OUR INVALUABLE VOLUNTEERS

$200,000 IN PEACHTREE BONUSES BREAKS NEW GROUND

"IT'S SO COOL" TO BE PART OF NORTHSIDE HOSPITAL ATLANTA WOMEN'S 5K
The official AJC Peachtree Road Race running shoe is available for purchase at store.atlantatrackclub.org beginning April 1, 2019.

#MizunoPeachtree

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AMERICA'S MOST IMPORTANT MARATHON WEEKEND

SEE THE LEGENDS.
BE THE LEGACY.

U.S. OLYMPIC TEAM TRIALS MARATHON

February 29, 2020
Atlanta, Georgia

Lowest price of the year available through April 17.
Register at atlantatrackclub.org

Publix ATLANTA MARATHON

March 1, 2020
Atlanta, Georgia
Question: What did stuntmen, stagehands, heavy-lift helicopters, “Bad Boys 3” and Supercross have in common with our recent Road to Gold: An Atlanta 2020 Test Event?

Answer: More than any of us would have ever imagined.

When Atlanta Track Club bid to host the 2020 Olympic Team Trials – Marathon, we quickly decided to create a preview event a year out to test our planning and state of readiness for one of the most complex running events in the world. Born from that was our Road to Gold event on March 2 (Page 13.)

And it was certainly a “test event,” to say the least.

The routine race-day focus of any race organizer includes road closures, the safety and positive experience of our participants, medical transports and port-a-john lines. On this day, the routine was anything but that for us at Atlanta Track Club. As our Olympic Hopefuls joined more than 2,000 Running City USA diehards testing out the 2020 Trials course, Club staff members spent their early-morning hours managing stagehands and ducking stuntmen on flying motorcycles filming “Bad Boys 3” even as athletes lined up for the start of the race, then monitoring the biggest helicopter you’ve ever seen overhead as it installed some new equipment atop the CNN building as we dismantled our finish line in world-record time so that Supercross fans could get access to GWCC and Mercedes-Benz Stadium.

Who knew so many permits could be issued for a one-block area of downtown Atlanta on one Saturday in March? All in a day’s work, I say. Bring on the Trials: We’ll be ready! As long as Will Smith and Martin Lawrence sit this one out.

Thank goodness, however, for Atlanta Track Club’s steadfast volunteers – 10,000 of them every year – who succeed in helping calm the madness of race day (even this one!) with their helping hands and encouraging words (Pages 7, 18-19, 23). We celebrate them every month, every week and every day of every year, but let me take this opportunity to say it at the start of National Volunteer Month: Thank you for everything you do for Atlanta Track Club, its members and its race participants.

And, of course, for me. You’ve even made me forget about the flying motorcycles.

Rich Kenah
Executive Director
FINISH ON THE FIELD WITH A SPECIAL SCOREBOARD WELCOME
5K REGISTRATION INCLUDES TICKET TO A SELECT BRAVES GAME

5K & Dash | June 1 | SunTrust Park
Register at atlantatrackclub.org

TRIPLE YOUR RACES, DOUBLE YOUR SAVINGS
The Triple Peach Race Series presented by Mizuno includes three of Atlanta’s most popular events. Take advantage of early savings and receive discounted entry into the PNC Atlanta 10 Miler and the Invesco QQQ Thanksgiving Day Half Marathon.

Register at atlantatrackclub.org
Register for all events online at atlantatrackclub.org. Grand Prix registration opens one month prior to each event.
2019
The Year Of COFFEE
This month:
April is National Volunteer Month, a perfect time to salute our many precious volunteers – who keep Running City USA moving. So, we asked you to tell us how much you appreciate all of their hard work!

vikki.cruzgriffith Seriously shout out to these guys. It takes a special kind of person to stand out in the heat just to make sure a bunch of sweaty people stay hydrated, get their free shirts, and get snacks. Thank you all for your hard work.

hannanmmlong A huge THANK YOU to all of you for being the best and nicest volunteers ever!

margiemauldin This is what I’m talking about. So many people helping others. For the joy of it. Everyone was so helpful & friendly. I love this city.

humpfreez15 Thank you volunteers! Enjoyed all the hospitality during all your events and happy to be a member!

ladylotusfitness So true! Thank you all. You sacrificed your own sleep & running the race to take care of us. We see you and we appreciate you more than we are able to say when we are running❤️-runner.
2018 was a great year for Atlanta Track Club. Our mission is to create an active and healthy Atlanta while inspiring and engaging our community. And we are doing just that. Atlanta Track Club membership, already at record levels, grew another 10 percent, exceeding 31,000 for the first time ever. More than 150,000 runners and walkers crossed the finish line at Atlanta Track Club events in 2018.

Our signature achievement in 2018 was winning the bid to host the U.S. Olympic Team Trials – Marathon, which will be held in downtown Atlanta on February 29, 2020. Paired with the Publix Atlanta Marathon, Half Marathon & 5K to be held the following day, this is a weekend in which Atlanta truly will be Running City USA!

On the financial side, the Club remains healthy. With a 2018 surplus of almost $300,000, our net assets exceed $4.8 million. The Club has no debt. While the Club has a budget approaching $10 million, it is important that we balance using funds to further its mission today while building capacity for further growth and retaining reserves for long-term stability. The Board believes the Club strikes this balance, pushing programming expectations ever higher while being fiscally prudent. We are currently in the second year of an ambitious
three-year strategic plan, which includes expansion of our fundraising capabilities so that we can serve and grow the running and walking community of Atlanta.

Turning to 2019, we have another milestone to celebrate – the 50th Running of the AJC Peachtree Road Race! It will be a celebration of an event that is woven into the fabric of all things Atlanta. I am personally looking forward to the running of the Anthem Peachtree Junior on July 3. This event has historically been held in the spring, and for the first time will be held the day before “big Peachtree,” allowing our kids to cross the same finish line that 60,000 people will cross the next day.

I cannot close without thanking our volunteers. None of our events or programs would be possible without the support of our volunteers, who numbered over 10,000 during the year. This is an amazing collection of committed, selfless folks who support and inspire our participants in countless ways.

We hope you enjoyed 2018 with Atlanta Track Club, and I look forward to seeing you in 2019.

We invite you to visit guidestar.org to view the Club’s most recent tax filing to obtain more details on the finances and operations of the Club.

ATLANTA TRACK CLUB’S CORE VALUES:
COMMUNITY, CAMARADERIE, COMPETITION

MISSION STATEMENT: Atlanta Track Club is a member-based organization centered around running that delivers world-class events, training programs and community outreach activities to the Metro Atlanta area. We encourage both youth and adults to start and continue running regardless of ability or fitness level, and provide outlets for all athletes to continue to grow and compete. Our staff and volunteers create camaraderie and encourage participation and competition through a calendar of diverse and exciting events. We collaborate with our partners to promote and extend the benefits of running and walking to the greater community.

Photos: Paul Ward, Leigh Moyer, Dan McCauley, Rebekkah Carson, Enrique Tomas

Total Revenue: $9,783,671

Total Expenses: $9,479,677

2018
Donations: $340,061
Other: $839,926
Membership dues: $809,333
Race sponsors: $2,887,277
Race entries: $4,907,074

2018
General Office: $676,013
Outreach: $424,825
Donations: $124,650
Memberships: $678,204
Race & Events: $7,575,985

$ in Thousands

$0 $1,000 $2,000 $3,000 $4,000 $5,000 $6,000 $7,000 $8,000 $9,000

2016 2017 2018
Total Revenue:
Donations:
Membership:
Outreach:
General Office:
Race & Events:
Total Expenses:
Other:
Membership dues:
Race sponsors:
Race entries:

2018
Community Support

2018
65K
880K
549K

9,783,671
9,479,677

2016 2017 2018
Community Support:
KilometerKids
HS Running
Donations:

2016 2017 2018
Total Revenue:
Donations:
Membership:
Outreach:
General Office:
Race & Events:
Total Expenses:
Other:
Membership dues:
Race sponsors:
Race entries:

2016 2017 2018
Members
Membership

2016 2017 2018
Members:
Membership

2016 2017 2018
Members:
Membership

2016 2017 2018
Members:
Membership

2016 2017 2018
Members:
Membership
Last year, the Northside Hospital Atlanta Women’s 5K was won by 40-year-old Laurie Knowles in 17:34 – almost exactly an hour ahead of the last finisher.

In spirit, they finished hand-in-hand.

“Winning the race was such an honor,” said Knowles, whose team, Atlanta Track Club Young Masters, won the Masters Women Team title. “It’s just so inspiring to be leading a race full of women. It’s all about finishing, working toward something, accomplishing it and celebrating what our bodies can do. A fast finishing time is not important.”

Knowles, who recently qualified to compete in her fourth U.S. Olympic Team Trials – Marathon, said she enjoys “watching women of all ages, shapes and sizes finish and feel good about it.”

Altogether, 2,394 women finished the 2018 race – the largest women’s 5K in the Southeast – including teams of open women, masters, grandmasters, mother-daughter and sister-sister. For many, it’s a cherished day on their calendar; a chance to have the place, and the race, to themselves.

In a new twist last year, the event finished for the first time on Cheney Track, which was refurbished by Atlanta Track Club in 2017 after falling into disrepair in the decades since it served as the warmup facility for the 1996 Olympics.

“From the feedback we’ve gotten from the women participating, they seemed to like the new course,” said Rich Kenah, executive director of Atlanta Track Club. “The fact that Mayor Keisha Lance Bottoms and Atlanta Public Schools Superintendent Meria Carstarphen both participated for the first time speaks to how the new location has been received. So we’ll be back this year.”

As will many of those 2,394. To get a feel for what the Northside Hospital Atlanta Women’s 5K brings to the lives of the women involved – not to mention what those women bring to the race – we spoke with five of the 2018 participants. Here are their stories.
Jan Watts and Renee Robb-Cohen

Jan Watts and Renee Robb-Cohen have been friends going all the way back to 1979, when they worked together at a TV listings company in Atlanta. For a few years, they were even housemates.

In 1988, Robb-Cohen moved away, but she said they’ve remained so close that “you pick up mid-conversation again even though you haven’t seen each other in a long time.”

Running “changed my fitness level forever,” said Watts, 67, who was inspired by watching her now-husband finish the AJC Peachtree Road Race in the late 1980s and took her first running step on May 1, 1990, on her way to doing Peachtree herself that year. “I don’t feel 67, I feel 17. I think that’s the running.”

Before she took the leap, she said, “I think my health was just about to head off the cliff.”

Trying to encourage Robb-Cohen to avoid that cliff, and thinking that a women-only race would provide just the kind of supportive environment she needed, Watts in 2015 asked her friend to come down from Asheville, North Carolina, to do the event.

“They’ve done it every year since.

“I always look forward to seeing Renee,” said Watts. “I call her my sister by choice rather than by blood.”

“It’s time with Jan, and it motivates me to walk,” said Robb-Cohen, a 62-year-old massage therapist.

The tutus are just a bonus. “Life is short,” said Watts, a 67-year-old attorney from Jonesboro. “If you can’t be silly now, when will you be?”

On race day, said Robb-Cohen, “Jan runs, and when she finishes she walks back and walks with me. I don’t feel shamed because I’m not really fast. It’s everyone out there having fun and it really doesn’t matter how you do it. You just do it.”

Afterward, the women reunite with their husbands and all four go to brunch. They may need a table for six this year, because Watts will have two great-great nieces, ages 11 and 14, coming from North Carolina to join in. And they will almost certainly beat Aunt Jan to the finish line.

“The girls might be a little competitive,” said Watts with a laugh, recalling a run at a family gathering with the younger niece “on which she smoked me pretty quick.”

Mondie and Julia Tharp

“She did the race for me,” said Mondie Tharp of her daughter Julia, who was 9 years old at this time last year. “I’m a runner, and I said to her ‘we should do this.’ It was something to do together.”

Tharp, 46, began running in the late 1990s, but stopped for a few years after the 2008 birth of Julia and her twin brother. By 2012, however, she was in need of “something to break me out of my rut and challenge myself,” so she – along with her husband and mother-in-law – ran the Peachtree. Afterward, she signed up for that Thanksgiving Day half marathon; not only has she done it every year since, she said, but in 2015 tossed in the Marine Corps Marathon, as well.

But running with her daughter has brought a whole new facet to the endeavor.

“I just love running with her, and seeing her push herself,” said Tharp. “That’s kind of why I run; it allows me to push myself. Seeing her do that and get some excitement and pride out of it was fun to watch. She was pretty proud of herself, which is what I was hoping for.”

Julia seems on board.

“My favorite part of the race was when I got to the finish line and we were like, ‘we’re going to run the rest of the way,’” she wrote in a text. “After that, we just booked it to the end. I learned from the race that sometimes things hurt and that’s OK. You just have to commit to what you’re doing and you can do it!”

The fact that it’s a race just for women, said Tharp, only adds to the lessons of the day – not that Julia is lacking in role models. Her grandmother, Diana, finished just ahead of them.

“There is something affirming about a group of women out there together in a space that’s designated just for them,” she
said. “It’s good for my daughter to see strong women of all shapes and sizes out there doing the same thing.” After a pause, she added: “It’s good for ME to see that.”

When she saw all the other women running, Julia thought “wow. There are so many people and it’s so cool that I get to be part of this!”

After the race, mother and daughter stayed a long time at the finish to cheer for the other runners.

**Stacey Walford and Melissa Jacobs**

This year, those WAVE T-shirts will have something extra printed on the back: “I don’t sweat, I sparkle.”

It’s a touch of femininity apropos to a race in which each finisher is handed a long-stemmed rose, but the acronym on the front of those T-shirts has a serious purpose: WAVE stands for Women Adding Value Anywhere, a professional resource group at Cintas whose mission is to engage, inspire and develop women in the workplace. They engage them out of the workplace, too.

“Last year, there was one girl by herself at the warmups, and we took her in with us,” said Stacey Walford (wearing a green bow in her hair in the photo), of event morning. “I love it that women are coming together no matter their background or race, coming together to support each other. The camaraderie is the best part of it.”

One of her WAVE teammates, Melissa Jacobs (fourth from left), called the race “a great opportunity to get everyone together to strengthen our relationships. [And] if you can get people out for an event like this, it can spark an interest in a healthy lifestyle.”

The Cintas WAVE team will be running for the fourth time in 2019, and Jacobs will be out there again, too, just three months after giving birth to a daughter, Juliana. She said that not only was she able to run throughout most of her pregnancy, but found it to have a calming effect.

Long term, Jacobs and a pair of girlfriends from Pennsylvania and Texas have a goal of running a half marathon in all 50 states by the time they’re 50.

Closer to home, the 34-year-old Walford finished last year’s race in 39:28, but said she expects to be faster this year because she’s been putting in a daily 30 minutes at the gym for the last three months and working hard to “close the three fitness rings” – monitoring movement, exercise and time standing – on the activity app of her watch every day, too.

Asked what she would say to encourage other women to do the race this year, Walford had a quick response.

“Get out there! Why not? What do you have to lose? Come out and find your tribe. Just get moving!”

---

**AT A GLANCE**

- **Saturday, April 13**
- **8 a.m.**
- Cheney Stadium, 741 Connally Street SE
- Ages 8 & older
- Short-sleeved women’s-cut Mizuno performance shirt
- Finisher’s medal
- Long-stemmed rose
- Register at atlantatrackclub.org
AUSTIN, CRAGG WIN
ROAD TO GOLD IN
OLYMPIC TRIALS
PREVIEW

By Marcus Budline

After crossing the finish line, Jared Ward immediately confirmed that Road to Gold: An Atlanta 2020 Test Event got him newly pumped for the 2020 Olympic Team Trials – Marathon.

“What was cool was that stretch where you’re coming into those Olympic rings. From like a mile away you can see them and your heart starts going,” said Ward, hand to his chest.

On March 2, more than 100 Olympic Hopefuls ran for the first time on the same Atlanta streets that will pave the way to the 2020 Olympic Games, getting a first look at the Trials course. Held on the final loop of the course that will send six Americans to Tokyo, the race was an opportunity for the athletes to test the course and for local participants – more than 2,000 of them – to experience the challenge these athletes will face on February 29, 2020.

The Olympic Hopeful division featured an impressive cadre of athletes, including Ward, who finished second at those 2016 Trials before going on to place sixth in Rio; Amy Cragg, the defending Trials champion and 2017 IAAF World Championships bronze medalist; three-time Olympian Dathan Ritzenhein; and 2018 USATF Marathon Champion Brogan Austin.

On the women’s side, Cragg dominated from the gun to win in 43:23. In the men’s race, Austin surged ahead of a pack that included Ward and Parker Stinson, runner-up in the 2018 USATF Half Marathon Championships, to win in 38:07.

Many of the top athletes, including three-time USATF Cross Country Champion Chris Derrick and Shadrack Biwott, the top American finisher in the 2018 Boston Marathon, ran the race at their marathon pace, choosing to tour the course rather than battle for the win.

Afterward, the runners weren’t focused as much on the race as on the course they’d just run and how it would inform their Trials strategy and affect its outcome.

• Austin: “Time’s out the window with this course. You just have to be ready for whatever comes at you.”

• Cragg: “The Trials will be “really tactical. No matter what, we’re going to send a really good women’s team.”

• Ward: “It’s hilly. There’s not really a rhythm spot in the course – it’s all up or all down.”

• Stinson: “You’re either going up or down or around a drastic turn, so you just can’t go to sleep.”

The Open Division was won by Gabriel Lara of Smyrna in 43:26 and Jamie Hershfang of Chicago in 49:43.

“I loved it,” said Hershfang, who is hoping to qualify for the Trials before the January 19, 2020, deadline. “I thought it was pretty cool to have the [elites] out there and it was kind of cool to see all the women who have already qualified. It was ‘Atlanta flat,’ as they say, but it was definitely challenging, and it was really different, but it was exciting.”

Cragg summed up the collective mentality of the Olympic hopefuls.

“Every single day between now and then is about the Trials,” she said. “It’s going to be on my mind every run, every day.”
On February 15, Atlanta Track Club unveiled a tribute that’s 20 feet wide, 20 feet long, 8 feet high and 50 years deep. Exactly one month before registration opened for the milestone running of the ACJ Peachtree Road Race, “50 Years of the Peachtree presented by PNC Bank” was unveiled to the public at Lenox Square, adjacent to the start line of the race. Breaking a ceremonial finish-line tape at the opening in place of the usual ribbon cutting was 88-year-old Bill Thorn, the only runner to complete every Peachtree. Among the highlights of the exhibit are rarely displayed artifacts, including the first winner’s trophy, a pair of racing sneakers worn during that inaugural race in 1970 and the first known finisher’s T-shirt – all against a backdrop that features a milestone moment from each year of the event. “I like the original finish line tape,” replied Rich Kenah, executive director of Atlanta Track Club and race director of the Peachtree, when asked about his favorite item. “So much has changed about this race in so many ways – from its size to its impact on the city to its technology – but we still use a finish-line tape today.” For the first eight years of the race, the “tape” was merely a strip of crepe paper; Craig Virgin became the first winner to break a traditional tape – the one on display for visitors – with his Peachtree win in 1979, the first of three consecutive victories. Also featured in the exhibit are the biographies of five people chosen as “icons” of the race: Thorn; Tim Singleton, the race founder; Jeff Galloway and Gayle Barron, winners of the inaugural race; and Julia Emmons, who retired in 2006 after serving as the Club’s executive director and Peachtree race director for 22 years. “It’s fun to go through it and realize what we’ve all been through together,” said Emmons, who attended the opening after using her background as a librarian to help the current Club staff organize and catalog its history as the exhibit was prepared. Tying the whole thing together is an artifact that bridges the era from the photo darkroom to Instagram: an 8-foot-by 7-foot, three-dimensional “selfie sign” of the 50th Running logo. The idea for the project sprang up last summer among members of the Peachtree 50 Committee, even before the 49th running of the race. Knowing that they wanted to tell the Peachtree’s history in a way that would let “everyday Atlantans see, feel, touch and share it,” said Kenah, they decided on a roving exhibit that would allow the Club to tell the story of the one-day event “beyond the boundaries of the start and finish lines, and beyond the Fourth of July.”
Discussions began with PNC Bank about how to bring the project to life as Janet Monk, special projects manager and unofficial historian of the Club, guided the marketing team in selecting the 49 highlights, one from each year, by delving into old Club newsletters, back issues of Wingfoot Magazine and boxes of yellowed AJC clips.

In November, the exhibit began to literally take shape when the Club’s director of marketing, Jay Holder, met with Doug Abramowski, president of Hightech Signs, and toured the runners’ expo of the TCS New York City Marathon, gathering ideas and inspiration about how the exhibit’s physical space should be configured and arranged. As Warren Travers, manager of grassroots marketing, designed the 49-year timeline, Abramowski and his team went to work on the acrylic-topped pedestals that would be needed to display memorabilia and the special cases required for hanging the historic collection of T-shirts.

The hardest part, said Abramowski, was to devise security measures to protect the priceless pieces of Peachtree history. Special screws and fasteners were deployed “in ways that we’d never combined security elements before,” he said.

“It was a really cool project for us,” said Abramowski, a marathoner and triathlete before injuries intervened. He traveled from his firm’s headquarters in Fort Wayne, Indiana, about two weeks before the official opening for a dry run with staff members erecting the exhibit in Atlanta Track Club’s warehouse. (“About three hours into the six-hour setup, I realized they were better at installing it than I was,” he quipped.)

At 10:30 p.m. on Valentine’s Day, after Lenox Square closed for the evening, a team of seven Club staff members began assembling the pieces. In the dark.

“Lenox Square was a gracious partner in hosting the exhibit,” said Kenah, “but we forgot to ask them to keep the lights on.”

After the March 12 closing at Lenox Square, the process was repeated in reverse, with the exhibit disassembled and packed into custom-designed storage containers before being shuttled to Atlanta Station, where it was reassembled in time for Publix Atlanta Marathon, Half Marathon and 5K Race Number Pickup March 14-16. Then it was off to Ponce City Market, where it is open to the public until March 31. Updates on the exhibit’s times and locations from April to June will be available by following Atlanta Track Club and the AJC Peachtree Road Race on Facebook, Instagram and Twitter.

As the exhibit travels around the city, visitors will learn the name of the last Atlanta resident to win the Peachtree, and be reminded that a future president was once the race’s official starter. They will relive “The Battle of Atlanta” and roll their eyes at a double-entendre headline in Playboy magazine. They will leave knowing far more about the largest road race in the U.S. and largest 10K in the world than they knew when they arrived.

But they still won’t know everything about a race that, over the course of its 49 years, has had more finishers than any road race in history.

“There’s no way to truly represent 50 years of Peachtree in one place,” said Kenah. “In any given year, we’ve got 60,000 stories.”
YOU ONLY RUN 50 ONCE...

MAKE SURE YOU’RE READY
TRAIN FOR YOUR BEST AJC PEACHTREE ROAD RACE

Available at 7 convenient locations throughout metro Atlanta:

Train from home option also available | Training begins April 13 | Register at atlantatrackclub.org
$50,000 X 4 = $200,000 IN HISTORIC RECORD BONUSES

By Jay Holder

Winners of the AJC Peachtree Road Race this July 4 could have a payday deserving of fireworks: Up to $200,000 in bonus prize money will be awarded to athletes who break an event record. Any male or female winner of the footrace or Shepherd Center Wheelchair Division who tops the best times in their division will be awarded a $50,000 bonus in honor of the 50th Running. A prize purse totaling $140,000 across all four divisions is also offered.

The addition of the bonus likely makes the Peachtree the most lucrative 10K race in the United States, and for the wheelchair athletes it almost certainly offers the opportunity for the biggest single payday ever in a road race of any distance anywhere in the world.

“At first I wondered if there was a missing decimal point,” said Daniel Romanchuk, last year’s wheelchair division winner, upon learning that he could potentially earn an extra $50,000 if he breaks the tape in record time – a mark he missed by only two seconds last year.

“The AJC Peachtree Road Race has historically been a trailblazer in the world of elite road racing. From the addition of drug testing to official prize money, the event has led the way,” said Rich Kenah, executive director of Atlanta Track Club and race director of the AJC Peachtree Road Race. “At its 50th Running, we’re excited to break still more new ground.”

Becky Washburn, MS, wellness manager at Shepherd Center, called this “a historic year. $50,000 is the highest bonus for a single event in wheelchair racing, and it sets a precedent for equality” between the elite runners and wheelchair athletes.

The most recent event record was set in 2009, when Edith Hunkeler won the women’s wheelchair division in 22:09. Saul Mendoza set the men’s record of 18:38 back in 2004.

“Much respect to Atlanta Track Club and Shepherd Center for being pioneers in elevating recognition of our sport to a whole new level,” said the 20-year-old Romanchuk. Seven-time Peachtree wheelchair champion Tatyana McFadden added, “I am beyond excited that Peachtree took the commitment of promoting equality. This is a huge step, and it really says something.”

The current event records for the footrace are some of the strongest in international road racing. Joseph Kimani’s winning time of 27:04 in 1996 is still the fastest 10K road race ever run on U.S. soil. And no one at the Peachtree has come closer than 19 seconds to Lornah Kiplagat’s winning time of 30:32 set in 2002.

“It’s a great idea. It’s also an honor,” said Kiplagat. “Such a huge bonus clearly shows that this is a special record and it will be extremely tough to break it. But I hope someone does, because records are there to be broken.”

Kimani died of pneumonia in 2012 at the age of 40.

THANK YOU, VOLUNTEERS!

Without them, there’s no one to give you your race number. There’s no one to direct you to your start wave. There’s no one to hand you that desperately needed drink at Mile 5. There’s no one to put the medal around your neck or present you with that coveted finisher’s shirt when you finally cross the line.

Without volunteers, Atlanta Track Club events simply do not happen. It takes more than 10,000 of them to put on races, training programs, group runs and banquets each year. While we at Atlanta Track Club can’t say “thank you” enough any time of the year, we will be saying it even more in April as we celebrate National Volunteer Month. And we ask you, the participant in our events, to do the same. The next time you see an Atlanta Track Club volunteer, take a moment to let them know they are appreciated.

Without you, we’re not here.

Photos: Paul Kim, Paul Ward, Paul McPherson, Joaquin Lara, Jason Getz.
The Atlanta metro area has produced plenty of track and field talent over the years. The list of names is remarkable: Dwight Phillips, Gwen Torrence, Terrence Trammell, Kristi Castlin, Adam Nelson and Christian Coleman are a few of the many athletes who competed for high schools near the city and developed into world-class competitors.

But Atlanta Public Schools (APS) have historically struggled to keep up with their counterparts from outside the city. In a newly expanded partnership, Atlanta Track Club is looking to close that gap and put APS teams on the same footing as schools from across the state.

Throughout the years, the Club has been involved with APS in many ways, such as providing funding and equipment. But in conversations with Jasper Jewell and Kandice Mitchell from the APS Department of Athletics heading into the 2018-19 scholastic year, everyone realized the Club could provide expertise, as well.

Led by Director of Outreach Sue Payne along with Justin Gaymon and Josh Deaton, the Club began having conversations with each coach across the district to assess where they needed further resources. Although the schools were indeed in need of equipment, the biggest area of deficit was in coaching technical events, including jumps, hurdles and throws.

To begin addressing that gap, the Club created a series of clinics for APS middle and high school track coaches, led by Club staff members Gaymon and Rob Mullett – a retired pro hurdler and a 2016 Olympian in the steeplechase, respectively – and by elite track and field talent from the Atlanta area.

“We're in a great place to help out,” Gaymon said. “We have the ability to say, 'Oh hey, you want to learn more about horizontal jumps? Let’s bring in Dwight Phillips to teach.”

And that's exactly what the Club has done – with Phillips, a five-time World Champion, teaching a coaching session on jumps, and three-time Olympic gold medalist Gail Devers leading a session on hurdling. Gaymon left the clinic wishing he’d received some of Devers’ tutelage while he was still racing, noting that the coaches were “learning some really impressive stuff.”

“Ultimately, the more the coaches know, the more benefit they are going to be to the athletes,” said Del Ellerton, the head boys’ track and field coach at Grady High School.

Phillips said he views his involvement as “part of my responsibility as an Olympian and as an ambassador for the sport is to help educate and inform; if I don't do that I feel like I’m doing a disservice to the track and field community.”

Throughout the partnership, the Club will also work with APS to measure the benefit of being active in the sport, through targeted impact studies. The goal, ultimately, is to produce not only state champions, but also provide for an active and healthier APS student population as a whole.

“This isn’t going to happen overnight,” cautioned Mitchell. “But the way [the Club] is diving into schools and figuring out needs and getting them in front of the right people, that information is going to spill into the programs and I think we are truly going to see the benefit of this partnership. We'll be able to have higher-level programs that can go a little bit further in state competitions and get more kids in the school [on the] track.”
Mossy trees, river breeze – there’s nowhere quite like Savannah in the spring. Often seen as a diminutive coastal town only worth visiting if you have time when you’re in Charleston, Savannah is in fact a stand-alone gem for a weekend trip, filled with history, beaches, food and drink all in a more laid-back environment than its South Carolinian counterpart.

Particularly at a time when so many cities across the country have become nearly stultifying in their homogeneity (think renovated urban-chic food halls, mason jars, coffee shops illuminated exclusively by Edison bulbs), Savannah is a refreshing treat of a city, featuring a variety of distinct activities, areas and vibes. From downtown to the beach to the park, Savannah manages to exude both a sense of Southern charm and a lack of pretention, giving you the chance to feel like you’re deep in Southern history without Charleston’s overwrought sense of luxury.

The running here adds to the experience. Filled with winding cobblestone streets, Savannah running is a great change of pace for an Atlantan.

First, Savannah offers a great run on the river that takes you past scenic marsh overlooks with a warm, coastal wind as well as past bachelor parties with guys three sheets to the wind.

Second, running downtown gives you a historical tour past monuments, famed squares and churches that a city as spread out as Atlanta simply can’t condense into one runnable area.

Finally, the shade of Savannah’s famed overhanging moss brings a welcome reprieve from the unrelenting Atlanta sun. That, plus its coastal flatness, gives your morning miles here that sensation of a run that just feels ineffably easy and breezy.

Two parks right in the city, singularly or together, are worth checking out.

- Forsyth Park, in the heart of the Victorian District. Its perimeter is a 1.2-mile paved path, and there are 1.5 miles of interior paths as well. Scenery includes live oaks, Spanish moss and a gorgeous fountain.
- Daffin Park, with its 1.5-mile rubberized trail. It’s about a mile between Forsyth and Daffin, taking Bull Street to a left on Washington Street to connect and make for a longer route.

Afterward, if you’re looking to spend some money on a refined, traditional Southern meal, head to The Olde Pink House. Looking for a more-modern restaurant where you can enjoy a clean meal on the patio before your morning jog? The Atlantic has you covered. Or maybe you’re looking to refuel from a long run with hefty sandwiches stuffed with South African sausages. In that case, Zunzi’s awaits.

As for local libations, you’ll find a nice selection of breweries serving up beers on sunny patios, Savannah-made mead at the Savannah Bee Company and inventive cocktails at the Collins Quarter. Plus, if you’re in Savannah at a time of year when the temperature still drops in the evening, spending a Saturday night at Foxy Loxy Café is the quintessence of relaxation, complete with free marshmallows on a back patio heated by fire pits.

Run it all off with some miles on the beach or with this featured 4-mile route, which will wind you through all of Savannah’s historic squares before bringing you down to the historic waterfront.

Whether you’re looking for a lot of running and a little vacation or a little running with a lot of vacation, Savannah is worth the trip.
WHERE ARE THEY NOW?

DEVIN DIXON

Devin Dixon's parents got him involved in running because … well, because young Devin had already involved himself in running.

“He already started to run in the house, out of the house, and just about every time he moved he ran, no matter how long or short the distance,” recalled his father, Drand Dixon.

So when Devin was 7, they entered him in his first Peachtree Junior, a race that became an annual tradition. A few years later, even though he was by then regularly placing in the top three at AAU meets for the Georgia Favor Track Club, Devin took a break from competitive running to try out for other sports, but he still ran the Peachtree Junior – which his father recalls him winning as a 12-year-old.

“When he ran that final Peachtree at 12 and passed everyone, I knew some day he would have to revisit track,” said his father.

As a sophomore at Eagle’s Landing High School in McDonough, Dixon indeed revisited track – at the suggestion of his basketball coach, who recognized that despite his height (6 feet, 6 inches, according to his father), Dixon’s future was not on the hardcourt. In his first season as a Golden Eagle, Dixon won the 800-meter Class 4A state title. Before he graduated in 2016, he would win three more state titles: at 800 meters again as a junior and the 400-800 double as a senior, and set an 800-meter state record of 1:49.52. He was twice named All-Metro by Atlanta Track Club.

It was on to Texas A&M, where it didn’t take long for Dixon to become an NCAA champion: As a freshman, he ran the third leg on the 4x400-meter relay team, whose victory not only set a meet record but gave the Aggies the national title. In February, he ran the fastest indoor 4x400-meter split (44.24) in history before notching his fourth-consecutive SEC 800-meter title, indoors and outdoors.

But Dixon made his biggest splash on January 26, when the junior won the Texas Tech Classic in 1:45.27 – the fastest 800-meter time ever run by an American collegiate. (Coincidentally, he broke the 1999 mark set by another Greater Atlanta high school athlete, Derrick Peterson – who would go on to become a 2004 Olympian.)

The time, which shattered his previous personal best of 1:47.37, makes him the third-fastest American indoors in history, behind only American Record-holder Donavan Brazier (whose school record of 1:45.93 was broken by Dixon) and four-time Olympian Johnny Gray.

It also ranked, as of March 10, as the third-fastest in the world this year.

“This race reminded me of who I am and where I’m from,” Dixon said in a post-race interview.

Claud Spinks, his high school coach, would agree. “I told him he had it in him to do in college what he did in high school,” he said in an email. “I think it shows that you can have a high degree of success at the next level and still remain who you are. As much success as Devin has had, he is still a humble young man. He is a great ambassador for our school and the Greater Atlanta track community.”
By his count, John Wallace hasn’t missed an Atlanta Track Club event in more than three years. For the 75-year-old retired NASA aerospace engineer, that usually means volunteering at number pickup or race setup, running the race and then volunteering again for teardown. If he can’t run, he still volunteers. It’s a big commitment for anyone. But Wallace lives in Clarkesville, Georgia, and drives upwards of 90 miles each way.

In February, Wallace made a grand entrance when he moved up to the 75-79 age group, winning his first race in the division at the Hearts & Soles 5K. By the time you read this, he expects to have run the 2019 Publix Atlanta Marathon and to have completed the Ultimate Peach – the AJC Peachtree Road Race, PNC Atlanta 10 Miler, Invesco QQQ Thanksgiving Day Half Marathon and Publix Atlanta Marathon – for the third consecutive year.

Wallace, who moved back to Georgia from California when he retired in 1995, is one of those indispensable volunteers who keep Running City USA moving. We asked what motivates him to dedicate so much time not only to his own running, but also to the running and walking goals of the entire community.

When did you discover running?
I ran in my late 30s and early 40s, and then I moved to California in 1992 and I didn’t do any more running until 2013. I did some running when playing softball, but I took up running as a sport when a neighbor suggested I run Peachtree with him and I didn’t know what he was talking about. I have run it every year since.

Why are you willing to drive so far to put so much effort into the Club?
I love it. The people are probably the main thing. I have more friends now than I have ever had, since I joined Atlanta Track Club [in 2013], I didn’t volunteer at first. But then I had eye surgery and had 12 weeks where I couldn’t run. So, I started volunteering. Now, I do both. It’s almost like a second family, I guess. Half of them are runners, half of them volunteers.

How do you like being in a new age group this year?
I am enjoying being the young guy now in the group. I am competitive in the age group now. The last couple of years, I have not been competitive. A good race day in the 70-74 age group, I might finish 10th. Now, I place in the top three most of the time, I hope.

What is your favorite race?
I am not fond of Cardiac Hill, but the race itself, Peachtree, is the best.

How did you end up doing marathons?
My first marathon was at age 70 and it was supposed to be a one and done. Then Atlanta Track Club put in the Ultimate Peach and I had to take up the challenge.

Were you literally a rocket scientist?
I did do a little design work with some rockets early on, but mostly I worked with space stations and satellites until I retired from Langley Research Center in March of 1995.
AMERICAN LEGION POST 29 PRESENTS THE 5TH ANNUAL
VETERANS MEMORIAL 5K RUN
HONORING OUR HEROES–PAST, PRESENT, FALLEN
SATURDAY, MAY 25, 2019
MARIETTA SQUARE, 1 CHEROKEE ST, MARIETTA, GA.

START TIMES:
5K Run/Walk – 7:30am; 1K Run/Walk 8:30am; Tot Trot (5 & under) 8:45am

PURPOSE:
All funds raised assist our local veterans and military families as well as supporting the SHARE Initiative at the Shepherd’s Center in Atlanta and the GA National Guard Family Support Foundation.

REGISTER:
Online by midnight Wednesday, May 22, 2019 at itsyourrace.com OR post29marietta.org/5krace OR mail to Gary Jenkins, PO Box 81777, Atlanta, GA 30366. AJC Peachtree Road Race Official Qualifying Event

FEES:
Runners: $30 through May 13, 2019; $35 through May 23, 2019; $40 on race day (cash or check only). Phantom Runners: $25 t-shirt only

PACKET PICK-UP:
American Legion Post 29, 921 Gresham Ave, Marietta, GA 30060
Thursday, May 23 from 4pm-8pm OR Friday, May 24 from 9am-noon

POST-RACE:
Awards ceremony, food and beverages will be provided.

AWARDS:
Male and Female Open and Masters. Top three finishers in the following age groups: 10 & Under; 11-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75 & Over. Ribbons to all 1K and Tot Trot finishers.

ENTRY FORM

Name: ________________________________________________________ Age ______ Male _____ Female _____
Address: _____________________________________________________ City ____________________________ Zip ________
Race (check one) _______ 5K _______ 1K _______ Tot Trot _______ Phantom Runner (I am only getting a t-shirt)
T-Shirt Size (circle one) Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL (add $2.00)
Registration fee: $___________ In consideration of acceptance of this entry, I waive any and all claims for myself and/or my heirs for any injuries I may incur as a result of my participation in the Veterans Memorial 5K Run; thereby releasing all sponsors and volunteers associated with this event from liability. I understand jogging/running is a strenuous sport and I further state that I am in proper physical condition for this event.

Signature (parent or guardian must sign if under 18) ______________________________________

Join us after the race at Glover Park as we honor all Veterans at the Military Appreciation Celebration. Music by the Georgia Symphony Orchestra.
What is osteoporosis and why should we be concerned about it?
Osteoporosis is the loss of bone density in the human body. As that happens, bones become more fragile and are at a higher risk of fracture. Fractures associated with osteoporosis can often be debilitating and life changing. As there are no physical manifestations or symptoms of the disease, it is important to follow your doctor’s recommendations for screening. Early recognition and proper treatment are always best.

Is it a bigger issue for women than men?
Not necessarily. While the rates of osteoporosis are four times higher in women over their lifetimes, the disease can affect both men and women. Studies also suggest that women have a faster rate of bone density loss compared to their male counterparts. Men, on the other hand, have a higher risk of fractures associated with osteoporosis. Based on the evidence, more screening measures are tailored toward women. In certain instances, male screening may also be recommended.

Why is it important to start young in trying to prevent osteoporosis?
Osteoporosis stems from many factors – some controllable, others not – and cannot be attributed to an isolated cause. Early prevention can help to build a lifetime of good habits that make bone density issues less likely with aging. Eating a balanced diet with adequate intake of calcium and vitamin D, avoiding smoking and excessive alcohol, engaging in regular physical activity and maintaining a healthy weight have all been shown to lower risk.

Aging certainly plays a role in osteoporosis risk, especially nonmodifiable risk factors including menopause and family history of osteoporosis. That makes lifestyle and other controllable features very important in prevention of bone mineral density loss and reduction of fracture risk.

Does being postmenopausal make a difference?
The hormonal changes associated with menopause certainly raise the risk of bone density loss. It is important to note, however, that most females reach a peak bone density prior to menopause. With the loss of estrogen levels in postmenopause, the speed at which bone density loss occurs can increase, leading to further risk. Some studies suggest that females may lose up to 20 percent of bone mass in the first 5-10 years following menopause.

Do speed/distance/frequency of runs make a difference?
No specific data exists to identify a particular regimen that works best to prevent the onset of osteoporosis. We have data suggesting excessive exercise may lead to higher risk due to hormonal changes during premenopausal years. Research suggests that an exercise routine lasting 30 minutes in duration, performed three times per week, can be associated with decreased risk of fracture associated with osteoporosis.

Experts have reported improvement with various forms of exercise including walking, jogging and running. Non-weight-bearing progressive resistance activities are also shown to reduce fracture risk. In general, the best recommendation is to pick an exercise regimen that is enjoyable and can be maintained to ensure long-term compliance, because benefits decrease if you don’t continue.

Is any age too late to start running or walking to make a difference?
No age is too late. Again, pick an exercise regimen that is enjoyable and sustainable.

Dr. Matthew T. Simmons is a fellowship-trained sports medicine physician at Northside Hospital, specializing in nonoperative orthopedics. Visit sportsmedicine.northside.com for more information.

Looking for Answers?
If you have a question for the doctors at Northside Hospital, email stories@atlantarackclub.org. We could answer your question in an upcoming issue of Wingfoot.
Whether you’re training for your first 10K – Peachtree, anyone? – or seeking a new personal best, nutrition plays a big role in meeting your fitness goals. Properly fueling your body before, during and after running is key to how you perform and recover from your workouts, while your food choices throughout the week impact your energy levels, body composition and overall health.

Good nutrition starts in the grocery store! It doesn’t have to be complicated or expensive to eat healthy. Make sure to stock your cart with these nutritious staples to fuel for a successful training season.

1. **Oatmeal**
   Whether you opt for steel cut, old fashioned, quick cooking or instant, all forms of oatmeal provide complex carbs, for energy, and iron, a mineral that delivers oxygen to muscles. Oats also keep your heart healthy by lowering LDL (bad) cholesterol.

2. **Bananas**
   Inexpensive, portable, and packed with easily digestible carbs, bananas makes the perfect pre-run snack. They’re also an excellent source of potassium, a key mineral involved in heart and muscle contraction as well as regulating blood pressure.

3. **Frozen veggies**
   While fresh is best, it’s not always realistic or practical when you’re juggling a busy lifestyle. When flash frozen right after picking, frozen vegetables retain high nutrient levels. Stick with plain over heavily sauced options to limit sodium and fat.

4. **Canned beans**
   These shelf-stable and inexpensive grocery items should be a pantry staple for every runner. From chickpeas and cannellini beans to black beans and black eyed peas, beans can be the star of any Meatless Monday meal. Rinse before eating to remove excess sodium and preservatives.

5. **Peanut butter**
   Peanut and other nut butters are nutritional powerhouses. Keep a jar in your office! Pair with fruit, add to oatmeal, throw into a smoothie, or enjoy the classic PB&J combo on bread for an easy, energy-packed meal. Check the ingredients: All you should see listed is the nut (and maybe salt.) Look for the natural oil separation and store upside down for easier spreading.

6. **Tuna**
   Tuna contains heart-healthy omega-3 fats that decrease inflammation and promote recovery. Combine with plain Greek yogurt instead of mayo for a healthier tuna salad.

7. **Olive oil**
   An excellent source of monounsaturated fat and assists with the absorption of fat-soluble vitamins A, D, E and K. Coat veggies in olive oil before roasting to caramelize the natural sugars, or use to make your own salad dressings and marinades.

8. **Eggs**
   Inexpensive, versatile and one of the best protein source available, eggs also contain choline and are one of the few food sources of vitamin D, which enhances calcium absorption, promotes mood and aids in metabolism. Pair hard-boiled eggs with fruit for a grab-and-go breakfast or quick post-workout snack.

9. **Potatoes**
   These starchy veggies have gotten a bad rep, but their high levels of complex carbs, potassium, and antioxidants make them a nearly perfect food for runners. Bake whole, or slice and roast with a little olive oil to make “fries.”

10. **Pasta**
    Try whole wheat or bean versions for more fiber, protein and other nutrients. However, you may want to stick with traditional white pasta the night before a big race, particularly if you have a sensitive stomach, to prevent GI distress.

Alissa is a Registered Dietitian at Good Measure Meals, where she helps people achieve their health and fitness goals through individual nutrition counseling. A veggie lover and avid runner, she believes the best form of exercise is the one you enjoy and the best nutrition plan is one that fits into your lifestyle. For information about nutrition consultations, meal plans, and more healthy recipes and tips visit www.goodmeasuremeals.com
Headlining the most successful weekend to date for the Club’s Olympic Development program, Atlanta Track Club won its first individual national title when Keturah Orji triumphed in the triple jump at the 2019 Toyota USATF Indoor Championships. It was the first national title for Orji, a 2016 Olympian who last year became a member of Atlanta Track Club’s Elite Team.

The competition was a showdown between Orji and Tori Franklin, who had broken Orji’s indoor American record just weeks before the late-February event. Orji set the tone and the standards early, equaling her personal best, setting a meet record of 14.55 feet on her first jump of the competition and, before it was over, recording three of the four longest jumps in U.S. indoor history.

Later that afternoon, Abe Alvarado secured the Club’s first-ever podium finish in a track event when he was runner-up in the 1000 meters. Alvarado came across the line in 2:21.08, behind only 2016 Olympic bronze medalist Clayton Murphy. The 1000-meter final displayed the Club’s middle-distance depth, as Dylan Capwell and Brandon Lasater finished fifth and sixth, respectively, in 2:21.55 and 2:21.59.

Rounding out the weekend’s results were personal bests on the track from the Club’s women. Megan Malasarte ran 2:42.16 in the semifinals of the 1000 meters before finishing eighth in the final. Ellie Abrahamson (10:08.50) and Eden Meyer (10:25.58), competing in the two-section 2 Mile, finished 21st and 25th, respectively.

Aderhold, Wolfsinger Lead Masters Team to National Title

Atlanta Track Club athletes set new American and world age-group records while claiming the team title at last month’s USATF Indoor Masters Track & Field Championships in Winston-Salem, North Carolina.

The Club had 59 athletes competing, who collected 814 points to win the meet for the second time in the three years. The team also won more than 40 individual or relay titles.

Susan Aderhold, 71, won seven of those titles by earning the gold medal in every event in which she competed: the 200, 400 and 800 meters, the Mile and the 4x800, 4x400 and 4x200 meter relays.

Another three gold medals were claimed by Cheryl Wolfsinger, who won the W50-54 weight, super weight and shot put.

Atlanta Track Club athletes also set one world record and six American records. The new world record and two of the new American records belong to 94-year-old Betty Lindberg, who was making her indoor track and field debut. Lindberg won the W90-94 mile in 15.15.58, the fastest indoor mile ever run by a woman in that age group, and won the 200 meters in 1:15.77, shattering the old American record by more than seven seconds. Lindberg already holds the outdoor world record in the W90-94 800 meters and the American record in the W90-94 400 meters.

Setting an American record in the 1 Mile Race Walk for M75-79 in 10:16.23 was Gerald Miller, shattering the previous mark by more than a minute. Miller was also on the American record-setting 4x800 meter relay team, along with Maurice McDonald, Fred Motz and William Wuth.

Atlanta Track Club also set American records in the 4x800 for M65-69 and M70-74.
DON’T LEAVE YOUR ENTRY TO CHANCE

SKIP THE LOTTERY & GET PLACED IN START WAVE E

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- Commemorative medal
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- 10K training plan schedule

Learn more at atlantatrackclub.org

50 YEARS OF PEACHTREE

50 YEARS OF JULY 4TH CELEBRATIONS

...THIS TIME, THE KIDS CELEBRATE TOO.

ANTHEM PEACHTREE JUNIOR: NOW PART OF AJC PEACHTREE ROAD RACE WEEKEND

Cross under the AJC Peachtree Road Race finish line and be part of the 50th Running of the Peachtree.

Open to kids ages 14 & under | Mile & Dash | July 3, 2019 | Piedmont Park

Register at atlantatrackclub.org
With Atlanta Track Club’s All Comers meets just around the corner in May and June, you might be starting to wonder whether 2019 is the year you finally give the oval a try.

Perhaps you’re an experienced runner on the roads who wants to “up your game” by doing track workouts, but has never set foot on a track in your life.

Or maybe you’ve thought about walking or running on a track in your neighborhood or at your child’s school just to get a little exercise, perhaps with friends who go at a different pace. Unlike the roads, no one gets lost or disappears out of sight at the track. And that surface! Flat and smooth.

But when you watch the people already out there it looks too confusing. How can I keep from getting run over? How can I keep from being in the way? What if I do something wrong?

There are indeed a few “track specific” codes and rules, but in general track etiquette is mostly a matter of common sense and courtesy. Keeping everyone safe is important, but it’s not really as hard as it might look from a distance!

Here’s a list of 9 Things to Remember:

1. Always look both ways before crossing the track.
2. Runners and those doing faster workouts, use Lane 1. That’s the inside lane.
4. Walkers, use the outer lanes.
5. If someone yells, “Track!” that means they are coming up behind you and asking for you to move out a lane.
6. Bikes, strollers and balls are not allowed on the track.
7. Leave your bag, bottles and shoes on the sidelines and not on the track or runways.
8. Be courteous and share the track with other groups who might be there. Don’t be shy about asking what they’re doing that day so that you can all best figure out how to share the space.
9. If you’re at All Comers, or sharing a track while an organized practice is going on, look both ways before crossing jumps runways and understand where all the field events are being held so that you can stay out of the throwing sectors.

Yes, the track can become a busy place, but if everyone is on the same page with track etiquette it can be a fun and safe environment in which to work out. So give it a try!
Because the path to excellence starts here. PNC is proud to be the Official Bank of Atlanta Track Club.