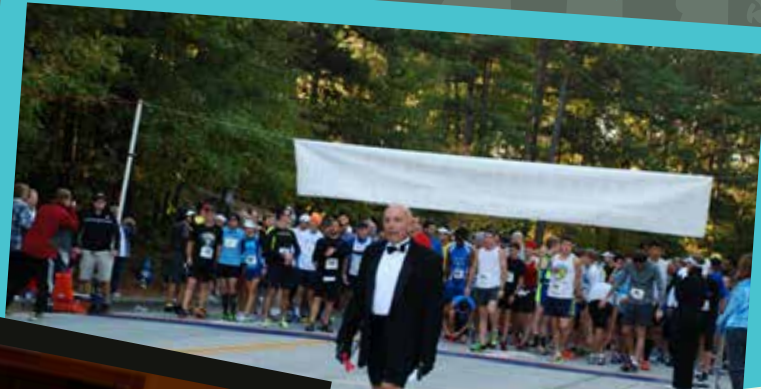


LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

PEACHTREE CITY CLASSIC OCTOBER 20, 2012



NOV & DEC

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2005
NATIONAL WINNER
RRCA BEST SMALL CLUB
NEWSLETTER

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CLUB MEETING MINUTES

November 6, 2012 – Dolce Conference Center

President Shane Carpenter called the meeting to order at 7:40 PM.

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

LISTS PASSED AROUND:

- 1000 Mile Club Book
- Christmas Party Sign-up
- Membership Renewal Applications

Leah Liming gave an update on the Club Christmas Party to be held at 6:30 on December 7, 2012 at the Glendalough Center. Please pay by December 1, 2012. The fee is \$25 per person for members and \$50 for non-members

Shane Sheffield gave a Grand Prix Update. There was a great turn-out for the Classic Run at the end of October. The next Grand Prix is the Toys for Tots run to be held on November 24. An extra 10 points will be awarded for each toy donated.

Shane Carpenter presented the ballots for Club Superlatives to be awarded at the Christmas party.

George Martin awarded the corporate and group awards for the Classic.

Corp Category I

AJAKO, Inc. 1st

Corp Category III

Winpak 1st

Garner Denver 2nd

Corp Category IV

Panasonic Automotive 1st

AT&T 2nd

Elementary School Category I

Oak Grove 1st

Brooks 2nd

Huddleston 3rd

Middle School Category II

JC Booth 1st

High School Category III

McIntosh 1st

Non Profit Category IV

Konos 1st

...continued on page 3

And Now a Word from our President...

I hope all is going well with everyone and that your enjoying this cooler weather. My message to y'all is very simple this time. We need as many members that are available to volunteer for the Classic! If you can the day of or even the days prior to the Classic would be great.

I am also asking for anyone who is interested in being the president or the vice president to please step forward and get with me or Steven Bothe. We will be more than happy to help anyone get settled into the new positions.

I thank everyone in advance for all their help!

Shane

Club Meeting Minutes

Continued from page 2

Government Category V

US Army Crime Lab 1st

Youth Teams

PTC Flash 1st

Clubs Category VII

Moms Run This Town 1st

Gyms Category VIII

Ultimate Fitness 1st

Dave Piet presented the officers for the 2013 Board nominations.

- Kim Ruple – President
- Adam Shoemaker – VP of Administration
- Shane Sheffield – VP of Activities
- Tim Covert – Treasurer
- Teresa Moore – Secretary

...continued on page 9

Peachtree City Classic

Female 15k Results

Overall

1 Erika Shaughnessy	1:00:25
2 Deanna McCurdy	1:00:42
3 Mariska Van Rooden	1:03:41

Masters

1 Holly Anderson	1:08:45
2 Maria Hineline	1:09:53
3 Jennifer McClellan	1:10:06

Male 15k Results

Overall

1 Ryan Kennedy	56:14
2 Steven Bothe	58:42
3 Dennis Williamson	1:00:04

Masters

1 Bryan Caldwell	1:00:44
2 Daniel Shaughnessy	1:01:10
3 Chris Squires	1:01:55

Female 5k Results

Overall

1 Melanie Hamilt	19:23
2 Ellie Breckenridge	19:57
3 Shannon Millikin	20:03

Masters

1 Sandra Teske	21:01
2 Pamela Hughes	21:58
3 Kappy Combs	22:19

Male 5k Results

Overall

1 Anthony Hamre	17:09
2 Devin Hamill	17:11
3 Sean McNichols	17:11

Masters

1 Don Livingston	18:16
2 David Witherow	18:37
3 Robert Uceda	19:56





RACE RESULTS



Soldier Marathon - Half

Bob Dalton	1:26:59
Geoff D Watkiss	2:07:25
Amy Watkiss	2:21:11
Pam Aviles	2:23:23

Soldier Marathon - Full

Hassan Amini	3:16:45
Bill Everage	3:34:52
Sean Frick	3:36:35
Steven Scoleri	4:13:26
Katherine Scoleri	4:14:06
Shane Sheffield	4:49:30

13.1 Atlanta Half Marathon:

Steven Bothe	1:26:31
Bob Dalton	1:27:23
Brian Caldwell	1:29:22
Russell Brown	1:39:41

Army Ten Miler

Bob Dalton	1:03:31
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ATC Haunted Hustle Cross Country 5K

Steven Bothe	18:20
--------------	-------

Athletes Helping Athletes 5K

Steven Bothe	18:53
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Chicago Marathon

Scott Neola	4:21:05
-------------	---------

Crossroads Classic 5k

Russell Brown	20:57
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New Hope Harvest Classic 5K

Steven Bothe	18:19
Bill Fuller	21:38

Ridge to Bridge Marathon

Teresa Moore	5:24:00
--------------	---------

Serenbe 5K.

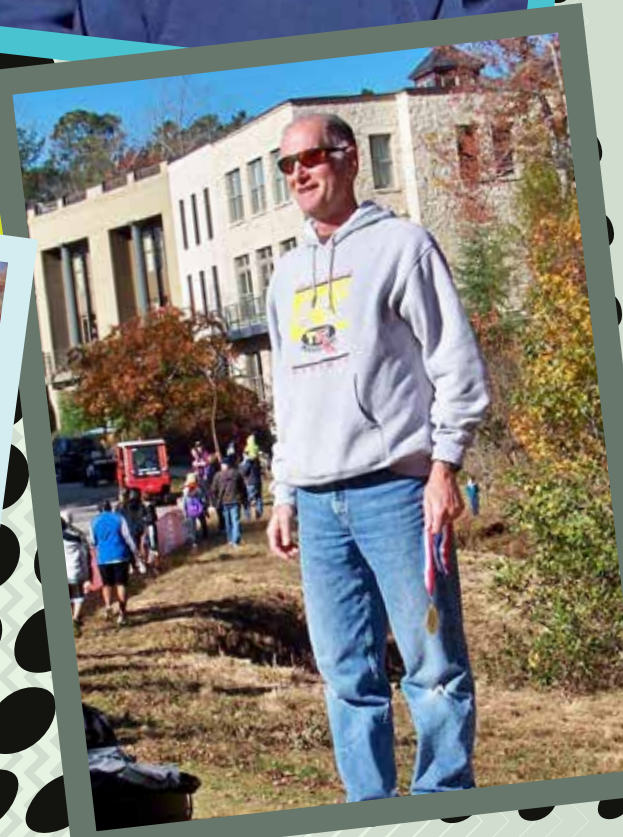
Constance Wernersbach	27:38
Bill Fuller	25:10
Mark Hamilton	22:47
Jerry Shoemaker	25:34
Chuck Garwood	26:33

Serenbe15K.

Deanna McCurdy	1:05:10
Paula May	1:23:12
Mark Greiner	1:09:05
Warren Mowry	1:14:15
Kim Ruple	1:15:55
Carolyn Bowen	1:19:18

Vinings DH 5K

Stevn Bothe	17:50
-------------	-------



NEW MEMBER PROFILE

There's a Doctor in the House and He's Fast!

By Bob Dalton

Let me introduce you to the newest "fast guy" in the club, Bryan Caldwell, 46. "I was Born in Dallas, TX and moved to Atlanta in 1980. I've lived in various parts of Atlanta since then and moved to PTC from Fairburn/Palmetto area. Karen (his wife) is from Fairborn, Ohio, near Dayton, and moved to Atlanta after college. I won't put a year on it, but she is much younger than me and I'll leave it at that!"

Bryan has a BS in physics from Emory University and a PhD in Nuclear Physics from Georgia State. The good "Doctor" is a software architect at AT&T where he "sits in on conference calls all day. If I'm lucky, I get to design or write some code." Karen is a senior business manager for AT&T. They work in the same group and Karen is the finance director. They have three children, Ethan (15), Madelyn (11), and Jessica (2).

A story Bryan tells about one of the first running trips he and Karen made together could have had a much different ending. "We were going to run the Canyonlands Half Marathon in Moab before we were married. We missed our flight (because I left my wallet at home) and ended up getting to Salt Lake City close to midnight. There's no easy way (that's affordable for normal people anyway) to get to Moab, so we had rented a car to drive from Salt Lake which is a 4 hour trip. They only had a couple of cars left (it was midnight) and we chose a Subaru because it had 4 wheel drive. We found out as soon as we cleared the airport that the low beams didn't work, only the brights. On the highway, everyone we approached and blinded them. We drove through the night, through some snow, mountains and gorgeous scenery (that we couldn't see of course) and barely awake on coffee and Mountain Dew, made into Moab after 4 am. We ate some chips and maybe a honey bun out of the vending machine at our motel and tried to get a couple hours sleep. The shuttles left around 7 or 8 am to take us to the start. We ran the race completely exhausted, but it was worth every minute. The scenery was spectacular and the race it self is super organized and efficient. We slept the rest of the day at our motel. The next day we spent several hours exploring Arches National Park. The park is truly breath taking and we quickly forgot all the previous day's misadventures! We drove back to Salt Lake through some serious snowfall and watched nervously as cars and trucks around us spun out and skidded on the highway. We were now thanking God for the Subaru we had been cursing the day before. Luckily the flight home was uneventful and Karen was still willing to continue our relationship!"

Bryan's pride in his wife as a fighter is obvious. "Karen is a six year breast cancer survivor. She's always been a runner and is so supportive of my running. One race I try to run every year is the Charles Harris 10k in Tucker. It's a fairly downhill course and lots of folks try to get Peachtree qualifying times there. When Karen was going through her chemo treatments, she kept running and walking throughout and when she was finishing her last chemo, she wanted to run a 10k again. So we ran the Charles Harris together. I ran trying break 42 minutes (didn't make it that year) and she ran just to finish (but I know how competitive she is and probably had her own time goal). She finished in 61 minutes, wearing her bandana and I ran along the side of road cheering the last hundred yards. I'll never forget it"



Bryan, Karen , and the rest of Team Caldwell after a recent race.

who would pass would flash lights at us as

...continued on page 12



SPONSOR SPOTLIGHT

SUPPORT OUR SPONSORS

Make sure to support the sponsors that are dedicated to sponsoring the Peachtree City Running Club. Make sure when you go by their to thank them for their involvement in our club!



What would a

Classic Race

be without Starbucks at the

start and the finish line? The Starbucks at

Avenues in Peachtree City

the

has been supplying our coffee needs for many years now. Starbucks has made a commitment to purchase only the highest quality, ethically sourced, and responsibly grown coffee and to give back to the neighborhoods and communities they're a part of.

- Country Fried Creative
- AT&T U-verse
- Chick-fil-A
- FC&A Publishing
- Friends of Joe Maloy
- Kiwanis Club of Peachtree City
- Lion's Den Portable Toilets & Septic Tank Service
- Peachtree City Convention and Visitors Bureau
- Publix Super Markets
- Starbucks The Avenues
- Sunset Printing
- The Rotery Smart Directory
- The Richard Horning Foundation
- Volkswagen of South Atlanta/Heritage Volkswagen

Club Meeting Minutes

Continued from page 3

A call to the floor was made for any additional nominations. None were submitted. A motion was made and carried to accept the candidates presented. A vote was put to the membership and passed unanimously.

We are currently still seeking a social committee chair person.

Announcements:

Bob Dalton reminded that it is membership renewal time. Memberships expire at the end of the year. There is a 90 day grace period but there is no better time to renew than right now.

The club tent will be up at Soldier's Marathon and Half-Marathon this weekend. For those running, look for the tent at the row of flags at the finish line.

Be sure to check out the Club branded merchandise at our Ajako site.

George Martin made an appeal for volunteers for the Jingle Bell Jog on December 1, 2012. Unlike the other Rotary races, the club provides the volunteers for this

race. George will need 65 volunteers to make this race complete.

Tim Covert gave a financial update. Our bank balance is \$23,409. All Classic expenses have been paid and we are in good shape financially.

Martin Rowe made an announcement about the All American 5k on May 25, 2013. He is currently seeking sponsorships. This year will have a technical t-shirt and a timing company has already come forward to volunteer its services.

Teri Besch gave a reminder about the 1,000 mile club. This year over 40 jackets will be awarded. Those members who are not quite there, please email Teri when you have reached your 1,000 miles.

George Martin made an announcement about the ATC/PTCRC 5k/10k run in January. This year's race is moving from Glenloch to the Amphitheatre due to increased numbers. The date has not been finalized but will be January 19 or 26. Volunteers as always are needed.

Our next meeting will be the Christmas Party on Friday, December 7, 2012 at the Glendalough Center.

Meeting adjourned at 8:15.

1000 CLUB

Name	April	Jacket?	Jacket	Volunteer Activities	Meetings
Allis, Richard	610	Yes	15,000	5	3
Anderson, Bill	98	Yes	15,000		1
Angelici, Arnold		Yes	1,000		
Aviles, Pam	543	Yes	1,000	3	3
Barber, Karin	494	Yes	1,000	3	5
Bellucci, Tiffany	504	Yes	1,000	3	3
Besch, Teri	951	No	No	9	6
Boone, Lou	200	Yes	10,000	2	2
Boone, Martha	85	No	No	2	2
Bothe, Steven	1680	No	No	2	7
Bothe, Susan	496	Yes	1,000	5	8
Brown, Russell	744	Yes	1,000	3	3
Burkinstock, Kith	941	No	No	9	6
Burrus, Pam	769.75	Yes	1,000	2	3
Butler, Mitch	1195	No	No	4	6
Caldwell, Bryan	1917	Yes	1,000	1	5
Caldwell, Karen	835	Yes	1,000	1	5
Chiong, Chris	1054	Yes	5,000	2	5
Cole, Steve	619	Yes	1,000	3	3
Cote-Miles, Pat	854	Yes	5,000		4
Covert, Tim	707.6	Yes	5,000	2	7
Daley, Cal	800	No	No	2	4
Dalton, Bob	1939	No	No	3	8
Dam, Margie	175	Yes	15,000		1
Davison, Todd	560	Yes	10,000	3	1
Desgain, Jules	735	No	No	11	5
Everage, Bill	567	No	No	1	2
Farrier, Brian	800	Yes	1,000	3	4
Fratto, Fred	905	Yes	1,000	2	6
Fratto, Jan	1152	Yes	1,000	2	6
Frick, Sean	694	Yes	1,000	3	3
Fuentes, Marino	672	No	No	1	3
Fuller, Bill	875	Yes	20,000	2	3
Godwin, Carole	232	Yes	1,000	1	2
Gulick, David	645	Yes	10,000	1	1
Hamill, Melanie	600			1	1
Hamill, Nancy	520	Yes	No	2	3
Hamill, Todd	642	No	No	2	3
Hamilton, Jane	334	No	No		1
Hamilton, Mark		No	No		

Name	April	Jacket?	Jacket	Volunteer Activities	Meetings
Hancock, Bonnie	650	No	No	4	4
Hancock, Hannah	750	No	No	3	3
Hancock, Jake	750	No	No	6	3
Hancock, Steve	747	No	No	2	6
Hineline, Maria	720	Yes	No		1
Hinkle, Angie	1261	Yes	1,000	10	6
Hinkle, Eric	636	Yes	1,000	5	6
Jenkins, Tom	64	Yes	1,000		2
Kearnes, Patrick	380	Yes	10,000		1
Kennedy, David	684	Yes	1,000	6	3
Kennedy, Ryan	1064	Yes	1,000	5	4
Lankford, Mike	688	No	No	11	4
Lego, Doug	633	No	No	1	2
Lego, Jill	593	No	No	1	3
Matthews, Lisa	441	No	No		2
McCarthy, Laurie	150	Yes	1,000		1
McCurdy, Deanna	874.6	Yes	1,000	2	2
Mills, Susan	880	Yes	20,000	3	4
Moore, Teresa	900	No	No	4	6
Moore, Tracey	850	No	No	4	2
Mrosek, John	593	Yes	10,000	2	3
Murphy, Ian	720	Yes	1,000	1	2
Neola, Scott	730	Yes	1,000	9	3
Norton, Rob	800	yes	1,000	1	2
Olson, Cathy	525	No	No	4	5
Osse, Brandi	974	Yes	5,000	3	3
Phillips, Chris	641	Yes	1,000	3	2
Phillips, Ryan	621	Yes	1,000	1	1
Phillips, Diana	680	Yes	1,000	3	3
Piet, Dave	990	No	No	2	3
Reynolds, Valerie	200	No	No		1
Robison, Caryle	775	No	No	Exempt	Exempt
Robison, Roy	968	No	No	17	5
Rose, Betty	1482	Yes	1,000		3
Round, Tom	792	No	No	5	4
Rowe, Martin	803	Yes	1,000	2	3
Rupil, Kim	780	No	No	3	5
Sambrone, Constance	1036	No	No	6	9
Sheffield, Shane	514	No	No	6	6
Shoemaker, Adam	90	Yes	1,000	3	3

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, Teri Besch, at besch105@comcast.net.



Name	April	Jacket?	Jacket	Volunteer Activities	Meetings
Shoemaker, Ann	550	No	No	3	3
Shoemaker, Jerry	615	No	No	3	3
Siliski, Vickie	100	Yes	1,000	1	
Smith, Betty	645	Yes	5,000	2	2
Smith, Bob	800	Yes	10,000	3	4
Toering, Lauren	634	Yes	1,000	2	2
Vander Krabben, Debbie		Yes	1,000		2
Vander Krabben, Harry	60	Yes	1,000	1	2
Villars, Michelle	593	No	No	1	3
Vise, Ed	750	No	No		1
Warren, Mike	650	Yes	10,000	10	4
Walker, Anastasia	575	No	No	1	2
Waterhouse, John	590	No	No	3	3
Werling, Bill	739	No	25,000	29	8
Weston, Rita	662	Yes	10,000	3	3
Wiggins, Beth	100	No	No		1
Wilkins, Wes	47	No	No		1
Wolfe, Hal	425	No	No	1	2
Woods, Sandra	710	Yes	1,000	2	3
Woods, Von	701	No	No	4	4
Zuehlke, Jill	45	Yes	1,000		1



Doctor in the House

Continued from page 8

Bryan's start in running was like a lot of others who simply decided it was finally time to make a change for the better. "I didn't start running until I was turning 40. I was over weight and had a lot of bad habits. I ran that first mile (to a stop sign a half mile away and back) and was gassed. I had no idea about pace, about training, about shoes, none of it. I just wanted to run further each day. When I made it to three miles, I noticed that I could run (jog actually) without getting out of breath. I naively decided I wanted to run a marathon! I found a simple training plan online and it looked so easy. Just run 3-8 miles, 3-4 days a week and each weekend, run a long run of increasing length. After less than a year of training, I was running 20 mile long runs and ran the Atlanta Marathon on Thanksgiving. I bonked, I walked the last 10k, I was miserable and finished near the 5 hour cut off; but I had to figure out how to do better! Well 7 years later,

I'm still trying to figure that out. Over the years, I've made new goals for myself and I'm amazed at how much we can improve once we remove the limits we place on ourselves; yet humbled by others that have so much talent, and work so hard to succeed. I'm inspired by those who maybe aren't the fastest, but who put more courage or more joy or more love into running (and into life) than I could ever muster."

He goes on to say "Running is great stress relief and helps keep me sane! Even with all the entry fees and shoes, etc., it's a relatively cheap hobby. We can run as a family and go on random, spontaneous trips to run a race and see a town or city we'd never stop in otherwise. Sometimes running is spiritual, other times it's fun, silly and social. I've had angry runs and sad runs and scary runs. Lately I've been thinking how ironic it is that some days we can barely walk when we get out of bed and limp around half the day, but once we start running, we can fly so effortlessly!"

And it is seemingly effortlessly that he runs and races

...continued on page 15

NEW MEMBER PROFILE

“Country-Fried” Down Home Folks

By Bob Dalton

Ever wonder who the creator and wizard web master behind the PTC Running Club's website is?? It's none other than club member Joe Domaleski, entrepreneur extraordinaire. He and his wife Mary Catherine (she goes by 'MC') have been club members for 15 years and in that time, they have been serving behind the scenes but in critical roles for the club.

Joe (44) is originally from Stone Mountain and MC (42) is a lifelong Fayetteville girl. They have three children, Alexandria (17), Tori (13), and Stephen (10). Joe earned his Bachelors in Math and Computers from North Georgia and has an MBA from Georgia State. MC earned her Associates Degree from Clayton State University and is a personal trainer and full-time Mom. Joe served four years on active duty in the Army with the 24th Infantry Division to include a deployment to Desert Storm.

Joe is the owner of “Country Fried Creative,” a graphic and web design company. He has been the webmaster for the PTCRC for almost ten years now and is in the process of establishing a new look for the site set to debut in a few months.

Joe and MC both enjoy running because “it's a great way to enjoy the outdoors and get in shape.” They joined the club because it has “great people, super events, and a chance to learn and share with others.”

When asked about unusual running or walking experiences, Joe cites the annual Ranger Run 15K held near Dahlonega at the U.S. Army Ranger School (mountain phase). He says “It used to be more like an obstacle course than a run.” MC responds that “recently Joe and I went backpacking and my boots fell apart but I kept going!”

Joe's most memorable experience was “Running my first Boston qualifier in Atlanta in 1997 and making it with only seconds to spare.” Boston is also his favorite race because of the great crowds and tradition. MC's first marathon at Disney in 1998 was her most memorable and is also her favorite.

The Brasstown Bald Buster 5K has a reputation as one of the toughest races in Georgia. It only has one hill, but it's continuous all the way to the highest point in Georgia. Most people don't know this but Joe won it in 2001. Unfortunately the director forgot to bring the awards that year and never followed through on sending them so Joe has no trophy to commemorate the event!!

Besides running “We both enjoy backpacking, kayaking, cycling, and other outdoor sports.” Joe and MC are both licensed amateur radio operators. They also enjoy triathlons. In fact, Joe is an Ironman having completed the one in Panama City Florida twice!

For the past five or six years, Joe has also served as the race results director for the PTC Classic as well as a sponsor of the race through his company. Joe and MC have also used their many years of experience to teach nutrition and fitness classes at their church. Both have served on staff at World Gym as personal trainers and coached many couch potatoes to a healthier life style. In fact, you could summarize their philosophy on sports as one of servanthood. They are too modest to admit it, but they have given back much more than they have received. The club is indeed fortunate to have them in our ranks, even if it is “behind the scenes.”



Joe and MC Domaleski
after the Peachtree Road Race

50 STATES GIRLS

Pat Cote-Miles and Kim Ruple have added another state to their 50 state quest, recently completing Amica Marathon in Newport, Rhode Island to bring their total number of states to 20+. This was a fairly small race with the cap for ½ and full marathons being about 3000. The marathon course was two loops which formed something similar to a figure eight reaching out across the historic mansion, beach and bird sanctuary.

Given the 25+ mph winds it was hard to pass the ½ marathoner finish line to complete the full course, but mind over matter (and wind and sand!) From the pictures you can see the amazing views as we ran along the coast line, with wind and waves on one side and enormous mansions on the other. If you look closely you can see the flag behind Kim and get a sense of the wind.

Newport can be a very expensive place to stay, but luckily Pat's nephew Paul and his wife Christine have a 3BD/2.5BA house that they were happy to share for the weekend. Thanks to them for their great hospitality and generosity. Also a big thanks to Rob G. from our Bourbon Chase team for suggesting the Salvation Café for a post-run dinner. Great experience!



**WELCOME
NEW
MEMBERS!**

We welcome the newest members to the Peachtree City Running Club!

Deanna McArthur (PTC), Emily Manning (Newan), Krista Morin (Newnan), Christine Krauth (Tyrone), Sharon Vaccani (Sharpsburg), Lindsey Hausmann (Newnan), Jodi Fritz (PTC), Tora Pitts (Sharpsburg), Stephanie Swanson (PTC), Karen Thurber (Fayetteville), Amy Watkiss (Fayetteville)

(New Members since August)

in and around the metropolitan Atlanta area. In fact, his favorite race is the Atlanta Half Marathon. "I don't like the new course as much, but it's still very well run and organized. It keeps me out of the kitchen (out of the way) Thanksgiving morning!" His PRs are evidence of just how fast he can fly when he is in the zone: 18:56 for the 5K (Hog Jog); 40:01 for 10K (Peachtree); 1:05:54 for 10 miles (Singleton); 1:29:03 for the half marathon (ING); and 3:26 for the marathon (Albany). In only the last five years or so, he already has six full marathons and seven or eight half marathons to his credit.

Bryan joined the PTC Running Club "So Bob (Dalton) would stop harassing me at the local 5k's! I've enjoyed my time with the club so far. Several folks made a point of reaching out, introducing us around, and making us feel welcome. I enjoy the Sunday long runs and even got a chance to run in a team event (something I've never done before). I love that beyond running, the club emphasizes service, whether it be volunteering for races, supporting the fight against childhood obesity or even placing water fountains on the cart paths. Running tends to be a selfish sport/activity, so I think it's important for us to give back to the community however we can."

"Besides running, I make home brew (home made beer). Beer and running go together like peanut butter and jelly. I also play bass in local group. We lost our drummer, so if you know someone....."

"I hate to give running advice. But if I was forced to do so, I would say that using running to explore new places, to visit family or old friends, or to make new friends makes it all worthwhile. We've run at BBQ festivals (where we won piggy banks!), beer festivals (free beer!) and even spent the night at LaGuardia airport (which closes by the way) after a marathon all in pursuit of PRs and cheesy medals. As the saying goes, 'it's not the destination, but the journey.'"



Super Refried Black Bean Burritos

from Groovyvegetarian.com

Ingredients:

*Organic Corn (1 small bag or a can)
2 cans Black Beans
2 small jars organic salsa (or I sometimes use Trader Joe's)
Organic Cheese or Vegan Cheddar, shredded
Spices (beach salt, chili powder, cayenne pepper are my favorites!)
2 packs Organic Tortillas
Cooking Spray*

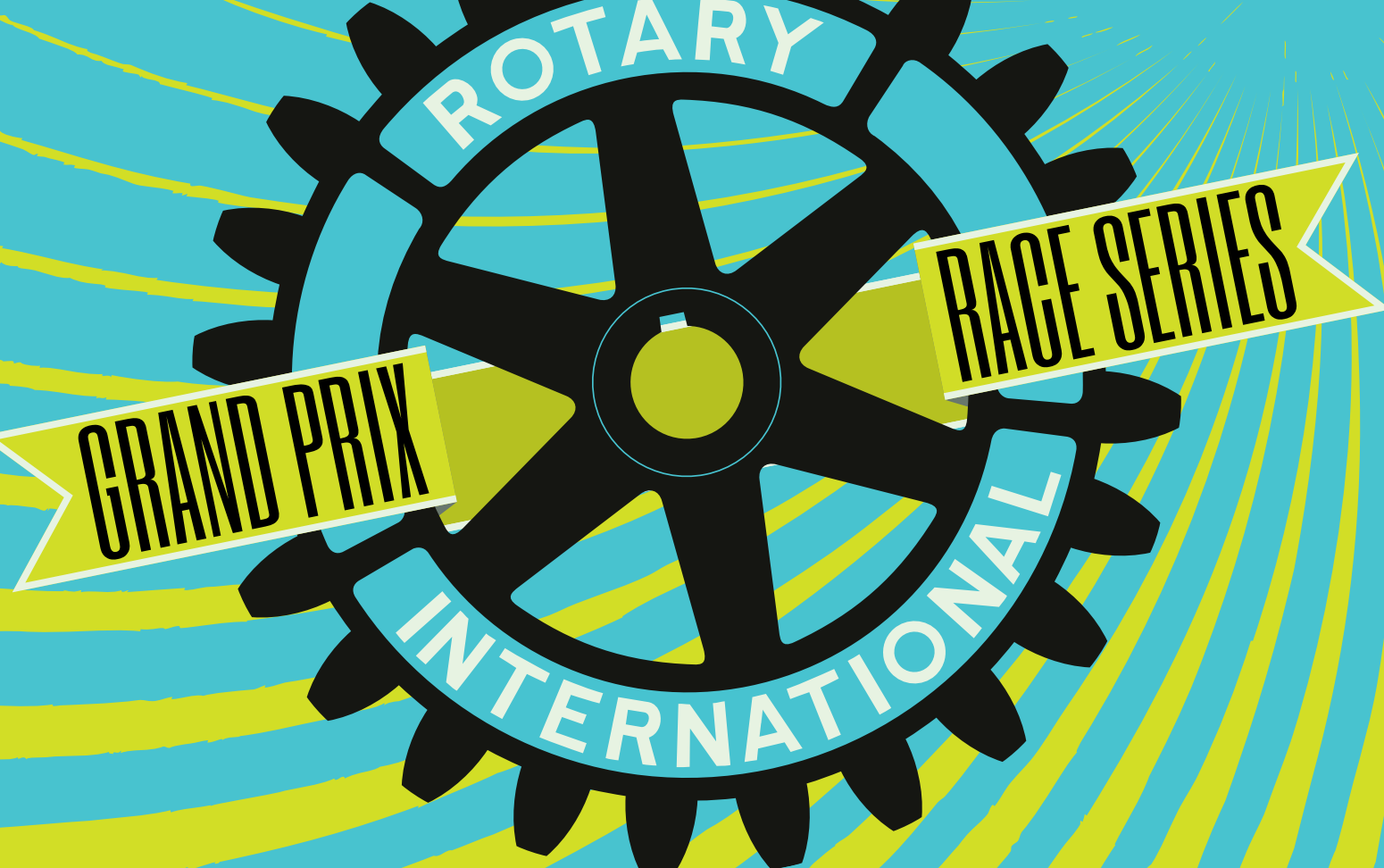
Directions:

Combine ingredients in a large mixing bowl. First add the corn. Drain and add the black beans and then stir in the salsa and cheese. Lastly add spices and stir well.

Preheat oven to 375 deg. F.

Take out a fry pan and spray it light with cooking spray or spread some olive oil on it. Place tortillas on the pan for a couple of seconds, until they are lightly browned. Flip and brown other side. Take off frying pan, fill with about 2 spoons of bean, corn, and cheese mix. Finish wrapping the burrito and place it in an oiled baking dish.

Once all the burritos are ready, cover in foil, then put dish in oven. Cook for about 10-15 minutes, or until burritos become lightly browned.



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.

September 8, 2012
September 15, 2012
September 29, 2012
October 13, 2012
October 27, 2012
November 3, 2012
November 10, 2012
December 1, 2012
January 5, 2013
February 9, 2013
March 9, 2013
March 16, 2013
March 23, 2013
April 13, 2013
April 20, 2013
April 27, 2013
May 11, 2013

Cleveland Elementary 5K
Tyrone Elementary Founders Day 5K
Fayetteville Intermediate Cougar 5K
Springhill Elementary 5K
Peeples Elementary 5K
Sara Harp Minter Mountain Lion 5K
Braelinn Elementary 5K
PTC Elementary Jingle Bell Trail 5K
St. Paul Lutheran School Frostbite 5K
Kedron Elementary School 5K
Oak Grove Elementary 5K
Burch Elementary 5K
Crabapple Elementary 5K
Huddleston Elementary 5K
Inman Elementary 5K
Our Lady of Victory School 5K
Brooks Elementary 5K/10K