

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

SEPTEMBER 2005

inside

3 Insider's view of Hood to Coast

4 Club member reflects on daughter's first marathon

5 PTC Classic update

6 Memories of the Peachtree Road Race

11 Grand prix standings after 8 events

Hood to Coast '05



The Peachtree City Running Club sent a team to the Hood to Coast Relay in northern Oregon again for the 9th year in a row. The team that ran the 197-mile course from Mt. Hood to the beach in Seaside, Oregon included (back row) Ron Kempton, Sue Bozgoz, Rose Kempton, Richard Johnson, Bill Anderson, Alice Todd, Katrina Mitchell, Marlene Atwood, George Martin, and (front row) Mark Ward, Cynthia Maerz, and Bill Fuller. This year's team finished the HTC in 27 hours, 58 minutes, and 10 seconds. The team, "Wasted But Happy," placed 29th of 67 teams in the Mixed Submaster's division and placed 504th of 1063 teams overall. The team's average pace per mile was 8:32, meaning the team strived to live up to its name! For an inside look at Hood to Coast '05, see page 3.



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Prez Sez . . .



The marathoners are running longer runs so it must be getting close to Classic time. As we approach the 25th Classic we are still looking for more volunteers, so please drop Carolyn Gulick a note or call her to volunteer. Thanks to Ron, Rose, Pamela, Carolyn, Bernice and many others for the countless hours they have already expended in making sure the 25th year will be the biggest and best yet. The Classic is the reason we are donating \$25,000 back to community programs this year (\$25,000 in year #25).

And speaking of the Classic, the club will again host both a "Kid's Marathon Finish" and the "Fayette County Fitness Challenge" on Classic Race day (Oct. 15). The kids will run 1.2 miles beginning at 7:45 a.m., and this year we have at least 11 elementary schools participating. We expect to easily double the number of kids that participated last year.

The Fitness Challenge has been expanded this year from just targeting Peachtree City companies and organizations to all of Fayette County. Last year we had 235 new entries in our races from the Fitness Challenge. We want to double that this year. So help us spread the word. You'll find more information in the related story on page 5.

Also in this edition of the *Legacy* take a look at the story on the Rotary Elementary School Grand Prix series. The number of races has expanded from four races last spring to 13 races (at last count) spread over the entire school year. Not only will we have a lot of good 5Ks to run in, but the effort will raise a targeted \$100,000 for our local elementary schools.

And finally, it was good to see one of the founding members of the club back among us a few weeks ago. Jeff Warlick, now living in the Washington D.C. area, came back and ran with our club in the August Grand Prix cross country event at Gene and Valerie Reynolds farm (thanks to the Reynolds). We hope to get Jeff and several of our other founding members back again later this year for either the Classic or the Christmas Party (Dec. 17).

See you on the paths.

August meeting highlights

President George Martin called the Aug. 1, 2005 meeting of the Peachtree City Running Club to order at 7:30 p.m. at the Wyndham Conference Center. 50 members and guests were in attendance at the meeting. George welcomed Rose Kempton's daughter, Ashley, and new members Kerry Reynolds and Karen Staples to the meeting.

Awards and Recognition

Thank you to Valerie and Gene Reynolds for hosting the cross-country race for the Grand Prix this Saturday, Aug. 6. Directions will be e-mailed to club members.

Program

Bob Dalton introduced Joe Domaleski who now has his own IT business and is in the process of revamping our club Web site. He and his wife are teaching a 12-week Fitness Program at Flat Creek Baptist Church. He spoke to the club about combining sports and technology in his talk entitled "Better Running Through Fitness."

The minutes of the June meeting were approved as posted on the Web site.

Reports by Officers

Treasurer - Marino Fuentes announced we have \$28,466.90 in CDs in our reserve account at maturity. They both mature this month. We also have \$1,980.56 in Talbot State Bank and \$1,000 in Southern Community Bank.

Reports from Coordinators

Social - George announced that our Christmas Party will be on Sat., Dec. 17 at the new Barn in Tyrone.

Peachtree City Classic - Rose Kempton said George did an exceptional job of getting sponsors. This money will cover the cost of the slightly more expensive long-sleeve running shirt we will be giving out at the race. If you are going to a race and would like to take a shirt and applications, let her know.

Announcements

Peachtree City Classic Expo - Dick Allis is looking for exhibitors for the Expo. It costs \$100 for an 8-foot space with a table. Contact him at PTCExpo@juno.com.

PTC Flash - Leslie Salinski needs volunteers to run with her team on Tuesdays and Thursdays beginning Aug. 23 at the All Children's Playground.

The Peachtree City Triathlon is on Aug. 27.

The next meeting is on Tue., Sept. 6, 2005 at Partner's Pizza. We will have a Fun Run at 6:00 p.m. followed by dinner and a meeting at 7:00. George welcomed the new members again. There being no further business the meeting was adjourned at 8:30 p.m.

Welcome New Members

Charlene McLaughlin (Newnan)

Steve Matlaga (Fayetteville)

Karen Staples (Peachtree City)

Stewart Daniel (Marietta)

Von Woods (Peachtree City)

Richard Johnson (Fairburn)

Insider's view of HTC 2005: a great experience!

By Marlene Atwood

I wrap my blanket tighter around me and try to get into a comfortable position in the front seat. The night air drifts in from an open door — a crisp, cold, bracing 52 degrees. I shiver. Somewhere close there is the faint sound of laughter and cheering in the transition area. Through closed eyelids I can sense the bright lights of vans moving in the dark. To the left, there is a constant opening and closing of the portajohn doors — squeaking as they open, banging as they close. It is hopeless — too much noise to get any sleep. I sit up and look around. Alice is stretched out in the seat behind me. Bill and Ron are tangled up in a sleeping bag on the floor of the van, and Richard is curled up in the back seat — sleeping soundly. Somewhere out in the dark, Mark is sleeping on the ground, wrapped tightly in a thick blanket. The ground around him is littered with other human cocoons.

The sound of a cell phone pierces the air and everyone sits up. It is time to go. Van 2 is officially on duty. Van 1 has concluded its shift and will continue to the next transition area to get some sleep. Yes, it is the second transition area of the “Hood to Coast Relay” — a 197-mile road race. The relay begins atop Mt. Hood in middle Oregon and traverses country roads, rolling hills, rock quarries, paved trails, city streets, and beach front on its mission to Seaside, a small coastal town on the Pacific Ocean. The fastest team covers the distance in 17:34:51 — an amazing 5:22/mile pace!

HTC is the largest relay in the country, attracting close to 13,000 participants. HTC represents three events: the “Hood to Coast Relay” with over 1,000 teams of 12 runners; the “Portland to Coast High School Challenge” — a 125-mile relay for high school students 18 years and younger; and the “Portland to Coast Walk” — a 127-

mile walk beginning in downtown Portland.

If you've never run a road relay, you are missing out. There is the excitement and the challenges of the course; the camaraderie you develop among your team members, and all the wonderful teams you meet along the way. Not only did we meet up with Ambry Burfoot and Bart Yasso of *Runners World Magazine*, but we shared the roads

with such great teams as “Young Tarts and Old Farts,” “Al's Exploding Honey Buckets,” the “Shiny Hinnies,” “Eleven Runners and a Fat Guy,” “Barbies and Kenyans,” and “Hoody and the Go Fish.” And yes, there is a contest for the best team name. This year's winners were “GO NADS” and “Weapons of Ass Destruction.” It was a great experience! Thanks PTCRC!



Reflections on a daughter's first marathon

By Paula May

My daughter may not know it yet, but this past weekend she had one of those critical “defining moments” in her life when she crossed the finish line of the San Francisco marathon. Her first at age 19.

The moment defined her as a “marathoner,” a real runner, an athlete. She has “crossed over,” and although she has many miles to go, she is making her way in the direction of the darkside. Training with the darksiders and completion of her first marathon should get her July penguin status at least. The penguin award is an award that is given to those who do something special for that month.

All of us who are passionate about running and have children hope that our children will also share in our passion for the sport. Although all of my three teenage daughters have run at some level, more or less, since they were very young, I did not expect that any of them would actually complete a marathon until much later in life. I had given them the gift of running by having them run cross country and track in youth programs and in high school, running local races and taking them on trips to other states to run races with mom. But I expected they would take a hiatus after they left home where fitness is “mandatory.” Then I foresaw that they would rediscover a passion for running and racing on a more mature level when they saw for themselves what running could add to their lives as an adult.

So when Alexandra, my oldest, asked me for a schedule to complete a marathon, I did the schedule thinking that she would either lose interest or motivation or become injured and that would be the end of it. She was finishing up her first year at Agnes Scott College when she found motivation to rid herself of the “freshman 15” she had managed to acquire. She picked the San Francisco marathon in July. When she made it through the first couple of long runs, her dad and I realized she just might make it, so we all signed up and planned the trip. We were committed. She had the pressure of \$300 worth of entry fees, airfare, hotel, etc. No turning back.

To her credit, she completed all the long runs and stuck to her schedule, managed not to get injured, and ran her first in 4:20:14.

Alexandra's goal was to finish; she had no time goals. She ran a steady 9:55 minute pace. I had all the “atta boy” phrases ready to keep her motivated when she hit the wall, but it never came. She just locked in and never complained. No doubt, a result of her excellent coach and training schedule. She did pass me on the uphills; as everyone always does, and I passed her back downhill. I ran Cytomax and water intervals for her. She did, however, tell me several times during the last two miles to stop talking. I apparently was throwing in too many clichés to get past the wall that she never really hit. Just another training run with the darksiders. She did beat Oprah, but not P. Diddy.



Nineteen-year-old Alexandra May (center) runs her first marathon with proud and supportive parents Eric and Paula beside her.

The San Francisco marathon was repackaged this year with a new sponsor, *Runner's World*, and a new course to include the Golden Gate Bridge. The course has its share of ups and downs, but is one of the most scenic if the fog isn't too thick. It is a loop starting at Market Street and Embarcadero and runs through Fisherman's Wharf, the Marina, past the Palace of Fine Arts and the Presidio and crosses the Golden Gate Bridge, out and back, through Golden Gate Park, up and down through the streets of San Francisco, and finishing back at the Embarcadero.

Eric, Alexandra, and I stayed at the Hilton Hotel on O'Farrell, about a mile jog from the start. We jogged down to the start at 5:10 (too many bathroom visits before we left made us late leaving) for a 5:20 start only to find the port-a-potty lines 20 deep. By the time I found a bush, everyone was stampeding to the start, which was just announced, and there wasn't enough time to herd all the people to their places. So the start was a huge disaster. We jumped over the barricades just in front of the timing pads and were off.

The start was too small an area for the 5,000 marathoners, 6,000 half-marathoners, and 1,000 5Kers, and was further complicated by the darkness. The smell of freshly baked bread was a very nice touch as we ran past the Boudin bakery, famous for their sourdough bread. You were able to watch the bakers at work through the plate glass windows of the factory at mile two.

It was still dark as we moved up the long, steep, narrow hill into the area of the Presidio. This was a huge bottleneck. We were also dodging walkers who had been sent out ahead of the marathoners by 20 minutes for some unknown reason. They generally walked three abreast, and we were zigzagging to avoid them.

Crossing the Golden Gate Bridge out and back is certainly a nice touch to add some pizzazz to the marathon, however, with all the dense fog that covers San Francisco most mornings, you could have been on any street for all you could see crossing the bridge. It was like running through a cloud; you could only see about 30 feet ahead of you, and you stayed wet from all the mist. The rest of the course is typically San Francisco hilly as it moves into Golden Gate Park and the city. But most of the hills are fairly short, albeit steep.

Would I do it again? Probably not.

PTC Classic Update

Company fitness challenge expands to include all of Fayette County

The Fitness Challenge is returning for the second time, this year as an integral part of the 25th Annual Peachtree City Classic Road Race. The Fayette County Fitness Challenge will be a competition to find the "Most Fit Companies" and the "Most Fit Organizations" in Fayette County.

The definition of "Most Fit" will be the organizations that have the highest PERCENTAGE of their employees (or members) that can finish either of the 5K races or the 15K race. It will not be based at all on the speed or finishing times of the teams. It will be strictly determined on the basis of the number of total employees (or members), as provided by the company or organization at the time of registration.

Preliminary rosters MUST be submitted no later than Sept. 16 to secure a guaranteed team spot. After that date, it is possible we will cut off new team entries. If you have submitted a preliminary team roster by Sept. 16, you WILL be able to add more team members to that roster.

All 5K finishers will count as one team member to have finished. We anticipate the two 5K's will fill up quickly, so we are offering a "bonus" in the 15K race. Any team member who runs or walks in the 15K will be counted as TWO team members in the calculation of the Fitness Challenge.

All divisions will have awards issued to the first, second and third place teams. Additionally, there will be awards issued to each division for the most "total number of finishers." Awards will be presented at the Oct. 18 meeting of the Peachtree City Recreation Commission, held at the City Hall Council Chambers beginning at 6:30 p.m.

An organizational meeting will be held Wed., Sept. 7 at the Piedmont Fayette Hospital. Applications will be distributed along with the required team rosters. More information can be obtained by calling George Martin at 770-596-9890 or by e-mailing requests to r2sun98@mindspring.com.

Classic volunteers needed!! Call Carolyn Gulick at 770-487-5934 or e-mail her at gulick4@aol.com.

Support the Classic Expo

If you know of a business that would like to set up a table at the expo, give them the information below and have them contact Expo Chairman Dick Allis. Also, if you are interested in chairing the expo next year, he will give you some "on the job training" now. Volunteers are still needed as well.

This year's expo will be held on Oct. 14 and 15. Runners will pick up their race numbers the evening of the 14th and the morning of the 15th at the expos. On the 14th, the expo will be held at the Wyndham Peachtree Conference Center from 5 to 9 p.m. On the 15th, the expo will be set up at the Frederick Brown Jr. Amphitheater

2005 Kid's Marathon Finish program expects 250 on race day

This year will be the second year of the Kid's Marathon Finish program. The essence of the program is to encourage children to participate in school running programs on a regular and continuous basis, especially at the beginning of the school year.

To actually run in the Kid's Marathon Finish on Oct. 15, participants must first qualify by running in their school running club or program. To qualify to actually participate in the Kid's Marathon Finish, children must run a minimum of 25 miles between Aug. 15 and Oct. 15.

On the morning of the Peachtree City Classic 15K and 5K races, at 7:45 a.m., qualifying kids will run the last 1.2 miles of the official marathon distance (26.2 miles) and will then be awarded a Kid's Marathon Medal and a unique Kid's Marathon Tee shirt. The Kid's Marathon finish line will again be the same finish line that the older runners use later that morning, meaning the ability to create large, cheering crowds for the kids finishing.

There will be no cost to any child participating, but a signed waiver of liability must be presented for each and every child.

In 2004, with only seven schools participating, approximately 500 children were active in the school running clubs or programs. Of those, 129 children qualified to run in the Kid's Marathon Finish. Of the 129, only 80 actually participated on race morning. Unfortunately, last year's Kid's Marathon Finish took place during a three-day weekend for the schools, and that fact combined with conflicting baseball, soccer, and other sports schedules, created too many scheduling conflicts.

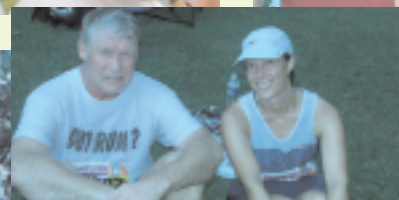
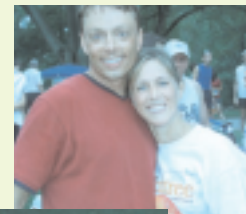
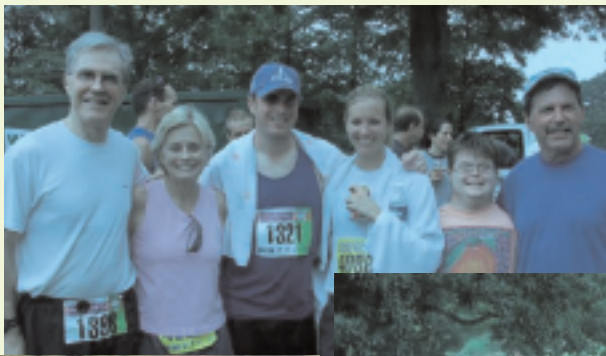
In 2005, the three-day weekend is scheduled two weeks after our planned date. This fact, along with the expansion into about twice the number of schools, means we are anticipating at least 1,000 kids running in school programs and 250 children participating on race morning. We need volunteers to help with this portion of the Classic as well, so consider signing up!



from 8 to 11 a.m.

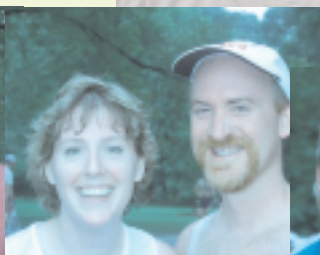
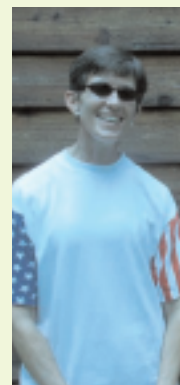
Cost will still be \$100 for one or both days, along with donated door prizes to be given away. Tables and electricity will be furnished in a space of about eight feet. It is estimated there will be up to 3,000 runners entered in the PTC Classic 5K and 15K runs.

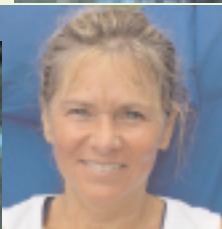
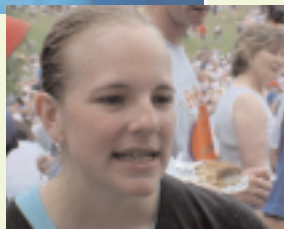
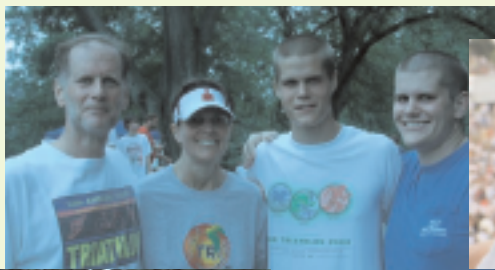
Space will be limited, so please send in your fee as soon as possible to insure your entry. Make your check payable to PTCRC, and send to Richard Allis at 202 Camp Creek Trail Peachtree City, GA. 30269. A confirmation will be sent along with more details once your fee has been received.



Peachtree Road Race

July 4, 2005





13 schools on schedule for 2005-2006 Rotary Elementary School Grand Prix series

The Rotary Elementary School Grand Prix series of races began in the spring of 2005 with five races scheduled in a preliminary "shake down" series. The first full Grand Prix series season is 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 "winner's data base."

Traditionally, most participants in a school's fund-raising activities are the children and parents of only that particular school. The purpose of the Grand Prix is to promote and enhance the fund-raising capability of each individual school by encouraging children and adults from all over Fayette County to participate in these races. That is done by awarding points, by place of finish, for each of 16 different age groups, ranging from under 8 years old, to ages 70 and above. At the end of the school year, special awards will be conferred on the top three participants, both male and female, in each of the 16 age groups. The awards ceremony will be held at the regularly scheduled June meeting of the Peachtree City Running club, with appropriate publicity.

At each race, all participants' finishing places will be recorded, and the top 10 finishers in each age group will be awarded points. The first place finisher will receive 100 points; the second place finisher will receive 90 points, all the way to the 10th place finisher who will receive 10 points. Those points will then be accumulated from race to race. Children and adults who run or walk in at least 6

of the 11 scheduled races will receive a bonus of 100 points at the end of the season. Competitors must have walked or run in at least four of the races to qualify to win a final Grand Prix award.

2005-2006 Grand Prix Series Race Schedule

Sept 17 Tyrone Elementary Founder's Day 5K
 Sept 24 Fayette Intermediate "Cougar Run 5K"
 Oct 8 Minter "Mountain Lion 5K"
 Oct 29 Peeples Elementary "Pumpkin Run 5K"
 Nov 5 Braelinn Elementary 5K
 Nov 12 Springhill Elementary "Turkey Trot 5K"
 Dec 10 Peachtree City Elementary "Jingle Bell Trail 5K"
 Feb 11 Kedron Elementary "Heart to Heart 5K"
 Mar 4 North Fayette Elementary 5K
 Mar 18 Oak Grove Elementary "Run for the Gold 5K"
 Apr 22 Huddleston Elementary "Hustle 5K"
 Apr 29 Crabapple Lane "Redbird Run 5K"
 May 6 "Brooks Beat 5K/10K"

Summer Race Results

Name	Race	Time	Name	Race	Time
Hal Wolfe	The Peachtree	40:58	Dave Ketelsen	Panther Prowl 5K	18:21 2nd overall, 1st AG
Bill Anderson	The Peachtree	40:59	Bill Anderson	Panther Prowl 5K	19:26 1st AG
Bob Dalton	The Peachtree	36:17	Jane Welch	Panther Prowl 5K	28:43 1st AG
Graeme Jones	The Peachtree	45:33	Mark Hamilton	Panther Prowl 5K	20:19 1st AG
Bill Fuller	The Peachtree	45:50	Lou Boone	Ironman Germany	15:16:12
Jason Hendrix	March in like a Lion Out Like a Lamb 5K	18:06 6th overall	Martha Boone	Ironman Germany	14:13:45 2nd AG
Jason Hendrix	Cherry Blossom Marathon	3:38:17 1st marathon	Ann Shoemaker	Ironman Germany	14:26:07
Jason Hendrix	Race for Riley 5K	18:15 5th overall 2nd AG	Jerry Shoemaker	Ironman Germany	11:46:12
Tom Round	Heritage Day's 5K	21:37 5th AG	Chuck Garwood	Ironman Germany	13:27:37
Bill Everage	Brooks 5K	20:39	Kim Garwood	Ironman Germany	14:36:06
Bob Dalton	Run for Life 10K	36:34	Gary Pretzer	Ironman Germany	11:41:46
Paula May	Panther Prowl 5K	22:07 1st overall woman	Todd Davison	Ironman Germany	11:48:06
			Al Barker	Leanhorse 50-mile Run Hot Springs, S.D.	11:28:00 2nd AG
			Susan Lance	Leanhorse 50-mile Run	11:28:00 3rd AG

- Club Notes & News -

Marine Corps Marathon

Note from trip organizer Bill Fuller: I hope all who signed up for the Marine Corps Marathon on Sun, Oct. 30 are doing well with their training. By the time this newsletter comes out we will only have seven or eight weeks to go. Those 20-mile training runs are great on a Sunday morning, how many of you have to take a nap Sunday afternoon? I know I do. We have had a good response to the Saturday and Sunday night dinners, but if you have not yet made your reservation please do by sending me an e-mail at mki.kammann@ht-bbs.com.

Tyrone Founder's Day Race

The first elementary school race will be the Tyrone Elementary "Founders Day" race on Sat., Sept. 19, starting and ending at Tyrone Elementary School. Remember the top 10 finishers in each age group earn points. There will be at least 13 races on the schedule this school year, so come out and earn points early and fast.

Run from Domestic Violence 5K

"Free Pizza, Beer and a Tee-shirt." That is the prize for every runner and walker for the First Annual "Run From Domestic Violence 5K" that will be held Friday night, Sept. 30 (6:30 p.m.) starting and ending at Partner's Pizza. There will also be several bands playing and a lot of fun. All proceeds go toward the creation of an Emergency Shelter for Promise Place (formerly the Fayette County Council on Domestic Violence). This will be a popular race so sign up early!

PTC Ekiden Team Forming

The 2005 Atlanta Ekiden will be held Sun., Sept. 25 at 8 a.m. in Piedmont Park. The event has six runners per team, run over the marathon distance of 26.2 miles. Mark Ward has agreed to head up the Peachtree City Running Club team(s) this year. If you're interested in joining the team, check the ATC Web site www.atlanta-trackclub.org, and then contact Mark Ward at 404-597-3724.

Congratulations!

Congratulations to Lou and Martha Boone, Chuck and Kim Garwood, Jerry and Ann Shoemaker, Todd Davison, and Gary Pretzer for their completion of the Ironman Germany in late July! Jerry... what's the only thing you can't do in the penalty box?

Congratulations to Joe and Bernice Wassell on the marriage of their daughter Sarah in Washington D.C. And also to Bill and Janet Fuller on the upcoming marriage of their daughter Verity.

Thank you

Thanks to Gene and Valerie Reynolds for hosting a great Cross-Country Grand Prix event at the "Reynolds Ranch" and for all the work they have done and continue to do to make their course so enjoyable to run on.

Thank you to Joe Domaleski for a great presentation at the August club meeting on using technology to train, as well as his generous donation of time and talents in the re-vamping of our club Web site.

Memory Walk

The Southern Crescent Memory Walk/Run is Oct. 1 from the PTC Amphitheater. Sign up for the running club "team," and be part of five years of local fundraising for this worthy cause. If you can't participate, consider making a donation through the club.

Darkside 50K and Marathon

The Darkside running club will host its 4th annual Peachtree City 50K as well as its inaugural marathon on Sun., Nov. 6 starting at 7:30 a.m. The course will consist of six loops on shaded, rolling golf cart paths; five loops for the marathon. Volunteers are also needed on race day. For more information, contact Race Director Scott Ludwig at 770-487-7445 or check their Web site at www.eteamz.com/darksiderunningclub.

A great big THANK YOU to everyone who made for another successful Summer Track Series this year. To Head Honchos Ed Finucan and Bill Werling who "Emcee'd" the weekly events; to Teri Besch and Cathy Olson who ran registration; to Dave Olson for bringing and operating the clock every week; to Normer Adams for documenting the good times with his photographs; and to all the other unnamed but not unknown members who stepped up and helped out with timing, lining the kids up, handing out awards, and doing whatever else needed to be done.

I know of no other club of our size in the state that does what we do. The Atlanta Track Club hosts a track series, but they have a professional, full-time staff and 12,000 members to draw from. We do the same thing with fewer than 200 members.

I recently had the occasion to call every running club listed in the *Atlanta Sports and Fitness* magazine and on the Run Georgia Web site to determine which of them had regular monthly meetings. There are more than 50 clubs listed altogether in metropolitan Atlanta and the state of Georgia. Of those, over half the phone numbers were disconnected, incorrect, or were not answered, had no voice mail, or did not return the call when I was able to leave a message, or had no phone number at all. Another dozen or so that I was able to reach said they had to discontinue their meetings due to lack of interest. Another handful said they met only occasionally and then it was just to run or perhaps have a meal together. There were only three or four that said they met formally and that was only quarterly or once a year, usually to fulfill a club bylaw requiring it.

So when you consider the monthly Grand Prix's, the weekly fun runs, the monthly meetings, the picnics, Christmas parties, track meets, the Peachtree City Classic, Kid's Fun Run, new member breakfasts, trips to Jacksonville, Hood to Coast, Chicago Marathon, Marine Corps Marathon and other places, the golf tournaments, elementary school grand prix series, buses to Peachtree and the Atlanta Half Marathon, and all the other stuff this club does, we get more bang for the buck than any other club I know of anywhere. I pray we never take for granted what an amazing group of people we have here. Thanks to each and every one of you for your part in making the Peachtree City Running Club the best anywhere around.

Proud to be a member and your V.P.

Bob Dalton

PTCRC Grand Prix Series

July – Event 7

Poker Run

Men's Open (50 and below)

- 1st place Paul Bryant
- 2nd place Hal Wolfe
- 3rd place Mike Norman
- 4th place Randy Graham
- 5th place Wes Wilkins

Men's Masters (51 and above)

- 1st place Jules Desgain
- 2nd place Joe Wassell
- 3rd place Jim Crowley
- 4th place Bill Fuller
- 5th place Dan Ahern

Women's Open (47 and below)

- 1st place Melissa Anderson
- 2nd place Kristy Espiau
- 3rd place Emily Borsare
- 4th place Jennifer Cook
- 5th place Shannon Phillips

Women's Masters (48 and above)

- 1st place Rene Flaherty
- 2nd place Trish Vlastnik
- 3rd place Patsy Bickford
- 4th place Teri Besch
- 5th place Rose Kempston



August – Event 8

Cross County Run

1st place — Team 3

- Randy Graham
- Vern Schmitz
- Wes Wilkins
- Steve Hancock
- Scott Allen

2nd place — Team 8

- Hal Wolfe
- Mark Hamilton
- Mark Ward
- Bill Fuller
- Gary Kolb
- Ann Henderson

3rd place — Team 5

- Fred Port
- Graham Jones
- Trish Vlastnik
- Patsy Bickford
- Karyn Staples

4th place — Team 4

- Sean McKinnon
- Bill Everage
- Al Barker
- Cal Daly
- Teri Besch

5th place — Team 1

- Bill Anderson
- Mike Warren
- Margie Dam
- Sandy Tuman
- Ben Gross



WOMEN AGE 47 AND BELOW

1	RHONDA FUENTES	6	460
2	MARGIE DAM	7	455
3	BONNIE HANCOCK	8	415
4	JANE HAMILTON	8	305
5	SHANNON PHILLIPS	5	275
6	BETH WIGGINS	4	220
7	MELISSA ANDERSON	3	175
8	ERICA HUGHEY	4	155
9	SANDRA DALLAS	3	140
9	KARYN STAPLES	2	140
11	AMY STITT	2	130
12	KATH JONES	3	115
13	ANN PORT	4	105
14	TRACY WELCH	1	100
15	KRISTY ESPIAU	2	95
16	EMILY BORSARE	1	80
17	JENNIFER COOK	1	70
18	VALERIE REYNOLDS	3	35
19	ANGIE WARREN	1	25
20	KIM GARWOOD	3	15
21	ANN BLAUM	1	10
22	SUE BOZGOZ	1	5
22	KIM BROWN	1	5
22	MICHELLE BINKLEY	1	5
22	SALLY MEYER	1	5
22	AMY ERVIN	1	5
22	DENISE BEST	1	5

WOMEN AGE 48 AND ABOVE

1	SANDY TUMAN	8	620
2	RENE FLAHERTY	7	475
3	ANN HENDERSON	7	440
4	TRISH VLASTNIK	6	435
4	PATSY BICKFORD	6	435
6	TERI BESCH	7	370
7	CATHY OLSON	7	280
8	JAN BANKIERIS	6	255
9	ROSE KEMPTON	6	210
10	SUSAN BERSCHINSKI	3	115
11	MARYANN CROFTON	4	100
12	ANN SHOEMAKER	3	90
13	MARTHA BOONE	4	85
14	JENNIFER BRYANT	1	45
15	JANE WELCH	1	30
16	CAROLINE GULICK	4	20
17	JAN DILLINGHAM	2	10
18	HELEN ERNST	1	5

GRAND PRIX STANDINGS AFTER 8 EVENTS

MEN AGE 50 AND BELOW

1	MARK HAMILTON	8	505
2	RANDY GRAHAM	7	355
3	HAL WOLFE	5	310
4	MIKE WARREN	6	300
5	GARY KOLB	7	280
6	STEVE HANCOCK	8	260
7	VERN SCHMITZ	4	240
8	BILL ANDERSON	6	220
9	WES WILKINS	7	215
9	MIKE NORMAN	4	215
11	GRAHAM JONES	7	195
11	PRINCE WHATLEY	3	195
13	SCOTT ALLEN	7	185
13	MARK MASCARA	3	185
15	FRED PORT	2	180
16	DOUG FUENTES	2	170
17	STEVE DORSEY	3	145
17	MARK WARD	4	145
19	JERRY SHOEMAKER	2	125
20	JOHN MROSEK	4	120
21	CAL DALY	5	110
21	PAUL BRYANT	3	110
23	STEVE SWOPE	2	105
24	TODD DAVISON	4	100
24	SHAWN MCKINNON	2	100
26	BILL EVERAGE	3	80
27	CHUCK SMITH	4	50
27	PATRICK STAPLES	1	50
29	DAN FLAHERTY	2	35
30	ADAM SHOEMAKER	2	30
30	RICHARD PENLAND	1	30
32	GENE REYNOLDS	3	15
33	GARY MEYER	1	5
33	FRANK MOLLOY	1	5
33	ROBERT ERVIN	1	5

MEN AGE 51 AND ABOVE

1	MARINO FUENTES	8	470
2	NORMER ADAMS	7	370
3	BILL FULLER	4	320
4	BILL WERLING	4	280
5	BOB DALTON	5	250
5	JULES DESGAIN	4	250
7	TOM ROUND	4	240
8	CHUCK GARWOOD	3	165
9	GEORGE MARTIN	6	160
9	DAVE GULICK	7	155
11	BOB TROMBLEY	3	135
12	PATRICK KEARNS	4	130
12	DAN TWINEHAM	2	130
14	DAN AHERN	4	125
15	JOE WASSSELL	7	120
16	SAM DILLINGHAM	3	110
17	ROY ROBISON	1	100
17	BEN GROSS	8	100
19	JIM CROWLEY	4	95
20	TOM CROFTON	4	70
20	AL BARKER	1	70
22	DAVE OLSON	4	65
23	DAVE PIET	2	45
23	LOU BOONE	4	45
25	JOHN WATERHOUSE	2	35
25	DICK ALLIS	7	35
27	LYNN FAIRLEY	5	25
28	JOHN NOWAK	1	10
28	BILL JOHNSTON	2	10
28	BILL MCBRIDE	2	10
31	BOB SMITH	1	5
31	ALASTAIR BEST	1	5

Sponsor Spotlight: Southside Consulting

Our newest corporate sponsor is Southside Consulting, Inc. — a technology consulting firm owned by PTCRC member Joe Domaleski. The company specializes in four areas: website design and development, computer support, applications development, and business consulting. They service both corporate and residential clients.

Several things set Southside Consulting apart from other firms. The “Southside Team” consists of 20 consultants who can provide depth and experience not available in smaller firms. The “Southside Value Proposition” is that the firm will only take on projects that produce tangible benefits for clients. The “Southside Ethic” is an attitude of service and citizenship in the local community. Southside Consulting has made an unprecedented donation of time and resources to a variety of worthwhile organizations and clubs.

Southside Consulting has volunteered time and talent to overhaul our own running club website. According to Southside owner Joe Domaleski, “Southside Consulting can make IT easier for you!”



Peachtree City Running Club
P.O. Box 2377
Peachtree City, GA 30269
www.ptcrc.com

UPCOMING CLUB EVENTS

SEPT 6 CLUB MEETING @ PARTNER'S • SEPT 10 GRAND PRIX • SEPT 17 TYRONE FOUNDER'S DAY 5K • SEPT 24 COUGAR RUN 5K • OCT 3 CLUB MEETING @ WYNHAM • OCT 8 MOUNTAIN LION 5K • **OCT 15 PTC CLASSIC** • OCT 22 GRAND PRIX • OCT 29 PUMPKIN RUN 5K • OCT 30 MARINE CORPS MARATHON • NOV 5 BRAELINN 5K