



# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

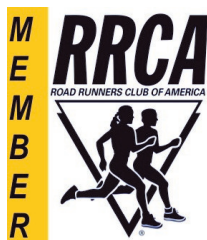
SEPT/OCT 2011

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## PEACHTREE CITY RUNNING CLUB Peachtree Road Race 10K July 4, 2011



# Club Meeting Highlights

## PTCRC 2011 EXECUTIVE BOARD

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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

**Tamara Gerken**  
at [souple@numail.org](mailto:souple@numail.org).

Send race results to

**Bill Fuller**  
at [mki.kammann@gmail.com](mailto:mki.kammann@gmail.com).

**NEXT DEADLINE:**  
**OCTOBER 21**

## August

President Shane Carpenter called the meeting to order at the Dolce Conference Center. New members were acknowledged and welcomed by Shane and the club. A motion was made and seconded to approve the minutes of the June meeting.

There were no official minutes for July. Instead there was once again a very successful post Peachtree Road Race and 4th of July party held at Dick and Jan Allis' home. Thanks again to Dick and Jan for opening up your home for such a great time. Shane presented to Dick a token of appreciation for all their hospitality.

Thanks also to Leah Liming for everything she did in coordinating such a great event.

A great big thanks to Administrative Vice President Steve Bothe for the great job he did in organizing and coordinating the buses for the ride to the Peachtree Road Race. For the first time ever, the family bus returned before the party bus! Thank you Bonnie Hancock!!!

### Lists Passed Around

#### *1,000 Mile Book*

#### *Classic Coordinators*

*Alzheimer's Memory Walk/Run*—Cathy Olson has gift cards for raffle for donations of \$10. The Alzheimer's Memory 5K Walk/Run is October 1. Contact Cathy for additional information.

### Guest Speaker

There was no official speaker for the meeting. Instead, one of our members Martin Rowe, Vice Commander for the American Legion Post 50 here in Peachtree City, spoke to us briefly on his proposal that we consider sponsoring the 2012 All American 5K in support of the American Legion. The American Legion is one of the oldest and largest veterans organizations in the country. They are committed to assisting veterans and their families by whatever means necessary to help them have better lives and lifestyles in honor of their untiring service to our country. They assist with financial aid, housing, youth activities, etc., for veterans and their families.

Carolyn Gulick and George Martin both felt this would be a good organization to sponsor for the 2012 All American 5K. The only cost to the club would be volunteer support.

### Reports From Officers

*Runner Friendly Community*—Administrative Vice President Steve Bothe is seeking volunteers to form a committee to apply for the RRCA's Inaugural Runner Friendly Community. Since Peachtree City has such a committed fitness community, we most certainly should be in the "running." Please contact Steve if you would like to volunteer for this committee.

*Club Grand Prix*—Activities Vice President Mark Hamilton reported on the Club's Grand Prix winners. Congratulations to all the winners and thanks to all the participants! The next Grand Prix will be Saturday, August 6, at the library. It will be a "poker" run. Mark also reported that anyone who has run six or more grand prix will receive Road ID bands as a gift.

*Summer Track Series*—Mark also thanked all who volunteered for the club's Summer Track Series. It was a great series. Many families and youth running clubs participated.

*Treasury*—Treasurer Tim Covert reported that all is well with the treasury. Funds are coming in as committed to by sponsors and supporters for the Classic.

### Reports From Coordinators

*Classic*—Classic Coordinator George thanked all who participated in the ATC's PTRR Expo. He also informed the club that he has singlets available for purchase for those who pre-ordered or those who would like to purchase one. He passed around this year's Classic "finisher" shirt for members to see, a very nice and colorful shirt. Certainly everyone will want to earn one of these shirts!

*Minutes continued on page 4.*





I hope everyone is enjoying their summer and the heat! I have enjoyed the pool and summertime fun but am ready for the cooler temperatures for sure. We have had a great summer for the club, which included the Summer Track Series and the Fourth of July party. I want to thank Mark Hamilton for organizing the Summer Track Series and all the volunteers who helped. I would also like to thank Dick and Jan Allis for hosting the Fourth of July party and Leah Liming for organizing it. I really appreciate everyone who steps up and helps when they can.

I also know that the fall season and school season are upon us, and there is going to be a lot of races and much business within the club and your families, but I would like to encourage everyone who can to support the local races. It may be helping out and volunteering or even racing the event; whatever you can do will help out. Some of the events are the Elementary 5Ks, Wellspring 5K, and of course our very own Peachtree City Classic! Come out and do what you can, and I look forward to seeing you out on the trails!

P.S. If you sign up for the Wellspring 5K, please sign up for the team Ciska's Squad (Good friend of mine).



### 6th Annual RRCA National Run@Work Day

*If adults can lead by example, if companies can encourage healthy living through physical activity promotion, then together we can combat the national inactivity crisis gripping our nation and our children.*

On September 16, the Road Runners Club of America will promote the 6th Annual RUN@WORK Day nationwide. Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, and individuals nationwide are encouraged to plan fun runs and walks around the country with their employers.

The goal of RUN@WORK Day, presented by the Road Runners Club of America, is to encourage adults to get 30 minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or immediately following work. RUN@WORK Day also encourages companies to help employees schedule time for physical activity. Incorporating exercise into one's daily routine can markedly improve one's overall physical health.

To help you plan your RUN@WORK Day event, the RRCA created the RUN@WORK Day Planning Kit and Fact Sheet. [RUN@WORK Planning Kit](#); [RUN@WORK Fact Sheet](#)

For more info, please visit [www.rrca.org/programs/run-at-work-day](http://www.rrca.org/programs/run-at-work-day).

## WELCOME NEW MEMBERS!

Carolyn Fjeran (Newnan) ♦ Tom Jenkins (PTC)  
Jeffrey Brown (PTC) ♦ Ramona Perkins (Fayetteville)  
Thea-Marie Pascal (Hampton)

### A family affair



*Shane Sheffield and Family*

Shane Sheffield, 39, has only been a PTC resident for a year but has already jumped into club activities with both feet and made it a family affair. "I really have to compliment the club on some great experiences. In my short time as a member, I have seen the club put on some really cool and enjoyable events. Last year's Classic, the monthly Grand Prixs, the Marathon Relay with the Tri club, and the All American 5K were all executed really well and loaded with fun. The summer track series has been great for our family. Madeleine (6) likes to run with her friends and Alex (4) is the #1 fan!

Shane is originally from Prattville, Alabama, and is a hard core War Eagle who quickly points out that his alma mater, Auburn University, is the reigning college football national champion. (Even his e-mail address reflects his passion!! – [aufootball50@yahoo.com](mailto:aufootball50@yahoo.com)) He works in finance for Turner Broadcasting and "assists technology executives within TBS to prepare strategic financial plans to meet the business needs of Turner's cable networks and digital properties (traditional and mobile web). Just as importantly, make sure execution of these financial plans occurs."

His spouse, Amy, is an "International Tax Consultant and the Best Mom in the World!" Their most memorable running experience was a family affair and took place at the recent Race for Riley this past April. "It was an amazing race with the friends and family. Many friends (a good number of whom earned medals) and I ran the 5K over a very enjoyable course at Serenbe. Amy and Madeleine ran with many of Madeleine's friends in the one mile. And Alex and his friends ran the Tot Trot."

Shane counts as his second most memorable running experience "the first five miles of the National Half Marathon in D.C. It is a phenomenal run through history. This portion of the course runs next to the National Mall, the Capitol, the White House, many of the major monuments, and Smithsonian museums. I have a great picture on my phone of the Washington Monument as I ran the course."

Among the unusual running/walking experiences he has had, Shane says, "Las Vegas Boulevard provides an enter-

taining experience that 'is nowhere near reality.'" His favorite race (and distance) is the Boston Run to Remember Half Marathon. "While it's not the most well known race that occurs in Boston, it is a very cool run through history. The course travels through historic sections of downtown Boston and also works its way across the Charles River skirting through Harvard and MIT. The course begins and ends at the Seaport on Boston Harbor. Fans along the course are very knowledgeable and supportive!"

In addition to running the D.C. (March '11) and Boston (May '11) Half Marathons, Shane has also run the Silver Comet Half (Oct '10) and the Surf City Half (Feb '11) in California. He now has his sights set on the full enchilada and is training for the Soldier Marathon in Columbus this November.

Shane enjoys running because it "provides a great opportunity for fun conversations and building friendships. Running with others allows the miles to pass quickly because of entertaining conversations as ALL runners a.) have a great sense of humor, and b.) love to "sandbag" their abilities. Most of my runs are at 5 a.m. (before commuting into Atlanta) with buddy Sean Frick (another new but much faster club member). Running gets my day started in a very positive and motivating way. It clears my mind and provides energy for the day."

But he also enjoys leisure activities such as "fun with kids, traveling (which tends to include a race these days – thanks Amy!), watching sports on TV (especially College Football and NBA), and time at the lake." Shane also looks at joining the PTCRC as an "opportunity to learn from others who also enjoy the adrenaline of pushing themselves. Also, to have more fun with running."

Looks like you've come to the right place. Welcome aboard Sheffield family!

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#### *Minutes continued from page 2.*

George says all is going well with the planning for the Classic. Sponsorships as well as registrations are coming in. Flyers, posters, and registration forms are available for distribution to anyone or any business feasible for the success of the event. See George to pick up information. Online registration is also available.

This year's Classic Expo will be held at the amphitheater. The volunteer party will also be held at the amphitheater. As an added treat, volunteers will receive tickets for a comedy concert to be held on the same night.

George still needs "leads" on mile marker sponsors. There will also be the "challenge" once again for elementary schools and corporations.

At least 200 volunteers are needed to insure the success of the Classic. So let's all be sure to sign up.

#### **Announcements**

**Marathon Relay**—Shane stated that the Marathon Relay was a great event.

**Tour of Faith**—Friday and Saturday, August 12 and 13

**Wellspring**—September 17

**Toga Race**—August 27

**The Promise Place Race**—August 26

**Cleveland Elementary Grand Prix**—September 10

**Tyrone Elementary Grand Prix**—September 17

The club welcomed back Teri and Ray Besch from their adventurous Alaskan journey. It was mentioned that perhaps they could be our next speakers. It would be great to hear their travel stories.

Shane read a "thank you" note from one of the club's scholarship winners, Nathan Reeves (McIntosh High School).

Rose Kempton is requesting a volunteer to replace her as High School Coordinator. Please contact her if you would like to volunteer for this most rewarding position.

The next meeting will be held on Tuesday, September 6, at 7:00 p.m. at Partner's Pizza. The fun run will begin at 6:30 p.m.

#### **Adjourn**

With no further business, the meeting was adjourned.



### In pursuit of adventure



*Kim and Jason Herlehy*

Originally from New Jersey, Kim Herlehy, has been a PTC resident for less than a year coming here by way of Texas (four years) and Illinois (four years). She attended Washington College, Rowan University, and The University of North Texas obtaining a B.A. in Health and Exercise Science with a teacher's certificate and an M.S. in Kinesiology (Exercise Physiology). She is currently a health coach with United Health Care. Her husband, Jason, is a mechanical engineer with Caterpillar.

Kim has been a casual runner for the last dozen years or so and joined the club because "I was hoping to meet new people in town, since we are new to the area and since I work at home." She enjoys running because "I can do it anywhere and it gets me outside." She has an adventure streak that she is on a constant quest to satisfy. "In addition to running, I am a huge fan of yoga. I also rock climb, road bike, and I also love watching food network and trying new dishes." Kim states that "I have 200 hours of Hatha Yoga Teacher training and would be willing to lead some classes for the club if anyone is interested." (Admin V.P. – Please note.)

Her favorite distance is the 10K and her favorite race is Rock Ledge Rumble Trail Run in Texas because "I ran this race with two of my great friends, and I prefer trail running over pavement; although pesky roots sometimes like to appear out of nowhere to trip me."

As for unusual running experiences "The Marine Mud Run in Fort Worth, Texas, was by far my most unusual but fun experience. It was a 10K course with 30 very muddy obstacles. I even convinced my mom to participate with me. She is not a runner but did awesome. About a 1/4 of the way through, I said to her, 'wow, my hair is still clean.' Next thing I know a Marine is saying, 'over, under, over under.' There was a muddy water pit, and we had to go

under a log forcing us to submerge our heads in the muddy water. Oh well, the fire department was there to hose us off at the end."

Kim's most memorable running experience was "Running the last leg of my first Olympic Distance Triathlon in Maui in 2004. It was hot, and I was tired, but I was participating with a Team and Training group that encouraged one another from start to finish."

Kim heads to Greece in September with her husband to do some rock face climbing. Kim and Jason's biggest adventure, however, is yet to come as they are expecting their first child on Valentine's Day in 2012!! Yes, you read it here first. The club looks forward to welcoming its newest member then and celebrating along with the Herlehys plus one.

### **Peachtree City Rotary Club Elementary Grand Prix Race Series**



The Rotary Club of Peachtree City, in cooperation with the PTC Running Club has created a series of races that provide 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 about \$100,000 was raised by the schools and the series of races has become one more campaign in the fight against childhood obesity

<b>September 10, 2011</b>	<b>Cleveland Elementary 5K</b>
<b>September 17, 2011</b>	<b>Tyrone Elementary Founders Day 5K</b>
<b>September 24, 2011</b>	<b>Fayetteville Intermediate Cougar 5K</b>
<b>October 8, 2011</b>	<b>Springhill Elementary 5K</b>
<b>October 29, 2011</b>	<b>Peeples Elementary 5K</b>
<b>November 5, 2011</b>	<b>Sara Harp Minter Mountain Lion 5K</b>
<b>November 12, 2011</b>	<b>Braelinn Elementary 5K</b>
<b>December 3, 2011</b>	<b>PTC Elementary Jingle Bell Trail 5K</b>
<b>January 7, 2012</b>	<b>St. Paul Lutheran School 5K</b>
<b>February 11, 2012</b>	<b>Kedron Elementary School 5K</b>
<b>March 10, 2012</b>	<b>Oak Grove/Burch Elementary 5K</b>
<b>March 24, 2012</b>	<b>Crabapple Elementary 5K</b>
<b>April 14, 2012</b>	<b>Huddleston Elementary 5K</b>
<b>April 21, 2012</b>	<b>Inman Elementary 5K</b>
<b>May 12, 2012</b>	<b>Brooks Elementary 5K/10K</b>

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. For more info, check the website - [www.rotarygrandprix.org](http://www.rotarygrandprix.org).

## Racing News

### 50-State Girls Wrap up Another Season By Kim Ruple



Pat & Kim

For those of you who have been asking, here's an update on our accomplishments this year and some quick race reviews for those looking for a new place to go and pound some pavement. We definitely aren't as diligent as some of the 50 Staters (2 marathons almost every weekend), but we're having great fun and seeing some beautiful parts of the country. This year, we added Charlotte, North Carolina (Kim only), Austin, Texas, and Sugarloaf, Maine. Each race had its own charm:

Charlotte, North Carolina, is a quick and easy race to get to with lots of places to stay. It's well organized and the age group winners get a NASCAR Flag with their age group Accomplishment embroidered on it. Kim got 3rd in her age group and is very taken with the idea of having her very own NASCAR Flag. Thanks to Ann and Gary for putting up with me at dinner.

Austin, Texas, was very warm and not as flat as they advertised, but the night life was great. We went to Ester's Follies with a friend who lives in Austin. We laughed so hard, it was hard to run the next day. (You may remember, we couldn't go in February 2010 because the Atlanta Airport was snowed in!) Austin also has a sub-culture of "trailer diners." It's quite unique and an opportunity to get some great Tex-Mex or BBQ.

Sugarloaf, Maine, is a charming community just out of ski season. While the race has rolling hills, it starts at the top of the mountain and drops in elevation. Kim got a new PR of 3:36. They hand out locally made jam and pottery to age group winners. The race entry fees goes to local charities, and every town nearby makes you feel welcomed. They also have hot soup, granola, massages, and lots of beverages at the end. If you are lucky, you might even see a moose – Pat and Kim did! The one draw back on this race is the course isn't closed, which isn't an issue early in the race, but as the day goes by, you have the added fun of dodging logging trucks. Headphones optional!

Next year we've got Detroit's Free Press on the docket in October. Kim plans to run the Maui Ocean Side in Hawaii and will try to suffer through a 10-day vacation with her husband, Bill, on Maui and Oahu. (She's very excited!) We hope to make Boston in April and are looking for a May 2012 race, so give us your ideas.

*The members of the PTCRC would like to express their sympathies to Valerie Reynolds for the recent loss of her mother, Norma Marlene Clark.*



*Valerie, may your memories hold you tight and keep you going strong.*



Dave Kennedy, Steven & Susan Bothe, and Pam Burrus at the 2011 Dolce Toga Trot 5K  
Steven placed First Overall Male



Pam Burrus and Heather Sexton at the 2011 Dolce Toga Trot 5K



# Peachtree Road Race





# 4th of July Party





# 1,000 Mile Club & Grand Prix Results

NAME	YEARS IN 1000 CLUB	MILES	MEETINGS MILE CLUB	VOLUNTEER ACTIVITIES	JACKET	SIZE
<b>20,000 MILE CLUB</b>						
BILL WERLING	22	713	5	16	NO	
<b>15,000 MILE CLUB</b>						
MARTHA BOONE	19	650	2	0	YES	
BILL FULLER	18	316	0	0	NO	
SUSAN MILLS	18	5650	5	2	NO	
TERI BESCH	17	755	5	4	NO	
CAL DALEY	17	300	2	1	NO	
VALERIE REYNOLDS	17	540	1	0	NO	
JOE WASSELL	17	387	1	0	NO	
DAVE PIET	16	195	2	1	NO	
SANDY TUMAN	16	690	3	0	NO	
BOB DALTON	15	1594	6	5	NO	
ANN SHOEMAKER	15	450	4	2	NO	
JERRY SHOEMAKER	15	630	4	0	NO	
<b>10,000 MILE CLUB</b>						
BILL ANDERSON	14	254	3	2	YES	MED
JULES DESGAIN	14	525	3	2	YES	MED
ROY ROBISON	14	950	3	4	YES	MED
BONNIE HANCOCK	12	535	6	3	NO	
STEVE HANCOCK	12	735	6	3	NO	
CARYLE ROBISON	11	821	0	0	NO	
RICHARD ALLIS	10	795	5	7	NO	
<b>5,000 MILE CLUB</b>						
MARINO FUENTES	9	655	5	3	YES	?
MARK HAMILTON	9	0	1	0	YES	?
CATHY OLSON	9	769	4	3	YES	MED
LOU BOONE	8	400	2	0	NO	
TODD DAVISON	8	215	1	0	NO	
JOHN MROSEK	8	542	2	2	NO	
BOB SMITH	8	502	4	0	NO	
MICHAEL WARREN	8	1012	3	6	NO	
RITA WESTON	8	691	6	1	NO	
BILL EVERAGE	7	589	2	3	NO	
DAVID GULICK	7	700	2	2	NO	
PATRICK KEARNS	7	325	2	1	NO	
TOM ROUND	7	669	3	3	NO	
CONSTANCE SAMBRONE	7	919	7	14	NO	
WES WILKINS	7	172	2	1	NO	
RENE FLAHERTY	6	302	1	0	NO	
JANE HAMILTON	6	394	3	1	NO	
LISA MATHEWS	6	840	5	2	NO	
TRACEY MOORE	6	275	2	0	NO	
JOHN WATERHOUSE	6	568	2	0	NO	
GEORGE MARTIN	5	205	3	2	NO	
TERESA MOORE	5	700	4	2	NO	
<b>1,000 MILE CLUB</b>						
JAKE HANCOCK	4	650	6	3	YES	XL
KIM RUPLE	4	700	6	1	YES	SM
ED VISE	4	350	4	0	YES	MED
RAY BESCH	3	120	3	1	NO	
PATRICIA COTE-MILES	3	766	3	0	NO	
TIM COVERT	3	872	6	4	NO	
BRANDI OSSE	3	360	4	0	NO	
BETTY SMITH	3	467	3	0	NO	
VON WOODS	3	581	5	3	NO	
HOLLY ANDERSON	2	272	3	0	NO	
KITH BURKINSTOCK	2	612	7	7	NO	
CHRIS CHIONG	2	906	4	2	NO	
TRACEY MOORE	2	500	2	0	NO	
STEVEN BOTHE	1	1630	6	3	NO	
MITCH BUTLER	1	1090	6	3	NO	
SANDRA HORNING	1	63	1	0	NO	
DAVID KENNEDY	1	644	7	6	NO	
RYAN KENNEY	1	972	6	3	NO	
TAMARA GERKEN	1	431	2	2	NO	
MELANIE HAMILT	1	700	2	3	NO	
MIKE LANKFORD	1	144	2	0	NO	
JENNIFER LAWRENCE	1	219	1	0	NO	
DOUG LEGO	1	301	2	0	NO	
JILL LEGO	1	157	2	0	NO	
MICHELLE VILLARS	1	276	3	0	NO	
<b>1000 MILE CLUB ENROLLEES</b>						
MARK ANDERSON	0	19	1	0	YES	MED
NANCY HAMILL	0	290	2	0	YES	MED
RYAN HAMILL	0	17	1	0	YES	LG
TODD HAMILL	0	626	3	3	YES	LG
HANNAH HANCOCK	0	620	5	3	YES	SM
KELLY FARIS	0	0	1	0	YES	SM
SEAN FRICK	0	402	2	0	YES	?
CAROLE GODWIN	0	213	1	0	YES	?
DEANNA MCCURDY	0	200	1	1	1000	SM
BETH REDMOND	0	94	1	0	YES	SM
MADISON REDMOND	0	20	1	0	YES	SM
SHANE SHEFFIELD	0	632	3	1	YES	LG
ADAM SHOEMAKER	0	540	5	1	YES	LG
MIKE STONE	0	240	1	0	YES	LG
MEGAN STUBBS	0	199	1	0	YES	MED
DAVID VILLARS	0	46	1	0	YES	MED
ANGIE WARREN	0	10	1	0	YES	?
SCOTT WILDE	0	98	1	0	YES	LG

## July/Event 7 – Run Your Time



### WOMEN 51 & UNDER

Pl	Runner	Pts	Time Diff
1	Michelle Villars	100	6:35
2	Teresa Moore	90	12:54
3	Kim Herlehy	80	39:00
4	Tamara Gerken	70	1:05:00
5	Kayla Villars	60	3:31:12
6	Jane Hamilton	50	4:37:30
7	Melissa Mann	40	5:08:00
8	Pam Burrus	30	5:24:57

### WOMEN 52 & OVER

Pl	Runner	Pts	Time Diff
1	Rene Flaherty	100	1:30:54
2	Martha Boone	90	3:11:11



### MEN 51 & UNDER

Pl	Runner	Pts	Time Diff
1	Todd Davison	100	33:43
2	Steve Bothe	90	2:17:00
3	Tracey Moore	80	2:27:09
4	Joshua Villars	70	3:01:12
5	Shane Sheffield	60	3:20:32
6	Shane Carpenter	50	4:19:00
7	Chris Chiong	40	4:35:40
8	Tim Covert	30	6:31:58
9	Kith Burkingstock	20	6:33:47
10	Shawn McKinnon	10	11:51:00

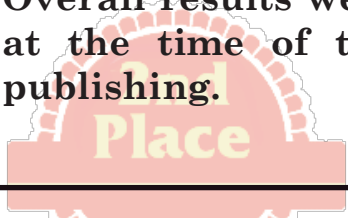


### MEN 52 & OVER

Pl	Runner	Pts	Time Diff
1	Gary Kolb	100	46:49
2	Ben Gross	90	2:11:30
3	Cal Daley	80	2:29:38
4	Bob Dalton	70	3:08:26
5	Lou Boone	60	3:13:00
6	Hal Wolfe	50	3:21:00
7	Jerry Shoemaker	40	3:23:25
8	Bill Werling	10	---
9	Dick Allis	5	---
10	Von Woods	5	---



The August/Event 8—Poker Run Grand Prix and the YTD Overall results were not available at the time of this newsletter's publishing.



## Club News & Announcements

### 31st Annual PTC Classic 5K/15K

This year's Peachtree City Classic Road Race is going well with registrations up for the first time in several years. The race date is October 15, and this year the race Expo will be held both Friday night and Saturday at the Frederick Brown, Jr. Amphitheater.

#### Race Volunteers Needed

As always, we will need in excess of 200 volunteers, so even if you are running in any of the races, be sure to contact this year's Classic Volunteer Coordinator Rose Kempton via email at [ro456838ro@bellsouth.net](mailto:ro456838ro@bellsouth.net) to volunteer before, during, or after the race.

The club volunteers will again be pitted against one another the following Saturday, October 22, in the inter-club Classic race using the same courses (5K or 15K) for competition within the PTC Running Club's Grand Prix.

#### Classic Expo needs vendors

If you have potential vendors for our Expo, please send them to our Expo coordinator, Alice Todd at [alicewtodd@aol.com](mailto:alicewtodd@aol.com).

#### 2011 Fayette Fitness Challenge

We will again be hosting the Fayette Fitness Challenge within the races by inviting local companies, organizations, and schools to send teams to compete against each other in terms of the percentage of employees participating. For more information, please contact either Vern Schmitz at [vern.schmitz@winpak.com](mailto:vern.schmitz@winpak.com) or George Martin at [r2sun98@mindspring.com](mailto:r2sun98@mindspring.com).



### Long Time Racer to Hit 31st Annual Peachtree City Classic By Bob Dalton



*Bill Brackin*

He hasn't run all previous 30 Classic races, but he ran the first one in 1981, has run most of them since, and plans to run the next one this October.

In 1981, Bill Brackin was living in Riverdale and heard about a race over in Peachtree City that he wanted to do. He ran it and was so impressed with the scenic cart paths, that he decided he wanted to move to PTC to live. He did just that a couple of years later and has been a fixture in the Fayette County road racing scene ever since.

Bill says that as best as he can recollect, the race started and finished at City Hall in those early days. But as the race grew in stature and popularity, it eventually moved to the Fred Brown Amphitheater where it still is today.

## Upcoming Club Events

**Saturday, September 3**—Club Grand Prix/Cross Country Team Run at Valerie Reynolds' house at 8:00 a.m.

**Tuesday, September 6**—Club Meeting at Partner's II Pizza at 7:00 p.m.; fun run at 6:00 p.m.

**Monday, October 3**—Club Meeting at the Dolce at 7:30 p.m.

**Friday, October 14**—Peachtree City Classic Packet Pickup at the Fred between 4:30 - 8:30 p.m.

**Saturday, October 15**—PTC Classic Men's/Women's 5K & Open 15K at the Fred starting at 8:30 a.m.

**Saturday, October 22**—Club Grand Prix/Run the Classic 15K/5K at the Fred at 8:00 a.m.



# Upcoming Georgia Races & Events

## **Club Grand Prix - Cross Country Team Relay—09/03/11**

Please meet at Valerie Reynolds's home for a cross country team relay. We will start at 8:00 a.m. on Saturday, September 3. You can find directions to her house at [www.mapquest.com](http://www.mapquest.com). She is located at 463 Old Highway 85, Senoia, GA 30276.

## **Sunrise On the Square Road Race 5K/1 Mile Fun Run—09/03/11**

Race starts and finishes at one of Georgia's oldest and most historic courthouses on Saturday, September 3. 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 5K starts at 8:00 a.m., the 1 Mile Fun Run starts at 7:45 a.m., and the Tot Trot 8:45 a.m. For more info and to download an application, please visit [www.mainstreetnewnan.com/documents/2011%20RoadRace%20App.pdf](http://www.mainstreetnewnan.com/documents/2011%20RoadRace%20App.pdf) or register at [www.active.com](http://www.active.com).

## **8th Annual Rotary Elementary School Grand Prix Series (2011-2012)—Begins 09/10/11**

The 8th annual Rotary Elementary School Grand Prix begins on Saturday, September 10, at Cleveland Elementary School, followed by Tyrone Elementary on September 17, and then Fayette Intermediate on September 24. This year, there are 15 races spread throughout the school year with all proceeds from the races going to the local elementary school.

Points are earned and accumulated all year long and age group winners are treated to an awards luncheon in early June by the Rotary Club of Peachtree City. What a great way to challenge yourself to a little speed and help support the wonderful school system we have at the same time. For information on other races and to see the schedule, check the website at [www.rotarygrandprix.org](http://www.rotarygrandprix.org).

## **2nd Annual Run the Farm for FOCUS Trail Run 5K, 10K & 1 Mile Walk – 09/24/11**

Come out to the 2nd annual Run the Farm for FOCUS Trail Run 5K, 10K, and 1 Mile Walk on Saturday, September 24, at Cedar Farms in Newnan. The 5K trail run starts at 8:00 a.m., the 10K trail run starts at 8:30 a.m., and the one mile walk begins at 9:00 a.m. For more info, please visit [www.focus-ga.org/runthefarm/runthefarm\\_2011.htm](http://www.focus-ga.org/runthefarm/runthefarm_2011.htm).

## **Find Your Way 5K—09/24/11**

The race will be held on Saturday, September 24, with the 5K taking place at 8:30 a.m., the Walk at 8:35 a.m., and the Kid's Dash at 9:30 a.m. This event is an officially timed race. There will be supervised jump & play activities for children of run participants, snacks for sale, a flea market & crafts sale, and chicken BBQ. All proceeds will go to benefit the North Fayette United Methodist Church. For more info, please visit [www.nfumc.com/newweb/files-docs/5K-2011.pdf](http://www.nfumc.com/newweb/files-docs/5K-2011.pdf).

## **7th Annual Promise Place "Run from Domestic Violence" 5K—09/30/11**

The 7th annual Promise Place "Run From Domestic Violence" 5K will again be run from Peachtree City City Hall on Friday night, September 30, at 6:00 p.m. As always, Partners Pizza will be served to all race participants after the race. All proceeds from this race go to Promise Place, the Domestic Violence Shelter for Fayette, Spaulding, Pike and Upson counties. For more info and to download a race application, please visit [www.promiseplace.org/race.htm](http://www.promiseplace.org/race.htm).

## **11th Annual Alzheimer's Memory 5K Walk/Run –1/5 Mile for the Physically Challenged —10/01/11**

Join the Alzheimer's Association Walk to End Alzheimer's and unite in a movement to reclaim the future for millions. With more than 5 million Americans living with Alzheimer's, and nearly 11 million more serving as caregivers, the time to act is now! The Walk/Run will take place on Saturday, October 1, at 9:30 a.m. at the Fred Brown Jr. Amphitheater.

You may make a contribution at our next club meeting on Tuesday, September 6, 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. Please visit [www.walktoendalz.kintera.org/faf/home/default.asp?ievent=454822](http://www.walktoendalz.kintera.org/faf/home/default.asp?ievent=454822) for more info and to register.

## **Peachtree City Classic 5K/15K—10/15/11** (Please see the previous page for more information or visit the website at [www.pterc.com](http://www.pterc.com).)

## **AIDS Walk Atlanta & 5K Run—10/16/11**

The AIDS Walk and 5K Run takes place on Sunday, October 16, at 1:00 p.m. Runners may choose to register as an individual or form/join a team. Runners are encouraged to fundraise online. All finishers will be awarded with a Runner's tee shirt upon completion of the 5K Run. Check in opens at 11:30 a.m., and the run starts at 1:00 p.m. on 10th Street (final route will be released soon). Awards will be presented at 3:00 p.m. Please take MARTA or carpool. Due to City of Atlanta Ordinance, pets, strollers, and inline skates are not allowed. For more info and to register, please visit [www.aidswalkatlanta.com](http://www.aidswalkatlanta.com). If you have questions, please call 404.876.WALK (9255) or email [jeremiah.lawson@aidatlanta.org](mailto:jeremiah.lawson@aidatlanta.org).

## **Club Grand Prix/Run the Classic 5K/15K—10/22/11**

It's make-up day! Meet at the Fred at 8:00 a.m. on Saturday, October 22, to run either of the Classic's courses (5K/15K).

## **Kick Start for Kids 5K/10K—10/22/11**

The Kick Start for Kids is a benefit for special needs adoptions and includes a 5K & 10K run/walk starting at 8:30 a.m., as well as a bicycle, rollerblade, and handcycle race (15, 30, 65 & 100 miles) starting at 8:00 a.m. These events will kick off at Buckner's Family Restaurant in Jackson. For more info, please visit [www.ffepromotions.com/events/bethany/bike.htm](http://www.ffepromotions.com/events/bethany/bike.htm) or call 770-883-1386.

## **4th Annual Autumn Chase 5K—10/29/11**

The Wellness Center at Piedmont Newnan Hospital and Newnan Utilities present the 4th annual Autumn Chase on Saturday, October 29, at 8:00 a.m. It's a 5K and 15K Trail Run and a 1-Mile Fun Run supporting the Wellness Center and our Community Fitness Programs. The event takes place around the beautiful lakes of Newnan Utilities, Carl Miller Park in Newnan. Awards will be given to overall master winners (male and female) and to first, second, and third-place finishers in all age groups. For more info, please visit [www.piedmontnewnan.org/evc/Page.asp?PageID=EVC000041](http://www.piedmontnewnan.org/evc/Page.asp?PageID=EVC000041).

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

# In The Sponsor SPOTLIGHT This Month



Are you ready to get Country Fried? Longtime PTCRC member Joe Domaleski is proud to announce a BIG business change - his company AIS is now Country Fried Creative, a full-service web design studio based here in Peachtree City.

What's new besides the name? According to Joe, they've decided to focus time and talent on web design and related services, using Mac's (of course). They've added new staff that are hard at work in the "kitchen" cooking up great websites. Lots of things are on their menu including web design, coding, e-commerce, social media, search engine optimization (SEO), and logo development. They specialize in sites built in WordPress and Drupal.

No project is too big or small. You can contact Joe at: [joe@countryfriedcreative.com](mailto:joe@countryfriedcreative.com); Twitter: @joedom; Web: <http://countryfriedcreative.com>; or phone at: 678-783-0138. Joe says that things are better when they're "Country Fried."



*The  
Richard Horning  
Foundation*



The Avenues



*Kiwanis Club  
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