

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JULY 2007

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Jeanne Daprano: a Jewel of an Athlete

By Bob Dalton

"I have been active all my life. Being a farmer's daughter, I was the 'gopher' for everything. In high school and college I played basketball and then became known as the 'running teacher' in my 40 years teaching in elementary classrooms." So begins Jeanne Daprano when asked how she got her start in running. Although the genesis for her running career was fairly conventional, where she has gone since then with her athletic abilities is anything but the norm. This 70-year old Masters runner has attained not only a level of world renown, but also a level of wisdom and balance between her physical, mental, and spiritual life that is worthy of emulation by all who seek harmony in life.

"I attended Concordia Teachers College in Seward, Nebraska for two years, after which I started a teaching career at 19 in the Lutheran

schools. After teaching for several years, I went to the University of Nebraska in Lincoln for a year and got my BA degree. When I moved to Long Beach, CA, I enrolled in the Masters Administrative Program and completed that degree in 1970. My first competition was in the 1980s doing 5K's and 10K's."

Jeanne is fortunate in that she has a spouse who not only encourages her, but who also is an elite athlete in his own right. "My husband, Bill, studies everything there is to know about track and field. He is wonderful at suggestions to improve my performance from his vast knowledge of training." This year Bill Daprano was a gold medalist in the Heptathlon and the Pentathlon at the Indoor Masters Championships.

A clear advantage they have as dual athletes is the ability to train, travel, and compete together. "Since



(Continued on page 4)



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NEXT DEADLINE: August 17

May-June Club Meeting Highlights



The complete meeting minutes are available in the Members Only section of the club Web site at www.ptcrc.com.

May

President Bob Dalton called the meeting to order at 7:30 p.m. in the Wyndham Conference Center. One new member, Renee Gillett from Newnan, was recognized.

Our guest speaker was Dr. David Goodman, an orthopedic surgeon in local practice since 1995 focused in the Piedmont Fayette Hospital. He specializes in joint reconstruction and sports medicine. His is also a runner and usually runs two marathons per year.

Old Business

An RRCA Regional Certificate of Merit was presented to George Martin as the selectee for the Southern Region in 2006. Our Peachtree City Classic, with George as the Race Director, placed second to the Birmingham Vulcan 10K as the Road Race of the Year.

President Dalton cited Teri Besch and the club volunteers for the Kid's Fun Run. Teri noted that the number of runners has remained constant but the number of volunteers this year was down slightly. She also stated that the club needs to book a date for next year's Fun Run as soon as possible due to the many other conflicting activities in Peachtree City.

New Business

Dave Piet spoke about the first International Festival that will take place on Oct. 6-7. A non-profit organization for this event was established a year ago with support from the city, several private individuals, and the Wyndham Conference Center. By 2009, celebrating the 50th anniversary of the founding of Peachtree City, this will be a major festival with an expected crowd of over 30,000. Dave suggested that the club consider volunteering to take care of an event in the festival or at least set up a club booth.

Shannon Phillips showed a film clip as part of a Starr's Mill High School "Awareness Campaign" regarding genocide in Sudan that's been ongoing since 2003. She then solicited donations from the club members toward this worthy activity.

Reports from Officers

Treasurer – Hal Wolfe, report sent via email: as of 5/6/07, our total assets include \$8,278.55 in the Talbot State Bank Account and \$39,922.15 in Money Market Accounts (CDs), for a grand total of \$48,200.70.

Reports from Coordinators

1000 Mile Club – Roy Robison circulated the 1,000-mile book and announced this was the last day to sign up for this year. Roy also announced that the club has a new line-marking machine.

Equipment – Jerry Shoemaker. Tom Round reported for Jerry that the Finish Line plastic banners are in need of being replaced. They have worn out their lifespan and become broken and tattered. The club should replace them as soon as possible.

(Continued on page 15)

WELCOME NEW MEMBERS

Danielle and Nathaniel Mathis (Fayetteville)

Edward and Cathryn Strong (Fayetteville)

John Strickland (Carrollton)

Julie Jackson (Peachtree City)



Summer is here and there are lots of things happening and plenty of good news to report!

The Elementary School Grand Prix Series wrapped up in May with awards to the overall age-group winners presented at the monthly Rotary luncheon and our June club meeting.

This was the second full year for this series with more than 2,400 participants raising approximately \$100,000 in 13 races. Series Director George Martin states that next year's iteration is going to be even bigger and better with an expansion to 15 races over the nine-month school year. The schedule for the 07-08 series will be published later this summer.

As if that weren't enough good news, George continues to do even more great things for the club. In addition to directing the Elementary School Grand Prix series, he continues in his second year as Classic Race Director. In that capacity, he has secured a title sponsorship from the Kiwanis Club to the tune of \$5,000 for the Kid's Marathon Finish. There appears to be no limit to Classic sponsorship fund-raising limits, as George seems to break his own record every year. Keep up the good work, George!

The annual Summer Track Classic Series is well underway. This is always a big draw for the youth and children as it's a free, low-key, fun way to spend Tuesday evenings and get in some great exercise for children and adults as well. Summer is also the season for the PTCRC annual golf tournament. Director Roy Robison puts this together every year and does a great job because it is always a lot of fun. This year was no different with over 40 folks taking part and fighting it out on the links to see who could get that little ball in the hole with the least number of swings. Story, photos, and results can be found on pages 8-9.

Other club members continue to excel individually in the athletic arena. Jeanne Daprano recently broke the indoor world record for her age group in the mile run at the Boston nationals meet in March with a time of 7:04.15. She then came back at the 37th annual Southeastern U.S. Masters Meet at Duke University in Durham, N.C. on May 5 and broke the outdoor world record for the mile. Her husband, Bill, holder of numerous American and World records himself, stated "Her time of 6:47.75 beat the existing record of 7:15.87 (by Helly Visser of Canada in 2004) by 28 seconds." On the WMA Age-Graded Tables, that's equivalent to an open (age 20-30) time of 4:15.9. Jeanne has bigger ambitions this fall. She's entered in the 100, 200, 400, 800, and 1500 at the World Masters Championships in Riccione, Italy. Congrats to Jeanne, and good luck and best wishes to both her and Bill in Italy! See the article on her on this month's cover.

And as for proof positive that runners have good genes, Jessica Everage, daughter of club members Bill and Terri Jo

Everage, was Salutatorian of this year's graduating class at McIntosh High School. For additional proof of good genes, Maureen Flaherty, daughter of Dan and Rene Flaherty, was Salutatorian of this year's graduating class at Sandy Creek High School. Maureen followed in the footsteps of her older brother Tom, who was Valedictorian of the Sandy Creek class of '99. Congratulations to all!

We were fortunate to have the new Executive Director of the Atlanta Track Club, Tracey Russell, as our guest speaker for the June meeting. She gave us some insight into her management philosophy as well as her vision for the ATC and running in Atlanta in the near future. It was a great presentation, and she inspired confidence that the ATC is indeed in good hands.

Unfortunately, we must bid farewell to Joe and Bernice Wassell as they get ready to move to California. Both have been long-time members of the club. They were Classic Race Directors in 1997 and 1998. Bernice has also served as the club's Social Coordinator. Joe has also assisted with the publication of the LEGacy club newsletter for the last five and served as the New Member Coordinator for the last nine years. Both were inducted into the PTC Running Club Hall of Fame in 2005. Their many contributions to the club over the years have been inestimable. We wish them both safe travels and a fond farewell. They will be sorely missed.



Joe and Bernice Wassell

Finally, the club has been asked to support the inaugural Touch the World in PTC International Festival to be held the first weekend in October. The event will feature food, music, apparel, and dance representing the myriad cultures resident in the city. The event will be held in the City Hall/Library Plaza, with the intent of potentially expanding into the Drake Field area in future years. This will be yet another high-visibility opportunity to promote the running club and to demonstrate our community involvement through volunteerism. Details are forthcoming.

See you on the roads and trails!

Thank You!

George,

Thank you and the PTC Running Club for their involvement with our elementary schools, their running programs, as well as providing awards for our middle school county track championship each year.

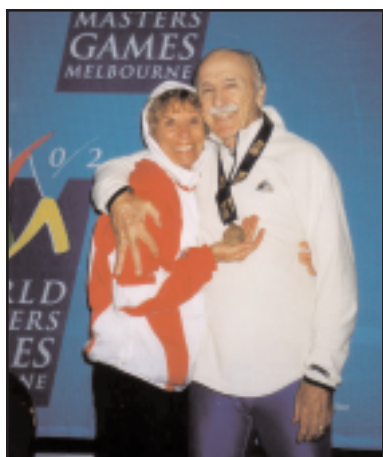
CW Campbell

Assistant School Superintendent for Fayette County

Jeanne Daprano makes PTCRC proud

(Continued from page 1)

Bill trains for a different event, our workouts are not the same, but we do train at the same facilities. Our travels are just determined by where the meets are going to be held. This is a great competitive year with the Summer National Senior Games in Louisville, Kentucky from June 26-29, the USATF Masters Track and Field Championships in Orono, Maine from August 3-5 with the final meet in Riccione, Italy from September 2-16.”



Jeanne Daprano gets a hug from her biggest supporter, husband Bill.

Jeanne was selected by the USATF Masters Track and Field Awards Committee as one of six athletes to be honored this year at the National Championships as Women 60+ Masters Athlete of the Year. This is a special honor with so many women continuing their accomplishments during the 2006 outdoor and 2007 indoor track seasons.

“Women are raising the bar in competitive track as they keep their bodies fit. The participation at these games is awesome. Meeting athletes from all over the world is a tremendous thrill, especially when it results in a lasting friendship. Most of my best friends I’ve met at these meets, for there is a respect we have for each other and the performances we share.”

When asked about her dietary concessions, Jeanne responds, “This is probably the most asked question I get. I hope I can answer it with understandable wisdom. I know this is one of my greatest responsibilities, of taking care of this body. I feel that everything I want to be is governed by being a steward of my appetite. Here is where wisdom comes into play, so I want to know what all the experts are saying about food and then making an application to my body without having it completely rule my life. I’m continually learning about this body and what it needs to be fit.”

Jeanne is a firm believer of periodization in her training. “As this body gets older, I see the value of daily rest, seasonal rest and also yearly rest. I rest from workouts one day a week, getting lots of sleep each night. Then I have seasonal rests, where things are more relaxed, and then I also have a yearly plan where I’m not going to be that competitive. I then come back the next year and target specific events. This body and mind needs to be rejuvenated and restored. After the track season, whenever that ends, I gradually start taking programs out of my workouts until there is nothing left. For about two weeks my mind is on other things rather than training. As I determine the race schedule for the next year, I gradually begin putting workouts back into the schedule until they are all there again. This usually takes about six weeks as I start to build a base for the next year.”

When she is in training, Jeanne’s weekly workout typically consists of “daily stretching, plyometric drills for form, lifting weights, tempo drills, water power workouts in deep water, spinning classes, one long

run, one hill repeat workout and two or three track workouts on the grass until I get close to competition when I work on a real track.”

Jeanne won’t admit to any training secrets, but says, “I know this isn’t a secret for anyone who is a runner, but just a reminder: Run with joy! When there isn’t pleasure in doing it, I take a real close look at what I’m doing, for joy and feeling pleasure are key.”

As far as a favorite race distance, she is quick to point out, “I like the 5K events this past year, running the Peachtree City/Rotary Club Elementary School Grand Prix series. What a thrill to run with all those students! They are always a joy to run with, and I appreciate their laughter and enjoyment they get from running. The PTC Running Club is doing a great service to these children and to this community.”

She is committed to giving back to the sport she has enjoyed so much. “As the ‘running teacher’ during my career, I was able to take a lot of my students to track meets ... in fact, busloads of them during certain seasons. I worked with the Cambodian refugees as they came to Long Beach, CA, and my students were trained physically, and educational goals were also met as they learned English. Since moving to Georgia from California eight years ago, I’m still enjoying mentoring individual athletes at Landmark Christian School and Berachah Bible Study Church where I worship.”

Jeanne articulates her philosophy on running and life in general when asked about short-term and long-term goals. “The goals are what keep us running. I desire to keep this body fit for the Kingdom, being the best steward (I can be). I’m probably speaking for a lot of runners when I say that it is a fabulous physical and spiritual feeling to be fit. There is a special blessing for me when I’m running for God’s pleasure, along with the joy of being fit. With that in mind, how do I finish this life running strong? The long-term goal I have for this body and spirit is to live injury free. This goal is at the top of my list. There is a deep desire for wisdom in managing the aging process in this fitness goal. Can we redefine age? I’m certainly seeing that in athletes who are still competing in the 90+ age groups. I’m constantly seeing how I can maintain the level where I am right now, setting realistic times for my events and then training with that goal in mind. Sure, I would like to see my times getting better, but not at the expense of injury or the lack of personal relationships. Just let me finish strong and healthy.”

To add emphasis to her point, she adds, “I have a real passion for fitness and what it does for me on a daily basis. I like the feeling of being ‘alive’ today, so what I do isn’t to live longer, but to live passionately for today. My main goal is train this body to do what it should, not what it wants to do.”

Her husband Bill would undoubtedly agree that like the capable wife in Proverbs 31:10-12, Jeanne’s “worth is far above jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good and not evil all the days of her life.”

Rotary Elementary School GP Series a Huge Success

By George Martin

The 2006-2007 Rotary Elementary School Grand Prix continues to grow in popularity and also in participants. This year's 13 races had more than 2,400 participants over the course of the "season." Only three people ran in all 13 races (Roy Robison, Cody Clements, and Brandon Toro) but 125 people ran in multiple races, many with 10-12 races.

The bottom line is it is a FUN series of 5K runs, and it provides plenty of opportunities to run, race, and compete throughout the entire school year. And it also is a very nice fundraiser for each of the schools. This past year, \$100,000 was raised among the 13 schools involved.

The winners of this year's age groups were given two opportunities to accept their very unique age-place awards, at either the Rotary Luncheon on May 31 or the Running Club meeting on June 5. A list of the age group winners is provided below.

Next year's schedule of races will grow to 15 races with one school (Peeples Elementary) returning and a second (Landmark Christian) joining the ranks for the first time. An organizational meeting will be held Aug. 14, and the first race of the 2007-2008 series will be the Tyrone Elementary 5K on Sept. 15. Pick up a schedule and have some fun!



Winners of the Rotary Elementary School Grand Prix series were honored at the May luncheon of the PTC Rotary Club (below) and the June meeting of the PTCRC (above).



Award Winners in the 2006-07 Rotary Grand Prix Series

Sex	Age	Place	Name	Sex	Age	Place	Name
F	8 & under	1	Cara Clements	M	35-39	1	Randy Browning
M	8 & under	1	Marcus Mascara	M	35-39	2	Mike Williams
M	8 & under	2	Jeffrey Magee	M	35-39	3	Boyce Broch
F	9-10	1	Cassidy Williams	M	35-39	4	Joey Martin
F	9-10	2	Alexa Bilsky	M	40-44	1	Martin Rowe
F	9-10	3	Holley Gibbs	M	40-44	2	Scott Haygood
M	9-10	1	Cody Clements	M	40-44	3	Vern Schmitz
M	9-10	2	Brandon Toro	F	45-49	1	Margie Dam
M	9-10	3	Justin Magee	M	45-49	1	Warren Toro
M	9-10	4	Harrison Gibbs	M	45-49	2	Bill Everage
F	11-12	1	Shawna Lehman	M	45-49	3	Richard Magee
F	11-12	2	Melanie Hamilt	M	45-49	4	Darren Baker
F	11-12	3	Elizabeth Andrews	F	50-54	1	Trish Vlastnik
M	11-12	1	Tye Mowrey	M	50-54	1	Harvey Garcia
M	11-12	2	Arite McCarty	F	55-59	1	Jane Welch
F	13-14	1	Kellie Callahan	F	55-59	2	Judy Zehms
F	13-14	2	Alex Walker	F	55-59	3	Connie Sambrone
M	15-19	1	Jason Veclotch	M	55-59	1	Tom Crofton
M	15-19	2	Kevin Killory	F	60-64	1	Alice Todd
F	30-34	1	Kristena Brand	M	60-64	1	Roy Robison
M	30-34	1	Jeth Childers	M	60-64	2	James Peek
F	35-39	1	Junko Magee	M	60-64	3	Jim Crowley
F	35-39	2	Teresa Moore	F	70-74	1	Jeanne Daprano
F	35-39	3	Melissa Nelson	F	70-74	2	Alba Mettlach
				M	70-74	1	John Waterhouse

New Member Profiles

By Bob Dalton

Major Melissa K. Nelson – A Hooah Runner

Major Melissa Nelson was working the Classic Expo last year handing out Army water bottles. Shortly afterwards, she decided to join the PTC running club because “I enjoy running with a group, and I thought joining the club would provide me more running buddies. I also enjoy the events sponsored by the club and look forward to when I have the time to participate in them.”

This 17-year veteran has run throughout her Army career because she has to pass the Physical Fitness Test twice a year that includes a two-mile run, but she began running for personal reasons about 10 years ago. Since then she has improved her two-mile time to 15:20 and raced several 5K's and 10K's and even did the Army Ten Miler in 2000.

Melissa enjoys running because “I have to keep in shape for my job, but as I've improved, I enjoy it more on a personal level...it's a good stress reliever.” She also admits, “I love sweets, and running allows me to enjoy my brownies and cookies with little guilt!” Most of us can certainly identify with that!

She is originally from Maine and attended St. Joseph's College in Windham where she majored in biology. In her current assignment, Major Nelson works “in the retention field, specifically on ensuring incentives within the Army Reserve are in keeping with current times. I work to improve Army Reserve policy and possibly change laws, if necessary, to ensure Soldiers in the Army Reserve receive reenlistment bonuses and other incentives necessary to keep up the end strength.” During her Army career, she has been stationed at various posts around the United States including Fort Carson, CO; Fort Lee, VA; Brunswick, ME; and Fort Devens, MA.

Her husband, Alan, is a First Sergeant in the Army Reserve and

assigned to Ft. Gillem. They have a daughter, Samantha, 13, who runs the 1600 as a member of the Booth track team, and a son, Nicholas, who is 9. Rounding out the family is their dog, Murphy, two cats, Hank and Hallie (who love to torture Murphy), and the family turtles, Crush and Squirt (who love to bask under their lights).



Melissa Nelson (center), her sister (left), and daughter proudly display their awards at the Oak Grove Elementary 5K.

Melissa says her favorite race is the 5K because “5Ks are not too serious. I'm able to run for enjoyment without feeling totally wiped out at the end. Camaraderie is great in these short races!” Her PR at that distance is 24:14, and her best 10K (on a very hot day) was a 59:08 at the Army Hooah Race last year. She ran the Classic 15K last year in a time of 1:29:02.30, her first attempt at that distance. But besides running she also enjoys “camping, tennis, and hanging out with my friends.”

For future goals Melissa is registered to walk in the 3-Day Walk for the Cure (a 3-Day 60-mile walk in October). In the meantime, you will find her training on the cart paths of PTC to stay in shape for her semi-annual fitness tests and taking part in the various Grand Prix around town. Welcome Melissa!

New runner Ed Vise sets sight on marathon



Ed, Jonathan, and Denise Vise

Ed Vise estimates he has been running off and on for the past 10 years but didn't get serious about it until last year when he decided to up his mileage and started competing in road races of ever-increasing distances. His training is paying off. He set his 5K PR at the Race for Riley this year in a time of 23:15. His first 10K was the Brooks Beat this past May, and he ran a time of 49:22. He stepped up to his first 15K at the PTC Classic last year where he ran a 1:17:47. Ed says the 15K is his favorite distance because “it is a great distance for running and preparing for the half marathon, plus the pathways throughout PTC are just an incredibly beautiful place to run.”

Of course, the Atlanta Half Marathon in November was the

next step. To prove the truth of his previous statement, he rode the bus with the club and came back proud of his first attempt at that distance finishing in 1:57:11. He recounts that as his most memorable running experience to date saying, “I never thought I could go 13.1 miles but was able to complete it right under two hours and felt great!” He now has his sights set on a marathon sometime later this year or early next year.

This is especially inspiring in light of the fact that Ed is 53 years young and a relative newcomer to the sport. In his professional life, Ed is Director of Information Technology for Kasco/Atlanta Sharpstech. In that capacity, he administers, designs, programs, and directs the Information Technology requirements for his manufacturing company. He attended Georgia State University where he obtained his Bachelor of Business Administration and later attended New Orleans Baptist Theological Seminary where he earned his Master of Divinity in Biblical Studies.

(Continued on next page)

2007 Local High School State Champions Honored

By Bill Anderson

Three local high school state champions were honored at the PTCRC's June 4 meeting. Michelle Stegall won the Class AAAA 400 meters in a blazing time of 55.64 seconds. Michelle is a former PTC Flash runner who still has two years left at Starr's Mill High School.

Austin Enriquez, also from Starr's Mill, completed his sweep of the distance events this year by winning the 1600 and 3200 at the state meet in Jefferson. His times were 4:22.26 and 9:35.14, respectively. Earlier this fall, he won the Class AAAA Cross Country state championship with a 16:02 in the 5K race. When not blazing the trails in Peachtree City, Austin can be found working at Partner's Pizza. He will be attending West Alabama on a partial track scholarship this fall.

Club member Emily Borsare finally captured her first state championships by winning the 1600 in 5:02.14 and the 3200 in 10:45.10 at the girls' state meet in Albany. So dominating were Emily's performances that she won the 1600 by 20 seconds and the 3200 by 58 seconds. Emily had been dogged by injuries and just plain bad luck her entire career at McIntosh High School. Despite graduating as one of the top five girls ever to run in the state of Georgia, Emily found herself in the same classification for three of her four years with Emily Reese, the best girl to ever run in the state. The Emily/Emily duels will be talked about for some time whenever Georgia high school track and cross country are discussed. Emily will attend Louisville this fall on a full track scholarship.



New member Ed Vise

(Continued from page 6)

Ed joined the running club because it was "recommended as a way to meet like-minded folks as well as a good way to know what is going on in the running world. It has proven to be a real treat!" In addition to running, Ed likes to read, and he also loves to rappel but admits he doesn't get to go very often.

Ed and his wife, Denise, have resided in Sharpsburg for the past 19 years. They have a daughter, Jennifer, who recently married and is the Pre-school Director at Dogwood Church in Peachtree City, and a son, Jonathon. Ed is having a special racing chair made for Jonathon, who has Cerebral Palsy, so that Ed can take him on his training runs and to some of the shorter distance road races. Who knows, the PTC Running Club might soon have our own version of Team Hoyt, the famous father-son duo of Dick and Rick Hoyt who became so well-known through competing in numerous Boston Marathons, Ironman Triathlons, and other grueling competitions. Go Team Vise!



State champions Emily Borsare of McIntosh High School (left), Austin Enriquez of Starr's Mill High School, and Michelle Stegall of Starr's Mill were honored at the club's June meeting.

2007 Ronnie Godwin Scholars

Congratulations to the following students who were named recipients of the PTCRC's 2007 Ronnie Godwin Scholarship!

Sandy Creek High School

Karnesha Slaughter, Emily Goss, Michael DeHaven, Jerry Riet

Starr's Mill High School

Lauren Marchman, Ginny Hyer, Austin Enriquez, Greg Davis

Fayette County High School

Rebecca Kollmeyer, Chisom Onyeuku, Ryan Kennedy, Christopher Pigue

McIntosh High School

Leigh Augustyniak, Meghan Takacs, Richard Roberds, Michael Mateos

Whitewater High School

Claire Huff, Jerrod Richardson, Brentley Collins, Andrew Breest

1st-place tie marks 6th annual golf tourney

2 best-dressed teams battle it out!

Despite the intense heat and a minor golf-cart snafu, the Running Club golf tournament was once again deemed a success. It is always a fun event because at least 1/4 of the players don't play golf at all, or at least only once a year. But that does not keep normally competitive runners from trying to come out on top after four hours on the links.

This year, two teams battled to a tie at the 18th hole. Team Gulick (composed of captain Tom Crofton, Dave Gulick, Carolyn Gulick, and Jason Gulick) tied at 14 under par with Team Gopher (Paul Blaum, Lee Blair, Chris Nowak, and Tim Thornton). Of course, all of the normal "official protests" have been filed and all accusations made questioning the veracity of all parties. The disputes should be settled by next year's tournament or by the next running club beer bust, whichever comes first.

Second place honors went to the team of Roy Robison, Charlie Robison, Chuck Garwood, and "ringer" Bruce Brzoska with a score of 13 under par. And third place honors went to Team Trombly with Bob Trombly, Tom Goetter, Judy Jensen, and Lance Gauntt. Planning for next year's assault on Flat Creek Country Club and the competition within the running club begins immediately.

A big thank you to Carolyn Gulick for taking the golf tournament pictures. You can access Carolyn's club pictures by going to the Web site www.ptcrc.shutterfly.com. You can also order pictures or add any club pictures that you have taken for other members to see. Try it out!

FIRST PLACE



Dave Gulick, Jason Gulick, Carolyn Gulick, and Tom Crofton



Tim Thornton, Paul Blaum, Chris Nowak, and Lee Blair

SECOND PLACE



Charlie Robison, Roy Robison, Bruce Brzoska, and Chuck Garwood.

THIRD PLACE

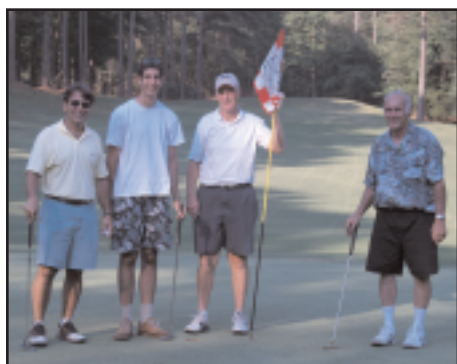


Tom Goetter, Judy Jensen, Bob Trombly, and Lance Gauntt

2007 PTCRC Golf Tournament



Left, Judy Jensen and Bob Trombly show off their great form (and matching outfits!) on the driving range. Right, teammates Vern Schmitz, Carleen McCarty, Rhonda Fuentes, and Paul McCarty get cozy in the golf cart.



George Martin, Balazs Toth, Lynn Fairley, and George Martin Sr. on the green.



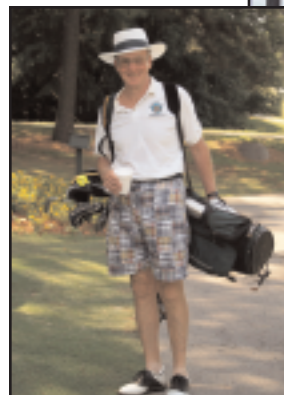
1st place team captain Tom Crofton receives the "coveted" green jacket from last year's winner Patrick Kearns.



The drinks kept flowing thanks to Sonya Murphy and Mary Ann Crofton (left) and Joe Wassell (below) who saved the day for some players with a late-afternoon beer run.



Right, always dapper Jim Crowley gets ready to walk the course.



PTCRC 2007 Golf Tournament Results					
Place	Team	Score	Place	Team	Score
1	Tom Crofton	-14	5	Terry Murphy	-7
	Dave Gulick			David Smith	
	Carolyn Gulick			Indie Smith	
	Jason Gulick			Yvonne Martin	
1	Lee Blair	-14	5	Jim Crowley	-7
	Tim Thornton			Scott Allen	
	Chris Nowak			Rene Flaherty	
	Paul Blaum			Dan Flaherty	
2	Bruce Brzoska	-13	6	Steve Poth	-6
	Roy Robison			Mike Warren	
	Charlie Robison			Steve Matlaga	
	Chuck Garwood			Bill Werling	
3	Bob Trombly	-10	6	Rhonda Fuentes	-6
	Tom Goetter			Vern Schmitz	
	Judy Jensen			Paul McCarty	
	Lance Gauntt			Carleen McCarty	
4	Bill Anderson	-8	6	Roger Dam	-6
	Ron Kempton			Phil Jones	
	Rose Kempton			Jeff Warlick	
	Kelly Bowman			Margie Dam	
4	George Martin	-8			
	Lynn Fairley				
	Balazs Toth				
	George Martin Sr.				

Closest to the pin: Ron Kempton & Bruce Brzoska

Closest to the line: Jeff Warlick Longest Drive: Rhonda Fuentes



Ron Kempton (above), and David Smith and Bill Anderson (below) stake out their spots in the "peanut gallery" on the 18th hole.

Like father, like son: Dave and Jason Gulick are ready for their GQ cover shot!



Sports Nutrition Made Easy

By Matt Fitzgerald



Most women seem to have one major concern in relation to nutrition: not overeating. But you're not most women. As an athlete, your nutrition concerns range from preventing dehydration and bonking in races to minimizing post-workout muscle soreness.

There's no shortage of sports nutrition information available to help athletes address such issues — which is a problem in itself. Every day, it seems, you hear about a new study proving the performance benefits of some bizarre eating strategy or nutrient you've never heard of. To complicate matters further, sports nutrition companies make so many competing claims you don't know whom to believe. At some point, it all becomes noise.

But fueling your body for maximum athletic performance is not as complicated as it may seem. Everything you need to know to get the results you want can be boiled down to ten basics.

Rule 1. Keep it natural.

Robust health is the foundation for fitness and athletic performance. Eating for health should therefore be the primary objective of your diet as an athlete. The same principles of healthy eating that apply to the average woman apply to highly active women. The majority of foods you eat should be as natural and minimally processed as possible. As a general rule, the shorter the list of ingredients in a food product, the better. Refined sugar, fried foods and processed oils should have the smallest place in your diet.

Balance is also important. No single food has all the nutrients you need for optimal health, so it's important to eat a variety of different food types every day. Use the guidelines below to ensure your diet has adequate balance.

Food	Recommended Servings per Day	What's a Serving?
Fruits and vegetables	7 to 9; strive for more veggies, about one serving more than fruit.	1/2 cup veggies 1 cup leafy veggies 1 apple, banana, orange, etc. 1/2 cup berries
Grains	6 to 8; make most, if not all, of them whole grains.	1 slice bread 1/2 cup cooked rice or pasta 1 cup breakfast cereal
Legumes (lentils, soybeans, chickpeas, kidney beans, etc.), nuts, seeds	4 to 5; limit nuts to 1 to 2 servings.	1/2 cup cooked legumes 1/3 cup nuts
Dairy	3; opt for those low in saturated fats.	1 cup milk or yogurt 1 1/2 ounces cheese
Lean meats, poultry, eggs	1 to 2	3 ounces cooked
Fish	3 to 6 per week	3 ounces cooked

Source: U.S. Department of Agriculture, mypyramid.gov

Rule 2. Let form follow function.

Maintaining your ideal body weight is important for all-around health, whether you're an athlete or a couch potato. For athletes, staying lean is also important for performance. Your best body weight at optimal health is also your best body weight for sports and exercise performance.

That's good news, because it gives you a simple way to determine how much you should eat each day. Instead of counting calo-

ries, which can be tedious and inaccurate, monitor your performance in workouts. If you follow a sensible, progressive training program, your fitness will gradually improve from week to week, unless you're eating too many calories per day or not enough. Stagnating performance coupled with rapid weight loss is a likely indication of underfueling, while stagnating performance coinciding with steady or increasing weight may mean you're getting too many calories. In either case, a slight adjustment to your daily eating amounts should put you quickly back on track.

Rule 3. Balance your energy sources.

Athletes often make the mistake of overemphasizing one macronutrient—carbohydrates, fats or proteins—at the expense of the other two. All are equally important.

Carbs should account for at least 50 percent of the total calories in your diet. If you eat less you may experience low energy in workouts due to insufficient stores of glycogen—a carbohydrate-derived fuel—in your muscles. Fats should account for at least 20 percent of your daily calories (more healthy monounsaturated and polyunsaturated fats, like nuts and olive oil, than saturated). One study found that runners who consumed too little fat were more susceptible to injuries. Finally, at least 15 percent of your daily calories should come from protein. Inadequate protein intake will compromise your recovery from workouts and limit the amount of training you can handle without getting sick or injured.

So, what makes up the remaining 15 percent? The distribution of these calories—whether more carbs, fats or proteins—should depend on what works best for you and can vary from day to day

without negative consequences.

Rule 4. Gorge on free-radical fighters.

Free radicals are unstable molecules that attack and damage cells. Due to the high rate of oxygen consumption associated with exercise, athletes experience more free-radical stress than sedentary people. The muscle-repair process that

occurs after workouts releases even more free radicals.

Fortunately, exercise also strengthens the antioxidant system the body uses to prevent and limit free-radical damage. But your antioxidant defenses won't work to their full potential unless you maintain a diet that's rich in antioxidants—which means one that includes lots of fruits and vegetables. In addition to aiming for seven to nine servings daily, try to eat a wide variety of different fruits and vegetables. Each has its own unique antioxidant profile that benefits the body somewhat differently than others.

(Continued on next page)



Rule 5. Eat frequently.

Athletes in all sports benefit from developing a lean body composition, where muscle is preserved or added and excess fat stores are whittled away. Frequent eating (four to six meals and snacks per day) is a dietary pattern that's proven to assist athletes in getting leaner, independent of total calories consumed or macronutrient breakdown.

When you divide your daily calories into more meals, you're less likely to consume more calories than you need to supply your body's immediate energy needs. As a result, fewer excess calories are stored as body fat. Many women are concerned that by eating more often they will eat more calories each day, but research has shown that those who eat fewer meals tend to consume more total calories each day. Here's a sample six-times-a-day eating schedule:

- 7 a.m. – Breakfast
- 10 a.m. – Healthy snack (fruit, nuts, low-fat yogurt, etc.)
- 12 a.m. – Lunch
- 3 p.m. – Healthy snack
- 6 p.m. – Dinner
- 8:30 p.m. – Healthy snack

Rule 6. Train on a full tank.

If you want to maximize your fitness, it's not enough that you simply do your workouts—you also need to do well in your workouts. This requires that you start each workout with muscles that are well stocked with glycogen—their favorite fuel.

Since glycogen comes from dietary carbohydrate, the best way to ensure you train on a full tank is to consume a high-carbohydrate pre-workout meal. But since training on a full stomach is likely to cause GI distress, this meal should be eaten well before your workout. A meal containing at least 100 grams of carbohydrate consumed three to four hours before your workout is the ideal. One example of a perfect pre-workout breakfast is a cup of old-fashioned oatmeal (54 grams of carbs) with banana slices (29 grams) and an 8-ounce glass of orange juice (25 grams) for a total of 108 grams of carbohydrate.

5 high-carb pre-workout meals:

- Chicken stir-fry
- Spaghetti with marinara sauce
- Grilled cheese sandwich with vegetable soup
- Cereal with milk
- Fruit smoothie

Rule 7. Hydrate.

When you work out, you sweat, and when you sweat, you lose body fluid that must be replaced. Failure to fully rehydrate between workouts will compromise your recovery and your performance in subsequent workouts. Drinking during a prolonged workout or race (lasting an hour or more), especially in the heat, will help you delay fatigue and reduce the risk of heat illness.

Sports drinks are better than water for hydration during workouts because they provide sodium to replace the salt you lose in sweat, plus carbs for quick energy. Drink at frequent intervals according to your thirst. After workouts, water will do. Drink enough throughout the day to keep your urine pale yellow to clear in color.

Rule 8. Eat for recovery.

When you finish a workout, many of your muscle fibers are damaged from exertion, your muscle fuel stores are low, and you're at least slightly dehydrated. Nutrition is required to rebuild and refuel your muscles and rehydrate your body. Specifically, you need protein for tissue repair, carbohydrate to restock your muscles with fuel, and water to rehydrate.

The sooner you supply your body with these nutrients, the better. In the first hour after exercise, the muscles in particular are able to use nutrients for recovery much more effectively than at any other time. A study from Vanderbilt University found that the leg muscles were able to rebuild and refuel nearly three times faster when a carbohydrate-protein supplement was consumed immediately after a one-hour stationary bike ride than when the same supplement was consumed three hours after the same workout.

While post-workout recovery supplements such as Endurox R4 and Cytomax Recovery are convenient and ideally formulated for the job, regular foods containing carbs and protein and plain water are probably just as effective. Strive for a 4-1 ratio of carbs to fat.

5 carb-protein post-workout meals:

- Grilled chicken breast and baked sweet potato
- Vegetable omelet and an orange
- Beef stew
- Turkey sandwich and an apple
- Broiled salmon and rice pilaf

Rule 9. Avoid common deficiencies.

Female athletes commonly suffer from a handful of specific nutrient deficiencies. These deficiencies have negative consequences not only for athletic performance but also for general health. Fortunately, they're all easily avoided with a balanced diet.

Rule 10. Reward yourself.

One of the benefits of being an athlete is it gives you a little extra leeway to eat some foods that aren't 100 percent wholesome without adding on pounds. If you're sustaining a consistent pattern of vigorous exercise most days a week, you shouldn't worry about including a few treats (potato chips with lunch, a cookie or a few chocolates for dessert) in your daily eating.

Matt Fitzgerald is a runner, triathlete, coach and author of several books on fitness and nutrition, including Performance Nutrition for Runners (Rodale, 2005). He is also an International Society of Sports Nutrition-certified sports nutritionist.

Through inspiring stories about real women of all ages and abilities and practical guidance on training, health and nutrition, Her Sports + Fitness motivates women to achieve their fitness goals and stay active for life. You can sign up for a free e-newsletter at www.hersports.com.



RRCA Announces Multi-Use Trail Safety Tips

Over the last two decades, there has been significant growth of the multi-use trail system. Northern Virginia is home to one of the busiest trails in the region, the W & OD trail. The trail, 45 miles in length, spanning several municipalities, takes its name from the railroad, the Washington & Old Dominion, whose trains ran along the right-of-way from 1859 until 1968. Here in Georgia we have the Silver Comet Trail, and even closer to home, the cart paths of Peachtree City.

On any given day, people flock to these trails to run, ride, skate, walk, bird watch, picnic, and more. The Road Runners Club of America takes this opportunity to share these important safety tips when training on the growing number of multi-use trails around the country. These safety tips, coupled with the RRCA General Running Safety Tips (<http://www.rrca.org/programs/education/safety.pdf>) should help keep you and everyone else on the multi-use trail safe.

- Follow the rules of the road — travel on the right and pass on the left.
- Don't run down the middle of the trail. Run to the right side to allow others to pass safely.
- Don't wear headphones — but if you insist on going against this RRCA safety guideline, keep the volume low or only wear one headphone.
- If you are running an out-and-back route on a trail, don't just make a sudden U-turn at your turn-around point. Stop, step to the right to allow oncoming traffic the opportunity to pass. If you are wearing headphones, now is a good time to pop out an earphone to make sure no one is approaching. Ensure the trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.) then make your U-turn. Making a sudden U-turn without looking over your shoulder is a good way to get hit by an oncoming cyclist or skater.
- Avoid running on trails in the evening if they are not well lit and do not have regular traffic.
- Never run more than two abreast if you are running in a group. Don't be a trail hog. While pedestrians have the right of way on most trails, the goal is to share the trails.
- Alert people when you are passing them — don't assume they are aware of their surroundings. A simple "on your left" warning will suffice.
- Be alert on blind curves.
- Stop at stop signs if the trail crosses a roadway. Don't assume cars on the road will stop for the trail crossing.
- Be mindful of young children on the trail — their movements can be unpredictable. Slowing the pace a bit when you pass small children on the trail is a wise idea. Use this as an opportunity to slow the pace then pick up the tempo.
- Respect private property along the trail.
- Don't litter. If you can't find a trash can, carry your trash home in your FuelBelt (<http://www.fuelbelt.com>)
- Get approval from local authorities before planning a race or training event on your local multi-use trail.

Sign and Promote the Pledge to Run@Work

Help the RRCA promote National Run@Work Day! Sign the pledge to participate in the 2nd Annual RRCA National Run@Work Day® at <http://www.rrca.org/programs/runatwork>. You simply need to run or walk at least 35 minutes on Fri., Sept. 21 in support of the RRCA National Run@Work Day. By signing the pledge, you will be entered into a drawing for a chance to win PUMA performance running shoes, SkirtSport, and FuelBelt products.

The goal of National Run@Work Day is for individuals across the country to host community-based events that encourage people to incorporate at least 35 minutes of exercise into their daily lives. This goal can be achieved by a running club, an individual, or a corporation hosting a running or walking event before work, during lunch, or immediately after work. Need help planning your Run@Work Day events? The RRCA has developed a "Planning Kit." Post your Run@Work Day event for FREE on the RRCA Calendar. Event organizers can use the special event code, Run@Work Event.

- Club Notes & News -

Wanted: RRCA Awards Judges

Are you interested in getting more involved with the RRCA? Consider volunteering for one of the RRCA National Awards selection committees. The RRCA seeks dedicated individuals from around the country willing to serve on the selection committees. You should be active in your running club and have an interest in the activity being awarded — youth running, women's running, volunteerism, etc. For more information, contact Jessica Sleight at office@rrca.org.

For more information about the RRCA National Awards, visit the RRCA Web site at www.rrca.org.

Chicago Marathon Team

Bill Fuller is asking anyone in the club who has signed up to run the Chicago Marathon in October to consider running as part of a Peachtree City Running Club Team. This is not a competitive event, but a way to gather at Chicago and have some additional benefits as a team that makes the event more enjoyable. If you are interested, contact Bill at mki.kammann@ht-bbs.com.

Peachtree City Classic EXPO

The annual PTC Classic Races will be held Sat. Oct. 20. In conjunction with the race, the club has a two-day EXPO, which will be held on the 19th and 20th. This year the EXPO will be set up at the Frederick Brown Jr. Amphitheater on Friday from 5 to 9 p.m. and on Saturday from 7 to 11 a.m. If you would like to rent a booth or know someone interested in being a vendor, please contact Dick Allis at allisrj@juno.com for more information.



Ann Akers, Rene Flaberty, and Jan Bankieris (l to r) are all smiles after completing the 5K Hustle for Hope benefiting the Southern Christian Care Hospice in Union City.

PTC Fitness Challenge

The PTC Running Club will once again host a Corporate Fitness Challenge at this year's Classic races. Like last year, corporate teams will be formed in a number of different divisions to compete in either of the two 5Ks or the 15K Classic on Oct. 20. All Fayette County organizations will be invited to participate. The winners will be the companies and organizations with the highest percentages of their workforce participating. Start thinking about getting your company or organization involved. This event adds a lot of new people to our Classic registration numbers, so help spread the word!



The annual Fayetteville Courthouse 5K on May 19 attracted a number of PTCRC members, who gathered afterward for a photo op. From left in front are Jan Bankieris, Rene Flaberty, Teresa Moore, and Paula May. In back are Bob Dalton, John Waterhouse, Wes Wilkins, and Scott Allen.

Spring Grand Prix Results

May Event 5

5K Prediction/Brooks 10K

Men's Open (50 and below)

1st place (tie) — Bill Everage, Wes Wilkins
3rd place (tie) — Jake Hancock, Kevin Killory
5th place (tie) — Brian Killory, Mike Norman

Men's Masters (51 and above)

1st place — Bob Dalton
2nd place — Mike Warren
3rd place — Normer Adams
4th place — Jules Desgain
5th place — Marino Fuentes

Women's Open (47 and below)

1st place (tie) — Valerie Reynolds,
Anne Chrzanowski
3rd place — Teresa Moore

Women's Masters (48 and above)

1st place — Rene Flaherty

June – Event 6 Poker Run

Men's Open (50 and below)

1st place — Tim Covert
2nd place — Gary Kolb
3rd place — Mark Hamilton
4th place — Scott Stinson
5th place — Chris Chiong

Men's Masters (51 and above)

1st place — Normer Adams
2nd place — Marino Fuentes
3rd place — Ed Vice
4th place — Lynn Fairley
5th place — Patrick Kearns

Women's Open (47 and below)

1st place — Bonnie Hancock
2nd place — Hannah Hancock
3rd place — Jane Hamilton
4th place — Rhonda Fuentes

Women's Masters (48 and above)

1st place — Cathy Olson
2nd place — Ann Henderson
3rd place — Patsy Bickford
4th place — Alice Todd
5th place — Jan Bankieris

For complete Grand Prix results and current standings, check out the PTCRC Web site at www.ptcrc.com/activities.



The Third Army Road Racing Team won the military team competition in the Army Hooah 10K race held June 16. The team was presented the first place Military Team Award by Mr. and Mrs. Maupin, parents of SGT Keith Maupin, who is missing in action. From left are MSG Mike Dunn, MSG Gilbert Troxler, MSG Nicole Evans, MAJ Tony Satterfield, COL James Simmons, Mr. and Mrs. Maupin, Bob Dalton (PTCRC President), BG Oscar Anderson (CoS, USARC), and MG (Ret) James Donald. Not shown is COL Brian Lein.

May - June Club Meeting Highlights

(Continued from page 2)

Publicity/Historian – Carolyn Gulick announced that she is looking for articles and pictures for this year's scrapbook.

Announcements

Karen Staples announced that Jeanne Daprano recently ran a 6:47 mile for a world record in her age group. Congratulations!

Club members at this year's Boston Marathon were Valerie Reynolds, Bill Fuller, and Bill Everage. Valerie and Bill Everage gave a short report on their perception of the race and stated that the weather was not a significant factor as reported in the news media.

The meeting was adjourned at 8:50 p.m.

June

President Bob Dalton called the meeting to order at 7:30 p.m. in the Wyndham Conference Center. There were no new members or guests present. The previous month's minutes were unanimously approved.

Old Business

Elementary Grand Prix Awards — George Martin presented plaques to the winners in all age groups. He reported that there were over 2,400 participants in the 13 Elementary Grand Prix races this year, and over \$100,000 was raised.

Recognition of High School State Champions — Bill Anderson introduced local high school students who won state championships in track: Raven Moore, Our Lady of Mercy High School – 100M, 200M and 4x400M relay anchor; Jake Lethbridge, OLM – 800M, 1600M; Matt Lethbridge, OLM – 3200M; Michelle Stegall, Starr's Mill High School – 400M; Austin Enriquez, Starr's Mill – 1600M, 3200M (also won state cross country last fall); Emily Borsare, McIntosh High School – 1600M, 3200M, and holds the record for the Peachtree City Classic Women's 5K.

Guest Speaker

Tracey Russell, the new Executive Director of the Atlanta Track Club (ATC), spoke about her vision for the Atlanta Track Club over the next five years. She is looking at what has worked well, what are the threats, and what can be done that's entirely new. She is looking for and encouraging feedback and thoughts from runners and ATC members. She is planning a youth running program to combat childhood obesity, and the Atlanta Boys and Girls Club has volunteered to participate in the pilot program. This will be a 10-week program with the goal of making running and fitness fun for those involved. She is also working on a membership survey that asks "are we doing things to keep members happy?" She believes that happy members become your best membership recruiters.

New Business

The Summer Track Classic Series Starts Tues., June 5, the first in our weekly series of Tuesday evening track meets during June and July at Riley Field Track adjacent to PTC Elementary School.

Picnic on July 4 – Teresa Moore announced that volunteers are needed for the day before to set up and the day after for clean up. Further details, including location, are forthcoming.

Reports from Officers

Activities V.P. – Steve Hancock – Announced the top three winners in each age group and gave out prizes for the June Grand Prix. The next Grand Prix will take place on June 30. It will be in the "College Bowl" format while running the 10K course.

Treasurer – Hal Wolfe reported that as of 06/04/07 our total assets include \$7,600.00 in the Talbot State Bank Account and \$40,200.00 in Money Market Accounts (CDs), for a grand total of \$47,763.00.

Reports from Coordinators

Classic Race Director – George Martin said sponsorships are slightly behind last year's pace but still doing well.

Community Support – George Martin announced that the local Kiwanis Club donated \$5,000 toward the Kid's Marathon Finish.

Membership – Joe Wassell reported that there are currently 167 paid members. Joe and Bernice are leaving for California at the end of the month. President Dalton will assume membership chairman duties for the remainder of the year.

Merchandise – Trish Vlastnik has an assortment of new merchandise available for sale bearing the club logo, including shorts, singlets, and podium tops.

Announcements

Bob congratulated Maureen Flaherty, daughter of Dan and Rene Flaherty, who was Salutatorian at Sandy Creek High School, and Jessica Everage, daughter of Bill and Terri Jo Everage, who was Salutatorian at McIntosh High School.

Valerie Reynolds got her real estate license and is looking to start a real estate investing group. If anyone is interested, contact Valerie.

The next regular club meeting is scheduled for 7:30 p.m. Mon., Aug. 6, at the Wyndham Conference Center. No July meeting.

The meeting was adjourned at 8:38 p.m.



PTCRC President Bob Dalton presents Atlanta Track Club Executive Director Tracey Russell with a 2006 Classic sweatshirt as a memento of her visit to the June club meeting.

Sponsor Spotlight: Lion's Den Portalet Services

In 1997, a brand new company was approached about providing sanitation services to the Peachtree City Classic. Francis Brown now says that her company had never done such a large event, and she almost told Bernice Wassell no. But she quickly found out that no one says "no" to Bernice. The rest is history. Not only did they do an outstanding job that first year, they have been our Portalet provider for every one of the 10 years that they have been in business. In fact, for the first eight years, Bernice had even persuaded them to donate their services! They have been a great friend of the PTC Classic.

If you have an event that needs quality, timely, reliable, and professional service, The Lions Den is a great group of people to have working for you. They have grown dramatically in the past 10 years, and recently moved into a new, larger facility in Turin, GA (between Senoia and Sharpsburg). They can be contacted by calling 770-599-0077.



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

UPCOMING CLUB EVENTS

JUNE 30 GRAND PRIX • JULY 4 PEACHTREE ROAD RACE & PICNIC • JULY 17-18 SUMMER TRACK SERIES FINALS •
AUG 4 GRAND PRIX • AUG 6 CLUB MEETING @ WYNDHAM • AUG 24-25 HOOD TO COAST RELAY