

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

FEBRUARY 2003

PRESIDENT'S COLUMN

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if you have the flu
or a cold?

It's not too late to renew your membership!

If you want to continue receiving this newsletter, you must renew your membership for 2003. If you do not renew your membership, you will be taken off the mailing (and email) list. So renew now!



Happy New Year to the Peachtree City Running Club. You are reading this newsletter thanks to Joe Wassell who volunteered to be this year's editor and to Ann Blaum who volunteered to do graphics and assist Joe with publication of the newsletter. The newsletter in 2003 will be a bi-monthly publication during the months of February, April, June, August, October, and December. Joe has done an outstanding as Membership Director the past few years, a position he will continue to hold in 2003 and will give his considerable talents to the newsletter as well. Thanks again to Joe and Ann for becoming our latest heroes.

Approximately 150 people attended the Christmas and Awards Party on December 20th at the Woodcreek Clubhouse. It could just as easily been called the Olson Family Christmas Party as Dave and Cathy garnered many of the top awards presented for 2002 accomplishments. Dave captured first place in the Men's over 50 Grand Prix, but more importantly the club voted Dave as our Most Improved Male Runner. Cathy won 5th place in her age group Grand Prix and became the club's first winner of the new Rookie-of-the-Year Award. In addition, you also voted Cathy as Club Secretary for 2003. Other award winners included Jane Hamilton for Most Improved Female Runner, Teri Besch received the Volunteer-of-the-Year Award and Roy Robison was awarded the club's prestigious President's Award for outstanding service to the club in 2002. Our remaining Grand Prix winners for 2002 were Martha Boone, Lisa Mathews, and Dan Twineham.



My thanks to Roy Robison who will continue to serve as VP-Activities in 2003. He is joined by George Martin who will serve as VP-Administration, Cathy Olson as Secretary, Sheila Walliser as Treasurer and Pamela Crane as the 2003 Peachtree City Classic Race Director. Still needed for this year is someone to coordinate the club's social activities, which mainly include the July 4th, PTC Classic and Christmas parties. Do not fret about doing this alone; you will have tons of help. We just need a leader to tell us what to do.

Congratulations to George Martin who became a "perfect 10" when he completed his tenth consecutive Disney Marathon on January 12th. George received a nice trophy along with the other 145 runners who have completed all 10 Disney Marathons. Also, Kalpana Finucan completed her first marathon at Disney and she did it as a walker in an amazing six hours and 43 minutes. Way to go Kalpana! My running partner Randy Daughtry had a PR of 3:55 while I was just proud to finish on the same day I started. Steve and Bonnie Hancock and Mark and Jane Hamilton are also due our congratulations for having a fine Disney Marathon.

February 3RD at the Wyndham Conference Center will be the date for our next monthly meeting. Peter Paris representing the Georgia Games will be our guest speaker.

Continue to remember Rich Horning and Lee Mrosek in your prayers as they battle with cancer.

President Lynn Fairley lynnfairley@netzero.net • **Administrative vice president** George Martin • **Activities vice president** Roy Robison croyrunn@bellsouth.net • **Secretary** Cathy Olson • **Treasurer** Sheila Walliser • **Race Director** Pam Crane
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January 6, 2003

Meeting Minutes

President Lynn Fairley called the January 6, 2003 meeting of the Peachtree City Running Club to order at 7:30 p.m. 61 members were present.

Lynn asked for members to pick up their 2002 resolution envelopes and several members shared their goals with the club. Lynn reviewed the awards that were given at the Christmas Party: Rookie of the Year - Cathy Olson, Most Improved Female - Jane Hamilton, Most Improved Male - Dave Olson, Volunteer of the Year - Teri Besch, and President's Award - Roy Robison.

Gene Sedlacko reminded club members of the ATC/PTC Run on Saturday, January 18 at 8:00. He sent around a volunteer sheet and asked that those doing parking be there at 6:30 and other volunteers should be there at 7:00 a.m.

Teri Besch informed us that the Kid's Fun Run would be on Saturday, May 3, 2003. Right now she needs help in soliciting door prizes in Fayette County and Peachtree City. She wants to have a door prize for each child attending. Distances for this year's events: 7-17 yrs. - 1 mile, 5-6 yrs. - 1/2 mile and under 5 - short distance.

Kay Ahern and Bonnie Hancock drew names for door prizes to thank volunteers who helped out with a successful Jingle Bell Trail. Peachtree City Elementary netted \$7,500.00 profit from the race and had 2 more people run than last year.

Lynn recognized club members who would be participating in the Disney Marathon: Mark and Jane Hamilton, Steve and Bonnie Hancock, Lynn Fairley and George Martin who is one of 144 people who are running their 10th Disney.

Club members who participated in the 3rd annual moonlight/Christmas lights run on December 22.

Reports by 2003 Officers:

George Martin, Administrative VP, told the club about Jacksonville, Florida Gate River Run on March 8, 2003. He passed around a sign-up sheet. He also has three spots open for the Hood to Coast on August 22, 2003. Twelve member teams run 195 miles. Lynn told the club that George has been recently named to the PTC Recreation Commission.

Activities VP, Roy Robison announced that he is selling 2003 PTCRC calendars for \$5.00. Members should sign up for the 1,000-mile club. He presented Gene Reynolds with his 1,000-mile jacket. He also gave out the Grand Prix awards for January. Age groups will remain the same this year. The February 8th Grand Prix will be an assigned time-run on our 10K course.

Lynn introduced Cathy Olson-Secretary and Sheila Walliser-Treasurer. Dues are due and are \$20.00 for a family membership.

Lynn announced Committee Chairs for 2003. They are: PTC Classic Race Director - Pam Crane, School Support - Bill Anderson, Membership - Joe Wassell, Equipment - Jerry Shoemaker, Merchandise - Trish Vlastnik, Historian - Jan Bankieris. We still need somebody to volunteer to do social and the newsletter.

New members were introduced: Mike Norman, Mark Mascara, and Jean Deprano.

Members voted to endorse Lincoln Benefit Life, which gives members and parents a 15% discount. Gary Heidebrink handles these claims.



Lynn summarized the Executive Committee's decision to rejoin the RRCA this year. Although the future of the RRCA is uncertain, we have paid our dues and will receive our insurance coverage through them. ATC did not join but decided to go with a new group ARC. We do have the option of getting insurance if RRCA goes down. The club discussed our options.

Lynn Fairley presented the 2003 Budget. He admitted that it is "work in progress" and would not be finalized tonight. Four people will be going to the RRCA Convention. Members were encouraged to give input as to where they would like to cut the budget so that we can decrease our deficit to only \$4,000.

Trish asked about using the clock at Coweta County's Run for Angel's House Race on February 22, 2003. Benefits go to a temporary home for foster children. Bill Werling said he would take the clock and run it.

The next meeting is on February 3, 2003 with Peter Paris of the Georgia Games as our guest speaker. Cake was served to thank the PTCRC for volunteering for the Jingle Bell Trail Race.

There being no further business, the meeting was adjourned at 8:30 p.m.

Respectfully Submitted,

Cathy Olson
Secretary



PTCRC 2003 - 1,000 Mile Club

NAME	MILES	MEETINGS	ACTIVITIES	JACKET	SIZE?
KAY AHERN	35	1	0	NO	
DICK ALLIS	50	1	0	NO	
BILL ANDERSON	0	1	0	NO	
TERI BESCH	35	1	1	10,000	MED
LOU BOONE	0	1	0	NO	
MARTHA BOONE	0	1	0	10,000	MED
KEVIN CHRISTENSON	0	0	0	NO	
JOHN COBIS	40	1	0	1000	XL
PAMELA CRANE	37	1	1	NO	
CAL DALEY	64	1	0	NO	
MARY ANN CROFTON	30	0	0	NO	
TOM CROFTON	30	1	0	NO	
CAL DALEY	33	1	0	10,000	LG
BOB DALTON	175	1	0	NO	
TODD DAVISON	73	1	0	1000	MED
SAM DILLINGHAM	52	1	0	NO	
BEA DORSEY	34	10	1000	MED	
STEVEN DORSEY45	10	NO			
LYNN FAIRLEY	77	11	NO		
ED FINUCAN	20	1	0	NO	
RENE FLAHERTY	24	1	0	1000	MED
MARINO FUENTES	42	1	0	NO	
BILL FULLER	85	1	0	NO	
BRYONY FULLER	80	0	0	NO	
KIM GARWOOD	24	1	0	5000	MED
BRAD GRAF	45	1	0	NO	
BEN GROSS	38	1	0	NO	
JANE HAMILTON	77	1	0	NO	
MARK HAMILTON	0	1	0	NO	
BONNIE HANCOCK	54	1	0	5000	LG
STEVE HANCOCK	79	1	0	5000	LG
PAUL HARWART	83	0	0	1000	MED
ANN HENDERSON	30	1	0	1000	MED
BILL JOHNSTON	41	0	0	5000	MED
ROSE KEMPTON	69	1	0	NO	
GARY KOLB	100	1	0	NO	
GEORGE MARTIN	62	1	1	NO	
LISA MATHEWS	35	1	0	NO	
MARK MASCARA	38	1	0	1000	LG
BILL MCBRIDE	45	1	0	NO	
MIKE NORMAN	30	1	0	1000	LG
CATHY OLSON	57	1	1	NO	
DAVID OLSON	0	1	0	NO	
SHANNON PHILLIPS	68	1	0	1000	SM
DAVID PIET	55	1	0	NO	
ANNE PORT	72	0	0	NO	
FRED PORT	87	1	0	NO	
GENE REYNOLDS	5	1	0	NO	
VALERIE REYNOLDS	40	1	0	NO	
CARYLE ROBISON	50	0	0	NO	
ROY ROBISON	57	1	1	NO	
BETTY SMITH	0	1	0	1000	LG
BOB SMITH	0	1	0	NO	
JIM TUMAN	25	0	0	NO	
SANDY TUMAN	35	1	0	NO	
TRISH VLASTNIK	0	1	1	NO	
SHEILA WALLISER	0	1	1	NO	
JOE WASSELL	35	1	1	10,000	LG
BILL WERLING	61	1	0	15,000	LG
RITA WESTON	14	1	0	NO	
BETH WIGGINS	32	1	0	1000	MED

ANNOUNCING - 2003 PTC TRIATHLON GROUP LECTURE SERIES

The newly formed PTC Triathlon Group will be hosting a series of free monthly lectures and educational sessions for aspiring and intermediate level multisport athletes. The topics that are slated to be covered include: training plans, swimming technique, cycling performance, running efficiently, race tips, and nutrition. All presentations will be given by certified coaches and experienced area triathletes. Each lecture is scheduled to begin at 7:30pm and last from 60-90 minutes. Times, dates, and venues are subject to change.

Here is the current planned line-up of lectures:

2/26	Triathlon Training Plans	Gold's Gym (PTC West)
3/19	Efficient Swimming	Kedron Pool
4/16	Cycling Performance	Bicycles Unlimited
5/03	Heart Rate Training	Gold's Gym (PTC East)
5/21	Running	City Track
6/18	Nutrition/Racing	Gold's Gym (PTC East)

Lecture #1 - Triathlon Training Plans, 2/26

The first lecture will be held at Gold's Gym (PTC West) on Wednesday, Feb. 26 at 7:30pm. We will discuss how to create and implement an effective multisport training plan. The information covered will be based on the latest guidelines from USA Triathlon and will be presented by a USA Triathlon Coach. We hope to see you there!

About the PTC Triathlon Group

The Peachtree City Triathlon Group is a new interest group for multisport athletes that live and train in the Peachtree City/Fayette County area. Our organization is called an "interest group" because we are not a formal club with dues, officers, or by-laws. We're simply a group of "weekend warriors" who enjoy multisport training and racing. New and aspiring triathletes are especially encouraged to affiliate with the group.

The group is jointly sponsored by Gold's Gym of Fayette County and

Bicycles Unlimited. The group maintains friendly relations with other more formally established organizations in the county such as: Peachtree City Running Club, Georgia Velo, and Fayette Biking for Life.

For more information about the PTC Triathlon Group please contact J.D. Holmes at jdhgolds@aol.com or Coach Joe Domaleski at joedom@mindspring.com. You can sign-up online to join the free e-mail list by going to <http://www.joedom.com>.

2002 Award Winners

By Joe Wassell

At the December Christmas Party and Awards Banquet, the major awards for the year 2002 were presented. The following individuals were recognized for their outstanding performance or contribution. Please take the time to congratulate and thank them as you see them on the trails in Peachtree City. They are one the reasons we have the most outstanding running club in the Southeast.

MOST IMPROVED RUNNERS (2002)

Dave Olson

It seems somewhat strange to award the most improved runner to a member who has a PR of 31:09 in the 10K. Dave accomplished this feat on a cinder track at Ohio University during his college career. However, as Dave tells it, even though he ran that fast, he was still lapped twice by the winner who was the NCAA champion that year. Just goes to show you even "elite" runners can improve.

Dave was awarded as the most improved runner for his Grand Prix success and his moving up to the marathon distance. Dave had resisted the marathon urge for many years until just recently.

Dave and Cathy have lived in Peachtree City for over 17 years. Dave lists several states as his original home including South Dakota, Washington, Ohio, Maryland, Colorado and Arizona. You will have to ask Dave to explain this wandering origin.

Dave, who holds a B.S. in chemistry, works as an engineer for Photo Circuits where he manages a laboratory, teaches statistics, and designs experiments. Dave has been running most of his life (43 years) and has been a member of the club for 16 years. He has been a Vice

President and Race Director during this time. One little know fact about Dave is that he spent a year at a Presbyterian Seminary.

Dave has some other impressive PRs in his running history, including a 4:34 mile, a 14:56 three mile, a 55:12 ten mile, and a recent 3:14:12 marathon. Dave likes to run for the sheer pleasure of it including beating other people. He also enjoys "the pain of it all."

Dave likes the outdoors, including backpacking and mountain climbing. He is plans to tackle Mt Rainer this June with some other club members.

Jane Hamilton

When Jane was attending Wheaton College in Boston, her Cross County coach decided the team needed some hill training. She took the team to Heartbreak Hill and told them to run back into Boston. Jane did a "Bob Dalton" and took a wrong turn (got lost!)

and ended up in a residential neighborhood. She stopped to ask a woman planting flowers in her garden how to get back to Boston. The women went into her house and got her husband because she had noticed Jane wearing a Wheaton College shirt. Her husband just happened to be a Wheaton College English professor. He told Jane she could go in either direction, but it was a long way. Then he tried to give her some money for the subway. Jane refused and eventually made it back on her own. As Jane said: "He was trying to make a Rosie Ruiz out of me."

Jane has come a long way since her Wheaton College days where she graduated with a biology degree. Now at 43, Jane has been running again for the past six years. She and her husband Mark (a 2001 most improved winner) have been club members for 3 years. Jane is originally from Claremont New Hampshire and now



resides in Fayetteville. She is a medical technologist working in a hospital microbiology laboratory identifying organisms involved in infections.

Jane loves to run the half marathon but calls this past January's Disney marathon her favorite experience because she is still excited for having completed it. Jane has improved to a 29:36 5K, a 2:21:44 half marathon and a 5:11:36 marathon.

Like many of us, Jane runs to clear her head from the stresses of work, to get outdoors and keep active. She uses her fellow club members for inspiration and to make her run consistently. Jane gets special recognition for having survived the most miles running with club member Bill Werling.

Jane's other activities include playing bells in a hand bell choir, reading and playing with her dog, Baylee and cats Chloe and Lucky.



VOLUNTEER OF THE YEAR

Teri Besch

Our club would not have the reputation it does if it were not for the thousands of hours our members give of their time each year to the many activities of the club. Teri Besch is another in a line of many members who has unselfishly given of their time each year to help with the club's major events. She is the volunteer who coordinates other volunteers. She has opened her home on many occasions for special club fun run events. Finally, she has coordinated our popular Kids Fun Run event held each May for the past six years.

Teri is a second grade elementary school teacher who has lived in Peachtree City for 20 years. Teri is originally from Niles Michigan. Teri started running in 1978 and joined the club in 1994 in order to improve her running. She



credits her "back-of-the-park" running partners in helping her do the distances she has run. Some of Teri's personal records include a 24:32 5K, a 56:10 10K, a 2:03 half marathon and a 4:32 marathon. Teri really enjoyed the Vulcan marathon in Birmingham where she recorded her personal best.

Teri married her husband Ray when she was 17, who she thought of as old at age 20. Their marriage has continued for 33 years. The family includes her daughter Kris, son John and granddaughter Ter Bailey.

Teri had a memorable family experience with her running career. Last August she talked her mother, two sisters and a niece into walking a 5K. After she completed the 5K she went back along the course passing her husband and youngest sister, and then her other sister. Finally, she got to her mother and niece who were stopping and talking with everyone along the course. Teri got her very proud mother across the finish line. In addition, Teri ended up getting second place in her age group.

Teri loves gardening; cross-stitching and going to antique/street rod car shows with her husband. She is also active in the investment club and really likes working with kids.

Teri has also participated in the Avon 3-Day Breast Cancer Walk, which she calls her most rewarding experience. "Children cheered and cancer survivors ran out and said thanks for walking."



PRESIDENT'S AWARD –

Roy Robison

The President's award was started a few years ago to recognize one club member each year for service beyond. It really tries to recognize those club members who have contributed in so many different ways over time to the success of the club. Past awardees include Lou and Martha Boone, Dave Piet, and Roy Robison. This year's winner, a second time recipient was Roy Robison.

Roy is a charter member of the club and has been giving freely of his time in a variety of club positions since 1984. Roy has served as a Vice President for seven different years, and as Secretary and Treasurer. He has also coordinated the 1,000-mile program since 1991.

Roy, who is 60 years young hails from Los Angeles California and has resided in Peachtree City with his wife Caryle (who tutors "English as a Second Language") for the past 22 years. Roy and Caryle have three children, Lori and granddaughter Natalie, Charlie and Sam.

Roy is a retired Air Traffic Controller who received an AA degree in Commercial Aviation from Mt. San Antonio College in Walnut California. Roy also spent for years in the Air Force where he honed his Air Traffic Control skills.

Roy has been running for 33 years and has also belonged to the National Jogging Association (a lifetime member of an organization that no longer exists) and the Hickory, North Carolina Running Club. Roy is also a triathlete who completed the Ironman Triathlon in Kona Hawaii in 1985, among many others. He loves the half-marathon distance and calls the Peachtree Road Race his favorite. He has been doing that race for 21 years with friends and club members.

Roy personal records include a mile in 5:20; 5K of 18:56; 10K of 38:27, a 1/2 marathon in 1:23:27 and a 3:04:14 marathon. He also completed the Ironman in 12:55:34.

Roy describes his most unusual running experience as running the Guam marathon starting out in the dark at 4:00 a.m. and running the first 10 miles through the jungle. As you would expect of a triathlete, Roy enjoys running, biking and swimming. In his spare time, he also loves golf and continues to grow his computer skills (check out the activities page of our web site sometime - that is all Roy's handiwork.). Roy also holds a commercial pilot's license with an instrument rating.



ROOKIE OF THE YEAR –

Cathy Olson

The inaugural award presented by the Running club went to the other half of the Olson family, Cathy. Cathy who has been a regular walker for the past 14 years started running during the last few months of 2002. This culminated in her running her first and only race, the Jingle Bell Trail in December.

I think Cathy describes it best why she was chosen for this award. "We joined the PTCRC because of Dave's interest in running. After watching him run for over 30 years I decided at the Christmas Party (2001) that I would walk 1000 miles and get a jacket (She did get her jacket!). When doing the Grand prix in October to earn my sweatshirt, Mary Ann Crofton dared me to run the whole thing and I did! That hooked me. I ran over 5 miles at the January Grand Prix, a 10 K in January and now hope to run most of the Gate River Run 15K in Jacksonville in March."

Awards such as this are not given for speed or racing but to individuals who walk/run for the pleasure, comradeship, and physical effects. Cathy epitomizes these qualities.

Cathy hails from Parma Heights, Ohio and has degrees from Bowling Green State University (B.S. Elementary Special Education) and the University of Northern Colorado (MA, Learning Disabilities). She is currently teaches 5th and 6th graders at D.W. Arnold Elementary.

Cathy and Dave have two children, Rachel a 23-year-old Emory graduate who is a triathlete and loves to play ultimate Frisbee and Erik, a 20 year old junior majoring in electrical engineering at Georgia Tech.

Cathy enjoys aerobics, reading, cooking and playing hand bells. Like most of us, she runs to reduce stress and loose weight.



PTCRC 2003 Grand Prix - Event 1

BOONE'S GUESS THE DISTANCE - 1/1/03

MEN 49 & UNDER

PLACE	NAME	AGE	GUESS	ACTUAL	DIFFERENCE	PTS
1	STEVE HANCOCK	38	27290	27499	209	100
2	RICHARD MAGEE	42	27266	27499	233	90
3	SCOTT ALLEN	44	26928	27499	571	80
4	MARK HAMILTON	38	28397	27499	898	70
5	BOB DALTON	49	28456	27499	957	60
6	ED FINUCAN	40	28512	27499	1013	50
7	STEVE SWOPE	46	28685	27499	1186	40
8	PRINCE WHATLEY	34	29299	27499	1800	30
9	VERN SCHMITZ	39	29568	27499	2069	20
10	TODD DAVISON	44	29777	27499	2278	10
11	FRED PORT	39	25000	27499	2499	5
12	GARY PRETZER	42	24640	27499	2859	5
13	PAUL HARWART	45	30505	27499	3006	5
14	MARK MASCARA	35	20400	27499	7099	5
15	CAL DALEY	48	12746	27499	14753	5
16	STEVE DORSEY	45	5016	27499	22483	5

MEN 50 & OVER

PLACE	NAME	AGE	GUESS	ACTUAL	DIFFERENCE	PTS
1	RON KEMPTON	53	27456	27499	43	100
2	GARY HEIDEBRINK	62	27645	27499	146	90
3	CHUCK GARWOOD	55	27297	27499	202	80
4	BILL FULLER	55	27720	27499	221	70
5	DOUG DOUNTZ	57	27745	27499	246	60
6	DAN AHERN	57	27777	27499	278	50
6	LOU BOONE	64	27777	27499	278	50
7	NORMER ADAMS	52	27154	27499	345	40
8	DAN TWINEHAM	50	27127	27499	372	30
9	SAM DILLINGHAM	65	27060	27499	439	20
10	DAVE PIET	55	27960	27499	461	10
11	VIC CRANE	51	27999	27499	500	5
12	RICHARD ALLIS	62	26938	27499	561	5
13	LYNN FAIRLEY	59	28210	27499	711	5
14	GEORGE MARTIN	50	28512	27499	1013	5
15	JULES DESGAIN	56	26400	27499	1099	5
16	BEN GROSS	72	26241	27499	1258	5
17	TOM CROFTON	53	26122	27499	1377	5

18	BILL WERLING	60	25978	27499	1521	5
19	BILL MCBRIDE	62	29400	27499	1901	5
20	BILL JOHNSTON	54	29578	27499	2079	5
21	MARION FUENTES	62	24150	27499	3349	5
22	DAVID OLSON	53	22158	27499	5341	5
V	JOE WASSELL	55				5
V	ROY ROBISON	60				5
V	GENE SADLACKO					5

WOMEN 47 & UNDER

PLACE	NAME	AGE	GUESS	ACTUAL	DIFFERENCE	PTS
1	ROSE KEMPTON	46	27460	27499	39	100
2	MARGIE DAM	44	27456	27499	43	90
3	SHANNON PHILLIPS	11	27450	27499	49	80
4	LISA MATHEWS	35	27700	27499	201	70
5	BONNIE HANCOCK	37	27192	27499	307	60
6	MELISSA ANDERSON	16	27990	27499	491	50
7	MICHELLE BINKLEY	36	27000	27499	499	40
7	JAN BANKIERIS	47	27000	27499	499	40
8	ANNE PORT	38	26928	27499	571	30
9	ANN BLAUM	41	26463	27499	1036	20
10	JANE HAMILTON	43	26389	27499	1110	10
11	ANN SHOEMAKER	46	26298	27499	1201	5
12	KIM GARWOOD	45	24000	27499	3499	5

WOMEN 48 & ABOVE

PLACE	NAME	AGE	GUESS	ACTUAL	DIFFERENCE	PTS
1	SUSAN MILLS	55	27398	27499	101	100
2	TERI BESCH	51	27280	27499	219	90
3	CATHY OLSON	52	27725	27499	226	80
4	MARTHA BOONE	51	26928	27499	571	70
5	PAMELA CRANE	51	26770	27499	729	60
6	SHEILA WALLISER	50	28431	27499	932	50
7	TRISH VLASTNIK	50	26395	27499	1104	40
8	JAN STEWART	49	28670	27499	1171	30
9	SANDY TUMAN	50	28776	27499	1277	20
10	MARY ANN CROFTON	53	25872	27499	1627	10
11	SUSAN BERSCHIINSKI	54	25872	27499	1627	10

NEWS AND NOTES:

Congratulations to Jan Bankieris who recently was promoted to be a consultant for the Exceptional Children's Department of the Fayette County Board of Education. At the same time, Jan has also decided to pursue a MA for the University of Georgia as a specialist with a concentration in Autism.

Another Club Member in the News! Joe Domaleski, was featured in the February 2003 issue of Atlanta Sports and Fitness Magazine. He received an "Honorable Mention" for the 2003 Atlanta Athlete of the Year Award.



Some of the 2002 Grand prix Winners. Men over 50 include (left to right) Normer Adams (4th), Jules Desgain (3rd), Chuck Garwood (2nd) and Dave Olson (1st) Women 47 or younger (left to right), Lisa Mathews (1st), Margie Dam (2nd), Michele Binkley (3rd), Jan Bankieris (4th), and Rebecca Stokes (5th)

The Peachtree City Running Club

THEN AND NOW – AN OPINION!

In June 1960, a group of runners in Peachtree City got together in the basement of the then Peachtree City Recreation Department and formed the Peachtree City Running Club. At its formation, the club had but one purpose and that was for a group of individuals with common interests to get together and exercise those interests. Those interests were running and having fun. The Peachtree City Running Club was meant by it's founding fathers and the charter members to be a "social organization." Nothing more and nothing less!

As the club grew, and the Classic grew, it became apparent that as a by-product of our common interests, we could share our enthusiasm and resources with our community. And we did. Drinking fountains, donations to the police and fire departments, scholarships, civic events and community publicity associated with our events. At no time during the evolution of the club did any member ever perceive it to be anything but a social organization sharing it's good fortune with the community and it's citizens.

We continue that tradition today. We continue to support the community to the tune of several thousand dollars annually. And we continue to be a social organization. We are not a civic organization!

We run, we volunteer, and we uphold the Articles of the club constitution. In particular, Article II which states: The purpose of the club is to promote, encourage and stimulate interest in the sport of running, road racing and allied events and to encourage physical exercise through running activities consistent with reasonable standards of safety, quality, and comfort. To promote sportsmanship and friendship through organized group running activities, running competition, and conditioning activities. To stimulate individual members to strive for highest standards of running proficiency, sportsmanship, conditioning, and safety consciousness through wholesome social activities which supplement the running program.

For nearly 22 years, the elected officers and members of the Peachtree City Running Club have far exceeded the original club charter and have stayed within the

parameters established by Article II of the constitution. We are first, last and always a social organization. We are not a civic organization. We run and do social things. We run, work hard (as a club) and have fun. Because of that, we benefit and the community benefits. We are able to underwrite the Grand Prix, the 1000 Mile Club, the bus to the Peachtree, the Kids Fun Run, the calendar, and all the club's social events. And that is why we have such great attendance and participation at our events, social activities, and club meetings. And that is why we are one of the most successful small clubs in Georgia, the Southeast, and probably the United States. And we still give back thousands to the community.

I am a charter member of the Peachtree City Running Club. I helped to start the club and have supported it for 22 years. I will continue to give it my all as long as we remain a group dedicated to running and having fun. Take either element away and we've drifted from the intent established in the basement of the recreation department 22 years ago.

Roy Robison

FROM THE EDITOR(S):

I always wanted to be able to write something from that heading. Co-editors, writers, opinion makers; that is Ann Blaum and I, now that we have accepted the challenge of co-editing the club's newsletter. It remains to be seen if we are up to the challenge. Ann and I have agreed to share the responsibility. Ann will be doing the layout, artwork and graphics, while I will be responsible for content, printing and distribution.

The first thing you should notice with this issue is the layout is different. This is only the beginning and I expect we will be tweaking this a little over the first few issues until we get a consistent, comfortable format. The second thing is that we plan to incorporate the look of the newsletter with our web site. You should notice changes in the look and content of our web site in the coming months as we attempt to align all our communication efforts. The third thing will be the content. Publishing the newsletter bi-monthly should give all of you many opportunities to contribute information for publication, whether it is articles, tidbits, race results, or individual items or even opinions. For example, in this issue we have published an opinion from Roy Robison. Surely

there are others among us who also have opinions, ideas, or just funny antidotes to share.

As many of you who know, I can really be a pest. And I will be pestering many of you for contributions. We plan to take greater advantage of our web site and start putting much more information on the site. Roy will continue to maintain the activities page, which will always contain the most current information about upcoming events. However, I want to cut down on the number of e-mails we send by utilizing the web site more. Also, we plan to survey club members in the coming months for newsletter distribution (you will have a choice to receive the newsletter either electronically or via mail).

So let us hear from you. Ann and I are open to your ideas, comments, and suggestions. We want to make the newsletter informative and fun to read. Finally, I couldn't write this first column without expressing thanks to Martha Boone who did this job for the past six years. The club owes Martha a special gratitude for what she did. Ann and I have been at this less than a month, and already we can really appreciate what Martha did. Please take the time to thank Martha when you see her. She really went the extra mile for our club.

Is it OK to work out if you have the flu or a cold?

By Karen Buxton, *UltraFit.com*

Like it or not, the cold and flu season is upon us, and if you have not already been hit with the dreaded crud, you may be next in line.

Your training has been going along well, you have built a solid base and then it happens – you wake up one morning with a scratchy throat, headache, cough and feeling like you have been hit by a truck. Is it a cold, the flu?

You have a hard workout planned, and you don't want to fall behind on with your training ... so, what do you do?

First, know that it is always better to skip a workout when you are not feeling well, than it is to tough it out and risk getting worse. If your symptoms are above the neck – stuffy nose (clear discharge) or a

scratchy throat (no fever) – it is OK to complete a short workout at a low intensity.

If you start your workout and feel fine, keep going at the reduced intensity. (Don't be tempted to go harder.) If you begin the workout and things aren't going well, turn around, head home and call it a day.

If your symptoms are worse than the typical cold indicators – such as chest congestion, fever, chills, muscle aches and malaise – you should not attempt your workout. These are signs of an infection or the flu virus, and exercising only makes you worse and delays recovery.

Complete rest should be on your schedule, until these symptoms have gone. Once you are feeling "normal," it is suggested

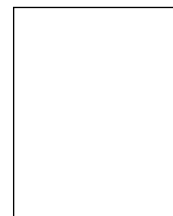
that for every day of the illness, you complete two days of low-intensity training. This may mean that you have to adjust your schedule, going back to the base-building phase for a while.

Remember that exercising with an infection or flu does not benefit your training. It may lead to more serious illnesses, setting you back even more and possibly ending your season altogether. Train smart, listen to your body and rest when needed. You'll be back on track before you know it.

Karen Buxton coaches triathletes, duathletes, cyclists and runners and can be reached at kbuxton@ultrafit.com.



Peachtree City Running Club
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UPCOMING EVENTS:

PTCRC CLUB MEETING, MARCH 3RD • JACKSONVILLE GATE RIVER RUN, SAT. MARCH 8 • GRAND PRIX MARCH 15 – PICK A POINT
APRIL PTCRC MEETING AT PARTNERS PIZZA, TUESDAY THE 8TH • GRAND PRIX APRIL 12 – CONSISTENCY RUN