

WINGFOOT

AUGUST/SEPTEMBER 2018

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OPRAH-STYLE**

**HERE COMES THE
50TH
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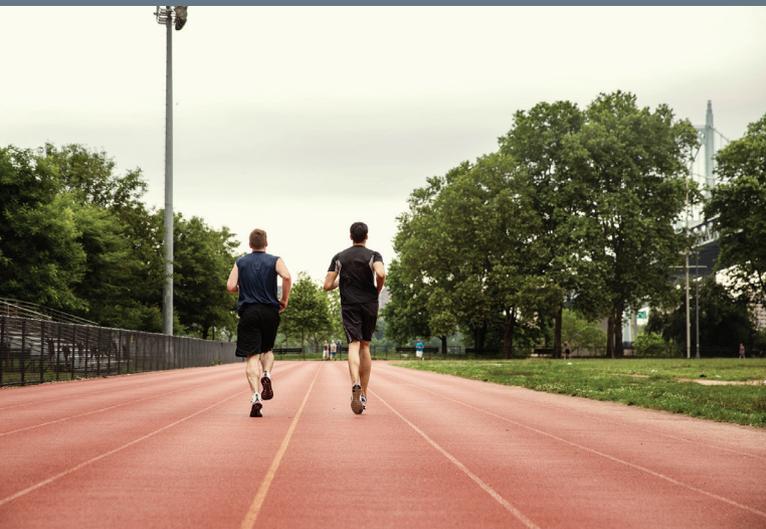
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On the Cover: 31-year-old Michael Gabriel of Atlanta knows how to celebrate – and how to run, finishing in 47:14. Photo: Paul Ward

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A Word from the Director

For all of us here at Atlanta Track Club, the weeks surrounding the AJC Peachtree Road Race tend to be a bit of a blur. Long days and short nights are the norm as we put the final organizational pieces into place ahead of July 4 and then again as we unload trucks, return emails, delve into after-action summaries and, ahem, search for and disqualify cheaters from the official results. There is a fatigue factor, but we are buoyed by the energy, excitement and inspiration we get from the participants of Atlanta's Fourth of July tradition.

As I reflect on this year's race, I will remember the privilege of saying "Thank you for your service" to more than 3,000 active duty and military veterans – who sported a special red, white and blue bib number – as they finished. I will recall my chat about our respective commitments to aerobic fitness with Mayor Keisha Lance Bottoms and rap artist Jeezy on the start stage, and my excitement to see Bernard Lagat, at 43 years young, outfox and outrun top American stars a decade younger on the way to winning the USA 10 km Championship title. My most poignant memory, however, will be a conversation I had with a participant who never made it to the finish line.

A few days after the race, I spoke with a 62-year-old woman from Stone Mountain. My expectation, as I checked on her by phone, was that we would talk about her recovery from the heat-related ailment that required an ambulance ride to a local hospital. What followed, though, was an energizing conversation with a first-time Peachtree participant who reminded me why the Club's mission is so relevant to the community. A lifelong resident of the Atlanta area, she detailed her meticulous preparation for the race and crushing disappointment at having to be pulled off the course just short of the 5-mile mark in her first try at the Peachtree. But she then raved about the life-changing journey she began more than a year ago when she decided "to give the Peachtree" a go. Her weight loss and newfound aerobic capacity have given her a new lease on life and allowed her to, among other things, walk through an airport terminal without having to sit down every few minutes to catch her breath.

Our conversation ended like this:

Me: I hope that you'll consider coming back and taking another shot at the Peachtree next year.

Runner: You know it. Before you called me today, I signed up as a member of Atlanta Track Club to make sure I don't miss a chance to get my first finisher's shirt in the 50th year of the race. This event has changed my life.

Yes, we ARE Running City USA.

Rich Kenah

Executive Director

We asked our staff: What does Running City USA mean to you?



Paula (left), Katie and Shana

Paula Beebe

Manager, Registration & Timing

"Running City USA is a celebration of tradition with friends and family. Whether it's an annual race with 50 years of history or an inaugural event run in a new part of town, there are opportunities year-round to celebrate and create traditions."

Katie Hartigan

Intern

"To me, Running City USA is about the strong sense of community among runners and walkers in Atlanta. It's amazing to see thousands of people of all different speeds come together to make Atlanta an even-more-active city."

Shana Smith

Manager, Registration & Customer Relations

"Running City USA is about keeping Atlanta moving. A great man once said: "If you can't fly, run. If you can't run, walk. If you can't walk, crawl, but by all means, keep moving." That great man was Atlanta great MLK Jr."

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Photos: Paul Ward, Dan McCauley

UPCOMING EVENTS

18 AUGUST SATURDAY



ATLANTA'S FINEST 5K, ONE MILE & 50M DASH
7:30 a.m., Pemberton Place, Atlanta

- Serves as this year's USA Track & Field Masters 5 km Championships
- Check out squad cars, motorcycles and the Mobile Command Unit post-race
- Part of the Grand Prix Series presented by Piedmont Healthcare
- Proceeds benefit Crime Stoppers Atlanta

15 SEPTEMBER SATURDAY



MERCEDES-BENZ STADIUM 5K/WALK LIKE MADD, ONE MILE & 50M DASH

7:30 a.m., Mercedes-Benz Stadium, Atlanta

- Have the unique opportunity to finish on the home field of Atlanta United FC and the Atlanta Falcons.
- Registration includes a Mizuno performance shirt and commemorative medal
- Enjoy a post-race celebration on the field with photo ops, games and more

22 SEPTEMBER SATURDAY



WINGFOOT XC CLASSIC

7:45 a.m., High school races

5:30 p.m., Middle school races

7:00 p.m., Community 5K

- Entire day of cross country-style racing with high school, middle school and community races
- One Mile, 3K and 5K races under the lights on grass, dirt and gravel
- Free barbeque, bluegrass music and more
- Free for Atlanta Track Club members; only \$10 for nonmembers
- Part of the Grand Prix Series presented by Piedmont Healthcare

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- Formalwear**
- Personal Effects**
- Seasonal Gear** (e.g., skis, golf clubs, bikes, kayaks)
- Excess Furniture**
- Tailgating materials**
- Bedding**

Get Social

This month:

We bring you four of our favorite Instagram posts from the AJC Peachtree Road Race. (Don't miss the notable photobomb by Bernard Lagat!)



jenlvs2rundisney • Follow
 jenlvs2rundisney My dad's 39th Peachtree, my 5th Peachtree and Brendan's 1st Peachtree! @atlantatrackclub #run #runner #running #instarun #instarunner #instarunning #ilovetorun #runatl #atlantatrackclub #atlantatrackclubmember #ajcpr #peachtreeroadrace #2018in2018 #sparklysoulheadbands #inknburn #inknburn_france #inknburnalummi
 inknburn Amazing!!!!!! Great work! Happy 4th! ❤️❤️❤️❤️❤️us
 atlantatrackclub Congratulations to your family and hope to see you at many more races in #RunningCityUSA!



novacirqe • Follow
 Lenox Square Mall
 novacirqe So happy I got to see my brave, athletic family while performing at the #peachtreeroadrace for #lenoxsquaremall!
 #stlts #stiltwalking #stiltwalker #patriotic #patriotism #usa #redwhiteandblue #starsandstripes #ladyliberty #statueofliberty #unclesam #family #lenox
 huff_power So you're going to run it with me next year?
 novacirqe @huff_power psshh never

83 likes
 5 DAYS AGO



katingo_z • Follow
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 katingo_z #runningcityusa Atlanta Running City!! Peachtree Road Race Expo! #peachtreeroadrace #ajcpeachtreeroadrace2018



cderrickrun • Follow
 Atlanta, Georgia
 cderrickrun Had so much fun at Peachtree last year I had to return with some friends. 🍌🍌🍌 @talbotcox
 #ajcpr #NikeRunning #BowermanTC #RunningCityUSA @atlantatrackclub
 hmartin2R im still getting hilton honors
 776 likes
 JULY 3

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A LOOK BACK AT 49th PEACHTREE **ATLANTA COMES FORTH ON THE FOURTH** FROM USA 10 km CHAMPS TO JEEZY, WE WERE A CITY OF WINNERS

By Barbara Huebner and Marcus Budline

For the 49th consecutive year, Atlanta began its Fourth of July on Peachtree Street as 60,000 runners and walkers representing 49 states and 21 countries converged on a humid summer day for the AJC Peachtree Road Race. As Atlanta once again came together for its annual parade of patriotism and civic pride, champions were crowned both literally – the race played host to the USA 10 km Championships for the second consecutive year – and figuratively, as every runner who crossed the finish line behind them won the right to wear the coveted finisher's T-shirt.

If you ran or walked, congratulations! If you volunteered, thank you. If you were among the police, fire, sanitation and other city workers who helped make the event possible, we appreciate it. And if you were a spectator, cheers to you for coming out.

A recap of the day:

A Pair of Popular Veterans Win U.S. Titles

With the Peachtree again hosting the USA 10km Championships, Bernard Lagat (Tucson, AZ) and Stephanie Bruce (Flagstaff, AZ), were crowned national champions for being first across the line in



Photos: PhotoRun; Paul Ward; Jacob Getz; MarathonFoto



the men's and women's open races. For their victories, each was awarded \$10,000 and will have their names etched into the Peachtree Cup.

When Stephanie Bruce crossed the finish line, she shot her right fist into the air before falling to her knees in relief and gratitude, still wrapped in the first finish-line tape she had broken in 10 years of chasing a national title. She would soon be fighting back tears as she posed for photographers, proudly shouldering the American flag.

By the 5K mark of the race, Aliphine Tuliamuk, the 2017 AJC Peachtree Road Race champion and one of Bruce's training

partners, appeared ready to take control of the race. Bruce bided her time about 20 meters back with fellow veteran Sara Hall. After climbing Cardiac Hill, Tuliamuk was still pushing the pace, but the defending champion was also looking over her shoulder. She would gain a little on the downhills, but lose ground going up. Bruce and Hall ran side by side for a while, but as they neared Mile 5 Bruce began to close the gap on her own. She caught Tuliamuk at the 10th Street turn and, fending off one more challenge from her rival, took off for good, finishing in 32:21 – a remarkable personal best of 34 seconds. Tuliamuk was seven seconds behind.

Continues on Page 10



“It was a long time coming,” said the 34-year-old who took a break from competition for almost 2 ½ years to have her two sons, now 2 and 4. “If you just keep believing in yourself, one day it will come true. This might be the highlight of my career so far.”

Lagat, a 14-time U.S. champion on the track, is no stranger to hoisting the American flag in victory, but his Peachtree win was historic nonetheless: Not only had the 43-year-old just won his first 10K and his first U.S. title on the roads, but he also became the oldest man ever to win a USA 10 km Championships and the oldest Peachtree winner in its 49-year history.

At the halfway point of the race, a pack of runners held the lead with Lagat in the back, letting himself get towed until around the 5-mile mark, when he moved up to join them.

Just past five miles, Tyler Pennel made a strong move and strung out the pack. Coming around the turn off Peachtree Street onto 10th Street, with about 1,000 meters to go, it was Pennel, Haron Lagat, Bernard Lagat and Lopez Lomong. Pennel soon fell back, with Haron Lagat briefly assuming the lead until Lomong surged, followed by the two-time Olympic medalist at 1500 meters.

“Once we came onto 10th, I knew I was going to be third today,” said Bernard Lagat. “From fifth [last year] to third, I’m happy. Then we dropped Tyler and suddenly it was Lopez and myself. I think that gave me some motivation. I said, ‘let me stay with Lopez as long as I can.’”

But Lomong, who recently won the 10,000 meters at the USATF Outdoor Nationals, may have moved too soon. As Lomong faded, Lagat bore down to take control, fierce to the finish and sinking to the ground in exhaustion. His winning time of 28:45 was just three seconds off the master’s course record he set last year and four seconds in front of Haron Lagat, who battled back to second in the closing meters.

“This means so much because it’s on July 4,” Lagat said, calling his victory unbelievable and the Peachtree “so special. There are so many guys who have won and I always wanted to be like them.”

A New Peachtree Legend is Born; Another is Upset By a Rising Star

In the Shepherd Center Wheelchair Division, race favorite Daniel Romanchuk, 19, missed the course record by just two seconds with his 18:40 victory, while Susannah Scaroni denied Tatyana McFadden her eighth Peachtree win, crossing the line in 22:50. McFadden was just four seconds back. The 27-year-old Scaroni was competing here for the 16th time, going back to her childhood, but it was the two-time Paralympian’s first win.

Scaroni later posted on Instagram: “As a 10-year-old, coming to #PeachtreeRoadRace and seeing adult wheelchair racers meant so much for my future and ability to make dreams. I’m beyond grateful for the privilege I now have to give that back to the next generation.”

“She’s a great athlete, a great person to train with,” McFadden



told the Atlanta Journal Constitution, speaking of Scaroni. “We were both working on our strengths and weaknesses today. She had a great race and a great year.”

Scaroni also defeated McFadden at the NYRR New York Mini 10K in June.

“I was really happy with my time,” said Romanchuk, who had already broken world records at 800 meters and 5000 meters on the track this year, along with finishing third at both the Boston Marathon and Virgin Money London Marathon. “This is a race that all athletes ... hear about from a young age,” he told the AJC. “It’s something everyone dreams of winning. It means a lot.”

Mayor, Jeezy Party with a Purpose

For Mayor Keisha Lance Bottoms and rap star Jeezy, the day was all about, in the mayor’s own words, “partying with a purpose.” The pair ran with the goal of raising \$1 million for Jeezy’s Street Dreamz Foundation, the Mayor’s Youth Scholarship Program and Atlanta Track Club’s Kilometer Kids program.

For Bottoms, who said she first ran the Peachtree after she was inspired by the 1996 Olympics, it was about the 20th time she lined up on July 4, but her first as the city’s leader.

“As I was running I was just thinking about what a blessing it is,” said Bottoms. “It really is incredible. I never thought that I would run in this capacity and so it really is an honor, and it’s just great to see 60,000 people coming out to celebrate Independence Day in Atlanta.”

Continues on Page 15



A LOOK BACK AT THE 49th PEACHTREE HERE'S HOW THEY FARED

By Jay Holder, Marcus Budline and Natalie Demarko

With 60,000 people in the AJC Peachtree Road Race, there are at least 60,000 stories. In Peachtree Magazine, we brought you a handful of them. Wonder how those runners did on race day? Here you go:

Emily Giffin (1:02:58)



As promised, the #1 New York Times bestselling author ran the entire race with her 11-year-old daughter, Harriett. Giffin's sons Edward and George, who run for Atlanta Track Club's competitive Youth Team, finished in 37:59 and 38:42, respectively, placing second and third in their 10-14 age group. Her husband, Buddy, ran the race in 47:16 and was

in the top 5 percent of his age group. Within days of the race, Giffin was back on the road again, this time to promote her new book, "All We Ever Wanted."

Sara Hall (32:41)



Hall arrived in Atlanta from Queensland, Australia, on July 2. Three days earlier she had won the ASICS Gold Coast Half Marathon in a new personal best of 1:09:27. But if she was running the Peachtree on tired legs, she hid it well. Hall hung with the leaders nearly the entire race, finishing third in 32:41. Asked afterward if she was feeling a little

tired, Hall admitted that even "Super Runners" need a break sometimes. By the evening of July 4, she was back home in Flagstaff, celebrating the holiday with her four daughters.

Brandon Clift and Sherry Adams (41:18)



Competing for the first time together, Clift and Adams won the push assist division and created a memory that will last a lifetime. "It was an awesome and unique experience unlike any other race I've ever done," said Clift. "She was smiling from ear to ear when she came across the finish line," said Adams' mom, Becky Morley. The

lead exercise specialist in the therapy program at the Shepherd Center, Clift now has more patients interested in having him push them. He's eager to get more involved, he said, but "we'll always push together, me and Sherry."

Calvin Thorbourne (1:06:54)



The 2018 AJC Peachtree Road Race was far from Thorbourne's first Peachtree – more like his 15th or 16th – but he says it may have been his most memorable. This year he ran for the first time with his sister and his 13-year-old nephew. "It was so fun to experience it through their eyes," said Thorbourne, who started running after recovering from a leg injury he suffered in the 1996

Centennial Olympic Park bombing. "It's been a long time since I've run under one hour," he said. "But sometimes you run for time; sometimes you just run for fun."

Photos: Paul Ward, PhotoRun, MarathonFoto

Mary Withington (1:38:35)



The day before the race, Mary Withington finally met the photographer whose photo has helped keep her late brother's memory alive for decades. Tim Withington is the runner in the forefront of the famous "Battle of Atlanta" photo taken by Chuck Rogers, which celebrated its 40th anniversary in 2018. Ten years after completing

the 1978 AJC Peachtree Road Race and appearing in that iconic photo, Withington passed away tragically. The photo, which appeared on billboards, magazine covers and in movies, changed the life of the young man, who had struggled with severe learning disabilities. "It was very important to him for his self-esteem," Withington said. She followed in Tim's footsteps on July 4, finishing the race alongside her brother, Jonathan. She said they walked and talked the whole last two miles.

Commander Matt Harden (41:49)



Cmdr. Harden had only two weeks back in Georgia as part of his R&R from the Naval Reserves in Afghanistan. But he had two major goals: One, spend as much time with his wife, Andreea, and their four daughters as possible and two, cross the AJC Peachtree Road Race off his bucket list.

The latter meant taking a brief break from the former, but seeing his daughters holding up signs and hearing their cheers at the finish line made it worthwhile.

That moment, plus a week at the beach with his family, made for a leave that maximized everything he wanted. "We looked around and everything felt like it was special," Andreea explained. "We treasured it."

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See our video and learn more at runningcityusa.org



A LOOK BACK AT THE 49th PEACHTREE

PEACHTREE DEVOTEE CHANNELS HER INNER OPRAH

By Marcus Budline

Over her 35 years on television and in an ongoing career as a philanthropist, Oprah Winfrey has influenced an incredible list of people, organizations and institutions. And thanks to Carol Broussard, Oprah can add the AJC Peachtree Road Race to that list.

More than a dozen years ago, Broussard was watching “The Oprah Winfrey Show” as the magnate would give away cars, jackets, books and more as part of her “My Favorite Things” series. Inspired, she had an epiphany: “I just thought, ‘I could do that!’” she said.

It didn’t take long for Broussard to choose her “favorite thing:” The AJC Peachtree Road Race. Having run the race for five years, Broussard had fallen head over heels for the Peachtree. To her, it not only marked progress on her own journey toward a healthier lifestyle, but also symbolized her optimistic, positive outlook on life and her city.

“I love the Peachtree,” she said. “I love that there are so many different nationalities, so many different ages, so many shapes and sizes. It’s just so much love and everybody is so friendly. To me, it’s symbolic of life: We may be at a different pace, but we’re all going the same direction, headed to the same destination: that finish line.”

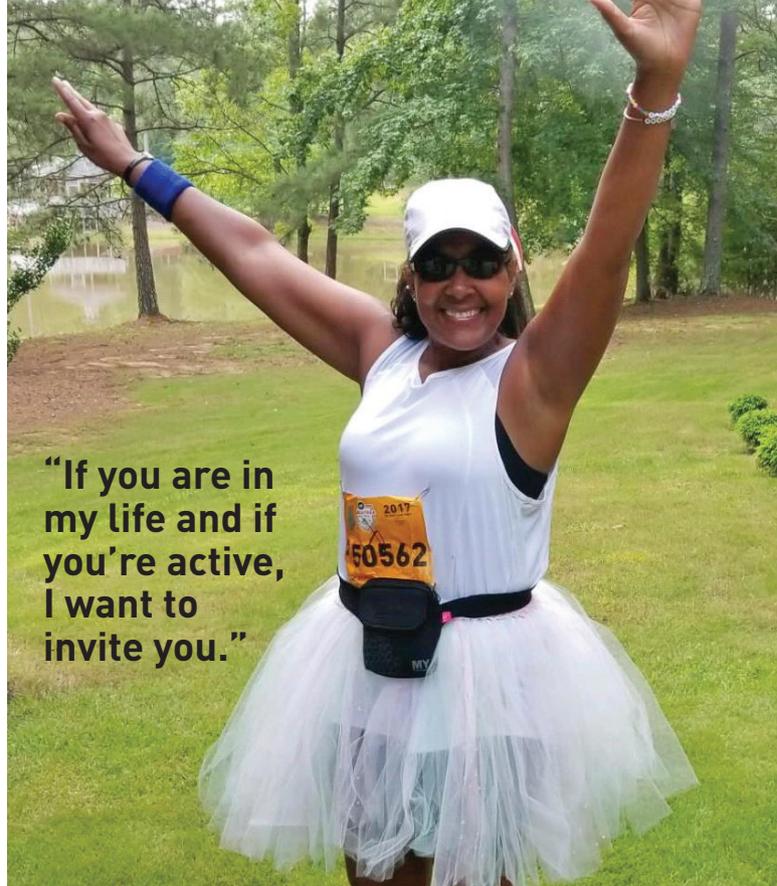
More than a dozen years later, Broussard has a collection of “newbies” she’s introduced to the Peachtree. Typically, the teacher’s choices come from her church, her family or from her school community, including a year where she recruited the principal.

But Broussard also makes sure to select people she thinks will be able to fully enjoy the race: Folks who have started their own journeys to fitness and won’t struggle through the July 4 heat.

A dotting sponsor, she invites her newbies, pays for their registration, ensures they have their MARTA card, walks them through the participant instructions and checks in with them after the race. Her ultimate goal isn’t to have them run just once, but to spread that same love and obsession with the Peachtree.

This year, Broussard’s newbies were Ivory Butler, the 42-year-old husband of her goddaughter, who recently moved to Georgia from Utah, and Nia Payne. Payne, who declined Broussard’s offer to pay for the race, is a fellow teacher at Renaissance Middle School.

“By the time I got to Mile 3 I had already made the decision I was going to do it again,” said Butler, who had never heard



“If you are in my life and if you’re active, I want to invite you.”



Broussard with two young friends, Samantha and Simeon, she met through her Love Center Atlanta community and recruited to run the Peachtree.

of the Peachtree before this year. “And then coming across the finish line and seeing all the people cheering, that was definitely something special.”

“I got the best text message sent after the race,” Broussard said. “He wrote ‘I loved it, Mrs. Broussard. I’m looking forward to celebrating the 50th next year.’”

Even beyond the runners for whom she pays, Broussard has gotten most of her Love Center Atlanta church committed to the gospel of Peachtree – a massive group runs every year. Her husband, Byron, is the pastor, and sometimes mentions the Peachtree in his pre-race sermons.

Broussard summed up her guiding philosophy this way: “If you’re in my life, you know about the Peachtree Road Race. If you are in my life and if you’re active, I want to invite you.”



THANK YOU

Atlanta Track Club would like to thank all of the people and organizations that made the 2018 AJC Peachtree Road Race possible.



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A special thank you to the 150 crew chiefs and more than 3,500 volunteers. Without your support, this Independence Day tradition would not be possible.

SUPPORTERS OF THE AJC PEACHTREE ROAD RACE

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The many organizations, businesses,
churches and residents of Buckhead and
Midtown

Continued from Page 10

“Each year my plan is to break an hour but somehow I get further and further away,” said the mayor, who finished in 1:15:58. “I’m just grateful that I finished. It’s always wonderful when you get to Cardiac Hill and when you see the patients at the Shepherd Center it’s incredibly inspiring. It’s just great that they’ve taken the time to come out and cheer us on.”

For Jeezy, it was his first 10K.

“Running alongside Mayor Keisha Lance Bottoms was definitely fun and we were running for a great cause,” he told 11Alive. “I’m just happy I can run. Just seeing people’s family out there supporting them and people’s loved ones with the signs, even the kids ... I think I even saw a dog with a sign. It was entertaining. It was all in the name of the city, all in the name of love, all in the name of fun. I finished, so all those people out there who were betting against me, you need to donate.”

Parks, Ngarambe are Top Georgians

Jason Parks, 30, of Decatur, placed 35th overall in 31:50 to finish as the Top Georgian male, while Atlanta Track Club Elite racer Yolanda Ngarambe, 26, was the first non-elite woman to cross the line, in 34:54, to earn the title of Top Georgian female. Each took home \$1,000 for the honor.

T-Shirt Winner Learns of Victory at Finish Line

Michael Martinez’s entry in the T-shirt design contest, “A Stroll Down Peachtree” was revealed as the voters’ choice as the first finishers crossed the line.

For the first time since 2015, the winner was also a participant in the race. Martinez said he received several texts in the early miles that his design had prevailed, but that he didn’t believe it until he saw some faster finishers walking back along the course wearing the shirt. “There was a lot of spring in my step” after that, he said.

“Last year’s winner, [Kevin Benton], was my inspiration,” Martinez said. “I had his design on my wall, where I would see it every day and would say ‘I’m going to win this year.’” Martinez’s design received the most votes of the five final designs in the annual competition. “I wanted to capture everything about the race.”

Cheryl Totty’s “Stars and Stripes” placed second.

Looking Forward to 50

The earlier start this year – by 30 minutes – didn’t stop thick crowds from lining the streets to cheer on the runners. “This really is Running City USA,” champion Stephanie Bruce, declared from the stage in Piedmont Park after the race. She was referring to Atlanta’s declaration as the best city for running and walking in the United States. Atlanta’s newly staked claim will be on display as the celebration of the 49th race rolls right into that of the 50th AJC Peachtree Road Race, a celebration that was underway even as the last finishers cooled off in Piedmont Park.

“We are already hard at work planning for next year,” said Rich Kenah, race director of the AJC Peachtree Road Race and executive director of Atlanta Track Club. “We expect it to be a historic party.”





LOOKING AHEAD TO



**“WHAT MAKES THE PEACHTREE SPECIAL IS:
IT’S ATLANTA”**

This is the first of 50 stories spanning 50 weeks that will celebrate the 50th running of the AJC Peachtree Road Race. The stories will be published every Thursday through July 4, 2019 at Peachtree50.com.

By Barbara Huebner

Clyde Partin Jr. was just 14 years old, and can't remember why he and his father stopped by the cinder track at Emory University that day in June 1970. It probably wasn't for anything important. But he does remember that when they arrived, he and Clyde Sr. were approached by Tim Singleton, who invited them to "a little race down Peachtree" on July 4.

As the AJC Peachtree Road Race kicks off a yearlong celebration of its 50th running on July 4, 2019, Partin – who along with his father is one of the "Original 110" finishers – is already looking forward to "the great moment."

He is not alone: the AJC Peachtree Road Race – despite being run in the heat and humidity of summer in the South on a course whose most-famous feature is the ominously nicknamed Cardiac Hill – has grown to 60,000 participants, making it the largest road race in the United States and the largest 10K in the world.

"Even if people should've found something better to do with their Fourth of July mornings, they don't seem to do it," said Steve Hummer, who began writing for the Atlanta Journal Constitution in 1989. "It has become essential to observing the Fourth of July in Atlanta."

As the milestone approaches, it's a good time to pause and ask: What is it about "the Peachtree" that prompted then-Mayor Shirley Jackson to once call it the one thing Atlanta wouldn't be the same without?

The race's success involved good timing: It was born on the cusp of the 1970's running boom, fueled by Frank Shorter's 1972 Olympic gold medal in the marathon. It involved a little savvy: the AJC came on as sponsor in 1976, providing publicity and promotion at exactly the moment needed for the race to take root. And it involved a little luck: Winning the first race was Jeff Galloway, a man who would later help bring in friends like Shorter, Bill Rodgers, Don Kardong and four-time Olympic gold medalist Lasse Viren to compete.

But it's likely that the Peachtree became what it is today through something less tangible: The race and the city are, at heart, one and the same.



Mayor Keisha Lance Bottoms at 2018 Peachtree.



Former Mayor Shirley Franklin.



Julia Emmons

Said Mayor Keisha Lance Bottoms after finishing this year's race: "What makes the Peachtree special is, it's Atlanta."

"It's the people," agreed Galloway, who after winning the inaugural Peachtree went on to become a 1972 Olympian and author. "Atlanta has a long tradition of people wanting to work together for the common good and people wanting to come together with energy to make something good happen."

"People want to work," said Galloway, who has lived in Atlanta since he was 13. "They want to help you."

The degree to which that's true surprised even Rich Kenah when he moved to Atlanta from the Northeast to become executive director of Atlanta Track Club and race director of the Peachtree in 2014. No stranger to the fraught negotiations it sometimes takes with city officials to produce an event, Kenah found that negotiations on the Peachtree were so much smoother they could hardly be called negotiations.

"The Atlanta chief of police and his department, the city, (then-)Mayor Reed, the CEO of MARTA ... without exception they all asked me what they could do to help continue the tradition of the race," he recalled. "It struck me that they were communicating to me a genuine understanding that this event is our collective responsibility."

The 2014 Peachtree was Kenah's first, and he said it wasn't until he stood watching the last person come across the finish line "that I began to understand what the event is and what it means for the city."

A lot of that meaning can be traced back to Julia Emmons, who led Atlanta Track Club and the Peachtree for 22 years, from 1985 to 2006. From the first day of her tenure, Emmons decided her job was to pay attention to serving the community. She delegated total responsibility for the field of elite athletes – which routinely featured many of the best from across the globe – and focused entirely on the pack.

Or, rather, on a pair of representative runners she thought of as Dorothy and Frank.

"You can't imagine 25,000 people, but you can imagine two people times

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12,000,” she said. “If we change the water stops, how does that affect Dorothy and Frank? This is very real. Running Peachtree to them is a big deal.”

Former mayor Shirley Franklin wasn't the prototype for Dorothy, but she might have been. “When I ran the race, I was just glad I could get from beginning to end,” she said. “I think there are a healthy percentage of people out there just like me.”

In her first year at the helm, Emmons was asked afterward if she realized there had been crying children in the race. She ran every year thereafter, tending on foot to her flock.

“I care about each and every person in the race,” she said. “And if the children were crying, I wanted to know why.” Her findings helped lead to establishment of Peachtree Junior, a separate event for younger children.

But when changes were needed, she realized, they needed to come in on little cat feet rather than those of a Tyrannosaurus Rex. She likened the Peachtree to a favorite summer lake: You don't want it to look different on the surface, but for it to remain healthy and not grow stagnant it needs to be continually refreshing itself underwater.

It has to feel the same, she explained, even as it changes.

Although there have been tweaks to the start and finish, the run down Peachtree Street – the artery supplying lifeblood to both the city and the race – endures. Sam Massell, who was mayor of Atlanta when the race was founded in 1970 and served as the official starter in 1973, lives on Peachtree, so the runners go right by his house. He said he's out there almost every year to cheer them on.

Now president of the Buckhead Coalition, Massell is in the perfect position to hear gripes about closing the key street to

traffic. Except, there aren't any.

“Here you have something that gigantic, the largest race known to man, and we don't get any complaints,” he mused.

If the Peachtree reflects the city in its friendliness, energy and “can-do” attitude, it does so even more with its spirit of inclusion. It may be won by an Olympic medalist or world champion, and often is, but the real race does not belong to the swift.

For one morning, cracked the AJC's Hummer, “a community made up of transients come together as Atlantans for a few hours to sweat.”

Franklin, the former mayor, took a more serious view. “It's on our main street and very few things happen on that street that are as joyous or inclusive,” she said. “Nobody worries about who you are or where you came from or how you got there.”

Or, as the two-word slogan on the current mayor's 2018 race T-shirt proclaimed: One Atlanta. “Running down Peachtree and to have the world's largest 10K, 60,000 people out here ... nothing says Atlanta more. And then to have the diversity, I would be surprised if you find that anywhere else in America.”

The city has gone through several periods of rebirth in its history, perhaps most recently as host city of the 1996 Olympics – around the time, said Kenah, he believes the Peachtree found its place.

“We know what the event is now much as Atlanta knows what it is as a city – a warm and in many ways welcoming place that has a small, hometown feel to it despite its size. At Peachtree, with 60,000 people, you know the name of the person who's in charge of your wave,” he said. “It's a place where, if for no other time, from 7 a.m. until 10:50 a.m. we're all part of one race.”

MARKING THE MILESTONE

On July 19 – exactly 50 weeks out from the iconic event – Atlanta Track Club announced plans for its celebration and countdown to the 50th running of the AJC Peachtree Road Race.

“The Peachtree draws participants from around the world but has been and will continue to be an Independence Day tradition that is largely driven by Atlanta area runners and walkers,” said Rich Kenah, executive director of Atlanta Track Club and race director of the AJC Peachtree Road Race. “In its 50th year, we are committed to making this a true nationwide celebration with people from across the country gathering right here in Running City USA.”

Three major initiatives will mark the milestone:

- A registered lottery entrant or Atlanta Track Club member participant from every state will be awarded a complimentary roundtrip airfare to Atlanta on Delta Air Lines, the official airline partner of the AJC Peachtree Road Race. These 50 visitors will be provided with a personalized 10K training plan designed specifically for the Peachtree and treated to a “50 at

the 50th VIP Atlanta and AJC Peachtree Road Race experience that includes an exclusive pre- and post-race party.

- The Blue Cross and Blue Shield of Georgia Peachtree Junior will move to July 3 in 2019. Kids 14 and under will run on 10th Street before entering the meadow at Piedmont Park, which will allow the next generation of runners to cross the same finish line as the 60,000 people on July 4. Registration for the Blue Cross and Blue Shield of Georgia Peachtree Junior will open in early 2019.
- Finally, Atlanta Track Club will publish a series of 50 stories spanning 50 weeks that will celebrate a different aspect of the race's history, legacy and importance to the city. The stories will be published every Thursday through July 4, 2019 at Peachtree50.com.

For the latest news on the 50th running of the AJC Peachtree Road Race, visit atlantatrackclub.org and follow Atlanta Track Club and the AJC Peachtree Road Race on Twitter at [@atltrackclub](https://twitter.com/atltrackclub) and [@ajcprrr](https://twitter.com/ajcprrr). You can also follow and use the hashtag [#ajcprrr50](https://twitter.com/ajcprrr50).

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GREETINGS FROM



By Marcus Budline

In this new Q&A series, we hear from the citizens of Running City USA about why they love to run in Atlanta. To kick things off, we chatted with the man who could probably stake a claim as one of the founders of Running City USA, Jeff Galloway. A 1972 Olympian and winner of the inaugural AJC Peachtree Road Race, Galloway is still in love with running in Atlanta, training thousands of runners out of his Phidippides stores as they pursue their running goals.

You've run many miles over many years in Atlanta. What makes it a great place to run?

Atlanta is a beautiful city, it's a friendly city and it's a city of energy. You can drive anywhere in this area now and you will see dozens of runners out there. It's a very attractive environment to run through with trees, paths, parks and trails now.

What was Atlanta's role in the running boom of the 1970s?

Atlanta was definitely one of the very key areas. Our races in Atlanta began in the late '60s – Tim Singleton started them, along with a few others. And we had a catalyst effect in the mid-to-late '70s. Atlanta was the epicenter for world-class road racing and set a standard that other areas emulated. [Note: Singleton founded Peachtree in 1970, and for several years Galloway helped recruit some of the top runners in the world to the race.]



What has fueled the continued growth of running here?

Atlanta is aerobic, it's moving, it's exercise-oriented. Peachtree has become a big part of that. Once you got thousands of people out on the main street of Atlanta, people started looking at runners in the Peachtree and said gosh, if he or she can do that, I can. It's gotten many thousands of people off their couches out there to train for it, and once they've done that a very high percentage stay more active because they've gotten in the habit.

Where is your favorite place to run?

I love the Chattahoochee River and the trails that emanate from that area, but I also love the area right behind the Phidippides store at Ansley Mall. It has a wonderful part of the BeltLine where you can go right out of the parking lot to Piedmont Park without crossing any streets at all.

You've had a lot of Peachtree memories; do you have a favorite?

The first Peachtree, because it was so low key and it was so genuine and we were running right down Peachtree, which we had never dreamed of even being able to do. And the other three years when I was assistant race director, I brought in some of the best runners in the world in Atlanta to compete and we held a watermelon seed-spitting contest where we had really competitive world-class athletes spitting their mouths out to try to win.

Q&A has been lightly edited for clarity and concision.

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FROM CAMP TO WINGFOOT CLASSIC, IT'S CROSS COUNTRY TIME!

By Marcus Budline and Emma Abrahamson

The summer is winding down, which means that middle and high schoolers across the country are gearing up for the fall cross country season. Here in Georgia, those runners are already back to school and practice is underway, with the first meets at the end of August.

With two major Atlanta Track Club events for young runners this time of year, we take a look back at the effort of summer training before looking ahead to the excitement of the season.

Atlanta Track Club Cross Country Camp

Not many kids choose to spend the hottest days of summer waking up before 7 a.m. to go running. But that's how each morning began at Atlanta Track Club Cross Country Camp, as yells of "Time to run!" rang out around Young Harris College's dorms to mark the start of the day.

The camp represented both a time to catch up on training for runners who maybe hadn't followed their plans to a "T" this summer and a chance to get ahead on training for the fall season with elite-level guidance and instruction. In the morning, 2- to 6-mile runs got the program started, quickly followed by active sessions of kickball, capture the flag, scavenger hunts and more.

But the focus for campers was the opportunity to learn from counselors and coaches who had competed in college and lived the lifecycle of a runner from beginner to professional. With an Atlanta Track Club Elite runner paired with a group of kids throughout the week, young runners were given the chance to ask questions about every aspect of running and develop significant relationships with mentors to help them along on their running paths, wherever that might take them.

Wingfoot XC Classic Coming September 22

As runners left camp on July 20, the season was fast approaching. Now that it's officially here, that means the Wingfoot XC Classic, Georgia's largest cross country meet, is just around the corner. Last year, Georgia's best runners set a slew of course records and the Milton Eagles hoisted the Wingfoot Cup for the third straight year.

Most of the top-10 teams from Georgia will be back in 2018, including the winners of both the Girls and Boys Championship Divisions. The Milton Academy boys' team, which graduated most of its top seven last year, will face an uphill battle to hold onto their crown, while the South Forsyth High School girls will try to fend off Landmark Christian School and Marist to retain their title.

Several teams from out of state will travel to Cartersville for



Tyler Kendrick, Nick Andrews



Tara Dietzel



Truman Thompson, Jacob Smith



the meet as well, with squads from Tennessee, Florida, Alabama and Kentucky already registered. Brentwood Academy highlights a particularly strong group of teams coming from Tennessee, with most of the teams ranked in the top 15 across all classifications in both the boys' and girls' races.



Clara Wheelock

Naima Turbes, an All-Metro selection for both Cross Country and Track and Field, and Nick Nyman, who was an All-Metro Cross Country selection and the boys' 5A 3200-meter state champion, are the top individuals expected to return.

Teams will soon be announced for the middle school races, which will take place in the late afternoon. Want to check out the action? Head up to Cartersville on September 22 for the races, then get your run in with the Community 5K that evening, free to Atlanta Track Club members as part of the Grand Prix Series presented by Piedmont Healthcare.



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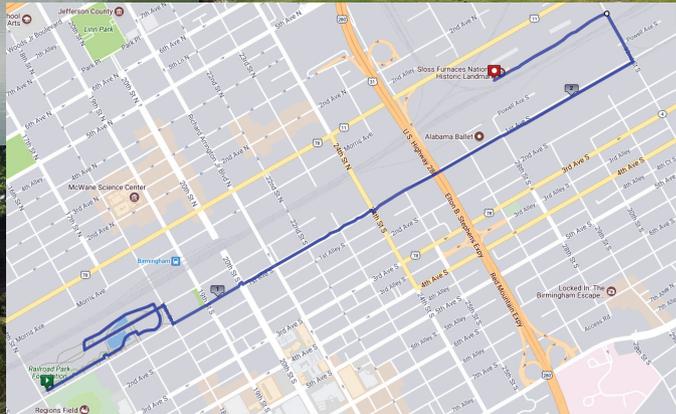


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BIRMINGHAM, AL

By Marcus Budline



Find this route and more by following Atlanta Track Club on MapMyRun.com

Pro tip: If you're looking for places to run in August, you might want to skip over Birmingham on your list of potential destinations. As we found out on a weekend in late July, the city swelters in its own unique way that puts the humidity of Atlanta to shame, particularly if you sample the selections at Good People Brewing Co. the night before and don't get out there till 9 a.m.

But if you ventured to the Magic City at a more-forgiving time of year, the same postindustrial characteristics that allow the sun to be particularly suffocating also make a run there quite the charm. Birmingham has its own answer to the Eastside Trail of the BeltLine and offers a fascinating look at the journey from a former industrial powerhouse into a modern, connected city.

This run starts at the epicenter of that change, Railroad Park – a homier, more-expansive version of Atlanta's Old Fourth Ward Historic Park. The mile loop features a lovely retention pond, changing terrain and surprising whiffs of fresh rosemary. In the middle of 1st Avenue appears the Rotary Trail, the second of three quasi-connected trails.

This rolling, neatly manicured trail runs into the Jones Valley Trail, which will guide you another .75 or so of a mile.

The “out” section of this out-and-back culminates at Sloss Furnaces, a former industrial behemoth that blasted iron and steel from 1882 to 1970. The facility is striking; the sheer size and complexity of the furnaces is remarkable, and the ruddy hues of the smokestacks are a beautiful backdrop to Southside.

It's here that you find the great beauty and intrigue of a city like Birmingham: The through-lines between new and old and the simultaneous necessity and citywide hunger for a modern update to a classic town. Now a museum and education center (with a water fountain and public bathrooms for runners), Sloss is known more now for its annual music festival and haunted house than its past as an economic engine for the region.

Rising high above the dead-but-not-forgotten furnaces, gazing over the city like the eyes of Dr. T.J. Eckleburg in “The Great Gatsby,” a billboard for a new construction project reads: “Building the Future.” As I ran back to Railroad Park accompanied by the nearby rumbles of

a freight train, that slogan seemed just about right.

Notes:

- This route is 2.62 miles long as the first half of an out-and-back loop. Add distance by continuing all the way down 1st Avenue, then loop around Avondale Park.
- In town for multiple days? Run on the Lakeshore Trail, at Jemison Park, or get your trail run in at Ruffner Mountain

Refuel With:

- An unbelievable plate of pork and greens at Saw's Barbecue, featuring tender, juicy pulled pork and a massive helping of cheese grits. Don't miss the banana pudding, either.
- Beers at Good People Brewing, Avondale Brewing or at the new Back Forty Beer Co. right across from Sloss.

Have a perfect Runcation route? Send it to stories@atlantatrackclub.org

Let us know your favorite place to go by tagging and using #atlantatrackclub #Runcation on social media.



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GOOD REASONS TO EAT “IN SEASON”

By Alissa Palladino MS, RDN, LD, ACSM-CPT

With so much delicious and nutritious produce in season, the summer is the easiest and most enjoyable time of the year to eat healthy! From peaches and berries to peppers and corn, eating fruits and vegetables when they're *in season* means more flavor, higher nutrient content and less environmental impact. Check out these “dietitian approved” recipes to enjoy the best of Georgia summer produce.

Summer Salad (Corn, Edamame and Bell Peppers)

This flavorful and colorful recipe incorporates three powerhouse summer veggies: corn, soybeans (edamame) and bell peppers. Packed with fiber, protein and healthy fat, this vegetarian recipe can stand alone as a balanced meal or be served as a side dish. Enjoy all year round by subbing in frozen produce.

Serves 4 as a full meal, or 8 as a side dish

Ingredients:

- 3 cups soybeans (edamame), shelled and steamed
- 3 cups corn kernels
- 1 red bell pepper, chopped
- 3/4 cup green onions, chopped
- 1/2 cup red onions, chopped
- 1/4 cup fresh Italian parsley, chopped
- 2 Tbsp. fresh oregano or basil, chopped

For Dressing:

- 1/3 cup fresh lemon juice
- 2 Tbsp. Dijon mustard
- 2 Tbsp. olive oil
- Salt & pepper to taste

Instructions:

Shell and steam edamame. Drain and rinse with cold water. Shuck corn. Chop onions and herbs. Combine main ingredients in large bowl, set aside. Whisk dressing ingredients together in a small bowl. Add dressing to main ingredients. Toss to coat.

Nutrition (based on 4 servings):

Calories: 386 Fat: 18g Saturated Fat: 2g Sodium: 126 mg Carbs: 44g Fiber: 10g Protein: 21g



Summer Skewers (Peaches and Peppers)

Orange- and red-pigmented produce, such as bell peppers and peaches, are loaded with powerful antioxidants called carotenoids that can improve immune function, lower cancer risk and prevent sun damage, among other health benefits. Grilling these fruits and veggies brings out their natural sweetness, and using olive oil makes it a heart-healthy cooking method. Add chicken or shrimp to your skewers for a complete meal.

Ingredients:

- 2 large peaches, cut into 1-by-1 inch cubes
- 2 red bell peppers, cut into 1-inch squares
- 1 large red onion, cut into 1-inch cubes
- 1 Tbsp. olive oil, for coating
- Salt and pepper to taste
- Optional: fresh basil
- 4 skewers, metal or wood (if using wooden skewers, soak in water overnight to prevent burning)

For Balsamic Glaze:

- 1 cup balsamic vinegar
- 1/4 cup honey

Instructions:

For balsamic glaze:

Combine balsamic vinegar and honey in a small saucepan. Bring to a boil, then reduce heat to low and simmer for about 15 minutes, until mixture is thickened. Set aside to cool.

For skewers:

Wash and chop peaches, bell peppers and onions. Coat with olive oil; sprinkle with salt and pepper. Position produce on skewers. Grill skewers over medium heat until desired browning occurs. Drizzle with balsamic glaze. Add fresh basil to ends of skewers if desired.

Nutrition (per skewer):

Calories: 180 Fat: 4g Saturated Fat: 1g Sodium: 9mg Carbs: 35g Fiber: 4g Protein: 2g

These seasonal recipes will satisfy your taste buds while keeping your heart healthy and your energy levels high. Feel free to experiment by swapping in your favorite summer produce. For more healthy recipes, nutrition tips and inspiration, be sure to check out the Good Measure Meals blog.

Alissa is a Registered Dietitian and certified personal trainer born and raised in NYC. She is a graduate of Yale University and New York University. An avid runner with a number of half and full marathons under her belt, Alissa believes the best form of exercise is the one you enjoy and the best nutrition plan is one that fits into your lifestyle.

For more individualized support with your weight loss and nutrition goals, Alissa is available for consultations at Good Measure Meals. Email her at nutrition@goodmeasuremeals.com to learn about services and rates.

CATCHING UP WITH ATLANTA TRACK CLUB

ATLANTA TRACK CLUB ELITE FINISHES STRONG

Two Atlanta Track Club Elite athletes, Brandon Lasater and Bridget Lyons, competed in the 2018 USATF Outdoor Championships on June 21-24 in Des Moines, IA.

In a season that saw the Georgia Tech graduate break out and run 1:45.85 for the 800 meters, Lasater continued his impressive form, reaching the finals for the first time by unleashing his signature kick to pass rivals on the backstretch in both the first round and the semifinal. Lasater qualified for the final with the second-fastest time (1:46.66) in the field. In the final, he finished fourth – just off the podium.

Lasater then competed in Ireland at the Cork Athletics International Meeting and the Morton Games, where he finished sixth and second, respectively. At the Morton Games, he trailed only the 2016 World Indoor Champion at 800 meters, Boris Berian.

Lyons, competing in both the 5,000 meters and 10,000 meters in Des Moines, gritted her way to finishes in 16:06 and 33:49, respectively. It was a great season for Lyons overall; in Portland, OR on June 10 she broke out with a 15:52.29 personal best in the 5000, and earlier recorded a PB of 33:05 in the 10,000. Lyons will now turn her attention to the 2020 U.S. Olympic Team Trials – Marathon, as she's one of six athletes Atlanta Track Club Elite has qualified for the event, to be held in Atlanta on Feb. 29, 2020.

NOMINATIONS OPEN FOR BOARD OF DIRECTORS

Ever wonder what it's like to be on Atlanta Track Club's Board of Directors? Now is your chance to find out. The Club is looking for passionate, driven leaders with a talent for networking and the ability to connect with people in the Atlanta-area business, government and nonprofit communities.



A board member believes in the mission of Atlanta Track Club and reflects our diverse membership. Board responsibilities include participation in our monthly board meetings – which focus on general governance, strategic planning and financial oversight – as well as committee work that is focused on initiatives related to our strategic plan.

Nominations are due by September 7, 2018, and can be sent to boardnominations@atlantatrackclub.org.

IT'S ALMOST TIME TO RENEW

By the time you have this magazine in your hand, Atlanta Track Club will have achieved a milestone: We'll be 30,000 members strong. Thanks to all of you in Running City USA, we have kept on growing, and we're incredibly grateful for your membership.

This year, members will receive a new-member gift, discounted entry into the Georgia Aquarium, and more. And, of course, you'll also guarantee your entry into the 50th AJC Peachtree Road Race. The renewal period will begin on November 1, so mark your calendars.

CLUB PARTNERS WITH INVESCO QQQ

In July, Atlanta Track Club and Invesco announced a multiyear partnership designating Invesco QQQ as the title sponsor for the Invesco QQQ Thanksgiving Day Half Marathon & 5K in 2018 and all events, including the One Mile & 50m Dash, through 2020. Invesco will not only be supporting this race – one of the country's oldest half marathons – in name, but on the ground. The partnership provides a unique emphasis on volunteer opportunities for Invesco employees on race day, and will offer opportunities for them to kick off their Thanksgiving on the run, as well.

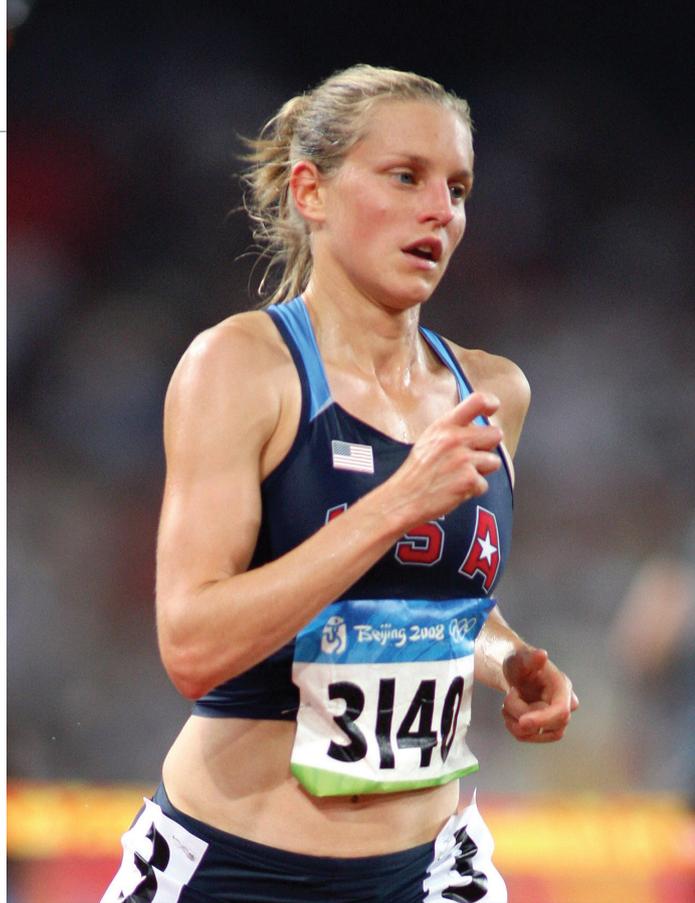


Photos: Emma Abrahamson and Paul McPherson

TAKING IT **SLOW** IS THE WAY TO **GO**



By Amy Begley



I just spent 10 days in Tampere, Finland, at the IAAF World U20 Championships, the “Olympics” for track and field athletes under the age of 20. Each country sends two of its best young athletes in each event, and many who compete go on to become Olympians.

I was one of those athletes who competed in both U20 Worlds (1996) and the Olympics (2008). This time, I was at the U20s as the women’s distance coach of the USATF U20 Team. As I was getting to know the athletes and watching them compete, the same thought kept coming to mind: Slow progression is a key to long-term success. Many of those athletes who came to Tampere from around the world will remain successful, but some – whether through over-training, over-reaching in competition or just plain pounding too hard at a young age – sadly will not.

The theory of slow progression can be applied to most things in life, and in running it covers every aspect and all ages. Slow progression can apply to adding mileage, intervals, workouts or race distances. Injuries happen when we skip steps or add too much at one time. If you increase your mileage too fast, you risk injury.

That all applies whether you’re competing at a world-class level or in your neighborhood 5K.

Running is not an instant-gratification sport. The miles, races, experiences and workouts all add up to help you achieve great things. However, some of the mistakes I see athletes of all ages make include:

- Taking on too many challenges before you master one. In track and field this could be doubling or tripling at a meet before you are strong enough or before you even figure out the first event. In road racing, it could mean doing too many races in too short a time. Both of these choices lead to mediocre results in every race or event instead of your best result in one.



Coach Begley with her sister, Marcia, at U20 Worlds in 1996 and competing at 10,000 meters in the 2008 Olympics.

- Leap-frogging up in distance. Learning to master a distance and the speed of it will help you to be better at the next distance. If you jump from the 5K straight to the marathon, you miss learning the skill of holding a 10K pace or learning to hydrate or fuel, something you would learn to do in a half marathon.
- Going it alone. There are coaches because most people cannot coach themselves. Finding a coach or support system to help you navigate your training and racing will also help keep you on the slow-progression track.

My advice to athletes of all ages is to have patience, master the skills and enjoy the journey.

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