

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

SEPTEMBER 2006

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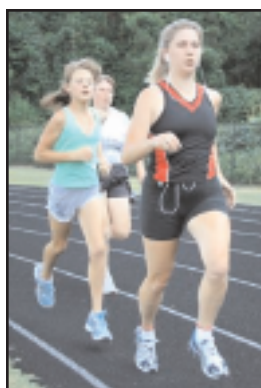
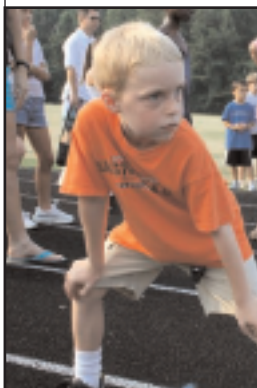
Club member takes trip of
a lifetime

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Norman, Fuentes,
Dalton, Vlastnik lead GP



PTCRC summer track series once again a success!





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The Legacy is published six times a year in January, March, May, July, September, and November. The deadline for submission is the third Friday of the previous month. Please send all articles and photos to Rene Flaherty at rzflaherty@aol.com. Send race results to Bill Fuller at mki.kammann@ht-bbs.com.

NEXT DEADLINE: Oct. 20



August Club Meeting Highlights

The full report of the meeting minutes is available on the club Web site at www.ptcrc.com.

President Bob Dalton called the meeting to order at 7:31 p.m. in the Wyndham Conference Center. New members and guests recognized included Javier De Jesus and Stacy Laswell of ING Georgia Marathon, and Millie Daniels and her daughter April. A motion was made to approve the minutes of the last meeting as posted on the club Web site. Motion carried by unanimous approval.

A film clip was played that was made for "Good Day Atlanta" on Fox 5 and aired just prior to the Peachtree 10K on July 4. Randy Graham was featured in the film titled "Running to Lose" in light of the fact that he lost 75 pounds over the last 3 years.

Guest Speaker

Lisa Stillman, M.P.H., R.D., L.D., of Alpha Internal Medicine was our guest speaker. Lisa is a dietician who works in an office of internal medicine where she sees that most patients are overweight and have problems associated with obesity. She spoke about the importance of being aware of your Body Mass Index (BMI) and provided charts for determining your BMI.

Old Business

President Dalton gave a special thanks to Teresa Moore for organizing a great picnic on the 4th of July. The next major social event is the annual Christmas party.

New Business

Flyers for several different races were made available in the back of the room including the Alpharetta Marathon on March 4.

Javier De Jesus, representing the new ING Georgia Marathon scheduled for March 25, gave an explanation of the new race and showed a film clip of the route. See www.inggeorgiamarathon.com for more details.

Reports from Officers

Activities V.P. — Steve Hancock announced winners of the Aug. 5 Grand Prix. Next Grand Prix date and location will be posted on the club Web site.

Secretary — Tom Round sent a "get-well" card from the Running Club to Martha Boone regarding her back surgery.

Treasurer — Marino Fuentes reported that the club has a total of \$12,954.51 in the bank accounts. The Money Market Account contains \$28,800.47, and the grand total is \$41,754.98 as of Aug. 7 2006. All scholarships are paid and all sponsorships are in for the PTC Classic (the best year ever for sponsorships). The Reserve Fund is on target and the cash flow is positive. Tom Crofton has completed the annual audit.

Reports from Coordinators

Classic Race Director — George Martin said the Expo for the PTC Classic has been moved to the Frederick Brown Amphitheater on Friday and Saturday, Oct. 20 and 21. More volunteers will be needed this year to help with the Expo than in past years when it was held at the Wyndham Conference Center. Race registrations are slowly, but steadily, coming in at this time and President Dalton encourages all members to promote and advertise the races. We are the best marketers of this event. Since it's our main event for the year, let's all make an effort. The membership is also encouraged to get your business to participate in the "corporate champions" category and enter a team. See Patrick or Karyn Staples for details if you're interested.

Social Events — Teresa Moore said volunteers are needed to support the Volunteer Break Room during

(Continued on page 14)

WELCOME NEW MEMBERS

Brian Lesko (Fayetteville)

Tommy Knox (Palmetto)

Bradley Eisenburg (Peachtree City)

Tyler Peltzer (Fayetteville)

Kris Justice (Peachtree City)

Neal, Beverly & David Gray (Brooks)

Eric, Cynthia, Hannah & Henry Smith (Peachtree City)

Connie and Lance Avery (Tyrone)

Ralph Simmons (Fayetteville)

Michael Smiley (Senoia)

Jeff Stebar (Fairburn)

Prez Sez . . .

By Bob Dalton



As summer winds down and the fall season begins, we can briefly pause to catch our breath and take stock of recent past events and those upcoming.

We had a great turnout for the first Firecracker 5K Fun Run held on July 1. This was co-sponsored by PTC, and we had more than 200 walkers, joggers, and runners. The club got some great publicity since we provided the technical expertise and also had a table with Classic shirts and application forms available.

Right after that we had several club members who manned our club booth during the annual two-day Peachtree 10K Expo downtown. I want to take this opportunity on behalf of the entire PTC Running Club to express my sincere appreciation to all those who worked the Firecracker 5K and/or the Expo for making the time and effort to ensure the success of both these events. I know how busy everyone is these days and that it takes an extra special effort to head to downtown Atlanta and spend a couple of hours (plus) to represent the club or spend most of a Saturday morning putting on a race. But it is precisely your willingness to represent the club at this high visibility event that is truly indicative of the type of selfless members that make our club so great and with which I am so proud to be associated.

Another PTC Running Club Summer Track Series came to a close with the Championships held on July 18 and 19. The series spanned seven weeks on Tuesday evenings in June and July and attracted a crowd of all ages and abilities. Some came to run for fun, some to get in a speed workout, some to support, and some to spectate. But a good time was had by all. Following are some of the memories from this year's series:

Lots of smiling children and their parents cheering them on; the little ones happily consuming their fruitsicles after completing the 50-yard dash; some little ones who kept right on going around the track after the 50-yard dash; the Kenyans and Ethiopians looking on bemused as the "slow" Americans raced around at top speed at a pace that to them would be considered pedestrian; our own Josh Myers smoking the mile a couple of times in 4:30 to prove that we are not that slow; Normer with his camera taking pictures and promptly posting on the web that same evening for all to enjoy; the crowd singing Happy Birthday to Bob and Sue one week; bringing a birthday cake the following week to celebrate Teri's birthday only to find out she had already left for Japan; Joey being paced around the track by big brother George in the 400 and finishing to cheers even lustier than those for the winner, which proves Joey is a winner in his own right; no rain cancellations, no rain delays, not even a threat of rain during any of the meets, just lots of heat and humidity; Bill and Steve showing up every week to make sure all the events ran smoothly along...

Thanks to everyone from the Club who came out to support this event and helped make it another successful season. There are far too many to name and some who would be inevitably but inadvertently left out. You all know who you are, and I thank you, the club thanks you, and most of all, the kids and their parents who are left with some great summer memories thank you.

Looking ahead to the fall, the Elementary School Grand Prix Series kicks off with the Tyrone Founder's Day 5K on Sept. 16. It's the first of over a dozen races throughout the school year co-sponsored by the PTC Running Club and the Rotary Club. This is a nationally recognized program for which our own George Martin won the Kurt Steiner Children's Development Award at this year's national Road Runner's Club of America convention. Be sure to come out to the runs and take part! You can accumulate points based on number of races entered and overall placing and vie for age group awards presented at the end of the school year.

Just around the corner is our signature event of the year, the annual Peachtree City Classic scheduled for Sat., Oct. 21. This is the single biggest event we do all year and we can't do it without YOUR help. Please don't think Race Director George Martin or a couple of committees are handling everything. It's too big for just a handful of people. It takes YOU to get out there and do your part. Cathy Olson is the Volunteer Coordinator so please contact her at 770-487-1768 or olsonc@bellsouth.net and let her know how you would like to help out. Patrick Staples is heading up the Fitness Challenge aspect of the Classic this year. You can help this effort by encouraging friends, neighbors, and work associates to register for and run in this year's Classic and the Fayette Fitness Challenge.

One thing I have learned as President is how far out in the future one has to be thinking and planning to keep up with this dynamic club. As I write this in August, we are already planning for the annual Christmas banquet. It will be here before you know it! Can cooler weather be just around the corner?!?

See you on the roads and cart paths!

Dear Peachtree City Running Club,
I just wanted to say thank you
for the generous scholarship you
gave towards my college education.
I've enjoyed running the past 4
years and really appreciate the
support that the running club has
given me.
Sincere thanks,
Kristin Horton

'Foot to Toast' at Hood to Coast

By Todd Davison



We began as 12, but stood proudly as one as the sun set over the Pacific Ocean, and Alice Todd's foot crossed the finish line at Surfside, Oregon. The watch stopped at 8:35 p.m. There were collective emotions of joy and relief. George Martin had begun the journey some 29 hours, 5 minutes, 45 seconds and 36 legs before at Timberline Lodge near the summit of Mt. Hood.

Our PTCRC team, Foot-To-Toast, started the race with our backs to the wall. Our 3:30 p.m. Friday starting slot was late in the day. We needed to reach the beach 197 miles away by 9 p.m. Saturday, before the race officially closed. Given the various 10K entry times of our team, we were projected to finish at 8:58 p.m. Standing atop spectacular Mt. Hood, we fully understood that our team must run significantly faster than our estimated splits if we had a chance to finish before 9 p.m. and claim our medals. There was no margin for error. One serious injury, one bonk, one blown transition, and we would be toast and forego The Toast. PTCRC has fielded HTC teams for 10 straight years. We certainly did not want to be the first to miss the finish.

Van 1 included Ron Kempton, George Martin, Hal Wolfe, Brad Mason, Mark Ward, and Jules Desgain; Van 2, Rose Kempton, Bill Fuller, Patsy Bickford, Alice Todd, Cynthia Maerz, and Todd Davison. We were truly a mix of very experienced HTCers and novices. As a newbie, I had much to learn. The nomenclature was unique — terms such as roadkill, Crof-Tom-O-Meter, and babywipes dominated the discussion. I soon found out that this was not simply a run race. This was Woodstock on Wheels. A virtual Mardi Gras where driving, logistical, and navigational skills are as important as running. The roads are often narrow with tortuous curves. The urban setting of Portland with one-way streets and detours has its own challenges. The 34 van transitions offer more traffic and parking challenges than a WalMart the Saturday before Christmas. Each van is colorfully decorated and the names are truly creative. Teams sport names such as "the Go-Nads" with two huge, blue beach balls atop. There was "Road Rash," "Hot Tamales," "Ibuprophan/IBpopping" and "10 Vasectomies, 1 Reversal and Pat."

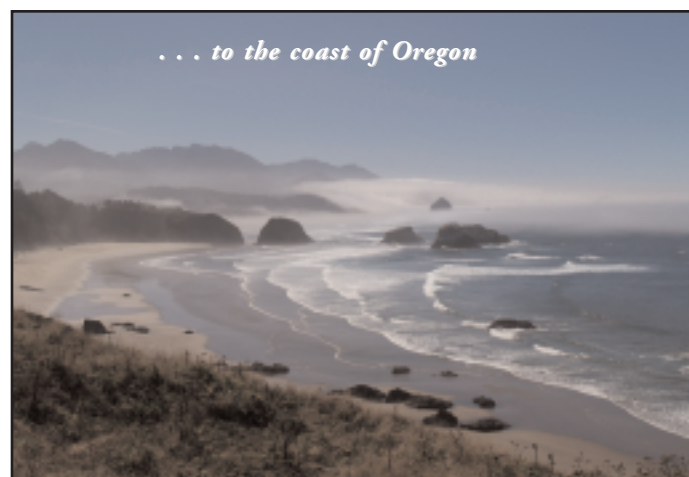
For the most part, the key ingredient for success was teamwork. Inside the Van there was much to do. At any one time, one

must drive, one must navigate, one has just finished a leg and is recovering, one is preparing to run, and one is supporting the current runner's hydration needs. Each member runs three legs. Imagine doing a 5K, 10K, and 15K race in one day with no sleep in 36 hours. In many ways, this event was more physically challenging than a marathon given the sleep deprivation, the nutritional impossibilities of Van life, and the onset muscle soreness that comes from warming up and stiffening over and over again. There are headlights to wear and dust masks to dawn. There are 2000+ vans tightly interspersed among 16,800 runners. The dangers of traffic, especially at night, predominate. Communication between the team's two vans is essential.

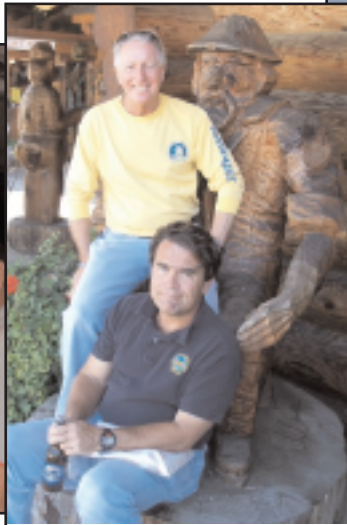
As with any Hood-to-Coast race we had special moments. George Martin and Van One were inspired by a #10 racer; Van 2 witnessed an all-female fisticuff extravaganza in the streets of downtown Portland as bars were closing at 2 a.m.; some were pleasantly hot-tamale; others experienced close and personal calls with public nudity as members tried to change clothes in vans moving 40 mph. At my first transition (Leg 9 to 10), I actually gave the wristband to a lady who was Rose Kempton's body-double. Then I saw Rose standing there looking at me with a furrowed brow. Rose's double started to take off running when I quickly realized the mistake. Boy, I paid for that one the rest of the trip!

We shared great moments and great frustrations. We improvised and course corrected. But most of all we ran hard. It was Foot-To-Toast against the ever-present Crof-Tom-O-Meter. In the end we prevailed. We finished 641 out of 1,000 teams with an average pace of 8:41/mile. And we had many gallant and gutsy performances. No one wanted to let the team down. That's what sets this race apart from all others. What you won't do for yourself, you'll do for the team. The bonding and friendships are the things I'll cherish most about this race.

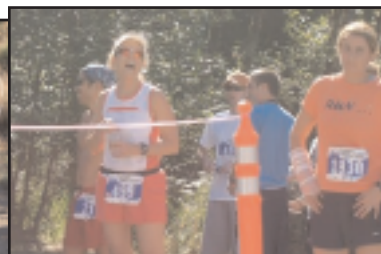
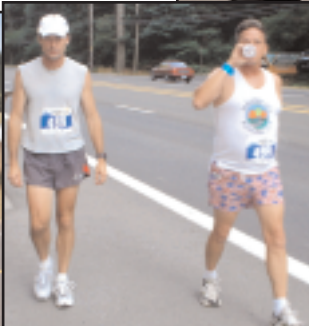
If you enjoy competition, unique challenges, teamwork, and just doing something different, this race is for you. The physical landscape of the Columbia River Valley and Oregon coast is stunningly beautiful. Don's B&B in Seaside seems like a second home for many, and he treats the running club members as invited guests and family. The 2007 HTC is on August 24-25. Registration opens in October. Check the Web site www.hoodtocoast.com for more information.



First you relax . . .



then you run 197 grueling miles . . .



BRAG a great experience for local riders

by Dick Allis

Six members of the running club — Ben Gross, Von Woods, Dick Allis, and the Ahern family, Dan, Kay and Will — rode 400+ miles on the Bike Ride Across Georgia (BRAG) starting June 10 at Dalton, GA and ending June 17 in Augusta. This was the first BRAG ride for Ben and Von, and one of many for Dick and the Aherns.

The first 66 miles on Saturday the 10th took the scenic Pocket Road route to Cartersville, GA, where the 1500 riders were greeted with a free beer party and a complimentary entry to the Booth Western Art Museum. There, a fast-draw artist entertained them with a demonstration of his speed with a gun, along with stories of his experiences as an actor working with many famous movie actors. The riders were impressed that a small town had built such a large modern building, housing a comprehensive and interesting western art collection. A must see if one ever goes through Cartersville.

Monday, the 12th, the ride of 52 miles went to Jasper, which is known as the marble capital of Georgia. Then on Tuesday, the 13th, riders took the hilly 65 miles to Gainesville. At the end of the ride, they even had to climb a hill behind the Gainesville High School to get to the campground. Ben took great pride in the fact that he did not walk any of the hills, but did admit while riding up a hill walkers would pass him! An extra day was spent in Gainesville, giving many riders a day's break, while others rode one of three options: 100 miles, 60 miles, and 30 miles. Von and Dick did the easy 30-mile option with some friends, giving them time to do a washing later in the day.

Thursday, the 15th, had a couple of interesting stops. One was at Chateau Elan Winery, offering a short wine tour, and the other was at the Mayfield Dairy near Braselton. Bikers did not sample the wine, since they were the designated drivers, but they did load up on ice cream after the Mayfield tour. That was a great stop for a hot afternoon on the 52-mile ride to Commerce, GA. That night, Dick did his standup act as one of the acts at the non-talent's talent show.



Von Woods, Dick Allis, and Ben Gross stop for a break during the 27th annual Bike Ride Across Georgia.

On the next 67 miles, Friday the 16th, we rode to Washington, GA, to spend the night. The last day, Saturday, ended with an end-of-the-ride party at the Radisson Inn on Augusta's Riverwalk. Riding the final 61 miles to Augusta included the very scenic Augusta Canal towpath that runs between the Augusta Canal and the Savannah River. Even though it was not paved, it was a smooth 10 miles of riding. Many riders bypassed this portion, because of the unfounded fear that it would be a rough ride for skinny tires. They were misinformed and really missed out on a flat, shady ride.

BRAG is a family ride for many different levels of experience and is not a race. The roads are clearly marked, and each rider gets a queue sheet for each day of the week's ride. On the route, BRAG has SAG stops about every 10 miles, with food and drinks for registered riders. BRAG hires two large trucks that will carry your gear to the next layover as long as it is put on the truck by 8 a.m. From that point, riders are on their own for the rest of the day. Riders can order the meal option, which is offered, or do their own thing for food. Ben and Dick camped out every night in the football fields, and Von and the Aherns chose the option of sleeping in the gyms and hallways of the schools that were our nightly hosts.

This fall, BRAG has a three-day weekend ride in Newnan starting on Sept. 29, and ending Oct. 1. There will be camping and gym-sleeping options included in the fall ride's fee. The fall weekend ride is a great introduction to the longer BRAG ride in June. Go to www.brag.org for more information on this daily out-and-back ride or any of the other BRAG rides offered.



Ben loading up on carbs!

PTC Classic Update

The Peachtree City Classic is rapidly approaching! The 5K/15K races will be run this year on Saturday, Oct. 21, and hundreds of volunteers are needed to make it a success. Get the job you want by contacting Volunteer Coordinator Cathy Olson at olsonc@bellsouth.net or 770-487-1768. You can help Race Director George Martin and his team of coordinators make the 26th annual Classic our most successful ever!

Fayette Fitness Challenge

"It's a good time to reintroduce your business to the Peachtree City community. It's a great opportunity to reinforce wellness among your workforce. It's the perfect chance to have some FUN!"

The Fitness Challenge, a friendly competition open to local companies and organizations, will again be part of this year's Peachtree City Classic. Participating companies benefit by encouraging a fit workplace, by sharing in one of the area's most popular community events, and by promoting their business through their team's visibility. The Peachtree City Running Club is challenging employers to encourage their employees to take that first step toward fitness by forming a team.

All rosters, registration forms, and entry fees must be submitted by Sept. 29. Teams must consist of five or more employees. Team members may not be added after that date (but, of course, the individual may still participate for the standard entry fee).

For the first time, members of a corporate team will receive a discount on the cost of the race. Participants will pay \$20 for either the 5K or 15K. Participation awards will be presented to teams having the greatest number of employees as a percent of total employees. New this year is the "Best of Show" award for the best display of corporate colors/logo. T-shirts, hats, bandannas — the sky is the limit so come on out and show your team spirit!

Applications and additional information can be obtained by contacting Patrick or Karyn Staples at pstaples@phrehab.com.

Kid's Marathon Finish

For the third year, up to 14 Fayette County Elementary Schools will host school running clubs and track accumulated miles in the race toward the Kid's Marathon Finish.

If a child runs at least 25 miles between Aug. 14 and Oct. 20 they will qualify to run the last 1.2 miles (of the official marathon distance) on Classic morning. The kids running in the Kid's Marathon Finish will cross the big Classic finish line to the cheers of the gathering throng and will win not only a special "Kid's Marathon Finish" medal but also a commemorative limited-edition T-shirt. This is a great program to get kids involved in running on a regular basis, and the PTC Running Club provides special incentive money (\$250) to each elementary school that has a school running club. For more information about how to participate, contact our Kid's Marathon Finish coordinator Bonnie Hancock at hancock4@comcast.net.

Classic Expo

In conjunction with the PTC Classic, the club has a two-day EXPO. Monies from the race and EXPO go towards kids' scholarships for college and for local civic needs.

This year's EXPO will be held on the 20th and 21st of October. It will be set up at the Frederick Brown Jr. Amphitheater on both days, a change from past years. The EXPO will run from 5-9 p.m. Friday and 7-11 a.m. Saturday. Approximately 3,000 runners will pick up their race numbers the evening of the 20th and the morning of the 21st during that time.

We are offering two options for exhibitors:

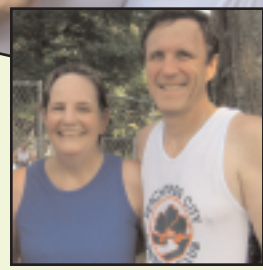
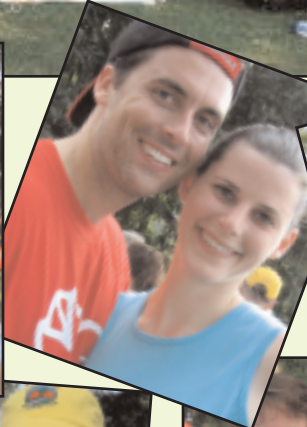
OPTION 1: A secured, (locked Friday night) under cover 6-foot space with a table inside the amphitheater, but no tablecloth. The cost for option 1 would be \$150 for one or both days, no one-day rate. (NO LONGER AVAILABLE)

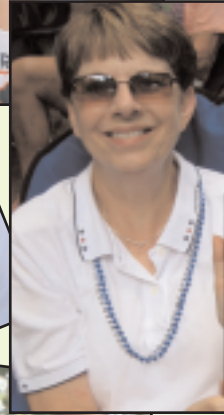
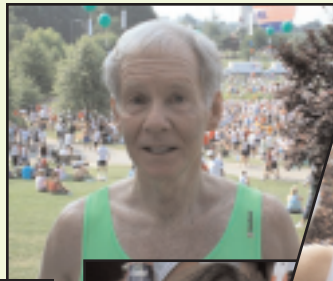
OPTION 2: For \$100, an 8-foot parking space in the parking lot for one or both days, no one-day discount. You would have to furnish your own table and tent if needed. We cannot offer security or rain protection for the parking lot spaces. The advantage is that on race day, all runners will have to pass through this area to and from getting their shirts. Besides the fees, we are asking for product donations to be given out at the awards ceremonies.

Space will be limited, so please send a check made out to PTCRC to: 202 Camp Creek Trail, Peachtree City, Ga. 30269. We will try to accommodate any special request if possible. Deadline for entry is Sept. 30, 2006 or when all positions are filled.



Peachtree Road Race • July 4, 2006





Western States 2006: Just Another Day in Paradise

By Al Barker

Scott Ludwig and I decided to return this year for a second attempt at the Western States 100-Mile Endurance Run in Squaw Valley, California. We were accompanied by our crew, Danielle and Bill Goodgion and Susan Lance. For Scott, it was a much-deserved victory. I was not so lucky.

It's a good thing I don't get depressed over DNFs. They seem to be in the cards for me, at least 100 milers. First there was WS100 in 04, then Rocky Racoon 100 (I lasted 73 miles), then Olander 100 and finally WS100 in 06. I actually survived 100 miles at the San Diego One-Day Run, but my real goal is to do it on a trail. Maybe I'll try Umstead next April.

My training went well. In addition to running two days a week on single-track trails in the Blue Ridge Mountains, I did the following long runs:

San Diego One Day (100 miles), Nov. 12, 2005

Atlanta Marathon, Nov. 23, 2005

Gulf Winds Track Club 50K, Dec. 10, 2005

Museum of Aviation Marathon, Jan. 14

Fat Ass 50K, Jan. 15 (Yep, the next day!)

Hog Pen Hill Climb, (10.5 miles uphill!), Jan. 21

Mountain Mist 50K, Jan. 28 (Trail)

Tybee Marathon, Feb. 4

Ten Points of Light Marathon, Feb. 19

Bartram Trail Endurance Run (21-mile trail run)

Oak Mountain 50K (Trail)

Darkside 8 Hr. Run, April 1

Strolling Jim 41-Mile Run, May 6

This may seem like too many races, but it wasn't. They were all run at a slow and easy pace. Even so, they were all confidence builders.

On May 16, 2005, I had the good fortune to meet Sarah Lowell, an accomplished ultra runner with years of experience. I was walking downhill on the Appalachian Trail in North Carolina and she was running uphill (that figures!). It turns out she had applied to WS100 too, so when we found out in December that we were both accepted in the lottery, we decided to do some training together. Sarah is always more than kind to me on those brutal hills, and I always reward her with my entertaining falls, including face plants and butt slides! Whatever it takes to get a laugh! She also loves pizza and beer so those runs always turned out to be perfect days.

And so on race day I felt like I had done all I could to prepare. The only thing I would have done differently would have been not to start. About 40 runners did just that! The high temperature in Auburn, California that day was 105 degrees. The *Auburn Journal* reported the following:

Twenty-four runners were plucked from the race after failing to make the cut-off times of 11:30 a.m. at Duncan Canyon. Another

21 runners were dropped from the race after reaching Robinson Flat. A worker at the Duncan Canyon checkpoint, where he said temperatures were in the 90's in the late morning, commented, "A lot of runners were surprised they missed the cut-off. They expected the heat in the canyon, but NOT in the first 24 miles! Even experienced runners! They're in shock!"

As much as I wanted to finish that run, missing the cut-off after only 24 miles was almost a relief in a way ... a mercy killing! I was lucky to be in good company there. Some were crying.

Some were urinating blood. Some, like me, accepted a beer from a kind volunteer and toasted the day! I sat under a shade tree and spoke with a former acquaintance, Debbie from Dallas (really). She had run the Leanhorse 50 Miler with me last year in South Dakota. Her name is hard to forget. Debbie is never at a loss for words. When the group started talking about their ultra hallucination experiences, she outdid us all. "A little mouse walked onto the trail in front of me and began to talk." "What did it say" I asked. "I can't remember," she said. Does it really matter?...No! I was too beat to talk.

After waiting there about an hour to get our ride back, we all loaded into cars, and I bid farewell to the Western States Trail ... forever!

After a much-needed rest, I made my way back to Robie Point, the last 1.2 miles, to run to the finish with Scott, Danielle, Bill, and Susan. I had often thought of how that last few yards on the track would feel to me. I went over and over it in my mind during the months and months of training, and I have to say that running with my friends was the next best thing to actually finishing it myself. It was a moment I'll never forget as long as I live!

After his instant TV interview at the finish, we managed to find a chair for Scott. We sat and ate and reminisced. Our emotions ran high! I've never seen Scott so trashed! OR SO HAPPY!



Scott Ludwig and Al Barker at the finish line of the Western States 100-mile Endurance Run.

Club member visits Japan

Educational trip of a lifetime

By Teri Besch

Club member Teri Besch had the privilege of spending two weeks in Japan this summer as part of the Educator to Japan program. She visited three schools and taught a lesson to fifth-grade students in an elementary school in Tokyo. Here are some of her thoughts on the trip.

The people of Japan were wonderful. I was taken to the finest restaurants and treated like an honored guest. School children were so excited to see Americans. It really was a trip of a lifetime.

During my trip I visited Tokyo, Akita, Ogata, Kyoto, Hiroshima, and Nara, and saw many beautiful temples and monuments. The most impressive part of the trip was the first to Hiroshima. Most of us shed a few tears for the victims.

I had a two-night homestay in Ogata, a small farming village where I saw rice paddies for the first time. My family was wonderful. We are keeping in touch through e-mail. I just sent their daughter a book for her second birthday.

My favorite restaurant was Sushi Go Round. You sat in front of an oval-shaped conveyor belt with different kinds of sushi. Chefs were in the middle making fresh sushi. If you saw a plate that you wanted, you took it. You were charged by the plate, and it averaged a little over \$1 a plate.

The fish market in Tokyo was just amazing. Tunas weighing 400-500 pounds were in a huge room. Buyers used flashlights and even took chunks of meat to check for freshness. Then the auction began. It was amazing to see the bid process and all of the other types of seafood available for sale. Men in motorized scooters were all over. You needed to stay out of the way. They would and almost did run over me!

As for running in Japan, I hate to admit it but that is probably the longest I have gone without running in many years. The last couple of days, I did have some free time where I took some long walks along Tokyo Bay.



Teri models a beautiful kimono given to her during her trip to Japan.

Health Notes



By Sue Bozgoz

As you build your endurance base in prep for a good effort down the road, I want to remind you of a few laws of running.

1. Work stretching into your day. I realize stretching is a dirty word for most of us (nobody likes to do it). I also know that nobody wants to hear any more about the value of stretching, so I won't belabor the point. I'll simply tell you that I try to spend at least 20 minutes stretching every day, and it works. Like some of us, I have always had tight calves. The stiff calves had a lot to do with my Achilles injuries. Bottom line, don't risk an injury.

2. Stay with shoes that work for you. I probably have more running shoes in my closets than you have T-shirts. I used to buy 3-4 pair a month. Once, at the Army 10 miler, I bought 15 pairs of shoes! I was a shoe junky. No more. I had too many injuries with shoes that did not match my feet. This is not to suggest the new shoes won't work for you; my point is, don't try new footwear simply because it is different. When you find a shoe that works for you, don't switch just out of curiosity. New isn't necessarily better.

3. If you need orthotics, use them. As most of you know, I have been injured since 2003 due to biomechanical deficiencies. Long story short, after taking several classes in pedorthics (study of lower extremities) I over-educated on the importance of biomechanics. Google subtalar neutral position. If your foot is not in this position as you run and/or walk, you will eventually (if not already) come up injured (all in good time). Make corrections now. Don't wait until you are injured.

4. Start and end your workout with a walk or slow jog. You warm up to prepare your body for your workout. Your cool down brings your heart rate down and prepares your body for the next day.

5. Ice your muscles. I am a wimp when it comes to ice, but the ice pack on your legs immediately after a run reduces the muscular inflammation that results from any runner's effort. Trainers ice thoroughbred horses after every workout and race, and if it is good enough for race horses, it is good enough for us.

6. Feed your cells with water or replenishment drink before, during, and after a run. Your body needs plenty of fluids, particularly when you exercise.

7. Give yourself one day off a week. I know some of us don't want to give ourselves a break from running, but you need a break so your body and mind can recover. This policy ensures you go into a race, speed session, or a long run rested.

8. Enjoy yourself, especially during the endurance phase of training, because soon the fun of harder training will begin.

Be part of the inaugural ING Georgia Marathon!

The inaugural ING Georgia Marathon, which will include a marathon, half-marathon and wheelchair events, is slated for metro Atlanta on Sun., March 25, 2007 with approximately 15,000 runners, walkers and wheelchair athletes expected to participate.

The race course will travel through 26.2 miles of the metro Atlanta area's most interesting and historic areas including the Sweet Auburn District, Inman Park, Decatur, midtown and downtown. Along the way, it will pass landmarks including the King Center, Carter Center, Margaret Mitchell House and Atlanta Botanical Gardens.

"Atlanta has always been a great town for runners and our community consistently shows its support to elite and amateur runners alike," said Victoria Seahorn, race director. "The ING Georgia Marathon takes the city to the next level and will be on par with some of the best, most respected distance running events in the country."

To encourage spectator participation, ING will "paint the town orange" with Cheering Zones along the course. These special areas will bring spectators together to bang bright orange noisemakers, create inspiring "GO" signs, listen to live music, and provide a much-needed boost to all those running the 2007 ING Georgia Marathon.

Mayor Shirley Franklin has issued a Neighborhood Challenge for residents to create unique viewing areas. During the race, the viewing areas will be judged on theme, creativity, number of spectators and overall spirit. The winning group will receive a donation from ING to help support neighborhood fitness initiatives.

"We expect this race to bring a great spirit of excitement and spirit to the city," said Mayor Franklin. "I'm confident our residents will embrace this challenge and show some great creativity on race day."

Each race participant will receive a unique commemorative inaugural medal, a Mizuno technical shirt and many other goodies that will be available only to those participating in this first-time event.

ING is a global financial institution of Dutch origin that has maintained a long history of support for major marathons and other running events around the world. In addition to the ING Georgia Marathon, the company sponsors 17 other major running events across the globe, including the ING Amsterdam Marathon, the ING Bay to Breakers 12K in San Francisco, ING Brussels Marathon, ING Miami Marathon, ING New York City Marathon, ING Ottawa Marathon, ING Taipei Marathon, and the ING Thailand Temple Run.





By *Marlene Atwood*
RRCA Georgia State Representative

On Sept. 22, 2006, the Road Runners Club of America will launch the 1st Annual RRCA National Run@Work Day. The goal of the RRCA NationalRun@Work Day is to raise awareness about the importance of daily physical activity for adults. Running Clubs, company-based wellness programs, human resources departments, and individuals nationwide are encouraged to plan fun runs and walks with their employers.

The Run@Work day events will provide the opportunity for individuals to incorporate at least 35 minutes of exercise into their daily routine either before work, during lunch, or immediately following work. The RRCA has developed a "Planning Kit" which can be found at <http://www.rrca.org/program/programs.html#P4>.

Update on Georgia Activities:

I am pleased to announce that Gov. Sonny Perdue's office has informed me that they will be presenting me with a letter of commendation as the RRCA's state representative in Georgia. This commendation acknowledges the organization's efforts in organizing the RRCA National Run@Work Day. At the local level, the City of Atlanta will issue a proclamation declaring Sept. 22, 2006, RRCA National Run@Work Day.

Both offices will be assisting me in issuing press releases and will post information about the event on their Web sites. I have taken further steps to engage those offices in a Run@Work event. I will keep you posted on this and will issue an invitation to join us in any planned activity. Please let me know if your clubs are planning any activities. Remember to take a look at RRCA's planning kit for more ideas. Remember, these activities can be posted on the RRCA national calendar.

Peachtree City Rotary Club Elementary Grand Prix Series

2006-2007 Race Schedule

September 16, 2006	Tyrone Elementary Founder's Day 5K
October 7, 2006	Sara Harp Minter Mountain Lion 5K
October 28, 2006	Peebles Pumpkin Run 5K
November 4, 2006	Braelinn Elementary 5K
November 11, 2006	Springhill Turkey Trot 5K
December 9, 2006	PTC Elementary Jingle Bell Trail 5K
January 13, 2007	St. Paul Lutheran Elementary 5K
February 10, 2007	Kedron Heart to Heart 5K
March 3, 2007	North Fayette Elementary 5K
March 17, 2007	Oak Grove Run for the Gold 5K
April 21, 2007	Huddleston Hustle 5K
April 28, 2007	Crabapple Redbird Run 5K
May 12, 2007	Brooks Beat 5K/10K

Points will be accumulated at each race, for all age groups, both male and female. At the end of the year, awards will be presented to the top three runners, both male and female, in all age groups (ages 8 to 70+), having accumulated the most points. Special bonus points will be awarded based on the number of races completed. Competitors must have walked or run in at least four of the races to qualify to win a final Grand Prix award.

Each race will be conducted by the individual schools as fundraisers for that school only. Waivers must be signed and fees paid for each race. For more info, check the PTCRC Web site at www.ptcrc.com.

PTCRC wins grant from Saucony Shoe Company

Kids programs to benefit

The Peachtree City Running Club has been awarded a \$6,000 grant from the Saucony Shoe Company for its outstanding children's running programs. Those programs include the Kid's Marathon Finish, In-school Running Clubs, the Elementary School Grand Prix series, and the Kid's Fun Run.

The grant comes from the Saucony Run For Good Foundation, which was created earlier this year. Its purpose is to give kids across the country a running start to a lifetime of good health through community-based programs that support youth-oriented running and fitness activities.

PTCRC is one of nine organizations nationwide that were recognized for outstanding children's programs. They are the first of what Saucony hopes will be many Run For Good grant winners.

"As a company by and for runners, we are excited to be able to help these youth-based organizations who so closely identify with our passion," said Tom Carleo, senior vice president of product for Saucony. "We know we can't solve this childhood epidemic on our own, but we hope these grants will make a difference for the program recipients and the kids they serve."

- Club Notes & News -

Tyrone Founder's Day Race

Tyrone Elementary School will kick off the annual school Grand prix series with its Founders Day 5K on Sept. 16. The race will start and end at the school on Senoia Road. Race day sign-up will be available.

Promise Place 5K

Come on out for the second annual Promise Place 5K starting and ending at Partner's Pizza on Friday, Sept. 29 at 6:30 p.m. There will be complimentary pizza and beer to all registered participants (runners and walkers). Proceeds will benefit Promise Place (formerly known as the Fayette County Council on Domestic Violence).

Southern Crescent Memory Walk

The Southern Crescent Memory Walk will be held Sat., Oct. 7 from the Frederick Brown Amphitheater. Both walkers and runners are welcome. Sign up for the running club "team," and be part of six years of local fundraising for this worthy cause. If you can't participate, consider making a donation through the club.

Darkside Marathon/50K

The Darkside Running Club will host the 5th annual Peachtree City 50K and 2nd annual Darkside Marathon (both certified!) on Sunday, Nov. 5 at 7:30 a.m. The course will consist of six loops (five for the marathon) on shaded, rolling golf cart paths starting (and ending) at Luther Glass Park. Volunteers are needed on race day. For more information or an application, look on the Web site www.darksiderunning-club.com, or contact Race Director Scott Ludwig directly at 770-487-7445.

New South Florida Relay

An exciting new relay race is coming soon to South Florida. The 1st Annual Sunrise to Sunset Relay is set to kick off April 13, 2007. Details can be found on the Web site www.Sunrise2SunsetRelay.com.

Designed for runners of all abilities, the 165-mile race will be run by teams of 12. Each person will run three legs of approximately 4-7 miles each, making their way from Indian Riverside Park in Jensen Beach to Centennial Park in Ft. Myers. In between, participants can expect to run over the causeways of Jensen Beach, along the dikes of Lake Okeechobee, in cities such as Stuart and Clewiston, and in rural settings of central Florida. Nearing the end of the run, they will experience the breathtaking views of the Caloosahatchee River while crossing the Edison Bridge into downtown Ft. Myers.

The Peachtree City Running Club will consider sending a team to this race if enough people want to go. If interested, e-mail Bob Dalton at robert.dalton@arcent.army.mil.

Peachtree City Running Club Members Hit the Heights

Not enough to do running the paths of Peachtree City? Some of our club members were recently out "just wandering around" and found themselves on the summits of three different "14'rs" in Colorado (La Plata, Uncompahgre, and Blanca). Pictured here at the summit of Uncompahgre with "Annie the Wonder Dog" are from left, Lou Boone, Phil Jones, George Martin, Dave Olson, and Roy Robison. Congrats also to intrepid mountaineers Dave Piet, Chuck Garwood, and Gary Myers for recently summiting Mt. Rainier in Washington State with neither oxygen nor beer!



Kid's Fun Run Winners

Congratulations to Coach Jill Collins, Principal Wenonah Bell and the kids of Braelinn Elementary School who won the top award of \$500 for their strong showing at the May Kid's Fun Run. The \$500 is specifically earmarked to support the "in-school" Braelinn Elementary Running Club, one of the strongest school running clubs in Fayette County.

August Club Meeting Highlights

(Continued from page 2)

the PTC Classic Expo. The room is located below the ticket office at the amphitheater. Duties will include lunch (Roly Poly donation) and dinner (Partners donation) on Friday, breakfast items on Saturday (Publix and Starbucks), as well as some purchased items. We would like someone to monitor the room at all times (on a rotation basis) for restocking, cleanliness, and security purposes. Sign up through Cathy Olson to volunteer for this activity. The next major event is the Christmas party on Dec. 16 at the Tyrone Depot.

Community Support — George Martin said there will be 15 or 16 schools participating in the Elementary School Grand Prix series this year. The PTC Flash begins practice on Aug. 28 and will continue every Monday and Thursday evenings. Saturday practices begin at 9 a.m. Membership is open to boys and girls from 6 to 14 years of age. There will be a "home" cross-country meet on Sept. 23 at Gene and Valerie Reynolds' course in Senoia.

Membership — Joe Wassell furnished an updated membership list to the club officers and circulated an e-mail from Graeme and Kath Jones updating the membership on resettling their home in Perth, Australia.

Publicity/Historian — Carolyn Gulick passed around the scrapbook for the first half of the year.

The next monthly meeting will be held on Tues. Sept. 12, at Partner's Pizza. The fun run will start at 6 p.m. followed by a business meeting at 7:00.

PTCRC Summer Grand Prix Results

July – Run the Given Time

Actual time: 42:42

Men 50 and under

Place	Name	Difference
1st	Patrick Staples	:26
2nd	Gary Kolb	1:10
3rd	Mike Norman	2:14
4th	Randy Graham	2:16
5th	Bill Anderson	4:58

Women 47 and under

Place	Name	Difference
1st	Hannah Hancock	1:02
2nd	Rhonda Fuentes	1:14
3rd	Karyn Staples	2:23
4th	Ann Port	4:40
5th	Margie Dam	6:29

Men 51 and over

Place	Name	Difference
1st	Tom Crofton	:29
2nd	Jules Desgain	:31
3rd	Roy Robison	:32
4th	Bill Werling	:47
5th	Dave Gulick	:48

Women 48 and over

Place	Name	Difference
1st	Jan Bankieris	:46
2nd	Patsy Bickford	2:21
3rd	Sandy Tuman	2:22
4th	Carolyn Gulick	3:32
5th	Rose Kempton	4:45

August – College Bowl

Men 50 and under

1st	Wes Wilkins
2nd	Mike Norman
3rd	Todd Davison
4th	Vern Schmitz
5th	Mark Ward

Men 51 and over

1st	Bob Dalton
2nd	Dan Twineham
3rd	Dave Olson
4th	Normer Adams
5th	Mike Smiley

Women 47 and under

1st	Amy Arnold
2nd	Erica Hughey
3rd	Ann Port
4th	Margie Dam
5th	Karyn Staples

Women 48 and over

1st	Jan Bankieris
2nd	Trish Vlastnik
3rd	Patsy Bickford
4th	Sandy Tuman
5th	Teri Besch

*** Overall Standings after 8 events ***

Male - Age 50 And Under

Place	Runner	Points	Events
1	Mike Norman	480	6
2	Wes Wilkins	465	8
3	Vern Schmitz	460	7
4	Randy Graham	410	8
5	Gary Kolb	385	7
6	Patrick Staples	285	6
7	Bill Anderson	240	5
7	Hal Wolfe	240	6
7	Jake Hancock	240	8
10	Jerry Shoemaker	190	3
11	Scott Allen	165	7
12	Mark Mascara	160	3
13	Todd Davison	120	3
14	Fred Port	95	2
15	Brian Lesko	90	2
16	Mark Ward	85	5
17	Dave Ketelsen	75	2
18	Bill Everage	70	3
18	Chuck Smith	70	3
20	Kyle Webb	50	1
20	Adam Shoemaker	50	1
22	Alex Larsen	30	1
23	Randy Stitt	10	1
24	Dan Bramlett	5	1
24	Dan Flaherty	5	1
24	Doug Fuentes	5	1
24	Ed Finucan	5	1
24	Gene Reynolds	5	1

Female - Age 47 And Under

Place	Runner	Points	Events
1	Rhonda Fuentes	590	8
2	Karyn Staples	460	6
3	Jane Hamilton	415	8
4	Ann Port	410	6
5	Bonnie Hancock	310	8
6	Margie Dam	280	5
7	Erica Hughey	220	3
8	Beth Wiggins	195	4
9	Hannah Hancock	180	3
10	Kath Jones	135	5
11	Amy Arnold	100	1
11	Carol Corrigan	100	1
13	Anne Chrzanowski	95	2
14	Emily Goss	90	1
14	Teresa Moore	90	3
16	Christine Bell	80	2
17	Kim Miller	60	3
18	Shannon Philips	55	2
19	Emily Borsare	40	1
20	Sandra Dallas	10	1
20	Ann Blaume	10	1
21	Anastasia Walker	5	1
21	Gabrielle Humphry	5	1

Male - Age 51 and over

Place	Runner	Points	Events
1	Bob Dalton	510	8
2	Normer Adams	380	7
3	Jules Desgain	365	8
4	Bill Fuller	305	5
4	Dave Piet	305	7
6	Mike Warren	255	5
7	Roy Robison	250	6
8	Dan Twineham	230	4
9	Tom Crofton	210	3
10	John Waterhouse	70	5
11	Dan Ahern	160	6
11	Marino Fuentes	60	8
13	Patrick Kearns	155	7
14	Dave Olson	140	4
15	Bill Werling	135	5
16	Bill Johnston	130	6
17	Bob Trombley	120	4
17	Jim Crowley	120	6
19	Chuck Garwood	90	3
20	Dave Gulick	85	6
21	Mike Smiley	60	1
22	Les Sitzes	50	3
22	Lou Boone	50	3
22	George Martin	50	6
25	Dick Allis	45	3
26	Graeme Jones	40	1
27	Joe Wassell	30	6
28	Tom Round	20	3
28	Sam Dillingham	20	4
28	Ben Gross	20	4
31	Lynn Fairley	15	3

Female - Age 48 and Over

Place	Runner	Points	Events
1	Trish Vlastnik	530	7
2	Patsy Bickford	505	8
3	Sandy Tuman	410	7
4	Teri Besch	380	5
5	Ann Shoemaker	345	5
6	Jan Bankieris	300	3
7	Ann Henderson	240	5
8	Cathy Olson	185	5
9	Amy Stitt	180	5
10	Carolyn Gulick	165	4
11	Martha Boone	135	4
12	Susan Berschinski	100	3
13	Patty Rogers	90	1
14	Rose Kempton	80	5
15	Jean Kearns	70	1
16	Susan Ross	60	1
17	Alice Todd	50	1
18	Mary Ann Crofton	30	1
18	June Round	30	1
20	Kim Garwood	25	2
21	Rene Flaherty	10	2
22	Judy Jensen	5	1
22	Jan Stewart	5	1
22	Susan Mills	5	1
22	Bernice Wassell	5	1
32	Cal Daley	10	2
33	John Bond	5	1
33	Mike Bickford	5	1

Sponsor Spotlight: PTC Tourism Association

The Peachtree City Tourism Association was formed in 2005 to attract and stimulate tourism to our area. It is composed of five appointed volunteer directors together with Executive Director Lauren Yawn. The association also acts as the management company for the two large, city-owned venues, the Frederick J. Brown, Jr. Amphitheater and the Peachtree City Tennis Center, both of which are natural vehicles to attract people and dollars from outside our community.

The Tourism Association also maintains the Peachtree City Visitor's Center located adjacent to the Tennis Center. It is open Monday through Friday from 8 a.m. to 5 p.m. This is the third year the Tourism Association has invested in the Peachtree City Classic as a venue that draws about 5,000 people into the city each October. The Peachtree City Tourism Association can be contacted at 678-216-0282, or you can visit the association's Web site at www.visitpeachtreecity.com.



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

UPCOMING CLUB EVENTS

SEPT 9 GRAND PRIX @REYNOLDS' FARM • SEPT 12 CLUB MEETING @ PARTNERS • SEPT 16 TYRONE FOUNDER'S DAY 5K • OCT 2 CLUB MEETING @ WYNDHAM • OCT 7 MINTER MOUNTAIN LION 5K • OCT 21 PTC CLASSIC • OCT 28 GRAND PRIX, PEEPLES PUMPKIN RUN 5K • NOV 4 BRAELINN 5K