpses of other members of the PTCRC: [www.newscentralga.com/news/Hundreds-Participate-in-Labor-Day-Road-Race-129267923.html](http://www.newscentralga.com/news/Hundreds-Participate-in-Labor-Day-Road-Race-129267923.html).

Team results for the club are below, and you can find complete results at the Macon Track Club web site at [www.macontracks.org/race-results/LDRR-Results.htm](http://www.macontracks.org/race-results/LDRR-Results.htm).

In the words of our Team Captain, it was all too much fun!!

1.)	3:26:00	Hell of a Good Time	41:12
1	37:48	Steven Bothe	1st Age Group
2	39:04	Deanna McCurdy	1st Female Overall
3	40:03	Shawn McKinnon	3rd Age Group
4	40:15	Bob Dalton	1st Grandmaster
5	48:50	Martha Boone	1st Great Grandmaster

2.)	3:39:25	Flat and Fast	43:53
1	40:32	Greg Cox	1st Age Group
2	41:40	Mark Greiner	2nd Age Group
3	43:23	Mitchell Butler	1st Age Group
4	45:32	Beth Presten	1st Age Group
5	48:18	Kim Ruple	2nd Age Group

3.)	3:50:58	Four and a Half Fast Females	46:12
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4.)	3:58:07	Hot to Trot	47:38
1	44:00	Glenn Silbert	3rd Age Group
2	44:18	Steven Scoleri	7th Age Group
3	45:17	Vernon Schmitz	6th Age Group
4	52:16	Megan Stubbs	5th Age Group
5	52:16	Leah Liming	3rd Age Group

### Individuals

44:45	Chuck Garwood	1st Great Grandmaster
48:32	Wes Wilkins	14th Age Group

\*Thanks to Chuck Garwood for the idea for the title of this article and a special thanks to Bill Fuller for once again organizing the teams and this year's trip to Macon!



## Bourbon Chase 2011

By Larry Landgren



Who would want to run three 10K races in one 24-hour period and share a van with five other smelly runners? The answer is 24 members of the PTC Running Club. The running club fielded two teams this year to the Bourbon Chase Relay in Kentucky. A relay race of this sort is a 200-mile race over a 24-hour period. Many of the teams actually take several more hours than 24 hours. If you do the math, you'll discover you would need a 7.2 average pace for the team to complete the relay in 24 hours.

So why would anyone want to run this far for this long? I run for the experience of the event because it is unlike anything else I've done. I run for the camaraderie with my team. I run for the sights along the way. I run for the T-shirt and the orange section at the finish line. I have enjoyed doing these relay events for the past six years and have come to love them. It is unlike most other events where you are racing individually for your personal best or to beat the crowd. You are running as a team and you discover yourself reaching deeper within for the team.

Bill Fuller and Lou Boone each captained a team of twelve runners, some of who were on their very first relay. I was on Bill Fuller's team for the second year and had even more fun this year. That was probably because the weather was perfect. The temperature spread was 65 down to 50 degrees and not a breeze or cloud in sight. The moon was nearly full and shone all night. The conditions really were ideal. No one complained about the running conditions ... except for the hills. And there were many hills to run, some very steep.

Bill Fuller's team, "Wasted But Happy," finished 20th overall out of 260 teams and 6th in our division out of 51 with a time of 25 hrs. 7 min. 19 sec. We improved our time by 22 min. from last year. The runners on Bill's team were Martha Boone, Steven Bothe, Mark Greiner, Shawn McKinnon, Cynthia Ryan, Steven Scoleri, Jerry Shoemaker, Glenn Silbert, Mark Ward, Beth Wiggins, and me, Larry Landgren. This was Steven Scoleri's and Beth Wiggins' first relay.

Most teams rent two 15-pax vans. This allows six runners to share a van, yet have elbowroom as this becomes your home for the next 24 hours. Each team then has a Van 1 and a Van 2. Van 1 begins the relay running the first six legs followed by Van 2, who run the next six and alternate again until each Van has run their three legs. Each leg along the course is fixed with transition areas and a runner assigned. When a van begins their next six legs, the other van is free to relax, eat, or sleep. This break amounts to about 4 hours and you're lucky if you can squeeze in a 3.5 hour nap or a good meal with time to digest the food. Remember, half of the run is at night and a chance to rest is fleeting. Everyone in the van has responsibilities from driving, navigating, cooling down, or warming up. Someone is always next up.

Lou Boone's team, "758 Years of Drinking ... in the Scene," came in 198th, a very respectable time for the field, with a time of 31 hrs. 42 min. 4 sec. Runners on Lou's team were Chuck Garwood, Dan Twineham, Dave Gulick, Dave Olson, Phil Jones, Marino Fuentes, Tom Round, Ann Shoemaker, Normer Adams, Bob Smith, and Dave Piet. This was Normer Adams' first relay. This team name represents the team's total age and testifies to the superior wisdom of the group. With rare exception, each runner is over 60 years of age.

I was famished after my second leg and so looking forward to a restaurant meal. It had been 18 hours since the race start. I wanted to eat something besides snacks in the van. My van said, "Oh, we've got lots of time to get a meal." We ended up using our free time chasing down dead ends (that's another story) looking for a restaurant. We arrived at our transition area for our last six legs without a meal in our bellies. Now Van 2 of the older (and wiser) team didn't dally; they promptly went to an Applebee's and ate a satisfying meal.

But even the younger van had moments of wisdom as Mark Greiner counted his Kentucky Bourbon ales this year at the pre-party Thursday night. Last year, the count didn't seem as important to our Greg Cox or Mark. Not so this year. Mark came out with three excellent runs. Wisdom does come with age.

But also with age, comes memory loss. During the post-race pizza party at the hotel, Lou was collecting money from the team to cover the pizza cost. We all heard Lou yell across the room to his wife, "Martha, Phil just paid me \$9 for the pizza. You'll have to remind me because I'm going to forget that he paid me. Phil will forget he paid me. Then I'll ask Phil to pay me again, and he'll have paid twice." But they all ran very well ... and they never got lost the entire 200 miles.

Tom Croft of our running club has traditionally developed a projection for the team's progress that result in a schedule for the team's 24-hour run. This is fondly referred to as the Croftometer and it is a really good planning tool. We knew when "Wasted But Happy" was scheduled to pass "758 Years of Drinking ... in the Scene." It also helped us to gauge when vans needed to be ready at the bigger transition areas.

Tom adjusts each runner's 10K pace by a fudge factor based on the different ratings assigned to each course leg.



## Racing News

The ratings range from “very easy” to “very difficult.” This schedule is more than an educated guess. It’s very accurate ... if it reflects accurate 10K times. Our two sandbaggers were Beth Wiggins and Steve Scoleri who submitted slower times for they consistently beat their Croftometer estimates by a great deal. Steve beat one leg projection by better than 15 minutes. Runners would reference the Croftometer before and after each leg. Most of the team ran times very close to the Croftometer estimate and that reflects the worth and accuracy of Tom’s work.

I learned that Sony sponsored Beth Wiggins and expected her to wear some Sony gear during her runs. By her last leg, Beth had yet to wear the gear because the weather was a touch too warm. So Beth devised a scheme to wear the Sony gear coming out of her transition and then peel it off a few hundred yards out, with the plan to put it back on just before finishing her leg into the next transition. “Happy But Wasted” would be in position to take photos at both transitions. That was the plan.

It just so happened that “758 Years of Drinking” Van 2 coincidentally witnessed Beth as she peeled off her Sony gear. Van 2 was unaware of the scheme and instead gathered up the discarded Sony gear intending to return it after the race. Mark Ward observed this all as he was hoofing it down to collect the discarded Sony gear. “Hey, don’t take that stuff.” But when you’re over 60, your hearing isn’t as good as it used to be. But they’re still fast enough because Mark couldn’t catch them. That’s probably because they were using a van and Mark wasn’t. Incidentally, the Croftometer accurately predicted the teams would be together about this time.

Did I mention the perfect weather included a near full moon? Well, we ran through the night under this bright moon all night. We even saw a perfect full moon at three in the afternoon on the last day; that would be our Glenn Silbert in Van 2 at the leg midpoint to encourage Shawn as he ran by. Shawn cried out, “That’s the finest piece of a#\$ I’ve seen all afternoon.”



The relay was held in and around Lexington, Kentucky, with the course winding through six bourbon distilleries and throughout horse country. The countryside was beautiful. Most of us drove the six hours to Lexington while some flew into the nearby airport. We enjoyed a team dinner together our first night in Lexington and a post race party at the hotel. Some folks went to Keeneland horse track on the last day before driving back the six hours home to PTC.

I heard Beth remark, “I’m going to Keeneland because I know they will have jockeys there.” Those horses really are magnificent creatures and worth a visit some time.

Bill Fuller had completed the Berlin Marathon just ahead of the relay and ran extremely well. Bill tells me a relay is much tougher than a marathon. I wouldn’t know, but you can ask Glenn Silbert what he thinks. Glenn ran the Under Armour Marathon the following weekend up in Baltimore, Maryland. I know he was superbly prepared for both having put in the requisite training runs. Good job, Glenn.

Lastly, we competed side-by-side with a team from St Louis, Missouri, by the name of “Fallen Arches.” Normally in a relay, you’ll see the same teams throughout the relay at the transition areas. This was much different. I found myself running alongside the same runner on all three legs. As we approached our last transition, he said to me, “We’re finishing this together,” as he pulled me along. “Happy But Wasted” swapped road kills back and forth with this team for 25 hours. They ultimately beat us by a mere 4 minutes. We discovered them in the bar at our hotel that night and included them in our post party.

So, why do we do this? I think it’s for the challenge and to spend time with people just like you. There will likely be another team or two heading to the Bourbon Chase relay next year. It really is a fun time and a unique running experience.



## 31st Annual Peachtree City Classic

### For one family, the PTC Classic is not just another race

By Bob Dalton



Ellie, Tim, Carol, and Spencer Kalafut

Dr. Tim Kalafut, Ph.D., is a Forensic Biologist at the U.S. Army Crime Lab at Fort Gillem. While excelling in his chosen profession, he had let himself go physically to the point where he was 50 pounds overweight. Finally, last year, he decided enough was enough and started on a fitness program to get back in shape. "I realized that I need to be in better health too, as this has been a learning process for me that you can't take your health for granted. I decided I was a big fat blob, and so I've been working hard at both the road bike and running."

He began jogging and then tackled his first 5K at the Cleveland Elementary Grand Prix race in September 2010. He finished in just over 33 minutes. He ran it again this year and finished in just over 25 minutes. In October, Tim, along with his wife Carol, will take part in the Peachtree City Classic 15K. "It'll be a first for us both, as we've never run that far before. I'm rather proud of us. Carol was diagnosed with MS just over a year ago and has decided to make the most of her health. She's always been good about exercise of some sort but has really picked up the running."

Tim says, "Carol learned in July of 2010 that she has MS. After accepting the diagnosis, the decision was made to live life to the fullest, enjoy each other, and trust God for the future." Since they started biking and running, Tim declares, "We're both in the best shape of our lives right now." In fact, they have made fitness a family affair as their children, Spencer, 10, and Ellie, 7, also ride their bikes. Tim and Carol started a web site, [www.causeofcarol.com](http://www.causeofcarol.com), to raise awareness of MS, reach out to others affected by it, and to raise money for research in finding a cure. In the meantime, they continue to run and ride and stretch their limits and challenge themselves by taking on the Classic 15K. If all goes well, Carol's next goal is to run 10K through the Christmas lights at Calloway Gardens. After that, who knows? Perhaps the Atlanta Half Marathon on Thanksgiving Day!! When they cross the finish line of the PTC Classic, it will be a major morale booster and inspiring example of living life to the fullest.

### A Classic Family Affair

By Bob Dalton



Jake, Hannah, Bonnie, and Steve Hancock

Steve and Bonnie Hancock along with their children Jake, 18, and Hannah, 15, have been a part of the annual Peachtree City Classic since 1997. They have either worked the race, run it, or done both as a family for almost 15 years now. You wouldn't be too far off the mark to say that it's probably become a family tradition. Steve and Bonnie both work for the Fayette County Board of Education and want to ensure that both their kids are exposed to a wide variety of sports and extracurricular activities. Jake played in the Sandy Creek High School band, ran cross country, and was on the swim and math team. As a new freshman at Georgia Tech majoring in Mechanical Engineering, he will ensure the family tradition continues by coming down that weekend to help the rest of the family work and run the race. Hannah runs cross country at Sandy Creek, was on the swim and track team, and served as class president her freshman year. Two years ago, Hannah placed in her age group in the Women's 5K. She, too, intends to make time for the Classic again this year. In fact, as is par for the course, the entire Hancock family will be working and running the Classic. To paraphrase an old but time-proven adage, the family that runs together stays together!

### Note from Ronnie Godwin Scholarship winner

August 26, 2011

Dear Peachtree City Running Club,

Thank you for honoring me as I graduated this past May 2011. The past four years of high school has giving me tools to start my next chapter in life. As I move forward I know it will not be easy, but my trust in God, my family and you will keep me focus towards my goals.

I will be majoring in Computer Science at Norfolk State University, VA., starting this fall. The Track team will give me an opportunity to work out with them to see where I will fit.

Your gift will be put to good use as I get started on my new journey.

Thank you again,  
Sincerely,

*Bruce Wayne Truitt II*  
Bruce Wayne Truitt II



# 31st Annual Peachtree City Classic

## 15 Teams Compete in Fayette Fitness Challenge

This year there were a record number of teams and individuals in the 8th annual Fayette Fitness Challenge, a race within a race to see who has the most "fit" organizations in the county in their particular divisions. Winning teams are defined in terms of the percentage of work-force that participates with one point for each participant in the 5Ks and double points going to those individuals running in the 15K. The seven categories and winning teams were:

### Local Large Teams

Panasonic Automotive (Team Capt. Julie Fennell)  
Gardner Denver (Team Capt. Ted Ravelo)  
Winpak (Team Capt. Vern Schmitz)

### Small Local Teams

Discovery Parts (Team Capt. Seanie Zappendorf)  
Art Productions (Team Capt. Dianne Snell)  
First Step Physical Therapy (Team Capt. Josh Davis)

### Youth Teams

Peachtree City FLASH (Team Capt. Don Livingston)  
Track Phi Track (Team Capt. Pamela Gray)  
McIntosh H.S. Hockey Team (Team Capt. Melinda Nash)

### Law Enforcement

U.S. Army Crime Lab (Team Capt. Bob Dalton)  
Decatur Police Dept. (Team Capt. Ken Anderson)

### Large Regional Teams

AT&T (Team Capt. Maddie Deleski)  
Piedmont Hospital (Team Capt. Leslie Salinski)

### Local Gyms

Ultimate Fitness

### Schools

Oak Grove Elementary (Team Capt. Teri Besch)



Ultimate  
Fitness



AT&T

## Kiwanis Kid's Marathon Finish

Exactly 100 children from all over Fayette County participated in this year's 8th annual Kiwanis Kid's Marathon Finish this year. Several thousand kids in nearly every elementary school in the county ran before school each day and accumulated miles. Those kids who attained a level of at least 25 miles then received invitations to run on Classic race day, completing the last 1.2 miles of the official marathon distance. All finishers of the Kid's Marathon event received a large "Marathon" medal and the traditional gaudy T-shirt that only a kid would love. Thanks to the Kiwanis Club of Peachtree City for sponsoring this important event again for the 5th year in a row.

## Jeanne Aprano, An incredible athlete and woman

*By Alan Moore, Walking Club of Georgia*

Jeanne added two more age group world records to her life-long list of accomplishments!

This past Sunday at the Club West Masters Track Meet at Moorpark, California, she ran the 400m in 1:22.59 and the 800m in 3:07.35 after just turning 75 in September. She also has a world record for W70 in the mile when she became the first 70-year-old woman to run a mile under 7 minutes with a time of 6:47.91.

For those of you who don't know Jeanne, she lives in Fayetteville, Georgia. I got to know Jeanne a little better when we carpoled to Raleigh, North Carolina, to compete in the U.S. Masters Southeast Track Meet this past June. We also visited while competing at the World Masters in Sacramento in July where she medaled in several events.

Jeanne is a true inspiration to all!



### It's membership renewal time!

Stay in the club! Be sure to download a 2012 membership application from [www.ptcrc.com/docs/PTCRC%20Membership%20Application\\_2012.pdf](http://www.ptcrc.com/docs/PTCRC%20Membership%20Application_2012.pdf), and get your check in the mail on time.

## We're on FACEBOOK!

The PTCRC is "up" on Social Networking! If you haven't become a Fan of the PTCRC's Facebook page yet, be sure to visit the club's page and click the "Like" button at:



[www.facebook.com/#!/groups/20420379989](http://www.facebook.com/#!/groups/20420379989)



## *31st Annual Peachtree City Classic*





# 31st Annual Peachtree City Classic





# Grand Prix Events & Results

## August/Event 8 – Poker Run

WOMEN 51 & UNDER			WOMEN 52 & OVER			MEN 51 & UNDER			MEN 52 & OVER		
Pl	Runner	Pts	Pl	Runner	Pts	Pl	Runner	Pts	Pl	Runner	Pts
1	Anastasia Walker	100	1	Jan Bankieris	100	1	Shane Sheffield	100	1	Scott Allen	100
2	Teresa Moore	90	2	Ann Henderson	90	2	Devin Hamill	90	2	Bob Dalton	90
3	Nancy Hamill	80	3	Trish Vlastnik	80	3	Emil Holder	80	3	Cal Daley	80
4	Bonnie Hancock	70	4	Rene Flaherty	70	4	Chris Chiong	70	4	Gary Kolb	70
5	Tamara Gerken	60	5	Teri Besch	60	5	Tracey Moore	60	5	Lou Boone	60
6	Pam Aviles	50	6	Margie Dam	50	6	Vern Schmitz	50	6	Tom Crofton	50
7	Maria Heleline	40	7	Martha Boone	40	7	Brady Hamill	40	7	Hal Wolfe	40
						8	Jeff Brown	30	8	Bill Fuller	30
						9	Jake Hancock	20	9	Ed Vise	20
						10	Kith Burkingstock	10	10	Normer Adams	10
						11	Steve Hancock	5			
						12	Todd Hamill	5			
						13	Tim Covert	5			
						14	Ryan Hamill	5			
						15	Tom Jenkins	5			

*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 16th!*



## September/Event 9 – Team Cross Country

1.	Team/Runner	Team Points	2.	Team/Runner	Team Points	3.	Team/Runner	Team Points	4.	Team/Runner	Team Points
	Chris Chiong	100		Kith Burkingstock	90		Normer Adams	80		Ed Vise	70
	Valerie Reynolds	100		Teresa Moore	90		Tracey Moore	80		Jules Desgain	70
	Cal Daley	100		Tim Covert	90		Tamara Gerken	80		Caroline Fgeran	70
							Teri Besch	80			

## Overall Standings After 9 Events

WOMEN 51 & UNDER			WOMEN 52 & OVER			MEN 51 & UNDER			MEN 52 & OVER		
Pl	Runner	Pts	Pl	Runner	Pts	Pl	Runner	Pts	Pl	Runner	Pts
1	Teresa Moore	550	1	Martha Boone	710	1	Steven Bothe	525	1	Gary Kolb	510
2	Tamara Gerken	420	2	Jan Bankieris	440	2	Chris Chiong	515	2	Cal Daley	490
3	Jane Hamilton	400	3	Teri Besch	310	3	Kith Burkingstock	410	3	Jerry Shoemaker	410
4	Anastasia Walker	200	4	Rene Flaherty	260	4	Shane Sheffield	370	4	Jules Desgain	350
5	Michelle Villars	190	5	Ann Shoemaker	230	5	Tim Covert	345	5	Ed Vise	345
6	Kelly Bowman	180	6	Trish Vlastnik	180	6	Tracey Moore	310	6	Bob Dalton	345
7	Pam Burrus	160	7	Pat Cote-Miles	170	7	Adam Shoemaker	220	7	Normer Adams	330
8	Kim Ruple	125	8	Ann Henderson	150	8	Shane Carpenter	200	8	Bill Fuller	290
9	Kim Herlehy	120	9	Caroline Fgeran	110	9	Bill Anderson	180	9	Scott Allen	285
9	Nancy Hamill	120	10	Helen Ernst	100	9	Vern Schmitz	160	10	Lou Boone	210
10	Heather Sexton	110	11	Mary Ann Crofton	100	10	Jed Smith	150	11	Bill Everage	200
11	Valerie Reynolds	105	12	Cathy Olson	90	10	Jake Hancock	110	12	Hal Wolfe	180
12	Bonnie Hancock	100	12	Linda Barbour	80	11	Shawn McKinnon	100	13	Tom Crofton	140
12	Kate Ideker	100	13	Bernice Wassell	60	12	Jeff Greer	100	14	Chuck Garwood	140
13	Leah Liming	95	14	Sandy Tuman	60	12	Jason Veclotch	100	15	John Waterhouse	125
14	Deanna McCurdy	90	15	Betty ?	60	13	Glen Silbert	100	16	Ben Gross	120
15	Nikki Hand	80	16	Margie Dam	50	13	Todd Davison	100	17	David Gulick	105
15	Amy Hundley	80	16	Susan Mills	40	14	David McCurdy	90	17	George Martin	85
16	Erica Burke	70	16	Patsy Bickford	40	15	Devin Hamill	90	17	Dick Allis	80
17	Megan Stubbs	60	17	Rose Kempton	40	15	Wes Wilkins	85	18	Marino Fuentes	70
17	Jill Trotman	60	18	Carolyn Gulick	30	16	Emil Holder	80	19	Patrick Kearns	60
17	Kayla Villars	60	18	Kim Garwood	5	17	Robin Trotman	70	20	Mark Barbour	60
18	Jill Lego	50				18	Joshua Villars	70	21	Bill Werling	30
18	Amber ?	50				19	Ryan Hamill	65	22	John Early	30
18	Pam Aviles	50				19	Todd Hamill	55	23	Von Woods	15
19	Melisa Mann	40				20	Sean Frick	50	23	Joe Wassell	10
19	Maria Heleline	40				20	Steve Hancock	40	24	Mike Lankford	5
20	Ann Port	30				21	Brady Hamill	35	24	Lynn Fairly	5
21	Kelly Mitchell	5				22	Jeff Brown	35			
21	Ann Blaum	5				22	Fred Port	5			
21	Jeannie Smith	5				22	Tom Jenkins	5			





# 1,000 Mile Club

## 2011 PTCRC Jackets

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

## Mile Club Status

The list below contains the proposed jacket recipients for 2011. 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
20,000 MILE CLUB						
BILL WERLING	22	901	6	20	NO	
15,000 MILE CLUB						
MARTHA BOONE	19	870	3	0	YES	
BILL FULLER	18	880	1	0	NO	
SUSAN MILLS	18	565	5	2	NO	
TERI BESCH	17	1023	7	7	NO	
CAL DALEY	17	910	4	3	NO	
VALERIE REYNOLDS	17	1400	2	2	NO	
JOE WASSELL	17	875	2	1	NO	
DAVE PIET	16	950	3	1	NO	
SANDY TUMAN	16	987	4	2	NO	
BOB DALTON	15	2105	8	7	NO	
ANN SHOEMAKER	15	450	4	2	NO	
JERRY SHOEMAKER	15	630	4	0	NO	
10,000 MILE CLUB						
BILL ANDERSON	14	525	5	2	YES	MED
JULES DESGAIN	14	890	4	3	YES	MED
ROY ROBISON	14	1190	3	5	YES	MED
BONNIE HANCOCK	12	539	6	3	NO	
STEVE HANCOCK	12	735	6	3	NO	
CARYLE ROBISON	11	910	0	0	NO	
RICHARD ALLIS	10	934	7	8	NO	
5,000 MILE CLUB						
MARINO FUENTES	9	943	7	3	YES	?
MARK HAMILTON	9	0	1	0	YES	?
CATHY OLSON	9	863	5	4	YES	MED
LOU BOONE	8	700	3	0	NO	
TODD DAVISON	8	215	1	0	NO	
JOHN MROSEK	8	763	3	5	NO	
BOB SMITH	8	905	6	4	NO	
MICHAEL WARREN	8	1012	3	6	NO	
RITA WESTON	8	905	7	3	NO	
BILL EVERAGE	7	1024	3	3	NO	
DAVID GULICK	7	900	4	3	NO	
PATRICK KEARNS	7	325	2	1	NO	
TOM ROUND	7	862	4	3	NO	
CONSTANCE SAMBRONE	7	1142	9	14	NO	
WES WILKINS	7	172	2	1	NO	
RENE FLAHERTY	6	302	1	0	NO	
JANE HAMILTON	6	806	4	1	NO	
LISA MATHEWS	6	840	5	2	NO	
TRACEY MOORE	6	800	3	1	NO	
JOHN WATERHOUSE	6	568	2	0	NO	
GEORGE MARTIN	5	205	3	2	NO	
TERESA MOORE	5	1100	6	3	NO	
1,000 MILE CLUB						
JAKE HANCOCK	4	650	6	3	YES	XL
KIM RUPLE	4	1050	8	2	YES	SM
ED VISE	4	880	6	3	YES	MED
RAY BESCH	3	120	3	1	NO	
PATRICIA COTE-MILES	3	933	4	3	NO	
TIM COVERT	3	1055	8	4	NO	
BRANDI OSSE	3	1030	5	2	NO	
BETTY SMITH	3	839	5	4	NO	
VON WOODS	3	823	6	4	NO	
HOLLY ANDERSON	2	272	3	0	NO	
KITH BURKINSTOCK	2	757	9	7	NO	
CHRIS CHONG	2	1187	6	2	NO	
TRACEY MOORE	2	865	3	0	NO	
STEVEN BOTHE	1	2206	8	3	NO	
MITCH BUTLER	1	1090	6	3	NO	
SANDRA HORNING	1	63	1	0	NO	
DAVID KENNEDY	1	800	9	6	NO	
RYAN KENNEY	1	1317	8	3	NO	
TAMARA GERKEN	1	725	3	4	NO	
MELANIE HAMILT	1	700	2	3	NO	
MIKE LANKFORD	1	560	3	0	NO	
JENNIFER LAWRENCE	1	219	1	0	NO	
DOUG LEGO	1	301	2	0	NO	
JILL LEGO	1	649	3	0	NO	
MICHELLE VILLARS	1	700	5	1	NO	
1000 MILE CLUB ENROLLEES						
MARK ANDERSON	0	19	1	0	YES	MED
NANCY HAMILL	0	290	2	0	YES	MED
RYAN HAMILL	0	17	1	0	YES	LG
TODD HAMILL	0	626	3	3	YES	LG
HANNAH HANCOCK	0	620	5	3	YES	SM
KELLY FARIS	0	0	1	0	YES	SM
SEAN FRICK	0	402	2	0	YES	?
CAROLE GODWIN	0	531	2	0	YES	?
DEANNA MCCURDY	0	200	1	1	1000	SM
BETH REDMOND	0	94	1	0	YES	SM
MADISON REDMOND	0	20	1	0	YES	SM
SHANE SHEFFIELD	0	632	3	1	YES	LG
ADAM SHOEMAKER	0	540	5	1	YES	LG
MIKE STONE	0	240	1	0	YES	LG
MEGAN STUBBS	0	199	1	0	YES	MED
DAVID VILLARS	0	46	1	0	YES	MED
ANGIE WARREN	0	10	1	0	YES	?
SCOTT WILDE	0	98	1	0	YES	LG

NAME	YEARS IN 1000 CLUB	MILES	MEETINGS	VOLUNTEER ACTIVITIES	JACKET	SIZE
15,000 MILE CLUB						
MARTHA BOONE	19	870	3	0	YES	
10,000 MILE CLUB						
JULES DESGAIN	14	890	4	3	YES	MED
ROY ROBISON	14	1190	3	5	YES	MED
5,000 MILE CLUB						
MARINO FUENTES	9	943	7	3	YES	?
CATHY OLSON	9	863	5	4	YES	MED
1,000 MILE CLUB						
JAKE HANCOCK	4	650	6	3	YES	XL
KIM RUPLE	4	1050	8	2	YES	SM
ED VISE	4	880	6	3	YES	MED

## 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).



## Club News & Announcements

### 2012 Board Nominations & 2011 Superlative Voting

From Steven Bothe, Admin V.P.

After dedicated service, Connie Sambrone and Mark Hamilton, current Club Secretary and Vice President of Activities, respectively, have decided to leave their positions on the club's Executive Committee at the end of this term. Please join us in thanking them for their service to the club.

Connie and Mark's departure from the Executive Board opens up two positions that we must fill. The Club Constitution provides a procedure to fill these positions. The first step is the selection of a nomination committee, which has already been completed. The second step is querying the general membership for nomination of candidates before the November meeting. The nomination committee then selects a slate of candidates from the nominees to put forward for a vote of the general membership at the November club meeting; in addition to the nomination committee slate, the general membership will also be asked for nominations of candidates from the floor. The general membership will then vote. After the vote, the newly elected candidates take office on January 1.

In order to facilitate the second step, I am asking for nominations for open board positions of Club Secretary and Vice President of Activities. Please nominate yourself or others by sending an email to the nomination committee:

Steven Bothe at [stevenbothe@gmail.com](mailto:stevenbothe@gmail.com); Mark Hamilton at [jmbhamilton@mindspring.com](mailto:jmbhamilton@mindspring.com); George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com); Leah Liming at [liming@aol.com](mailto:liming@aol.com); and Jules Desgain at [jedes104@yahoo.com](mailto:jedes104@yahoo.com)

We will also be voting on the following superlatives: Male and Female Rookie of the Year, Male and Female Most Improved Runner, and Volunteer of the Year. Please come prepared to vote for your choices.



### Classic Stuff For Sale!!!!

A few 2009 Classic vests and 2010 Classic shirts still remain in our small inventory. If you are interested, you can purchase them for \$10, with all proceeds going into the Peachtree City Running Club's treasury.



### Ladies on Spokes Poker Ride



A Poker Ride to benefit the Freedom Climb will be held Saturday, November 5, at 9:00 a.m. at Heritage Christian Church, 2130 Redwine Road in Fayetteville. Registration starts at 7:30 a.m. Sponsored by local cycling club Ladies on Spokes, this 25-mile ride will have stops every 5 miles to pick up a card. The game will be 5 Card Draw, and prizes will go to the best four hands. A \$20 donation to Operation Mobilization is required to participate. T-shirts available to the first 100 people. This is an unsupported fun ride. Speed is not the object — fun and friendship is — along with raising money to combat the slavery and exploitation of women and children.

The fundraiser will support two club members who will climb Mt. Kilimanjaro in January with a group of women from around the world. Their trek symbolizes the huge climb to freedom faced by those enslaved. All donations will go directly to the Freedom Climb. For more information, contact Rene at [rzflaherty@aol.com](mailto:rzflaherty@aol.com) or Cristi at 770-298-1821 or [cristi\\_waller@ladiesonspokes.com](mailto:cristi_waller@ladiesonspokes.com). Information on the Freedom Climb can be found at [www.thefreedomclimb.net](http://www.thefreedomclimb.net).

### Annual Christmas Awards Banquet Friday, December 16, 6:30 p.m. to 11:00 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 holiday dinner buffet 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 Sunday, December 4 (no collection at the door). Please give your check or cash to Leah Liming at the next meeting on Monday, November 7, or mail it to Leah Liming at 613 Longer Drive, Peachtree City, GA 30269. Any questions, please email Leah at [liming@aol.com](mailto:liming@aol.com).



### Upcoming Club Events

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

**Saturday, November 19**—Club Grand Prix/Bridge to Bridge Run at PTC Library at 8:00 a.m.

**Saturday, December 3**—Club Grand Prix/Handicap Run at PTC Library at 8:00 a.m.

**Friday, December 16**—Annual Christmas Awards Banquet at Glendalough Manor at 6:30 p.m.



## Upcoming Georgia Races & Events

### **Sara Harp Minter Mountain Lion 5K—11/05/11**

Come out and join us on Saturday, November 5, at Sara Harp Minter Elementary at 1650 Highway 85 South in Fayetteville. The warm-up will begin at 8:00 a.m., the 1 Mile Fun Run/Walk will begin at 8:10 a.m., and the 5K will start at 8:30 a.m. Watch your children run/walk their mile—the finish line will take place on the new track at the lacrosse field. After you congratulate your child, you can move to the 5K start line knowing that your child will have a safe place to play in our new KID ZONE. This new addition will be supervised by adults. At the end of the 5K, reclaim your children, and move to the awards ceremony. To register, visit [www.active.com/running/fayetteville-ga/minter-trail-blazer-5k-2011](http://www.active.com/running/fayetteville-ga/minter-trail-blazer-5k-2011).

### **11th annual New Hope Harvest Classic 5K & Kids' Run—11/05/11**

This race takes place in Fayetteville at the New Hope Baptist Church on Saturday, November 5, 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.newhopebc.smartevents.com/harvestclassic](http://www.newhopebc.smartevents.com/harvestclassic).

### **ATC Run Around the Rock 15M/10M/5M/1M—11/05/11**

Join us for the Run Around the Rock 15M/10M/5M/1M at Stone Mountain on Saturday, November 5. This is a low-key, no T-shirt event. The event is free to ATC members and \$10 to non-members. Race day registration is available until 7:30 a.m. Those registering after 7:30 a.m. will not be included in the results or the grand prix standings. The 5, 10, and 15 mile events will start at 8:00 a.m. There is a two and a half hour time course limit, so please plan your race distance accordingly. For more info and to register, visit [www.atlantatrackclub.org/events/view/2011-run-around-the-rock-5m-10m-15m](http://www.atlantatrackclub.org/events/view/2011-run-around-the-rock-5m-10m-15m) by noon on Thursday, November 3.

### **Braelinn Elementary Run for the Stars 5K—11/12/11**

Come join us on Saturday, November 12, for the 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. For more info, please visit [www.braelinnelementary.org/index.php](http://www.braelinnelementary.org/index.php).

### **3rd annual Uptown Rhodes Race 5K—11/12/11**

This race takes place on Saturday, November 12, at 9:00 a.m. at Rhodes Hall, 1516 Peachtree Street, N.W. in Atlanta. The event is family-friendly benefitting the Georgia Trust and features a gently rolling scenic course through Ansley Park and is stroller and dog friendly. After the race, there will be refreshments and entertainment from local vendors. Participants will receive customized T-shirts, and awards will be given to the top three male and female racers in each age group. Race day registration is available. Visit [www.active.com/running/atlanta-ga/3rd-annual-uptown-rhodes-race-5k-2011](http://www.active.com/running/atlanta-ga/3rd-annual-uptown-rhodes-race-5k-2011) to register.

### **10th annual Peachtree City 50K & 5th annual 25K—11/13/11**

The annual 50K/25K run will be held on Sunday, November 13. Olympic runner Zola Budd will be running the 25K! This 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. If anyone in the PTCRC will volunteer to help park cars (5:45 - 7:20 a.m.) or help with the lap counting/fluid and snack replacement later in the morning, they can also run in one of the events for half price (which would only be \$20). If they helped later in the morning, they would be helping out the other volunteers based on whatever is needed at the time they finish running. Anyone interested should send an email to [darksiderunningclub@comcast.net](mailto:darksiderunningclub@comcast.net) and then send in their application with their reduced entry fee included. For more info and to download a race form, please visit [www.darksiderunningclub.com](http://www.darksiderunningclub.com).

### **Club Grand Prix/Bridge to Bridge Run—11/19/11**

Meet at the PTC Library on Saturday, November 19, at 8:00 a.m.

### **Thanksgiving Day-Atlanta Half Marathon—11/24/11**

This race takes place on Thursday, November 24, at 7:30 a.m. The course starts and finishes outside of Turner Field. 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—12/03/11**

Join us for our annual 5K and 1 Mile Fun Run, which always takes place the first Saturday in December! 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 T-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 2, from 9:00 a.m. until 6:00 p.m. The race begins on Saturday, December 3, 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/jingle-bell-trail](http://www.pces.org/jingle-bell-trail).

### **Club Grand Prix/Handicap Run—12/03/11**

Join us at the PTC Library for the final grand prix of the year on Saturday, December 3, at 8:00 a.m.

### **3rd annual Bedford Dasher 5K Run/Walk & Elf Run—12/10/11**

On Dasher, On Dancer, On Prancer...to the 3rd annual Bedford Dasher! This race takes place on Saturday, December 10, 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 in Fairburn. There will be Christmas themed T-shirts and awards for 5K participants and ribbons, T-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).

### **5K for Missions & Kid's 1K—12/10/11**

Woolsey Baptist Church will be holding their 5K/1K at 115 Hampton Road in Fayetteville on Saturday, December 10. Registration begins at 7:30 a.m., the 1K begins at 8:10 a.m., and the 5K begins at 8:30 a.m. For more info, please visit [www.woolseybaptist.org](http://www.woolseybaptist.org), email [steven@woolseybaptist.org](mailto:steven@woolseybaptist.org), or call 770-461-9618.

*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).*

# In The Sponsor SPOTLIGHT This Month



Our newest Classic sponsor is AT&T U-verse, a unique bundling opportunity with digital home phone service, high speed Internet, advanced digital television, and DVR/HD access at a very reasonable price. This service is new to our area and will be rolling out between now and the end of the year. Enjoy a crystal clear television picture along with exclusive Total Home DVR, Multiview channel browsing, On Demand, choice programming, and access to over 130 HD channels!

AT&T U-verse uses fiber optic technology and computer networking to bring you advanced digital TV, high speed Internet, and digital home phone service. The future is here. Check out [www.att.com/u-verse](http://www.att.com/u-verse) for more information on this great service. Thank you AT&T U-verse for your outstanding support to Peachtree City running programs!



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