

S U M M E R 2 0 1 8

the

Legacy

PTCRC Quarterly Newsletter



Local Nicknames

As with all towns and cities, all locations have their own nickname, typically not the same name that you would find on a map or online. PTC is no exception! Here is a quick list of some 'map' names vs. nicknames, to make sure that you are in the know!

Luther Glass Park = 3 Ponds

The Fredrick Brown Jr Amphitheater = The Fred

Section of cart path, along Hwy 54 btwn Lake Peachtree and approx. Lakeaires Road, ending at a cemetery = Cemetery Hill

Battery Way Park and Boat Ramp = The Boat Docks



Message from the Board, President Mark Ward

In 2001 when I joined the PTCRC I couldn't wait to run our signature race, The Classic. For the next couple of years I ran the Classic and then at one point in time I realized, I was just one of few members that actually ran the race, I also noticed a week later we ran it again. When I begin to look around, I realized if all the club members ran the race, there wouldn't be a race. I saw that it was the club members that put the race on, that as a club member I had a duty and a responsibility to make the event successful. We really need the club members to take ownership; this is your race. It takes all of us to put this race on, it cannot be successful without the Club and the Club won't exist without the Classic. Get involved; ask how and where you can help. **I assure you, you're needed.** ~Mark Ward

Save the Date! Upcoming Grand Prix Events

Confused Runner

Aug 4, 8:00 a.m.

Run/walk on the track, change direction at the whistle, guess the minutes completed.

XC 5K Race

Sept 8, 8:00 a.m.

Test your road legs on the Heritage XC 5K course; compete in your Age Group.

Volunteer Run

Oct 27, 8:00 a.m.

Run or walk the PTC Classic 5K or 15K course, extra pts if in Halloween costume!



Casey & Laura: Hood to Coast 2016

Welcome New Members!

By Bob Dalton

Casey and Laura Conover

Casey and Laura joined the club in November last year but they have already made an impact by jumping in with both feet and attending meetings, Grand Prixes, numerous other local races and volunteering at many of them. Casey (52) originally hails from Tigard, Oregon and is a sales rep for a fiberglass shower manufacturer. Laura (51) is from Clatskanie, Oregon and is a First Officer flying the A330 for Delta. They met on a blind date 25 years ago and

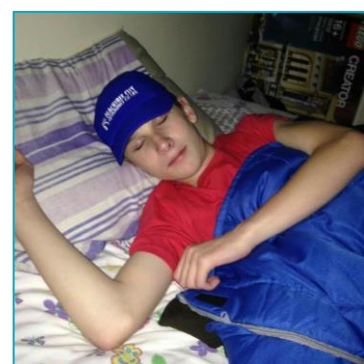
recently celebrated their 20th wedding anniversary. They have a daughter, April, and two granddaughters, Raegan and Renleigh. They also have “three boys we call our own. Nephew, Zach, is married and lives in Stockholm with his wife Sara and a new baby. We also sponsor two Exchange Students, Christoph from Germany and Oliver from Sweden. Oh yeah, and don’t forget our cat Kibby who thinks she is the princess of the house.”

They were members of the Randolph Road Runners Club in Asheboro, NC for 11 years and the Magnum Track Club in Rockingham, NC for seven years prior to that. They joined the PTCRC “to meet with and get to know locals” according to Casey. Similarly, Laura says “We were involved in running clubs in NC and loved the camaraderie. We think it will be a great way to meet like-minded people in our new community.” *(story continued on page 7)*

Nathaniel Moore, 2017 Male Rookie of the Year

Nathaniel (15) is the son of long-time running club members Teresa and Tracey Moore. He is a rising junior at Whitewater High School where he is on the Cross Country Team. He counts breaking 20 minutes for the 5K at the Heritage Cross Country course last year as one of the highlights of his budding running career. His most memorable, however, “was running with my sister at the Brooks 5K when I was only 3. I don’t remember a lot except I got a ribbon and I loved it.” The Heritage XC course and the 5K are his favorites because “the course offers many different features like road and bridge crossings, the lake view, and the grassy space!”

Nathaniel’s PRs include a 5:20 mile, 19:20 5K, 49:02 10K, and a 1:54 Red Nose Reindeer Half Marathon in Columbus in 2017. His goals are “First to work on breaking 18 minutes for my 5k and then aim even lower with the hopes of breaking into the elusive 15 minutes before I graduate. One day, I would like to run a marathon, preferably with my Mom when she runs North Dakota.” (Teresa is on a quest to complete 50 marathons in 50 states.) *(story continued on page 8)*



Nathaniel wears his new PTCRC hat to bed the evening he was awarded Rookie of the Year!

Current Member Profile: Al Barker

How many years have you been a member of the Peachtree City Running Club? **25 Years**

Are you a member of any other clubs? **Atlanta Track Club**

Favorite replenishment food after a run: **Water**

Favorite Movie / Favorite Book / Favorite Musical Group:

Out of Africa / Shadows of Forgotten Ancestors by Carl Sagan / Stones

Favorite dessert or sweet treat: **Oreos**

Favorite race: **Diva Half Marathon (Really!! Check out the photo!)**

Favorite restaurant: **Envegan in Morrow, GA**

Favorite race distance: **Half Marathon**

Favorite season: **Fall**

Favorite sport other than running: **Hiking**

Pet peeves: **People who don't use turn signals**

Favorite leisure activity: **Photography**

I run/walk because: **Health**



Al Barker finishing the Diva Half Marathon

Welcome New Members!!

James Birgl (Fayetteville)

Joshua Lawson (Tyrone)

Andrew Pacetti (PTC)

Julie Colver (Newnan)

Marcia Dodd (Tyrone)

John Judy (PTC)

Shelly Collins (PTC)

Don Turner (Senoia)

John Daush (PTC)

Amy Ratchford (PTC)

Jessica Laws

(Fayetteville)

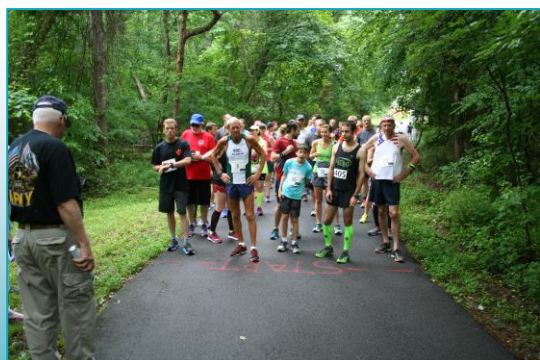
Racing Etiquette Tip

~~Line up at race start line based on race pace~~

"Whatever the pace, wherever the race, manners matter." – RRCA.

Lining up at the start line based on race pace means the faster runners line-up at the line (toe-the-line), and then the next fastest runners line-up behind them, etc, and walkers line-up in the back. Just because you arrived at the race first does not mean it is a good idea to line up first at the start line. Lining up by race pace prevents the fast runners from running over or getting blocked by not as fast runners or walkers. This etiquette is in place for the **safety of everyone**.

Other running & race etiquette tips available on RRCA's website.



Featured Routes – Check out the PTC Classic Routes!

Women's 5K Course

Parking: The Fred (191 McIntosh Trail, PTC)

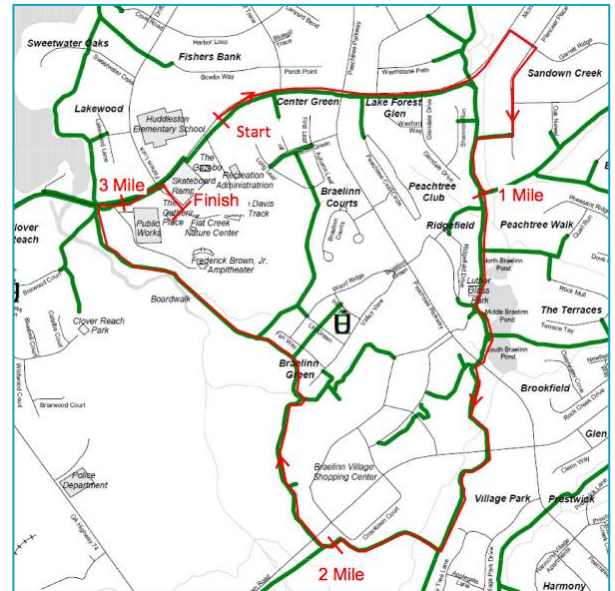
Restrooms: Yes, near BMX track

Water Fountain: Yes, near restrooms and at 3 Ponds

Notes: A small section of this course is on the road, so be sure to follow all running safety rules, such as running against traffic, etc.

Start by out on McIntosh and run East on the cart path, when the path turns right keep going straight, turning right on Garret Ridge. Turn right on Planceer Place, then back on the cart path on the right, cross the creek, then make a left. Keep going straight on the path; go through Luther Glass Park (there is a gazebo and water fountain there). Keep going straight on the path; go through the tunnel under Peachtree Pkwy, just after exiting the tunnel turn left. After running on another bridge crossing a creek, go through the tunnel under Crosstown Drive, exit the tunnel then turn right. At the next 3-way path intersection turn right, then the path crosses over another creek. Follow the path, you will see a Taco Bell on your far right, then follow the path to the right and go through another tunnel under Crosstown Drive. Keep going, the Kroger and Braelinn Village Shopping Center will be on your right. The path will curve around, at the next 3 intersections stay to the left. Keep on the path, and then turn right on the path at McIntosh, returning to the beginning of the route.

Check out the map on the [PTCRC website](#) or on [Map My Run](#).



Men's 5K Course

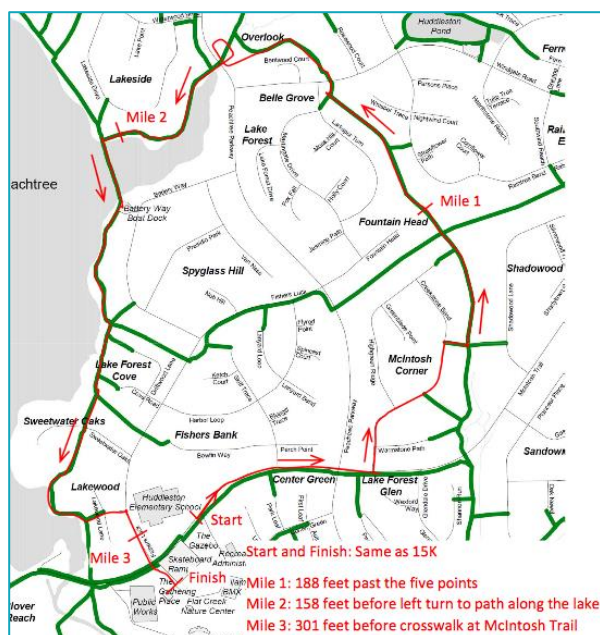
Parking: The Fred (191 McIntosh Trail, PTC)

Restrooms: Yes, near BMX track and Boat Docks

Water Fountain: Yes, near restrooms and at Boat Docks

Notes: A small section of this course is on the road, so be sure to follow all running safety rules, such as running against traffic, etc.

Start by running East on McIntosh, turn left on Creekstone Bend, turn right onto the cart path, and then a quick left. Keep going straight, the 4-way intersection is referred to as '4 points', go straight going through the tunnel under Windgate Rd. Go up the hill and around the curve to the right, then at the bottom of the curve turn right and go through the tunnel. Keep going, the East Lagoon will be on your left. At the 3-way intersection, turn left; the boat docks will be on your left (parking, port-o-john, and water fountain available). Continue to McIntosh, turn left and finish.



Check out the map on the [PTCRC website](#) or on [Map My Run](#).

15K Course

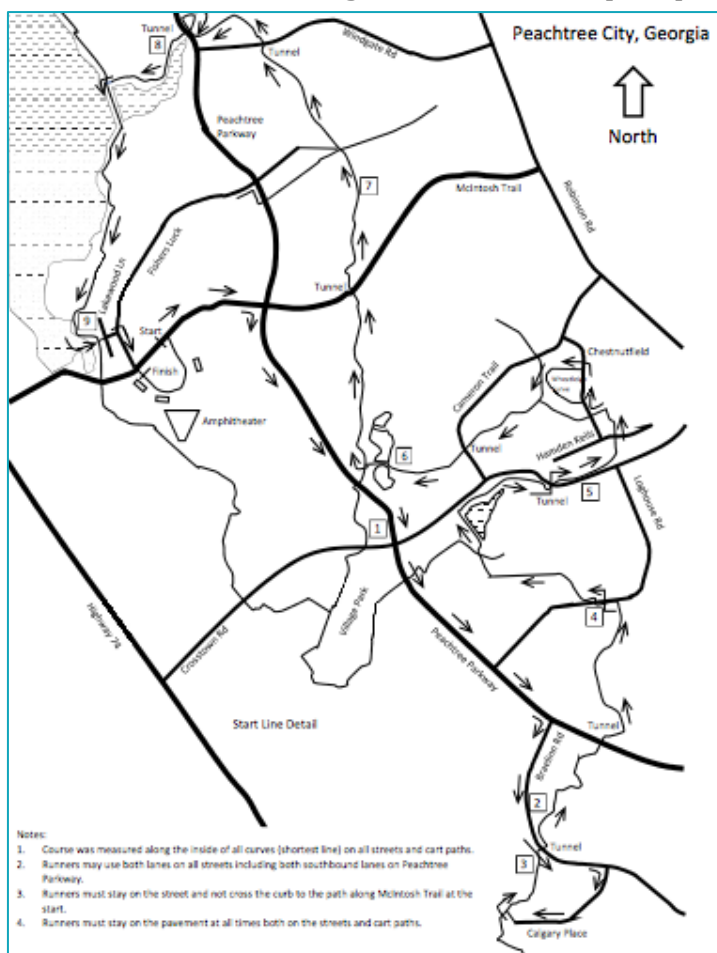
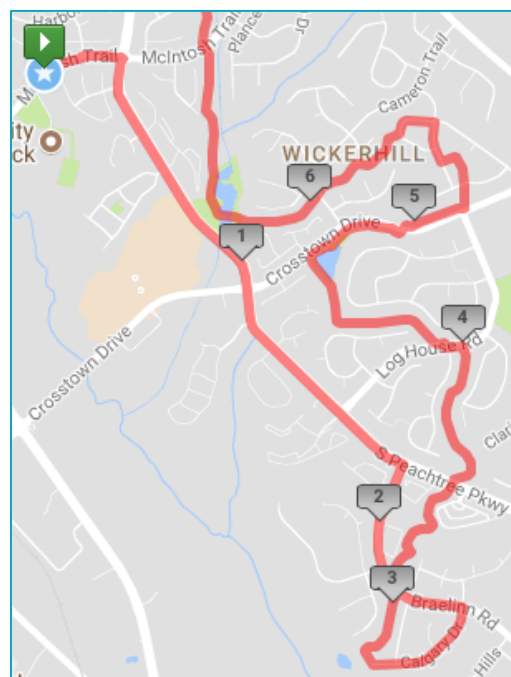
Parking: The Fred (191 McIntosh Trail, PTC)

Restrooms: Yes, near BMX track and Boat Docks

Water Fountain: Yes, near restrooms, 3 Ponds, & at Boat Docks

Notes: A small section of this course is on the road, so be sure to follow all running safety rules, such as running against traffic, etc.

Start by running East on McIntosh, turn right on Peachtree Pkwy, turn right on Braelinn Road, turn right on Calgary Driver, and hop on the cart path at the end of Calgary Drive. Quickly turn right, continue to follow the cart path, go through the tunnel under Braelinn Road, the path will curve, then go through the tunnel under Peachtree Pkwy. At the fork in the path, turn left, then follow the path towards Log House Road, cross Log House Road then continue to Rockspray Pond Park, the pond will be on your left. After exiting the park, go through the tunnel under Crosstown Drive, turning right just after leaving the tunnel. Turn left at the next path intersection, then just after the path turns left, leave the path and turn right on Chestnut Field, and make the second left on Wheatleigh Curve. The cart path picks up again on the right, make a left, and then a right again. Keep going straight on the path; go through the tunnel under Cameron Trail, then you will cross a bridge and enter into 3 Ponds. Turn left, the gazebo will be on your right, along with a water fountain. Keep going, through the tunnel under McIntosh Trail, and then at the 4-way intersection go straight. At this point the end is the same as the Men's 5K course. Go straight going through the tunnel under Windgate Rd. Go up the hill and around the curve to the right, then at the bottom of the curve turn right and go through the tunnel. Keep going; the East Lagoon will be on your left. At the 3-way intersection, turn left; the boat docks will be on your left (parking, port-o-john, and water fountain available). Continue to McIntosh, turn left and finish.



Check out the map on the [PTCRC website](#) or on [Map My Run](#).

Ronnie Godwin Memorial Scholarship 2018

By Teresa Moore

The Peachtree City Running Club's Ronnie Godwin Memorial Scholarship enters its 31st year. These scholarships are awarded to one female and one male in both track and cross-country at each of Fayette County's high schools who have demonstrated leadership and excellence within their respective sport. Recipients are chosen for this scholarship by their respective coaches not by the PTCRC. The scholarship program has very special meaning to our members as it is named after a past club president, Ronnie Godwin. Ronnie gave so much to our club and local community. Ronnie died of cancer in July 1986. His spirit lives on with these scholarships, which have been presented each year since 1987 by the Peachtree City Running Club in his honor. His wife, Mrs. Patsy Godwin, still resides in Peachtree City and enjoys learning about these promising athletes each year.

Recipients for 2018 are as follows:

Fayette High:	Rachel Gomes, Aaron Powell, Na'ilah Moore, and Trey Johnson
McIntosh High:	Vladi Zander-Velloso, Addie Fraker, Brianna Sattinger, and Robert Edge
Sandy Creek High:	Latifah Godfrey, Noah Williams, Brady Hamill, and Analucia Yanar
Starrs Mill High:	John Henson, Mary Valli, Zach Stellman, and Cara Clements
Whitewater High:	Thomas Hall, Makaylee Cannington, Sonali Anderson, and Will Raville



Fayette High (LtoR): Robert Dalton (presenter), Rachel Gomes, Trey Johnson, Na'ilah Moore, & Aaron Powell



McIntosh High (LtoR): Brianna Sattinger, Vladi Zander-Velloso, Addie Fraker, & Robert Edge



Sandy Creek High (LtoR): Teri Besch (presenter), Latifah Godfrey, Analucia Yanar, Brady Hamill, & Noah Williams

Continued from "Ronnie Godwin Memorial Scholarship 2018":



Starrs Mill High (LtoR): John Henson,
Zach Stellman, & Cara Clements



Whitewater High (LtoR): William Raville,
Makaylee Cannington, Sonali Anderson, &
Thomas Hall

Continued from "Welcome New Members, Casey and Laura Conover":

When asked about their most memorable running experience, they both agreed it was the 2016 Lake Hinson 24-hour run in Rockingham, NC. Laura says "It is basically a party with running. Run all day and then camping out on a blow up bed in the back of the truck and then getting up and running again. The last lap is called the banana lap. You carry a banana with your number on it. When you hear the end of race buzzer go off, you drop your banana. I have done this race three times. My best distance was 52.6 miles in 24 hours." Casey made it to 67 miles and says he would eventually like to try for 75 miles in one day.

Their next most memorable race is Hood to Coast which they have done a total of four times between them. Casey also mentions, "Running at Earthquake Park in Anchorage and encountering a baby Moose and a Lynx." When asked why they run, Casey responds, "So many reasons: I love the release physically and mentally and I really enjoy running with others. It is my social time." Laura says, "It is a great stress reliever and also a great way to meet other people."

In their leisure time, they both like to travel. Casey also likes "working in my yard." Laura says "I would like to run at least one Marathon with my husband, preferably in another country, so we can combine travel and running."

Little known trivia facts about the Conovers: Laura – "I lived in The Netherlands for a year as an exchange student and speak Dutch." Casey – "I spent 3 years as a radio broadcaster when I was younger." Which just goes to show you never know what hidden talents our members might have if you don't ask!

Casey and Laura epitomize the spirit of volunteerism, which makes our club so special, and they are certainly a welcome addition!



Casey & Laura Conover:
20th Anniversary

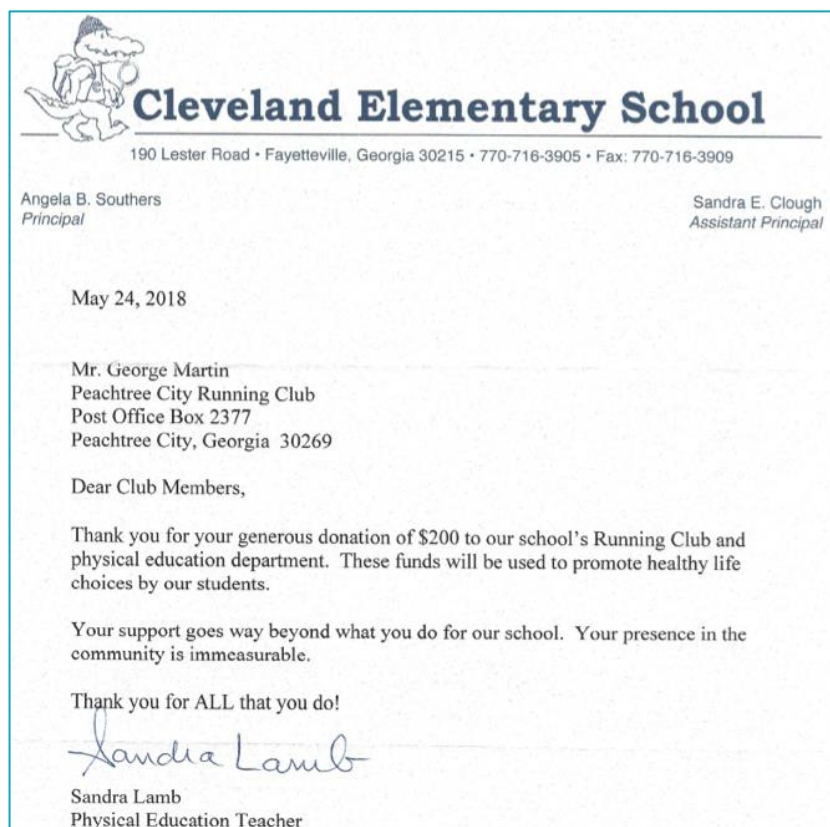
Continued from "Welcome New Members, Nathaniel Moore, 2017 Male Rookie of the Year":

He enjoys the sport of running because "It's fun! It gives me time to think. I also enjoy the people I meet and the opportunities to get to know them better. Travelling with my mom as she runs the 50 states is really fun, too. I have been to Indiana, Kentucky, Tennessee, South Carolina, Florida, and Michigan."

Nathaniel is also a well-rounded young man who does more than just run. "Scouts are big part of my life. I am currently a Life Scout working on Eagle. I have finished my project and am preparing to move on to the Eagle Board of Review. This summer I will have my first paid job as a camp counselor at Camp Thunder Scouting Base as a range hand on the firing and archery ranges." He also went on a Scout program this summer called Seabase where they sailed out of the Florida Keys on a five-day adventure in the Caribbean.

Nathaniel also gets in plenty of exercise with the Scouts in addition to his training for cross-country. "While I haven't run the trails, I have hiked a lot with the Scouts. Just this past year, we hiked with packs over a hundred miles total on the Pine Mountain Trail, part of the Appalachian Trail, and on Cumberland Island."

He is also musically inclined and plays in the Whitewater Band. "I have played the trumpet for 5 years. I also play the bugle." Although he hasn't yet settled on a college, his opportunities after High School appear to be unlimited. Keep an eye on this Rookie of the Year as he seeks to broaden his horizons and remains a force in the club to be reckoned with when it comes to racing!



Special Thanks
from Cleveland
Elementary School
to the PTCRC
Members!!



Upcoming Local Races

- Aug 4, 8:00am, [Boundary Waters Cross Country 5K](#), Douglasville, [Facebook](#)
- Aug 11, 3:00pm, [Atlanta Margarita Madness 5k Run](#), Hampton, [Facebook](#)
- Aug 12, 8:00am, [Mustard Seed 5K](#), Suwanee, [Facebook](#)
- Aug 25, 7:30am, [Walk, Wag, N' Run 5K](#), Dogs welcome! Lenox Park-Brookhaven, [Facebook](#)
- Aug 25, 8:30am, [4th Annual Run For Love 5K](#), Peachtree City
- Sept 1, 8:00am, [Sunrise on the Square Road Race 5K/10K](#), Newnan, [Facebook](#)
- Sept 2, 6:30am, [Boston Bound Marathon & Half](#), Opportunity to BQ, Johns Creek, [Facebook](#)
- Sept 3, 8:00am, [Labor Day 5K - The Avenue Peachtree City](#), [Facebook](#)
- Sept 22, 6:30am, [ATL Mayor's 5K on the 5th Runway](#), Atlanta, [Facebook](#)
- Sept 22, 8:30am, [Red Hare Oktoberfest 5K](#), Marietta, [Facebook](#)
- Sept 22, 9:00am, [Fall Dash 5K](#), Carrollton on the Greenbelt, [Facebook](#)
- Sept 28, 6:00pm, [5K Run to End Domestic Violence](#), Peachtree City, [Facebook](#)
- Sept 29, 8:30am, [Fido Fest 5K & Fun Run 2018](#), Newnan, [Facebook](#)
- Sept 29, 8:30am, [West Georgia 15K/5K](#), John Tanner Park in Carrollton, [Facebook](#)
- Oct 5, 6:00pm, [Peoples Elementary Pumpkin 5K/Fun Run](#), Peoples Elementary School, Fayetteville
- Oct 6, 8:00am, [2018 Walk to End Alzheimer's](#), The Fred in PTC, [Support the PTCRC Team!](#)
- Oct 6, 8:30am, [Samaritan Sprint 5K](#), Coweta County Fairgrounds, Newnan, [More info here](#)
- Oct 6, 9:00am, [2018 Hogansville Tower Trail 5k Run/Walk](#), Hogansville Elementary School
- Oct 13, 9:00am, [Run Like Hell 5K](#), Costume contest! Historic Oakland Cemetery, [Facebook](#)
- Oct 13, 8:00am, [CARE for The Clinic 5K Trail Run](#), across from Pinewood Studios, [Facebook](#)

Oct 20, 8:30am, [Peachtree City Classic 5K/15K Race](#), Frederick Brown, PTC

****Information for volunteer sign-ups coming soon!!****

- Oct 27, 8:00am, [Autumn Chase 15K/5K Trail Run](#), Carl Miller Park in Newnan
- Oct 27, 9:00am, [HNL Runtoberfest 5K](#), Line Creek Brewery in Peachtree City, [Facebook](#)
- Nov 3, 8:00am, [Cochran Mill Trail Race, 13.1/6.5 Miles](#), Cochran Mill Park in Palmetto, [Facebook](#)
- Nov 22, 7:44am, [1621 Run a 10.16K and 5K on Thanksgiving Day](#), Drawing for turkey, Hampton
- Nov 22, 8:00am, [The 9th Annual Turkey Trot of Henry County 5K/10K](#), McDonough

Other links to search for races:

<https://runsignup.com/Races>

<http://www.rrca.org/calendar/find-event>

<http://www.usatf.org/calendars/index.asp>

<https://www.active.com>

<https://localraces.com/peachtree-city-ga>

<http://www.rungeorgia.com>

<http://www.runningintheusa.com/race/list.aspx?State=GA>

<http://georgiarunner.com/race-calendar/>

<http://www.roadracerunner.com/Races/RunningCalendar.aspx?state=ga>



** This list is for informational purposes only, be sure to check the race's website for further details. To add other upcoming races to the list in the next publication, please contact the Legacy Editor.

Group Runs



- ◆ Every Sunday, 7:00am, Meet at Huddleston Elementary School, typical distances 7, 8, 10, & 13 miles, at ~8:30min/mile pace or faster. (time changes to 6:30am Memorial to Labor Day to beat the heat)
- ◆ Every Sunday, 7:00am & 8:00am, Meet at PTC Boat Docks (use 130 Battery Way, PTC in your GPS to find the entrance). Run a 5-mile loop, all paces, at either 7am or 8am, or both for 10 miles.
- ◆ Arches Monthly Group Run! Every 2nd Tuesday of the month, 6:00pm, Arches Brewing, 3-miles, all paces, dogs are welcome.
- ◆ Every Saturday, 7:00am, Dragonfly Running Company store group run, 3 or 6 miles, all paces.
- ◆ Every Tuesday, 6:30pm, Dragonfly Running Company store group run, 3 miles, all paces.

**Time listed is run start time, be sure to arrive a few minutes early to park, say hi to everyone, and use the restrooms if available. Also, great idea to check that the group run is still 'on', sometimes they can be cancelled due to weather and other circumstances.

Upcoming PTCRC Grand Prix Events

August 4, 2018 at 8:00 a.m. – Confused Track Runner

Where: Riley Field (176 Wisdom Road, PTC)

Watches/music: No

Description: Participants start walking or running at the same time. At random different times a whistle will be blown and participants must change directions. Afterwards, participants submit their guess of how many minutes they ran or walked.

September 8, 2018 at 8:00 a.m. – Cross Country Course Run 5K

Where: Heritage XC (Cross Country course at 2130 Redwine Rd, Fayetteville, GA)

Watches/music: Yes

Description: Test out your off road legs on the beautiful Heritage Cross Country (XC) course. Compete against others in your AG on this fun and slightly challenging 5K.

October 27, 2018 at 8:00 a.m. – Volunteer Classic Run/walk

Where: Shakerag Knoll (192 McIntosh Trail, PTC)

Watches/music: Yes

Description: This is a tradition started for all the Club members who sacrificed running in our own Peachtree City Classic so they could be there for all the participants as volunteers. Come out and run or walk either the 5K or 15K course against others in your age group. A bonus 20 points extra if you run/walk in a Halloween costume!

November 10, 2018 at 8:00 a.m. – Food Drive & Who's Pace is Right

Where: PTC Library (201 Willowbend Road, PTC)

Watches/music: No

Description: PTCRC will collect nonperishable foods for the "Real Life Center" as a way to give back to the community. Every grocery sized bag of food will be worth "10" points.

Afterwards, each participant submits a 10K running/walking time, then slowest time starts first and the fastest runner starts last (starting times staggered allowing everyone to finish at the same time). You will have to decide if your pace is correct or the runner ahead of you, running a total of 10K.

Race Training Advice:

"When anyone tells me I can't do anything, I'm just not listening any more."
~ Florence Griffith Joyner (AKA Flo-Jo)

Many folks are using the summer months to train for upcoming fall races. When selecting a fall race, feel free to reach for the stars! Just be sure to set realistic goals, find an appropriate plan to get you there, work hard, and ignore the naysayers along the way. ☺



Keep Running!!



2018 Summer Track Series, photos by Normer Adams

PTCRC Board Members

President – Mark Ward
VP Administration – Heather Jones
VP Activities – Mark Hamilton
Secretary – Rachel Johnson
Treasurer – Paul Schultz

PTCRC Committee Leaders

Race Director – Rachel Johnson
Membership – Bob Dalton
1,000 Mile Club – Teri Besch
Social Chair – Jane Stemkoski
Club Photographer – Normer Adams
Legacy Editor – Susan Bothe
(susan.bothe@gmail.com)



Peachtree City Running Club (PTCRC)

www.ptcrc.org

Be sure to like us on [Facebook!](#)