

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

JULY/AUGUST 2009

Team Kempton wins golf tourney

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Members of Team Kempton were all smiles after receiving their awards for winning the 8th annual PTCRC Golf Tournament. From left are Rose Kempton, Ron Kempton, Sue Leger, and Wynn Nelson.

By Carolyn Gulick

Another success for the PTC Running Club Golf Tournament on June 20 despite a record high temperature! Fortunately, there were plenty of liquids available and several beverage carts to distribute them thanks to some hard-working volunteers.

Team Kempton took the honor of winning the 8th annual tournament with a net score of 54. In second place was Team Blaum with a net score of 57. Third place came in at a three-way tie between Team Port, Team Anderson, and Team Gulick, with a net score of 58. After a hard-fought putting playoff, Team Port

emerged victorious to take the coveted third-place spot. Team Murphy held the dubious honor of earning the highest score award (aka "last place") with a net score of 66.

On the individual side, Wynn Nelson of Team Kempton won the "closest to the pin" award, while the "longest drive" was won by Tim Cleary of Team Blaum. "Best dressed" was awarded to Frederick Port for his smashing green shirt.

Thanks to everyone who helped make the tournament a success this year. Keeping the players well-hydrated on this scorching spring day were beverage-cart helpers Amanda Brookshire and

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The Legacy is published six times a year in January, March, May, July, September, and November. The deadline for submission is the third Friday of the previous month. Please send all articles and photos to Rene Flaherty at rzflaherty@aol.com. Send race results to Bill Fuller at mki.kammann@ht-bbs.com.

**NEXT DEADLINE:
AUGUST 21**

Club Meeting Highlights



May

President Bill Werling opened the meeting at 7:30 p.m. and welcomed new members and guests. The minutes of the last meeting were approved.

Guest Speaker

Dr. John Thomas, Certified Sports Chiropractor, discussed practical tips for keeping your muscles in good shape.

Reports from Coordinators

Classic Race Director – Marino Fuentes is concerned with sponsor support; need to increase registration and promote the event.

Membership – Bob Dalton said the current club enrollment is 153 members with 30 new members.
Merchandise – Trish Vlastnik said stock includes singlets, short-sleeve shirts, and fall/winter clothing.

Publicity/Historian – Kim Ruple needs articles of interest.

June

Vice President Mike Norman called the meeting to order at 7:33 p.m. He recognized new members and guests. A motion was made and seconded to approve the minutes from the May 4 meeting.

George Martin gave out awards for the elementary school grand prix series.

Speaker

Jane Spann from the Atlanta EPA spoke about air quality and the ozone layer and how it affects exercising at certain times of the day.

New Business

Summer track series starts June 2. Volunteers needed.

July 4 picnic at the Allis' house was discussed. It was decided that the club would furnish the meat and the members would BYOB.

Jessica Ruples (daughter of Kim Ruples) spoke about the Georgia Games and specifically the 5K race in Kennesaw on July 25.

Officer Reports

Vice President Mike Norman reminded everyone about the Peachtree bus.

Treasurer Bill Anderson discussed where the club stood financially as of May 31. Because of the 2008 Classic shirt settlement of \$6,317, the deficit YTD stands at \$9,658. Checking account balance stands at \$8,304, but we have a \$7,100 deposit due next week for 2009 Classic shirts. Bill is hoping we can make it to July 17, when a \$10,972 CD matures.

Reports from Coordinators

Marino Fuentes, Classic Race Director, introduced Julie Hausmann, who will be designing the

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WELCOME NEW MEMBERS!

Sandra Richardson (Peachtree City)

Jordan Grace (Peachtree City)

Leigh Hall (Peachtree City)

Jim Mitchell (Peachtree City)

Kristin (Kristi) Threatt (Peachtree City)



Change! That was the battle cry of another person running for President of something else. I was not running on a platform of change, but that seems to be what the club got. Beginning with myself (President), and Bill Anderson (Treasurer), the club is on a wave of changes. Carolyn Gulick has stepped down as club Historian and been replaced. Terri Besch stepped down as Kids Fun Run Director, although we solved that problem by discontinuing the event. Ann Henderson resigned as Social Director, replaced by Rita Weston and Betty Smith. Roy Robison, who has performed a number of tasks excellently for the club for over 20 years, has decided to discontinue his efforts. He will, however, direct the 1,000 mile club this year. We need a replacement for him next year. Carolyn Gulick directed the golf tournament in an outstanding manner on June 20. Marino Fuentes will step down after the Classic, completing a successful two years as Director of the Classic. Last but not least, Rene Flaherty plans to relinquish her job editing our award-winning newsletter, the *LEGacy*.

As you can see, we are in a state of flux. Club members have, and still continue, to volunteer and do outstanding jobs. If you have not yet volunteered for a position, please consider doing so. New ideas, methods, and techniques are always welcome. Step up and make your mark!

By the time of our next meeting in August, preparations for the Classic (Oct. 17) will be in full swing. Begin planning now how you might volunteer to do one or more of the many jobs that need to be done. Many jobs allow you to work, then run the race. (My personal effort to secure parking volunteers!) You can also run the race, then help clean up afterward. Think about it!

Our Summer Track Classic is halfway through. On July 7th and 8th, we have the finals. Come out and run and also help conduct the races. Finally, the Dragon Boat Races are on September 26. We need about 23 persons to “man” the boat. The price is \$20 for each participant. I am in. Come join me!



From the editor's desk ...

It's been five years since I took over as editor of the *LEGacy*, and I'm finally writing my first editor's column. To tell the truth, I never saw the need, as I figured we were getting plenty of inspiration from our esteemed presidents (I'm on my 3rd now) who imparted their words of wisdom on running, club activities, and the general state of the world in the popular “Prez Sez” column. So now that I've finally decided to speak up, you may wonder if it's a good thing or a bad thing. I'll let you decide.

As I said, with this issue of the *LEGacy*, I will have completed five years as editor — a total of 30 issues, some 480 pages, involving hundreds of pictures and thousands of words. Although I have enjoyed the challenge, I think it may be time to hang up my editor's hat and give someone else a chance at all the fun. We have a lot of new members, and I'm hoping someone out there would just love to take over the Newsletter Coordinator position and make the publication even bigger and better. Although it is an (ahem) award-winning newsletter, it could always use fresh input, and I'm sure it would benefit from a new perspective.

Of course, part of the reason it has received such great recognition is because of the club members who have

submitted such wonderful articles and pictures. I'm very much indebted to all those who have contributed throughout the years. I think the *LEGacy* serves a great purpose in providing a chronicle of the club's activities and history as well as an avenue for club members to share their personal stories. At this point, the *LEGacy* can continue as it has, or if someone has the time, they can broaden it to include more topics of interest to the running community. On the other hand, if no one steps up, perhaps the club can be served just as well by its Web site, and we can do away with the newsletter altogether. Just something to think about.

In the meantime, I hope to hear from at least one editor wannabe who has a secret desire to wield a red pencil and would enjoy serving the PTCRC in this unique way. It's a rewarding position, and although it can be a bit time-consuming at deadline time, you do get a month of breathing space between issues. And you'll earn the undying appreciation of your fellow club members, not to mention a huge bonus at the end of the year. (At least that's what they keep telling me, but that check always seems to be in the mail!)

If you're interested in finding out what the Newsletter Coordinator position involves, please e-mail me at rzflaherty@aol.com, and I will be happy to fill you in.

Scorching temps mark 8th annual golf tournament

(Continued from page 1)

Shannon Phillips, along with Gina Bolen and Leslie Salinski. Cathy and Dave Olson did a great job as photographers and starters for the tournament. Sonya and Terry Murphy were invaluable as results keepers. A special thanks to Phil Jones for once again opening his home to us for the awards.

Editor's Note: A very special thanks goes to tournament director Carolyn Gulick for organizing the event this year!



Team Blaum took the 2nd place award with a score of 57. From left are Paul Blaum, Karl Walter, Shane Lance, and Mark Gray.



After battling it out in a putting contest, Team Port took 3rd place. From left are Chuck Smith, Kevin Port, Frederick Port, and Fred Port.



Enjoying their award for placing last in the tournament are, from left, Alice Todd, Terry Murphy, and Sonya Murphy.



Tournament director Carolyn Gulick shows off her form (left) while Tom Crofton shows off the team mascot.



Dave Olson and Roy Robison relax in the shade.

Fun on the links!



The crowd awaits finishers at the 18th green. From left, in front, are Roy Robison, Jason Gulik, Dave Gulick, and Bill Anderson. Sherri Bloom and Ron Kempton watch from the back.



Team Anderson makes their way to the green. From left are Dave Smith, Indie Smith, Bill Anderson, and Sherri Bloom.



Making sure everyone had plenty of cold beverages was a critical job on such a hot day. Cheerfully handling the task were cart girls Leslie Salinski and Gina Bolen (top) and Amanda Brookshire and Shannon Phillips (bottom).

2009 Tournament Results

- 1st — Team Kempton: Ron and Rose Kempton, Sue Leger, and Wynn Nelson (54)
- 2nd — Team Blaum: Paul Blaum, Shane Lance, Mark Gray, and Karl Walter (57)
- 3rd — Team Port: Fred, Frederick, and Kevin Port, and Chuck Smith (58)
- 4th (tie) — Team Gulick: David, Carolyn, and Jason Gulick, and Tom Crofton (58)
- 4th (tie) — Team Anderson: Bill Anderson, Indie and Dave Smith, Sherri Bloom (58)
- 5th (tie) — Team Fuentes: Marino Fuentes, Bill and Nick Salinski, and Shane Carpenter (61)
- 5th (tie) — Team Martin: George Martin, Kelly Bowman, Steve Poth, and Rob Ligon (61)
- 6th — Team Werling: Bill Werling, Steve Matlaga, Phil Jones, and Yvonne Martin (62)
- 7th — Team Blair: Lee Blair, Tim Thornton, Tim Cleary, and Scott Binkley (63)
- 8th — Team Robison: Roy and Charlie Robison, Bruce Brozka, and Jeff Warlick (64)
- 9th — Team Murphy: Terry and Sonya Murphy, Lynn Fairley, Alice Todd (66)

Closest to the pin award: Wynn Nelson

Longest drive award: Tim Cleary

New Member Profile

By Bob Dalton

Kith Burkingstock — At home running or riding on the road



Kith displays his age-group award at the 2008 Run for Angels 5K.

Kith (pronounced like “kite”), 42, is a Charlotte, North Carolina native who has resided in Newnan for the past 13 years and is a Boeing 757 Maintenance Program Integrator for Delta. He is a 1988 graduate of Valdosta State College with a degree in Speech Communications, Public Relations, and Telecommunications. He joined the club to run with others and improve his running.

This former Eagle Scout likes to run “because it makes me feel as though I actually accomplished something during the day.” One of his most memorable runs turns out to be one that is not uncommon among those who traverse the cart paths of Peachtree City for the first time. Kith got lost at night in the Kedron hills and “had to ask a garbage man directions twice; he took us back to the library.” (Author’s note: Join the crowd!)

He pays a compliment to the cart path system, however, when he says his favorite distance is the 10K and his favorite race is the Callaway Gardens 10K “because it reminds me of running in Peachtree City.” Kith has also run a couple of half marathons including Callaway Gardens and Berlin.

Kith is an avid motorcyclist and has raced motorcycles in the southeast since 2000. “I like to ride motorcycles long distance and have traveled most of the U.S. and Canada. My goal is to retire in the next few years and travel the world by motorcycle!” As an indication of how serious he is about riding, Kith has three motorcycles, a Suzuki V-Strom touring bike, a Harley Low Rider, and a Kawasaki racing bike. He has ridden in all 50 states, Canada, Nova Scotia, and throughout Europe. In fact, he will be going back to Europe again this summer for a two-week ride through the Alps. Can’t wait to see the pictures!



Kith about to race his Kawasaki.



Normer Adams

Adams runs near-marathon just for fun

Club member Normer Adams celebrated National Running Day on June 3 by getting up and running to work — a mere 23.6 miles. Talk about dedicated! Normer works for the Georgia Association of Homes and Services for Children, which has its offices at Five Points in Atlanta. So he had quite a commute on foot, which he completed in less than 4 hours. Fortunately, he didn’t have to run home — his wife came and picked him up.

Most of you know Normer as the club photographer, having enjoyed the hundreds of pictures he has taken of club events and activities over the years. But Normer is also an accomplished marathoner and has run 25 marathons in the last 10 years. He started running when he was 46 to get in shape and lose weight and hasn’t stopped since! The 59-year-old hopes to qualify for Boston again in 2010 and run it for the fourth time.

Congratulations Normer — you’re a real inspiration!

New Member Profile

By Bob Dalton

Larry Howl — Flying high and running long



Larry Howl with his wife Karen and daughters Lauren, 10, and Allison, 14.

Lieutenant Colonel Larry Howl, 45, is an Army Aviation inspection team chief and an Aviation staff officer for the Army's Forces Command at Fort McPherson.

"I lead a team of very seasoned aviation professionals who survey flying units to ensure their operations are safe and that they are ready to deploy to a combat zone." He spent 18 years active duty, 28 years total, including part-time reserve/National Guard as an Army pilot. "I flew intelligence missions in West Germany against the Soviets during the Cold War and then against the Iraqis during Desert Storm," he said. "I commanded a flight detachment in Panama and flew transport missions to some pretty challenging airfields in Central and South America."

This Army aviator and former United Airlines pilot moved to Peachtree City last June along with his family: wife Karen and daughters Allison, age 14, who is just getting into running with the "Girls on the Run" program, and Lauren, age 10, a swimmer and future runner. The family pet is a black Lab/Cocker Spaniel named Tara. "My wife Karen is half German and enjoys "sprichin' the Sprache." Her cooking specialty is Rouladen mit Spaetzle und Sosse."

Originally from Illinois, Larry received his Bachelor of Science in Journalism in 1985 from the University of Colorado at Boulder and his Master of Arts in International Relations, Strategic Studies emphasis, in 1991, from Boston University.

He has been running since he joined the Army and says he joined the running club to meet some more neighbors who like to run and have a regular group to run with. "When you're as mobile and transient as I've been, traveling throughout the world, running is one sport you can do most anywhere you go. I always say that I run and work out as much for my brain as for my body. Running is a great stress reliever and helps me think clearer all day."

Larry's favorite distance is the 10K, and his favorite race is the Bolder Boulder 10K. "It was one of my first races in college in 1985, and I loved running through the streets of hilly, wooded Boulder with the "Flatirons" foothills standing majestically in the background wherever I ran. I saw Frank Shorter there a few times, both at the race and on training runs."

Larry's enjoyment of the western states is obvious with memories of running through the "Hoodoos" of Bryce Canyon National Park in Utah. "I just ran it during vacation, but those huge, beautiful rock formations were incredible to run through. They seemed somewhat surreal and mystical, just breathtaking."

Recalling one of his most unusual runs, Larry recounts the Honolulu Marathon, "my first and only marathon in 2007. It was so crowded with runners from all around the Pacific that I couldn't get my stride until about 10 miles into the race. I trained for 5 months leading up to it, but still found the distance to be quite a challenge with the killer hill at the end!"

Proving that he is a well-rounded guy and knows how to adapt, Larry claims "snow skiing is one of my favorite sports but it takes a lot more effort to go to the slopes living here in Georgia than when I lived in Germany or Colorado. I've taken up kayaking on Lake Kedron — I just strap the kayak to the golf cart roof, and I'm ready to launch it after just a quick drive. I also like biking and swimming with my family in PTC, as well as hiking and water skiing."

As further evidence of his outside interests, Larry says, "My wife and I went on our first medical mission trip with our church to Tegucigalpa, Honduras in January. It was very rewarding to help the friendly, warm people there with their medical needs and to let them know we "norde Americanos" really do care about them. Most of them had a strong faith despite very challenging circumstances. It was one of the best weeks of vacation I've ever taken."

June club minutes highlights

(Continued from page 2)

vests for the Classic this year. He also discussed the Bridge (by First Baptist Church) as the site for the Classic expo on Friday night. Finally, he mentioned that we will be using the same V chips that Peachtree has gone to for the race this year.

Betty Smith, our new Social Co-Chairperson, mentioned the July 4 party again.

Todd Davison, Equipment Coordinator, urged everybody to support the kid's triathlon on Saturday, June 6.

New Business

Brian Killory talked about the August 15 Panther Prowl at Starr's Mill High School and thanked the PTCRC for all its help in the past.

Runners enjoy the new Pittsburgh Marathon

By Kim Ruple



Pat Cote-Miles, Jules Desgain, and Kim Ruple traveled to Pittsburgh to run the Dick's Sporting Goods Marathon on May 3.

runners and their families could meet, get a massage, or buy some marathon gear. Jules' wife, mom, dad, and whole family turned out in force to encourage him and witness "his last marathon"... yeah, we've all heard that before!

The race had a very special focus this year, The Pittsburgh Promise. It is a program that provides \$10,000-\$40,000 to each public school child to attend college/technical school as long as they have acceptable grades and attendance. The kids were out in droves, handing out water and cheering the runners. The marathon also featured a charity runner who started at the back of the pack. For every runner he passed during the race, he earned charitable contributions for Pittsburgh Promise. He passed Kim at about mile 16.

For more information on this great race, check it out at <http://www.pittsburghmarathon.com>.

Pat Cote-Miles, Jules Desgain, and Kim Ruple decided to take on the new Dick's Sporting Goods Pittsburgh Marathon. This is the first Pittsburgh marathon in several years, but you wouldn't have known it! The organizers did a great job of getting accurate race information out, providing well-stocked goodie bags, and ensuring they had a sold-out race, 10,500! See *Runner's World* for an article and more details on the race's history.

Packing for the race turned out to be challenging as the forecast kept changing up to and including race day, ranging from 60+F to 38F and raining. But the day turned out perfect, with temperatures staying between 40 and 50 F and a light, cooling drizzle about two hours into the race. The course traveled across two of Pittsburgh's bridges and wound through the University of Pittsburgh. It was packed with yelling fans and friendly volunteers who didn't hesitate to cheer you on to the finish.

The course was fairly flat, well marked, with no traffic/road condition issues. The race started and ended at the convention center where

ARCENT team wins the Hooah 10K one last time

By Bob Dalton



Enjoying their victory in the Army Hooah 10K are from left, front, LTC Dave Eaton, LTC Aaron Walter, Bob Dalton, and SGM Mike Dunn. In back are Teresa Winterhalter and CPT Pamela Wright. Not pictured is CPT Nikki Blystone.

With temps in the low 70s and just as high humidity, it was a muggy morning for running as over 325 runners toed the start line for the Army Hooah10K. Thankfully, there was a light headwind out of the north that occasionally helped the runners keep somewhat cool. Starting at the convention center in College Park, the racers headed north straight up Main Street all the way to the side gate at Ft. McPherson. Then it was 3/4 of the way around Hediken Parade Field and through the finish chute.

The ARCENT Road Racers took first in the military team division. This was the fourth consecutive win, and they have won five out of the last six years. However, this was probably the final Army Hooah Race as USARC will be busy with the move to Pope Air Force Base beginning next summer and has decided not to conduct this event next year. It was a great ending to a wonderful era here at Ft. McPherson.

Complete results are available at http://www.queencitytiming.com/2009_results/army_2009_hooah_10k_race.htm.



2009 high school track and field roundup

By Rose Kempton
School Support Coordinator

The Georgia Track and Field State Championships were represented well by Fayette County. Four out of five of our 4AAAA county high schools were represented in each of the boys and girls meets. In class 1A, Our Lady of Mercy represented Fayette County.

Starr's Mill High School led the charge in the girls' 4AAAA Championship, holding first place throughout the meet until the final three events. The girls scored 54 points, but were edged out at the last by Southwest DeKalb for a very proud second place. Katie Bragg's outstanding First Place performance in both the Discus and Shot Put gave Starr's Mill a great start. Katie's discus throw of 133 feet and 9 inches shattered the Starr's Mill record; it will be a tough one to beat in the future. Daisy Helm scored second place in the 400 meter run in a very exciting finish that featured four girls at 57 seconds separated by less than a second. Daisy ran 57.7 seconds. Jackie Sample once again represented Starr's Mill in the 1600 Meter Run and 3200 Meter Run, finishing 4th and 5th respectively. Crystal Christiansen flew 18 feet, 2-3/4 inches in the long jump to her second-place finish, while Natalie Hauser vaulted 9 feet to her second-place finish in the pole vault. Finally, the 4x400 meter relay team finished sixth, the last event in a very successful meet.

Sandy Creek girls also did well, finishing in 14th place, with Raven Moore starring in two events. Raven finished third place in both the 100 Meter and 200 Meter Dash. Sandy Creek's 4x400 team followed up by finishing 4th in a very exciting race. Whitewater High School, finishing 24th, was represented by Anna Watson who finished 5th in the 300 Meter Hurdles. Fayette County High School was the fourth team represented at this year's state meet, finishing 26th, with a 6th place finish by Lauren Kendall in the 100 Meter Hurdles.

In the 4AAAA Boys Championship, McIntosh athletes were the shining stars with 46 points and third place. Vince Brown brought the crowd to their feet in his two events. In the 1600 Meter Run, Vince ran 4 minutes and 27.30 seconds, but was edged out by only 9 hundredths of a second for second place. Vince also ran the 800 Meter Run, the same event he had finished second place in the two years prior to this, his senior year finish. He was not to be beaten this time, finishing a full three seconds in front of the second place runner at an astounding 1 minute and 53.8 seconds.

Not to be outdone by his teammate, Davis Fraker threw his way to two 1st place finishes in the Discus and Shot Put. With 181 feet and 1 inch in the Discus, and 61 feet, 5.75 inches in the Shot Put, Davis, just a junior, is well on his way to two more state titles for McIntosh next year. (Incidentally, I can't help but mention that both of these fine young athletes competed for our own Peachtree City Flash Youth Track Team!) Davis was not alone in the Shot Put pit as Bryce Roulof, also representing the Chiefs, finished 4th with 51 feet, 3 inches. Finally, Carl Eifert rounded out this outstanding McIntosh team with a strong 6th place finish of 10 minutes, 9.86 seconds in the 3200 Meter Run.

Whitewater High School placed 16th overall, including an exciting 3rd place finish for the 4x100 Meter Relay Team in the finals.

Thomas Frierson of Whitewater finished 6th in the Long Jump with a very impressive 22 feet, 3 inches, and Chaz Prince finished 7th with 50.22 seconds in the 400 Meter Dash. Helping contribute to Starr's Mill's 18th place finish was Mike Firskowicz. He placed 5th in the Pole Vault after a very impressive 12-foot vault. Steven Roberts also placed for Starr's Mill, finishing 6th in the 100 Meter Hurdles. Sandy Creek, 20th place, helped round out Fayette County's fine showing when Christian Ezeagawn threw the discus 146 feet, 7 inches for a 5th place finish.

As our only 1A team, Our Lady of Mercy did a fine job representing Fayette County, with both the girls and boys teams earning third place honors with 50 points each. On the girls side, two 1st place medals went to Megan Malasarte. Her impressive first-place wins were in the 400 Meter Dash at 55.76 seconds — almost 4 seconds ahead of the next runner, and in the 800 Meter Dash — 6-plus seconds ahead of the next runner! Andrea Raville finished 2nd in the 3200 Meter Run in 11 minutes, 38 seconds, and also finished 3rd in the 1600 Meter Run with 5 minutes, 26 seconds. In the 100 Meter Dash, Tynese Styr received 5th place honors with her 12.6-second sprint, and Cornell Thompson jumped 5 feet to her 5th place in the High Jump. In addition, the girls 4x100 Meter Relay Team finished 7th, and the 4x400 team was 4th.

(Continued on page 15)

2009 Ronnie Godwin Scholars

Congratulations to the following outstanding students who were awarded the PTCRC's annual Ronnie Godwin Scholarship.

Fayette County High School

Daima Esi Atinkah, Robert Christopher Norfleet, Michael Broich, Kris Peterson

McIntosh High School

Daiyaan Epps, Jackie Smith, Vince Brown, Devon Fischer

Sandy Creek High School

Deshawn Lee, Kiana Courtney, Jonathan Owens, Ivori Sneed

Starr's Mill High School

Mike Firskowicz, Shannon Phillips, Katy Heflin, Christopher Walsh

Whitewater High School

Thomas Frierson, Kassie Knapper, Katie McCreary, Anthony Morrissey

Fun at the PTCRC Summer Track Series!



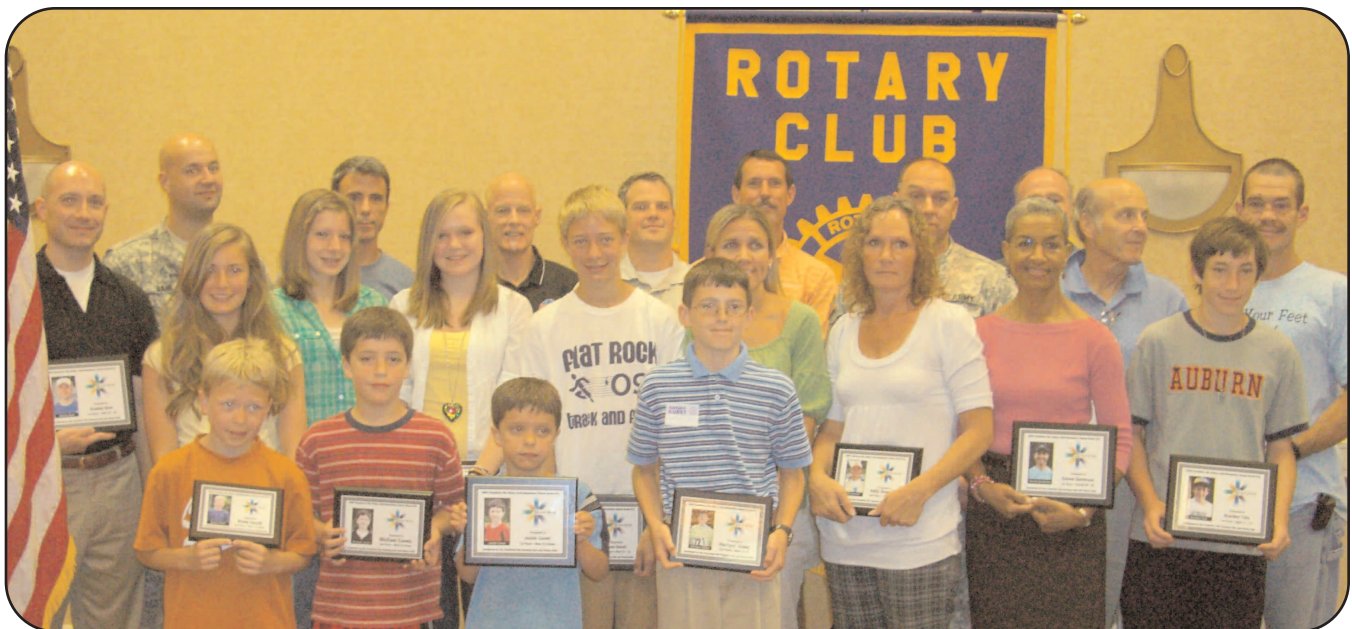
Summer Track Series

Fun





Rotary Honors Grand Prix Race Series Winners



The 2008-2009 Grand Prix Race series winners were honored at a recent Rotary Club of Peachtree City luncheon as well as at the June meeting of the Peachtree City Running Club. Each winner received a special plaque in appreciation for participating in at least four races and for winning their age category. Jointly sponsored by the Rotary Club of Peachtree City and the PTCRC, the race series began five years ago to promote youth exercise and good health, while providing fundraising opportunities for local elementary schools.

“The popularity of the Grand Prix series has grown with adults just as much as with the kids, which has been an unexpected plus,” said series coordinator and Rotary Club President George Martin. Over the last five years, this series has expanded to 16 races and has raised over \$400,000 for Fayette County elementary schools. This year alone, more than 3,000 children and adults participated throughout the school year.

Congratulations to all the winners, who are shown above.

Health Notes

Studies show the benefits of our running addiction!

You don't have to tell runners about the benefits of physical activity. But it's nice to know scientific evidence supports our sometimes crazy addiction. Here are a few recent studies that show the advantages to staying active and confirm that what we're doing is all worth it. Keep on running, walking, cycling, and whatever else you're doing, and you'll help yourself live a long, healthy life!

Run for your life (or at least walk)

OK, not everyone can run. But most people can walk pretty fast or do other weight-bearing exercise to strengthen bones, tendons and muscles. Those who do it will probably have a longer, more enjoyable life.

A remarkable new study by Stanford University followed middle-aged males beginning in the 1980s. One group of men in the study were runners and the others were not. Over time, there were half as many deaths from all causes among the runners' group versus the non-runners. Even more significant, disabilities in the runners occurred 12 to 16 years later than in the non-runners.

Doctors at Stanford were surprised by the longevity effect and especially surprised by the quality of life the runners experienced. At the time the project began, those who opposed it predicted that the men who ran every day would suffer serious injuries and many would require knee replacements. As it turned out, the result was just the opposite. Runners did not have higher rates of osteoarthritis and total knee replacements.

Others who criticized the study said runners may have been in better shape to begin with, but all study subjects were in good health in 1980.

The study was one more example of how simple things like exercise make a big difference in future health.

Physical activity reduces cancer risk

For men: Studies at UCLA and elsewhere show that physically active men have a lower risk of prostate cancer. Physical activity on a job that included walking and light labor was best.

For women: Those who are physically active over their lifetimes are at lower breast cancer risk. Researchers found that in women who were the most active, cancer risk decreased by 26 percent compared to those who were the least active.

Everyone: Many studies show exercise helps prevent cancers of the colon in both sexes.

Light exercise beats fatigue

New studies show that light exercise, as little as 10 minutes a day, can do more to boost energy levels than resting on the sofa. Researchers at the University of Georgia found that regular, low-intensity workouts, such as a leisurely stroll increased participants energy levels by 20 percent.

Reported by Tufts University, the light workouts fought fatigue even more, with 65 percent of participants reporting decreased fatigue. Study subjects were sedentary but otherwise healthy people who reported persistent feelings of fatigue. The researchers say about 25 percent of the population suffers such fatigue.

Protect your bones

A one-year study reported in the *Archives of Internal Medicine* shows that dieters who just cut calories lost weight but also lost bone mineral density. Dieters who cut the same number of calories and lost similar amounts of weight, but exercised while dieting, did not lose any bone mineral density.

Keep your mind in shape, too

People age 65 and older who regularly walk and get other forms of moderate exercise appear to significantly lower their risk of developing vascular dementia, the second most common form of dementia after Alzheimer's disease, according to a study published in *Neurology*.

And older adults who perform minimal exercise at least three days a week may cut their risk of developing Alzheimer's and other forms of dementia by as much as 30 to 40 percent, says a study in the *Annals of Internal Medicine*. The best thing is, the findings apply to everyone in their later years, not just those already in great shape.

- Club Notes & News -

Peachtree City Classic

The PTC Classic on Oct. 17 will be here before you know it. Tell your friends and families to register by Aug. 15 to get a \$5 discount! Two other things to be thinking about: the annual EXPO and the Corporate Fitness Challenge. The EXPO will be held race day from 7 to 11 a.m. in the Frederick Brown Jr. Amphitheater parking lot. If you would like to rent a booth or know someone interested in being a vendor, please contact Alice Todd at alicetodd@aol.com for more information. Packet pickup will be Friday from 4:30-8:30 p.m. at The Bridge Community Center in Peachtree City. Directions will be posted on the club Web site, or call 770-487-9289.

The 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. 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!



Melissa Anderson ran her first marathon, the Country Music Marathon in Nashville, in an impressive 4:11:00. Her dad, Bill, was supposed to pace her, but he broke his foot on his last training run several days before. Looks like she did just fine without him. Way to go Melissa!



Gina Bolen (left) and Carolyn Bowen endured lots of rain when running the New Jersey marathon in Long Branch N.J. on May 3 but still managed to finish under four hours. Congratulations Gina and Carolyn!



Upcoming Georgia Races

July

- 7/11/09 Run for Freedom 5K - Colbert
- 7/18/09 Walnut Grove 5K Breakaway - Loganville
- 7/18/09 Moonlight Miles 5K - Macon
- 7/18/09 Loop the Lake 5K - Cordele
- 7/25/09 Burnin' up the Blacktop 5K, Athens
- 7/25/09 Etowah River Run 5K - Canton
- 7/25/09 GA Games Run for Life, Kennesaw

August

- 8/01/09 St. Julian's Fishes and Loaves 5K - Douglasville
- 8/02/09 Summer Sizzler Sprint Triathlon - Hiawassee
- 8/08/09 Jim Herrin Memorial Stampede - Centerville
- 8/08/09 Run for Love Evening Run 5K - Tifton
- 8/15/09 Clocktower 5K - Rome
- 8/15/09 Bulldog Dash 5K Suwanee
- 8/20/09 Alpharetta PAL 5K Challenge - Alpharetta
- 8/22/09 PTC Sprint Triathlon - Peachtree City
- 8/22/09 Coach Mike's Health Run 5K - Athens
- 8/22/09 5K for Hope Road Race - Decatur
- 8/29/09 Premier South at Lake Frances Triathlon - Atlanta

For more information on these races, go to www.active.com.

In The Sponsor SPOTLIGHT This Month

Ultimate Fitness

Ultimate Fitness is proud to be our one and only gym sponsor and views it as an opportunity to have a positive effect on our community and to take part in some great local activities. Ultimate Fitness is committed to offering three Fayette County locations with a team of highly trained professionals. They provide a full range of amenities, services, and the information and support to help their members achieve fitness goals. Amenities include a full line of cardio equipment, cardio theatre, selectorized circuit machines, free weights and state-of-the-art equipment. Other benefits include group fitness classes, Kids Clubs, Indoor Tanning, Saunas, Massage, and 24-hour access. Ultimate Fitness is offering special discounted rates to PTCRC members. You are invited to come to any one of the three Fayette County locations for a complimentary tour and work out. Ultimate Fitness is located next to Partners Pizza II in Peachtree City and at 182 N. Glynn St. in Fayetteville, and 922 Hwy 85 South in Fayetteville.



Jan Bankieris (left) recently traveled to Australia to visit her daughter Katie, who was studying in Melbourne for her spring semester. While there they enjoyed a 3-day camping trip in the Outback. As the oldest of the group, she was affectionately dubbed "Mom" by their fellow campers.

UPCOMING CLUB EVENTS

JULY 4 PEACHTREE ROAD RACE & PICNIC • **JULY 7/8** SUMMER TRACK SERIES FINALS • **JULY 11** GRAND PRIX • **AUGUST 1** GRAND PRIX • **AUGUST 3** CLUB MEETING @ WYNDHAM