

# LEGACY

NEWSLETTER OF THE PEACHTREE CITY RUNNING CLUB

SEPTEMBER 2004

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## Relay team rallies for HTC challenge

PTC Running Club members competed in the Hood to Coast Team Relay in Oregon for the 8th year in a row, finishing 534th in the field of 1,042 teams. This year's team of Scott Allen, Jules Desgain, Cynthia Maerz, Ron Kempton, Rose Kempton, Gary Meyer, Ann Henderson, Gary Kolb, Rene Flaherty, Bill Andrews, Marino Fuentes, Dave Olson, and George Martin completed the long distance soirée in 27 hours, 44 minutes, and 47 seconds.

The relay, which starts near the summit of Mt. Hood, traverses 197 miles to the sandy beaches of Seaside, Oregon on the Pacific Ocean. The team travels in two vans, staging runners along the crowded course, with each runner completing 3 legs, each of which is 4 to

8 miles in length. The course winds through some of the most scenic terrain and vistas in the Pacific Northwest and, courtesy of a full moon this year, the paths were lighted nearly all of the 27+ hours the team was running. Teams from nearly every state in the country participate, with more than 13,000 runners gathering for this year's event.

Hood to Coast has been an annual PTC Running Club tradition for nearly all of the past decade, with about 35 club members participating over the years. The HTC is more of an adventure run than a race, and it is a great weekend running vacation. Preparations are already underway for the 2005 Hood to Coast Relay, August 26-27, 2005, so if you're interested in a challenging-but-fun race experience, contact trip organizer George Martin.



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

# President's Column



It is hard to pick up a paper today without reading about childhood obesity and at the same time, reduced fitness and athletic programs in our schools. As with a lot of things, there is a lot of talk and wringing of hands, but little action.

You should be aware though, that the PTC Running Club is continuing its long history of meaningful involvement in youth running programs by expanding from High School support into the Elementary Schools this year. On Aug. 17, several club members met with representatives from seven different Elementary schools in Peachtree City to put words into action. Our club has agreed to provide money and support to each of these schools to either continue existing running programs or help start new ones. In support of this effort we plan to invest nearly \$3,000 over the remainder of this calendar year in youth running in grades K-6.

Each of the schools has or will have a mileage-based running program in which kids run each day and keep track of their miles. They will initially be working toward running 26.2 miles over the first eight weeks of school. The last 1.2 miles will be completed in the hour before our PTC Classic on Oct. 16. All kids that finish will be provided a "Kid's Marathon Medal" and a special T-shirt. We hope to make this a very memorable event for them as they finish that run by crossing the Classic finish line to the cheers of several thousand people getting ready to begin their own running of this year's Classic.

The plan is to continue to support these, and other, youth running programs throughout the school year. With seven schools participating, we hope to see our Kids Fun Run in May grow to the largest we have ever had. And we also hope to see this program serve as a "feeder program" for the PTC Flash as well as eventually into Middle and High School programs.

But beyond Oct. 16, we hope to introduce many kids who never run to the benefits of regular running. In addition to the easily recognized health benefits, there are well-known links to both academic success and socialization development that we hope will serve these children for many years. Your board is working hard at making a lasting legacy in the community by planting seeds for the future of running programs in our Middle and High Schools as well as our own club.

To help make the youth program a success, we are asking for volunteers to help in some of the elementary schools for about 30 minutes each morning, from 7:10 until 7:40, for "before school" running programs. One of the schools already has more than 200 kids signed up but is in need of volunteer help. If you have some time early in the morning, you could make a big difference in the success of a school running program.

You should be proud of what *your* club is doing and, at the same time, recognize that none of this would be possible without the dollars raised at our PTC Classic. You can help that effort by encouraging friends, neighbors and work associates to register for and run in this year's Classic and the PTC Fitness Challenge. If each club member would encourage just two new people to sign up, we could double our youth running support next year. *Your* help is needed. Do it today.



First graders at Braelinn Elementary are excited about starting their running program. From left, Coach Jill Collins, Eline Deraad, Heather Handberry, Dylan Oden, and Principal Wenonah Bell.

## WELCOME NEW MEMBERS

Emily Borsare (Peachtree City)  
Leslie Chaplin-Swann (McDonough)  
William Jakola (Peachtree City)  
Graeme and Kath Jones (Peachtree City/Australia)  
Chuck Smith (Peachtree City)  
Aaron Walter (Peachtree City)  
Hal Wolfe (Peachtree City)

# Tie breaking putt-off highlights PTCRC golf tourney

This year's PTCRC Golf Tournament was the largest ever at 42 competitors — possibly an indication of the aging of the running club? It was also the most competitive, with all 11 teams finishing within five strokes of one another, and a FOUR-way tie for first place at 6 under par. The team of Steve Poth, Rene Flaherty, Mike Masters, and Jules Desgain finished first.

The exciting finish actually came down to the last hole, with more than a dozen potentially winning birdie putts missing the hole, which was surrounded by a loud and constantly growing gallery of vocal fans. But the stubborn 18th hole never gave up a single birdie all day long, and that fact sent the top four teams to the putting green for a “putt-off for the gold.”

Second place went to the team of Max Hughey, George Martin, Ron Kempton, and Joel Dunnington. Third place went to the powerful team of Bill Anderson, Chuck Garwood, Steve Matlaga, and Bill “the Ringer” Werling. And fourth place went to the party team of Lee Blair, Tim Thornton, Scott Binkley, and Paul Blaum.

Special thanks to Cynthia Maerz and Dave Olson for keeping the drinks flowing and the leaderboard constantly up to date!

## Teams in order of final standings:

**1st: Steve Poth, Rene Flaherty, Jules Desgain, Mike Masters 6 under**

**2nd: Max Hughey, George Martin, Ron Kempton, Joel Dunnington 6 under**

**3rd: Bill Anderson, Chuck Garwood, Steve Matlaga, Bill Werling 6 under**

**4th: Lee Blair, Tim Thornton, Scott Binkley, Paul Blaum 6 under**

**5th(tie): Bruce Brozoska, Lynn Fairley, Ed Finucan 5 under**

**5th(tie): Art Vlasnik, Bill McBride, Allen Travis, Margie Dam 5 under**



The smiling winners of the 3rd annual PTCRC golf tournament show off their trophies. From left Steve Poth, Rene Flaherty, Mike Masters, Jules Desgain.

**7th(tie): Bob Trombley, Tom Goetter, Dave Gulick, Kim Garwood 4 under**

**7th(tie): Bill Mathews, Marino Fuentes, Rhonda Fuentes, Liz Fuentes 4 under**

**9th: Scott Allen, Kevin Crofton, Tom Crofton, Carolyn Gulick 3 under**

**10th(tie): Mike Norman, David Smith, Joe Wassell, Rose Kempton 1 under**

**10th(tie): Brandon Spranger, Fred Port, Vic Crane 1 under**

## Local organizations host Fall races

The annual Tyrone Founder's Day 5K will be held Sept. 18 at 8 a.m. starting at Tyrone Elementary School. A 1-mile walk/run starts at 7:30. All proceeds benefit the school.

Fayetteville Intermediate School will host the third annual Cougar 5K Safari Run and 1-mile Walk on Sept. 25. All proceeds benefit the technology department. Participants will receive a Cougar 5K Safari T-Shirt.

The Southern Crescent Memory Walk/Run is Oct. 2 from the PTC Amphitheater. The PTC running club will again be a “team” and you can sign up at the Saturday morning Fun Runs or at the upcoming meeting. The SCMW has had 4 years of significant fundraising in PTC, and the club has been a leading partner each year. It's a worthwhile project, so please consider running the 5K, or making a donation through the PTC Running Club.



Bill Werling, a fixture at the annual Summer Track Series, directs a runner to the finish line. The popular running event was once again a success thanks to the hard work of Werling, organizer Ed Finucan, and the many PTCRC volunteers.

## CALLING ALL VOLUNTEERS!

The PTC Classic is Oct. 16. All club members should consider volunteering for this one annual major event. Contact volunteer coordinator Carolyn Gulick at 770-487-5934 or [Gulick4@aol.com](mailto:Gulick4@aol.com) to help out. If you would like to work somewhere specific, let her know.

We want to see all our club members on race day!

# Sun and fun at the Peachtree post-race party



Smiling for the camera:  
Mary Ann and Tom  
Crofton, left; Mark and  
Jane Hamilton, right.



Rylie Hamilton enjoys her  
first running club party.



Bill and Linda  
McBride



Marino and Liz Fuentes



Patrick and Jean  
Kearns



Above, Michael Crofton shows off his 1st Peachtree T-shirt.  
Below, Denise and Alasdair Best enjoy the party.



Joe Wassell and Dick Allis display a blanket presented to the Allises by the club for hosting the July 4th picnic as Jan Allis looks on admiringly.



# New members add youth, experience to running club

## Tracy Welch

Tracy is one of our youngest members at age 18. She is new to the club and has only been running for about a year. She is a graduate of Starr's Mill High School where she ran track and cross-country during the 2003-2004 season. She is also a member of the Atlanta Track and Southside Pioneers Track clubs.



Tracy has lived in Peachtree City for the past five years. Her family hails from Gulfport Mississippi. Tracy is starting her freshman year at Georgia Tech where she hopes to major in biomedical engineering.

Tracy comes from an academic family. Her brother William also attends Georgia Tech majoring in International Affairs and Industrial Engineering. Her dad is an electrical engineer at Georgia Power, and her mom, Janet, is an RN working as a clinical nurse specialist at a public health clinic in Griffin. Tracy also has a three-legged Shih-Tzu dog named Edward who was rescued by Janet after being hit by a car.

Tracy wants to know if anyone else has seen a man running in races barefoot and in jeans. She has seen him in a number of local races this summer and is trying to figure out why and how he is able to run on hot asphalt!

Tracy counts her first Peachtree Road Race as one of her most memorable, for a number of reasons. It was the first race where she felt she accomplished something in running and her first exposure to sweaty, smelly runners. Seems Tracy took Marta after the race and was mesmerized by the more than usual aromas in the train. (Tracy needs to join us next year on our cool, odor-free buses to Peachtree!) Over spring break, Tracy and Janet were visiting New York and ran in Central Park. They did a track workout on the Reservoir loop on a very cold morning. While they were running, some public school kids were taking a fitness test and complaining bitterly about it. However, they were very nice to Tracy and Janet, yelling encouragement every time they passed them.

Tracy's favorite race is the Huddleston Hustle because it was her first race. She happily recalls running with her mom and laughing about how serious they were even though they had little running experience. Up to that point, Tracy's longest run was 2 miles on a treadmill. She worked so hard in her first race that she treated herself to a pedicure on the way home and took a full month off.

Tracy has run a 6:41 mile, a 23:31 5K, and a 53:05 10K. She enjoys the challenge of lowering her PRs. Her first cross-country race was more than 34 minutes, which dropped to 26:00 by the end of the season. She was awarded the "Coaches Award" for cross-country. Tracy is now training with Sue Bozgoz, whom she credits with helping increase her endurance.

Tracy is also an "accomplished" trombone player when she becomes motivated and decides to practice. Tracy joined PTCRC

because of our 1,000-mile club. She sees that as a goal to motivate her and run with others who enjoy the sport as much as she does.

## Chuck Smith

Chuck is a new two-month resident of Peachtree City having moved here recently from Burlington, North Carolina. Chuck works for Universal Forest products, where he is the Director of Lumber Purchasing, Site Built, Eastern Division. What he actually does is source commodity lumber for 15 truss plants using about 130 truckloads of lumber per week.



Chuck is a graduate of Valdosta State University where he received a bachelor's degree in Business Management with a minor in marketing. He has been a member of the PTCRC for about three months but has been running for more than 15 years.

Chuck is 44 years old, married to Jaye, a stay-at-home mom, and has two children, 13-year-old Jordon and 11-year-old Caroline.

Chuck was recently visited by a gaggle of friends from North Carolina who joined our Sunday morning running group. (After a late night of partying! And they ran 10 miles together.) Seems Chuck likes to run with other North Carolinians. Last year, he and nine other friends ran in a blizzard in North Carolina with over 6 inches of snow on the ground. He said they had to run. The kids were all home from school, and the Dads had to get out of the house.

Chuck counts as qualifying for the Boston Marathon as his most satisfying running experience. He did it in 2001 by 4 seconds. At first, he thought he missed qualifying by 56 seconds, having run in 3:20:56. Thinking he needed to run under 3:20, he later found out that the qualifying time of 3:20 actually meant anything under 3:21.

Chuck loves the marathon distance and considers the Chicago Marathon his favorite race because it is a great city and a fast marathon course. Chuck has run a 5:35 mile, a 42:00 10K, a 1:35 half-marathon, and a 3:20 marathon.

Chuck also plays golf and likes to water ski. Chuck, like many of us, runs to relieve the stress from work and because he loves to be outside in all kinds of weather enjoying the camaraderie of being with other runners. Moreover, like all of us, he loves to eat!

# Graham, Fuller, Phillips, Vlastnik lead Grand Prix

PLACE	PARTICIPANT	POINTS	EVENTS	PLACE	PARTICIPANT	POINTS	EVENTS
<b>MEN AGE 49 AND BELOW</b>				<b>MEN AGE 50 AND ABOVE</b>			
1	RANDY GRAHAM	710	8	1	BILL FULLER	370	6
2	MIKE NORMAN	415	7	2	SAM DILLINGHAM	335	8
3	WES WILKINS	405	7	3	TOM CROFTON	330	7
4	MIKE WARREN	345	5	4	JULES DESGAIN	300	7
5	MARK HAMILTON	315	7	5	ROY ROBISON	275	6
6	SCOTT ALLEN	275	8	6	BOB TROMBLEY	260	6
7	STEVE HANCOCK	270	6	6	JOHN WATERHOUSE	260	5
8	RICH HORNING	230	3	8	NORMER ADAMS	255	7
9	TODD DAVISON	220	4	9	GEORGE MARTIN	245	6
10	MARK WARD	200	6	10	BILL JOHNSTON	215	7
10	VERN SCHMITZ	200	4	10	DAN AHERN	215	6
12	GARY KOLB	195	6	12	CHUCK GARWOOD	210	5
13	STEVE DORSEY	185	4	13	BEN GROSS	187.5	7
14	JOHN COBIS	95	2	14	MARINO FUENTES	185	5
15	GARY MEYER	90	2	15	DICK ALLIS	175	5
15	JEFF HANSEN	90	1	16	DAVE OLSON	170	5
17	MARK MASCARA	85	5	17	DAVE PIET	160	4
18	BILL JAKOLA	80	1	18	JIM CROWLEY	157.5	6
19	DAVE KETELSEN	70	1	19	JOE WASSELL	105	6
20	CURT JARRELO	65	1	20	LYNN FAIRLEY	100	6
21	PRINCE WHATLEY	50	2	21	TOM ROUND	90	4
21	GARY BROWN	50	1	22	DOUG DOUNTZ	85	2
21	HAL WOLFE	50	1	23	GRAHAM JONES	75	1
24	BILL ANDERSON	45	3	24	DAN TWINEHAM	70	2
24	JOHN MROSEK	45	2	25	BOB SMITH	40	1
26	JERRY SHOEMAKER	30	3	26	BOB DALTON	35	3
26	MARK PAULY	30	1	26	TERRY MURPHY	35	1
28	DAN FLAHERTY	10	2	28	BILL McBRIDE	30	4
28	CAL DALY	10	2	29	BILL WERLING	20	4
28	FRED PORT	10	2	29	DAVE GULICK	20	4
31	MIKE JONES	5	1	31	LOU BOONE	10	2
31	FRANK MOLLOY	5	1	31	RICK McLEAN	10	2
31	ROB KASPER	5	1	31	RON KEMPTON	10	2
31	RANDY STITT	5	1	34	PATRICK KEARNS	5	1
31	JIM LONG	5	1	34	ROGER DAM	5	1
31	JASON HENDRIX	5	1				
<b>WOMEN AGE 47 AND BELOW</b>				<b>WOMEN AGE 48 AND ABOVE</b>			
1	SHANNON PHILLIPS	575	8	1	TRISH VLASTNIK	620	7
2	MARGIE DAM	460	7	2	PATSY BICKFORD	390	7
3	RENE FLAHERTY	410	8	3	CATHY OLSON	300	4
4	ROSE KEMPTON	360	8	4	TERI BESCH	295	7
5	BETH WIGGINS	260	4	5	JAN BANKIERIS	230	4
6	BONNIE HANCOCK	230	7	6	ANN HENDERSON	205	4
7	ANN SHOEMAKER	200	4	7	CAROLINE GULICK	175	6
8	KIM GARWOOD	175	4	8	SHELIA WALLISER	145	4
9	ANN BLAUM	165	3	9	ALICE TODD	130	2
10	JANE HAMILTON	145	6	10	MARYANN CROFTON	75	2
10	KAREN COCKER	145	2	11	MARTHA BOONE	70	2
12	JENNIFER COOK	130	2	11	JANE WELCH	70	1
13	MICHELLE BINKLEY	95	2	13	JAN DILLINGHAM	5	1
13	MARGIE SWART	95	1				
15	ERICA HUGHEY	80	1				
16	KIM BROWN	70	1				
17	CHRISTY GONDOLA	60	1				
17	AMY STITT	60	1				
19	TRACEY WELCH	50	1				
20	LISA MATHEWS	40	1				
21	KATH JONES	10	1				
22	SALLY MEYER	5	1				
22	ANN PORT	5	1				

# Summer grand prix results

## ADVENTURE RUN, June 19th

### Age Group Winners

#### Masters Men

1st Tom Crofton, 2nd John Waterhouse, 3rd (tie) Ben Gross, Dick Allis, Sam Dillingham

#### Masters Women

1st Caroline Gulick, 2nd Patsy Bickford, 3rd Cathy Olson

#### Open Men

1st Randy Graham, 2nd Mark Ward, 3rd Mike Warren

#### Open Women

1st Karen Cocker, 2nd Margie Dam, 3rd Shannon Phillips

## COLLEGE BOWL 10K, July 17th

### Age Group Winners

#### Masters Men

1st Chuck Garwood, 2nd Bill Fuller, 3rd Dave Piet

#### Masters Women

1st Trish Vlastnik, 2nd Jan Bankieris, 3rd Alice Todd

#### Open Men

1st Mike Warren, 2nd Todd Davison, 3rd Mike Norman

#### Open women

1st Beth Wiggins, 2nd Margie Dam, 3rd Rene Flaherty

## PARTNER RUN, August 14th

### Team Winners

1st Roy Robison, Wes Wilkins, 19-second difference

2nd Randy Graham, Ben Gross, 55-second difference

3rd Graham Jones, George Martin, 1 minute 7 second difference

### Age-Group Winners

#### Men's Masters

1st Roy Robison, 2nd Ben Gross, 3rd (tie) George Martin, Graham Jones

#### Women's Masters

1st Ann Henderson, 2nd Trish Vlastnik

#### Men's Open

1st Wes Wilkins, 2nd Randy Graham, 3rd Bill Jakola

#### Women's Open

1st Shannon Phillips, 2nd Rose Kempton, 3rd Erica Hughey

For complete Grand Prix results, check the Peachtree City Running Club Web site at [www.ptcrcactivities.com](http://www.ptcrcactivities.com).

## PTCRC around the community



Top left, club president George Martin presents a \$1,000 check to PTC Mayor Steve Brown and Police Chief James Murray in appreciation for the police department's untiring work and cooperation at the annual Classic. Above, Classic sponsor and PTCRC member Dr. Michael Mahaffey represents the club in presenting a check to Crabapple Elementary running coach Laura Thompson and Principal Doe Evans to support their running program. Left, PTC Flash President Bob Steiger presents George Martin with a plaque to thank the club for its help at the USATF regional track meet and its financial contribution for track equipment.

## VOLUNTEERING AT THE PTC TRIATHLON



# Sponsor Spotlight



## Mahaffey Orthodontics

**Owner:** Michael J. Mahaffey, DMD, MS

**Location:** 8 Eastbrook Bend, Suite B, PTC, facing Highway 54

**Type of business:** Specialist in Orthodontics for children and adults

**Years in business:** 12 years in practice, 2 years in PTC

**Number of years as sponsor:** My second year

**General comments:** We are a full service orthodontic practice, treating all ages. We are certified in Invisalign treatment, and we offer a complimentary initial examination. Please call 770-487-6439 to schedule an appointment.



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

## UPCOMING EVENTS:

SEPT 11 GRAND PRIX (BRING A FRIEND) SEPT 13 CLUB MEETING SEPT 18-19 LONG DISTANCE RELAY OCT 4 CLUB MEETING OCT 10 CHICAGO MARATHON OCT 16 PTC CLASSIC OCT 23 GRAND PRIX (CLASSIC RUN)