

WINGFOOT

MARCH 2019



**DON'T MISS YOUR
CHANCE TO BE PART
OF THE PARTY**

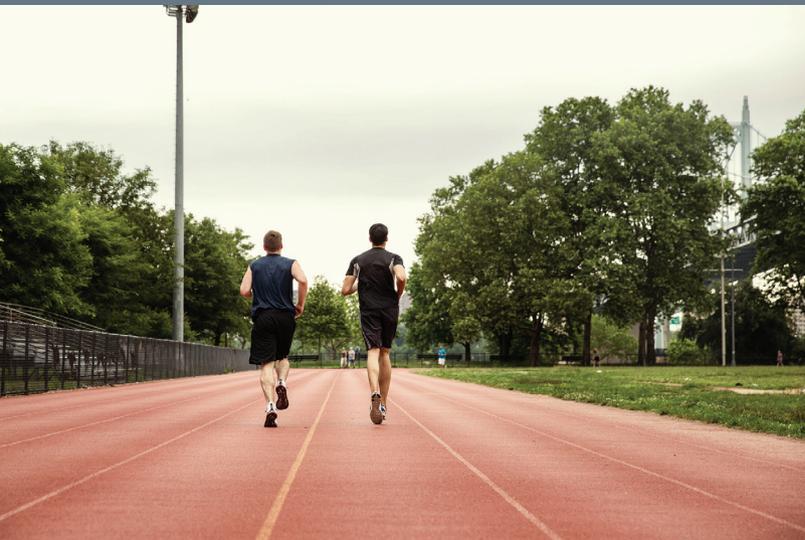


**PUBLIX
ATLANTA MARATHON
LAST 13.1 MILES ARE A FIRST**

**OLYMPIANS SET TO
FOLLOW THEIR
"ROAD TO GOLD"**

KNOW

practice and
hard work will
pay off.



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

 **PNC**
for the achiever in you[®]

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On the Cover: The AJC Peachtree Road Race is always a celebration of community, both of runners and of the entire city, and the 50th Running will be even more special. Photo by Paul Kim.

Photos: Warren Travers, Chris Szagala, PhotoRun



THREE RACES ONE INCREDIBLE ACCOMPLISHMENT



7.4.19



10.20.19



11.28.19

Sign up for the Triple Peach Race Series presented by Mizuno and get discounted entry into the second and third event. Lowest price of the year is going on NOW until April 30.

Register beginning in March at atlantatrackclub.org

50 YEARS OF TRAINING

this year is no different



Available at 7 convenient locations throughout metro Atlanta:

BIG PEACH RUNNING CO. Alpharetta, Kennesaw, Suwanee

FLEET FEET Sports Decatur, Johns Creek

west STRIDE atlanta, ga

PROVIDES DC, GA

Train from home version also available.

Training begins April 13
Register at atlantatrackclub.org
Registration begins March 15





Word from the Director

In honor of the Publix Atlanta Marathon, Half Marathon & 5K, we asked our staff: What do you put on your Publix sub?



Marcus, Morgan and Justin

Marcus Budline

Manager, Events Marketing

Take it from this northeasterner: The key to any great deli sandwich is the beautiful combination of mustard and mayo, plus hot and sweet peppers. So, at Publix I cram on the roast chicken breast, then top it with avocado, tomato, pepper jack, light lettuce, light red onion, mustard, mayo, both peppers, light olive oil, oregano, salt and pepper. The pièce de résistance? Fitting some Lay's Original chips into the sandwich for some extra crunch.

Morgan Hall

Manager, Brand and Design

Mine's a spinach wrap with hummus, tomatoes, olives, cucumbers, banana peppers, jalapenos and honey mustard.

Justin Gaymon

Manager, Activations and Partnerships

I think the better question is what do you NOT put on your Publix sub? I hate cheese, so skip that. I'm not a fan of condiments, so that means no mayo, mustard, etc. You can also leave out the pickles. I'm not sure why restaurants in the South put pickles on everything.

Local reporters and columnists seem to be unanimous – Atlanta was a fine host for Super Bowl LIII. While the game itself didn't deliver any high scoring, nail-biting drama, the city showed the world that Atlanta has the infrastructure, temperament, corporate base and civic pride to turn a sporting match into a bona fide EVENT.

This should come as no surprise to locals, transplants or visitors. After all, Atlanta is one of only two cities to have ever hosted an Olympic Games, an NCAA Final Four and the Super Bowl – and the first in a quarter century, since Los Angeles when it successfully hosted the Games back in 1984.

As Atlanta looks to grow its brand as the perfect host for the world's largest events, Atlanta Track Club is right in the thick of things, getting ready for the 50th Running of the AJC Peachtree Road Race – the largest road race in the country and largest 10K in the world. And that will be followed on February 29, 2020, by no less than the 2020 Olympic Team Trials – Marathon.

While the immediate economic impact of Atlanta's largest running events don't deliver quite the numbers of a Super Bowl, I would argue that the lasting benefits we bring to the city and the event's participants deliver an economic return of a different sort, and one that is priceless: More running and walking equals less diabetes, less obesity, lower rates of heart disease, more community connectivity and runners' highs for all.

As the Club prepares for the Peachtree, the 2020 Olympic Trials and, first, the Publix Atlanta Marathon on March 17 with a new Atlanta-centric name and course, spread the word far and wide: Running City USA is open for business.

Unlike the Super Bowl, you don't have to sit and watch the Publix or Peachtree – you can be a player yourself. And although the Olympic Marathon Trials may be a qualifier-only event, you can be a part of that, too, by running the Road to Gold on March 2. There, you can try out the course on which three men and three women will be chosen to represent the U.S. in Tokyo (See story on page 19).

In other words, Atlanta Track Club is ready to carry on right where the Super Bowl left off, proving that Atlanta is the place to be for the best sporting events in the world.

Rich Kenah

Executive Director

NORTHSIDE HOSPITAL



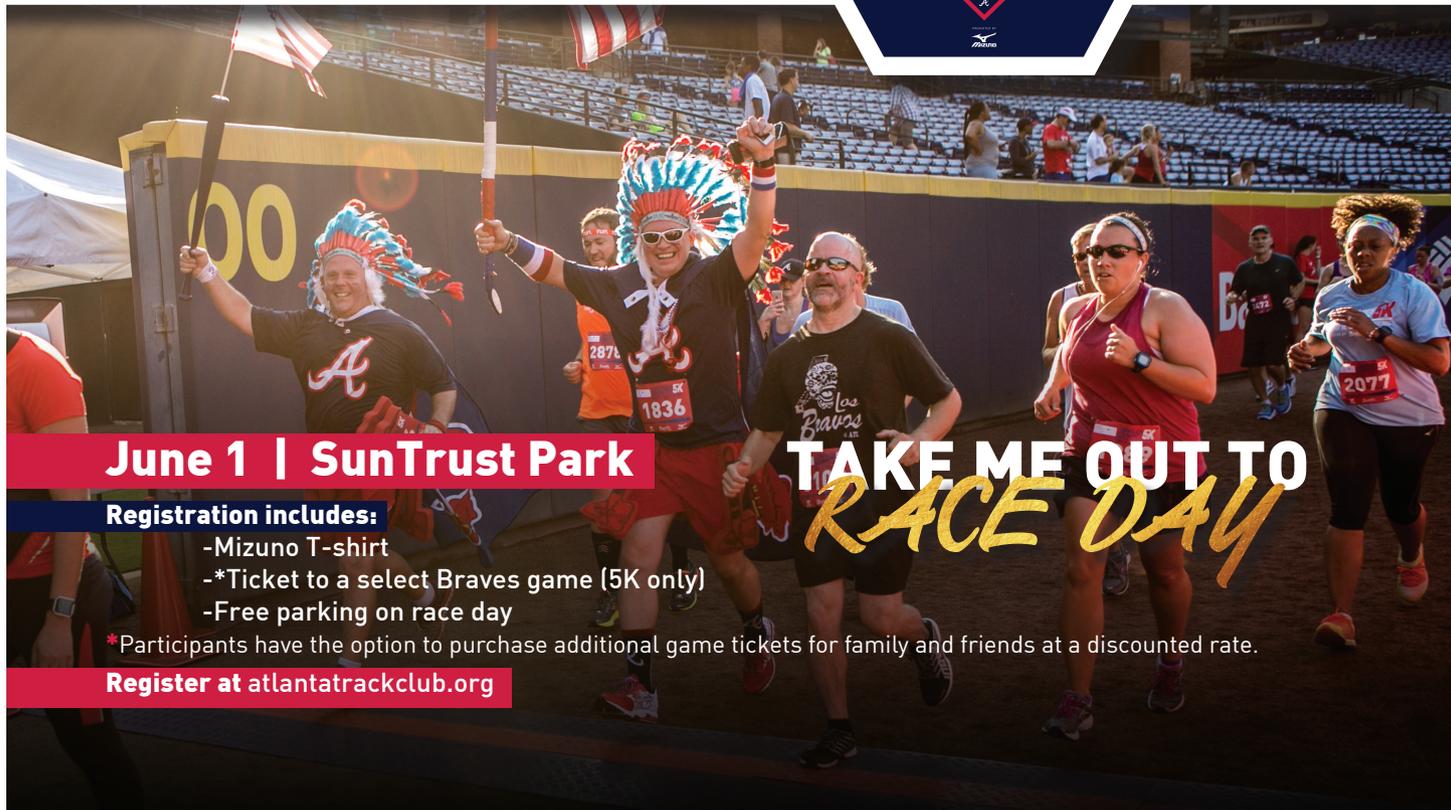
The *Woman* Who Starts The Race Is Not The Same *Woman* Who Finishes It

Northside Hospital Atlanta Women's 5K | April 13 | Cheney Stadium
Flowers at the finish line, women's cut Mizuno shirt and elegant finisher medals.

Register at atlantatrackclub.org



BRAVES COUNTRY 5K



June 1 | SunTrust Park

TAKE ME OUT TO
RACE DAY

Registration includes:

- Mizuno T-shirt
- *Ticket to a select Braves game (5K only)
- Free parking on race day

*Participants have the option to purchase additional game tickets for family and friends at a discounted rate.

Register at atlantatrackclub.org



UPCOMING EVENTS

2

SATURDAY MARCH



ROAD TO GOLD: AN ATLANTA 2020 TEST EVENT
7:00 a.m., Home of the 2020 U.S. Olympic Team Trials – Marathon in Downtown Atlanta

- First chance for Olympic hopefuls, Olympic fans, runners and walkers of all abilities to run on the 2020 Olympic Team Trials – Marathon course
- 8.2 mile race with finisher’s medal and commemorative scarf



14-16

THURSDAY, FRIDAY, SATURDAY MARCH



PUBLIX ATLANTA MARATHON, HALF MARATHON & 5K RACE NUMBER PICKUP
Atlantic Station

- Thursday 11 a.m. - 7 p.m.
- Friday 11 a.m. - 7 p.m.
- Saturday 11 a.m. - 7 p.m.
- All participants must pick up their race numbers at race number pickup unless Will Call was purchased during registration or through Atlanta Track Club’s online store.

16

SATURDAY MARCH



PUBLIX ATLANTA KIDS MARATHON
9:00 a.m., Atlanta

- Find out what it means to be part of a big city marathon
- Kids ages 7-14 can run the 2.62K, kids 8 & under can run the 262m, and kids 4 & under can run the 26.2m

15-31

MARCH



AJC PEACHTREE ROAD RACE MEMBER REGISTRATION & LOTTERY REGISTRATION

- Members of Atlanta Track Club (membership valid by February 1, 2019) must register during this period for guaranteed entry
- Lottery registrants must also register during this period. Entrants will be randomly selected and notified by April 3
- Registration available at AJC.com/peachtree

17

SUNDAY MARCH



PUBLIX ATLANTA MARATHON, HALF MARATHON & 5K
7:00 a.m., Atlanta

- New course that showcases some of Atlanta’s most-famous and historic landmarks

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

◆◆ 2019 ◆◆

The Year Of

COFFEE



Get Social

This month:

With the Road to Gold fast approaching on March 2, we reached out via Instagram Stories to check in with some of the many runners who are planning to hit the pavement alongside athletes preparing for the 2020 U.S. Olympic Team Trials – Marathon, to be held along the same route a year from now.

skqehrs 

What are you most looking forward to at Road to Gold?

Running with my friends

evanpark17 

What are you most looking forward to at Road to Gold?

Beating some of my favorite pro runners

indefinitehope 

What are you most looking forward to at Road to Gold?

The energy of being a part of something this special!

marisazehner 

What are you most looking forward to at Road to Gold?

It's such a special opportunity! I am so pumped about getting to run with Olympians!

readyssetgreat 

What are you most looking forward to at Road to Gold?

The great swag and challenging course 🏃🏃



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FIVE YEARS AFTER ALS DIAGNOSIS, ANDREA PEET IS STILL OFF TO THE RACES

By Jay Holder



Andrea Lytle Peet’s life-changing diagnosis started with something every endurance athlete has experienced: sore hamstrings.

At first, Peet didn’t think much of it. She had just done her fifth triathlon of the year, a 70.3-mile race around her undergraduate alma mater, Davidson College, in North Carolina. But still feeling unsteady on her feet two months after the race, she went to see a physical therapist

“She said ‘your muscles don’t seem strong enough for having just done a half Ironman,’” recalled Peet.

The PT recommended a neurologist. Peet ended up seeing five of them. There were countless tests, a handful of misdiagnoses and, finally, 11 long months later, a verdict: Peet had amyotrophic lateral sclerosis, more commonly known as ALS.

Nearly five years after the news, the 38-year-old Peet has been forced to retire from her career as a city planner. She uses a walker now. Her speech is slower. But athletically, she has actually sped up since her first post-diagnosis marathon.

This month, she hopes to cross the finish line of the Publix Atlanta Marathon, her third of six planned marathons in 2019.

The fact that Peet is still competing is remarkable. People diagnosed with ALS, a degenerative disease in which the brain loses the ability to communicate with the muscles, are usually given a life expectancy of two to five years. Now in her fifth year of living with the disease, Peet has defied the odds – and that’s something she doesn’t take for granted.

“I was tired of waiting around for the disease to take over,” she said of resuming her athletic life. “I started doing races to see what I can still do.”

Since her diagnosis, Peet has completed nine full marathons, 15 half marathons and six triathlons using a recumbent trike. She races for herself, pushing the limits of what her body allows, fighting the disease with physical activity. More broadly, she also races for the ALS community, raising awareness and money for research that will hopefully lead to a cure one day. Since 2015, her Team Drea Foundation has raised \$360,000 for ALS research.

It was an Ironman athlete with ALS who inspired Peet’s journey. In 2005, Jon “Blazeman” Blais became the first person with the disease to complete the Ironman World Championships in Kona, Hawaii. “I believe a higher power intertwined Jon’s life and mine,” she said.

After Blais passed away in 2007, Ironman retired the bib number he wore in Kona, bib number 179. (It’s now only available to those racing Ironman events in Blais’ honor, usually raising money for ALS research.) Coincidentally, 179 has been Peet’s lucky number since she was in middle school. “That was my French horn’s model number and my score when I came in second in an all-state competition,” she said. “Since then, I have seen it everywhere: on license plates, mile markers random signs, et cetera, like a friendly reminder from the universe.”

After her diagnosis, Peet and her husband of nine years, David, moved from their home in Washington, D.C. to be



closer to her family in Raleigh, North Carolina. With a network of supportive family and friends, Peet maintains a consistent training schedule, including swimming twice a week, doing Pilates and riding her trike on the trainer once a week as well as getting out on the road. Her husband or friends often run alongside her. The training is paying off: Peet has lowered her post-diagnosis marathon personal best from 4:53 to 3:34 and she believes that staying active has slowed the progress of her ALS, keeping the connection better between her nerves and muscles.

The encouragement she gets from the running and triathlon community keeps her going. For instance, she expected the 2014 Ramblin' Rose Triathlon in Raleigh to be her last. Peet and her friend were well behind the rest of the finishers, so when she heard cheers as she approached the finish line, she was shocked. "About 100 people stayed for an hour to cheer me in," she said. "That was really a turning point for me. I can still do more than I thought."

Now focusing mostly on running events, Peet expects that kind of support at the Publix Atlanta Marathon – especially because she once lived here, while earning her master's degree from Georgia Tech, and many of her friends and former classmates will likely line the course. She will compete here thanks to the Atlanta-based Kyle Pease Foundation, which helps disabled

athletes cross finish lines in races all over the world.

As a retired city planner, she said she loves coming back to Atlanta as it rapidly changes and she especially loves seeing the progress made on the Beltline, a project that had just gotten underway when she was in school.

Peet knows all about Atlanta's infamous hills and while most of the time she bikes at a pace of 9- to 10-minutes a mile, on the inclines she comes to a crawl. She's a veteran of these long distance events, but should anything go wrong, her husband, reachable by mobile phone, won't be far away.

After Atlanta it's on to Tennessee, where Peet is signed up for the St. Jude Rock 'n' Roll Nashville Marathon in late April. She has a new goal now: A marathon in all 50 states. She admits that she has her work cut out for her, because five of the nine marathons she's done since her diagnosis have been in North Carolina.

The odds of completing all 50 are stacked against her, but Peet's track record against the odds is pretty good so far.

"So many people with ALS can't do what I do because their bodies won't let them," she said. "I am so lucky to be able to walk and talk and drive and do marathons and eat and breathe. I'm just grateful."

Photos: Signe Clayton, Chris Szagola, Tamara Lackey, Courtesy of Andrea Peet

LAST 13.1 MILES A LANDMARK ACHIEVEMENT

By Marcus Budline

Last fall, Atlanta Track Club unveiled a new course for the Publix Atlanta Marathon, designed to take participants on a historic tour of downtown Atlanta in the second half of the race. Running past Atlanta's iconic stadiums, through the city's Historically Black Colleges and Universities and into Grant Park, the new course will offer a truly "Atlanta" feel to the renamed marathon.

In these two pages, we've highlighted some of the sites you can especially look forward to in the last 13.1 miles of your journey.

Mile 14: Mercedes-Benz Stadium

Were you entranced by the gleaming lights of Mercedes-Benz Stadium as you watched the Super Bowl but too claustrophobic to venture down there during game week? Now you'll get an up-close-and-personal view of the stadium as you run directly past the gleaming arena of the Atlanta United FC and Atlanta Falcons.



Mile 15: Atlanta University Center Consortium

Just south of Mercedes-Benz Stadium is Atlanta University Center Consortium, made up of Historically Black Colleges including Morehouse, Morehouse School of Medicine, Clark Atlanta and Spelman. The course will take you on a walkway that cuts through these historic institutions.



Mile 22: Cheney Stadium

At one time, the warmup facility for the 1996 Olympic Games, Cheney Stadium was refurbished by Atlanta Track Club in 2018 to provide a state-of-the-art track to the Grant Park and Summerhill communities. Get your chance to cover the same ground as gold medalists as you do three-quarters of a loop of the track.



Mile 23: Georgia State Capitol

You'll run past the gleaming gold dome of the Georgia State Capitol, with the chance to gaze up and see the statue of Miss Freedom on the top to help motivate you in the final tough miles.



Mile 25: Olympic Rings

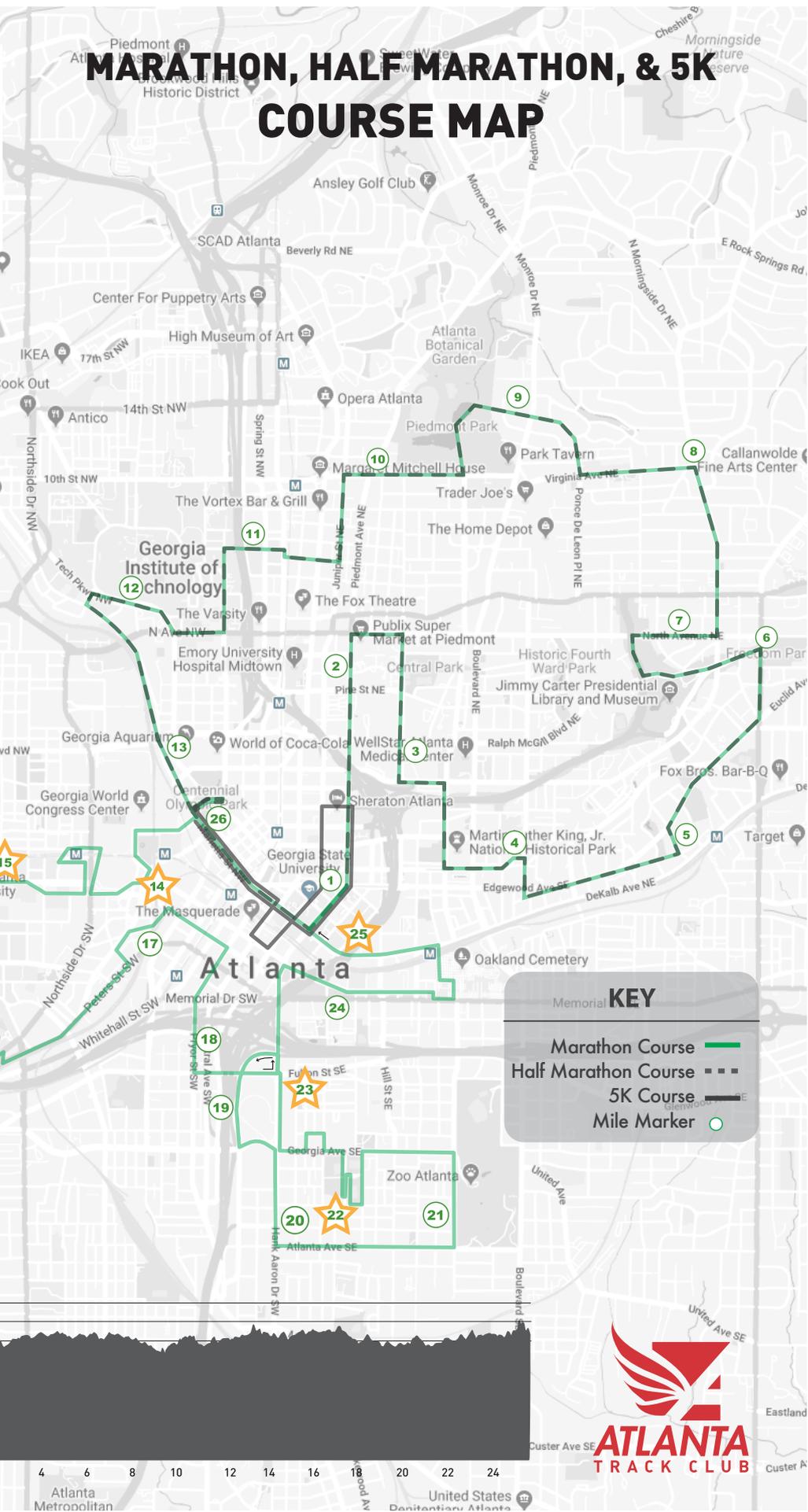
You'll have another chance at an Olympic moment when you cross under the Olympic Rings and past the torch that marked the 1996 Olympic Games. You'll also make your way past Georgia State Stadium, the once-home of the Atlanta Braves and now-home of Georgia State football that started life as Olympic Stadium.





MARATHON, HALF MARATHON, & 5K COURSE MAP

COORS



KEY

- Marathon Course
- Half Marathon Course
- 5K Course
- Mile Marker



AY, JULY 4 – 7:30 A.M.

WHEELCHAIR EVENT – 7:00 A.M.

THE

Peachtree

STARTS HERE

Entry fee is \$12 check or money order payable to PEACHTREE ROAD RACE. Do not send cash. Mail in registration. Mail completed entry form and fee to: PEACHTREE ROAD RACE, P.O. BOX 105400, ATLANTA, GA 30348

INSTRUCTIONS for address.

TRY TO THE ATLANTA TRACK CLUB.

BEST 10K RACE TIME
IN THE PAST 2 YEARS

MIN

SEC

Check here if
you have not
run a 10K race
in the past
2 yearsNOTE: Please addressing stamp \$7.00 or better should attach documentation
to this application. Best selection that will be used on race day.ENTRY FEE: \$12
(DO NOT SEND CASH)

REGISTRATION: FROM CAR TRUNK TO ONE CLICK

By Natalie Cabanas

For five years, going back to 1991, James Bonds had tried and failed to get into the AJC Peachtree Road Race. First, a mad Saturday dash to buy the earliest Sunday edition of the Atlanta Journal-Constitution on the day it printed the entry form.

Then, another scramble, to get it in the mail as soon as physically possible. Because the quicker you could get your application in the mail, the higher your chances were of getting into the race.

“We live outside Griffin, and it always seems like our mail is two or three days behind,” Bonds told the Atlanta Journal-Constitution back in 1996.

So in 1996, according to that AJC story, Bonds was feeling desperate enough to write “please let me run” on the application.

That didn’t work, either.

Back in those days, the first 40,000 paper applications received by mail were automatically entered into the race; the final 10,000 were selected by a lottery. So far, Bonds was still on the sidelines. Then Julia Emmons, race director at the time, handpicked the last lucky few in a last-ditch drawing.

Bonds’ application was among them. Finally, he was in.

As the AJC Peachtree Road Race celebrates its 50th Running, paper applications and the race-within-a-race to get to the

post office are long gone, replaced in 2009 by the ability to register from your sofa with the click of a mouse. There is still no guarantee of getting into the race – which selects entrants via a lottery – but at least the days of foraging for stamps and fighting traffic are over.

For Atlanta Track Club officials, however, registration is still a busy time. This year, when demand is likely to be heavy for the milestone running of the largest road race in the country and largest 10K in the world, things will be even more hectic.

“When Peachtree registration opens we’re here at 3 a.m., when it closes we stay up until 1 a.m. to make sure everyone who needs a response gets one,” said Paula Beebe, the Club’s timing and registration manager.

The evolution of the registration process continues in 2019, with new dates for Club members to submit their applications. (See accompanying box.)

In the early years of the event, participants could register on race day: In 1970, registration (at \$2) for 150 runners was conducted out of the trunk of race founder Tim Singleton’s car. By the mid ‘70s, runners who wrote in for an entry blank, then filled it out and mailed it back to the Club saved \$1 off what they would have paid to sign up on race day – \$3 in 1974.

By 1979, as the race grew to 15,000, race day registration was eliminated.

A decade later, the field had grown to 25,000 but the desire to participate had grown even more.

In 1989, the race closed out in a mere nine days, and Julia Emmons – race director and executive director of Atlanta Track Club at the time – grew concerned. In 1990, the field was expanded from 25,000 to 40,000.

“What we did not want was to close ... in nine days because then everybody would be mad at us again,” Emmons told the AJC.

But as the race grew, so did the clamor to run it. In 1990, that first year of the expansion, the field filled up in 20 days – plenty of breathing room after the nine days in 1989. In 1991, it took 17 days. In 1993, the field was enlarged again, to 45,000; it took six days to reach capacity.

“It just became a tradition for people to wait for that Saturday edition of the paper,” said Lisa Tanner, Atlanta Track Club director of events. “People would have Peachtree parties and all go and get applications together. Registering was as much of an event as the actual race.” The AJC, which usually printed 95,000 early editions of the Sunday paper, increased its press run on the day it printed the application.

In 1994, the race expanded again – to 50,000 runners, in honor of the 25th Running – but a partial lottery was announced to ease the dash to the post office. It took only two days to fill the 40,000 guaranteed spots, and a lottery was held from applications that were received in the next 10 days to fill the final 10,000 spots.

About two months after that race, Emmons announced that plans for the 1995 race that would prevent a repeat of 1994, when “thousands of people” were accepted under multiple names. Now, only one entry per person and only one entry per envelope would be allowed, and applicants were required to send a copy of their identification.

Stunningly, about 62,000 applications were received in the first 48 hours. Even pouncing on the early edition of the AJC and driving the application straight to the post office was no longer a sure thing.

“Sure, you want to get it in as early as possible, but just because you mail it in Saturday doesn’t guarantee you’re in. As we all know, there are differences in post offices,” Emmons told the AJC. “That’s one of the reasons we have a lottery drawing. That gives another 10,000 people a chance, maybe a 1-in-2 chance.”

In addition to the AJC, applications over years could be found at Atlanta-area sporting goods stores, athletic shoe stores, Texaco gas stations and the Atlanta Track Club office. In the mid-2000s, Waffle House got in on the act, with hawkers selling the AJC in their parking lots.

Applications were sent to a P.O. Box, a Wachovia Bank lockbox services facility on Virginia Avenue. As a part of their event

Continues on Page 15

The infographic is a vertical timeline with a white background and blue and red accents. It features a central photograph of runners from 1970. The text is arranged in horizontal bands, with years in large, bold fonts. The timeline includes the following key events:

- 1970**: REGISTRATION TAKES PLACE FROM THE TRUNK OF TIM SINGLETON'S CAR; 110 FINISHERS
- mid-1970s**: RUNNERS CAN WRITE IN FOR ENTRY BLANK, FILL IT OUT, AND MAIL IT BACK
- 1979**: RACE GROWS TO 15,000; RACE DAY REGISTRATION IS ELIMINATED
- 1980**: PARTICIPATION CAPPED FOR FIRST TIME AT 25,000
- 1989**: RACE FILLS UP IN 9 DAYS
- 1990s**: FRENZIED DASH FOR AJC EARLY EDITIONS WITH ENTRY FORM
- 1994**: PARTIAL LOTTERY BEGINS
- 1995**: 62,000 APPLICATIONS RECEIVED IN FIRST 48 HRS
- 2001**: APPLICATION CAN BE DOWNLOADED FOR FIRST TIME
- 2009**: APPLICATION PROCESS IS TRANSITIONED ENTIRELY ONLINE
- 2011**: RACE CAPPED AT 60,000; ALL-LOTTERY FORMAT IS LAUNCHED

50 YEARS OF



ATLANTA

2019 AJC Peachtree Road Race Member and Lottery Registration **March 15-31**

Guaranteed entry for Atlanta Track Club members joined or renewed by **February 1, 2019**.

Non members register via lottery.

Registration ends **March 31** at 11:59 p.m. EST.

Members register at atlantatrackclub.org/peachtree.

All other registrations register at ajc.com/peachtree.



Continued from Page 13

sponsorship, the Wachovia employees would process the checks, and then all entry forms were boxed and later sent to the Club for verification. Entrants would learn of their acceptance when their checks cleared from their accounts.

It would take about a month for Club volunteers to do the data entry, said then-office manager Andy Carr, who added, “We wouldn’t have any other events in April because we were too busy typing Peachtree applications.”

Every day staffers would leave the office and a crew of volunteers would come in to enter data on computers, working until 10 p.m.

“After I was involved in the process for the first time in 2000, I told Julia it was too taxing; we had to change something,” said Carr. “Although it was really difficult to give that task to someone else – filing thousands of people’s information – we moved to having our mailing house do all the data entry for us.”

ACE Marketing (later called World Marketing & Management) was in charge of sending race packets with participant bibs to all those accepted into the race, and in 2001 they took over all data entry of the then-55,000 applications as well.

But that wasn’t the only change that year. For the first time, the Peachtree application could be downloaded online. It still had to be printed and mailed in, but gone was the need to sprint to a local gas station to get that early edition of the paper.

“It was a big deal,” Carr remembers. “Local people could get their newspaper, but if you lived out of state [before this] you had to send in a request for an application. Moving to a printable online version meant everyone could get it easier.”

The transition was met with some opposition from the AJC: Tanner recalls being told they sold more papers on “application day” than on any other day of the year.

“The wave of technology called for the need to change,” said Tanner. “It was just so much information to process year after year.” So in 2009, the process was shifted online via the AJC website – a change that did not come easy. With tens of thousands of applicants all trying to enter their information during a short time frame to guarantee one of the first 45,000 slots, the procedure went through some growing pains. (Entry forms were still published in the AJC for those without access to a computer, and the final 10,000 runners were selected via lottery from those print entries).

That first year, the system crashed. “We received 1,000 emails [with questions and complaints] in less than two hours and then stayed until midnight to return every single one of them.”

What was known as a “safety valve” had been inserted into the code of the system in order to manage the massive amount of data that would be coming in. It turned out this valve was the exact thing that caused the system to crash. Once it was removed the system operated fine. (Tanner can laugh about it now.)

In 2011, the year the field was expanded to a cap of 60,000, the current all-lottery format was launched to end the first-come, first-served frenzy.



The challenge of handling the volume of inquiries during registration hasn’t changed throughout the decades. “My goal was always to try and not have the phone ring,” laughed Carr. “That was impossible, but the years it didn’t ring as much we knew we were doing something right.”

HOW TO REGISTER FOR THE 50th RUNNING

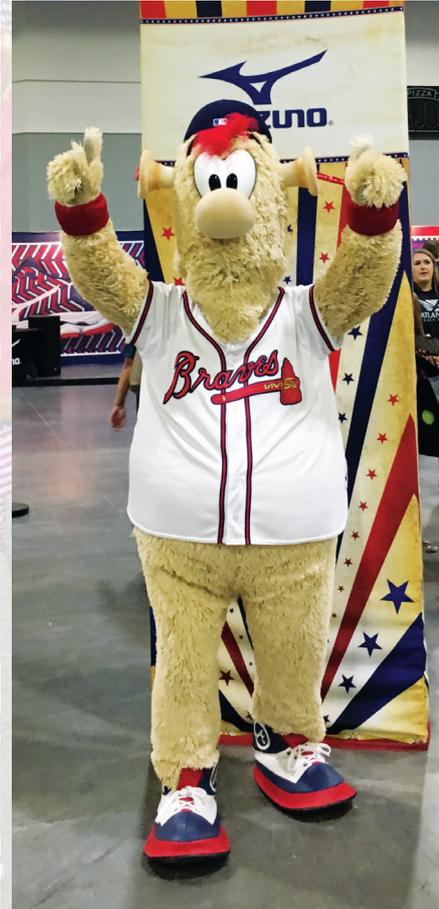
For the 50th Running of the AJC Peachtree Road Race, there are a few important changes to note.

- Member and lottery registration will occur simultaneously from March 15 to 31. Previously the two had been separate.
- “There has been some confusion around the dates and who is eligible to register during specific time periods,” said Paula Beebe, Atlanta Track Club’s timing and registration manager. “By combining both member and lottery registration, we can consistently tell everyone they are eligible to register on the same days.”
- Members still receive “guaranteed entry” into the race, which they have received as a part of Atlanta Track Club member benefits since 2014. As long as members fill out and submit an application form between March 15 and March 31, they’re in.
- There is a slight increase in price for both members and nonmembers. The registration fee for members will increase from \$35 to \$38, while the fee for those who are accepted in the lottery will increase from \$38 to \$42. The new rate will cover enhancements to the event as well as the rising costs of operation and production.

ATLANTA'S PRO TEAMS EMBRACE ATLANTA'S SIGNATURE RACE



By Doug Carroll



The sign “Keep Cool and Chop On” provided a succinct summary of the task facing 60,000 participants in the 2018 AJC Peachtree Road Race.

Visible before their ascent up Cardiac Hill, those five words reminded the runners and walkers of the conditions, the challenge and the cheering – in this instance, from dozens of employees and season ticket holders of baseball’s Atlanta Braves, who turned out as aid-station volunteers.

Brad Meriwether, the Braves’ director of marketing, was there doing the chop with the rest of the crew, and described the fun factor as even higher than the temperature (74 degrees at the race’s 7 a.m. start).

“The Peachtree is synonymous with summer in Atlanta,” Meriwether said. “It’s a staple, and we love being part of it. We love how much fun people have with it. There are a lot of smiling faces.”

diverse fan bases is, to me, reflective of the larger impact that the Peachtree has on the city of Atlanta,” said Rich Kenah, executive director of Atlanta Track Club and Peachtree race director. “No event, sporting or otherwise, brings us together annually like this little 10k down Peachtree.”

At the 2018 Peachtree, the Braves also were represented by their Heavy Hitters drumline, which pounded out a rhythm near the finish line, and by mascot Blooper, who greeted the race’s finishers in Piedmont Park and posed with them for selfies. Jaime Kaufman, the team’s senior coordinator of marketing, pulled it all together.

When the schedule includes a Fourth of July home game – as it does in 2019 – the Braves traditionally have hosted the men’s and women’s Peachtree winners, involving them in the ceremonial first pitch, the chop and even some of the fan-oriented in-game contests.



The Braves, as well as Atlanta’s other three major professional sports teams – the basketball Hawks, the football Falcons and the soccer United FC – are all supporters of the Peachtree and maintain close ties to Atlanta Track Club, which puts on the race.

“The ongoing Peachtree engagement from the Braves, Falcons, Hawks and MLS champion United along with their

In 2017, Peachtree participants needed only their coveted finisher’s T-shirt for entry to a pregame party at the Coca-Cola Roxy near the Braves’ SunTrust Park.

Elizabeth Unislawski, Atlanta Track Club’s manager of elite athlete services, won’t forget 2015, when Great Britain’s Scott Overall and American Alexi Pappas were the respective

winners and a contingent of international athletes went to the game in the Braves' penultimate season at Turner Field.

"We had box seats," Unislawski recalled, "and we took a van of athletes to the game. They had a blast. The team had Scott Overall do 'Race the Clock,' where you run out on the field and grab a base and try to beat the clock. The Japanese runners did every cheer. On the ride back to the hotel, they just kept on chanting."

In 2017, men's winner Leonard Korir of the U.S. led the chop at the game and said the fans were "so great," surprising him with their sincere appreciation of his efforts earlier in the day.

"Atlanta is a very nice place," said Korir, a 2016 Olympian who lives and trains in Colorado. "They are such good people there. They are so supportive. It's an exciting race because of that."

The women's winner in 2017, Aliphine Tuliamuk of the U.S., hammered the golden spike at the United's soccer game. (Before kickoff, someone is chosen to hammer the spike, a link to the city's railroad history, three times as the crowd chants "A-T-L" in unison.) The United also has made a special ticket offer available to Peachtree participants.

The team's ticket operations manager, Stuart Pease, got into the act in 2018 by running his first Peachtree.

"I thought it was cool," Pease said of the experience. "I was surprised by how many people actually run it, some for a time and others just to be a part of it. And so many people turn out to cheer everybody on."

Matt Haley, the Falcons' manager of football communications, is a former collegiate runner who covered the Peachtree course

in 34:12 in 2018 – which was good for an impressive finish of 66th overall. He has run the race five times since moving to Atlanta in 2010.

"I'm originally from Massachusetts, and I think the Peachtree has a similar feel to the Boston Marathon," Haley said. "The whole city revolves around the event for the day, and Atlanta comes together really well for big events like that."

Arthur Blank, owner of the Falcons and the United, is a member of Atlanta Track Club. And the Falcons and United offer their opulent facility – which hosted Super Bowl LIII in February – for the 50-yard-line finish of the Mercedes-Benz Stadium 5K/Walk Like MADD, in which both teams and Mothers Against Drunk Driving partner with the Club.

"Since we are in professional sports, fitness [and] health and wellness are pretty common interests for a lot of people in our organization," Haley said.

The Hawks, who partner with the Club on the Atlanta Hawks Fast Break 5K presented by Sharecare at State Farm Arena in February, have hosted AJC Peachtree Road Race Night, discounting tickets for Peachtree participants and Club members. Former general manager Pete Babcock, the architect of the Hawks' success in the 1990s, was an avid runner who ran the Peachtree.

Add it all up, and it's the kind of heavyweight enthusiasm for a road race that few other events could dream of approaching.

The Braves also are involved with the Club in other ways, including the annual Braves Country 5K presented by Mizuno in June. But the Peachtree is in a class by itself.

"Every year, we see people from our front office who run it, and I'm pretty sure we've had coaches and baseball staff run it when we're at home," Meriwether said. "This race is more about being with people than it is about your time. Everyone is enthralled by it."

Even for serious runners such as Haley and others who have lined up for countless races in various places over the years, it holds a special distinction.

"The Peachtree is kind of a rite of passage for any runner in Atlanta," Haley said. "It's a race that you have to do if you live here. Normally, the most common question you get as a runner is 'Do you run marathons?' But in Atlanta, it's 'Are you running the Peachtree?'"

This is another in a series of 50 stories celebrating the upcoming 50th Running of the AJC Peachtree Road Race. For more, visit peachtree50.com.



TOP OLYMPIC HOPEFULS SET THEIR SIGHTS ON “ROAD TO GOLD”

By Barbara Huebner

Dathan Ritzenhein is a three-time Olympian – twice at 10,000 meters (2004 and 2012) and once in the marathon (2008, when he finished ninth in the Games). He was familiar with the course for the 2008 U.S. Olympic Team Trials – Marathon, and made the team. In 2012 and 2016, when he did not run the courses in advance, he was fourth and a DNF, respectively.

“I think it was maybe something that was missing,” he said.

Ritzenhein, 36, is among the many elite athletes set to run Road to Gold, the 8.2-mile race set for March 2 – almost a year to the day before the 2020 U.S. Olympic Team Trials – Marathon will be conducted over the same loop. Starting at Centennial Olympic Park, the crown jewel of the 1996 Atlanta Olympic Games, the race will be the first chance for Olympic hopefuls, Olympic fans, runners and walkers of all abilities to run on the Trials course. An Olympic Hopeful Division will feature athletes with hopes of winning the gold medal at the 2020 Olympic Games and an open division will give every runner in Atlanta and beyond the chance to chase their own “gold-medal moment” on the same streets that will take six Americans to Tokyo.

“Just mentally, it helps to get on the route,” said Ritzenhein. “We want to get the lay of the land.”

Also set for the Road to Gold starting line is Jared Ward, who finished sixth in the 2016 Olympic Marathon and hopes that the race will “stir the pot of excitement for the Trials.”

“I think this is something that everyone should take advantage of,” said the 30-year-old Ward. “Everything Atlanta Track Club has done around the Trials has been really well thought out and on point.”

Ward said he is “excited to see how the course feels and to see what kind of elevation change I need to be ready for when I come back in 2020.”

Both Ward, who on January 21 became a father for the fourth time with the birth of daughter Magnolia Jaye, and Ritzenhein will be in the midst of training to run the Boston Marathon. For Ward, it will be his first race since he finished sixth last fall, as top American, in the TCS New York City Marathon. Ritzenhein, coming off a series of injuries, has not finished a marathon since 2015, but was described by his coaching team as “100 percent healthy and about 50 percent fit” in winning the Humana Rock ‘n’ Roll New Orleans Half Marathon on February 10 in 1:01:27.



Among other top athletes expected to compete in Road to Gold:

- Chris Derrick, 28, a three-time USATF Cross Country Champion and 2018 USATF Half Marathon Champion who was fourth in the 2017 AJC Peachtree Road Race, which served as the USATF 10 km Championships.
- Shadrack Biwott, 34, who finished third in the 2018 Boston Marathon and fourth there in 2017, and is considered among the favorites to make the 2020 team.
- Allie Kieffer, 31, fifth in the 2017 TCS New York City Marathon who is the former indoor marathon world record-holder and placed fourth in the 2018 Peachtree.
- Brogan Austin, 27, winner of the 2018 USATF Marathon Championships.
- Haron Lagat, 35, runner-up in 2018 in both Peachtree and the Faxon Law New Haven Road Race, which served as the USATF 10 km and 20 km championships, respectively.
- Tyler Jermann, 26, the 2017 USATF 50K Road Champion.

Registration for Road to Gold is still available at atlantatrackclub.org.

A large, modern sculpture of the Olympic rings, made of gold-colored metal rings, is the central focus. It is part of a pedestrian bridge structure. In the background, there are trees with autumn foliage and a few people walking. The sky is a clear, light blue.

FOLLOW IN THE FOOTSTEPS OF OLYMPIANS

The first chance to run on the 2020 U.S. Olympic Team Trials – Marathon Course
8.2 mile race with finisher's medal and commemorative scarf

Road to Gold: An Atlanta 2020 Test Event | Downtown Atlanta | March 2
Register at atlantatrackclub.org

PUBLIX ATLANTA KIDS MARATHON SET FOR DEBUT

By Marcus Budline

As warmer weather arrives and a new Kilometer Kids season gets underway, the program is offering new opportunities for the youth of Running City USA to start their fitness journeys.

Chief among them is the Publix Atlanta Kids Marathon, a new addition to Publix Atlanta Marathon weekend. The Kids Marathon, on Saturday, March 16, will give children the chance to cross the same finish line in Centennial Olympic Park as Publix Atlanta Marathon participants.

Open to kids ages 14 and under, the event will feature a 2.62K run, a 262-meter dash, and a 26.2-meter dash. Upon finishing, kids will receive a medal featuring two pieces of the Kilometer Kids Youth Running Series tangram.

In the Kids Marathon, Kilometer Kids teams, sports teams and youth groups will be able to compete for the title of Atlanta's fastest team, as the top 15 runners on each team will have their times averaged to determine a winner. The top-three fastest teams will receive prizes along with bragging rights, and the three teams with the most participants will receive scholarships toward building health and fitness programs in their school or group.

After the kids race, an array of Atlanta's mascots will take to the road for the first-ever Publix Atlanta Marathon Mascot Challenge. Featuring mascots from Georgia Aquarium, Clif and more, this 262-meter dash promises to be a riveting showdown.

Post-race activities will also feature demonstrations from the Atlanta Children's Museum, games and activities from Clif and the chance to meet three-time Olympic gold medalist Gail Devers. All race participants and their families will receive \$5 off admission to the Children's Museum throughout the week.

Anthem Peachtree Junior Registration

Just as registration dates for the AJC Peachtree Road Race have changed, so have the dates to register your child for the Anthem Peachtree Junior. With the race now on July 3, Peachtree Junior registration will open at the same time as registration for the Peachtree, on March 15. Children ages 10-14 will be eligible to register for both races, while all kids under the age of 10 can have their Peachtree experience by running in the Peachtree Junior.



Youth Running Series Spring Schedule

- Feb. 26: Fun Run, Cheney Stadium
- March 16: Publix Atlanta Kids Marathon
- March 26: Fun Run, Tribble Mill Park
- April 9: Fun Run, Blackburn Park
- April 23: Fun Run, Kennesaw State University



Taking place in Piedmont Park, Peachtree Junior for the first time will finish on 10th Street across the same finish line that will host some of the world's finest 10K runners the following day. Just as the participants do at the Peachtree, kids will receive their finisher's T-shirts as they make their way into The Meadow for a post-race celebration.

Kilometer Kids Youth Running Series Kicks Off

Atlanta Track Club's Youth Running Series kicked off with a Fun Run at Cheney Stadium on February 26 and will continue throughout the spring at locations across the city. With the exception of the Publix Atlanta Kids Marathon on March 16, races in the Youth Running Series are free to children 14 and under. Details are available at atlantatrackclub.org. Children are awarded a tangram piece at the end of each race and can complete a puzzle if they do the entire series.

In a new initiative this spring: Any teams that bring 15 or more runners to a Fun Run will receive scholarships to purchase running equipment.

Kilometer Kids, a curriculum-based running program, is free and open to both teams and individuals. During the course of the season, children ages 14 and under will be encouraged to cover 26 miles through fun running games and activities. Prizes will be awarded along the way. Sign-up is ongoing at atlantatrackclub.org.



CHARLOTTE, NC

By Jay Holder

It's called the Booty Loop – an officially unofficial name for a 3-mile route in Charlotte, N.C., that's perhaps the city's most popular urban running and biking destination.

Everyone in the city, outdoor enthusiast or not, knows the Booty Loop, which is less than a mile from Uptown Charlotte (there is no downtown Charlotte). It's spoken of colloquially by elected officials, residents and local media both mainstream and fringe. But where does the name come from? As Spencer Lueders, the founder of an annual charity cycling event called "24 Hours of Booty" explained to the Charlotte Observer last year, a group of all-male cyclists in the early 1990s "quickly developed an appreciation for the, um, fitness levels of women exercising on that loop and the coeds hanging out on the campus of Queens University of Charlotte."

Thus the name was born, and it stuck – although now the consensus is that it refers to the men and women who use the loop to get their rears in gear. The "24 Hours of Booty" attracts more than 1,000 cyclists each July, where they ride the loop for 24 hours straight to raise money for the Levine Cancer Institute.

Despite its unrefined name, the Booty Loop is situated in one of Charlotte's most-elegant neighborhoods, Myers Park. With its vibrant tree canopy and colonial revival homes, Atlantans might think they took a wrong turn and ended up in Ansley Park. Those looking to run the Booty Loop can park for free at the lot at the corner of Providence and Queens roads – you'll see a golden statue of a man with his arm outstretched and know you're in the right spot. There's a water fountain there

for pre- and post-run hydration, but you'll have to go to the shopping center across the street to find a restroom.

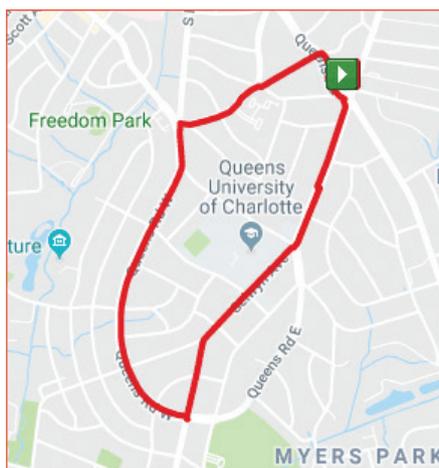
Once you're ready to run, head south down Queens Road toward Queens University. The statue will be on your left. Take in the beautiful churches and homes of one of Charlotte's most-prestigious zip codes. The university, with its Georgian architecture, will be on your right. At the fork, veer left down

Selwyn Avenue until you get to Queens Road West. Take a right. Queens Road West will take you all the way to East Boulevard, where you will cross the busy thoroughfare and stay right on Granville Road. That takes you directly back to Queens Road, where you will hang a right and end up where you started.

The route has rolling hills, but it's nothing for someone who's used to running in Atlanta. According to MapMyRun, there are 86 feet of total elevation gain over the course of three miles.

Not only is this a popular route for runners and riders, it's a popular route for cars, too. Traffic can be heavy at times. There are sidewalks along the entire loop, so it's best to avoid running in the road, especially since cyclists use the shoulder. If you're running before sunrise or after dark, make sure to wear reflective gear and a light of some sort.

There are plenty of options for a post-run refreshment. I lived in Charlotte for several years and my favorite watering hole is Selwyn Pub. It's not on the loop, but just past the turn onto Queens Road West. It has delicious wood-fired pizza and is a popular spot to gather after a run. In fact, I met my wife at a post-run gathering there. So, give it a visit!



GREETINGS FROM



By Natalie Cabanas



Genie Beaver is the owner of West Stride, Atlanta's only woman-owned specialty running store. Growing up running with her dad, Beaver has always considered the sport a passion. She ran competitively at Georgetown, earned her MBA and relocated to Atlanta, where she was introduced to the local running community. After working a few years in corporate America she craved a smaller, community-based business, which eventually led to combining her passion and profession. Wanting to give back to running, and especially to serve women, the idea of West Stride was born in late 2007. Beaver is the mother of two daughters: Sylvia, 13, and Carlin, 10

What was the highlight of your collegiate running career?

My greatest memories are really all the Sunday runs I had with my team. We'd run by all of the monuments in D.C, on the trails on campus – it was just an amazing group of women that I'm still friends with today. They actually came down and ran the [Northside Hospital] Atlanta Women's 5K last year. It was the first time we've gotten together to run in more than a decade and we had a blast! We're going to try to make it an every-other-year thing.

Do you still race?

I don't really race anymore, but I do jump in on different runs in Atlanta. I just train for life. I'll jump in on things that I think are really special, like the Wingfoot XC Classic. My daughter ran, and then I ran after her. We also ran the Resolution Run 5K on New Year's Day. The whole family was there to either participate or cheer each other on.

Do you prefer running with a group or on your own?

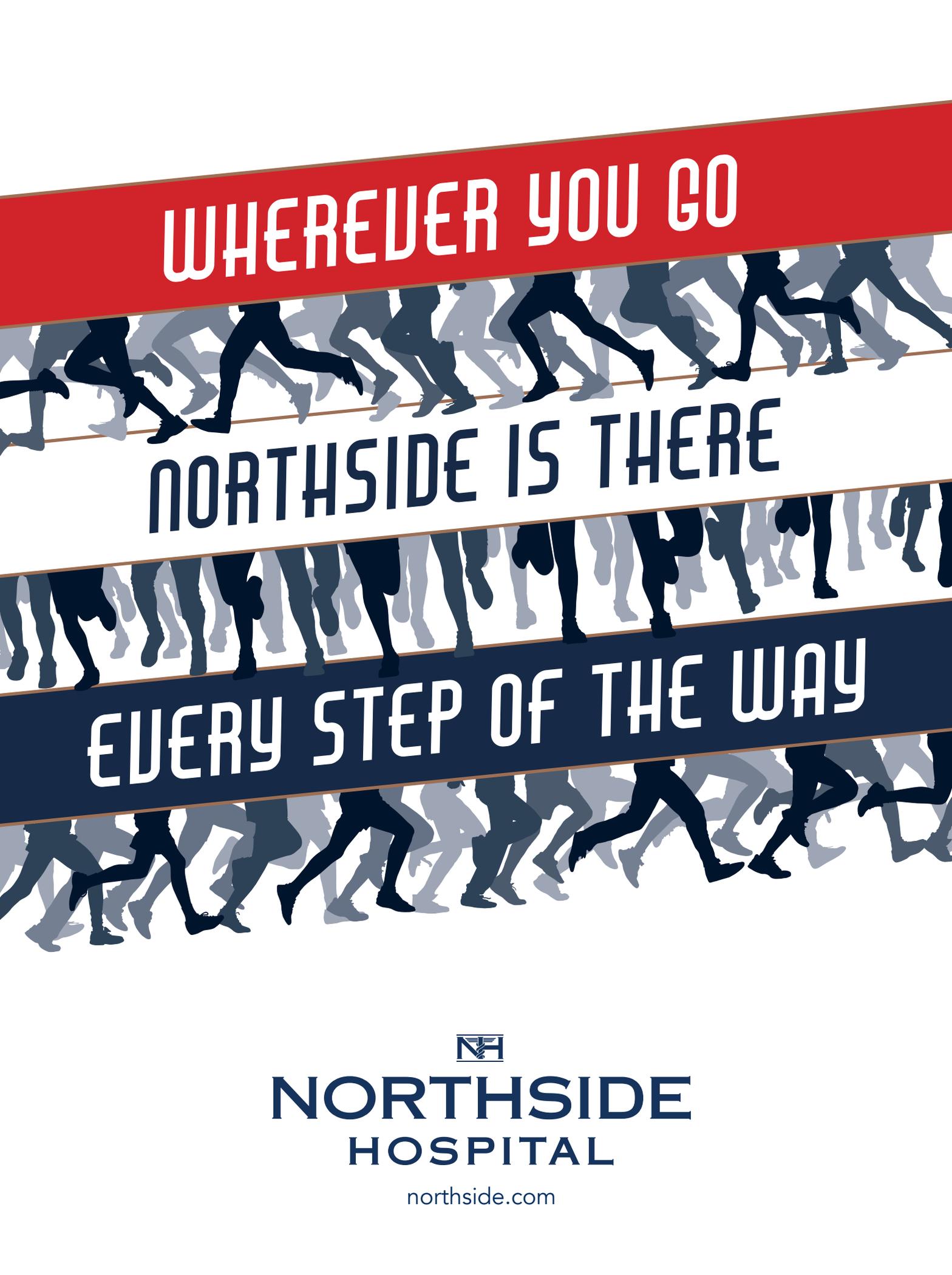
I love the group running culture here; all different kinds of people in different professions and from different parts of the city. Personally right now, though, I just spend a lot of time driving my girls to soccer practice so I haven't been able to run with a group that much!

What's your favorite aspect of owning a running store?

The best part for me is being able to help people through all different phases of the walker and runner lifecycle. We get new people just starting off, some people who are stuck on an injury and high school athletes who have basic questions about training. I find joy in seeing these people work through these changes and being a part of the positive change in them.

What most surprised you about the business or your clients?

I'd say the variety of people. We have customers who are 6 years old and 96. We have people who consider themselves diehard runners and others who only walk. We're not a running store full of people only talking about races. We're a store full of people who just want to be healthy. I'm also surprised by how open people are with us. We are a part of a lot of our customers' lives outside of just buying shoes or clothes. I'm also surprised by how many people come to the store specifically because it is woman-owned. A fair number of customers bring in their daughters to talk with me about my experiences. I love that kind of support.

A background graphic consisting of multiple overlapping silhouettes of runners in various stages of a stride, moving from left to right. The silhouettes are in shades of dark blue and light blue, creating a sense of motion and depth. They are positioned behind three horizontal banners that contain text.

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WHEN ICE IS NICE, OR HEAT IS NEAT

By Dr. Joseph Powers

What types of injuries respond to ice or heat?

The question of ice versus heat is one I am asked on a daily basis. Surprisingly, there is little research on the subject, despite our frequent use of both.

Ice will restrict blood flow and numb the area to which it is applied. I generally recommend ice for acute (new) injuries or when trying to reduce swelling and inflammation. Given the restriction in blood flow, avoid ice for more-chronic injuries (more than six weeks old), as it can limit healing.

Heat, on the other hand, increases blood flow and can loosen stiff, sore tissues. This tends to be more helpful for chronic injuries. I generally recommend against using heat on acute injuries as it may worsen swelling.

Are there injuries that respond to both therapies?

Depending on your underlying condition, there are different strategies you can employ to help your recovery. For example, if you have recently begun suffering tendinitis, you may consider using ice to help calm the area and decrease pain. If your attempts at healing the area through stretching, strengthening and activity modification are unsuccessful and the pain lingers, consider switching over to heat. Once again, this can help improve blood flow, which may help with tissue repair.

Alternatively, if you suffer from joint pain, from chondromalacia (thinning of the cartilage) or mild arthritis, consider heating before exercise to loosen the joint and surrounding soft tissues. After exercise, if you experience pain or swelling, switch to ice. Although this may stiffen the joint, it may provide pain relief.

Back pain is another area in which ice and heat are commonly used. There have been very few studies that have looked in significant detail at the question of which is better. Most suggest that short-term applications of heat, especially when coupled with exercise, are most beneficial. Ice does not appear to yield much improvement in symptoms for the majority of patients with back pain.

What is the best way to apply heat or ice?

There are a variety of options. When applying heat, you can use either dry or moist heat. Both can be effective, with some suggesting a slight edge toward moist heat. Hot water bottles, grain-filled hot packs, hot towels, baths, saunas, steam, heating pads and wraps are some of your options. Cold treatments include cold towels, ice packs and gel packs to name a few.

Is there an ideal amount of time to leave ice or heat on an injury?

Duration of treatment can vary depending on how you are applying it and your goals. For ice, you generally want to go with shorter time periods, 10-15 minutes at a time, to avoid irritating the skin. Heat may be used for slightly longer periods, up to 20 minutes, but you still want to avoid overdoing it. For more widespread muscular irritation, a longer soak in a warm tub may be called for. If you have certain conditions such as neuropathy, diabetes, vascular disease or skin issues, you should consult with your physician before using ice or heat due to the potential for complications.

Dr. Joseph Powers is a board-certified physician with the Northside Hospital Sports Medicine Network. He specializes in nonoperative orthopedics and sports medicine. For more information, visit: sportsmedicine.northside.com.

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



TAKE INVENTORY IN NATIONAL NUTRITION MONTH

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

As runners and walkers, you likely know that fueling properly before, during and after exercise helps you optimize your workout. But how about what you eat the rest of the time? Your food choices throughout the week have a big impact on your health, energy levels, mood, body composition ... and so much more. March is National Nutrition Month, so it's the perfect time to check in with your eating habits to make sure they're supporting your goals!

When it comes to nutrition, there's a seemingly endless supply of information available, often offering contradictory advice. For those interested in eating healthier, it can feel confusing to sort out fact from fiction. But before you sign on to the latest fad diet or trend, consider:

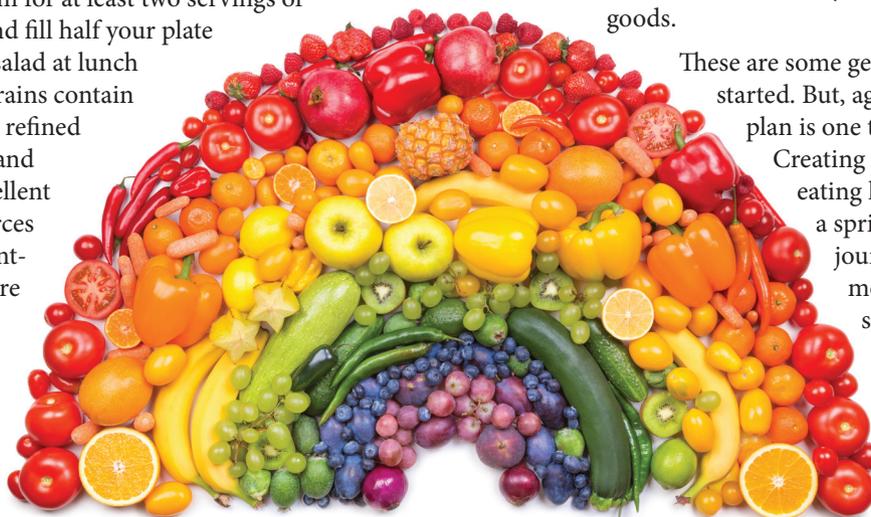
There is no one-size-fits-all approach to healthy eating. We are all unique, and the best nutrition plan for you is one that reflects *your* needs and preferences, supports *your* goals, and fits into *your* lifestyle. That said, if you're looking to improve your nutrition, here are a few simple guidelines to get you started:

- **Focus on Fiber:** Foods that are naturally fiber-rich tend to be packed with nutrients, so they're a great way to add volume and nutrition to your diet while keeping calories in check. Increasing fiber intake can support weight management, lower cholesterol, stabilize blood sugar levels and promote healthy digestion. Aim for at least two servings of fresh fruit per day, and fill half your plate with veggies and/or salad at lunch and dinner. Whole grains contain more fiber than their refined counterparts. Beans and legumes are also excellent and inexpensive sources of fiber as well as plant-based protein. If you're new to fiber, start gradually, and make sure to drink plenty of fluids.

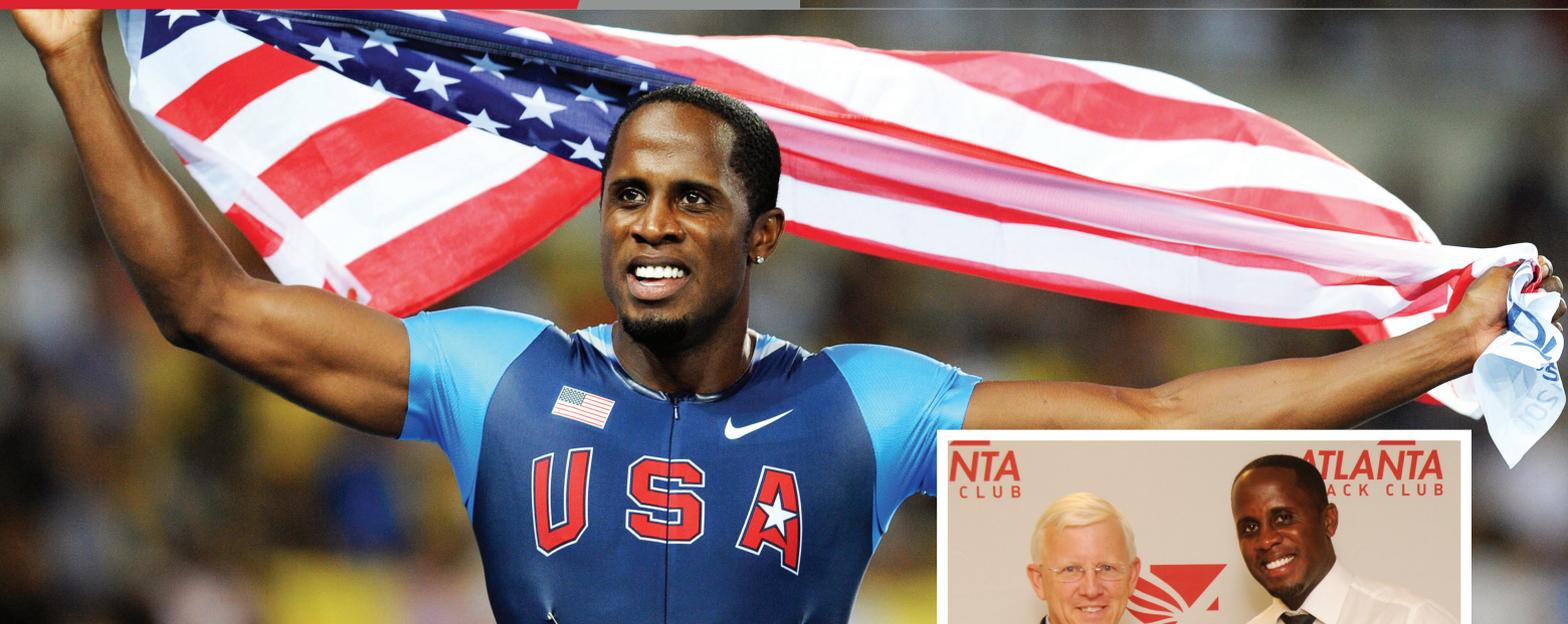
- **Power up with Protein:** While carbs provide quick energy, protein takes longer to digest, helping you stay satisfied and energized longer. Protein also plays a key role in recovery after exercise and maintains lean muscle mass, keeping metabolism revved. To optimize muscle synthesis and keep hunger at bay, spread your protein intake throughout the day, and aim to include a good source at all your meals and snacks. Think eggs, poultry, fish, seafood, lean beef, Greek yogurt and cottage cheese. Incorporate plant-based sources such as tofu, beans, legumes, nuts and seeds for less saturated fat.
- **Vary your Veggies:** Naturally packed with fiber, vitamins, minerals and beneficial plant compounds called phytochemicals, vegetables are an essential part of a healthy diet. The more you eat the better, and the more variety the better. Here's why: the different colors in vegetables (and fruit) each offer unique health benefits. The best way to reap the health benefits of vegetables is to *eat the rainbow* (and no, we're not talking about Skittles!). Aim to incorporate a variety of colorful produce into your diet each week.

Not a natural veggie lover? Get creative! Try dipping raw carrots, bell peppers or cucumbers in hummus or a Greek yogurt-based dip. Toss some baby spinach or kale into a smoothie. Or add zucchini to your oatmeal or baked goods.

These are some general tips to get you started. But, again, the best nutrition plan is one that is tailored to you. Creating sustainable healthy eating habits is marathon, not a sprint – and everyone's journey is different. For more individualized support, consider meeting with a registered dietitian nutritionist.



Alissa is a Registered Dietitian at Good Measure Meals, where she helps people achieve their health and fitness goals through individual nutrition counseling. A veggie lover and avid runner, she believes the best form of exercise is the one you enjoy and the best nutrition plan is one that fits into your lifestyle. For information about nutrition consultations, meal plans, and more healthy recipes and tips visit www.goodmeasuremeals.com



DWIGHT PHILLIPS

By Marcus Budline

In many ways, Dwight Phillips is now where Dwight Phillips was 20 years ago: At home. In the literal sense of the word, the 2004 Olympic gold medalist and five-time World Champion is indeed home, living in the town where he started down the path toward becoming a long jump legend. But Phillips isn't just home because he's in Atlanta – he's at home because every day he's still on the track, turning his love of track and field from his own success and pouring it into the development of the next generation.

Growing up in Decatur, Phillips' track and field career took off when he began running for the DC Motion Track Club at the age of 8. At the beginning, Phillips experimented with both cross country and middle distances before finding that sprinting and jumping were his true calling. Under the tutelage of Van Wilkerson at DC Motion, he fell head over heels for the sport, developing into a dedicated pupil with a natural affinity for learning about performing at the highest level.

"The internet wasn't really popping back then, but I still got on and I learned," Phillips said of his early years in the jumps. "I was always learning. I really had to teach myself and others along the way, so it became something that was a part of me."

Throughout his high school career, Phillips applied that mentality across a wide spectrum of events. He competed in the 400 meters, 200 meters, triple jump, long jump and high jump, winning state championships in the triple jump and the 400 and being named to Atlanta Track Club's All-Metro team.

He finished his career at Arizona State as a two-time NCAA runner-up in the long jump, never winning a collegiate title in his signature event.

Those disappointments, plus a "tenacious" mindset, fueled him to focus harder on what it meant to become a champion, which eventually paid off at the USATF Indoor Championships in 2001, where Phillips won his first national title in the long jump on the way to being inducted into the Georgia High School Track and Field and Cross Country Coaches Association Hall of Fame in 2014 and the National Track & Field Hall of Fame last year.

Phillips coached himself for his entire professional career, and knew that he would one day translate his knowledge and passion into coaching others. When he decided to hang up in his spikes in 2013 at the age of 36, it didn't take long for him to move on to a new phase of his career. Now 41, he coaches a training group named The Winners Circle, a diverse array of Olympians and Olympic hopefuls that includes Dariya Klishina, the 2017 IAAF World Championships long jump silver medalist, and 2016 Olympic bronze medalist Kristi Castlin.

"As an athlete, I think you take it for granted in the moment and you're always trying to focus on the next big thing," he said. "But the moment that one of your athletes competes and they begin to believe in things they never thought they could accomplish, that is just very powerful to me."



PEACHTREE HISTORY HITS THE ROAD

By Jay Holder

If you're curious about the history of the AJC Peachtree Road Race, you won't have to go far: It will be on display across metro Atlanta all spring and summer.

In its first stop, "50 Years of The Peachtree presented by PNC Bank," a traveling exhibit highlighting key moments, artifacts and people connected with the race, was unveiled at Lenox Square on February 15 and will be on display there until March 12.

Among the many items in the exhibit are Jeff Galloway's trophy for winning the inaugural race 50 years ago; the only known finisher's shirt from 1971, the first year they were awarded; and the original finish line tape. Measuring 8 feet tall, 20 feet wide and 15 feet deep, the exhibit also highlights 49 milestone moments, one from each running of the race from 1970 to 2018, and features some of the race's legendary figures, including its first winners, Galloway and Gayle Barron; race founder Tim Singleton; long-time race director Julia Emmons; and Bill Thorn, the only person to finish every edition of the Peachtree.

"Lenox Square is the ideal first stop for this exhibit," said Rich Kenah, executive director of Atlanta Track Club and race director of the AJC Peachtree Road Race. "Every year, this is the spot where 60,000 runners begin their 10-kilometer journey through the heart of Atlanta."

Following its stay at Lenox Square, "50 Years of The Peachtree" will head to number pickup for the Publix Atlanta Marathon, Half Marathon and 5K at Atlantic Station March 14-16. From there, it will go to Ponce City Market for the remainder of the month. You can find a complete schedule through the exhibit's run at atlantatrackclub.org



Ngarambe Sets National Record

Atlanta Track Club Elite's Yolanda Ngarambe broke Sweden's national record for the indoor mile at the New Balance Indoor Grand Prix in Boston on January 26. Ngarambe's time of 4:28.30 bested the previous record of 4:30.42, set in 2016, and shaves more than three seconds off her previous personal best of 4:31.59. Her 1500-meter split of 4:10.13 is also a personal best, and puts her at No. 6 on the Swedish all-time list.

In a loaded field that also saw the Canadian indoor mile record fall to winner Gabriela Stafford (4:24.80) and the Irish indoor record fall to Ciara Mageen (4:28.31), Ngarambe placed fifth behind Stafford, 2018 NCAA indoor champion Elinor Purrier, 2016 IAAF World Championships silver medalist Dawit Seyaum of Ethiopia and 10-time All-American Cory McGee.

"I knew that if I wasn't intimidated by the field and I didn't make mistakes, I could do well," Ngarambe said after the race. "I felt like I had it in me."

Ngarambe will spend the spring in Sweden training to compete in the European Championships.

Masters Claim National Titles

Atlanta Track Club Elite's masters teams claimed four team titles and three individual top 10 finishes at the USATF Cross Country Championships in Tallahassee, Florida, on February 2. Jill Braley (23:41) took second in the masters women's 6K race while Brian Sydow (28:09) and Brent Fields (28:16) placed seventh and ninth, respectively, in the masters men's 8K race. Team titles were won by the women 70+, men 50+, men 60+ and men 70+.



GO FORTH NOW TO BE READY ON THE FOURTH

By Amy Begley

The 50th Running of the AJC Peachtree Road Race will be here before you know it. Whether you're a veteran of the event or looking to finally check it off your bucket list in this milestone year, you need to start planning now. True beginners, people who are active but whose exercise regimen doesn't include running or walking, or runners chasing a personal best will all benefit.

If this will be either your first race off the couch or the longest race you've tried, you need to start preparing earlier than someone with more experience. For a beginner, the first goal is to get outside a few times a week and just start walking around the block. Start with easy-to-accomplish goals. For the first week or two, your goal is to get out twice a week; the third week, do it three times. Build up to four or five days a week. Your goal is to get up to two miles by the time April comes around by adding a half mile (or five to eight minutes) to one of your walks every week. (Once a week, take a hilly route.)

If there's a 400-meter track near you, that's an option: four laps around is a mile. You could add two laps every week. When April arrives you should be very comfortable walking two to three miles at a time. Then keep adding a half mile a week to your long run or walk day. By the end of April you should be able to do three miles. By the end of May, five miles; in June you want to hit at least six miles. June is also the time to acclimatize your body to the heat and humidity of race day.

The AJC Peachtree Road Race is a 10K, which is 6.2 miles. However, by the time you add the distance to the start from your corral, the distance through the finish chute and the trip back to your car or MARTA, you will be covering closer to eight miles total, so you need to prepare your body and mind for that distance.

If you're active but neither walking nor running is part of your fitness routine, your goal will be getting your legs and lungs in shape to walk or run 10K. Don't give up cycling, swimming or whatever you do now for fitness, but either add three workouts a week of walking and/or running – 20 minutes at a time to start – or swap the walking or running for three of your usual workouts. Then add time or distance, whichever is easier for you to measure. By the end of April, you should be able to do three miles at once. May is five miles

and in June you'll work toward and past six miles.

For those who have been actively walking or running and want to set a high goal for the race, continue your routine, with the goal of consistently walking or running four times a week. The two biggest things you can do to improve? Add one workout a week and do hill repeats every other week.

Atlanta Track Club's In-Training for Peachtree starts April 13, and you can sign up while registering for the race or attend the kickoffs to learn more. The kickoff information sessions will be April 6-12 at the various training locations (visit atlantatrackclub.org for details).

Remember, we're here to help!



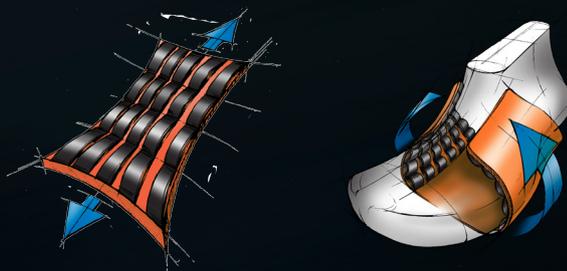
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