

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

SEPT/OCT 2010

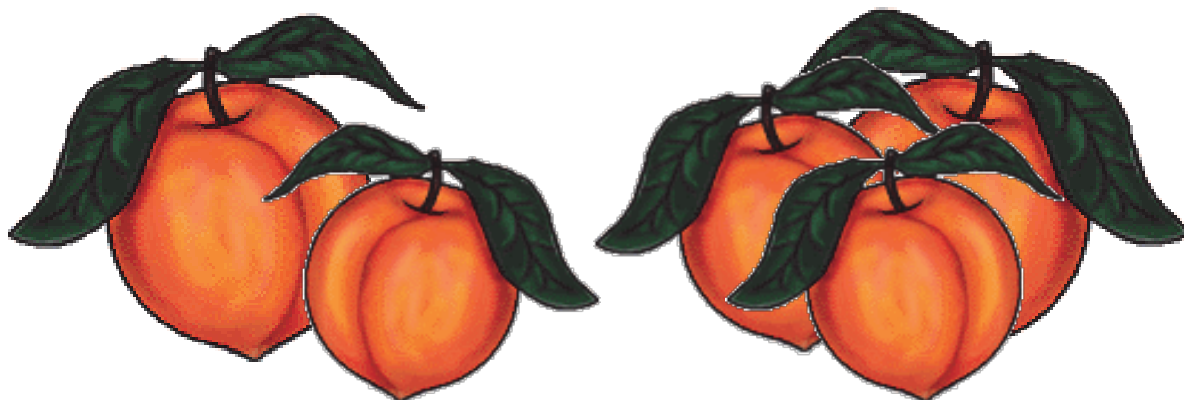
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2005  
National  
Winner  
RRCA  
Best  
Small Club  
Newsletter

**PEACHTREE CITY RUNNING CLUB**  
**PEACHTREE ROAD RACE 10K**  
**JULY 4, 2010**



**PTCRC 2010  
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The Legacy is published six times a year—January, March, May, July, September, and November. The deadline for submissions is the third Friday of the previous month. All are welcome to contribute.

Please send all articles  
and photos to  
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Send race results to

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**NEXT DEADLINE:  
OCTOBER 15**

# Club Meeting Highlights

## August

President Bill Werling called the meeting to order at 7:00 p.m. at Partners II Pizza. New members were acknowledged and welcomed by Bill and the club. No members present had participated in any races since the last meeting.

There was not an official meeting for the month of July. Instead, there was a very successful July 4th Party held at the Allis'. There were no official minutes to approve.

### Lists Passed Around

#### *1,000 Mile Club Book*

*Alzheimer's Walk Contributions*—Cathy Olson reported that the Alzheimer's Walk will take place on Saturday, October 2. The club has always given great support to this effort. For additional information or to make a contribution, contact Cathy.

### Reports from Officers

*North Face Endurance Challenge*—There will be a North Face Endurance Challenge held on October 16 and 17 in Pine Mountain, Georgia. They are in need of volunteers. Anyone interested in volunteering may contact Bill Werling. October 16 is the date of our club's "Classic."

The offices of President, Treasurer, and Social Director will be vacant at the end of the year. Any names suggested for nomination should be submitted to the Nominating Committee.

*Adventist Race for Health*—Dave Ketelsen reported that the Adventist Race for Health held on Sunday, June 27, in Centennial Park had 330 runners. He thanked the club members who volunteered and participated in the event. He also reported that he still had a few towel seat covers available for \$15. These are great to put over your seat after a race.

Dave also asked that the club keep the Fegarido Family in prayer as they deal with the challenge of the tragic death of their husband/father.

*Treasury*—Bill Anderson reported recent expenses of \$6,100 for the Classic tee shirt deposit and bulk mailing and \$6,000 for Godwin scholarships. To date, \$4,000 has been received in sponsorships. Another \$10,000 is expected soon from AT&T. Classic registration income and additional sponsorships are greatly needed. He stated that if additional expenses are necessary before funds for Classic registration and sponsorships are received, he could always cash in one of the club's CDs.

### Reports from Coordinators

*Christmas Party*—Glendalough Manor may once again be the site for this year's Christmas Party. Club members present seemed unanimous in agreeing that they would like to see the party held there again. The available dates for Glendalough are December 3 and 17.

*Classic*—George Martin reported that registration forms for the Classic have been distributed and mailed out. Things seem to be going well to date. He is still in need of a Course Marker. Roy is willing to assist anyone who will assume the responsibility of this very important duty.

*Rotary Club's Elementary School Grand Prix Series*—George also reported that the Rotary Club's Elementary School Grand Prix Series will begin on Saturday, September 11, at Cleveland Elementary School. The second race will be held on September 18 at Tyrone Elementary School. For additional information, please contact George.

*Toga Trot 5K*—George reported that the Rotary's fundraiser, Toga Trot 5K, will be held early in the morning on Saturday, August 28. Again, he may be contacted for additional information.

*Dragon Boat Race*—Carolyn Gulick was not at the meeting, but George gave a report for her regarding the Dragon Boat Race. The race will take place on September 25. Usually about 22 people are needed for the race. It can be done with a few less if necessary. Anyone interested in participating should contact Carolyn or George.

*Club Grand Prix*—The next Club Grand Prix will be on Saturday, August 7. It will be a Poker Run. The run will begin at the flag pole.

*4th of July Party*—The Allis' reported that they still have several unclaimed items left at their home from the 4th of July Party. Please contact them if you are missing anything from the party.

### Announcements

The next meeting will be held at the Dolce on Monday, September 13.

### Adjourn

With no further business, the meeting was adjourned at 7:20 p.m.







The Peachtree City Running Club's Summer Track Classic Series came to an end on July 15. Despite a couple of days of rain problems during the six weeks, the series was quite successful. During the championship meet, many people walked away with hard earned, well deserved medals. Kudos to all those who helped during the meets. Track Classic Director Mark Hamilton secured the Riley Field track and handled all of the administrative details. Others who made significant contributions include Dave and Kathy Olsen, Mike Lankford, Connie Sambrone, Teri Besch, Brandi Osse, the Hancocks, and Carolyn Gulick. I apologize if I omitted anyone, but I am getting old.

Thanks to Rita Weston, Social Director, our Christmas Party will again be held at Glendalough Manor. The Manor has been improved, adding a larger dance floor and a room to set a buffet table. The party will be on Friday, December 17. Cost will be the same as last year (\$25) or possibly less. Rita is still working on getting the best deal possible. Stay tuned for details.

A reminder that the Peachtree City Classic is fast approaching, October 16. Please remember to help out Director George Martin. Once again, I campaign for parking. Remember, if you volunteer for parking, you still have time to run the race.

Finally, begin thinking about the end-of-year awards, such as Most Improved Runner, Volunteer of the Year, etc. We will vote at the November meeting. Also, we will have vacancies for President and Treasurer. A committee will soon be formed to come up with candidates. Rita Weston will also step down as Social Director after the Christmas Party.

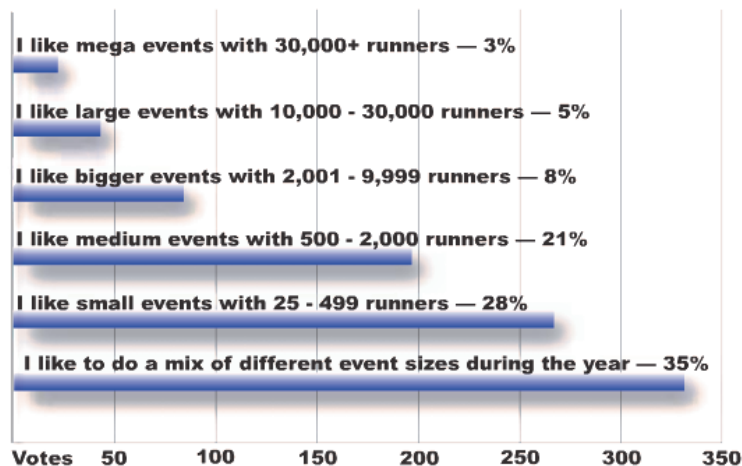
See you on the cart paths.

## RRCA .org Website Poll



### What's your favorite event size?

Total Votes: 956



RRCA readers can participate in the RRCA website polls at [RRCA.org](http://RRCA.org).

### WELCOME NEW MEMBERS!

Susan Hudson (PTC)

Tom Smith (Tyrone)

Robert Vassey (PTC)

Sean Frick (PTC)

Eric Gaglione (Fayetteville)

Chris Hellgeth (Fayetteville)

### Too Much Fun!



*Brooke Clem and Family*

**B**rooke Clem is a busy mom with a full time job who still finds time to run while keeping a myriad of other activities swirling around her. Brooke, 36, grew up in Thomaston, Georgia, and earned a BBA from Valdosta State in marketing with a minor in art. She lived in Canton, Georgia, for five years after marrying her husband, Randy, a Project Manager with Cox Communications. They have been residents of Peachtree City for four years now along with son Ty, 6, twin boys Charlie and Will, 4, their dog Tanner, and cat Wags.

Brooke is a Project Manager for a billing software company called Convergys Corporation. "I work with clients across the US (and some in various parts of the world) to implement and upgrade their software." When asked what she really does, she answers enthusiastically "Juggling! Aside from my paid job, I take care of my 3 boys, ages 6 and twin 4 year olds! I am active in volunteering with their elementary school and church activities. Then there's little league baseball...LOTS of baseball! I LOVE being outdoors! I enjoy running (of course), mountain biking and road biking, and hiking. Basically, anything that keeps me moving! I also love to end my day curled up with a good book!"

She has been running "On and off since the early 90s. I joined the track team in high school and picked up running now and again. But I've been actively running for the past year and a half. I definitely consider myself a 'newbie' to running! I think that I forgot everything that I learned since my track team days. But something kicked in when I started back running. It was weird because before I hit the one mile mark on my first run, I had to stop and walk. I remember thinking...this stinks! But I kept at it with support from my running buddies and family. My husband and kids have been known to follow me out for night runs. They drive the golf cart and shine the way for me down the path! For the past year, my running crew and I try for two races a month. I completed two half marathons (the Atlanta Half

and the Disney Princess Half) and the PTC Sprint Triathlon this past year, and I've got a goal to get in a full marathon early 2011."

Asked about one of her most unusual running experiences, Brooke recalls the recent snow and ice storm this past Valentine's Day weekend. "Saturday, February 13, 2010....the day following the big Atlanta snow. My running friends and I had signed up for 'Run the Reagan' in Snellville, Georgia. It's a 10K that my buddies have completed a few times with rolling hills and a direct path out and back. They really wanted to run it, despite the snow, and I always go along for the ride! But the drive up was quite the experience with slick and unsalted surface streets and hardly bearable interstates. We finally arrived albeit white knuckled and tense (at least, I was!). The race organizers had gotten the raceway pretty clear, with the exception of a few icy patches. The view was breath taking! Hills and trees blanketed in snow. It was quite windy at times, and the wind would pick up snow from the drifts and shower us as we made our way across the course. Temperatures were no more than 25 degrees and managed to cut right to the core! But there were tons of racers and volunteers braving the elements for a great run and a great experience!"

When asked about her most memorable running experience, Brooke relates that she actually has TWO! "The most memorable was my first Half Marathon [in Atlanta last Thanksgiving]. I really had no idea what I was in store for and the support that people provide on the sidelines! I ran the first half with one of my running buddies. We talked, laughed, and got ourselves pumped up for the journey. We got separated at the 7.5 mark of portalets, PowerAde, and jellybeans. I got hung up in the halt of runners and figured she had pulled out ahead of me. My knees were killing me from IT issues, but all that I could think was that I had to catch back up with her! I just kept running and looking for my partner. Before I knew it, I was in the last mile stretch with people screaming and cheering! It was exhilarating! They called out my name as I crossed the finish line, weakened from the pain. As someone handed me a medal, I heard the race announcer call my friend's name as she crossed the finish line just behind me! We laughed that we were both searching ahead for each other and were just minutes separated!"

"My other most memorable running experience was the Shamrock 5K Run [in Pike County this past March]. My 6 year old decided that he wanted to go to the race with me. He had done several fun runs and wanted to try out the 5K. It was chilly and rainy...actually it was down right COLD and, at times, POURING rain, but there was the most beautiful rainbow that peeked out at the start of the race. It was just perfect! My son did absolutely amazing as well. We finished the race in 44:20 and 44:21...and he's quick to point out that he beat me!"

Brooke says she enjoys running because "It simply makes me feel good. It truly gets me moving. I get more done on the days that I run than days that I don't run." She joined the PTCRC because "I wanted to meet more PTC runners and participate in more local events."

*Continued on the following page.*



### Living Life in the Fast Lane



*Don Livingston and family on vacation at Cabo San Lucas*

Don Livingston has been a competitive runner since his high school days at Klein Forest High School in Houston, Texas, where he ran four years in track and cross country (1980-1983). At Georgia Tech, he was a five-year letterman and Scholarship Athlete in track and cross country (1983-1988). He continued his post-collegiate running prowess as a member of the Cincinnati Athletic Association Nike Regional Team (1988-1993) and then as a member of the Atlanta Track Club Competitive Team (1993-1997). He shows no signs of letting up as he usually wins whatever local races he chooses to enter.

Don, 45, and his family are residents of PTC. His wife, Wendy Barkow Livingston, is one of the original residents of PTC and the owner of Windy Oaks Farm, a horse farm providing boarding, showing, lessons, and sales. Daughter Rebekah is a 10th grader at Starr's Mill High School and is a national level equestrian, hunter-jumper. Son Reed is a 7th grader at Rising Starr Middle School and a runner like his Dad.

Don earned his Chemical Engineering degree and MBA both from Georgia Tech. He works in Advertising and Marketing for AT&T Consumer Division where he is in charge of advertising, direct mail, and promotion for the high speed internet product line, bundles, and customer marketing.

Don's favorite race distance is the 3000 meters. His favorite place to race is at Florida State University because it is a beautiful track setting, always good weather, and he ran a lot of PRs and fast times in Tallahassee. Speaking of fast times, he has quite a few in the record books: 4:08 in the mile; 8:18 for 3000 meters; 8:55 in the 3K steeple chase; a 14:41 5K; 25:05 for 8K; and 31:01 for 10K. Amazingly, Don had already run three marathons by the time he was 17 years old! His first was as a sophomore when he ran a 3:33 at the Houston Marathon. He ran it again the next year as a junior and finished it in 2:53. Finally, as a 17-year-old senior, he ran it a third time in 2:42.

When asked about his most unusual running experience, Don replies, "I had two weird snow experiences 26

years apart. When I was 18, I ran in the snow/ice at Junior Olympic X-C Nationals in 1983 in Nebraska. Guys were slipping and sliding everywhere. Then 26 years later, in 2009, I took the PTC Flash team to Reno, Nevada, for Junior Olympics X-C Nationals. It snowed 17 inches the day before the race (*déjà vu*). Again, slipping and sliding. Key Lesson: It's hard for southern kids to race in the snow."

He has had some other memorable running experiences as well. "Fast times/top place for me: running 4:08 at Georgia Tech Meet; 3rd at Junior Olympic Nationals in High School; watching Michael Johnson set a world record in the 200m at the Olympics at 19.32—awesome! Watching my son in 6th grade qualify for Nationals in X-C, then in track run PRs of 5:19 for 1600m and 2:27 in the 800m. It was very rewarding seeing his hard work pay off."

As a side note, Don was a Track & Field Marshal at the 1996 Olympic Games, and he gave the American flag to Michael Johnson for his victory lap after winning the 400m (and was on TV).

Like most of us, Don enjoys running because "I get a sense of accomplishment, a chance to socialize with others who share a love of the same sport, and it's a great way to stay in shape and deal with stress."

Don has other outside interests besides running. "Rafting, hiking, caving, all sports, GT Track Alumni Association, Head Coach of X-C Peachtree Flash Youth Team, and assisting with Church Youth Group at Christ Our Shepherd Lutheran Church."

He joined the PTC Running Club "because I see how much the running club gives back to the community and wanted to be apart of that. I was inspired by George Martin's commitment to helping (through the Elementary School Grand Prix Series)." It certainly is a high compliment to George and our other outstanding club members to be acknowledged for our contributions to the community and attract new members of Don's caliber. Welcome to the club!

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#### **Too Much Fun! - Brook Clem** *(continued)*

Her favorite racing distance is the 10K, but her favorite race is the Disney Tower of Terror 13K. "It was a night run and race mystery. We were given clues throughout the race to solve the 'crime.' My girlfriends and I headed down to Disney for a 'girls trip.' Lots of laughter and fun...before, during, and after the race!"

As far as other hobbies and interests, Brooke says, "If/ When I have the time...few and far between...I like to draw and paint. I am also an adrenaline junkie, so I try to make plans for fun activities every once in a while. Next month, we are planning a zip line and camping trip with some friends."

Brooke wants to give back to the sport that has given her so much, and she is organizing a "Soles for Souls" campaign to collect used shoes for those less fortunate. Look for more information on the program to be conducted in conjunction with the Elementary School Grand Prix Series this school year. Her motto toward running and life in general could be the same as many of those in the club, "Too Much Fun!"





# Peachtree Road Race





# 4th of July Party





# Grand Prix Events & Results

## July/Event 7 – Water Balloon 10K Run

### WOMEN 50 & UNDER

Pl	Runner	Pts	Water Balloon Hit
1	Leslie Hassell	100	Break
2	Hannah Hancock	90	Missed
3	Bonnie Hancock	80	Missed
	Kim Ruple	5	

### MEN 51 & UNDER

Pl	Runner	Pts	Water Balloon Hit
1	Vern Schmitz	100	Break
2	Bill Anderson	90	Break
3	Wes Wilkins	80	Hit
	Hal Wolfe	70	Missed
	Mitch Butler	60	Missed
	Adam Shoemaker	50	Missed
	Jake Hancock	40	Missed
	Steve Hancock	30	Missed
	Kith Birkingsstock	20	Missed
	Chris Chiong	10	Missed
	Colin Kearns	5	Missed
	Tim Covert	5	Missed

### WOMEN 51 & OVER

Pl	Runner	Pts	Water Balloon Hit
1	Martha Boone	100	Hit
2	Rene Flaherty	90	Missed
3	Teri Besch	80	Missed
	Ann Henderson	5	
	Pat Cote-Miles	5	
	Patsy Bickford	5	

### MEN 52 & OVER

Pl	Runner	Pts	Water Balloon Hit
1	Bill Fuller	100	Missed
2	Normer Adams	90	Missed
3	Chuck Garwood	80	Missed
	Gary Kolb	70	Missed
	Dave Piet	60	Missed
	Dan Flaherty	50	Missed
	Bill Werling	50	Target
	Mike Lankford	50	Target
	Patrick Kearns	40	Missed
	Jim Crowley	30	Missed
	Dick Allis	10	
	Von Woods	10	
	Scott Allen	5	

## August/Event 8 – Poker Run

### WOMEN 50 & UNDER

Pl	Runner	Pts
1	Hannah Hancock	100
2	Bonnie Hancock	90
3	Kelley Mitchell	80
4	Jane Hamilton	70
5	Nancy Hamill	60
6	Kim Ruple	50

### MEN 51 & UNDER

Pl	Runner	Pts
1	Bill Anderson	100
2	Jake Hancock	90
3	Hal Wolfe	80
4	Steve Hancock	70
5	Chris Chiong	60
6	Brady Hamill	50
7	Vern Schmitz	40
8	Ryan Hamill	30
9	Tim Covert	20
10	Deven Hamill	10

### WOMEN 51 & OVER

Pl	Runner	Pts
1	Patsy Bickford	100
2	Cathy Olson	90
3	Margie Dam	80
4	Rene Flaherty	70
5	Kim Garwood	60
6	Sandy Tuman	50
7	Pat Cote-Miles	40
8	Trish Vlastnik	30
9	Ann Henderson	5
10	Jan Bankieris	5
11	Carolyn Gulick	5

### MEN 52 & OVER

Pl	Runner	Pts
1	Normer Adams	100
2	Bill Fuller	90
3	Dan Flaherty	80
4	Tom Round	70
5	Chuck Garwood	60
6	Mike Lankford	50
7	Dave Piet	40
8	Jules Desgain	30
9	Ed Vise	20
10	Bob Dalton	10
11	Gary Kolb	5
12	Scott Allen	5
13	Ben Gross	10
14	Dick Allis	10

## 2010 Grand Prix YTD Results

### WOMEN 50 & UNDER

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

### WOMEN 51 & OVER

Pl	Runner	Pts
1	Rene Flaherty	520
1	Martha Boone	500
2	Teri Besch	380
3	Trish Vlastnik	370
5	Ann Henderson	300
6	Rose Kempton	215
7	Patsy Bickford	195
9	Margie Dam	185
9	Jan Bankieris	140
10	Ann Shoemaker	115
11	Carolyn Gulick	110
12	Cathy Olson	110
13	Bernice Wassell	100
13	Pat Cote-Miles	95
14	Mary Ann Crofton	85
15	Sandy Tuman	80
16	Kathy Devine	80
17	Lavon McCord	80
17	Kim Garwood	60
	Susan Mills	50
	Alice Todd	5
	Rita Weston	5

### MEN 51 & UNDER

Pl	Runner	Pts
1	Bill Anderson	555
2	Adam Shoemaker	455
3	Vern Schmitz	445
4	Wes Wilkins	285
5	Chris Chiong	260
6	Steve Hancock	255
7	Bill Everage	250
8	Jake Hancock	245

### MEN 52 & OVER

Pl	Runner	Pts
2	Normer Adams	570
1	Chuck Garwood	565
3	Mike Lankford	435
4	Dave Piet	425
9	Bill Fuller	375
7	Gary Kolb	300
5	Marino Fuentes	290
6	Jerry Shoemaker	270
8	Jules Desgain	250
14	Dan Flaherty	190
11	Bob Dalton	180
10	Cal Daley	175
12	Bob Trombly	140
13	Ed Vise	135
17	Tom Round	95
15	Ben Gross	65
20	Bill Werling	60
16	Scott Allen	60
14	Dave Olson	60
15	Lou Boone	55
20	Patrick Kearns	50
20	Jim Crowley	40
19	Dick Allis	35
18	David Gulick	30
20	John Waterhouse	20
18	Tom Crofton	20
21	Von Woods	15
17	Bill Whitehouse	25/15
21	Joe Wassell	15
20	Ron Kempton	10
21	George Martin	5
21	Lynn Fairley	5
21	Dave Kennedy	5
21	James Diffenderfer	5



# 1,000 Mile Club

NAME	YEARS IN 1000 CLUB	MILES	MEETINGS	VOLUNTEER ACTIVITIES	JACKET	SIZE
20,000 MILE CLUB						
BILL WERLING	21	799	7	13	NO	
15,000 MILE CLUB						
MARTHA BOONE	18	528	3	1	NO	
BILL FULLER	17	720	3	0	NO	
SUSAN MILLS	17	701	4	3	NO	
TERI BESCH	16	853	5	10	NO	
CAL DALEY	16	415	2	1	NO	
VALERIE REYNOLDS	16	120	1	0	NO	
JOE WASSELL	16	128	2	0	NO	
MARGIE DAM	15	562		0	NO	
DAVE PIET	15	560	3	0	NO	
10,000 MILE CLUB						
BOB DALTON	14	1047	5	3	15000	?
FRED PORT	14	566	1	0	15000	LG
ANN SHOEMAKER	14	614	3	6	15000	MED
JERRY SHOEMAKER	14	360	3	3	15000	MED
BILL ANDERSON	13	813	5	2	NO	
JULES DESGAIN	13	615	3	2	NO	
ROY ROBISON	13	726	5	2	NO	
BONNIE HANCOCK	11	580	5	8	NO	
STEVE HANCOCK	11	622	5	8	NO	
NORMER ADAMS	11	100	1	0	NO	
TRISH VLASTNIK	11	524	1	0	NO	
ANNE PORT	10	578	1	0	NO	
CARYLE ROBISON	10	700	3	0	NO	
5,000 MILE CLUB						
DICK ALLIS	9	931	3	0	10000	XL
JAN BANKIERIS	8	311	1	0	NO	
MARINO FUENTES	8	515	4	1	NO	
MARK HAMILTON	8	527	3	2	NO	
CATHY OLSON	8	765	5	8	NO	
LOU BOONE	7	380	1	0	NO	
TODD DAVISON	7	115	1	0	NO	
JOHN MROSEK	7	148	1	0	NO	
BOB SMITH	7	740	4	2	NO	
MICHAEL WARREN	7	944	3	5	NO	
BERNICE WASSELL	7	484	3	1	NO	
RITA WESTON	7	616	6	1	NO	
BILL EVERAGE	6	702	2	1	NO	
PATRICK KEARNS	6	297	2	0	NO	
TOM ROUND	6	670	5	3	NO	
CONSTANCE SAMBRONE	6	786	6	17	NO	
MARK WARD	6	421	1	0	NO	
WES WILKINS	6	183	2	1	NO	
RENE FLAHERTY	5	743	3	1	NO	
JANE HAMILTON	5	658	2	1	NO	
ROSE KEMPTON	5	300	1	1	NO	
DAVE KETELSON	5	564	5	1	NO	
GEORGE MARTIN	5	325	2	1	NO	
LISA MATHEWS	5	734	4	2	NO	
SHANNON PHILLIPPS	5	500		0	NO	
JOHN WATERHOUSE	5	598	4	2	NO	
HAL WOLFE	5	305	2	0	NO	
1,000 MILE CLUB						
TERESA MOORE	4	270	3	3	5000	SM
ANASTASIA WALKER	4	550	3	2	5000	MED
PAT COTE-MILES	3	750	4	2	NO	
JAKE HANCOCK	3	820	4	8	NO	
KIM RUPLE	3	850	6	4	NO	
ED VISE	3	500	4	3	NO	
RAY BESCH	2	707	4	2	NO	
RUSTY BURNS	2	1002	2	0	NO	
TIM COVERT	2	492	5	2	NO	
BRANDI OSSE	2	730	5	4	NO	
BETTY SMITH	2	570	4	2	NO	
VON WOODS	2	683	3	3	NO	
HOLLY ANDERSON	1	892	2	0	NO	
KITH BURKINSTOCK	1	655	5	1	NO	
CHRIS CHIONG	1	776	5	1	NO	
TAMARA GERKEN	1	217	2	0	NO	
TRACEY MOORE	1	220	3	2	NO	
NATHAN REEVES	1	210	1	0	NO	
1000 MILE CLUB ENROLLEES						
STEVEN BOTHE	0	1275	2	1	1000	XL
MITCH BUTLER	0	958	5	3	1000	XL
CHRIS CASH	0	95	3	0	1000	XL
MICHAEL CASH	0	465	3	0	1000	LG
CHRIS EDMONDSON	0	79	2	0	1000	MED
WENDY EDMONDSON	0	78	2	0	1000	MED
JOHN GRAFMILLER	0	25	1	0	1000	XL
TODD HAMILL	0	360	2	0	1000	LG
MELANIE HAMILT	0	425	1	0	1000	SM
JOHN JAMES	0	88	1	0	1000	XL
WILL JAMES	0	18	1	0	1000	MED
DAVID KENNEDY	0	687	6	1	1000	XL
RYAN KENNEDY	0	820	6	2	1000	MED
MIKE LANKFORD	0	666	6	5	1000	LG
JENNIFER LAWRENCE	0	415	2	1	1000	MED
DOUG LEGO	0	1204	2	0	1000	LG
JILL LEGO	0	716	2	0	1000	MED
LAUSIE MCCARTHY	0	125	1	0	1000	SM
KELLEY MITCHELL	0	115	1	0	1000	MED
KIM PROFFITT	0	65	1	0	1000	SM
SCOTT PROFFITT	0	65	1	0	1000	XL
ADAM SHOEMAKER	0	450	2	1	1000	LG
MICHELLE VILLARS	0	534	2	0	1000	SM
GARY VOIGT	0	650	1	0	1000	?

To the Peachtree City Running Club,

My name is Justin D. Gilbert, and I am writing in order to thank you all for awarding me with a Ronnie Godwin Memorial College Scholarship. This gracious act is well appreciated by not only me but my family.

I recently graduated from Starr's Mill High School and will be attending the University of Pittsburg, so I still get to say, "Go Panthers!"

I thank you all for your kindness and will continue to run with a passion.

Sincerely,

Justin Gilbert

## 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.

## 1,000 MILE CLUB REQUIREMENTS

To qualify for a 2010 1,000 Mile Club Jacket and/or certificate, the following requirements must be met by a PTCRC member:

- 1.) Run and/or walk at least 1,000 miles between the 2009 and 2010 PTCRC Christmas parties.
- 2.) Participate as a PTCRC volunteer (not participant) in at least three (3) events between the 2009 and 2010 PTCRC Christmas parties.
- 3.) Have at least three (3) mileage updates published in the Legacy between the 2009 and 2010 PTCRC Christmas parties.
- 4.) Attend at least three (3) club meetings between the 2009 and 2010 PTCRC Christmas parties.
- 5.) For the 5,000/10,000/15,000/20,000 Mile Clubs, you must have qualified for the 1,000 Mile Club for 5, 10, 15, and 20 years respectively. Years need not be consecutive.
- 6.) The deadline for signup for year 2010 is the May club meeting.
- 7.) An application MUST be completed at a PTCRC meeting.

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

## Club News & Announcements

### 30th Annual Peachtree City Classic 5K/15K

The Classic will be held on Saturday, October 16, at the Fred Jr. Amphitheatre and starts at 8:00 a.m. You may begin picking up your packets on Friday, October 15, between 4:30 p.m. and 8:30 p.m. at the Dolce Conference Center.

Once again, the Peachtree City Classic registrations are coming in strong, and after the passing of three decades, we are still one of the most popular races in the Atlanta Metro area. We anticipate that we will again have over 2,000 participants, many of whom come here from outside the local Fayette County area just to "Run the Paths of Peachtree City." That means we will again need over 200 volunteers to help put on this huge event here on our "home course." The majority of the October 4 club meeting will be dedicated to resolving last minute details for our annual PTC Classic races, the signature event of our club. Be sure to volunteer as it is a total club effort!!

Rose Kempton, this year's Volunteer Coordinator, will be looking for help from all of the running club members. Please take the initiative to contact Rose soon to let her know where you would like to work. As is our tradition, club members are encouraged to work on the day of the race and then we have our own internal Classic race the following Saturday morning, complete with race shirts, food, drink, and camaraderie.

Thanks to Bonnie and Steve Hancock for, once again, coordinating a great Peachtree City Classic booth at the Atlanta Track Club's Peachtree Road Race Expo and also to the club members who volunteered their time to man the booth over the two-day Expo. We are still looking for a Chief Course Marshal to coordinate logistics on the course come race day. Talk with Race Director George Martin if you are interested in helping.

And finally, be sure to tell all of your friends and associates about the Fayette Fitness Challenge. What a great way to get new runners or walkers involved in our running community.

### Classic Expo needs vendors

In conjunction with the race, the PTCRC will hold a race expo on Friday night and Saturday morning this year. Proceeds from the race and expo fees are used to support local school and youth programs, scholarship assistance, and various community needs. This year the expo will be held on Friday night at the Dolce Peachtree Atlanta Conference Center in Peachtree City and then again in the Frederick Brown Jr. Amphitheater on Saturday morning from 7:00 a.m. to 11:00 a.m.

The deadline for entry will be October 1 or when space is filled. For a fee of \$150, a table and chairs will be furnished in a 10-foot open space. Posting of race results as well as the awards ceremony are held inside the amphitheater on Saturday morning. If your company or someone you know might be interested in a booth, please contact Alice Todd as soon as possible.

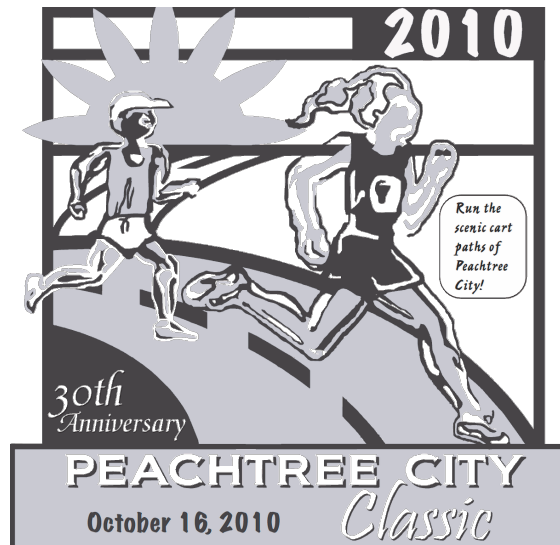
Space will be limited, so please send a check made payable to PTCRC to Alice Todd, P. O. Box 910, Tyrone, GA 30290. Please include all pertinent contact information, i.e., names, telephone numbers, email address, etc. Once the check is received, a space will be reserved and a confirmation sent. For more information, contact Alice Todd, Expo Coordinator, at 770-632-9583, 404-405-2727, or [ptcrcexpo@yahoo.com](mailto:ptcrcexpo@yahoo.com).

### 2010 Fayette Fitness Challenge

The Fayette County Fitness Challenge will be a "competition" to find the "Most Fit Schools, Companies, and Organizations" in Fayette County. The definition of "Most Fit" will be the organizations that have the highest PERCENTAGE of their staff members or employees who can finish (walking or running) 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.

Preliminary Rosters must be submitted no later than September 18 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 September 18, you will be able to add more team members to that roster. We anticipate that the two 5Ks will fill up quickly, so we are offering a "bonus" in the 15K race. Any team member who runs in the 15K will be counted as TWO team members in the calculation of the Fitness Challenge. All 5K finishers will count as one team member to have finished. There are 9 proposed divisions for this year's 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," but every organization will benefit from this team building experience. Please contact Vern Schmitz at 770-463-0763 or [vern.schmitz@wfi.winpak.com](mailto:vern.schmitz@wfi.winpak.com) for more info.



### Upcoming Club Events

**Saturday, September 4**—Club Grand Prix/Cross Country Team Run at the Peachtree City Library at 8:00 a.m.

**Monday, September 13**—Club Meeting at the Dolce at 7:30 p.m.

**Monday, October 4**—Club Meeting at the Dolce at 7:30 p.m.

**Friday, October 15**—Peachtree City Classic Packet Pickup at the Dolce between 4:30 - 8:30 p.m.

**Saturday, October 16**—PTC Classic Men's/Women's 5K & Open 15K at the Fred starting at 8:00 a.m.

**Saturday, October 23**—Club Grand Prix/Run the Classic 15K/5K at the Fred at 8:00 a.m.



## Upcoming Georgia Races & Events

### Sunrise On the Square Road Race 5K/1 Mile Fun Run—09/04/10

Race starts and finishes at one of Georgia's oldest and most historic courthouses on Saturday, September 4. There will be cash prizes to the top two male and female finishers—\$100/\$50 in the 5K. The Participant Pack includes a long-sleeved, colorful tee shirt, food, and beverages. Finishers in the 1 Mile Fun Run receive a finish ribbon and adult long-sleeved tee shirt. Tot Trot participants, ages 2-6, receive a "tot" size short-sleeved tee shirt. The 1 Mile Fun Run starts at 7:45 a.m., and the 5K starts at 8:45 a.m. Please visit [www.mainstreetnewnan.com/docs/2010%20road%20race%20application.pdf](http://www.mainstreetnewnan.com/docs/2010%20road%20race%20application.pdf) for more info and to download an application or register at [www.active.com](http://www.active.com).

### 6th Annual Rotary Elementary School Grand Prix Series (2010-2011)—Begins 09/11/10

The Rotary Club of Peachtree City, in cooperation with the Peachtree City Running Club, has created a series of races that provides the opportunity for both children and adults to participate in healthy events as well as raising much needed funds for our local elementary schools. Last year, more than \$100,000 was raised by the schools, and the series of races has become one more campaign in the fight against childhood obesity. Participants win points with each race they participate in, and the top point getters during the entire year (by age group) are treated to a nice awards luncheon each June. The idea is to expand the fields and fund raising of ALL school races, with the rising tide lifting all boats.

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

The race series is in its final stages of organization for the 2010-2011 school year. The first race is at Cleveland Elementary at 8:00 a.m. in Fayetteville on September 11, followed the next week by the Tyrone Elementary 5K on September 18. The Sara Harp Minter Elementary 5K will be on October 2. For information on other races, check the website at [www.rotarygrandprix.org](http://www.rotarygrandprix.org).

### 5th Annual RRCA National Run@Work Day—09/17/10

The goal of National Run@Work Day is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty minutes of walking or running into their daily lives. National Run@Work Day supports several of the strategies outlined in the *National Physical Activity Plan*. More specifically, Run@Work Day events highlight how nonprofit and for-profit sports organizations can work directly with business and industry to help promote physical fitness in the work environment. This event takes place on Friday, September 17. To help you plan your Run@Work Day event, the RRCA created the Run@Work Day *Planning Kit* and *Fact Sheet*. A Run@Work Day event can be hosted by a running club, an individual, or a corporation. Run@Work Day events should be a running or walking event lasting at least thirty-five minutes before work, during lunch, or immediately after work. For more info, visit their website at [www.rrca.org/programs/run-at-work-day](http://www.rrca.org/programs/run-at-work-day).

### 5th Annual Promise Place 5K "Run from Domestic Violence"—09/24/10

Promise Place is the organization created to assist the women and children who are victims of Domestic Violence in our area. The race will be held on Friday, September 24, and is one of the few Friday night races in our area. The Race begins at 6:00 p.m. at the city hall in Peachtree City. Race packets can be picked up beginning at 5:00 p.m. at the city hall on race day. Following the race, all participants and their families are invited to join us for an awards presentation, games, activities, food, drinks, and more!

Each year this race is heavily supported by volunteers from the PTCRC. If you would like to run in this 5K, that would be great, but we also need a lot of volunteer support. Please contact George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com) if you would like to volunteer. For more information and to download an application, please visit [www.promiseplace.org/race.htm](http://www.promiseplace.org/race.htm).

### 4th Annual International Festival & Dragon Boat Races—09/25/10

The Rotary Club of Peachtree City and the Peachtree City Tourism Association is hosting the 4th Annual International Festival & Dragon Boat Races on Saturday, September 25. Last year's event drew a multitude of participants and spectators. This year's event promises to be bigger and better. The Classic Road Race is once again sponsoring a boat for club members to participate to promote the Classic Road Race. The Classic and the club pay all the fees, so club members who would like to participate do not have to pay an entry fee. Please contact Carolyn Gulick ASAP at [gulick4@gmail.com](mailto:gulick4@gmail.com) or 770-487-5934 if you would like to be on the team. There will be practices scheduled before the event.. The Saturday event begins at 9:00 a.m. and ends at 5:00 p.m. This is a great time and a great event, so be sure to participate! For more info, please visit [www.PeachtreeCityDragonBoats.org](http://www.PeachtreeCityDragonBoats.org).

### 10th Annual Alzheimer's Memory 5K Walk/Run—10/02/10

With more than 5 million Americans living with Alzheimer's and nearly 10 million more serving as caregivers, the time to act is now! Please join us in raising awareness and funds to benefit this great cause. The race begins at the Fred Brown Jr. Amphitheater in Peachtree City of McIntosh Trail. The Memory Walk/Run takes place on Thursday, October 2, with registration taking place from 8:00 a.m. to 9:30 a.m. with the event starting at 9:30 a.m.

You may make a contribution at our next club meeting on Monday, September 13, or you can mail your contribution to Cathy Olson at 102 Southworth Court, Peachtree City, GA 30269. Cathy will also be at our weekly fun runs on Saturday mornings, if you would like to give her your contribution then. For more info and to register, please visit [www.southernmemorywalk.org](http://www.southernmemorywalk.org).

**Peachtree City Classic 5K/15K—10/16/10** (Please see the previous page for detailed information.)

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



# FC&A

Frank Cawood & Associates (FC&A) is a direct-mail publishing company located in Peachtree City. The company began in 1969 as a one-man enterprise and has grown to include more than 150 employees. FC&A's motto is "Focusing on Customers and Associates," and everyone in the company strives to maintain that focus. They truly care about their customers and want to give them the best product possible.

They recognize the need for reliable health information that is easy to understand, so their editorial staff sets high standards for accuracy and simplicity in their health books—they research every topic in medical journals and interview top health professionals to provide up-to-date information that can help you improve your health. Their consumer books are also thoroughly researched to provide the best ways to save time, money, and effort, and their artistic staff is constantly working on unique new designs for their craft books.

This commitment to excellence has made FC&A a forerunner in the direct-mail publishing business—enabling them to sell over 6 million books in the United States, Canada, the United Kingdom, Australia, New Zealand, France, and Germany. They hope to continue this tradition and grow even more in the 21st century.



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