

LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

NOVEMBER 2004

inside

3

New Classic events a huge success

4

Looking back at the 23rd annual Classic

6

A great day in Chicago for the PTCRC

8

New members arrive from Down Under

12

Sponsor Spotlight: Fayette Community Hospital



2,400+ athletes enjoy perfect day for 23rd annual PTC Classic road race

By Bob Dalton

More than 2,400 runners and walkers were greeted with made-to-order weather conditions for the 23rd Annual Peachtree City Classic race. Gorgeous blue skies and crisp fall temps greeted the runners and walkers as they took part in the Men's 5K, Women's 5K, and Open 15K. Race Director Rose Kempton was pleased with the event's turnout. "It was the culmination of the work of literally hundreds of volunteers to make this such a success," she said. "The perfect conditions were the icing on the cake."

In the Men's 5K, last year's winner, Ryan Emery, easily won it again in 15:56. The 24-year-old Peachtree City native and former Auburn track and cross-country standout coasted in the

last mile as he was saving himself to double up in the 15K. Close behind in 16:14 was 26-year-old Army Staff Sergeant Charles Robitaille running as part of the 40-person-strong Fort McPherson contingent. Close on his heels in 16:15 was Amare Grure of Stone Mountain. First Master and fourth overall was another PTC native, Brian Jaeger, in 16:29.

In the Women's 5K, Masters women took two out of the top three slots. Connie Robertson, 42, of Hapeville, cruised to first place in 18:38. Jennifer Woods, 28, was almost a minute and a half behind in 20:03 for second place, and Doreen Branch, 44, took third in 20:19. First place in the Masters Division was Debbie King, 44, of Fayetteville in 24:53.

(Continued on page 7)



President George Martin r2sun98@mindspring.com • Administrative vice president Bob Dalton • Activities vice president Ed Finucan Eef13@aol.com • Secretary Cathy Olson • Treasurer Marino Fuentes chemical55@aol.com • Race Director Rose Kempton
Newsletter editors Rene Flaherty rzflaherty@aol.com & Joe Wassell jwassell@mindspring.com

President's Column



The 2004 Peachtree City Classic is now history, and it was one of the most successful Classics in many years. Preliminary estimates show record net revenue for the race, and that is extremely important to the many new and expanded programs the Board has planned for the coming year. And, in addition to being very successful financially, we have also successfully planted the seeds for two new events incorporated in the Classic. Both the Kid's Marathon Finish and the PTC Fitness Challenge were extremely well received and show promise to become even larger and more significant next year. Please congratulate Rose Kempton on an outstanding job as this year's Race Director. Unless you have been a Race Director you cannot imagine the amount of work involved, and because of her months of hard work, along with hundreds of other volunteers, we again pulled it off without a hitch. Nice job Rose!

Speaking of races, you may be aware that more and more of our elementary schools are turning to 5K Run/Walk Fund raisers. That is good news for the schools and good news for runners. We now have 5Ks at Oak Grove, Peachtree City, Huddleston, Peoples, and Fayette Intermediate. And there are several more in the works. Watch for announcements in the coming weeks about the formation of a new Grand Prix Series for the Fayette County area. Peachtree City and Fayette County are becoming a "hotbed" of racing.

And finally, I will be asking you to vote at the next meeting on a number of our annual recognition awards. Among the awards will be Volunteer of the Year, Most Improved Runner (male & female), Rookie of the Year (male & female), and several others. Please give a little thought to whom YOU think should be among those recognized, and either come prepared to vote on Nov. 1 or drop me an e-mail. See you in November!

September-October Club Meeting Highlights

The full meeting minutes are available on the PTCRC Web site at www.ptcrc.com.

Sept. 13, 2004

Meeting was called to order at 7:30 p.m. at the Wyndham Conference Center. Pres. George Martin introduced new members, and the August minutes were approved. He thanked Ed Finucan for the successful Bring-A-Friend Grand Prix, Normer Adams for the idea, and Dave and Cathy Olson for hosting the event. Sheila Walliser, who is moving to Tennessee, was farewelled. Mother and daughter Traci and Jane Welch were recognized for running in the Macon Marathon.

Bob Dalton introduced Sam Holviak, Pharmanex, Inc. who talked on the importance of nutritional supplements, while members had readings done at a \$5 discount on his biophotonic scanner. A PTC Classic sweatshirt was given to Sam after his talk.

In New Business, Lynn Fairley was asked to chair the nominating committee.

Reports:

Treasurer - Marino Fuentes reported \$13,682 in the checking account and \$28,000 in the two reserve CDs.

Merchandise - Trish Vlastnik ordered Sport Hill shorts and zip shirts.

Newsletter/Membership - Joe Wassell said the newsletter had been e-mailed. Membership is now 182.

PTC Classic Race Director - Rose Kempton said that 5-mile marker sponsors are needed for \$250 each. Registration is down 25 percent. Meeting was adjourned at 8:30 p.m.

Oct. 4, 2004

Meeting was called to order at 7:30 p.m. at the Wyndham Conference Center. Pres. George Martin introduced new members, and the September minutes were approved. A running watch and T-shirt were presented to Dick Allis for donating the most money for the Memory Walk this year.

In Old Business, Tom Crofton said the long-distance run has been

re-scheduled for a weekend in November. The PTC Fitness Challenge has 218 people registered on 10 teams. Steve Dorsey is holding weekly seminars at World Gym on Thursdays. George thanked him for his efforts.

New Business included a discussion of the Christmas Party to be held on Dec. 17 and presentation of the slate of officers for next year. The club will vote at the November meeting.

Reports:

Treasurer - Marino Fuentes reported the club's checking account has \$25,612.44 and \$28,000 in two reserve CDs. \$54,000 has been collected for the Classic with \$68,975 as the budget target.

Membership - Joe Wassell reminded members that they could pay dues beginning Oct. 1.

School Support - Bill Anderson said Emily Borsare (SMHS) is ranked 3rd in the state, and Brad Morris (MHS) is ranked 6th. Both are club members. He urged members to go to the State Cross Country meet in Carrollton on Nov. 6 to support them.

Equipment - Jerry Shoemaker asked that everyone return "stuff" to the shed so that it will be available for the Classic Road Race.

Race Director - Rose Kempton gave an in-depth report on the status of the Classic. There are a total of 1,933 registered, 140 behind last year at this time. The Garwoods will host the volunteer party at 5 p.m. race day. Rose thanked Ann Blaum for her work on the Classic sweatshirt.

Meeting was adjourned at 8:35 p.m.

WELCOME NEW MEMBERS

Jean Daprano (Fayetteville)

Robert Garrot (Fayetteville)

Dr. John Thomas (Jonesboro)

Dan Zessin (Fayetteville)

Two new Classic events a resounding success

Smiles mark 1st Kid's Marathon Finish as 80 runners earn well-deserved medals

Despite several hurricanes, school closings, and a late beginning to the program, an amazing 129 elementary school children managed to run 25 miles in the first six weeks of school. And that was enough to qualify for a spot in the First Annual Kid's Marathon Finish. In that run, 80 of the qualifiers ran the last 1.2 miles of the official marathon distance and were rewarded with a special Kid's Marathon Finish T-shirt and the biggest finisher's medal on the planet. The only thing bigger than the medal was the collective smiles on the faces of all the kids. Look for this special event to grow dramatically at next year's Classic race!



And they're off!



Excited marathon finishers from PTC's Braelinn Elementary School (above) and Peeples Elementary School (right) show off their medals.



The 1st one in!



Georgia RRCA State Representative Marlene Atwood passes out the awards.

"Most fit" companies and organizations strut their stuff in Fitness Challenge

The first PTC Fitness Challenge fielded 11 local teams representing 242 participants, most of whom were first time Classic participants. The winners of the Challenge were Piedmont Physicians Group, FC&A Publishing, Hoshizaki, Oak Grove Elementary School, Booth Middle School, Sandy Creek High School, City of Peachtree City, Fayette Community Hospital, and the Fort McPherson Army team. Congratulations to all the 1st Place award winners!



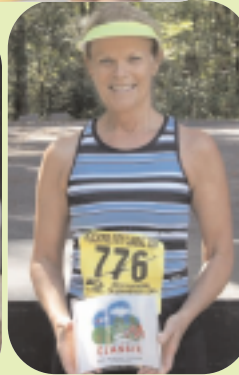
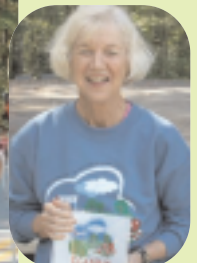
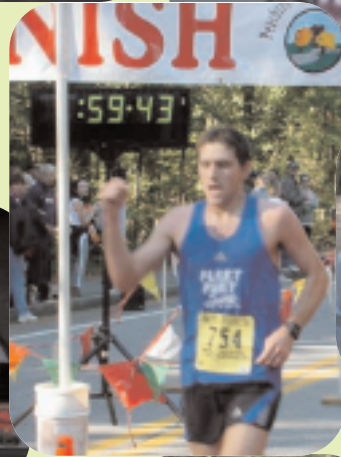
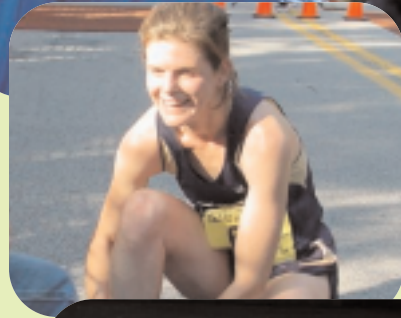
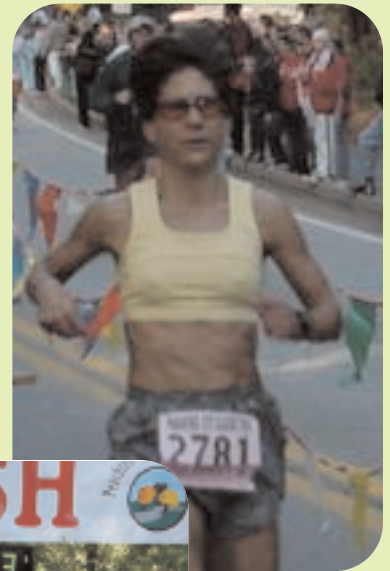
1st place teams: top left, Piedmont Physicians Group; center, FC&A Publishing; above, Sandy Creek High School. Bottom left, the nine winning team captains proudly display their awards.



23rd annual PTCRC Fall Classic highlights

It was another great Classic, from the well-organized pre-race expo, to the excitement of the races themselves, to the final relaxing sigh of relief — and celebration — at the post-race party!





PRs and qualifying times mark Chicago race

By Sue Bozgoz

Twenty Peachtree City runners finished the 27th annual LaSalle Bank Chicago Marathon on Oct. 10, including four runners (Bill Fuller, Dave Olson, Todd Davison, and Lauren Agler) who qualified for Boston and eight runners (Dave Olson, Chris Chadwick, Marino Fuentes, Christi Gongola, Patrick Christenson, Randy Graham, Tom Round, and Richard Johnson) who set personal records (PRs).

It was a great day to run for the 40,000 runners. The weather was perfect, the fan support grew to well over 1 million, and most importantly, 100 kegs of beer waited for the finishers at the finish line. What more can a runner ask for on race day? According to Bill Fuller, 57, the hardest part about the marathon was the last 6 miles of the race. He had to force himself to maintain concentration, keep relaxed, and remain confident and goal directed. In the long run, his strategy obviously paid off. He ran a 3:17, which placed him among the top 10 in his age group and qualifies for Boston. After the race, Bill was found in the team tent celebrating with a 32-oz bottle of Crown Royal!

The fastest person of the PTCRC contingent was Dave Olson, 54. Not only did Olson hammer a 3:08 time, which easily qualifies for Boston, he managed to improve his marathon time by 6 minutes. The most improved runners of the group were Marino Fuentes and Chris Chadwick. Marino ran a 32-minute PR while Chadwick clocked a 3:36:45, a PR by 21 minutes. I personally saw Chadwick at mile 20. His facial expression and body language told me that fatigue was trying to set in for the kill. I immediately yelled "ALL THE WAY CHRIS! CONCENTRATE! STAY STRONG!" After the race, he told me he heard my voice but was too busy convincing his legs to move.

Running on the PTC's "Si Como No" Team and running her first marathon, Lauren Agler, 25, of West Dundee, IL ran a 3:32. Also, Randy Graham made his debut by clocking a 3:38:36.

A special thanks to Bill Fuller who coordinated this event. Everyone had a blast!

Old guy goes to Chicago and kicks ...

By Tom Round

The following is Tom's account of his emotional experience running in Chicago. Although he has previously run eight marathons, this was his first since undergoing open-heart surgery 3-1/2 years ago.

The slightly balding, dumpy old guy with a bad heart went to Chicago over the weekend to run the Chicago Marathon ...

After a late arrival Friday night, a couple of Coronas to help take the edge off, and a good night's sleep, I headed for packet pickup at the Expo in the local convention center. McCormick Place is HUGE, and the Expo was extremely well laid out to accommodate all the runners picking up packets and shopping. I blew close to \$100 on a pair of running shorts, some Body Lube, Power Gel, an extra T-Shirt, and a couple of souvenirs. They know how to get into your pockets.

(Continued on page 7)



Left, Christi Gongola, Sue Bozgoz, and Millie Daniels. Right, Bill enjoys his Crown Royal.



Above, Tom Crofton, Dave Olson, Bill Brackin, and Bill Fuller. Left, celebrating after the race!

Official Results

Dave Olson	3:08:36	Boston Qualifier
Bill Fuller	3:17:57	10th AG, Boston Qualifier
Tom Crofton	4:05	
Bill Brackin	3:38	
Chuck Smith	3:34	
Chris Chadwick	3:56:45	22-minute PR
Jordan Levitt	3:31:22	
Todd Davison	3:20:00:56	Boston Qualifier
Fred Port	3:44	
Marino Fuentes	5:13:33	32-minute PR
Christi Gongola	4:09:01	4-minute PR
Melia Foley-Lane	4:46	
Lauren Agler	3:32	Boston Qualifier
Patrick Christenson	3:37:12	2-minute PR
Randy Graham	3:38:33	PR
Tom Round	3:46:31	PR
Gary Kolb	4:26	
Scott McAllister	4:15	
Richard Johnson	3:45	4-minute PR

20 club members to earn coveted PTCRC jackets

The following club members are eligible to receive a 1,000/5,000/10,000-mile jacket. If your name is on this list, verify the information. If it is on this list and you will not qualify for the jacket, please notify Roy Robison at 770-631-4715 ASAP. If your name is not on this list and should be, notify Roy ASAP. For the complete 1,000-mile club listing, see the PTCRC Web site at www.ptcrcactivities.com.

NAME	MILES	MTGS	ACTIV	JACKET	SIZE
Holly Anderson	747	3	1	1000	SM
Melia Foley-Lane	590	4	1	1000	??
Randy Graham	1386	8	3	1000	LG
Jeff Hansen	804	3	1	1000	X
Bill Mathews	538	4		1000	XL
Sally Meyer	905	2		1000	MED
John Nowak	807	5	2	1000	XL
Tom Round	875	5	3	1000	MED
Constance Sambrone	860	3	3	1000	MED
Mark Ward	1037	2	6	1000	LG
Tracy Welch	950	3	3	1000	SM
Wes Wilkins	754	6	2	1000	LG
Eric Huguelet	400	1		5000	LG
Lisa Mathews	689	5	2	5000	SM
Dan Ahern	1035	5	2	10,000	LG
Margie Dam	867	1	2	10,000	MED
David Piet	1200	5	1	10,000	LG
Ann Shoemaker	1004	7	4	10,000	MED
Bob Trombly	520			10,000	LG
Lynn Fairley	725	6	5	15,000	LG

Picture-perfect Classic

(cont. from page 1)

The 15K race started off with a pack of four who ran together the first few miles and then split around the four-mile mark. At the finish, it was a newcomer to the race who took first over all — Tim Tataska, 24, of Atlanta in 49:53, a 5:22 minute per mile pace. Second was Atlanta perennial top finisher and last year's winner, Mike Strickland, in 50:13. Third place was Eric Putnam, 46, of Calhoun in 52:38. Ryan Emery, who had won the 5K just minutes before starting the 15K, hung on for fourth overall in 51:57. Aaron Walter, 40, of Fort McPherson, was fifth overall and first place Master in 56:14. Another notable performance was Clarence Hartley, 75, of Young Harris, who destroyed the 5-year-old Georgia state age group record at this distance by more than 33 minutes with a time of 1:16.

The women's 15K was a hard-fought contest as well. In the end, it was Genie Beaver, 32, of Atlanta who crossed the line first in 59:52. Second was Sarah Byrd, 24, also of Atlanta, in 1:02:21. Third was Christina Evans, 32, of Woodstock, in 1:03:54. Fourth overall and first place Master was Barbara Chandler, 41, of Atlanta in 1:04:07.

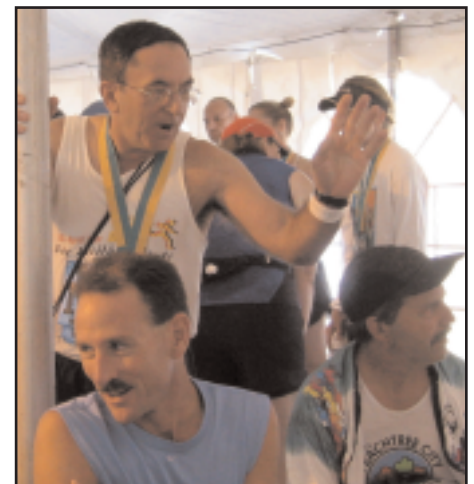
Club President George Martin lauded the efforts of Rose and the hundreds of volunteers who worked tirelessly throughout the year to ensure the race was a success. He also thanked the community. "The community and the city support us 100 percent," he said. "We couldn't do it without them."

Old guy goes to Chicago (cont. from page 6)

After a great pasta dinner at Maggiano's Restaurant with fellow club members, I managed to get to bed before 10:00 and get a good night's rest. I set every alarm I had for 5:30 but awoke ahead of them all at exactly 5:00. I made my breakfast concoction (oatmeal, soy protein powder, sliced almonds, dried cherries, and dried blue berries) and some coffee. I was taking no chances and wanted to do everything exactly the same as my training runs. I then greased down (and up and sideways) so that I looked like the oil slick of the EXXON Valdez from Vaseline, body lube, sunscreen, and Chapstick. (You just can't take any chances of chafing sensitive body parts when you're running 26.2 miles.) I then met the others in the lobby of the hotel to walk across the street to the Team Challenge tent, where they had coffee, water, and continental breakfast items as well as a baggage check and massage tables. You felt like you were one of the elite runners with all that pampering. It was great!

The weather was more than perfect. The sky was blue, not a cloud anywhere, and the temperature was just under 50 degrees. I had a long sleeve T-shirt over my racing singlet and tossed it right before the start. The temperature never got above 68 degrees, and the constant breeze kept everybody cool (after all,

this is the "windy city"). I have to say I was really emotional and totally "psyched" when a woman sang the National Anthem. I kept pinching myself to see if I was really there. I was still a little scared, what with everything I've been through and the uncertainty of what my heart muscle was really like on the inside, but I was more than ready to do this. I told the other club members that even if I went down, I was out here doing just what I wanted to do from the day after my surgery, through all the recovery and training, and right up to the present.



Tom Round telling his story in the Team Challenge tent with Todd Davison and Tom Crofton.

(Continued on page 9)

Graeme & Kath Jones: Life from Down Under

By Joe Wassell



I thought Denise Best had the title of being the club member from the most distant place, that of South Africa. Now along comes another family from a distant continent — the Jones from Australia. This newly arrived (been here for 3 months) family of four includes Phoebe, age 14, and Barnes, age 10. The Jones also

have another son Ryan (18) who is on Rotary Exchange in Canada. Both Kath (44) and Graeme (50) hail from Busselton, Western Australia.

The Jones moved to America because Kath was selected to teach in an elementary school for between one and three years. Kath was fortunate to be given a teaching position at Oak Grove Elementary School. Kath is a teacher that works with special needs children. However, she describes herself as really a wife, mother and sister to eight siblings. Graeme is a surveyor by profession who “carries out field survey work, using GPS technology, to determine co-ordinates of photogrammetric points. This enables plans to be drawn by stereo plotters.” (If you want to know more or need an explanation, you will have to ask Graeme.) Recently, Graeme was able to secure a position with Jack Berry

and Associates in Peachtree City.

Both Kath and Graeme enjoy areas around Western Australia for walking and running. Graeme especially likes hiking up Bluff Knoll with Kath and his two younger children. Kath loves to run along the beach where they live in Busselton. “The air is clean and straight off the Indian Ocean,” she says. It is always a pleasure to run, cycle, and certainly swim. The World Veterans Triathlon will be held there next month.”

Kath relates a time when she was playing grass hockey in the north of Australia. At the beginning of the season, the temperatures were for days on end around 108 degrees. “Due to this, instead of having 35-minute halves, we used to play for 5 minutes and rest for 5 minutes to rehydrate with lots of water from our water bottles. Our goalie was always kitted up with all the heavy protective gear but keen to keep playing each week despite the oppressive conditions. She was at hero status. Towards the end of the season we discovered that while we had water in our bottles she had gin and tonic in hers! Little wonder that she was letting in so many goals towards the end of each game.”

Both Kath and Graeme are extremely athletic and love all kinds of outdoor activities. Graeme enjoys fishing, working out in a gym, scuba and free diving. Kath enjoys hockey, swimming, cycling, scuba

(Continued on page 11)

Race Results

Runners Name	Race Name	Time	Place
Valerie Reynolds	Macon Labor Day 10K	45:05	1 st Place Master's
Gene Reynolds	Macon Labor Day 5K	33:00	(Ran w/daughter in her 1st 5K)
Tracy Welch	Macon Labor Day 5K	21:44	
Jane Welch	Macon Labor Day 5K	26:42	
Jane Welch	Cougar 5K Fayetteville	25:19	
Chuck Smith	Cougar 5K Fayetteville	19:04	2 nd Overall
Richard Johnson	Cougar 5K Fayetteville	21:17	PR
Christi Gongola	Cougar 5K Fayetteville	21:17	2 nd Overall Female
Jane Welch	Cougar 5K Fayetteville	25:19	1 st Age Group
Norah Rentill	Cougar 5K Fayetteville	26:00	
Carmella Wong	Cougar 5K Fayetteville	27:00	(1 st 5K Race)
Shannon Phillips	Cougar 5K Fayetteville	22:00	(Used As An Up Tempo Run)
Marino Fuentes	Cougar 5K Fayetteville	24:00	(Used As An Up Tempo Run)
Valerie Reynolds	Hartford Marathon	3:31:17	4 th Age Group
Gene Reynolds	Hartford Marathon	3:37:57	PR
Wes Wilkins	Tyrone Founder's Day 5K	21:15	2 nd Age Group
Rene Flaherty	Tyrone Founder's Day 5K	25:15	1 st Age Group
Alice Todd	Tyrone Founder's Day 5K	28:03	1 st Age Group
Valerie Reynolds	Ekiden	3:19:58	3 rd Place As Team
Gene Reynolds	Ekiden	3:19:58	3 rd Place As Team
Sonja Bruce	Ekiden	3:19:58	3 rd Place As Team
Millie Daniels	Ekiden	3:19:58	3 rd Place As Team
Dave Odea	Ekiden	3:19:58	3 rd Place As Team
Xavier Williams	Ekiden	3:19:58	3 rd Place As Team
Gene Reynolds	Huntsville, AL 5K		2 nd Age Group
Bill Anderson	Panther Prowl 5K	19:26	4 th Overall, 1 st Age Group
Shannon Phillips	Panther Prowl 5K	22:24	2 nd Overall
Jules Desgain	Kensington Challenge 15K	1:19:43	
Jules Desgain	Ciderfest 4-Mile Run, Holly, MI	31:22	2 nd Age Group
Jules Desgain	Ann Arbor, MI 5K	23:07	1 st Age Group

- CLUB NOTES AND NEWS -

Thanksgiving Day Bus Reservations

The PTC Running Club has again arranged 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. 1 meeting at the Wyndham Hotel. After that meeting, should any seats remain, reservations will be opened to the general public. Last year we had two buses but did not fill them completely, so we have gone back to one bus. It will fill up fast, so reserve your seats today.

Nominations for 2005 Board of Directors

Nominating committee Chairman Lynn Fairley reported at the October meeting that the following persons were nominated for the PTC Running Club Board of Directors for 2005: President, George Martin; VP of Administration, Bob Dalton; VP of Activities, Ed Finucan; Secretary, Cathy Olson; and Treasurer, Marino Fuentes. Formal elections will be on the agenda for the Nov. 1 meeting.

Christmas Party Plans

Mark your calendars and make your plans now. The PTC Running Club's annual awards banquet and Christmas Party will be held Friday, Dec. 17 at the Palmer Course at Starr's Mill (the old Whitewater Country Club). Last year the Barn was a tremendous success and a lot of fun, but wait until you see this year's setting. It is a fantastic banquet facility and promises to be even better than last year. More details will be coming, but reserve that Friday for a terrific party.

PTCRC Calendar

The club will once again print a calendar of running activities etc. and is looking for pictures of events held throughout the year as well as mug shots to accompany birthdays. Send all photos to Roy Robison at croyrunn@bellsouth.net. Deadline is Nov. 15. Calendars will go on sale at the Christmas party.

2004 Club Scrapbook

Shannon Phillips and Rose Kempton are working on the 2004 PTCRC scrapbook and are looking for photos that should be

included in the book. If you have any that you would like to see in the history of the club, please contact Shannon or Rose at 770-486-1940 or via e-mail at ro456838ro@bellsouth.net.

Thank you!

To Cathy and Dave Olson for hosting the September Grand Prix new member event.

To Gene and Valerie Reynolds for hosting the Youth Cross Country event at their Cross Country course/ranch.

To Cathy Olson for collecting donations for the Alzheimer's Memory Walk. The club contributed \$500!

To Bill Fuller for organizing the Chicago Marathon trip.

To Rose Kempton for heading up the successful 2004 PTC Classic and to all the volunteers who helped!

To Kim and Chuck Garwood for hosting the Classic post-race volunteer party.

Upcoming Local Races

The 4th annual Harvest Classic 5K Run/Walk is scheduled for 8 a.m. Nov. 6 at New Hope Baptist Church in Fayetteville. Enjoy a scenic, tree-lined route, part of one of the top 50 runs listed in the *Atlanta Running Guide*. Overall awards to the top three M/F open and masters, and awards to top three M/F in each age group. Lots of door prizes too! More information and online registration can be found at www.newhopebc.org.

Spring Hill Elementary in Fayetteville will sponsor its 1st Turkey Trot 5K on Nov. 13. A 1-mile fun run starts at 8:30 a.m. with the 5K starting at 9 a.m. Proceeds will support the school's media center. Call 770-460-3432 for more information.

Peachtree City Elementary School's 8th annual Jingle Bell Trail will be held Dec. 11. The 5K starts at 9 a.m. and a 1-mile walk will begin at 9:10 a.m. Get there early for the warm-up session with Santa at 8:30, and don't forget to pick up your jingle bells to express your holiday spirit! For more information or a registration form, check out the school's Web site at www.fcboe.org/schoolhpl/ptces/pces.htm.

Old guy goes to Chicago (cont. from page 7)

When the gun finally sounded, my whole body was shaking from the "adrenaline rush." A long story made short is that I did extremely well. I predicted a time of 3:50 and held a pace to finish in 3:45 through the first 24 miles of the race with even a 3:30 cushion. Tom Crofton paced me for the first 17 miles, and that really helped. Then right in sight of the 24-mile marker, both my calves seized up and I almost fell. I had to stop, walk to the curb, and stretch out my calves. I then walked for about 100 yards and finally started plodding along. The 25th mile took

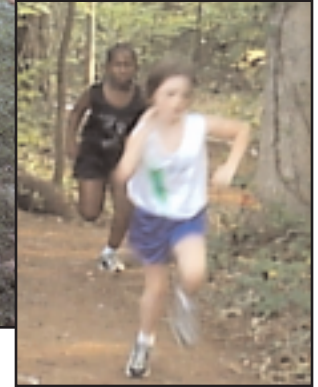
more than 12 minutes, but I was able to accelerate in the 26th mile and held about a 9-minute pace right to the finish line. My final time was 3:46:31. Not bad for a slightly balding, dumpy old guy with a bad heart!

As you can see, I'm alive and well. Everybody can now quit worrying about whether I was going to kill myself by doing this. After all this, you will hear less talk from me about my heart surgery. My cardiologist wants to see me so he can check me out, but I'm sure I'll just dazzle him with where I am right now. It's great to be back!

Current and future club members contribute time and talent



Elizabeth Howard of Rising Star Middle School and Race Director Rose Kempton model the 2004 PTCRC Classic sweatshirt that Elizabeth designed.



Above, "Assistant Course Marshals" guard the course at the Flash Kids Cross Country meet at Gene and Valerie Reynold's farm on Oct. 4. The girls later went on to win their 3-K event. From left are Shaelynn Cormejo, Holly Gibbs, Chelsey Bowman, and McKenzie Hall. The Reynolds have created an outstanding cross country course on their property south of Peachtree City, specifically for youth cross country meets, and the word is spreading. They have quietly done a lot of work over the span of many months. Please thank them next time you see them. Above right, two runners "fly" through the scenic course!

Life from Down Under (cont. from page 8)

diving, and snorkeling. Kath says there are many great wreck sites off the coast of Western Australia as well as interesting marine life.



Kath also likes to golf. She describes a "Sliding Door" situation. "I was in my final year studying teaching at university but I was also training to make the State development squad for junior golf.

I had to make the decision of would I play golf for a living or teach. I chose to teach. I rarely play golf now mainly because I can become passionate about it very quickly. When I retire I will play lots more golf!"

However, the Jones have participated in one of the more unusual races that I have ever heard of. "Kath and I used to live in a town in the northwest of Western Australia where they export iron-ore overseas. An annual running event existed called "The Blackrock Stakes" which consisted of teams of 10 runners alternatively pushing a modified wheelbarrow between two towns — a distance of about 80 miles. The barrow carried about 10 kg of iron-ore and the name of the event was based on the iron-ore. I used to work for a government

authority and someone conned me into this race. The race started at about 8 p.m. so the runners were not too affected by the heat, which was still about 90 degrees Fahrenheit. Each team used a small bus, and runners alternated to/from the bus via a parallel step attached to the bus. As the race was run through fairly desolate country, each barrow was required to have two torches to act as "headlights." I ran this race once and admit that even with training it was very hard on all runners. When we finally got to our destination at about 3 a.m., half the team was out of action. The winning team averaged about 13 miles per hour for the race." Graeme is looking for interest from the club to put together a team. For further details and information, visit www.blackrockstakes.pilbara.net.au.

Before Kath and Graeme arrived in America, they were prepared for Peachtree City by fellow club member and School Principal Bonnie Hancock. As Kath says, "Although I had recently done mainly ocean swims and bike riding as well as a couple of short triathlons, it had been some time since I had enjoyed running. When I arrived here and had been out for a few runs, I realized why so many people run here and enjoy it. It's the same bug that can sneak up and bite you like the golfing bug!" Both Kath and Graeme are looking forward to meeting people in Peachtree City and experiencing the lifestyle here.

Sponsor Spotlight

Fayette Community Hospital (FCH), a 100-bed acute care community hospital, has been caring for Fayette citizens since Sept. 1997. It offers 24-hour emergency services, medical and surgical services and diagnostic and rehabilitation services. FCH has more than 800 employees, 230 auxiliary volunteers, and a medical staff of nearly 350 physicians. FCH is a private, not-for-profit subsidiary of Piedmont Healthcare and continues its long legacy of medical excellence.

In 2004, Fayette Community Hospital was named one of the nation's 100 Top Hospitals®. The award recognizes hospitals that have achieved excellence in quality of care, operational efficiency, financial performance, and adaptation to the environment.

FCH will soon offer cardiac catheterization and will open a Women's Center offering breast health services as well as bone density screenings in one location. The Hospital recently requested and received approval from the state to offer OB services. However, Southern Regional Medical Center has filed an appeal of the decision. Plans to begin delivering babies in the summer of 2006 in a seven-bed obstetrics unit with three labor, delivery, and recovery suites and cesarean-section suites may be delayed, pending the appeal.



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

UPCOMING CLUB EVENTS

NOV 1 CLUB MEETING • NOV 13 GRAND PRIX (POKER RUN) • NOV 25 ATLANTA HALF MARATHON • DEC 4 GRAND PRIX (HANDICAP RUN) • DEC 17 CHRISTMAS PARTY • JAN 1 GRAND PRIX (NEW YEAR'S DAY RUN)