

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

NOVEMBER 2005

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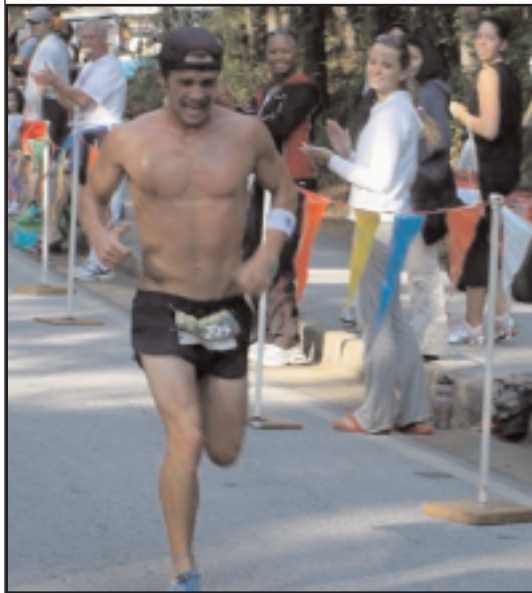
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## PTCRC 25th Anniversary Classic



*Classic winners Ryan Emery (15K) and Emily Borsare (Women's 5K) thrill the crowds with a blazing finish.*

This year's Classic really was one! All of the hard work paid off. The weather was perfect, and all three races went off without a flaw. Everyone loved the 25th Anniversary technical shirts. And all three races saw some of the fastest times ever run here.

Peachtree City resident Ryan Emery won the Men's 15K race, running a 5:11 pace and finishing the 9.3 miles in 48:20. Donna Garcia from Marietta ran a 57:08 to take the women's 15K title. And Andrew Scarborough of Hickson, Tenn. sped through the Men's 5K course in 16:47.

But the big story was that 16-year-old PTC Running Club member Emily Borsare shattered the current Women's 5K course record with a

blazing 17:28, running all alone, nearly three minutes ahead of the nearest competitor. As a post-script, Emily ran 16:59 three weeks later — the 2nd fastest time this year for a high school girl in the entire country!

And special congratulations go to both Ann Akers and Bob Dalton who set new state records in the 15K for their ages. Ann (a young 68) ran 1:18:57 and Bob (52) ran a 54:46 — both incredible performances.

Congratulations to all the volunteers, coordinators, sponsors, and especially to Ron and Rose Kempton, this year's co-race directors. The event we all work so hard on really IS an October Classic, and this year's was one of our finest ever.

*For more Classic coverage, see pages 4-7.*



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## Prez Sez . . .



We are fast approaching the end of the year, and with that the end of my second year as President. I could not write my last note without expressing my gratitude to everyone who has provided so much support. I have had a great time, and I hope the club has prospered during the past two years. I am looking forward to remaining very active in a number of different venues within the club. Special thanks from me to Cathy Olson and Ed Finucan who have served the club well and are also leaving the board after three and two years respectively.

Now let's talk about what is to come in the remainder of the year. The Christmas Party / Awards Banquet being planned by Bernice Wassell is going to be a great event, and I think everyone will really enjoy the new "Barn" in Tyrone, where the party will take place. We are switching to a Saturday night this year so mark your calendar for Dec. 17. And watch for more specific information to follow.

The next club meeting will be held on Nov. 7. That will be the day before the general election, but the BIG election will be at our meeting, when the new slate of officers for 2006 will be voted on. Past President Dave Piet headed up a selection committee that has presented the slate of Bob Dalton as President, Ann Henderson as Administrative Vice-President, Steve Hancock as Activities Vice-President, Marino Fuentes as Treasurer, and Tom Round as Secretary.

We will also be soliciting nominations for a number of other honors including "Most Improved Runners of the Year" (male and female), "Rookie of the Year" (male and female), and Volunteer of the Year. Votes for these honors will be by secret ballot, so be sure to be thinking of some good choices for all of these spots.

It has been a great experience for me over the past two years as Club President. Thank you for the opportunity and for all of your help and support.

## PTCRC Meeting Highlights

*The complete minutes are available on the Peachtree City Running Club Web site at [www.ptcrc.com](http://www.ptcrc.com).*

### September

President George Martin called the regular meeting of the Peachtree City Running Club to order at 7 p.m. at Partner's Pizza after a Fun Run at 6:00. George welcomed new member Amy Arnold and Cal Daly's wife Sally and his daughter Jamie to the meeting.

#### Reports from Officers

Admin. VP Bob Dalton — We will have one bus for the Atlanta Half Marathon. Sign-up will be at the October meeting.

Secretary Cathy Olson — The minutes were approved as posted on the Web site.

Treasurer Marino Fuentes — Southern Community Bank - \$7773.69, Talbot State Bank - \$3065.01 & Talbot State Bank CD - \$18,000.

#### Reports from Coordinators

Classic Race Director — Rose Kempton asked if there were any people that are going to races that could take applications to pass out to prospective runners.

School Support/Scholarships — Bill Anderson told the results of the Berry College race with exceptional runs by Emily Borsare and Erica Hughie from McIntosh H.S.

Merchandise — Trish Vlastnik has new lightweight singlets for sale for \$25.

#### Announcements

The next meeting is Mon., Oct. 3 at the Wyndham Conference Center. Ice cream from Kid's Fun Run was donated tonight for members to enjoy. There are also thank you cookies from Brooks Elementary. There being no further business the meeting was adjourned at 7:20 p.m.

### October

President George Martin called the regular meeting of the Peachtree City Running Club to order at 7:30 p.m. at the Wyndham Conference Center. A meeting of Peachtree City Classic Volunteer Coordinators was held before the meeting. George welcomed Amy Irvin, George and Nancy Theoria, and Vaughn Woods to the meeting. The minutes were approved as posted on the Web site.

*(Continued on page 11)*

## WELCOME NEW MEMBERS

ELISA BASSAN (PEACHTREE CITY)

GEORGE D'AURIO (FAYETTEVILLE)

CHARLES LOFTIN (NEWNAN)

ANGIE THOMPSON (PEACHTREE CITY)

RICHARD TODD (PEACHTREE CITY)

# Leanhorse Half Hundred: Hot time in Hot Springs S. Dakota

By Al Barker

South Dakota has long been on my list of places to visit. Maybe it was *Dances with Wolves* with its beautiful scenery of the Badlands and the Missouri River. Maybe it is the image in my mind from books I had read, but when Susan Lance told me about the Leanhorse Half Hundred inaugural race on Aug. 20, that's all it took. I went and I was not disappointed.

The pre-race dinner, held outside at the Flatiron Coffee Bar & Guest House in Hot Springs, was great with plenty of good pasta and conversation. The town is fairly small, and we found everything to be quite accessible. Many of the old sandstone buildings have been preserved and add a certain quaintness to the place.

The Best Western Sundowner Inn (877-644-REST) is right next to the race headquarters in Hot Springs and was excellent. We were bused to the start, and aside from almost getting on the wrong bus, everything went well. The 50-miler and 50K have different starting points!

After spending so much time in the rat race of Atlanta, the remoteness of South Dakota seemed surreal, but also very appealing to me. How wonderful it was to get away from all the noise, traffic, air pollution, etc. that I always yearn so much to escape! It would certainly be worth it for me to come here even if there were no race. The start at the Minnekahta Trail Head was nothing but prairie as far as the eye can see. It looked like a yellow ocean.

Almost the entire race is run on the George S. Mickelson Trail that follows the historic Edgemont Burlington Northern Rail. Named in honor of the late Gov. Mickelson who was killed in a plane crash in 1993, it passes through the Black Hills. And, yes, the course is hilly! Not steep, but neverending. The smooth crushed rock surface was easy on the feet, so road shoes were the best choice for me.

On race day we got a slight break from the previous week's 100+ temperatures, but it was still much too hot, the high for the day being 88. Fortunately the humidity was low, so it could have been much worse. I would have welcomed more shade. The mostly cloudless skies and sparse cover really started to cook things up in the afternoon.

No complaints about the aid stations. The race director even e-mailed all the entrants beforehand to ask for food requests. Now that's personal service! And he came through, too, with my salted potatoes and peanut butter crackers.

I've never seen race directors more attentive and accommodating to the runners than Jerry Dunn and his wife Elaine Doll-Dunn. Both are experienced ultra runners and exude a passion for the sport that's hard to miss. I picked up a copy of her book "Gotta Run" and read it in the plane. It's both inspirational and funny.

Susan and I ran together the whole way. Our times weren't stellar, but we did manage to get some age group recognition. The finisher's key chains were a nice change from the usual medals — something you can actually use!

South Dakota is the kind of place that deserves a few extra days to explore. We spent some time in Spearfish Canyon Lodge



at Latchstring (800-439-8544) — a must see with its hiking trails and good food. The ending of *Dances with Wolves* was filmed here.

Custer State Park is a good place to see wildlife, especially bison and big horn sheep.

Though a little out of the way, Pierre (and the road leading to it) offers a good way to experience something quite unique. The miles and miles of open prairie seem like another planet. Be sure to bring extra food, and gas up well in advance. I've been told it's almost impossible to get lost out there, though I beg to differ. The Oasis gas station in Hayes, the only act in town, offers a respite for the unnerved traveler with its snacks and drinks. It also doubles as the post office! I stocked up on junk food and cola (should have switched to beer!) OK, you get the picture. But all's well that ends well, and the adventure will be the source of many future laughs.

Next stop: Badlands National Park. This is another one of those one-of-a-kind places. Landscapes like no other place on earth that I know of. Well worth the extra travel time. I had a good chance to get up close and personal with prairie dogs and got a lot of good pictures.

All in all it proved to be a fine vacation. Would I do it again? Yep. In a heartbeat!

## CALLING ALL MEMBERS!

The membership period for joining and renewing membership for 2006 began on Oct. 1. Regular members can renew membership anytime — you don't have to wait until you get a renewal notice/invoice via e-mail. Just print out a membership application off the Web site, fill it out, and mail it in. We have to have a signed membership application on file each year for insurance purposes, so don't just send in a check. Renew now, and take advantage of all your great Peachtree City Running Club benefits!

# PTCRC 25th Anniversary Classic Road Race



*Race Directors Rose and Ron Kempton surrounded by their many volunteers.*



October 15, 2005

# PTCRC 25th Anniversary Classic Road Race

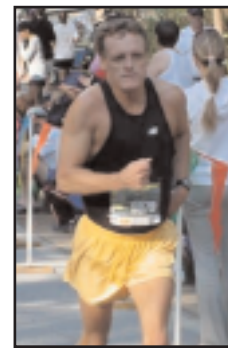
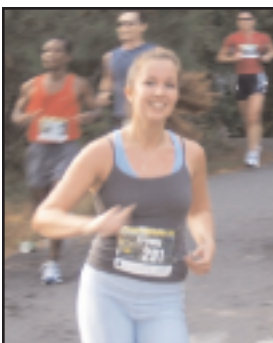
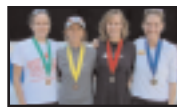
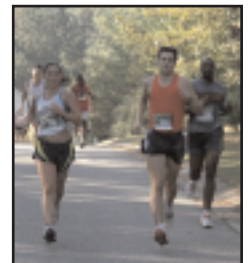
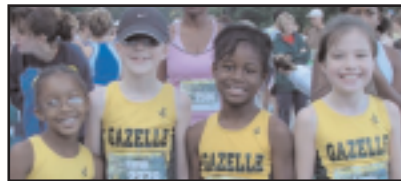
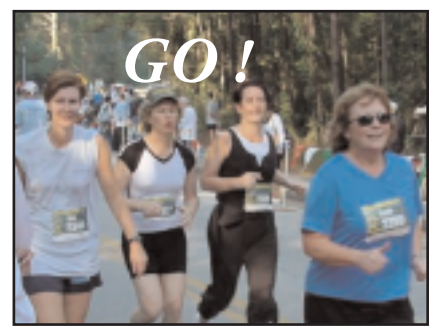
*ON YOUR MARK*



*GET SET*



*GO!*



*October 15, 2005*

# PTCRC 25th Anniversary Classic Road Race

The Peachtree City Classic could not survive without the dedication of its many volunteers, including those who serve water and Gatorade to hundreds of tired and thirsty runners. The Peachtree City Running Club thanks all the members of this year's water station teams for their hard work and support!

## CALGARY WAY TEAM



Wendy and Larry Miller have given 15 years of support to the Peachtree City Classic. What a team this year, 16 volunteers, way to go! Their team includes Mary Davis, Andrew Davis, Matt Davis, Leslie Davis, Paul Lorensen, Sharon Lorensen, Kiersten Lorensen, Jimmy Doyle, Kayla Doyle, Chandler Countryman, Dylan Tanner, Teno Cook, Mickey Garolner, and Brian Reisen.

Congratulations on the new grandchild, does that mean one more volunteer for next year?

## THREE PONDS TEAM



Susan and David Cinq-Mars and family and friends always have fun working the refreshment station at the Classic 15K and Women's 5K. The team includes David Cinq-Mars, Susan Cinq-Mars, Nicole Cinq-Mars, Stacey Cinq-Mars, Armando Castro, Ralph Suchomel, Deena Brabant, Emily Goza, Becca Schwam, and Jenny Gaudette.

To Susan and David (with 15-years support) and family members (with over 10 years support) a big thank you!

## BOAT DOCKS TEAM



Noreen Taylor, Lori Langbehn, and Susan Lowe have worked the Boat Docks Water Stations for many years. Their team also includes Emily Ernst, Scott Spears, Andrew Spears, Brendan Shull, and Emma Edwards.

Thank you for your dedication and support!

## ROCKSPRAY PONDS TEAM



Elissa and Doug Harvey have opened up their yard and brought family and friends together to work the Rockspray Ponds water/Gatorade station for 15 years. Their team includes Laura Harvey, Andrea Harvey, Paige Morris, Yvonne Ford, Eric Ford, Jonathon Walker, Chris Walker, Larry Godbey, and Maritza Godbey.

A big thank you to Elissa, Douglas, and team!

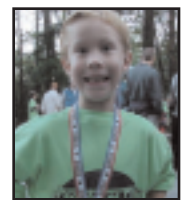
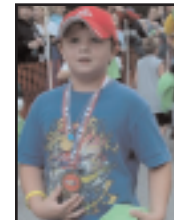
## October 15, 2005

# PTCRC 25th Anniversary Classic Road Race

## Kid's marathon finish a huge success

This year was our second year of hosting the Kid's Marathon Finish, and we nearly doubled the number of kids who qualified and actually ran in the race. More than 200 kids qualified to run by first running 25 miles in their school running programs between Aug. 20 and Oct. 14. And of those kids, 180 of the elementary school children completed the last 1.2 miles of the official marathon distance. All finishers were rewarded with a special Kid's Marathon Finish t-shirt and the biggest finisher's medal we could find.

There are now 11 elementary schools with running programs in Fayette County, and the number of kids involved is well over 1,000, so we should be proud of the contribution that the PTC Running Club is making toward the health of our youngsters.



## Fayette Fitness Challenge up & running

The second PTC Fitness Challenge fielded nine local teams this year. The winners of the Challenge were Avery Dennison, FC&A Publishing, Hoshizaki, Oak Grove Elementary School, City of Peachtree City, and Piedmont Fayette Hospital. Congratulations to all of these 1st-place award winners!



*Top left to right, representatives of the winning teams from Oak Grove Elementary, City of Peachtree City, Hoshizaki, and FC&A Publishing.*



October 15, 2005

# 2005 Marine Corps Marathon a memorable trip

By Bill Fuller

*Bill led a group of 40+ PTCRC members and friends to our nation's capital for the 30th-anniversary running of the Marine Corps Marathon.*

The Marine Corps Marathon is known as “The People’s Race,” so you don’t see Kenyans. Yes, I know they are people, but they only run for money, and there is no prize money at this race, just personal satisfaction, and for members of the Peachtree City Running Club, that’s all we need. (Not true, but that’s all we are going to get!)

As a scenic marathon course, the Marine Corps Marathon is right up at the top of the list. We were blessed with a brilliant blue sky and sunshine, with the 8:15 start temperature around 47 degrees. Perfect weather, and then the natural beauty of tree-lined roads of Georgetown, followed by the monuments of our nation’s capital.

The gun went off and we were on our way. I found the first two miles uphill not as bad as that scary elevation map we had all studied, but mile three downhill was no fun. My quads hurt, but it leveled out a little in mile four, and by then I was on pace and saying to myself, “STEP ONE OVER; I FEEL GOOD.”

Sue Bozgoz was running with me and helping me maintain pace as we passed over the Potomac River. What a beautiful sight — miles 5 to 7 took you up to Kalorama Heights, and we all asked where did this hill come from, it wasn’t described on the elevation map. At the 7-mile mark you came back down and during this loop had a chance to look for other club members and get a feeling for how they were doing. Miles 11 to 13.5 took us around the mall, museums, the Capitol, and Smithsonian buildings. No time to think how you were doing; we were just soaking up the beauty of the nation’s capital.

At this point, I looked around and Sue had eased back the pace, so I was on my own. The next couple of miles were a little blurred as I slipped into that zone of focusing on pace and not really seeing anything around me. Then, before I know it, we were running out to Haines Point notorious for being the loneliest stretch of the marathon, and due to the potential of head or crosswinds, a demoralizing part of the race. We were in luck. The sun was reflecting brilliant lights on the surface of the river, we were partially shaded by an avenue of trees, and there was almost no breeze. For me, they were three enjoyable miles. Most club members commented that they had been surprised at the beauty of this stretch of the run.

Finally, the dreaded 20-mile mark, and we have to run a slight incline on the bridge for one mile. The mood changes. It’s amazing, why does it happen at 20 miles? Well, I’m told it’s because you have used up all the carbohydrates that you had packed into your system the last week, and now your body is going to feed off your muscles — but I don’t have any muscles!

It’s time for the second race of the marathon. Because we are all in pain to some degree, the mental challenge is how to remain focused. I had planned for this by carrying a special military dog tag with me in honor of my daughter Bryony’s boyfriend, Jon Wardell, who is currently serving in hazardous conditions in Iraq. I kept repeating Bryony and Jon’s name to every stride I took — maintaining my pace as best as possible. The pain was there but I kept telling myself, “This is nothing, think about Jon.”



*Todd Davison (center) sprints toward the finish line.*



*Weekend festivities included an 8K race, which wound through the last four miles of the marathon course. Having fun after the race are Bernice Wassell, Rene Flaberty, Brad Walker, Sarah Walker, and Stephanie Westbrook.*



*PTCRC members enjoying D.C., clockwise from top: club founders Jeff Warlick, Bob Trombly, Tom Crofton, and Phil Jones; Charlotte Gooding and Cynthia Maerz; Jordan Levit and Chris Chadwick; Kath and Graeme Jones; Margie Swart and George Martin.*



# Marine Corps Marathon

(continued from page 8)



*The inspiring Iwo Jima Memorial dwarfs the race tents at the finish line of the Marine Corps Marathon.*

This carried me through the next two miles and the barrier. By mile 22, I had already convinced myself that there was no way I was going to fail. At that point, I was coming up on another runner who had grey-white hair like me, only he had more than me and he was dressed all in yellow. I passed by him at a steady pace and had only gone 10 yards when he yelled out, “Hey you! What age are you?” I did not respond so he yelled, “Oh, you’re one of those.” What “one of those” was, I’m still not sure. The next thing I know he is bounding past me at what seems 10K race pace, and keeps on going. I kept after him but could not catch my yellow pace maker, and before I knew it, we were at the 26-MILE MARK.

The hill to the Iwo Jima monument — only 0.2 miles, a piece of cake — not! Who but a sadist would put a hill like this at the end of a marathon? It

hurt but there’s no way you can walk. The spectators are great, screaming support. The atmosphere is fantastic. A slight bend in the road and there you see it — the finish line. My eyes are pinned to the official clock and the time is ticking 3:19:20. I muster up all I can to sprint to the finish mats and claim my 3:19:43 official finish time.

It’s not over; my yellow clad competitor is waiting at the end of the chute, but he’s delighted and happy and just wants to shake hands. I ask his age and he proudly states “55.” I congratulate him and walk away feeling pretty good.

Not too much longer and Todd Davison comes through. Todd was excited about Randy Graham, he had run with him most of the way and the news was great, Randy had qualified for Boston with a 3:24 finish time. Special congratulations to Randy; we are so happy for you. Bob Trombly, quiet and low key, also did great, qualifying for Boston in a time of 3:50:41.

All the results are listed, but I cannot finish without sharing the moment when Kath Jones came up the hill to the finish at the Iwo Jima Monument. Kath had her name on her t-shirt and, with very little training, was yards away from completing her first-ever marathon. She’s tired and hurting but the crowds are all chanting her name, GO KATHY! GO KATHY! The support was fabulous, and with emotions bringing tears of joy, Kath also became one of our marathon heroes.

This year was Lt. Col. Sue Bozgoz’s last for heading up the U.S. Army Team, and guess what? They won the all-military team event — out gunning the Marines, Navy and Air Force, not only U.S., but several countries from around the world. Sue, a special thank you for all you do and what a great swan song — champions of the Marine Corps Marathon.

We had a great time in D.C. running “The Peoples Race.” I shall remember the trip for a long, long time.

## Race Results

Name	Race Name	Time	Place
Al Barker	Macon Labor Day 5K	20:13	2nd AG
Bill Anderson	Promise Place 5K	19:31	1st overall
Bill Anderson	Tyrone 5K	19:42	4th overall/1st AG
Bill Anderson	Sara Harp Minter 5K	19:11	2nd overall/1st AG
Bernice Wassell	Marine Corps 8K	50:59	
Sarah Walker	Marine Corps 8K	51:06	
Brad Walker	Marine Corps 8K	45:42	
Rene Flaherty	Marine Corps 8K	43:38	
Graeme Jones	Marine Corps 8K	33:42	
Richard Johnson	Staten Island Half Marathon	1:44:22	
Bill Fuller	Marine Corps Marathon	3:19:43	8th AG
Roy Robison	Marine Corps Marathon	4:55:43	
Steve Swope	Marine Corps Marathon	5:29:47	
Fred Port	Marine Corps Marathon	3:35:43	
Cynthia Maerz	Marine Corps Marathon	4:28:07	
Kevin Crofton	Marine Corps Marathon	3:33:42	
Kate Crofton	Marine Corps Marathon	3:45:02	First Marathon !!
Chuck Smith	Marine Corps Marathon	3:53:36	
Bob Trombly	Marine Corps Marathon	3:50:40	15th AG
Todd Davison	Marine Corps Marathon	3:27:25	
Marino Fuentes	Marine Corps Marathon	5:46:39	
Lohrett Finch	Marine Corps Marathon	5:58:25	
Sue Bozgoz	Marine Corps Marathon	3:27:20	10th AG
Adam Shoemaker	Marine Corps Marathon	4:36:41	First Marathon !!
Jerry Shoemaker	Marine Corps Marathon	4:36:40	
Jordan Levit	Marine Corps Marathon	3:52:40	
Chris Chadwick	Marine Corps Marathon	4:26:56	
Bob Garrot	Marine Corps Marathon	3:53:09	
Kath Jones	Marine Corps Marathon	4:38:10	
Charlotte Gooding	Marine Corps Marathon	4:21:31	First Marathon !!
Mao Kim	Marine Corps Marathon	5:04:31	
Marlene Atwood	Marine Corps Marathon	4:19:23	17th AG
Randy Graham	Marine Corps Marathon	3:24:25	
Eric Huguelet	Marine Corps Marathon	4:00:58	
Cee Koehler	Marine Corps Marathon	5:14:30	
Trish Vlastnik	St George Marathon	3:30:03	2nd AG
Margie Dam	St George Marathon	3:50:45	
Marino Fuentes	PTC Triathlon	1:34:42	2nd AG

# Army runners stay busy in fall season

By Bob Dalton

## Big win at Atlanta Corporate Challenge 5K

The Fort McPherson Men's Team, led by club member Bob Dalton, squeaked past the men's defending champs from Georgia Tech by only 23 seconds and the Southern Company by 50 seconds to win Atlanta's 23rd annual Corporate Challenge 5K.

Fort McPherson won the Men's Division in 1999 and the Coed Division in '01, '02, '03, and '04. This year marked their first return to the Men's Division since their '99 victory. The cumulative time for the Fort McPherson team was 78:03, surpassing more than 50 other men's teams.

Winning team members and their times:

MAJ Mark Woomavovah 19:53

MAJ Wes Whitaker 19:49

MAJ Alex Murray 19:27

MAJ (Ret) Bob Dalton 18:52

Known as the World's Largest Office Party, the Corporate Challenge is a chance for businesses and corporations to exercise for fitness and do some team building at the same time. The event consists of a hilly 5K course running through downtown, starting and finishing at Turner Stadium.



*The Fort McPherson men's team was victorious in the Atlanta Corporate Challenge. From left are Alex Murray, Mark Woomavovah, Wes Whitaker, and Bob Dalton.*

The event is sponsored by Kaiser Permanente, and Olympic marathoner Jeff Galloway serves as Race Director. As in years past, a portion of the proceeds are donated to the Atlanta Braves Foundation and the Boys and Girls Clubs of Metro Atlanta.

## Big disappointment in D.C.



*The Fort McPherson teams join together to pose with Chief of Staff of the Army General Peter Schoomaker.*

The Army Ten Miler, long billed as America's largest 10-mile race, this year became the world's longest 10-mile race as well, much to the disappointment of local Army teams headed by PTCRC members Sue Bozgoz and Bob Dalton.

Shortly after the start cannon sent an estimated 16,000 off and running from the Pentagon, a District police harbor unit spotted a suspicious package under the 14th Street Bridge, which comprises most of the last two miles of the course. Race officials quickly decided to divert the course back across the Memorial Bridge to the starting line. At that point, the race was no longer official and instead became an 11.3-mile "recreational fun run." As a result, no times were provided and no awards were presented. The package was later determined to be a pile of construction material.

The diversion was frustrating for all, including five Fort McPherson teams that had trained together since spring in preparation for this race. Overall Team Captain LTC Sue Bozgoz said, "We had five 'for sure' winning teams here this year. We were looking forward to bringing back some hardware to show for all our hard work, but our glory was denied this year."

Assistant Coach and All Comer's Team Captain Bob Dalton echoed her comments. "We had the fastest, best All Comer's Team I've seen in eight years at this race. Four of our guys were former All Army Track and/or Marathon Team members. We were looking forward not only to winning our division, but also to setting a new record for the fastest time ever in the All Comer's category. We're just that much more determined to come back next year and try it again."

The Fort McPherson teams picked up where they left off with time trials conducted at the Peachtree City Classic 15K. They will hold them again in the spring.

# PTCRC team wins 3rd place in Ekiden relay

By Mark Ward

Long-distance relays called ekidens were initiated in Japan in 1917 to commemorate the Japanese "Pony Express" when mail was delivered between Tokyo and Kyoto by riders who passed the post bag to the next rider at the end of each leg. The sash worn in the modern ekiden symbolizes the strap of the mailbag. Ekidens became very popular in Japan and have spread around the world in recent years.

Although ekidens have been run over various lengths, the modern event has evolved with generally five to six runners per team, contested over the marathon distance of 26.2 miles. This year, the Atlanta Ekiden Relay distance was 19 miles or 31K. The Atlanta event has been designed around a single exchange point in Piedmont Park. Teams consist of four to six members, each of whom runs one or more 3.2-mile legs to complete the 19-mile relay. The event was limited to a total of 150 teams with specially designed mugs awarded to the top teams in each of 14 divisions.

The Peachtree City Running Club entered two teams this year. *Six Sickos from PTC Running Club* consisted of Bob Dalton, Patsy Bickford, Mark Ward (team captain), Jan Bankieris, John Waterhouse, and Rene Flaherty. *PTC Running Club Team B*, captained by George Martin, included Mark and Jane Hamilton, Graeme and Kath Jones,



Winning Ekiden team members included from left, Bob Dalton, Rene Flaherty, Mark Ward, Patsy Bickford, John Waterhouse, and Jan Bankieris.

and Bill Werling. Both teams went to the event with the idea to just have fun and finish the race. After all, there were 10 teams in the Masters Mixed division, including teams from The Atlanta Track Club and Phidippides. What chance would our teams really have?

Since the *Sickos* had Bob leading off, we knew we would be in one of the top three places initially but thought that would end fast. Sure enough, Bob came in with a time of 18:45, putting us in first place. As we watched the order board, and the second and third runner came in, sure enough the Atlanta Track Club and Phidippides passed us out, but we were left in a solid third position if we could just hold off the other seven teams. We did! But we figure if you take the Atlanta Track Club and Phidippides out of the picture (since we know they are in a different zone altogether), we really came in FIRST out of eight teams.

That's our story and we're sticking to it!

## PTCRC Meeting Highlights (continued from page 2)

### Old Business

Web site design is almost finished. Christmas Party will be on Sat., Dec. 17 at the New Barn in Tyrone at 6 p.m. It will cost \$12.50 per person, and *Just in Thyme* is the caterer.

### New Business

Dave Piet, Chairman of the Nominating Committee, announced the slate of officers for 2006: President - Bob Dalton, Activities VP - Steve Hancock, Administrative VP - Ann Henderson, Treasurer - Marino Fuentes, and Secretary - Tom Round.

2006 Classic Race date - Should we consider 10/21 so we don't compete with the Air Show & 4 Nights in October Concert?

### Reports from Officers

Admin. VP Bob Dalton passed around a sign-up sheet for the bus for the Atlanta Half Marathon. Cost is \$7 for members.

Activites VP Ed Finucan announced we have three Grand Prix left: 10/22 is Classic 5K/15K Courses, 11/12 is the College

Bowl, and 12/3 is the Handicap Run.

Secretary Cathy Olson thanked the club for their contributions to the Alzheimer's Walk and drew two names for a free t-shirt and blanket. Bill McBride and Teri Besch won.

Treasurer Marino Fuentes said we have in Southern Community Bank - \$6818.05, Talbot State Bank - \$16,065.41, for a total of \$22,883.46, and Talbot State Bank CD - \$18,063.10 for a total of \$40,946.56

### Reports from Coordinators

Membership - Joe Wassell informed us he will be e-mailing us an invoice asking for our 2006 membership dues.

### Announcements

Next meeting - Mon., Nov. 7 at the Wyndham Conference Center. There being no further business the meeting was adjourned at 8:30 p.m.

## New document outlines RRCA mission, vision, and values

by Marlene Atwood, RRCA Georgia State Rep



The Road Runners Club of America recently published the “RRCA Mission, Vision and Values” of the organization. This important document represents a reaffirmation of the RRCA’s commitment to its clubs, to all who engage in running and walking, and to the sport of long-distance running and its governance.

From its early beginnings, the RRCA has always been a strong advocate of organized running and has represented all runners, regardless of age or gender. Through strong leadership and direction, the RRCA has been responsible for growing the sport of long-distance running from the few races held in the early 1950s to the thousands of events we have today. The RRCA’s commitment to the sport of running has been demonstrated throughout the years.

• In 1957, former Olympian Browning Ross proposed that a national road running organization be formed that would represent long-distance runners and help organize distance races. In 1958, the Road Runners Club of America was born. Browning Ross was its first president.

• One of the first actions taken by the organization was to institute the first RRCA national championship races; a one-hour track run and a 12-mile track run, a 15-mile road race, a 5-mile junior championship road race and a two-man 10-mile relay.

• The early model for “FootNotes” — “RRC of U.S. Bulletin” — was developed in 1960. This was one of the first runner-related publications available in the country.

• Under RRCA President Ted Corbitt’s term, a booklet on measuring road-running courses was developed and finally published four years later.

• An RRCA standards committee was also created for the purpose of making sure that running courses were measured accurately. This committee also set up a program for awarding certificates to runners who achieved certain times at a series of distances.

• The RRCA instituted an early version of the Road Scholar grants in the early 1960s to help send qualified runners to major races in other parts of the country.

• In 1962, the “RRC of U.S. Bulletin” was officially renamed *FootNotes* and expanded as a quarterly publication. Many of the articles contained in this publication provided valuable information on how to start a running club and how to measure road-race courses.

• In 1963, the RRCA instituted committees that assisted its member chapters with fundraising, starting new running clubs, and developing coaching and making it available to its runners. A medical advisory committee was established, along with an

officials committee for training race officials and a standards committee for course measurements and awarding certificates for certified racing performances.

• In 1964, the fun run came into existence through the RRCA chapters in the District of Columbia and Baltimore. Typically called “Run for Life” runs, these events promoted physical fitness and were open to men and women of all ages. By declaring them fitness programs instead of open competitions, an AAU rule that women had to be at least 14 years of age and could not run any AAU event longer than 1-1/2 miles was circumvented. Over a two-year period, the RRCA was instrumental in getting AAU rules changed so that children under 17 and women could participate in AAU events longer than two miles. In 1962, the number of road races had increased to 600.

• These fun runs spurred a running boom and special women’s and masters races came into existence. From this sprang the establishment of masters and submasters national records on RRCA certified courses at 15 different distances, in age categories from 35 years to 60 years and older.

• In the 1970s, the RRCA secured tax exemption and 501(c)(3) status and made it available to member clubs that qualified and requested it. This allowed non-profit clubs to accept tax-free donations for their events.

• Also in the 1970s, the RRCA created a network of

state representatives to represent the organization at the state level. These liaisons would assist their local clubs in growing their memberships, in establishing championship events and promoting women and children’s programs.

• In 1979 the RRCA had 100 clubs signed up for the newly acquired RRCA liability insurance. This insurance was available to all member clubs and represented an economical insurance program to protect clubs and their officers against liability stemming from club-related activities. Interestingly enough, the first major lawsuit in 1977 involved the Peachtree Road Race. A runner filed a \$500,000 class-action suit against sponsors for damages to himself and 50 others resulting from heat injuries during the race. The lawsuit was dismissed.

These represent just a few of the highlights of “the formative years” of long-distance running and the major role the RRCA has played. All of these events in the 1950s through the 1970s served to develop our sport as we know it today. Throughout its existence, the RRCA has maintained its “mission, vision and values.” From its inception on Feb. 22, 1958, the RRCA has promoted long-distance running as a competitive sport and as healthful exercise for everyone regardless of gender or age. Today, we are 170,000 members strong and growing.

*The RRCA National Convention will be held March 8-12, 2006 in Houston, Texas. Make plans now to be part of this exciting event!*

## An RRCA Georgia State 5K Championship Race

# “Freedom Run – Camp Striker 5K” Baghdad, Iraq

by Marlene Atwood, RRCA Georgia State Rep

Maj. “Buck” Bennett, a member of the Golden Isles Track Club of St. Simons Island, Georgia, wanted to stage a 5K road race for the American men and women at Camp Striker. The “Freedom Run” had very special meaning for the soldiers. As Major Bennett explained, the 5K was named the “Freedom Run” because it coincided with the Iraqi elections. Coalition forces played an integral part in ensuring that there was freedom of movement and that everyone had an opportunity to vote during this critical period. It was also an opportunity to provide a source of release in a war-torn environment.

Lea King, a member of the Golden Isles Track Club, contacted me and solicited my assistance in trying to acquire a few items that would make the race special. We needed a starting line banner, special bib numbers, and unused race t-shirts that the soldiers could have as finish line giveaways. Lea had contacted several organizations but had not been successful in getting any support. Together we went to the Road Runners Club of America (RRCA) and sent out a special message to running clubs across the country, asking for their unused race shirts and any contributions toward a starting line banner and bib numbers.

We immediately began receiving responses and as the weeks rolled on, box after box of t-shirts were shipped from all over the country to the Golden Isles Track Club. Through the collective efforts of RRCA running clubs across the country and several running organizations, running publications, and running stores, the race reaped more than 3,000 race shirts and enough money to order special bib numbers and a 30-foot starting line banner that bore the logos of all the donors. Plans were made to ship everything out to Major Bennett in time for the race on Oct. 15, 2005. Because the race anticipated approximately 600 runners, the Golden Isles Track Club lovingly packed 800 race shirts, representative of every club that donated, to ship to Major Bennett. The remaining shirts were donated to a local American Red Cross center for the hurricane relief effort.

Locally, the Golden Isles Track Club was busy planning a 5K race that would be run in Brunswick at the exact same time that the Freedom Run would be run in Baghdad. It would be called the “Brunswick to Baghdad Freedom 5K.”

As the weeks rolled on, everything seemed to be falling into place with only one “unknown” — would the 48th Brigade be able to run the race on Oct. 15? Race directors know the many hours involved in planning a successful race. They also know that you need to plan for things that go wrong and things that must be changed at the last minute. What are the odds against a race that is scheduled to be held in 95 degree weather in the confines of a military base on the dusty, gravelly roads of Baghdad? Well, the odds were pretty stacked and instead of the race being held on Oct. 15, the “Freedom Run – Camp Striker 5K” became a reality on Sun., Oct. 9. The race had to be staged a week earlier due to heightened military activity in the area. Imagine running a 5K with Bradley fighting vehicles and armored personnel carriers patrolling the race course and overhead, an Apache attack helicopter flying close to ensure that participants could run safely.

More than 600 runners were expected, but according to Maj. Bennett, many of the soldiers were out on combat patrols due to the upcoming civilian elections. Many were on R&R having just returned from patrols. All in all, though, the event saw close to 100 participants. Maj. Bennett conveyed that everyone enjoyed themselves and for just a little while, they “relaxed and were normal.” On the other side of the world, a symbolic midnight run was held by the Golden Isles Track Club at approximately the same time that the men and women of Camp Striker were running. It was important to club members to show their support by running together in silence.

As for Maj. Bennett, a fractured foot caused him to hobble through the race to “earn the bib number.” He sends his sincere thanks to everyone in the running community for their fantastic support, concern, and patriotism. “Just a week ago we were making the final arrangements for our race and I had butterflies as big as blimps. We made it because ya’ll cared. Y’all cared about people that you don’t even know and I thank you.”

On behalf of runners nationwide, we were privileged to participate in the “Freedom Run – Camp Striker 5K.”

*The Peachtree City Running Club was one of 22 organizations nationwide who supported the Baghdad Freedom Run.*



# Grand Prix Results

## Team Run — September 10

PLACE	RUNNER	TIME	PTS.	PLACE	RUNNER	TIME	PTS.	PLACE	RUNNER	TIME	PTS.
1	Gary Kolb	67:18:00	100	7	Trish Vlastnik	55:11:00	70	13	Jan Bankieris	55:24:00	40
1	Bonnie Hancock	67:26:00	100	7	Sandy Tuman	52:50:00	70	13	Mark Ward	59:49:00	40
		0:08				2:21				4:25	
2	Wes Wilkins	50:49:00	95	8	Ann Henderson	54:03:00	65	14	Jane Hamilton	67:26:00	35
2	Tom Round	50:40:00	95	8	Scott Allen	56:29:00	65	14	Marino Funetes	61:26:00	35
		0:09				2:26				6:00	
3	Patsy Bickford	52:39:00	90	9	Bill Everage	45:27:00	60	15	Kath Jones	61:25:00	30
3	Shawn McKinnon	53:16:00	90	9	Randy Graham	48:04:00	60	15	George Martin	55:09:00	30
		0:37				2:37				6:16	
4	John Waterhouse	53:06:00	85	10	Normer Adams	47:59:00	52.5	16	Teri Besch	61:25:00	25
4	Steve Hancock	51:58:00	85	10	Sandra Dallas	50:40:00	52.5	16	Dave Olson	67:57:00	25
		1:08				2:41				6:32	
5	Rene Flaherty	51:01:00	80	10	Vern Schmitz	54:27:00	52.5	17	Cathy Olson	67:03:00	20
5	Mark Hamilton	53:17:00	80	10	Rhonda Fuentes	51:46:00	52.5	17	Tom Crofton	61:15:00	20
		2:16				2:41				6:48	
6	Bill Johnston	53:27:00	75	12	Steve Dorsey	62:57:00	45	18	Karyn Staples	53:47:00	15
6	Fred Port	55:39:00	75	12	Bob Trombley	59:22:00	45	18	Patrick Staples	61:20:00	15
		2:20				3:35				7:33	
	Volunteers:										
	Lynn Fairley							19	Dan Ahern	55:10:00	10
	Dick Allis							19	Dave Plet	63:13:00	10
	Jim Crowley									8:03	

Results of the October, November, and December grand prix's will not be published so that the final Grand Prix winners will be a surprise. Come to the annual Christmas party on Dec. 17 to find out who the top winners are in the 2005 PTCRC Grand Prix Series!

NAME	MILES	MEETINGS	ACTIVITIES	JACKET	SIZE?
DAVE KETELSEN	800	Must	File	Application	???
MARLENE ATWOOD	872	2	???	1000	SM
BOB DIENELL	919	6	2	1000	LG
BILL EVERAGE	1060	5	1	1000	LG
RHONDA FUENTES	859	4	3	1000	Med
DEBRA GRAHAM	834	8	4	1000	LG
JASON HENDRIX	1075	1	???	1000	MED
CHUCK SMITH	905	6	3	1000	LG
STEVE SWOPE	820	2	???	1000	???
JANE WELCH	895	6	5	1000	SM
KEITH WHEELER	780	5	3	1000	LG
HAL WOLFE	1115	3	1	1000	???
SUE BOZGOZ	300	1	???	5000	SM
STEVE DORSEY	888	3	2	5000	XL
DICK ALLIS	695	5	7	5000	XL
GENE REYNOLDS	950	3	???	5000	MED
BILL ANDERSON	1458	9	11	10000	MED
BOB DALTON	1865	8	7	10000	LG
JERRY SHOEMAKER	1401	5	3	10000	LG

## 1,000-Mile Club Jackets

The club members listed at left are eligible to receive 1,000/5,000/10,000-mile jackets. If you do not intend to make your mileage, e-mail Roy Robison immediately at [croyrunn@bellsouth.net](mailto:croyrunn@bellsouth.net). Also, those with question marks must get that information to Roy immediately. If you have not filed an application, you will not be eligible. For the complete 1,000-mile club listing, check the PTCRC Web site at [www.ptcrc.com](http://www.ptcrc.com).

## - Club Notes & News -

### Nominations for 2006 Board of Directors

The following persons have been nominated for the PTC Running Club Board of Directors for 2006: President, Bob Dalton; Administrative VP, Ann Henderson; Activities VP, Steve Hancock; Secretary, Tom Brown; and Treasurer, Marino Fuentes. Formal elections will be on the agenda for the Nov. 7 meeting. We will also be soliciting nominations for a number of honors including Most Improved Runners of the Year (male and female), Rookie of the Year (male and female), and Volunteer of the Year. Votes for these honors will be by secret ballot, so be sure to be thinking of some good choices for all of these spots.

### Thanksgiving Day Bus Reservations

The PTC Running Club will again be arranging for a bus to the Atlanta Track Club's Thanksgiving Day Marathon/Half Marathon. Members wishing to ride to the Half Marathon must sign up for the bus and pay a \$7 fee by no later than the close of the Nov. 7 meeting at the Wyndham Hotel. After that meeting, should there be any seats remaining, reservations will be opened to the general public. It will fill up fast so reserve your seats today by contacting Bob Dalton at 770-461-4450.

### Christmas Party

The PTC Running Club's annual awards banquet and Christmas party will be held Sat., Dec. 17 at the new Tyrone "barn" on Senoia Road, starting at 6 p.m. Tickets will be \$15 per person. Mark your calendars now for the social event of the year!

### Carpet Capital 10 Miler

The Carpet Capital Running Club will hold its 18th annual Carpet Capital 10 Miler in Dalton on Dec. 10 starting at 9 a.m. This event is part of the Georgia Run & See Grand Prix as well as being the RRCA state championship race at the 10-mile distance. This year it is also the final stop on the USATF Georgia Association's Grand Prix of Long Distance Running. There will also be a 5K race for those who want to run a shorter distance. The registration form is available at [www.carpetcapitalrunningclub.com](http://www.carpetcapitalrunningclub.com) or contact David Leatherman at [race10miler@hotmail.com](mailto:race10miler@hotmail.com) or 706-275-5505.

### Upcoming Local Races

Spring Hill Elementary in Fayetteville will sponsor its 2nd annual Turkey Trot 5K on Nov. 12. Call 770-460-3432 for more information. Peachtree City Elementary's 9th annual Jingle Bell Trail will be held Dec. 10. For more information or to register, go to the school's Web site at [www.fcboe.org/schoolhp/ptces/pces.htm](http://www.fcboe.org/schoolhp/ptces/pces.htm).

### 2005 Club Scrapbook

Shannon Phillips and Rose Kempton are working on the 2005 PTCRC scrapbook and are looking for photos that should be included in the book. If you have any, please contact Shannon or Rose at 770-486-1940 or via e-mail at [ro456838ro@bellsouth.net](mailto:ro456838ro@bellsouth.net).



*When the call went out for "old running shoes" for victims of Hurricane Katrina, members of the Peachtree City Running Club responded in force. A total of 121 pairs of shoes were collected and sent to Red Cross shelters in Louisiana and Mississippi. Way to go PTCRC!*

### Thank you's

Thank you to Cathy Olson for organizing and coordinating the club's annual support of the Alzheimer's Walk on Oct. 1. And thank you to everyone who donated and participated.

Thank you to everyone who helped at the five elementary school races held so far as well as the Promise Place 5K, which earned \$14,000 to help the victims of domestic violence.

Thanks to all of the club members who participated in the "Adopt a 10K" on the Saturday before the Classic Race. We are still the fastest garbage collectors in Peachtree City! And the course looked great.

Thank you to Rose and Ron Kempton for heading up the 25th anniversary Classic (and doing a GREAT job) and to all the volunteers who helped make it such a success!

Thank you to Chuck and Kim Garwood for hosting another wonderful post-race party.

And thanks to Bill Fuller for organizing the Hood to Coast and Marine Corps Marathon trips. As always they were "too much fun!"

### Congratulations

Congratulations to founding club members Tom and Mary Ann Crofton on the marriage of their son Kevin to their new daughter-in-law Maggie.

# Sponsor Spotlight: World Gym

World Gym of Peachtree City and Fayetteville serves the public's need for serious fitness training with a friendly, educated approach to personal exercise in a healthy environment at a fair price. Each World Gym emphasizes personal attention from experienced personnel and one-on-one instruction on the widest possible variety of state-of-the-art exercise equipment. The goal of each World Gym is to be sure the members develop a sense of well-being, camaraderie and confidence based on success in reaching their personal fitness goals. World Gym believes trust and respect between member, trainer and club management is the key to results. World Gym also takes great pride in contributing to the wellness of the community by sponsoring various health and fitness events throughout the year. For more information on World Gym, visit their Web site at [www.worldgymfayette.com](http://www.worldgymfayette.com).



Peachtree City Running Club  
P.O. Box 2377  
Peachtree City, GA 30269  
[www.ptcrrc.com](http://www.ptcrrc.com)

## UPCOMING CLUB EVENTS

NOV 12 GRAND PRIX (COLLEGE BOWL) • NOV 12 TURKEY TROT 5K • NOV 24 THANKSGIVING HALF MARATHON •  
DEC 3 GRAND PRIX (HANDICAP RUN) • DEC 10 JINGLE BELL TRAIL 5K • DEC 17 CHRISTMAS PARTY • JAN 1  
GRAND PRIX (PREDICTION RUN)