PUBLIX ATLANTA MARATHON CHARTS A NEW COURSE FOR CITY’S WELLNESS

3 GREAT RUNS FOR VALENTINE’S DAY

NEW DATES FOR PEACHTREE REGISTRATION
EXPERIENCE IS EVERYTHING

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Over 15 years ago runners came calling for a go-to shoe for the moderate over-pronator. The answer from Mizuno back then and today is the Wave Inspire. The latest iteration offers a new upper with softer fit and a more wearable look. Also, equipped with the latest Mizuno Wave technology for an energetic and cushioned, yet stable ride.

MEN’S

WOMEN’S
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On the Cover: Jennifer Cooper, John Cooper and Lauren Lorenzo push Aidan Jackson in the 2018 Publix Georgia Marathon. Photo by Paul Ward.
RUN WITH ATLANTA
AT PUBLIX ATLANTA MARATHON WEEKEND

PUBLIX ATLANTA MARATHON, HALF MARATHON & 5K
MARCH 17, 2019 | CENTENNIAL OLYMPIC PARK

NO MATTER HOW OLD YOU ARE

PUBLIX ATLANTA KIDS MARATHON
MARCH 16, 2019 | CENTENNIAL OLYMPIC PARK

Register at atlantatrackclub.org
February is American Heart Month. In this issue, you will read – and hopefully learn something new – about the impact of diet and training on cardiac health. If you’re like me, you began to run or walk because you enjoy the way it makes you feel, not because it was prescribed by a doctor. Health benefits are just a bonus, although not an insignificant one by any means.

As Atlanta Track Club works to expand the number of runners and walkers in Running City USA and chase our vision of a healthier city, we are always on the lookout for stories, research and data to highlight the good that comes through consistent aerobic exercise. And there is no shortage of such research: A quick Google search of the “health benefits of running” yielded me roughly 1.5 billion results.

But if we want our vision to truly resonate locally, Atlanta Track Club needs to measure the impact of OUR programs on OUR city. So, the next frontier for Atlanta Track Club will be to responsibly study feedback and data from members, youth, participants in our In-Training program and even school teams that agree to share their information. By studying running/walking history to personal best times to basic health metrics like blood pressure and weight, we believe we can improve our offerings and ultimately make Atlanta a healthier place for all.

There is lots of work ahead, but thanks to our Board members Dr. Mark Wulkan and Michelle Reid from Children’s Hospital and Dr. Reggie Mason from Kaiser Permanente, and partners such as Northside Hospital, Piedmont Healthcare, Anthem and Emory Hospital, I am confident that we’ll soon be able to speak with authority about the positive effects of aerobic exercise not just in general, but specific to our community. And once we have that evidence, we’ll also be able to track progress and make adjustments in our programming as we promote to all of Atlanta why Atlanta Track Club is the heart of the city all year, and not just for the 28 days of American Heart Month.

Rich Kenah
Executive Director
FEATURING HARRY THE HAWK, THE FLIGHT CREW, DRUMLINE, A TOWN BREAKERS, AND DANCERS

ALL PARTICIPANTS RECEIVE:
- Long-sleeve Mizuno T-shirt
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- Sharecare premium prizes, race photo and more!

February 9 | State Farm Arena

Register at atlantatrackclub.org
Register for all events online at atlantatrackclub.org. Grand Prix registration opens one month prior to each event.

UPCOMING EVENTS

2 SATURDAY FEBRUARY
HEARTS & SOLES 5K
8:00 a.m., Georgia State University/Perimeter College, Decatur
- Free for members, $10 for nonmembers
- Part of the Grand Prix Series presented by Piedmont Healthcare
- Fast course provides an opportunity to clock a great qualifying time for the 50th Running of the AJC Peachtree Road Race

9 SATURDAY FEBRUARY
ATLANTA HAWKS FAST BREAK 5K PRESENTED BY SHARECARE
8:00 a.m., State Farm Arena
- All participants receive a $20 ticket voucher to a Hawks game plus a $10 food voucher
- Exclusive Hawks hat
- Chance for pre-race photos on the court
- Meet Harry the Hawk, the Flight Crew and A Town Breakers and Dancers

26 TUESDAY FEBRUARY
KILOMETER KIDS FUN RUN & DASH
5:30 p.m., Cheney Stadium
- Free Mile, Dash for children 14 and under
- Part of Kilometer Kids Youth Running Series
- Participants earn a puzzle piece at each spring event; attend all events to build your own Kilometer Kids tangram
FOLLOW IN THE FOOTSTEPS OF OLYMPIANS

The first chance to run on the 2020 U.S. Olympic Team Trials – Marathon Course
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Road to Gold: An Atlanta 2020 Test Event | Downtown Atlanta | March 2
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This month:
Running City USA is full of people who put their whole hearts into getting and staying fit, so Atlanta Track Club wants to celebrate Valentine’s Day by celebrating you for your love of running and walking!

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CHARTING A COURSE TOWARD OUR CITY’S WELLNESS

By Adina Solomon
What was almost a crisis for Spelman College turned into a defining moment for the historically black women’s college. “It’s one of these lemons and lemonade stories,” former president Beverly Daniel Tatum said with a chuckle.

In the NCAA, Spelman had played Division III intercollegiate sports as a member of the Great South Athletic Conference. But in December 2011, Spelman’s then-athletic director approached Tatum with news: The Great South was losing too many schools to be viable, so the university needed to find a new conference if it wanted to continue playing intercollegiate sports.

If Spelman joined another conference, the other schools would be farther away, meaning more travel time for athletes and more travel expense for Spelman. This led Tatum to evaluate why Spelman was in intercollegiate athletics at all. About 80 Spelman students – less than 4 percent of the student body – participated, at a cost of nearly $1 million per year.

“That seemed like a lot of money for a small number of students,” Tatum said.

After debate and conversations, Spelman announced on November 1, 2012, that it would leave intercollegiate athletics at the end of the 2012-2013 school year. Instead of spending funds on competing in the NCAA, the college devoted that money and momentum toward its flagging wellness program.

After announcing that it would cease participation in intercollegiate sports, Spelman turned its attention to a program that would serve the entire campus – not just a handful of students.

The college’s 1950s-era gym was built when Spelman had less than a quarter of the enrollment it had in 2012, so Tatum knew that a new facility would be needed. “It really wasn’t designed with that kind of student population in mind, and it certainly wasn’t designed with the kind of physical activity that we now take for granted – weight machines, all kinds of fitness facilities that students of the 21st century would expect to find,” she said.

In order to build an updated facility where the original gym once stood, Spelman raised $18 million in about a year. The new Wellness Center has a track, a pool, tennis courts and a demonstration kitchen for healthy cooking, and hosts group fitness classes and intramural sports. This was accompanied by a renewed wellness program that aims to help students develop healthy habits to carry throughout their lives.

As thousands of runners make their way along the Publix Atlanta Marathon course on March 17, they will pass not only many of the city’s landmarks, but also the sites of creative initiatives aimed at getting all of Atlanta moving and active. Here’s a look at four of those fitness gems.

When Spelman was founded in 1881 to educate former slaves, including teaching them how to read, it launched a literacy revolution, Tatum said. Spelman’s focus on health, what the school called a “wellness revolution,” fit right in with the school’s mission.

“Almost all of the major health concerns that women have are more prevalent among black women,” she said. “So it seemed especially important for us, the premier educators of women of African-American descent, to build in knowledge about how to keep yourself healthy as part of the educational experience.”

The historic Ebenezer Baptist Church also decided to focus on a more holistic approach toward health. It began Faith and Fitness, a program to help parishioners of all athletic levels take care of themselves physically and spiritually.

Assistant Pastor Bronson Elliott Woods, who has given the invocation at the Publix Atlanta Marathon the past few years, said the idea for Faith and Fitness is based off a New Testament verse – “Faith without works is dead” – that promotes a holistic life. He said the goal of church services is for people to take care of themselves.

“You come to church, you get restored, you get encouragement, hope renewed and then you’re supposed to take that light that you got from inside the church and go on to the world and be the light of the world. That’s essentially what you’re supposed to do,” Woods said. “But a lot of times, we get into the place where we go to church and we just keep to ourselves, we go home and keep it in our back pocket.”
Faith and Fitness is designed to shake people out of that routine. Twice a month, at the second Sunday service of the day, the ministerial staff comes to church dressed in workout clothes, encouraging parishioners to do the same.

After the service ends, staff and churchgoers walk to a neighboring gym where healthy snacks are set out. What follows is a different physical activity each month. Ebenezer Baptist has done Zumba, African dance and indoor cycling with coaching staff from Vibe Ride fitness center. About 50 people typically participate in these Sunday workouts, though the cycling session had 125, Woods said.

In addition to these workouts, Ebenezer Baptist has seminars on physical and mental health. During some sessions, doctors and nurses from the congregation speak about nutrition.

As Faith and Fitness evolves for 2019, Ebenezer Baptist wants to focus more on food.

“We have the physical. We have the medical. We have the mental,” Woods said. “Faith and Fitness is beyond just going into the gym and lifting weights and getting cardio, but it’s also what’s going inside the body.”

Just two miles from Ebenezer Baptist, the neighborhood of Summerhill also has a place that goes beyond a gym: Phoenix Park’s Cheney Stadium and its track, which has long served as an informal town square for Summerhill.

“Right now, it’s probably the only dedicated space where we can go and mingle with our neighbors and get some exercise,” said Mary D. Gay, president of Organized Neighbors of Summerhill and a 20-year resident. “For Summerhill, that is pretty much the only space other than just walking around the whole neighborhood.”

In addition to acting as a community resource, Cheney track has a storied history, having served as the warmup facility for track and field athletes at the 1996 Olympics.

But a few decades later, the track had fallen into disrepair. Though nearby residents often met at Cheney, Gay said few people exercised on it because of its condition. She recalls walking on it in the rain: “There would be these big old puddles. You’d have to change lanes to complete the walk around the track.”

So Atlanta Track Club raised the funds to restore the track, preserving its history and providing a venue for runners and walkers. The revitalized Cheney track is owned and used by Atlanta Public Schools, but has been open 24 hours a day to the community since its second life began in October 2017. More Summerhill residents and organized groups use the eight-lane track than ever.

“Before they resurfaced it, I was one of the few people there,” said Gay, who sometimes walks on the track during sunrise and takes in the view of the city skyline. “Now, it’s always so full.”

Kenneth Rasheed of Summerhill runs on Cheney track about four days a week, and used to coach a team there.

“It’s an excellent place for people to walk, exercise, get some fresh air,” he said. “It keeps green space available in the community rather than just concrete and buildings.”

“The track has its regulars, some of whom I have gotten to know, and I see new folks coming out over time. I see more parents and kids since it was resurfaced,” said John Prevost, a Grant Park resident, on Nextdoor, a social network for neighborhoods. “It feels safer because it no longer looks rundown and neglected.” Prevost runs on the track a few mornings a week.

Cheney track’s revitalization has also helped draw businesses to the area as Carter, an Atlanta-based real estate firm, leads redevelopment efforts around nearby Georgia Avenue and Georgia State Stadium, formerly known as Turner Field after serving as Olympic Stadium for the Atlanta Games.
The Publix Georgia Marathon is now the Publix Atlanta Marathon, Half Marathon & 5K, with a host of changes designed to enhance race weekend.

New Course
Participants will be greeted with a whole new course, featuring more of Atlanta's downtown and surrounding neighborhoods. As participants finish the first half of the course – which winds through Inman Park, Little Five Points, Virginia Highlands and Midtown – they’ll head back through the downtown and Summerhill neighborhoods, passing Mercedes-Benz Stadium, State Farm Arena and through the Atlanta Historically Black College and University Consortium. From there, the course will head through Grant Park, past Zoo Atlanta, onto the refurbished Cheney Stadium track, past Oakland Cemetery and through Georgia State before finishing back in Centennial Olympic Park.

Cheer Zones
If you’ve ever wanted to cheer a marathon and throw a party for free, this is your chance. The Club has launched a cheer zone initiative, giving the city a chance to engage with the Publix Atlanta Marathon & Half Marathon. Residents along the Publix Atlanta Marathon course can apply to host a themed cheer zone party, and those selected will receive a $262 gift card to Publix along with a party pack full of signage and noisemakers to make their cheer zone a raucous success.

Georgia Aquarium Partnership
The Club recently announced an enhanced partnership with Georgia Aquarium, giving all race participants the opportunity to enjoy one of Atlanta’s top attractions. All race participants and their families will receive wholesale pricing throughout race weekend. Marathon participants will also receive free entry into Georgia Aquarium after 4 p.m. on Saturday, March 16 for a special celebration and pasta dinner. Participants will receive more information as the date nears.
When Brent Pease completed his first Ironman in 2010, his brother, Kyle, was there to cheer him across the finish line. Kyle, who was born with cerebral palsy, asked a simple question soon after Brent finished: “Can people in wheelchairs do an Ironman?”

From that moment on, Brent and Kyle Pease together have pushed forward, both in the races they began doing together and in the fight for inclusion for wheelchair and push-assist athletes. Born and raised in Atlanta, the brothers as children had spent July 4 watching their mother run the AJC Peachtree Road Race, so they naturally turned to Atlanta Track Club as they were building the Kyle Pease Foundation.

Launching a push-assist division in the Peachtree would take a few years of work between the foundation the Shepherd Center and the Club, but over the last eight years that partnership has produced a surge of interest and created dozens of opportunities for chair athletes in Atlanta. Although the Club manages the race operations, the Pease Foundation provides the expertise to create a welcoming and safe environment for all athletes.

In 2019, the Club and the foundation will work together on at least six events, the Hearts & Soles 5K, the Publix Atlanta Marathon, the Mercedes-Benz Stadium 5K/Walk Like MADD, Atlanta’s Finest 5K, the Invesco QQQ Thanksgiving Day Half Marathon and the Peachtree.

If you’ve ever considered getting involved in push-assist and want to learn more, read on; if you want to take the next step – or thousands of them, to be more precise – contact the Pease Foundation.

**Hearts & Soles 5K**

As Pease, the Shepherd Center and the Club worked on finding ways to accommodate wheelchair and push-assist athletes for the Peachtree, they also had to work to make sure the teams running on July 4 were able to move through the course quickly to avoid the huge crowd coming from behind. So three years ago, the Club launched a push-assist qualifying race at the Hearts & Soles 5K in early February to determine which push-assist teams would qualify for the Peachtree.

At Hearts & Soles, the Club offers three push-assist divisions: Men, women and mixed. In each division, the competition is fierce, as only three teams from each division will qualify for the Peachtree.
“With such a flat, fast course, Hearts and Soles opened up a great opportunity for the Pease Foundation to host the qualifier race,” said Lisa Tanner, Atlanta Track Club's director of events. “Everybody lines the course as they're coming down the road and it's literally a line of people cheering them on. It's incredibly inspirational.”

Publix Atlanta Marathon

Brent and Kyle Pease began their journey toward becoming Ironmen back in 2011 at the race formerly known as the Publix Georgia Half Marathon. In that race, just two teams competed in the push-assist division, but in last year’s Publix Georgia Marathon, the division had grown to 58 teams, including Keith Roberts and Andrew Sutherland (see sidebar).

This year’s Publix Atlanta Marathon will continue to serve as the focal point of the Pease Foundation’s Atlanta calendar. If you’re interested in competing, contact the foundation.

“I’M NOT JUST DOING IT FOR MYSELF”

By Marcus Budline

As the Pease Foundation’s profile has grown around Atlanta, the program has created opportunities not just for competition but for connection. Whether between neighbors, friends or families, the unique nature of the push-assist division has allowed hundreds of runners to learn about and forge a stronger bond with chair athletes.

Included among those runners is Keith Roberts, a managing director at SunTrust and Atlanta Track Club member who runs about 20 miles a week. About three years ago, Roberts was searching for ways to build a stronger relationship with godson Andrew Sutherland, who has cerebral palsy and cannot speak or walk. Andrew was 4 at the time.

“Andrew’s father and I went to college together and they live here in Atlanta, so we’re close with them, but it’s very difficult to connect with Andrew,” Roberts said. “His mom takes him out running and he always enjoys it, so I thought a race would be a really fun way to engage with him.”

Roberts then heard about the Pease Foundation and jumped at the opportunity to get involved leading up to the 2017 Publix Georgia Half Marathon. That first year, Roberts ran the race as a team with a few other runners, rotating as they pushed Andrew through the 13.1 miles. But when he went back for the second year, he was committed to doing the race on his own.

“Last year I pushed him solo, which was a little more fun for me and for him because we did it a little faster,” Roberts said, noting his 1:43:43 finish in the race. Although it’s an impressive finishing time even without the added difficulty of pushing Andrew’s wheelchair, Roberts notes that the race wasn’t a significantly greater challenge than training for a standard half marathon.

“If you give the same level of effort, or anywhere near, you’re going to be sorer,” he said. “From a pure race perspective, I think it’s just a little bit different. The uphill are a lot harder, but the downhill are a lot more fun because you have a little more momentum, so it’s just a different type of race experience.”

But for Roberts it’s about more than just the race.

“Doing [races] with him is just tremendously motivating and inspirational to me as I think about training and actually hitting a goal,” he said. “A lot of times if you’re training you might find an excuse to not hit your goal, but if I’m doing a race with Andrew, he is the motivating factor, and it isn’t something I’m going to let slip by because I’m not just doing it.
SPECTATOR-FRIENDLY COURSE TO HONOR CITY’S OLYMPIC LEGACY

By Jay Holder

On January 7, the course for the 2020 U.S. Olympic Team Trials – Marathon, set for February 29, 2020, was unveiled by Atlanta Track Club and USA Track & Field.

The 26.2-mile course will highlight Atlanta’s Olympic history and legacy as Olympic hopefuls chase their dreams of representing the United States in Tokyo at the XXXII Olympic Summer Games. Because part of the four-loop course is an out-and-back along Peachtree Street, spectators will easily have up to eight opportunities to track the athletes’ progress and cheer them on.

“This course will show the competitors and spectators why we believe Atlanta is Running City USA,” said Rich Kenah, Atlanta Track Club’s executive director. “From the top three male and female finishers who punch their tickets to Tokyo to the final finishers, Atlanta Track Club, the city of Atlanta and the people of Atlanta will provide a championship experience these runners will remember for the rest of their lives.”

The course consists of three 6-mile loops and one 8.2-mile loop. The start line will be just outside Centennial Olympic Park, in front of the College Football Hall of Fame on Marietta Street near Atlanta’s popular downtown attractions such as Georgia Aquarium, The Center for Civil and Human Rights and the World of Coca Cola before heading toward the city’s best known thoroughfare – Peachtree Street. On Peachtree, the runners will pass the Fox Theatre and loop around the Margaret Mitchell House, a museum honoring the legendary author of Gone with the Wind. From Peachtree Street, the course takes the competitors into Atlanta’s Historic Old Fourth Ward,
When Laurie Knowles qualified for the 2008 Olympic Marathon Trials, she was thrilled. When she qualified again in 2012, she thought it was really cool. When she headed to Los Angeles for the 2016 Trials, she figured it would be her last. Then, like almost 50 other women that day, she dropped out in the unseasonable heat, and her plans quickly changed. “I’m not stopping on that,” she thought. And so she didn’t. Knowles, now 41, qualified for her fourth Trials when she ran 2:40:09 in the 2017 TCS New York City Marathon, good for 20th overall and second masters. Little did she know when she crossed that finish line in Central Park that the 2020 finish line would be just five miles from her Buckhead home. “What a way to – probably – finish out my Trials experience,” said Knowles, who along with Bridget Lyons, Lacey Krout, Sallie Post, Matt McDonald and Wilkerson Given is one of six Atlanta Track Club Elite Team members to qualify so far. Knowles, a mother of two and former Club board member, can often be found running in Atlanta Memorial Park at 5:30 a.m. so she can be home by the time Cooper, 9, and Mimi, who turns 4 this month, wake up. Cooper ran his first Peachtree Junior this year, finishing second in his age group, to carry on a family running tradition that includes his father, Nathan – who along with Knowles competed for the University of Arkansas – and both maternal grandparents, both of whom are also Atlanta Track Club members. Knowles’ mother, Mimi Sturgell, has run a 3:10 marathon and is a former member of the Club’s competitive team; her father, Brian, is a past chairman of the board.

“On easy days, I will run with her, and not many people get to do that,” said Knowles. “I hope I can do that with my daughter someday.” Not many people win marathons, either, but Knowles did just that last November 3 when she broke the tape at the CMO Financial Group Indianapolis Monumental Marathon in 2:37:52. And she wasn’t even supposed to be there. Knowles had planned to run the California International Marathon in December, along with several of her teammates, before her father – who is undergoing treatment for acute leukemia – was scheduled for a bone-marrow transplant that week at Northside Hospital. So Knowles switched gears to the Indy race, five weeks earlier. Undertrained, coming off a week in which both she and her kids were sick and feeling no pressure to perform well (“Anything I did was a win; I was very much at peace walking up to that starting line”), Knowles stalked the leader for most of the race before blowing past her with maybe 1000 meters to go. “I couldn’t stop smiling,” she said, of breaking the tape. “Never in such a long race have I had such a super strong finish. My 5:30 last mile was by far my fastest in the race.” Among the races on Knowles’ calendar is the Road to Gold on March 2, an 8.2-mile event that will offer not only Trials qualifiers but any interested runner a chance to preview and test out the Trials course. “Being on that start line will be amazing,” she said. “It’s going to make next year’s Trials seem so real and so soon – I’m viewing it as the unofficial kickoff!”
Bill Rodgers won the Boston Marathon four times. Bill Rodgers won the New York City Marathon four times. Bill Rodgers lost the AJC Peachtree Road Race twice. And he hasn’t forgotten about it.

Rodgers reads back the entry from his training log from July 4, 1977: “Placed second in 10,000 meter over hilly course to Shorter. 29:26, 10 seconds slower than I ran last year, but it was much hotter this year. Ran very hard!”

That year, Rodgers was second in the edition of Peachtree that forever changed the race and, to no small extent, played a starring role in the evolution of U.S. road racing.

Bill Rodgers. Frank Shorter. Don Kardong. Lasse Viren. Four of the best distance runners in the world at the time stood on the start line, followed by 6,500 citizen runners. Never before had so many lined up to share the road with such greatness, and the influential athletes who ran say it helped establish the model used by the country’s most iconic road races today.

The competitors in that race unanimously credit one man for bringing them all together: Fellow Olympic runner and Atlanta native Jeff Galloway. Galloway credits the race’s title partner, the Atlanta Journal-Constitution. Their roles in organizing the race collided at just the right time, setting the stage for history.

The transformation actually began the year before, in 1976. Race founder Tim Singleton had stepped down as race director and moved to Texas, leaving the race in the hands of Galloway and Bill Neace. Neace had heard through the grapevine that a young Cox Media executive named Jim Kennedy was a runner. With Carling beer out as a sponsor, the door was open for the Cox-owned AJC to not only sponsor the young race, but also to use the power of the press to promote it.

At the same time, Galloway – still running competitively but looking for alternative ways to make a living through running – had the idea of bringing world-class runners to Atlanta. “It was my vision to take this wonderful venue of Peachtree Street and blast it out to the running world as a super venue for road racing,” said Galloway. “It was my desire to bring my friends, show off our city and have an event that would make a national impact.”

With just months to spare before the 1976 running, Galloway persuaded two of his friends to travel to Atlanta: Don Kardong, who was training for the upcoming Olympic marathon in Montreal, and Rodgers, Galloway’s old college teammate at Wesleyan who had won the 1975 Boston Marathon. “The beauty of knowing these guys was that I could just call them up and get their commitment,” said Galloway, who not only hosted Rodgers but, the Boston champion recalls, introduced him to grits.

Kardong would win the race in a new event record of 29:14, with Rodgers just two seconds back.

As soon as the race was over, Galloway and Neace got to work on the 1977 running, meeting for lunch daily to strategize. With Rodgers and Kardong, the Peachtree had
already gone national. Galloway wanted it to be international. To do that, they needed a foreign headliner. Galloway knew exactly who he wanted: Lasse Viren. The Finnish runner was arguably the best in the world, having won the 5,000 meters and 10,000 meters at both the 1972 and 1976 Olympic Games. In 1976, he even placed fifth in the marathon just 18 hours after the 5,000-meter final.

By chance, Neace knew a professor at Georgia State University who was a prominent member of Atlanta’s Finnish community, and through him they were able to make the invitation. Viren was hesistant, but remembered meeting Galloway at the Olympics in Munich. After months of back and forth, the Finn was in.

“This was huge news,” Galloway said. “In 1976 there weren’t a lot of people in the South who knew who he was. By 1977, they did.”

Like Kardong and Rodgers, Shorter was another of Galloway’s buddies. Credited with igniting the running boom with his 1972 Olympic Marathon gold medal, Shorter was coming off a silver medal performance at the 1976 games.

“I am not sure of the name of the race,” he told a reporter in Chicago in 1977. “But my friend Jeff Galloway called me and asked me to run and that’s why I am going.”

With the big stars on board, other world-class runners wanted in on the action. “I was answering the phone almost every day from some athletes somewhere around the world who wanted to come,” said Galloway.

Ed Leddy, the 1975 Peachtree champion and Irish Olympian was added to the field, as was Olympic marathoner Kenny Moore. Local running star Benji Durden signed up, and Duke University standout Robbie Perkins got into the mix. Great Britain’s Chris Stewart joined in. Even Galloway himself, undertrained due to his business commitments, got a race number.

Galloway understood that a star-studded field was worthless without good marketing. Through the new relationship with Cox, he had access to not just the AJC, but also to the company’s radio and television stations.

“Whenever I would get one of my friends to commit, we would announce it. The excitement started growing,” said Galloway. People would come into his running store, Phidippides, to register for the race, excited to stand on the start line with the likes of Rodgers and Shorter. Along with the elite athlete announcements, the AJC’s editorial and lifestyle staff began publishing articles about the healyoth benefits of running and tips for beginners. Galloway would follow each article with a clinic on the same topic at his store.

The word spread outside the confines of Atlanta. The race was named the Road Runners Club of America’s 10K National Championship. Runner’s World magazine named it one of the Top 10 running events in the United States. And participation exploded. In 1976, 2,350 people registered for the race. In 1977, that number was more than 6,500. (A highly publicized matchup between Shorter and Rodgers at the 1975 Falmouth Road Race helped spur growth there, too, from 850 runners in 1975 to 1,856 the next year, when Shorter would beat him again.)

By June of 1977, Atlanta and the entire running community was buzzing about the Peachtree. “Before the mid-70s, the biggest road races in the world had a couple of hundred runners,” said Kardong. “The Peachtree was right out there and it was a lot of fun.”

Shorter, ironically, may have been the least enthused after being immediately turned off by seeing the Peachtree’s infamously hilly terrain. In 1994, reminiscing about that watershed year, he told journalist Karen Rosen that he left his racing shoes on the top of a car the night before the race, hoping someone would steal them. They didn’t, and Shorter, shoes and all, was standing on the start line that Monday morning.
Even by Atlanta standards, it was hot that morning. The temperature was 80 degrees at the start, still tied for the warmest starting temperature in race history. Runners dropped out by the dozens, 60 of them needing to be taken to the hospital. Kennedy, the newspaper man, completed the race in 32:00 and recalls the postrace area looking like a scene out of “Apocalypse Now” with disoriented runners falling and helicopters flying overhead. The race’s headline, Viren, would be among those falling victim to the heat, never factoring into the race and finishing a disappointing ninth.

His American counterparts, however, seemed unfazed. From the gun it was a three-man race among Shorter, Rodgers and Kardong, the defending champion.

“I don’t think I knew this at the time, but Frank runs every road race exactly the same,” said Kardong. “He stays back the first mile and then he moves to the front.” That’s exactly what happened. Shorter, who had won a 20K road race in Chicago the day before, surged to the front at Mile 2. A back-and-forth between him and Rodgers ensued with the career-long rivals swapping the lead over the next four miles. With a quarter mile to go, Shorter found another gear and sprinted to the finish, besting Rodgers by seven seconds with a time of 29:17. He told reporters it was the best he’d ever run before breakfast. Kardong was third. Galloway placed seventh.

With all the focus on the men’s race, 10,000-meter world record-holder Peg Neppel of Iowa remained largely under the radar in winning the women’s race in 36:00. In 1977, women’s distance running was still not widely accepted on the world stage, with no race longer than 1,500 meters added to any major global competitions until the 3,000 meters was added to the World Championships in 1980. (In 1978, 19-year-old track star Mary Decker would race the Peachtree because of Galloway – garnering both the win and significant media attention.)

The Shorter-Rodgers rivalry would continue less than six weeks later, with Rodgers beating Shorter at the Falmouth Road Race in mid-August. In the fall, Rodgers would win his second consecutive New York City Marathon.

As for the third-place finisher, Kardong took the Peachtree concept back home, where he organized the first Lilac Bloomsday Run in May of 1977.

“I just thought it was a great idea and I said ‘we can do this in Spokane,’” he recalled. “I think Jeff was ahead of his time in terms of conceptualizing the whole idea of what a road race can be in bringing in the Olympic athletes and encouraging everyday runners, too.” Today, with Kardong as the race director, Bloomsday is one of the largest road races in the United States, with 40,000 annual participants.

Neither Shorter, Rodgers nor Viren ever came back to the Peachtree. Kardong ran once more, in 1978. But their legacy lives on, paving the way for the national, world and Olympic champions who have broken Peachtree’s tape since their groundbreaking run more than four decades ago.
A Peachtree legend, two sports teams, a best-selling author and a mayor will vie this year for one of the most prestigious titles in Atlanta: Winner of the AJC Peachtree Road Race T-shirt contest.

“Our mission at Atlanta Track Club is to create a healthier Atlanta through running and walking,” said Rich Kenah, race director and Atlanta Track Club’s executive director. “Thanks to the commitment from this year’s curators, that message will be heard by new audiences for the first time. We hope it brings their fans and followers to the start line of the Peachtree and to many start lines in the future.”

The design receiving the most votes will grace the shirt handed out to everyone who crosses the finish line at the world’s largest 10K, which will celebrate its 50th Running on July 4. Atlanta Track Club will also donate $5,000 to the charity or cause of the T-shirt winner’s choice.

The celebrity curators are:

**The Atlanta Braves:** For the past two years, Braves staff and fans have volunteered at a Peachtree water stop. You can also find them in The Meadow after the race. “Running the AJC Peachtree Road Race and attending a Braves game is an Atlanta Fourth of July tradition,” said Derek Schiller, Atlanta Braves president and CEO. “The race unites the city and we are proud to participate in this iconic event. We also hope to see fans wearing our T-shirt design at SunTrust Park when we face the Philadelphia Phillies that night.”

**Harry the Hawk:** Always the first one off the start line at the Atlanta Hawks Fast Break 5K presented by Sharecare, Harry hopes the Hawks can win the T-shirt title to mark what is their 50th season, as well. “Harry the Hawk is one of the most talented mascots in all of the NBA,” said Melissa Proctor, chief marketing officer of the Atlanta Hawks. “Everyone knows he can dance and he can dunk, and now they’ll know that he can draw when he creates a winning design for the 50th Peachtree Road Race, a great ‘True to Atlanta’ tradition.”

**Mayor Keisha Lance Bottoms:** The mayor was the official starter and a finisher of last year’s Peachtree. Now she will try to be a Peachtree triple threat by taking home the T-shirt prize. “With more than 60,000 runners from all backgrounds, the AJC Peachtree Road Race is the embodiment of the spirit of One Atlanta, said Mayor Bottoms. “Although I have never come close to winning a road race, I proudly accept the challenge of working with a winning design team to create the 50th AJC Peachtree Road Race T-shirt.”

**Jeff Galloway:** The 1972 Olympian and winner of the first Peachtree in 1970, once named “The Most Recognizable Runner in America” by Running USA, will try to add to his list of accolades by teaming up with son Brennan to design the shirt he hopes will be worn by 60,000 Peachtree finishers and reflect, he said, not only the history of the race but how it has become a symbol of empowerment for Atlanta and the hundreds of thousands who have participated. “The Peachtree Road Race shirt is the holy grail for the runners who earn it each year – but there was no shirt for me when I won the first Peachtree. Each shirt thereafter has been a prized reward, framed in my Ansley Mall Phidippides store; a complete collection.”

**Emily Giffin:** If the New York Times best-selling author of “Something Borrowed” and “All We Ever Wanted” wins, she’ll be taking home five shirts. She, her husband and all three kids run the Peachtree each year. “I’m absolutely thrilled to be a part of this fun design contest for the 50th Running,” said Giffin. “I love how the entire community comes together for this amazing event, and hope to create a design that reflects that sense of Atlanta pride!”

Designs will be revealed in February 2019. The public can vote in March at ajc.com/peachtree, and the winner will be announced when the first finisher crosses the line on July 4. Atlanta Track Club members can register for the AJC Peachtree Road Race from March 15-31, 2019. Non-members can enter a lottery during the same time period.
LADIES, THIS IS ONE PARTY YOU DON’T WANT TO MISS!

LARGEST WOMEN’S 5K IN THE SOUTHEAST

April 13 | Cheney Stadium
Register at atlantatrackclub.org

THE 50TH RUNNING OF THE AJC PEACHTREE ROAD RACE

MARK YOUR CALENDARS

GUARANTEED MEMBER REGISTRATION & LOTTERY REGISTRATION: MARCH 15-31
Learn more at atlantatrackclub.org
Each year at the PNC Atlanta 10 Miler, participants run through the wild cheering sections that are part of Atlanta Track Club’s Adopt a Mile program. What the runners get is obvious: motivation to carry on, to pick up the pace, to smile in the midst of their effort. But what brings those enthusiastic groups of fans out on a cold, dark morning?

For Evansdale Elementary School in Doraville, the answer comes not in words but in the collection of metal and plastic that make up the shiny new fitness equipment on its playground. For the school’s Kilometer Kids program, that jungle gym marks the culmination of more than a year’s worth of cheering, planning and hard work to improve the community’s physical fitness.

The project began with Brett Broussard, who for the past three years has served as the volunteer head of the school’s Kilometer Kids program. Broussard began coaching Kilometer Kids with the goal of giving back to the community and providing a safe environment in which the students can play and blow off some steam.

Exercise, Broussard believes, offers peace of mind. And, he added, “It’s something I don’t think the public schools are really focusing in on enough.”

So, in the fall of 2017 as he contemplated ways to continue making an impact, Broussard realized that he could use the school’s tradition of participating in Adopt a Mile as a way to build a lasting legacy in the form of new playground equipment. His application to be awarded an official spot at the race was accepted, and on the October morning of the 10 Miler his entire Kilometer Kids team was out at the bottom of Cardiac Hill blasting Steve Miller’s “Fly Like an Eagle” and toting bullhorns as one student raced around in the school’s eagle mascot suit. For their efforts, the program was awarded $4,270, based on the number of kids who turned out and points from crowd voting, which Brett immediately gave to the PTA earmarked for new fitness equipment.

Though it took more than a year to secure the proper permissions from DeKalb County, the new equipment was finally assembled in 2018 just in time for the last practice of the fall. It didn’t take long for Broussard to know he’d made a good decision.

“As soon as those kids came down the stairs and saw it, they just went nuts,” he said. “You didn’t have to ask them if they were excited about the equipment; they just went straight for it and started automatically trying to figure it out and do chin-ups.”

To Broussard, the goal is for the students not only to enjoy themselves but also for them build full-body strength on top of the running they do in Kilometer Kids practices.

“I think it’s a great thing if people can discover fitness at a young age and make it fun,” he said. “But I saw it with my own son – he’s been in soccer all these years, and at one point I told him, ‘what about your upper body?’ They can make it part of their routine, and if we can make the program fun then you don’t even realize you’re actually working out.”

As time goes on, Broussard hopes he will have created not just a running program, but a way for the entire community to line up behind the goal of becoming more fit.

As Broussard said, “We could buy a bunch of jump ropes and balls, but I want to do something that the whole community can use, not just the students and not just for an hour after school, but hopefully to inspire some families to come out on the weekend and do something with their kids.”
THREE GREAT RUN DATES IN ATLANTA

By Natalie Demarko

Looking for a new date idea this Valentine’s Day? Grab your Mizunos and warm your heart by exploring romantic Atlanta on foot. Then, enjoy snacks for two at one of the city’s foodie treasures. Here are a few suggestions on where to escape with that someone special.

For the City Vibe

Sunset over Jackson Street Bridge Followed by Food at Krog Street Market

Take off from Krog and make your way down Irwin Street NE as you enjoy the beautifully restored Victorian houses – the heart and soul of the Inman Park neighborhood. Make a right on Jackson Street NE and brace yourself for a jaw-dropping view. Pause for a must-have selfie and then continue down Highland Avenue NE. Make a right on Ponce de Leon Avenue NE and another right on Moreland Avenue NE and you’ll find yourself in Little Five Points, one of the city’s hippest neighborhoods. A stop in Junkman’s Daughter guarantees some laughs and entertainment.

Make your way down Euclid Avenue NE back toward Krog Street Market to end the 4.88-mile loop and refuel. May we suggest Varuni Napoli, the most authentic Italian experience we’ve experienced in Atlanta? Luca, the founder, has created something incredibly special with this place, which offers Napoli-style pizza and a cavalcade of Italian desserts, not to mention a line of housemade Limoncellos.

#2 Piedmont Park Followed by Food at Ponce City Market

Piedmont Park, the crown jewel of the central Atlanta running scene, never disappoints. An awe-inspiring backdrop of Midtown will keep your motivation high as you explore loops around the Active Oval and then cross into The Meadow, which arguably offers the best view of the skyline and gives you and your date the ideal chance to reflect on AJC Peachtree Road Race memories and chat about your plans for the 50th Running this July 4. Make your way down 10th Street NE and hop on the Eastside Trail of the BeltLine to jog past murals and a variety of art pieces.

Make sure to stop at Paris on Ponce, a boutique that is home to a rotating cast of Atlanta creatives, artists and stores. You can find everything from crafty handheld pieces to fine art and furniture. A classy flea market, it’s next to the Ponce City Market, a monumental restoration of an old Sears and Roebuck building that includes a modern food court, trendy shops and even a rooftop carnival. The restaurants are all high quality, but we suggest Ton Ton. It offers Asian cuisine, with a seat-yourself ramen bar and a cozy dining area.

For A More Scenic Route

#3 Murphey Candler Park Trail Followed by a Picnic

Nestled in a wooded neighborhood of Brookhaven, Murphey Candler Park is a beautiful, spacious area perfect for a run date and ideal for a dreamy picnic. Amid 100 acres of leafy forest, a two-mile loop circles the park’s centerpiece – a peaceful lake filled with wildlife. Relatively flat, the scenic backdrop offers views of birds, flowers and more.

Begin the run at Nancy Creek Drive parking area and follow the path as it outlines the shore. A popular picnic area can be found after crossing a wooden bridge, and benches along the way offer a chance to soak in the views together. If a picnic isn’t your style, we suggest a post-run visit to Alon’s Bakery Market. A six-minute drive from the park, you’ll find a unique atmosphere and authentic feel of a European market. Known for its high-quality, made-from-scratch selection of breads, cakes, homemade pastries, gourmet sandwiches and fine cheeses, their chocolates might be our favorites – perfect for Valentine’s Day, along with a glass of wine to toast your running love and love of running!
Hala Moddelmog is president and CEO of the Metro Atlanta Chamber (MAC), and considers herself an avid walker. Before coming to the MAC, Moddelmog served as president and CEO of Susan G. Komen for the Cure, where she completed the organization’s 3-Day, a fund-raising walk that covers 60 miles over three days. Moddelmog is also a past president of Arby’s Restaurant Group and Church’s Chicken. She lives in Ansley Park.

What makes Atlanta a great city for runners and walkers?
I think it’s really our incredible weather, because you can look around and see people walking and running and going on our hiking trails and just doing anything outdoors almost 365 days a year. Our neighborhoods are just built for running. Especially if you’re training, we have [some] hills going on, but if you’re more like me and you like to be on flat ground, you can find that, too.

What is your favorite place to walk and run in Atlanta?
You know what, I’m a Piedmont Park-er. I’ve done Chastain Park forever, and now I live in Ansley. Piedmont Park is bigger than people think, too. It’s beautiful and it can be flat, or you can do a lot of steps, and you can run around the track, or you can take a leisurely walk. It really has everything, including the beauty.

Tell us about the sense of community and camaraderie you find among runners and walkers here in Atlanta.
Part of Atlanta’s charm is our sense of community, and one of the places you find it the most is when you’re outdoors and you’re walking or running. Especially if you’re running. Let’s say you’ve got a little bit of a hot day, and people just give you that big smile like you’re working on yourself and you’re just being outside and enjoying and being a part of who we are. I think it’s really inspiring.

As the CEO of the Chamber, what does the AJC Peachtree Road Race mean to you for the City of Atlanta?
We’re very proud of the AJC Peachtree Road Race, and all of our companies support it. I don’t think there’s a single group that doesn’t say, “Yes, we have this in our market, and we’re very proud of it.” And we’ve got people who work at our organizations who run and frankly, I think we have quite a few runners here at the Metro Atlanta Chamber. But probably the most inspirational part to me is that it really is for all ages and for all abilities, and if you just can’t get out there, you can stand on the sidewalk and have a great time cheering people on.

So it’s not just a city that includes runners and walkers; it’s a city that embraces runners and walkers?
Absolutely. I actually live on 15th Street and Peachtree right there, and just seeing the people come by and knowing that whether you finish in the top 10 or you come up to the end because you’ve had to walk part of the way, it’s just very inspirational.
Because the path to excellence starts here. PNC is proud to be the Official Bank of Atlanta Track Club.
As runners and walkers, you are already taking important steps to protect your heart. Regular physical activity lowers the risk of cardiovascular disease by boosting "good" HDL cholesterol, decreasing "bad" LDL cholesterol and managing blood pressure.

Other lifestyle factors such as stress, sleep, smoking and nutrition also play a big role in keeping your heart healthy.

In honor of American Heart Month, I am sharing some top foods that promote heart health. You can boost your cardiovascular health this February and all year long by incorporating these foods into your diet.

1. Nuts and Seeds – From almonds and walnuts to chia and flax, nuts and seeds are naturally great sources of heart-healthy, unsaturated fat plus fiber. These two nutrients keep your heart healthy by lowering "bad" LDL cholesterol. Nuts and seeds also contain magnesium, a mineral involved in heart contraction and blood pressure regulation.
   - Use kidney, navy or cannellini beans in a vegetarian chili or minestrone soup
   - Combine black beans, corn and rice for a meatless Mexican-style meal

2. Oats – Like all whole grains, oats promote heart health due to their high fiber content. Oats are especially high in a type of soluble fiber called beta glucan, which is associated with decreased LDL cholesterol and lower risk for heart attack and stroke.
   - Grill or bake fish along with veggies and potatoes for simple, balanced dinner
   - Enjoy raw salmon in sushi
   - Add canned tuna to a salad or wrap for an easy, protein-packed lunch

3. Beans and Legumes – Unlike animal protein sources, beans and legumes provide plant-based protein with zero saturated fat. (High intakes of saturated fat are associated with increased LDL cholesterol and heart disease.) They are also excellent source of fiber, magnesium, potassium and other heart-healthy nutrients.
   - Roast chickpeas in the oven with a little olive oil, herbs and spices for a crunchy snack

4. Fatty Fish – Salmon, mackerel, herring, lake trout, sardines and albacore tuna are excellent protein sources that are low in saturated fat and high in anti-inflammatory omega-3 fatty acids.
   - Roast white or sweet potatoes with a little olive oil
   - Blend frozen bananas for a potassium-rich, naturally sweet ice cream alternative

5. Fruits and Vegetables: While all produce is packed with heart-healthy fiber plus vitamins, minerals and antioxidants, those high in potassium are particularly beneficial for your heart. Bananas, potatoes, melon, oranges, spinach and broccoli top the list for potassium content, a mineral that helps reduce blood pressure and is essential for heart contraction.
   - Fresh fruit and raw veggies make great snacks any time of day
   - Throw spinach and a variety of fruit into your morning smoothie
   - Blend frozen bananas for a potassium-rich, naturally sweet ice cream alternative

For more nutrition tips and heart-healthy recipes such as Overnight Oats, Blueberry Oatmeal Muffins, Lentil Sloppy Joes, Quinoa and Black Bean Salad, Sweet Potato Fries and Maple Pecan Energy Bites, check out the Good Measure Meals blog.
Exercising on a regular basis can have major health benefits that extend far beyond any medication a doctor can prescribe. In fact, just 30 minutes a day at least five times a week can have profound benefits for your health.

Running on a regular basis strengthens all of our muscles, but more importantly our hearts. There’s no doubt that running is a great way to stay in shape, too. Many studies have shown that running can help prevent obesity, type 2 diabetes, heart disease, high blood pressure, strokes and quite a few other conditions that harm the human body.

Running can improve the quality of your emotional and mental life. It also can help you live longer. Regular running can reduce the risk of arteriosclerosis, and also the production of the stress hormones adrenalin and cortisol. It can improve your blood circulation and lower your risk of thrombosis.

If you’re already very active, then you know that the heart starts to pump faster when it is under strain. Running is a great way to boost your endurance, and is very effective when it comes to strengthening your heart. The heart is the body’s most vital organ.

Warning signs of heart issues

Sometimes, you can have heart issues without having any clear warning signs. In fact, some heart symptoms don’t even happen within your chest, so it’s not always easy to tell what’s going on.

Here are a few things you should watch out for.

- Chest discomfort
  This is the most common sign that your heart can be in danger. If you have any blocked arteries or may be having a heart attack, you may feel some pain, tightness or extreme pressure in your chest.

- Pain throughout your arm
  Sometimes pain may radiate down through the left side of your body. This is another classic symptom of a heart attack. Usually the pain starts from the chest and then moves outward.

- Lightheadedness or dizziness
  There are many things that can make you lose your balance or cause you to briefly feel faint. It could range from not having enough to eat or drink, to standing up too fast. However, if you suddenly feel unsteady coupled with chest discomfort or shortness of breath, you should seek medical attention right away.

- Becoming exhausted easily
  If you find yourself becoming suddenly fatigued or winded after doing an activity that you’ve had no problem doing in the past – something like walking up the stairs or even just carrying your groceries to or from your car – you should speak with a doctor right away. Many times, these changes are more important for your doctor to know about than every little ache or pain you may experience.

- Irregular heartbeats
  It is quite normal for your heart to race if you get nervous or excited about something. But if you feel as if your heartbeat has become irregular for more than a few seconds, or an irregular beat starts to happen more often, you should tell your doctor.

Looking for Answers?

If you have a question for the doctors at Northside Hospital, email stories@atlantatrackclub.org. We could answer your question in an upcoming issue of Wingfoot.
During her four years at Newnan High School, sprinter Chalonda Goodman so dominated at 100 and 200 meters that it was only a matter of time – and probably not much of that, either – until she starred on the Olympic stage.

The only athlete in Georgia history to sweep the Class AAAAA title at both 100 and 200 meters all four years and a three-time national champion at both of those distances, as well, she also won gold at the 2009 Junior Pan Am Games at 100 meters and silver at the 2007 World Youth Championships at 200 meters. She still holds the second-fastest times for 100 meters (11.22) and 200 meters (22.94) in Georgia high school history.

In the fall of 2009, after graduating near the top of her class, Goodman arrived at the University of Texas as the world junior leader in both events, ready to rewrite the NCAA record books.

Then, disaster struck. At practice early in her freshman year, Goodman tore ligaments in her right ankle, and barely recovered before she heard a pop after exploding out of the blocks at a meet in early May. She had torn the muscle junction between her Achilles and calf.

If the first injury left her distraught, the second left her devastated as she painfully hopped off the track.

“If I was crying over the disappointment and disbelief,” she recalled, “I'd worked so hard, and now it was happening again.”

By 2012, she had worked her way back to being a semifinalist at 200 meters in the U.S. Olympic Trials, and as a senior was named an All-American for her contribution to the 4x100-meter relay and second-team All-American at both 100 and 200 meters.

“It was a miracle,” she said. It also wasn’t what she had planned, but she is at peace with how things have played out.

“If I learned at an early age that life doesn’t always go the way you thought it would,” she said recently. “Yes, you have goals and aspirations, but the process is unknown and is going to help mold you along the way. It was hard seeing people I had beat now beating me and going on to be NCAA champions and Olympians. You have to learn along the way not to compare yourself to other people. Everyone’s journey is not the same, and this is my journey.”

And that journey is not yet over: Goodman – despite a full-time career as a digital marketing program manager with Texas Instruments in Dallas – still has her eye on that Olympic stage, just as she’s had since she was 7 years old watching Michael Johnson win double gold in 1996.

Five or six days a week, usually after work, Goodman has been quietly training with a group led by coach Sammy Dabbs, with the goal of making the 2020 Olympic team.

“If she says so, it’s possible,” said Rose Brimmer, who recruited Goodman to Texas and coached her as a senior. “She’s had a lot of years for that injury to heal totally. She’s amazing.”

If Goodman makes the team for Tokyo, she wants to use her story to inspire others. If she doesn’t? The same plan holds.

“You get to define your dreams,” she said, “and what success looks like to you.”
At a busy Annual Business Meeting and Town Hall on January 7, Atlanta Track Club welcomed new members to its Board of Directors, announced new membership initiatives, and addressed a price increase and change of registration dates for the AJC Peachtree Road Race.

Mark your calendars! Registration dates for the AJC Peachtree Road Race are changing this year. Member and lottery registration will happen simultaneously, from March 15–31. This will not change Atlanta Track Club’s promise to members, who receive guaranteed entry into the race. Before registration opens, members will receive an email with detailed instructions on how to register.

The Club also announced a change to the price of entry into the Peachtree. Starting with the race’s 50th Running in 2019, the registration fee for members will increase from $35 to $38. The registration fee for those accepted in the lottery will increase from $38 to $42. The last increase of the entry fee for the race, the world’s largest 10K, was in 2013. The new rate will cover enhancements as well as the rising costs of producing the event.

Results of the recent Board of Directors election were also announced at the meeting. Re-elected to a third, and final, three-year term on the board was chair Shawn Hardister. Also re-elected were Erica Jolly Brookes, Katie Kirkpatrick and Ryan Purcell. Aparna Sharma, a marketing executive, and Eric Heintz, a high school teacher and track and field/cross country coach, were newly elected to the board.

In addition, the Club’s bylaws were amended to address governance and administrative changes demanded by the Club’s growth. You can read Atlanta Track Club’s bylaws at atlantatrackclub.org.

New “Club Night” in Piedmont Park
Atlanta Track Club now hosts Club Night at Piedmont Park on Tuesday evenings. Club Night is a free, informal opportunity for members of all abilities and speed to work out together at the park’s Active Oval. Weekly workouts, designed by the Club’s coaches, will be posted on the “Club Night” Facebook page. Runners gather at 6:30 p.m. at the stairs on the East side of the oval, gather into groups, and self-administer the workouts.

There will be three 12-week Club Night sessions, with the second series in the spring and the third coming this summer.

A Chance to Get More Social
The Club will host quarterly social events in 2019, replacing the annual social traditionally held in January. The first social event was a group run and mixer at Monday Night Garage on January 22. The remaining social events are:

- **Spring:** Atlanta Track Club Night at Atlanta United FC – DATE TBD.
- **Summer:** Atlanta Track Club Night at the Atlanta Braves – Sunday, September 8.
- **Fall:** Oktoberfest at Atlanta Track Club – DATE TBD.

Dates and details on the events will be announced as soon as they’re available.
Most people will talk about using heart rate to train and, perhaps with the help of a heart monitor, stay in certain zones according to the workout they’re doing. I want to talk about using heart rate in a different way – while NOT working out.

According to the American Heart Association (AHA), a normal resting heart rate for an adult ranges from 60 to 100 beats per minute and, generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness.

What’s yours? It’s easy to find out. Your resting heart rate is best taken in the morning before you get out of bed: take your pulse and count the beats for 30 seconds, then multiply by two. The AHA says that if you’re sitting or lying down and you’re calm, relaxed and not ill, your heart rate is normally between 60 and 100 beats per minute. If you’re a regular runner, your resting heart rate might be lower; if you’re especially fit, perhaps as low as 40. Active people often have lower heart rates because their heart muscle is in better condition and doesn’t need to work as hard to maintain a steady beat.

In the age of technology, many people even have watches that record their heart rate throughout night and day, so another option is to check that as soon as you wake up.

Your resting heart rate can alert you to something before it becomes an issue, because an unusually high or low rate may signal an underlying problem.

Once you have a baseline reading of your heart rate, you can track it to watch for signs of overtraining or medical issues. If it’s elevated above what’s normal for you even though it’s not near the 100 range, it could signal a few things to watch for.

- **Getting sick.** Your body is fighting something off and working hard
- **Overtraining.** You are not recovering enough between workouts and might want to look at getting more rest or structuring your week differently.
- **Stress.**
- **Other health issues.**

In honor of American Heart Month, I challenge you to establish your baseline normal heart rate in February and then monitor it regularly to improve your training and safeguard your health.
2019

The Year Of COFFEE