WE RUN THIS TOWN

2016 OLYMPIAN FINDS HOME AT THE CLUB

25 REASONS ATLANTA IS A RUNNING DESTINATION

HOW TO CONQUER HILLS
MIZUNO IS DONATING $10 TO THE BREAST CANCER RESEARCH FOUNDATION for every pair of Limited Edition BCRF Wave Rider 21 shoes sold in October.

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On the Cover: Atlanta Track Club Elite’s Rob Mullett at the 2016 Olympic Games in Rio. Photo by PhotoRun.
A Word from the Director

In this issue, we celebrate Atlanta’s running community. And you, our members, are a major part of that community.

Our metro area is home to parks, trails and the ever-expanding Atlanta BeltLine – all of which are packed on any given day with runners and walkers. And it’s not just Atlanta Track Club members. It is exciting to see people from all types of running organizations come together, whether I am standing at the finish line of one of the Club’s events or out on a run of my own. This city has a vibrant spirit that bonds people together regardless of age, ability or background.

It is because of the great people who make up our running community that I believe Atlanta is well on its way to becoming Running City, USA. Atlanta has seen growth by almost every measure in recent years in areas of commerce, population, culture and sport. We are already home to the world’s largest 10K – but we’d love to see Atlanta become known as a running destination throughout the year. We’d also like to spread the word that if people are visiting our hometown for another reason, it would be a mistake to leave their running shoes at home. There are not only a wide variety of places for visitors to get their miles in, but also a lot of friendly faces to make them feel at home during their run.

Thank you for being an important part of this running community. Each step you take works towards our vision of creating an active and healthy Atlanta.

Rich Kenah
Race Director

We asked our staff: Halloween is just around the corner. What was the best costume you’ve worn during a race or a group run?

Jennifer Akor
Coordinator, Volunteer Services
I like running in costume because I get to show off some of my personality. One of my favorite costumes is when my sister and I dressed up as the Star Wars Droids.

Amy Begley
Coach
I dressed up as a zombie runner for our fall Halloween party at In-Training. I did it to drive home the point of not wearing headphones while running and being safe and aware.

Amanda Kowaleski
Manager, PR & Marketing Communications
I ran in a Santa suit, complete with a beard. The five-mile race set the world record for the largest Santa run – there were more than 5,000 of us!
Conquer Cardiac Hill presented by Mizuno

Clock one of the fastest times down Peachtree Road’s infamous hill to earn a Top 100 mug

Atlanta PNC 10 Miler & 5K
October 22 - Atlanta Station

Register at atlantatrackclub.org
Next Issue’s Get Social Question:
What is the most important quality in a training partner?
Look for this question on our Facebook page, or send your answer and a photo to stories@atlantatrackclub.org. You could be featured in the next issue of Wingfoot!

Get Social

This month we asked:
Halloween is just around the corner. What was the best costume you’ve worn during a race or a group run?

Sue Landa
I love costuming for races and creating just the right “runnable” outfit. This is me as Michelangelo (Turtle Power!!!).

David Duncan
The whole Duncan family had “Pacman Fever” at the Athens Road Runners Halloween group run in 2015.

Billie Johnson
Thing 1 and 2 was by far the best costume my friend Michelle and I wore on a run in Oakland Cemetery. So much fun!

Jeanne Traylor
This “Sharknado” ran the Oakland Cemetery Run Like Hell 5K!

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TWO GREAT ENERGY FOODS COMING TOGETHER
Register for all events online at atlantatrackclub.org. Grand Prix registration opens one month prior to each event.
A HEALTHY START TO YOUR THANKSGIVING

Earn your medal before your meal with family and friends this holiday. There’s a race for everyone!

Be sure you’re a part of this Atlanta’s Thanksgiving tradition.

Thanksgiving Day Half Marathon, 5K, Blue Cross Blue Shield of Georgia One Mile & 50m Dash

November 23

Register at atlantatrackclub.org
It’s one of the most popular events in Atlanta each year. And this year, we’re making the “perfect 10” even better.

Now in its fifth year, the PNC Atlanta 10 Miler & 5K has sold out for the past two years. Known for its less-common distance and extensive crowd support, there are even more reasons to run the 10 miler this month.

Coast Down Cardiac Hill

The 2017 PNC Atlanta 10 Miler features a new, exciting course. While the start and finish remain at Atlantic Station, runners and walkers will get to experience some changes designed to improve the overall experience.

In the past, PNC Atlanta 10 Miler participants have raced up Atlanta’s most notorious hill in a challenge known as Conquer Cardiac Hill presented by Mizuno. Now the course will take runners and walkers down Cardiac Hill, providing them with a nearly mile-long, 12-story downhill. The 100 people who run down Cardiac Hill the fastest will receive a Conquer Cardiac Hill Top 100 mug, and the fastest man and woman will be dubbed King and Queen of Cardiac Hill.

To preview the new PNC Atlanta 10 Miler course, visit atlantatrackclub.org.

Cheers to Power You to the Finish Line

Atlanta Track Club wants to support you through every step of the PNC Atlanta 10 Miler. The Club has recruited 10 local, like-minded nonprofit organizations for its Adopt a Mile program held in conjunction with the event.

The 10 selected organizations will “adopt” a mile along the course, create a cheer zone and provide course entertainment. Each organization will receive a donation from Atlanta Track Club to be used to further its work to improve health and fitness in the community. You can expect a crowd of at least 30 people at each cheer zone along the course.
Be sure to pay attention to which cheer zone you like best. You will be asked to vote for your favorite in the post-event survey. The organization with the most votes will earn an extra $500.

**Women's Sizing for Participant Shirts**

Your feedback has been heard loud and clear. You want women’s sizing options for participant shirts at Atlanta Track Club events. Those sizes will be offered for the PNC Atlanta 10 Miler & 5K as well as the Thanksgiving Day Half Marathon & 5K.

Additionally, Atlanta Track Club is working with its official apparel and footwear partner, Mizuno, to expand the availability of women’s sizes for other events in the very near future.

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**Save the Date**

**SUITS & SINGLETS ANNUAL SOCIAL**

**Friday, January 19**

**6:00 p.m.**

**Benefiting Kilometer Kids**

Join Atlanta Track Club for an evening of dinner, drinks and dancing!

Registration opens October 2 at atlantatrackclub.org
In 2015, Vivian Eckmann was not a runner; but that is the year she first experienced the AJC Peachtree Road Race. Eckmann’s husband Matt was running his first Peachtree. Despite the rain, she showed up to support her husband along with their daughters, eight-year-old Emily and seven-year-old Sophie.

“While spectating the Peachtree Road Race, I was moved by the energy of the crowd as well as the determination coming from the runners…everyone had a smile on their face at the finish line,” Vivian recalls. “I wanted to be part of it.”

She soon did just that. The Eckmanns signed up for a family membership with Atlanta Track Club that same month. They’ve been involved members ever since.

“I never knew how much time I had before I started running,” jokes Vivian, a 35-year-old teacher who has participated in several In-Training programs over the past two years and will complete her second marathon this month. “Juggling has been tough, especially because we are just a typical working family with two children and two dogs. I have definitely enjoyed more sunrises.”

The Eckmanns make the most of their membership. Vivian completed her first AJC Peachtree Road Race this year, and their daughters have participated in the kid-friendly version of the event, the Blue Cross Blue Shield of Junior Peachtree Junior. Vivian and Matt have crossed the finish lines of many of the Club’s other races including the Publix Georgia Marathon, PNC Atlanta 10 Miler and Thanksgiving Day Half Marathon.

“Atlanta Track Club puts on the most organized and energetic races, and you are able to run lots of free races once you become a member,” says Vivian.

But for the Eckmanns, it’s not just about monetary value. Atlanta Track Club is so much more to them.

“There are runners and walkers of all ages, shapes, sizes and speeds,” explains Vivian. “It is the most positive and life-changing membership you will ever purchase. And to me, it’s priceless.”
Plan for 2018

As you begin to think about your 2018 fitness goals, we hope you will continue to be a part of Atlanta Track Club. Pricing for 2018 membership will remain the same as 2017:

- Individual Membership: $35
- Dual Membership: $60
- Family Membership: $75

Membership renewals begin on November 1 and can be done online at atlantatrackclub.org. Remember, to guarantee entry into the AJC Peachtree Road Race on July 4, 2018, your membership must be active by 11:59 p.m. on February 1.

Membership Benefits

- Guaranteed entry into the AJC Peachtree Road Race (Membership must be current by February 1)
- Atlanta Track Club apparel
- Free entry into select Atlanta Track Club events (6 events in 2018)
- Discounts on all paid events except the AJC Peachtree Road Race
- Discounts on training programs, except In-Training for Peachtree
- Annual subscription to Wingfoot magazine
- Discounts at local running specialty stores
- 2 guest passes to be used at any of the Atlanta Track Club community events
- Access to Alter G treadmill
- Discounts on RoadID and Bauerfiend products

Free Events for Members

Hearts & Soles 5K – February
Southside 12K – February
Singleton 4 Miler – April
Decatur DeKalb 4 Miler – July
680 The Fan Tailgate 5K – August
Wingfoot XC Classic - September
25

REASONS ATLANTA IS
RUNNING CITY, USA
We have not been shy about our ambitions. We are not afraid to brag about our city. In fact, you might say we have a little bit of a chip on our shoulders about where Atlanta fits in the continuing conversation about the best places to run in United States. Despite what Runner’s World might say (they ranked us 38th), we think we are THE best place for runners. We believe Atlanta can be, will be and already is “Running City, USA”. The rest of the country just might not know it yet. So, when your favorite running friend visits from out-of-town, here – in no particular order – are 25 reasons you can give them to prove that Atlanta is where it’s at!

25. Shop Local: Metro Atlanta has no fewer than 15 locally-owned and operated run specialty stores. To put that in comparison, New York City has two (not that we are competing). Local run specialty stores are not just a great place to buy shoes and apparel from knowledgeable runners, but they are also the perfect spot to meet a new running buddy, learn about local races or go for a group run.

24. Beer: There is nothing better after a run than a cold beer. In fact, some experts say a post-run low-ABV beer can aid in recovery thanks to its carbohydrates. Atlanta is getting national attention for its growing craft beer scene. Several local breweries host monthly or even weekly runs that are followed by a tasting of their fine beverages.

23. Coffee: If beer isn’t your thing, or if it’s too early for suds, Atlanta’s coffee scene is pretty hot, too! With locally-owned shops in almost every neighborhood, there’s always a spot to stop at the end of your run.

22. Masters of Masters: For masters athletes, you can’t argue with the facts. There is no more competitive city in the country for track and field athletes over 30. In 2017, Atlanta Track Club Elite’s masters team won national titles in indoor and outdoor track.

21. Jackson Street Bridge: Is there a better place to see a sunset in the city? Sure, you can drive over it, but it’s so much easier to take in the perfect view of Atlanta’s skyline when you’re on foot.

20. We Go Big on Global Running Day: No one celebrates Global Running Day (the first Wednesday in June) like Atlanta. Since 2015, our running community has been the first in the nation to venture out on Global Running Day to celebrate the sport. Atlanta Track Club’s annual midnight run draws dozens of runners willing to stay up late on a weekday, and there are more group runs throughout the day.

19. Silver Comet Trail: There aren’t many flat running routes here, but the Silver Comet is one of them. This 94-mile trail runs from Smyrna, GA, to Anniston, AL. While you might not be running quite that far, there are lots of places to hop on and off of the trail.

18. Jeff Galloway: He’s consistently the most recognized American runner and he lives right here in Atlanta. In fact, the 1972 Olympian and winner of the inaugural AJC Peachtree Road Race is an Atlanta native. Form more than four decades, Galloway has been using his Olympic success to further the sport around the country and at home.

17. PNC Atlanta 10 Miler: The 10 miler is a unique distance and no one does it quite like Atlanta. Starting and ending with a party at Atlantic Station, this fall favorite includes just the right amount of uphills and downhills.

16. Black Men Run and Black Girls Run: The nation’s leading running groups for African American runners were founded right here in Atlanta. Since its founding in 2009, Black Girls Run has grown to more than 160,000 members while Black Men Run lists group runs in 55 cities in the United States and abroad on its website.

15. Kilometer Kids: Each year, more than 8,000 kids sign up to run 26.2 miles during the spring or fall season. This free program, which turned 10 this year, introduces kids to running and walking and instills healthy habits meant to last a lifetime. And now kids can run 19 events for free each year in the Kilometer Kids Youth Running Series.

14. Publix Georgia Marathon & Half Marathon: Atlanta only has one marathon, so Atlanta Track Club makes sure runners who visit in March get to see the entire city on foot – hills and all! The Publix Georgia Marathon winds through more than a dozen neighborhoods, four college campuses and the Martin Luther King, Jr. National Historic Site.
13. **Free Track Meets**: Whether you are a sub-four minute miler or a first-time shot putter, there is something for everyone at Atlanta Track Club’s All Comers Track & Field Meets. They are held every Tuesday in May and during the first two Tuesdays in June and are free to everyone. You might even witness a world record. Betty Lindberg, 91, set a world record in the 800m for women 90 and older in 2016. In 2017, she set the American record in the 400m.

12. **Future Olympians**: Atlanta Track Club Elite is committed to sending at least one athlete to the 2020 games. The metro Atlanta area is also a hotbed of talent for high school track athletes. Look no further than sprinter Christian Coleman. The 2014 Our Lady of Mercy graduate recently won two silver medals at this summer’s IAAF World Championships in London.

11. **Olympic Runners**: Not only are the Olympians of the future here – Olympic legends are too. The aforementioned Jeff Galloway, Gail Devers, Gwen Torrence, Hazel Clark and three Atlanta Track Club staffers, to name a few, call Atlanta home.

10. **Humidity is Altitude**: Flagstaff is 8,000 feet above sea level. Boulder is 6,500 feet. Atlanta is 1,050 feet. As cities east of the Mississippi River go, that's pretty high, but it doesn't necessarily have the training benefits of higher altitudes. What Atlanta lacks in elevation, it makes up for in humidity. Studies have found that consistent training in humidity increases a runner’s VO2 max and lowers overall core temperature. Some even suggest that heat acclimation may be better than altitude training. Take that, Colorado!

9. **Thanksgiving Day Half Marathon & 5K**: Everyone has a turkey trot. Atlanta ups the ante on pre-feast exercise with a half marathon. Held annually on Thanksgiving morning, you could say this event is our Macy’s Day Parade, except it’s faster, sweeter and hillier. It’s also the largest half marathon held on Thanksgiving anywhere in the United States. If you’re in a hurry to get home to your turkey, try the 5K, One Mile or 50m Dash.

8. **The ‘Hooch**: If you get to Cochran Shoals after sunrise, good luck finding a parking spot. Runners from all over the area come to the banks of the Chattahoochee River each weekend to run the three-mile dirt loop, the winding trails in the woods or the flat stretch of roads near the Atlanta Country Club.

7. **Piedmont Park**: Some call it the Central Park of the South. In fact, it was designed by the sons of Central Park’s famous visionary, Frederick Law Olmstead. Piedmont Park has miles of trails on both dirt and asphalt. It even has the 868-meter Active Oval for interval workouts. On any given weekend, you might run by and/or through one of Atlanta’s popular festivals.

6. **The BeltLine**: When you’re finished looping Piedmont Park, hop on the nearby Eastside Trail of the BeltLine and follow the path all the way to Reynoldstown. You can also venture over to the Westside Trail, which stretches 2.4 miles. The brainchild of a Georgia Tech student, the BeltLine will eventually encompass the entire city, linking neighborhoods, trails and parks.

5. **Mizuno**: Not only is Mizuno the official footwear and apparel partner of Atlanta Track Club, it is Atlanta’s hometown brand. Mizuno USA’s headquarters are just up the road in Norcross. That means when they need feedback on an upcoming shoe or clothing release, they turn to Atlanta runners. Besides a partnership with the Club, Mizuno partners with the Atlanta Braves and the brand new Lake Point Sporting Facility.

4. **Local Running Clubs**: Whether you are looking for an informal running group or an organized weekend long run, Atlanta has a strong running club scene. From clubs like the Tucker Run Club, which brings huge groups of yellow-singlet clad runners to Atlanta Track Club events, to the Kirkwood Runners & Walkers, which meets three-times a week in the parking lot of a neighborhood library, you’ll never have to run alone.

3. **Olympic History**: Atlanta is one of only three U.S. cities to host a summer Olympic Games, and the running community embraces its Olympic history. The Publix Georgia Marathon starts and ends in Centennial Olympic Park. The Thanksgiving Day Half Marathon finishes under the Olympic rings just feet from the torch famously ignited by Mohammed Ali in 1996.

2. **Atlanta Track Club Volunteers**: Talk about dedication to the sport! It takes nearly 10,000 volunteer positions to put on Atlanta Track Club’s events and programs each year. Those positions log nearly 30,000 hours of work — that’s more than three years of work completed in one calendar year!

1. **AJC Peachtree Road Race**: No other city in the world can say it hosts a bigger 10K. No other city in the United States can say it hosts a bigger road race of any distance. 60,000 runners flood Atlanta’s busiest streets on the Fourth of July, and those who aren’t running are cheering. For 48 years, this race has made Atlanta a running destination. On that day, it’s indisputable that Atlanta IS “Running City, USA.”
There are so many different ways to stay healthy. And everyone has their own routine. But one thing that’s important for all of us is making sure you look at the “whole” you, connecting all the parts to stay fit and strong.

That’s the idea behind Blue Cross and Blue Shield of Georgia’s Whole Health Connection℠. Our medical plans work hand-in-hand with our pharmacy, mental health, dental, vision, life and disability plans. By coordinating the efforts of doctors and specialists who can share information and resources, we help them see the “whole you” to make sure that everything you’re doing to stay healthy works well together. And that makes it simpler for everyone.

bcbsga.com/specialty
FOR BRITISH OLYMPIAN, THE ROAD TO 2020 STARTS IN ATLANTA

By Jay Holder
One year ago, Rob Mullett was ready to walk away from professional running. Despite being the two-time reigning British champion in the 3000m steeplechase, Mullett was unsponsored and running more races than he should just to make ends meet. When he toed the line for the first round of the Olympic steeplechase in Rio, he was exhausted. “I just remember it not being that much of a fun experience,” Mullett recalls. “I felt pretty bad. It just wasn’t fun.” After a frustrating four-year journey to compete in the most prestigious of competitions, Mullett’s Olympic performance lasted eight minutes and 49 seconds. He finished 12th in his heat, nearly 30 seconds off his personal best, and not even close to qualifying for the final.

As 2018 approaches, thoughts of leaving the sport are long gone. Mullett’s focus is on 2020. His focus is on Tokyo. His focus is on redemption. Now training with Atlanta Track Club, the 30-year-old veteran finally has the coaching, support and work-life balance that could put him in contention for a spot on the medal stand.

The road to Atlanta began in Sussex, England when Mullett was 12 years old. He joined Lewes Athletic Club, a smaller British Club, because his sister swam there. He ran a couple of days a week and devoted the other days to soccer. “I was a very active kid,” says Mullett. “I used to get home from school and play football until it was dark and then go home, eat something and go to the track.” In high school, Mullett’s performances earned him three trips to the English Schools Track and Field Meet in the 2000m steeplechase in which he placed 10th. At University, Mullett ran for Lewes while attending St. Mary’s, competing in junior meets across Europe and winning the 1500m at the 2006 European Junior Championships.

The performances caught the attention of the coaches at Butler University in Indianapolis. After two years studying in Great Britain, Mullett was on a plane to the United States to accept an athletic scholarship at a Division I school. “I didn’t come on a visit or anything,” Mullett says. “It was literally fly to Chicago, drive to Indy and see what happens.”

At Butler, Mullett found himself training alongside fellow British distance standout Scott Overall, the 2015 AJC Peachtree Road Race champion, and Scottish Olympic marathoner Callum Hawkins. During his two years running for the Bulldogs, Mullett watched his personal bests drop, running 3:44 in 1500m, 3:59 in the mile and re-discovering the steeplechase for the first time since high school. “I did a little bit as a 15 and 16-year-old,” he says, “I just asked if I could run one. I wanted to see what I could do.” In 2010, he entered the Olympic Development heat of the event at the historically deep Mt. SAC relays in Los Angeles and won the race.

Upon graduating a year later, Mullett poured all his effort into the steeplechase with an eye on 2012. “My goals were basically to make a national team for Great Britain and medal at national championships.” That summer, he placed third at the British Championships and missed a spot on the Olympic team by one second. The mission for the next four years was clear: Be in Rio in 2016.

He got off to a rocky start. Racing in the 2013 European Championships, Mullett broke his foot and missed four months. When he came back, he came back too hard and ended up with mono. Altogether, he missed nearly a year and a half of consistent training. “I just took it really slow,” he says of the return to running. “I think I ran like two months solid before I did anything hard.” With less than two years until the Olympic Games, Mullett had a decision to make. “I think that’s when I got really boring,” he says. “It really dawned on me that if I was going to do this, then I needed to be completely all in on it.”
Mullett was being coached remotely. He was living in a small apartment. He was working 35 hours a week at a running store owned by American running legend Bob Kennedy. He’d run in the morning, work eight hours, and then run again. He mostly ran alone. “I didn’t skip anything and I planned my life around getting my workouts in,” Mullett says. “I remember on Wednesdays, I used to do 12 miles in the morning, then I’d go work 12 p.m. to 8 p.m. After that, I’d go do my hurdle drills and a hill session and be home by 10 p.m.”

In the midst of it all, Mullett met someone who would extend his stay in the United States. “She’s probably one of the best people on the planet,” Mullett says of his girlfriend of four years, Lisa Tomes, a fellow Butler grad. “I just knew he ran every day,” Tomes says. “I mean I knew it was a part of his life, but I guess I didn’t really understand until we started living together how involved it is.”

Mullett says Tomes not only understands, she was his biggest supporter as he worked toward his goal without a training group and without financial backing, factors that have been impossible hurdles for less-disciplined runners. “I got to know my body better,” Mullett says. “I took days off when I needed it. I didn’t worry about cutting it short when it felt right.”

The work and self-restraint started to pay off in July of 2015 when Mullett won his first British Championship. By the time the 2016 British championships came around, Mullett was in the shape of his life. When the leader tripped over the penultimate hurdle on the final lap, Mullett was in prime position to take the lead and went on to win his second consecutive title by three seconds.

Travel back and forth to Europe and a looming trip to Brazil left Mullett strapped for cash. Instead of staying off the start line and resting up for Rio, he found himself racing just to collect appearance fees that would supplement his modest income from the running store. Weeks before the Games, he was promised $1,000 to enter the 5000m at a Diamond League meet in London. Mullett had just been given the required yellow fever vaccine for his Olympic trip and was still feeling the effects of the live virus. Instead of dropping out, he ran all 12 and a half laps in an agonizing 14:26. He finished dead last and was lapped by fellow British Olympian Mo Farah. Mullett says it was humiliating. “They set off these big fire torches as Mo was finishing and I remember feeling the heat from them when I ran by.”

By the time he got to the track in Rio, Mullett wasn’t feeling any heat other than the scorching hot South American temperatures. In fact, he says he wasn’t even nervous. “Ideally, I’d be absolutely bricking it nervous before a race like that,” he says. “I think that’s what you want to feel like and I just didn’t have it. In hindsight, I think I knew I was tired and beyond my peak.” Mullett was never a factor, finishing 23 seconds behind the winner of his heat, American Hillary Bor. He walked off the track, dejected. “I was completely exhausted and ready for a break.”

In the weeks after the Olympics, Mullett says he ran sporadically and thought about his future. “I had a bit of a comedown from the Olympics,” he says. “I didn’t want to be making as little as I was making last year.” Mullett, whose degree from Butler is in education, says he didn’t want to teach. He started doing some personal training using his “Olympian” title to attract clients. At 29, he began to envision life after running. Could he spend another four years chasing the Olympic dream? “If he thought he could still go do it again, I mean I was going to encourage that, but also I guess selfishly, I would be OK with him getting a day job and not doing it anymore,” says Tomes, who had begun her career as a pharmacist.

One day in October, Mullett decided to dust off his spikes and head to a nearby track. He planned to do 12 intervals of 800m. He crushed it. “It was the first workout I felt like a runner,”
he recalls. Feeling confident, Mullett signed up for the Silicon Valley Turkey Trot, which historically draws one of the best elite fields of the fall road racing season. With hardly any training, he placed eighth in 13:52. The decision was made.

As Mullett was contemplating his next step, he connected with Atlanta Track Club Coach Andrew Begley through a mutual friend. “I kind of knew I had an opportunity to continue to run, so I had to get it together,” he says. Begley first contacted Mullett as Mullett and Tomes shopped at a Marshall’s in Indianapolis. “He was on the phone forever,” says Tomes. “I was like, what are you doing? Who is this person?”

The attraction was mutual. In Atlanta Track Club, Mullett saw a group of comparable training partners, a coach who could provide face-to-face guidance and, most importantly, the planning and training logistics he had spent the last four years doing on his own. In Mullett, Begley saw an established athlete who had competed at the highest international levels as well as a potential team leader for his stable of young athletes with enough time and talent to make another Olympic team. “We had just recruited a number of athletes right out of college, and we were looking to add someone with experience running at a very high level,” explains Begley.

Mullett did something he didn’t do when he decided to move to Indianapolis. He flew down for a visit. Mullett recalls being very sick with a cold when he arrived in December of 2016, but instantly knowing Atlanta was his new home. He went back and told Tomes, and they drove down together. “I was like, this is really up to you,” she says. “If you think this is what you want to do, run for a couple of more years, then this is our best option.”

Within weeks of training with Atlanta Track Club Elite, Mullett found himself back in shape and remembering what it was like to train with other runners again. “It took some getting used to,” he says. “It took me a little while to adjust with everyone being so much younger and culturally very different. Even in Indianapolis, I was surrounded by British people other than my girlfriend. It was a good different, but it was different.”

During the team’s altitude training in Flagstaff, Arizona, Begley says Mullett had breakthroughs as both an athlete and as a leader. He recalls an intense and successful workout of 5 x 1000m over two hurdles followed by an 800m and 400m as fast as he could. On that same trip, Begley named him the captain of the men’s team. “He didn’t consciously choose to be a leader, he just developed into it,” Begley says. As captain, Mullett is to the go-to guy for teammates who need clarity on Coach Begley’s instructions and the runner they seek out for unbiased opinions and advice on both training and life. “He’s been there. He’s done that,” Begley says. “He’s been to world championships, dealt with injuries and dealt with fatigue.”

With less than three years remaining until Tokyo, Mullett says he’s put all his faith in his new coach. “I just wake up and do it,” he says about his training. “Before, there were days when I had written an eight-week block of training for myself and I would find myself wondering, ‘Is this really the right thing to do?’ Now, I don’t have to worry about it because I know they have my best interests behind it.”

Mullett and Tomes are settled in their new home in Smyrna. She has found a job at a nearby pharmacy. When he’s not training, Rob works part time at Atlanta Track Club, where he does a little bit of everything and enjoys working with the In-Training programs and volunteering at the Kilometer Kids Fun Runs. Beyond Tokyo, he has dreams of working in the sport of track and field when his competitive days are over.

The disappointment from Rio stings less than it did one year ago. The lessons learned in the days and weeks before and after his eight minutes and 49 seconds are being put to good use. He’s confident this program and the guidance of Andrew Begley and fellow Olympian Amy Begley will be his ticket to success in 2020. This summer Mullett won his third consecutive British title. “It’s just being healthy and consistently training, week in and week out. Then, you can train at a level when you can surprise yourself. And when you can do that, you can stand on a starting line and know you’re going to do what you need to do.”
THIS IS YOUR RACE

Find your marathon moment at Atlanta’s only marathon.

Publix Georgia Marathon & Half Marathon
March 18, 2018 - Atlanta, Georgia

Register at atlantatrackclub.org
I’ve heard that people who exercise a lot (like runners) shouldn’t take ibuprofen or other over-the-counter painkillers. Why?

Popping nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, or even rubbing their cream equivalent on a painful spot, is routine for many exercise enthusiasts. And although ibuprofen can suppress inflammation, don’t overdo it. Recent evidence finds a link between ibuprofen and liver damage and ulcers when used frequently over long periods or when combined with alcohol. Taking ibuprofen also may increase the risk of kidney injury and elevate your blood pressure. If you’re taking NSAIDs prior to your race, stick with the recommended dose and make sure you never take it on an empty stomach or when you’re severely dehydrated.

What can I do before a run to prevent soreness?

Each person is different when it comes to preventing soreness. Key recommendations include eating healthy and getting a good night’s sleep the night before your long runs/walks. Don’t wear new shoes on race day. Stick with what stretching you’re used to; do not try any new stretches prior to the race. Watch your form. As fatigue sets in, our natural tendency is to lift/hunch the shoulders. This can cause tension in your shoulders, back and neck. Focus on running tall with your chest tilted forward, so your shoulders fall into a more relaxed position. Keep your arms relaxed. If you have a new ache or pain during training, get checked before your event. If you experience chest pain or shortness of breath, call 911.

Are there things I can do after a run to help reduce any discomfort?

It’s normal to feel some discomfort after a training run, especially a long and intense one. If you’re experiencing discomfort again and again, try cutting back on your mileage or intensity, changing surfaces (road vs. track vs. trail) or wearing different shoes.

Is there a type of over-the-counter medication you recommend for post-run pain?

If you’re experiencing pain and also have an injury, such as tendinitis, muscle strain, ligament damage or even a fracture, you most likely also have inflammation. Over-the-counter anti-inflammatory drugs include ibuprofen and Aleve, which also have some painkilling effects. Remember to only use these products as prescribed and as needed to treat pain from injury or soreness immediately after a strenuous race or training run. If the pain doesn’t subside, even after applying ice, taking anti-inflammatory drugs as well as stretching, please see a doctor.

Dr. Haroon Mian is a board-certified family medicine physician who practices out of the Perimeter North Family Medicine’s Canton office, 460 Northside Cherokee Boulevard, Suite 170. To schedule an appointment with Dr. Mian, call 770-395-1130 and for more information, visit pnfm.com.
In its first 10 years, Kilometer Kids went from serving 38 children to more than 8,000 children each year. Now a new grant will help Atlanta Track Club’s free youth running program expand even further, and into a part of the city that is in need of physical activities for kids.

The Laureus Sport for Good Foundation has awarded Atlanta Track Club a $10,000 grant to invest in its youth running program. The funds will be used to bring the Kilometer Kids program to three sites in Atlanta’s Westside community.

Atlanta Track Club was one of 14 out-of-school programs that received grants from the Laureus Sport for Good Foundation, a nonprofit organization that is partnering with Mercedes-Benz USA for this initiative. The Sport for Good program is a long-term, collaborative approach to strengthening Vine City, English Avenue and Washington Park through the power of sport. The Club celebrated the announcement at a kickoff event on Monday, July 17 in Washington Park. Atlanta Track Club partnered with Girls on the Run Atlanta to organize a running activity at the kickoff.

“This grant will allow Atlanta Track Club to introduce kids who live in the neighborhoods of Atlanta’s Westside to a healthy and active lifestyle,” said Sue Payne, director of community outreach and membership for Atlanta Track Club. “We are excited to join other like-minded programs in providing fun fitness activities.”

Did you know?

Your child can participate in Kilometer Kids even if their school does not offer our free youth running program. Parents can register their children as individual participants and still receive a running log to guide an at-home program as well as the incentives. Look for a new season to start in the spring.

Not ready to complete the full program? We offer free events for children as part of our Kilometer Kids Race Series. Visit atlantatrackclub.org for information.
KILOMETER KIDS CELEBRATES 10 YEARS!
INTRODUCING THE KILOMETER KIDS RACE SERIES

• 19 FREE events to keep your kids moving
• Events include one mile runs and 50m dashes
• Open to children ages 14 and under
• Unique token at each event that forms a puzzle upon completion of the series
• Concluding event: Blue Cross Blue Shield of Georgia Peachtree Junior

Learn more at atlantatrackclub.org

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MEMBER HEATHER TURTON

Heather Turton is an Atlanta Track Club member and a dedicated volunteer with Back on My Feet, a nonprofit that uses running and the power of community to motivate and support individuals experiencing homelessness as they move towards independence. The Club partners with Back on My Feet as part of an effort to work with like-minded organizations to accomplish our mission of building an active and healthy Atlanta.

How long has your family been members of Atlanta Track Club?
We have been members of the Atlanta Track Club for two years.

What made you join Atlanta Track Club?
After running multiple Atlanta Track Club races over the years, I became more familiar with the Club through my involvement with Back on My Feet and decided it was time to join!

What is your role at Back on My Feet?
I joined Back on My Feet as a volunteer runner several years ago. I had planned to run with the group one or two mornings a week, but I loved the community and connection to the mission so much that quickly morphed into three days a week and Saturdays! I am the team leader at the Gateway Center, I organize our Saturday runs and race schedule, and I am the event chair for the Meaningful Miles 5K, Back on My Feet's annual race, which took place on September 16.

How would you describe the partnership between Atlanta Track Club and Back on My Feet?
Most [of Back on My Feet's members] have never experienced running in a race or being part of a team. Back on My Feet is incredibly fortunate to have the generous support of Atlanta Track Club through the donation of running shoes, clothes, race bibs and Club membership, all of which are critical to the success of our program. In return, BoMF supports Atlanta Track Club by bringing new and diverse members to the Club, increased involvement in the running community and our favorite - volunteering as a team at Atlanta Track Club events! Serving together is just as impactful as running together!

What is your favorite thing about Atlanta Track Club?
My favorite thing about Atlanta Track Club is its organization of events and all the people who make them happen. No matter how big or small, every event is planned and carried out with incredible attention to detail, from set up to clean up.

What is your favorite Club event?
It is hard to choose just one event! My absolute favorite is the Thanksgiving Day Half Marathon. I always feel overwhelmed with gratitude to start Thanksgiving getting to do something I love - running a beautiful Atlanta course with friends and family. It is especially impactful to run with team members on Thanksgiving morning who have trained and are completing their first distance race. [I am] grateful to be a part of something so big in members’ lives.

What is one thing you want people to know about Atlanta's running community?
Through my experience with Back on My Feet and Atlanta Track Club, I have learned running brings people together from many different walks of life. Back on My Feet looks beyond backgrounds and focuses on our shared human experiences—the innate desire to feel recognized and supported, the need for goals and a way to accomplish them. I appreciate the chance to laugh, listen, challenge and be inspired with my teammates. People often thank me and tell me they appreciate me volunteering, but being part of Back on My Feet has never felt like service. I show up because the team is like family, and I am challenged to be a better runner and person. I have seen firsthand that running and community truly changes lives. It has definitely changed mine.

How can Club members get involved with Back on My Feet?
Come run with us! 5:45 a.m. may seem early, but it is an amazing way to start your day to be a part of such a special community where runs truly transform lives. Go to atlanta.backonmyfeet.org/atlanta-run-with-us to sign up for an orientation.
FUEL WITH

Home-Cooked Meals

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If you’re looking for a quick, quiet route with some great end-of-the-run-rewards, hop in the car and head to Downtown Duluth. With easy access to a public parking lot near a park and the town hall, you have a great place to warm up and cool down – or just hang out! There are also a lot of great options to grab some food after your run.

Course Highlights:
• Access to a park to warm up, cool down and stretch
• Run past a picturesque cemetery
• A variety of post-run food and drink options including Crave Pie, Chocolaterie, Epicurean Café, Simply Done Donuts and Good Word Brew Pub

Course Notes:
• 3-mile route
• Slightly hilly, some flat stretches
• Sidewalks are accessible for the entire route

Directions:
• Begin at Crave Pie on Main Street heading southwest
• Turn right onto Hardy Street
• After approximately a tenth of a mile, turn right on Hill Street
• Run past the back of Duluth’s City Park and at the crest of the hill, take a left onto W. Lawrenceville Street
• At the traffic circle, take a left onto McClure Bridge Road

Add Distance By:
For a 4.7-mile route:
Instead of turning right onto Main Street at the end of the run, make a left on Hill Street. Turn left on Park Drive, then right on 1st Street (which turns into Brock Road and then South Street). Turn right onto Main Street, and end at Crave Pie.

Parking:
• Free parking is available at the park/town hall
Atlanta Track Club kicked off the college football festivities with the 680 The Fan Tailgate 5K in August. Now we’re teaming up with the College Football Playoff Foundation to celebrate the end of the season with the Extra Yard 5K on January 7.

Held in conjunction with the College Football Playoff National Championship, the Extra Yard 5K will be one of the many events held here in Atlanta ahead of the big game at Mercedes-Benz Stadium in January. Each participant will receive two tickets to Playoff Central, a commemorative shirt, finisher’s medal and entry into a drawing for tickets to the championship game. Additionally, the first male and female to cross the finish line will each win two tickets to the big game.

The Extra Yard 5K will also include live entertainment and other activities. All proceeds will benefit Extra Yard for Teachers, the College Football Playoff Foundation’s primary platform that elevates the teaching profession by inspiring and empowering quality teachers.

Don’t miss out on the best college football party in the country as Atlanta hosts the championship! For more information about the Extra Yard 5K, visit atlantatrackclub.org.
When you live in Atlanta, you run hilly courses for training and races all the time. But how often do you focus on hill training versus just surviving the hills?

In the past, the PNC Atlanta 10 Miler included a race uphill called Conquer Cardiac Hill presented by Mizuno. As we told you on page 8, this year’s challenge will be downhill. You may feel some anxiety about running fast downhill or losing momentum while running uphill, but there are things you can do to feel confident as you conquer any hill.

When running uphill:
• Land on the midfoot or forefoot
• Do not lean at the waist; it decreases the power of the hip flexors and knee drive
• Think about running tall and looking up the hill
• Take shorter, quicker steps while driving the hind leg backwards
• Keep your shoulders over the hips

When running downhill:
• Do not overstride or land on the heel; landing on the heels will cause sore shins
• Take quick steps and land with a level foot for the best balance
• Use the arms for balance and engage the core

• Like driving a car, look ahead and not down at your feet
• Lean slightly forward from the ankles keeping the upper body inline or slightly ahead of the legs
• If you feel out of control, lean your shoulders back to help slow yourself down

Hill training workout options:
• Improve Your Form: Run up a short hill for 20-30 seconds while focusing on form. Walk down, and repeat 10-15 times.
• To Practice Downhills: Run uphill for 45 seconds at a normal pace, then run downhill using good form. Repeat 10-15 times while trying to get faster each repeat.
• To Train for Longer Hills: Start by running uphill for two minutes, then run back down. With each repeat, increase your uphill climb by one minute to build up to six minutes.
• To Prepare for the PNC Atlanta 10 Miler Course: Prior to the race, try running up and down a hill for 800m (approximately half of a mile) and build up to running uphill for one mile to get the feel of the length of Cardiac Hill. Make sure you try this workout at least a week before the race to reduce the likelihood of being sore on race day.

Running up and down hills is much harder on the lower legs, so be sure to stretch and foam roll before and after each run to decrease the soreness. Good luck at the PNC Atlanta 10 Miler; we will see you at the bottom of Cardiac Hill!
Step out of your comfort zone with the all new Wave Sonic. The Wave Sonic is a low profile training and racing shoe with a sleek, glove-like fit. Featuring a U4icX foam Wave technology and increased toe-spring for a lightweight fast feel.
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