

WINGFOOT

APRIL 2018

WOMAN
POWER



THE STATE OF THE
CLUB

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ATLANTA WOMEN'S 5K**
COULD BE YOUR OLYMPIC MOMENT

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A DAY IN THE LIFE



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The Triple Peach Race Series presented by Mizuno includes three of Atlanta's most popular events and Atlanta Track Club members get the best price. Sign up today to save on all three races!

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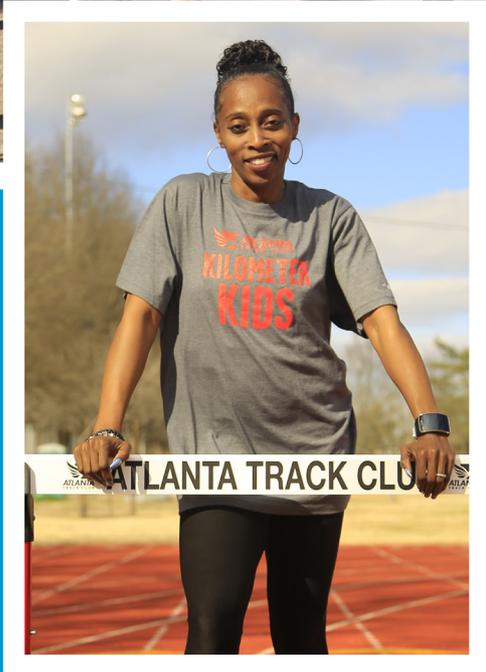
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On the Cover: Amelia Littlejohn, right, and Nishe'e Queen, both of Alpharetta, were a pair of happy finishers in 2017.



ATLANTA'S GREATEST DAY FOR KIDS

May 5 - Piedmont Park
3K, 1/2 K, 50m Dash
Kid-friendly decathlon
Open to all kids ages 14 & under

Register at atlantatrackclub.org

Meet three-time
Olympic gold medalist
Gail Devers





A Word from the Director

**We asked our staff:
What's the best April Fools' Day prank
you've ever been involved in?**



Leigh Moyer
Senior Manager – Brand and Design

One of my favorite breweries announced a new Hefeweizen they were releasing called Hairball Hefe. Being a cat person, I scoured the shelves for weeks looking for a six-pack, as did my boss, Jay Holder (for me ... he's a dog person). We found out months later that the whole thing was a prank.



Blaise Hickey
Senior Manager – Strategic Partnerships

Leigh and I once successfully convinced 60,000 people that the AJC Peachtree Road Race was diverting toward Piedmont and becoming the AJC Piedmont Road Race. #Classic

From its inception as a rail crossroad boomtown to its reputation as a leader in the civil rights movement, Atlanta time and time again has proved to be a pioneering city. So, it seems only appropriate that Atlanta has factored heavily into the development, progress and growth of both running and track and field in this country.

When I was lucky enough to be offered the position of executive director at Atlanta Track Club, I knew the basics of the Club and its role in Atlanta's running community. But there isn't a day goes by that I don't learn something about the rich history of Atlanta Track Club and the pivotal part it has played in the first running boom, the development of local youth into Olympians and Olympic medalists and, of course, its commitment to gender equity.

From Jeff Galloway, winner of the first Peachtree Road Race, 1976 Olympian and running guru, to the growth of the Peachtree into the world's largest 10K, to hosting an Olympic Games in 1996 that saw some of the best track performances in history, to the world-renowned "Dr. Dave" Martin's application of exercise physiology data to coaching, to the first Avon International Marathon, which was organized by the Club and led to the inclusion of the women's marathon in the 1984 Olympics, (see this month's featured story on page 12), the Club and this city have been at the forefront of progress in this sport.

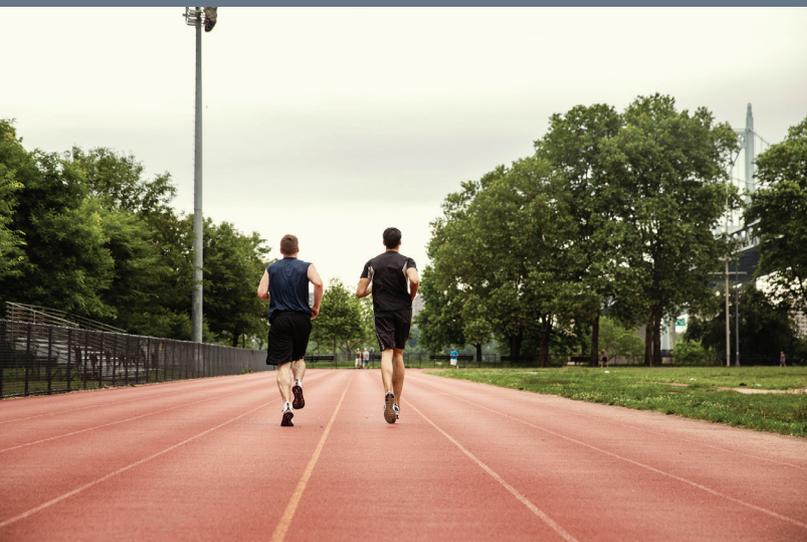
You can be sure that Atlanta Track Club will continue to press forward as a major national player in the sport, while never losing sight of our core mission: to improve the health of Atlanta through running and walking. #runningcityusa

Rich Kenah

Executive Director

KNOW

practice and
hard work will
pay off.



Because the path to excellence starts here. PNC - proud to be the Official Bank of Atlanta Track Club.



Get Social

This month:

To mark April Fools' Day, we look back at two of our favorite pranks and your (sometimes amused, sometimes incredulous, always creative) responses.



Next Issue: Your Turn!

For our May/June issue, we'll be scouring social media for your posts about #atlantatrackclub and its events, so use our hashtag on Facebook, Twitter and Instagram and then watch this space for the best of the best!

Connect with Atlanta Track Club

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NORTHSHORE
HOSPITAL



MEDALS ARE A GIRL'S BEST FRIEND

April 14 - Cheney Stadium
Flowers at the finish line,
Mizuno women's cut T-shirts and
elegant finisher medals.

Register at atlantatrackclub.org



EXPERIENCE BRAVES COUNTRY LIKE NEVER BEFORE



5K, One Mile & 50m Dash
June 2
SunTrust Park

2018
BRAVES COUNTRY
5K



Register at
atlantatrackclub.org





UPCOMING EVENTS

10 APRIL TUESDAY



KILOMETER KIDS FUN RUN & DASH
5:30 p.m., Tribble Mill Park, Lawrenceville

- One Mile & 50m Dash, free, children 14 and under
- All participants receive a finisher's medal
- Part of the Kilometer Kids Youth Running Series
- Practice a field event before the Blue Cross and Blue Shield of Georgia Peachtree Junior

14 APRIL SATURDAY



IN-TRAINING FOR PEACHTREE BEGINS

- Official training program of the AJC Peachtree Road Race (12 weeks)
- Kickoff events at each location, ask questions, pick up your shirt and running log
- Available at the following specialty running stores:
 - West Stride
 - Phidippides – Ansley Mall Location
 - Fleet Feet Decatur
 - Fleet Feet Johns Creek
 - Big Peach Running Co. Alpharetta
 - Big Peach Running Co. Kennesaw
- Full schedule available at atlantatrackclub.org

14 APRIL SATURDAY



NORTHSIDE HOSPITAL ATLANTA WOMEN'S 5K
8 a.m., Cheney Stadium

- Start and finish on an Olympic legacy, the newly resurfaced Cheney Stadium track
- New course to explore through historic Grant Park area
- Finish with a celebration of fitness at the largest women's 5K in the Southeast

24 APRIL TUESDAY



KILOMETER KIDS FUN RUN & DASH
5:30 p.m., Kennesaw State University, Kennesaw

- One Mile & 50m Dash, free, children 14 and under
- All participants receive a finisher's medal
- Part of the Kilometer Kids Youth Running Series
- Practice a field event before the Blue Cross and Blue Shield of Georgia Peachtree Junior

Photo credits: Joaquin Lara, Eugene Schulte

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



THE STATE OF THE CLUB

By Shawn Hardister, Atlanta Track Club Board Chair

As a long-time member and runner with Atlanta Track Club, I am excited and honored to begin my term as board chair as we kick off 2018 and our next three-year strategic plan. While we have many ambitious goals to achieve, reflecting on 2017's impact and results across all areas, from membership to youth programs, shows that our commitment to Atlanta's vibrant running and walking community remains strong.

In 2017, membership exceeded 28,000 for the first time in our Club's history. During the year, we supported over 136,000 runners and walkers participating in our events in experiencing first-hand our vision of creating an active and healthy Atlanta. While many running organizations are seeing contractions in their events, both our free and paid events grew thanks to your continued support of our mission.

Focusing on the runner life cycle, we invested over \$450,000 in our Kilometer Kids program in 2017 as well as fostering high school running through scholarships, coaching support and awards banquets to honor Atlanta's outstanding track & field and cross country athletes. Our Wingfoot XC Classic has become the "must do" event for high and middle school teams in the fall. It also provides a unique twilight session and celebration for our community as part of the Grand Prix Series presented by Piedmont Healthcare.

A major community initiative in 2017 centered on the refurbishment of Cheney Track at Phoenix Park. The practice and warmup track at the 1996 Summer Olympics had fallen into disrepair, and through member donations and sponsor support we were able to revitalize and preserve Atlanta's Olympic history while providing a resource to the running and walking community, Atlanta Public Schools and our own Kilometer Kids programs.

Of course none of our events or programs would be possible without the support of our volunteers, who numbered over 10,000 during the year. We entered the fourth year of our partnership with Atlanta-based Mizuno USA, which has provided the highest quality apparel to our runners, members, Elite Team and volunteers.

We finished 2017 with strong financial results, posting a \$251,500 surplus, a positive cash-flow position, and continue to build on our reserves to support growth and future investment when opportunities arise.

We invite you to visit guidestar.org to view the Club's most recent tax filing.



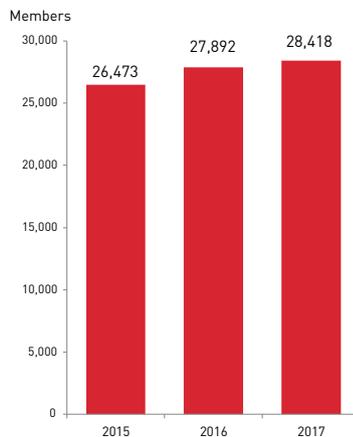
ATLANTA TRACK CLUB'S CORE VALUES:

COMMUNITY, CAMARADERIE, COMPETITION

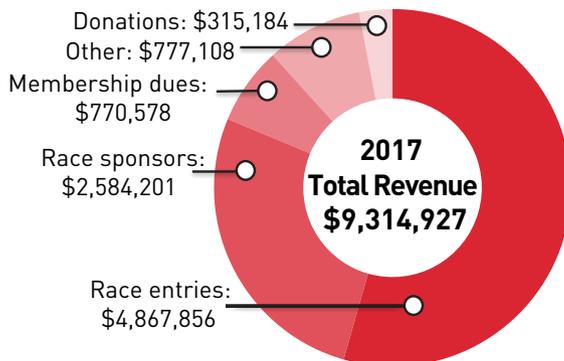
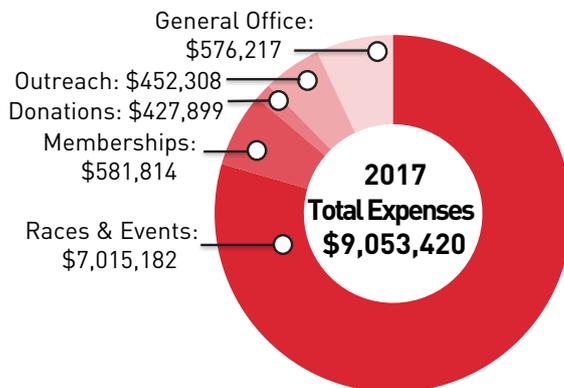
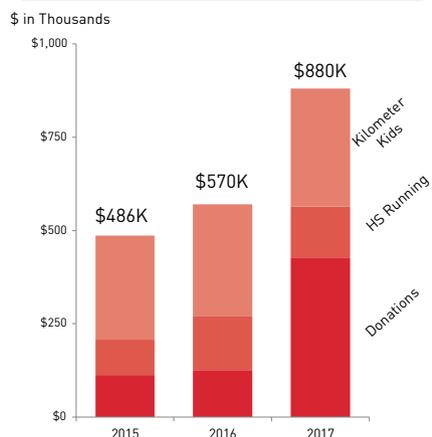
OUR MISSION STATEMENT: Atlanta Track Club is a member-based organization centered around running that delivers world-class events, training programs and community outreach activities to the Metro Atlanta Area. We encourage both youth and adults to start and continue running regardless of ability or fitness 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.



Membership



Community Support





AMERICAN LEGION POST 29
PRESENTS THE 4TH ANNUAL
VETERANS MEMORIAL 5K RUN
HONORING OUR HEROES—PAST, PRESENT, FALLEN
SATURDAY, MAY 26, 2018

All proceeds will support American Legion charities to benefit Veterans and their families in Georgia.

START TIMES:

5K Run/Walk—7:30a.m.; 1K Run/Walk 8:30a.m.; Tot Trot (5 & under) 8:45a.m.

START/FINISH:

Marietta Square, 1 Cherokee St, Marietta, GA. Free parking in public decks near the Square.

REGISTER:

Online by midnight Thursday, May 24, 2018 at americanlegion5k.org OR Active.com OR entries may be mailed to Georgia Runner, PO Box 2062, Mableton, GA 30126 to be received by Wednesday, 5/23/18.

FEES:

Runners: \$30 through May 7, 2018; \$35 through May 24, 2018; \$40 on race day (cash or check only). Phantom Runners: \$25 T-shirt only.

PACKET PICK-UP:

Thursday, May 24, 2018 from Noon to 8p.m. at the American Legion Post 29, 921 Gresham Ave, Marietta, GA 30060

CONTACTS:

Gary Jenkins at 678-214-5294 or gary@georgiarunner.com
Tom Bell at 770-331-5580 or americanlegion5k.org

JOIN US AT THESE RACE-RELATED EVENTS:



May 9th: Banks & Shane in concert at the Strand 8p.m.



May 19th: Armed Forces Day, with wine & appetizers Marietta Wine Market, 2-4 p.m.

After the race at Glover Park, our Military Appreciation Celebration with music by the Georgia Symphony Orchestra

For more details and ticket information, check our website americanlegion5k.org



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) _____

LILBURN FIFTH-GRADER FARES WELL IN DETERMINATION

By Marcus Budline



"Running gave me a lot of energy," said William, to Coach Dunn's left.

When thinking about how you'd get to your early morning running club, a few options might come to mind. You might ride your bike or drive. Carpool or walk, perhaps. But if you had to take a cab to get there, would you even go?

William Pacheco did. And he's a fifth grader.

At Lilburn Elementary, that was the sight twice a week last fall as William Pacheco rolled up to school. With a mother who doesn't drive and a father who leaves at 5 a.m. to go to work, William was left with no other options to make it to his Kilometer Kids practice at 7 a.m., before the buses start running.

So every Wednesday and Thursday, William would set his alarm for 5:40 a.m., get himself ready, pay the \$5 cab fare, and make it down to school for practice. To coach Paul Dunn, it was a remarkable display of dedication.

"In our 11 weeks, he might have missed just two days," said Dunn. "When he started coming in a taxi, I just thought, 'man, he's a real good kid.' He's not the fastest or the quickest, but he just has a positive attitude and always tries his hardest."

Over the course of the season, William took more than 62,000 steps on his way to running 31 miles, far exceeding the program's goal of 26.2 miles. Even through the early morning wakeups, he kept on coming back simply due to the camaraderie and the feeling of falling in love with running.

William joined "because it sounded fun and like a good way to lose some weight," he said. "It was fun to get tired and it made me like running more. Running gave me a lot of energy and I made friends from running [together]."

The program also paid dividends in other areas of William's

life. Dunn's wife, Jeanine, is an ESOL teacher at Lilburn and offered to provide additional help to students after practice each morning. William was the only one who took advantage of those sessions, working with her on spelling and math.

"He was excited [about getting the extra help] but didn't want the other kids to know," Dunn says. "So twice a week he'd go over there and for 10 or 15 minutes he did extra tutoring for spelling and math. His scores just shot up. He's one of these kids that wants to learn and wants to always be doing stuff and he's just one of those success stories."

Because of space limitations, Dunn always considers which children his Kilometer Kids program could really impact. Frequently, he'll bring students to Kilometer Kids who have had discipline problems as a way of adding an extracurricular motivator to help them mature.

"I tell them that to be a part of this you have to want to be successful. You have to put in the effort," Dunn said. "I try to pick from some of the wilder kids, but tell them that if they have behavior trouble I'll kick them off the team. So it's a motivator, and when we finish at the end of the year and they get the medals and get their pictures on the school TV they are pretty proud. It's definitely helped them."

This spring, Dunn has had to put a hold on his Kilometer Kids program due to temporary health issues. But even without the program, William has kept up the habits he learned, running around his neighborhood nearly every morning.

On May 5, William's first year of running will culminate at Piedmont Park for Blue Cross and Blue Shield of Georgia Peachtree Junior, where he'll experience the triumphant thrills and excitement of a day of racing no matter how he gets there.



Tabitha Lichtenberg



IF WOMEN IN

5K FEEL LIKE OLYMPIANS

THERE'S A REASON

By Barbara Huebner

NORTHSIDE HOSPITAL ATLANTA WOMEN'S 5K GREW OUT OF RACE THAT LED TO INCLUSION OF MARATHON IN 1984 OLYMPICS

Tabitha Lichtenberg ran the Northside Hospital Atlanta Women's 5K for the first time last year. When she comes back to run it again on April 16, she hopes to bring some friends along.

"It was very empowering," she said. "You just find yourself smiling the whole time. I've been telling everybody I know that they have to run it."

Apparently other women have been doing the same thing: Since 2014, the number of women finishing the race has climbed steadily, from 1,378 (2014) to 1,961 (2015) to 2,347 (2016) to 2,609 (2017), with at least 3,000 starters expected this year.

The women come for the medals, the mimosas and the rose that's presented to each finisher. They come for the special camaraderie among women of all ages and abilities. They come to race as a team with their mother, their daughter, their sister, their co-workers, their training buddies.

Once they arrive they also become part of the history of women's running. Because the Northside Hospital Atlanta Women's 5K is a direct descendant of the 1978

already knew everyone involved, and vouched for their ability to put on a good race.

Although Avon at first declined to pursue a series, it did agree to sponsor a women's marathon here. With Atlanta Track Club as the race organizers, it was held on March 19, 1978. Knowing that evidence was needed of global interest and participation in an event before it could be included in the Olympics, Switzer and Dr. David Martin, a Georgia State University physiologist with deep international connections in the sport, invited the top 25 women in the world, 14 of whom accepted.

"We wanted to get the women's marathon into the Olympic Games," said Switzer. "That was our mantra. We started the march there. Atlanta Track Club was great; they were visionaries about this."

Eight nations were represented among the 152 starters, who included several Boston Marathon winners and Atlanta Barron – by then a five-time winner of the AJC Peachtree Road Race – who finished fifth and would go on to win Boston later that year.



1961:

Julia Chase becomes the first known woman finisher of a U.S. road race, a 6.5-miler in Chicopee, Mass.

1967:

Kathrine Switzer becomes the first woman to officially finish the Boston Marathon, despite race director Jock Semple's attempt to rip bib number 261 off her sweatshirt.

1966:

Roberta "Bobbi" Gibb becomes first woman to run Boston Marathon.

1970:

Gayle Barron wins women's division of inaugural Peachtree Road Race. Three women are in the field.

Avon International Marathon, a race that turned out to be instrumental in getting the women's marathon into the Olympics for the first time in 1984.

"That makes me love it even more," said Lichtenberg, who at 25 was born years after women had proved they belonged on the starting line.

Atlanta Track Club was right in the middle of it.

In 1977, Kathrine Switzer – who 10 years earlier had been the first woman to officially run the Boston Marathon – was interviewing for a position at Avon, and sent them a proposal about sponsoring a global series of women-only road races. When she arrived, she recalls, "The guy who was interviewing me says, 'this is amazing; we just got a proposal from Atlanta Track Club.'"

It seems that Atlanta native Gayle Barron, who won the first Peachtree Road Race in 1970, had run the unofficial 1976 women's World Championships marathon in Germany, after which Jeff Galloway and Bill Neace, among others, approached the local Avon office about putting on similar events. Switzer

"I don't see myself as a pioneer, but everyone else does," said Barron, who has since been inducted into the Georgia Sports Hall of Fame and Atlanta Sports Hall of Fame. "I was there at the right time."

Also on the starting line was Penny Kaiser, who before running her first AJC Peachtree Road Race in 1977 hadn't even been aware that women ran at all but soon afterward became the first woman elected to Atlanta Track Club's Board of Directors.

What Kaiser remembers most about the race is "A-1 how exciting it was because of the idea that women were allowed to run a marathon, and it was significant. Just having the race was significant."

The marathon was widely covered in the media, including stories in The New York Times and Sports Illustrated, in which winner Marty Cooksey (2:46:16) told famed writer Kenny Moore: "I just came to do my best. And to show that it is good enough for the Olympics."

Continues on Page 14



1985:
 Julia Emmons named Executive Director of Atlanta Track Club, a post she holds for the next 22 years.

1984:
 Joan Benoit, now Samuelson, wins the first Olympic gold medal in the women's marathon.



1996:
 Atlanta hosts the Olympic Games, widely considered a breakthrough Olympics for women in terms of both performance and marketing. Emmons is first woman to serve as director of an Olympic marathon.



When Emmons was a 28-year-old librarian at Harvard University, her curiosity was piqued when a friend took up running. So one day she decided to go for a run herself and found a new world at dawn along the Charles, people walking their dogs and rowing on the river. She was hooked.

When she moved to Atlanta the next fall, in 1968, she wanted to keep it up, so she would creep over to a nearby cinder track, run four times around, then creep back home. "I wouldn't run home because people would see me on the street and think it was funny," she explained.

A year or two later, a gentleman at the track persuaded her to do a race, three laps around a reservoir as part of an Atlanta Track Club "Fountain of Youth" series. (While authorities could be rigid and the media was often condescending, male runners in the day were almost universally supportive of the women in their midst, in Atlanta and elsewhere in the U.S.) She was the only woman in the field and – still a smoker and running in a pair of tattered boys' size 4 shoes because no one

yet made running shoes for women – finished last.

But "a lovely volunteer called Pat Stone" fished out a medal from a box of leftovers before announcing: "And of course the first woman, Julia."

It changed her life. Up until that moment, she had believed that if she wasn't naturally gifted at something, she shouldn't do it. "It's a hugely liberating thing to know that you can try something that you might fail at, and that's OK," said Emmons. "And that's an immense gift, as I learned that day when Pat Stone gave me that medal."

Among the endeavors Emmons undertook outside her "safety zone:" running for a seat on the Atlanta City Council (she won, serving from 1997-2001); becoming a jewelry maker; and trekking in Tibet, Mongolia and Bhutan.

Continues on Page 17



Runner Problem #11

MIZUNO CLOUDWAVE TECHNOLOGY
CAN'T PAVE A SIDEWALK
...BUT IT CAN GIVE YOU A SOFTER,
SMOOTHER RIDE.

Introducing the **WAVE INSPIRE 14** featuring Cloudwave Technology.
A soft, smooth, and responsive ride balancing the elements of
lightweight, flexibility, support and cushioning.



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1998:

Avon launches a new running series with a 10K run and 5K walk, with its inaugural race in Atlanta. Again, Atlanta Track Club directs the races. Left to right: Joan Benoit Samuelson, Grete Waitz, Gayle Barron, Kathrine Switzer.

2018:

Northside Hospital Atlanta Women's 5K will start and finish in Cheney Stadium, which served as the track and field warmup facility for the 1996 Olympics.

2017:

Of the 53,320 finishers of the AJC Peachtree Road Race, 52 percent are women.

Continued from Page 15

That “gift” is one reason why, on the 40th anniversary of the ground-breaking women’s marathon here, the Northside Hospital Atlanta Women’s 5K is still going strong.

Terry Ozell, a 35-year member of Atlanta Track Club who is also on the Board of Directors, calls the race “just a great experience for women. I think we all rally around each other on that day.” She said that while the Club is looking to grow all of its races, the 5K is at the top of that list because “those who participate in it cherish it so much, and want to share it with everyone.”

“It’s always on the calendar,” agreed Susan Jones, a former Board member who plans to run on a grandmasters team for West Stride, the only woman-owned running specialty store in Atlanta. “We’re all together having a great time, 60-year-olds mingling with 25-year-olds. It’s a nice way for all of us to get together to celebrate what we can do.”

For Jones, the race has special meaning: In 2004, she ran surrounded by her running buddies while undergoing chemotherapy for breast cancer; in 2014, after a recurrence, it was the first run she was able to do after surgery.

“I can’t miss this race,” she declared.

So even though women now outnumber men in road races – 52 percent of finishers in the 2017 AJC Peachtree Road Race were women; in 2016, the total nationwide was 57 percent – a 5K designed for women still has an important role to play.

“It was intended from the get-go to be very welcoming to all women,” said Emmons. “It’s always had a slightly differentiating warmth to it.”

Plus, she added: “We’re big enough to admit women like flowers.”

Janet Monk, manager of special projects at Atlanta Track Club, contributed to this story.

POPE HIGH SCHOOL COACH: "WE ARE CREATING LIFELONG RUNNERS"

By Jay Holder





Thirty of the best high school boys' cross country teams in the Southeast stood on the starting line of the Varsity Boys Race at September's Wingfoot XC Classic in Cartersville. Moments before the ultra-competitive race took off, coaches barked their final instructions and words of encouragement. Amid the din, Pope High School Coach Cathi Monk's was a rare female voice.

As one of just three female coaches with a boys' team in the race, Monk – whose Pope Greyhounds placed third at Wingfoot – is used to being a woman among men. The Atlanta Track Club member is the only female boys' coach in Georgia's Class 6A Region 7, one of just 10 female boys' coaches in all of Class 6A (58 schools) and, as she heads into her 20th year of coaching the Pope team, it all feels very familiar. "I always ran for men," said Monk, who competed in high school for rival Marietta neighbor Walton High School and later at Auburn University. "But as a coach, it's easier to coach boys," Monk said, half-jokingly and with a laugh, since she also coaches the girls' team. "I guess it has to do with who you have in the program at any given time. But boys tend to get down to business and handle things. If they have an issue, it's not long before they forget about it."

There's no doubt she knows what she's doing: Monk was named 2017 High School Boys' Cross Country Coach of the Year by the Marietta Daily Journal after Pope won its second straight Cobb County Championship and second straight Region crown, as well as being runner-up at the State Championship meet. Pope had been expected to win the state title, only to get upset by Cambridge. It was in that defeat, said senior standout Jacob Brenneman, that the team saw Monk's true talents as a coach. "She was there to lift us up," said Brenneman, who finished seventh in the race. "After a bad race, she always says, 'you did great' and gives you something to improve on. She's so upbeat and positive."

Monk said her coaching style is aimed at not just producing championship runners, but perhaps more importantly

encouraging a life of physical fitness and exercise. "We are not only coaching athletes but also young people who have big goals in life," she said, admitting that she is crazy about running but knows that part of her job is to teach a true work ethic and instill the benefits of an active and healthy lifestyle in her athletes. "We are creating lifelong runners," she said. "I think that is more important than anything; to make fitness a priority in everything you do."

That is certainly how Monk lives. On the weekends she is not coaching, she is racing. She just completed her 30th marathon at the age of 50. In 2017, she completed eight Atlanta Track Club events, including the Thanksgiving Day Half Marathon and the Publix Georgia Marathon. She regularly runs with a long-time crew of dedicated female runners.

Brenneman, who plans to run collegiately next fall, called Monk's borderline obsession with running infectious. "I think all of us are crazy about running," he said. "Wherever we go, whoever we talk to, it's always about running." And he attributes that to Monk's approach to training. "She knows the body well," he said. "She teaches us early on not to over-train. She explains the value of pacing and the importance of not blowing your race before you even get to the start line by running your workouts too hard."

Two of Pope's top runners, Brenneman included, will soon be lost to graduation. So, Monk will turn to her deep bench to round out her top five, knowing that it will be a bit of a rebuilding year.

And she'll plot the team's next round of success with the crew of coaches she considers her fraternity. "They are almost like my brothers," she says. "We are all going through the same things, whether it's an up cycle, a down cycle, we all just kind of get each other. I want my team to be successful, but if we can't win, you bet I am going to be there rooting for the other guys."

She pauses. "But it's really sweet to beat Walton," she joked.

ALL ROADS LEAD TO PEACHTREE THIS IS YOUR OFFICIAL ROADMAP



Prepare for the July 4 start line with this 12-week program for runners and walkers at any level. Available at six convenient locations across metro Atlanta. Train-from-home version also available.

Training begins April 14



YOU GO 6.2 THEY WILL GO 26.2

Run for Kilometer Kids
at the AJC Peachtree Road Race

Don't have a number for the Fourth of July? Purchase a Kilometer Kids Charity Entry and your donation covers one year of running for a child in the state of Georgia.

Benefits include:

- Guaranteed placement in Start Wave E
- Entry into the Post-Race Party at Park Tavern
 - Round-trip Marta Breeze Card
 - Mizuno shirt
 - 10K training plan schedule

Learn more at atlantatrackclub.org



LIFE STORY OF THE AJC PEACHTREE ROAD RACE FINISHER T-SHIRT

February 10
Design contest ends

February 22
Finalists announced; public voting opens



March 31
Design approved; printing begins

May 18
60,000 shirts counted; sizes confirmed



July 2
T-shirts picked up from Jewish Family & Career Services Atlanta

July 3
Shirts arrive in Piedmont Park, secured until morning

November 20
Shirt color decided; sizes ordered

November 30
Call for submissions to design contest



February 14
Final five designs chosen by committee

March 26
Voting closes

May 10
T-shirts shipped to Mizuno Running USA distribution center in Georgia



June 15
T-shirts shipped to Jewish Family & Career Services Atlanta for bag stuffing by volunteers



July 4
Design revealed, winning designer learns of victory and 60,000 finishers earn their shirts



HIGH LIFE, FAST TIMES?

A DAY IN THE LIFE OF ATLANTA TRACK CLUB ELITE AT ALTITUDE CAMP



Smile!



Trail running



Team bonding



Trying new foods

This winter, Atlanta Track Club Elite headed west, leaving behind the hustle and bustle of their city lives for a month of focused training at altitude camp in Albuquerque, New Mexico. Four men, six women, two coaches and one dog packed up their Mizuno gear, flew across the country and arrived at 5,000 feet above sea level on January 21 ready to chase a dream. Two 2020 Olympic Marathon Trial qualifiers, Sallie Post and Bridget Lyons, shared what a day in the life of an elite runner at altitude looks like.

7:30 a.m. – The morning silence is broken by rustlings of a new day – the gurgle of the coffee pot, ding of the toaster, snap of a banana peel breaking open. Each athlete has their own morning routine to prepare for the day ahead – a routine well-versed after weeks at camp; a routine built on discipline, determination and lots of peanut butter.

Bridget's go-to pre-workout breakfast: two slices of toast with peanut butter and banana + coffee

10 a.m. – After stretching out the stiffness from the previous day, we head to morning practice. Depending on the day, we might run along the banks of the Rio Grande or head up to 6,000 feet to the soft, sandy paths at the base of the Sandia Mountains. On Tuesdays and Fridays, we work out at the University of New Mexico's track, running repeats until our lungs burst, or complete soft-surface tempos at the Los Poblanos Open Space. The lack of oxygen is a shock to the system, but over time our bodies adjust, boosting the production of red blood cells to aid in the transport of oxygen to our muscles. This is the physiological appeal of training at altitude: adapting to running hard while in oxygen debt so the same pace or effort at sea level becomes easier.

Bridget's favorite workout outfit: Albuquerque weather is beautiful but February is cold, so we layer up for our workouts. My ideal outfit includes Mizuno tights with a Breath Thermo long- or short-sleeve shirt and light jacket. For speedier sessions, most of us log our miles in the Wave Cruise or Wave Sonic.

Noon – After our morning session, which may also include strength work or cardio core at the gym, we eat lunch and rest for several hours. When running is the sole focus of the day, it's important to use this down time to relax and recharge. Weekly massage and constant hydration are very important.

Sallie's post-workout lunch: turkey, avocado and Muenster cheese sandwich with sprinkles of garlic powder + apple with peanut butter + tortilla chips

4:30 p.m. – After resting and refueling, we head to the second session. Sometimes it's cross-training at the gym; usually it's a second run. Most of us are running 70-85 miles per week with three to four doubles, two grueling workouts, double-digit long runs and biweekly strength sessions, all at 5,000+ feet. Mizuno Wave Shadow or Wave Rider are the go-to trainers for these long or easy runs.

ALTITUDE CAMP BY THE NUMBERS



Elevation:
5,312 feet



Miles run:
3,000



Weekly loads of laundry: 44

In one week, the house of six women consumed:



40 oz. of
peanut butter



4 bunches
of bananas



2 loaves
of bread



3 dozen eggs

Sallie's favorite long-run outfit: Mizuno Core Short Tights + Mizuno Alpha Atlanta Track Club tee + Mizuno arm warmers

6 p.m. – Time to relax! At night, we enjoy cooking together and sharing our favorite recipes. After dinner, we prepare for the next day with some therapy (and maybe a little TV or board games). We're lucky to have access to stim, cupping, air relax pants, stretching and foam rolling to help us recover. It's an early bedtime, because the routine starts all over again in the morning.

Favorite end-of-day meals: Dinners usually consist of salmon, red meat, tofu, rice, vegetables or fruit.

Being at altitude camp teaches you to make the most of your workouts. Living and training with your teammates holds you accountable. Witnessing the sacrifices each person makes to be there – imagine going a month with no loved ones or paycheck – makes you commit to the lifestyle. Despite the physical, mental and emotional challenges of being away from home and training at such a high level, it is well worth taking a chance on ourselves. We become intentional about running, we build consistency for seasons to come and we commit ourselves to the dream – that very dream of hard-fought victories and PRs that we wake up from every morning with the sound of the 7:30 alarm.

ELITE TEAM SCORCHES 4x800; #2 IN HISTORY

It didn't take long for the stint in Albuquerque to pay off: Less than a week after coming down from altitude, an Atlanta Track Club 4x800-meter relay team ran 7:11:84, the second-fastest indoor time in history.

The fastest? A 7:11.30 by the NJ*NY Track Club, which barely edged them for victory at the Boston University Last Chance Meet in smashing the previous world mark of 7:13.11.

Leading off for Atlanta Track Club was Brandon Hazouri (1:49.84), followed by Patrick Peterson (1:48.73). Grabbing the baton for the third leg, Edward Kemboi ran the fastest split of the night by anyone on the track (1:45.55) to keep

the Club in the hunt for victory. Brandon Lasater (1:47.72) took the stick on anchor and overtook 2016 Olympic gold medalist Matthew Centrowitz of District Track Club to secure the runner-up spot.

Kemboi's 1:45.55 split on the third leg gives him Atlanta Track Club bragging rights: It's almost three seconds faster than the 1:48.48 run by Executive Director Rich Kenah on the same leg of a 4x800 team that broke the world indoor record 18 years ago. Kenah, who got text message play-by-plays of each leg in real time from the Club's coaches during the race, defended his slow split relative to Kemboi's: "If I am not mistaken, the track we ran on was made of cinders."

DAVI CRIMMINS, RADIO PRODUCER

“OW” LEADS TO VOW: GET HEALTHIER

By Marcus Budline

An assistant producer at Q100’s “The Bert Show,” 31-year-old Davi Crimmins hadn’t run since competing for her high school cross country team. As she battled with the odd hours of working every morning at the crack of dawn, Crimmins found herself unable to keep up a routine. Then, last winter, a struggle with kidney stones led to a new resolve and a new commitment to health, culminating in her personal challenge for the year: Finish the Publix Georgia Half Marathon. We chatted with Crimmins about what her training has been like, how she’s adapted to her healthy lifestyle and her advice on settling into a new routine.

How did you get started running? And what brought you to taking on this challenge?

It was definitely the camaraderie and that’s what got me into it in high school. I should have kept it up in college, but you know how we get and you don’t exercise as much, so I definitely fell off it.

Then around this time last year I got kidney stones and that’s when I was like “I’m going to get super healthy.” I did three 5Ks last year – including the [Northside Hospital Atlanta] Women’s 5K, which I ran with kidney stones when my doctor told me that running might help “shake them out.” Within the next week, I wasn’t feeling the sharp pains anymore! Then this year I decided to team up with Atlanta Track Club and do the half marathon. (Editor’s Note: She’ll be running the Northside Hospital Atlanta Women’s 5K again, too.)

What has it been like to ramp up your training and build up to a half marathon?

When I started on January 1, I committed to some form of exercise every day for at least an hour. So beyond going to the gym and running on the treadmill and around my neighborhood I’ve been doing Orange Theory Fitness and I’ve also been doing a lot of hikes on the weekend.

So would you say that starting running has led to a generally healthier lifestyle?

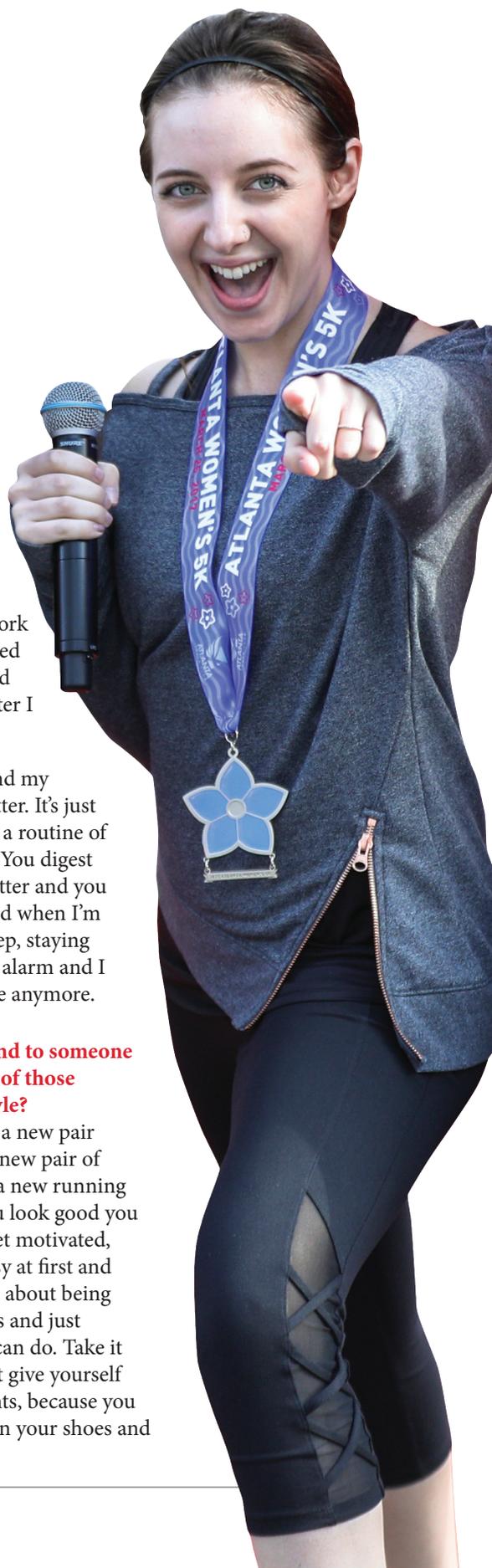
Definitely. Exercising more often and going on runs throughout my neighborhood is just so

refreshing. When I was at work and no one was looking I used to just get some fast food and I realized that I feel awful after I eat like that.

Now I bring my breakfast and my lunch and I feel so much better. It’s just crazy how once you get into a routine of doing these physical things: You digest your food better, you feel better and you have more energy. I go to bed when I’m supposed to, I’m falling asleep, staying asleep and waking up to my alarm and I don’t even have to hit snooze anymore.

What would you recommend to someone who’s trying to make some of those changes to their own lifestyle?

I’ll admit that it’s nice to get a new pair of shoes. So I’d say “go get a new pair of running shoes; get yourself a new running outfit.” Sometimes when you look good you feel good. Then when you get motivated, just get out there. Take it easy at first and drink water, but really it’s all about being patient with your limitations and just concentrating on what you can do. Take it easy out of the gates and just give yourself affirmations and compliments, because you deserve it for even putting on your shoes and leaving the house.



THE PANHANDLE

By Blais Hickey



Timpoochee Trail



Point Washington State Forest



Grayton Beach State Park



Conservation Park - Panama City Beach Parks and Rec

“Spring Break” has a lot of connotations, but for runners and walkers it’s a great time to log miles while exploring a new place. It’s also the perfect time to unveil Wingfoot Magazine’s new column: Runcation. Building off of Run Local, we hope to inspire you to explore some of the great running destinations within a day’s drive of Atlanta.

Atlantans flock to the Panhandle in March and April. If you’re not eager to run up and down the beach, try some of these great running spots. Remember: It’s hot and humid down there. Be sure to hydrate (with water and Powerade)!

Anywhere on 30A:

Timpoochee Trail: This 18-mile paved trail connects the beach towns and parks along 30A. The trail can be accessed anywhere along 30A, but the official starting points are at the split with U.S. Highway 98 on the western end and at Inlet Beach on the eastern end. There’s a good chance you’ll pass someone in an Atlanta Track Club or AJC Peachtree Road Race shirt on this trail.

Location: Accessible anywhere along Scenic Highway 30A
More information: www.visitsouthwalton.com

Panama City Beach

Conservation Park: Enjoy 24 miles of unpaved trails ranging from ½ mile to 12 miles, including boardwalks through natural wetlands. Hop onto Gayle’s Trail, an 8-mile paved trail that connects Conservation Park with other trail systems throughout the beach. The park offers public restrooms, picnic tables and a pavilion.

Location: 100 Conservation Drive, Panama City Beach, FL 32413
More information: www.panamacitybeachparksandrecreation.com

Santa Rosa Beach

Point Washington State Forest: This state-managed forest is open to various types of outdoor recreation. The Eastern Lake Trail System includes 3.5-, 5- and 10-mile loops, allowing runners and walkers to explore 10 different natural communities including sandhills, wet prairies and cypress swamps. An extensive greenway will soon connect the forest with three other state parks.

Location: E. U.S. Hwy. 98, Santa Rosa Beach, FL 32459
More information: www.freshfromflorida.com

Grayton Beach

Grayton Beach State Park: This state park on the north and south sides of Scenic Highway 30A offers multiple trail options through sand dunes, scrub oaks and salt marshes. On the north side, runners and walkers can enjoy a 9-mile roundtrip trail through the forest and around Western Lake.

Location: 357 Main Park Road Santa Rosa Beach, FL 32459
More information: www.floridastateparks.org

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



NUTRITIONAL NEEDS, MEN VS. WOMEN

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

We are all runners, but men and women have very different needs when it comes to nutrition.

Does a female runner need to consume the same amount of calories as a male runner?

All individuals have different calorie needs based on a number of factors including their age, height, weight, activity level and yes, gender. In general, men require more calories than women largely due to differences in body size and body composition. Specifically, men tend to have higher levels of muscle mass compared to women. Since muscle is metabolically active tissue, this increases their baseline daily calorie needs, or Resting Metabolic Rate (RMR). But any given woman could have more muscle mass than any given man and thus require more calories, and there are individual variations that go beyond gender. Anyone who wants to determine their daily energy needs can use an online calorie calculator (such as the one available on the Good Measure Meals website) or have a Resting Metabolic Rate analysis performed.

How about when we are running? Do men and women burn energy the same ways?

Again, due to differences in body size and body composition, most men probably expend more calories per minute running than most women. However, there are many factors other than gender that could lead to individual variations in energy expenditure. For example, fitness level. Newer runners tend to be less efficient, so they may expend more calories during a run than a highly trained runner of the same size. Regardless of fitness level and body size, it is important for both men and women to fuel on runs lasting longer than 60 minutes due to our bodies' limited capacity to store energy in muscles and liver. On long runs, aim to take in 30 to 60 grams of carbs per hour, along with ample fluids, to increase endurance, delay fatigue, stabilize blood glucose and prevent hitting the wall.

We all know about carbo-loading before a big race. Does it work the same for men as it does for women?

Ah yes, every runner's favorite reason to dig into a big bowl

of pasta the night before a race! Whether male or female, eating foods high in carbs – such as bread, potatoes, rice and pasta – in the days leading up to a long run or race improves endurance by maximizing glycogen stores (our body's storage form of carbohydrate) in muscles and liver. Not necessarily due to gender, but rather to differences in body size and composition, men may be able to store more glycogen than women since they tend to have more muscle. However, the more significant difference in carbo-loading effectiveness comes down to training. Both men and women can train their muscles to store more glycogen – and thus carbo-load more efficiently – by logging miles consistently and fueling appropriately during high-mileage training.

It seems that women need to be more mindful of their iron levels than men. What are some good foods to fight anemia?

All runners need to be mindful of their iron levels due to the pounding impact of running, which can damage red blood cells, as well as sweat losses. Iron is an essential component of hemoglobin, the protein in red blood cells that transports oxygen to working muscles, so low levels (iron-deficiency anemia) can impair running performance and lead to fatigue, headaches and irritability, among other symptoms. Women require higher intakes of iron from their diets than men due to menstruation, and women who are pregnant or breastfeeding need even more. (For reference, recommended daily intakes are 8 milligrams for men, 18 milligrams for women and 27 milligrams during pregnancy.) We get two kinds of iron from food: heme iron, which is better absorbed and found in animal sources such as beef, shellfish, liver, poultry and seafood, and non-heme iron, found in plants. Non-heme sources of iron include beans, lentils, tofu, seeds, nuts, dried fruit, enriched and whole grains and dark leafy greens, such as spinach. To enhance absorption of plant-based iron, avoid consuming it with calcium-rich foods and beverages, such as milk and yogurt, or beverages that contain tannins, such as coffee or tea. Instead, pair it with foods high in vitamin C and/or heme iron. For example, top a spinach salad with chicken and strawberries, or drink a glass of OJ with your morning oatmeal.

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

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



BREATHING EASY: RUNNING WITH ASTHMA

By Dr. Howard Silverboard

Asthma is a common respiratory ailment characterized by temporary narrowing of the airways, making breathing difficult. Asthmatics may experience shortness of breath, chest tightness, cough, wheezing or decreased exercise performance. Symptoms may be aggravated by a variety of triggers, including pollutants, pollen, pet dander and many other allergens. For those whose symptoms are limited to exercise, cold and dry air may also be particularly bothersome. With proper care, most sufferers can control their disease and lead an active and vigorous lifestyle.

Does Atlanta pose any special challenges to asthma sufferers who want to run?

Atlanta is a premier running city in part because of its natural beauty, including many trees and flowering plants. However, the associated pollen counts may be particularly bothersome to those who suffer with asthma.

Is there a best time of day in Atlanta to run during the allergy season?

Runners with asthma may need to limit outdoor exercise during allergy season to cooler times of day when it is less windy, when pollen counts tend to be at their lowest. Pollen counts may also be lower after it rains, as the precipitation tends to clear the air. Pollution, including exhaust, ozone and other airborne irritants, also tends to be at higher levels during late afternoons, when temperatures are at their highest. More-severe asthmatics may need to limit exercise to the indoors during the worst parts of allergy season. Once the high pollen levels of April and May have passed, the cooler and less-polluted refuge of the trees may be more desirable.

When is it OK to run with asthma symptoms and when is it a bad idea?

Asthmatics should not immediately begin high-level aerobic

activity. Pre-exercise warmups, including 20 minutes of low or variable intensity exercise, are effective in reducing respiratory symptoms. While trigger avoidance often helps to reduce symptoms, keeping the disease under control often requires medication.

Should I avoid taking asthma medications if I have a race?

It is important for an asthmatic to be familiar with and adhere to their patient care plan. Several safe medication options to maintain control of asthma exist in inhaled or pill form that have few side effects. However, when an asthmatic is experiencing wheezing, chest tightness or difficulty breathing, a visit to their health care provider is needed. Consideration of the exacerbating factor and/or medication adjustment may be needed. A patient with active symptoms should not participate in high-intensity exercise until a medical assessment can be made. A comprehensive evaluation includes consideration of contributory factors, confirm the correct diagnosis and include pulmonary function testing.

Dr. Howard Silverboard is a board certified lung specialist with Pulmonary & Critical Care of Atlanta and is the medical director of thoracic oncology at the Northside Hospital Cancer Institute. For more information, visit pccatl.net.

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*.



NORTHSIDE HOSPITAL



EQUAL OPPORTUNITY IN THE WEIGHT ROOM

By Amy Begley

For decades, weightlifting was largely the province of men. Among other cultural reasons for staying out of the weight room, women believed the myth that lifting heavy weights would make them “bulk up.” That myth, of course, has proved no more viable than the one saying that women’s reproductive organs would fall out if they ran a marathon.

Now we know otherwise: Both sexes benefit from weight training, and the lower testosterone levels of women will keep them from resembling “The Incredible Hulk” no matter how much weight they lift.

For men and women, the focus on muscle groups for running should be the same. All runners need strong glutes, hamstrings, core, upper back, calves and ankle stabilizers. Weak glutes seem to be the culprit in many runner injuries, and runners tend to have weaker hamstrings than athletes in most other sports. For proper posture and power while running, a stable core and upper back are important. The lower legs have to accommodate changing terrain and can bounce back quicker with stronger calves and stabilizers.

Runners tend to specialize early and so lose some of their overall athletic ability. Lifting for runners usually means

balancing out muscle groups or strengthening something after an injury. (If you have an injury, it is best to see a doctor or physical therapist to help find the cause of the injury and address it.)

I prefer runners do pre-hab and stay ahead of injuries and imbalances. The first goal should be to focus on muscle groups that will help maintain form and posture during the run, and the most important thing to remember while lifting is to use proper form. Don’t be afraid to ask the trainers at your gym for advice, or perhaps schedule a few sessions with a personal trainer.

In the past, women were encouraged to lift especially due to the risk of osteoporosis and the possibility of fractures resulting from it. However, I am seeing almost as many stress fractures in younger men as women. Most of those are due to imbalances versus lower bone density. Women still tend to have lower bone density, and should maintain some type of overall-body lifting routine with weights.

Just as women have lower testosterone than men, men tend to be less flexible than women. So I not only encourage more women to do strength training, but I would also urge more men to focus on flexibility through such endeavors as yoga or Pilates.

Photo credit: Leigh Moyer

IN MEMORIAM: DR. DAVID MARTIN

By Barbara Huebner

Atlanta has lost a giant in the sport: Dr. David E. Martin, known widely as “Dr. Dave,” died on February 28 after a decades-long battle with Parkinson’s disease. He was 78.

A Regents Professor Emeritus at Georgia State University’s Division of Respiratory Therapy in the School of Allied Health Sciences, Martin was recognized as one of the world’s top authorities on marathons and distance running. The Wisconsin native joined the GSU faculty in 1970, where he established the Laboratory for Elite Athlete Performance (LEAP) and for the next 42 years conducted physiological research that assisted hundreds of distance runners in achieving their best possible performances.

“It’s safe to say that every U.S. male or female distance runner with Olympic potential stepped on Dave’s treadmill,” said Holly Ortlund, expo manager of Atlanta Track Club, who was close to him in his later years. The Club gave Martin one of the initial grants that allowed him to begin his research.

But Martin was perhaps most beloved for his generous spirit.

“He was so smart and so dear and so engaged and cared so much,” said Julia Emmons, a former executive director of Atlanta Track Club. “And not once in 45 years did I ever see Dave Martin as the benefactor of what he was doing.”

One of Martin’s specialties was a deep understanding of how distance athletes could maximize their performance in hot and humid conditions. Among the athletes who found success under Martin’s tutelage were U.S. Olympians Meb Keflezighi and Deena Kastor, who won silver and bronze medals, respectively, in the oppressive conditions of Athens in 2004. Their stunning upsets marked the beginning of the resurgence in U.S. distance running, and stand among Dr. Dave’s proudest achievements.

Martin was also revered for his dedication to the development of women’s distance running, especially in the 1970s and 1980s.

A longtime member of Atlanta Track Club, Martin also served as an adviser on the 1996 Olympic Marathon and race director of the USA Cross Country Championships hosted by



Dr. Dave at the Athens Olympics.

the Club in 1978 and 1979.

The author of five books, Martin was an active and welcome voice in almost every corner of the running universe. He was a five-time men’s senior Team USA leader at the IAAF World Cross Country Championships, and served pivotal roles in the sport that included Marathon Development Chair of USA Track & Field and chief statistician for the Association of International Marathons.

His international influence extended to no less than Sebastian Coe, the two-time Olympic gold medalist at 1500 meters who is now president of the IAAF, the sport’s governing body. Coe spent time in Atlanta training with Martin before the 1984 Olympics in Los Angeles, and they became “almost like brothers,” said Ortlund.

“David was one of the cleverest people I have met in my life,” Coe tweeted. “He was simply the best in class at what he did.”

Just days after Martin’s death, the running world lost another legend: Sir Roger Bannister, who in 1954 became the first person to run a mile in under four minutes.

“I can’t help but wonder,” said Rich Kenah, executive director of Atlanta Track Club, “how fast Sir Roger could have run had Dr. Dave been involved in his training.”

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