

# WINGFOOT

MARCH/APRIL 2022

**IT RAINED  
RECORDS ON  
PUBLIX ATLANTA  
MARATHON  
WEEKEND**

**VOLUNTEERS  
MAKE THE CLUB  
GO 'ROUND**

**MEET THE NEW  
ADIDAS RUNNING CITY  
MILE**





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**On the Cover:** letta Parrott finishes the Publix Atlanta Half Marathon. Photo by Paul Ward





# ALL OF RUNNING CITY USA RUNS ON ATLANTA'S MARATHON WEEKEND

*Marathon | Half Marathon | 5K | Kids Races*



## FEBRUARY 25-26, 2023

Centennial Olympic Park  
REGISTER NOW AND SAVE!



[atlantatrackclub.org](http://atlantatrackclub.org)







Each month, we're asking a staff member to ponder their relationship with running.

### Jay Holder

*Vice President, Marketing and Communications*



Running has been an extremely important part of my life since I was a teenager, but the role it plays has evolved. When

I was a kid, it was for getting to friends' houses without asking my parents for a ride. From high school until a few years ago, it was about setting personal bests and trying to finish near the front of races. Now, it's the only way to start my day, one of the few hours that is truly "my time." I'm looking forward to masters competition in a couple of years, but right now I'm out there every morning before sunrise solely because I love the way running makes me feel, not just while I have my running shoes on but for the rest of the day.

## Word from the CEO

Since 2014, I've tried to use this space in the front of our Wingfoot Magazine to speak to the Club's vision for a healthier Atlanta, provide inspirational anecdotes or preview an upcoming event or program. This month, I'd like to use this space to offer an apology and an explanation to the participants of the 2022 Publix Atlanta Marathon and Half Marathon.

Overall, the weekend was a smashing success and a triumphant return of Atlanta's only marathon to the city after its one-year, COVID 19-required move to Atlanta Motor Speedway. But there was one very significant and functional race service that fell short of the mark – our race numbers (i.e., race bibs). In the continuous and sometimes heavy rain of the day, many race bibs unexpectedly fell apart. In some cases, they fell off, leaving participants without an official result.

With continued stresses to the supply chain, U.S. road races and marathons have been unable to source the usual Tyvek materials used to print bibs. It is my understanding that manufacturers have diverted their raw materials to other industries, especially to medical and health care needs. This forced the Club to use different types of bib numbers. We tested these race numbers ahead of the Publix and I believed they would stand up to the elements and be environmentally friendly. I was wrong, and on behalf of Atlanta Track Club I apologize to those who experienced a problem. Please know that we recognize this is unacceptable and that we are sorry this happened. We are working with our timing team to accurately re-create any race result data that is missing. If you were impacted and have not yet reached out, please email us at [results@atlantatrackclub.org](mailto:results@atlantatrackclub.org).

The good news: Publix is back, the city's aquafers were replenished and the Club will learn from this challenge and make sure the race bibs on July 4 are the most durable ever. Speaking of July 4 – Peachtree is coming. Don't forget to register.

Rich Kenah

CEO - Atlanta Track Club





PEACHTREE:  
THERE'S ONLY 1



## MEMBER & LOTTERY REGISTRATION

*In-Person Registration: March 15-31*

*Virtual Registration: Open through May 31*

Atlanta Track Club members receive guaranteed and lowest price entry. Become a member today and then register for the race!

**RACE RETURNS  
TO ONE DAY:**

**JULY 4**

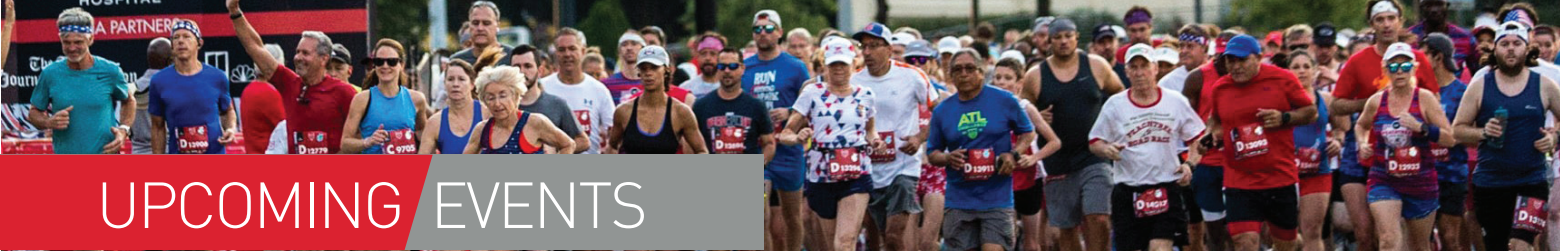
Become a Member:



Register for the Race:







# UPCOMING EVENTS

## 15-31

### MARCH



#### ATLANTA JOURNAL-CONSTITUTION PEACHTREE ROAD RACE MEMBER & LOTTERY REGISTRATION

March 15-31 In-Person Registration  
March 15-May 31 Virtual Registration

- Atlanta Track Club members are guaranteed entry and pay lowest price
- Lottery registrants will be randomly selected and notified via email by April 4
- Race returns to one day: Monday, July 4, 2022
- Registration available at [AJC.com/peachtree](http://AJC.com/peachtree)

## 13

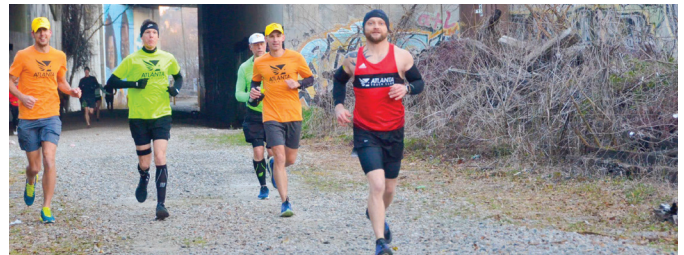
### WEDNESDAY APRIL



#### MIDWEEK MILE & DASH

5:30 p.m., Blackburn Park

- FREE for kids 14 and under
- Second of three events



## 26

### SATURDAY MARCH



#### NORTHSIDE HOSPITAL ATLANTA WOMEN'S 5K

8:00 a.m., Cheney Stadium

- NEW! Chance to watch the elites race before you toe the line
- Open to women and girls 8 and older
- Race returns to Cheney Stadium
- Registration includes a women's-cut adidas shirt, elegant finisher medal and flowers at the finish line

## 18

### WEDNESDAY APRIL



#### IN-TRAINING FOR PEACHTREE BEGINS

- Official training program of the Peachtree (12 weeks)
- Registration opens on March 15
- In-person workouts available at nine locations throughout metro Atlanta
- Virtual option also available

## 2

### SATURDAY APRIL



#### ATLANTA HAWKS FAST BREAK 5K PRESENTED BY SHARECARE

8:00 a.m., State Farm Arena

- Race returns after two years!
- Join Harry the Hawk, the Flight Crew, ATL Boom, 404 Crew, the ATL Dancers, Host Shamea, and DJ MoHawk
- Registration includes long-sleeve adidas shirt, FREE race day parking, \$20 voucher to use toward ticket to a Hawks game; Hawks hat to first 1,000 in-person participants

## 23

### SATURDAY APRIL



#### NORTHSIDE BELTLINE 3K-5K

8:00 a.m., Bobby Jones Golf Course

- First race of three in new partnership with Atlanta BeltLine
- Registration includes a short-sleeve adidas shirt





# FAST BREAK 5K



PRESENTED BY

sharecare

**POUND THE PAVEMENT THEN HIT THE HARDCOURT  
HAWKS FAST BREAK 5K RETURNS!**



## APRIL 2, 2022

**State Farm Arena**

Registration includes \$20  
game ticket, shirt and hat

[atlantatrackclub.org](http://atlantatrackclub.org)





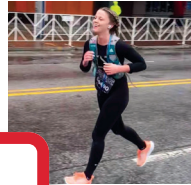
# Get Social

## This month:

The 2022 Publix Atlanta Marathon Weekend is in the books and won't be forgotten any time soon. Plus, 2023 is right around the corner!



**@mdwhitesides:** "Running one marathon is a huge athletic achievement, yes. Yesterday I ran my SIXTH!"



**@rebecca.tiller:** "4 months ago I couldn't run a mile & today I ran my first HALF MARATHON! Ran all 13.1 miles and finished at 2:20:50, just a little proud of myself."



**@kelseylap:** "What a [humbling and wet] 11th half marathon! Stomped my way to a great finish on a sub-par morning with friend by my side"



**@gmnavarra:** "Welcome to Atlanta, where the runners run! 5k tour of the ATL done and dusted"



**@brrandinn:** "Publix Half Marathon ✓✓"



**@eat.hope.run:** "I had a blast volunteering and meeting the other #atlantatrackclub ambassadors at the @publix #ATLMarathon expo today!"



### Connect with Atlanta Track Club



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## VOLUNTEERS MAKE THE CLUB GO 'ROUND

By Stephanie Hoppe



If there were no volunteers, there would be no Atlanta Journal-Constitution Peachtree Road Race, no Publix Atlanta Marathon Weekend, no Atlanta Track Club as we know it. From races to office support to coaching assistance, it's the dedicated corps of volunteers that keeps Running City USA running.

"We literally could not do it without our volunteers," said Kristin Lide-Hall, Atlanta Track Club manager of volunteer services. "And it's our job to show appreciation."

The Club annually designates April as the month to officially celebrate the nearly 8,000 volunteers who give of their time to help a full-time staff of 30 orchestrate the Club's more-than 30 events every year. But the appreciation doesn't end there. Each December, the Club hosts the Grand Prix Finale and Volunteer Awards Banquet to recognize distinguished runners and exceptional volunteers. Those are categories that often overlap. More than 50 percent of Atlanta Track Club volunteers are also runners, and 15 percent have been with the Club for more than 10 years.

Photos: Paul McPherson, Paul Ward, Matt DeMarko and Courtesy of the Volunteers.



Often, people will volunteer and then run the same race. “They are so dedicated,” said Lide-Hall, who started at the Club last October after working for Share Food Program in Pennsylvania, and at the Fernbank Museum of Natural History and High Museum of Art in Georgia. “They’ve been very encouraging to me and have pushed me to try to do more

Until recently, Lide-Hall said, she was not a runner. But she has found the excitement of the Club’s volunteers and staff so infectious that she’s now getting out on roads herself. It’s an evolution that has made her even more dedicated toward encouraging others to give back.

“People think that every runner out there is an elite champion. But they need someone to say ‘you can do it, get up that freaking hill!’ People are struggling and need that cup of water or that encouragement,” she said. “As a volunteer, you could be that changing point for them.”

From wanting to help kids stay healthy to encouraging “back of the packers” to pure love of volunteerism, every volunteer has a story. These five 2021 Atlanta Track Club honorees share theirs.

### Youth Volunteer of the Year: Chris Thomas



Inspired by his 7-year-old daughter, Chris Thomas is helping youth stay healthy and active during the pandemic.

“The first time my daughter was able to run a mile, she felt really proud of herself. That made me happy. Being a runner, you want your kid to be

happy and healthy, so that brought me joy,” said Thomas, 37, about completing the virtual Kilometer Kids program with his daughter during the fall of 2020.

In the spring of 2021, Thomas said, he wanted to do even more, so he started a Kilometer Kids program in his community of Alpharetta and invited his daughter’s friends to join. The group of seven children attended weekly practices while learning about healthy habits, goal setting, respect and community building.

Atlanta Track Club creates the Kilometer Kids curriculum but relies on 85 volunteer head and assistant coaches to execute the program for thousands of youth ages 14 and under. The program is free and uses games to entertain and motivate youth to run at least 26.2 miles over the course of 10 weeks.

After his first season coaching, Thomas felt more confident. So, he opened his group to any child in the community, and it nearly tripled in size to 18 registered youth.

Thomas, a Club member since 2017, said that even though

his daughter was his initial inspiration, the other kids are now providing motivation. When the program started, he said, there was one child who was crying and couldn’t finish even one lap without taking a break.

“On the last week, that child was able to run five laps without stopping,” Thomas said. “It is no longer just the joy of my own daughter. For me now, it’s the improvement in the other kids in the community.”

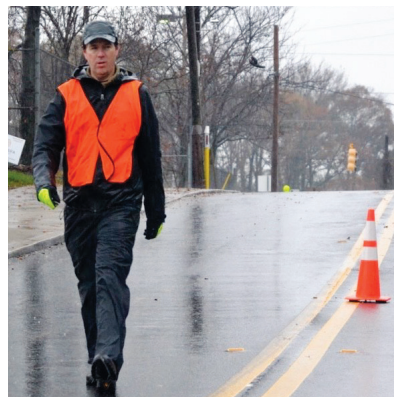
Thomas said that extends beyond the youth he coaches to their parents, too.

“When I’m doing practices for kids, parents end up walking and running around the track while they are waiting. It’s not just helping kids, but it’s helping parents be more active as well. That was one of my biggest inspirations,” said Thomas, who recently pursued his coaching certification through the Road Runners Club of America and is coaching one of the parents.

In coaching, Thomas also draws on his own running journey, which “accidentally” began in 2008 while he was living in his native India.

The company Thomas worked for sponsored a marathon in Mumbai, so he had free entry into the half marathon. Thomas said he didn’t adequately train for the race, and when he crossed the finish line knew he could do more. After moving to New York, he ran his first 26.2-miler, the TCS New York City Marathon, in 2011. Since then, he has completed three marathons and 18 half marathons.

### Track & Field Volunteer of the Year: Tim Parker



During 24 of the 52 weekends this year, you’ll find Tim Parker, 51, volunteering for Atlanta Track Club. Parker, a Club member and volunteer since 2016, has helped in almost every capacity – from course monitor to cone crew to start and finish lines.

One of his favorite volunteer memories took place over the course of three years at the All-Comers Track and Field meets, which are open to people of all ages and abilities with no track and field experience necessary.

Parker said, “The first year, we had one girl show up with her grandfather for the long jump and triple jump. She may have been 5 then. She enjoyed the long jump but couldn’t quite get the triple jump. The next year, she was really much closer to getting it, just missing the jump at the end. This year, she showed up again. Her grandfather gave her the coaching



before her first jump, and then she nailed it. She and everyone in the pit were so happy.”

Parker, who also volunteers for Girls on the Run, said he is motivated to help youth, like the girl who mastered the triple jump, develop healthy lifestyles.

“I have this belief that physical fitness is the most accessible thing everyone can do to improve their lives, and the best way to do that is to instill habits in kids when they are young,” Parker said. “That’s what really compels me.”

Parker said that as a teenager growing up in St. Louis, his friends encouraged him to start running. Around that same time, he said, he also began volunteering, motivated by his mother, who was active in her local church.

“It instilled the habit of volunteering and treating it as if it’s the job you’re getting paid for,” Parker said.

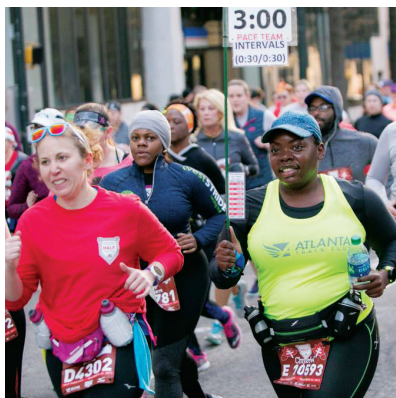
After moving to Atlanta, Parker said, he contemplated volunteering for the Club. After he randomly met a Club member at a technology conference in California, he was convinced.

“I took that as a sign that maybe I should start doing that,” Parker said. “And getting back into volunteering for something like running that I have such a strong belief in was the best decision I’ve made since I’ve been 30 years old.”

Parker is so passionate about volunteering that he even missed the Grand Prix Finale and Volunteer Awards Banquet, where he was named Track & Field Volunteer of the Year, because he was volunteering at the Girls on the Run 5K.

“People were coming up to me and saying congratulations, and I had no clue what they were talking about,” Parker said. “For me it was fitting that I was at another volunteer event.”

## Run Lead of the Year: Chrystal Akor



Chrystal Akor is an integral part of athletes’ entire race experience. As a Run Lead, she spends the months leading up to race day helping runners train and prepare to cross the finish line.

“I’m a back of the pack runner and the Club needed more people

who would stick with those runners, so I decided to give it a try,” said Akor, who also volunteers on the Pace Team and as a crew chief for the Publix Atlanta Marathon.

The 125 Run Leads ensure the successful delivery of In-Training programs by coordinating training runs, keeping

athletes motivated, answering questions and providing support.

Akor knows a thing or two about encouragement. She started running after being motivated by someone else – her older sister, who first convinced her to run in 2010. Akor quickly went down the path of many runners. Training for a 5K evolved into doing the Atlanta Journal-Constitution Peachtree Road Race, which turned into the Invesco QQQ Thanksgiving Day Half Marathon.

“Once we got to the half distance, I had met so many great people. It was a great way to be social and kind of became my way to explore the city,” said Akor, who is originally from West Virginia.

In 2012, she completed her first 26.2-miler, the Marine Corps Marathon, and aspires to finish 100 half and full marathons, with 60 completed thus far. She is also working toward the 50 States Challenge – a half or full in every state – and has only 13 states to go.

“I’m still doing it a decade later. Runners are really bad enablers,” said Akor, whose next full, the Medtronic Twin Cities Marathon, will be her 10th marathon and occurs almost exactly 10 years from her first 26.2 race.

Akor said her love of running has spurred her to give back.

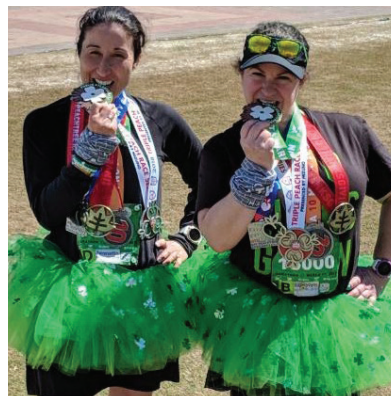
“It’s a habit of how I was raised. Once I’ve gotten excited about an activity, it has evolved into volunteering for it as well,” said Akor, who also volunteers for her alumni association.

And when Akor is passionate, she truly goes all-in. She said she likes to find out everything that goes on behind the scenes. Recently, this inspired her to obtain her coaching certification through the Road Runners Club of America to better understand the sport of running.

But the biggest motivator for Akor is the community.

“I’ve made so many amazing friends through running and volunteering. It’s been such a welcoming space for me. It’s been life-changing,” Akor said.

## Road Race Volunteers of the Year: Jeanette Arroyo and Marylyn Sabol



Jeanette Arroyo, 47, and Marylyn Sabol, 51, both recently traded their U.S. Marine uniforms for matching running tutus. Instead of serving their country, the women are now giving their time as volunteers.

They first met in 2009 at a Marine academy





in Okinawa, Japan. Being two of the few women there, they instantly bonded. Over the years, Facebook enabled them to stay in touch, and now they live only 13 miles apart – Sabol in Douglasville and Arroyo in Powder Springs.

Both had different, yet connected, running journeys. Sabol started running in junior high school, with a long hiatus until she joined the military. Until her deployment to Afghanistan in 2013, Arroyo said, she ran because it was mandatory. While there, she fell in love with the sport while training for her first marathon, the Marine Corps Marathon Forward, which she completed while deployed. Coincidentally, Sabol was also stationed in Afghanistan, but in a different city, and ran the MCM Forward that year, too.

Sabol said that after 20 years of service, she retired from the military and moved back home to Georgia. Soon after, in 2016, she started volunteering for the Club.

“I have always been active with community volunteering wherever I have lived and once I returned home, I started looking for ways to give back. I have participated in many races over the years, and I feel it is also my responsibility to give back where others have supported me,” Sabol said.

After 27 years in the military, Arroyo retired to Georgia in 2019. By that time, Sabol had been running and volunteering for the Club for several years and encouraged Arroyo to join her.

“Growing up, my family was very much involved with the community. I did a significant amount of volunteering and knew how important it was,” Arroyo said. “I’m so glad that

Marylyn brought it up and said come along.”

The pair are now a dynamic duo that can be spotted attending and racing at Club events throughout the year. Both said they enjoy being participant volunteers, helping with Club office work and assisting at packet pick-up. They also said Peachtree Junior has been one of their favorite volunteer experiences.

Arroyo said, “I remember my first time doing Peachtree Junior and how happy the kids were when they finished, so giggly and excited. That was the absolute best.”

Sabol added, “I always did medals for Peachtree Junior, which was so adorable. I thought that was my favorite until this past year when I was a sweeper on the course. That was even better. The final finisher was handicapped with a walker, and everybody – so many volunteers – were in tears. It was the most emotional thing. It was just great seeing him come across.”

Being a part of this running community is why Sabol and Arroyo said others should volunteer, too.

“If you’re a runner, this is your community. If your only thing is that you show up, run the race and leave, you’re missing out on a big connection with people who are so common to you,” Sabol said. “Even the best runners need a support system. Volunteering is the support system.”

*For more information on how you can get involved and volunteer for Atlanta Track Club, visit [atlantatrackclub.org/volunteers](http://atlantatrackclub.org/volunteers).*



## IT WAS RAINING RECORDS IN CENTENNIAL OLYMPIC PARK

By Barbara Huebner

With almost 8,000 participants over distances from 50 meters to 26.2 miles, Publix Atlanta Marathon Weekend featured everything from sunny skies to downpours, the fastest half marathons ever run in the state of Georgia for both men and women, and a world age-group record by 97-year-old dynamo Betty Lindberg.

“Bringing the Publix Atlanta Marathon Weekend back to downtown Atlanta was a thrill for us all,” said Jennie Coakley, Atlanta Track Club’s senior manager of events and newly appointed Publix race director. “From the peaceful Beluga backdrop of the expo at the Georgia Aquarium to kids leaping to new distances in the Track & Field Zone of the Kids Marathon, the weekend truly featured something for everyone. And while Mother Nature was not the best spectator on Sunday, the smiles and high fives at the finish line trumped it all as we celebrated Running City USA once again.”

In the Publix Atlanta Half Marathon on Sunday, 3,150 starters were led through the streets of Atlanta to the finish line in Centennial Olympic Park by a pair of athletes – fellow Kenyans Nicholas Kosimbei and Dorcas Tuitook – with an eye on making history. Both succeeded.

In addition to finishing more than two minutes ahead of his nearest rival, Kosimbei ran the fastest half marathon ever on Georgia soil, shattering the previous mark of 1:03:59. The top four finishers all bettered the prior record. The women’s race was won by Dorcas Tuitook of Kenya in 1:08:22, seven seconds under the Georgia state record set here last year by Molly Seidel, who went on to win a bronze medal in the Olympic Games marathon.





## 27 YEARS+26.2 MILES

By Jay Holder

It took 27 years and almost as many miles for Connie Miranda to see the Centennial Olympic Park brick that she had dedicated to her husband.

Once she caught her breath after finishing the 2022 Publix Atlanta Marathon, Miranda headed straight for section 54. There, just beyond the finish line, is a brick that reads “David Miranda, Mahalkita.” The message, which means “I love you” in Filipino, has been there since 1995. She bought him the brick as an outside-the-box gift right before they were married, but for more than a quarter century lived elsewhere and never made it to Atlanta.

That was until Miranda got the idea to do a marathon in all 50 states. She originally planned to run the Jekyll Island Marathon in January to check Georgia off her list. But when it was cancelled due to a storm, and since she was already planning to race a marathon in North Carolina on February 26, she thought she'd swing down to Atlanta to run here the next day. The brick would be a bonus.

So, still shivering from the rainy run and walking a bit gingerly – but with a marathon medal around her neck – Connie, with her husband and teenaged son, got to see the brick for the first time together. The couple embraced, shared a kiss and bent down for a photo at their special spot in the park. “To be able to do a race and see the brick, it's just the best thing I can think of,” she said.



Top Americans were Matt McDonald of Cambridge, Massachusetts – until recently a member of Atlanta Track Club Elite – in 1:05:32, sixth overall, and Dakotah Lindwurm of Eagan, Minnesota (1:12:27, fourth overall). Winning the Push Assist Division was Chris Nasser of Atlanta in 1:17:14.

“It's fun to run by so many of my old spots,” said McDonald, who finished in 1:05:32. “Almost every mile, I had some memory of some good time in that neighborhood, whether it was Georgia Tech where I did my Ph.D. or Piedmont Park where I did all my workouts.”

Atlanta Track Club offered a prize purse of \$17,000 for the half marathon, plus a \$2,500 bonus if the winner bettered the Georgia record.

Reaching a different kind of milestone was 54-year-old Jessie Abraham of Atlanta, who finished her 100th half marathon. It was a quest that began at the 2002 Thanksgiving race.

“Once I set a goal, I have to check the box off,” she told 11 Alive.

Breaking the tape in the Publix Atlanta Marathon were Shlomo Fishman, 30, of Silver Spring, Maryland, in 2:37:32 and Amanda Furrer of Bethlehem, Pennsylvania, in a chip time of 3:02:47. Furrer won despite starting in Wave C, eight minutes behind the first non-elite runners.

“I was alone for a while, so the cyclist on the course just started telling everyone my name. So people kept cheering for me. It was awesome!” said Furrer.

The men's winner took a more-pragmatic view. “At Mile 18, I just decided I needed to get out of the rain,” said Fishman, who ran a personal best in his first marathon victory. “So, I picked it up a little bit and just went for it.”

On Saturday, the 5K was won by Luke Mortensen, 39, in 16:11 and Ellen Flood, 24, in 17:25. Both are from Atlanta.

As part of its 5K, Atlanta Track Club hosted the USATF 5 km Masters Championships, with a field of 225 athletes from around the country ages 40 and over competing for both overall and age-group titles. Winning overall were Bryan Lindsey, 41, of Zionsville, Indiana, and Jessica Hruska, also 41, of Dubuque, Iowa.

Winning her 95+ division was the always-effervescent Betty Lindberg of Atlanta, an Atlanta Track Club legend, who recently turned 97. Her time of 55:48 set a world age-group record, destroying the previous mark by more than 30 minutes.

“I looked up the record and saw it was an hour and 28 minutes,” said Lindberg afterward. “I thought, ‘she must have been walking backwards.’ I get out there in my neighborhood and do 3 miles and sometimes it takes me an hour, but usually it's around 58 minutes. So, I knew I was going to break it.”

Not long after Lindberg made history in her 10th decade, the 3K Atlanta Publix Kids Marathon was won by 13-year-old Nuriel Shimoni Stoil of Atlanta and 14-year-old Valeria Zambrano of Marietta.



NORTH  
NORTHSIDE  
HOSPITAL



# BRINGING WOMEN TOGETHER

✿ MARCH 26, 2022 | CHENEY STADIUM ✿



There's something special about lining up alongside women of all shapes, sizes, ages, and abilities. No matter your level, pace, or speed, all are welcome!

Receive a women's-cut adidas shirt, medal and flowers at the finish line.

Ages 8 & older | In-Person & Virtual Options

**REGISTER NOW:**





## T-SHIRT CONTEST: ENERGY, AMERICANA AND OF COURSE THE PEACH

By Jay Holder

A past winner and a double entrant are among the finalists in the 2022 Atlanta Journal-Constitution Peachtree Road Race T-shirt contest, with the winning artist's design destined to be worn proudly across Atlanta and around the world.

More than 100 designs were submitted for this year's contest, with a panel of judges from Atlanta Track Club and the Atlanta Journal-Constitution narrowing the field to five finalists. The winning design, chosen by the public, will appear on the shirt given to all 60,000 finishers of the Peachtree after they cross the finish line on July 4. Voting began March 1 and continues to March 31, at [ajc.com/peachtree](http://ajc.com/peachtree).

The winning design and color of the shirt will remain a closely guarded secret until the first finisher arrives in Piedmont Park on Independence Day. The victorious designer will receive a \$1,000 prize.

"There is only one Peachtree," said Rich Kenah, race director of the Peachtree and CEO of Atlanta Track Club. "And there is only one finisher's shirt. Nothing matches what this race means to the city of Atlanta, and I look forward to seeing which of these great designs gets runners and walkers most excited for the Fourth of July."

During the process of determining the five finalists, the identity of the artists is not known to the panel. This year marks a Peachtree first: One artist, Russ Vann of Atlanta, had two submissions selected. Additionally, Shay Harbaugh, who won the contest in 2016, was also selected.

The T-shirt contest has been a Peachtree tradition since 1995. This year, for the first time, the Club and its footwear and apparel partner, adidas, have committed to creating a shirt with no virgin materials as both organizations work to make the Peachtree a more sustainable event.

The Atlanta Journal-Constitution Peachtree Road Race returns to its traditional format this year. Due to COVID-19, the race was held virtually in 2020 and then spread over two days in 2021. Registration for the event is open March 15-March 31.

**Design Name:**  
Burst of Energy

**Artist:**  
Shay Harbaugh

**Hometown:**  
Cumming, GA



**Design Name:**  
Sweet Americana

**Artist:**  
Tony Lombardo

**Hometown:**  
Tallahassee, FL (Johns Creek, GA, transplant)



**Design Name:**  
Peachtree Road Race 2022

**Artist:**  
Kara Moreno

**Hometown:**  
Monroe, GA



**Design Name:**  
Peachscape

**Artist:**  
Russ Vann

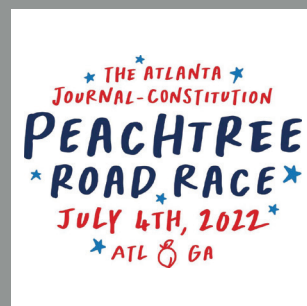
**Hometown:**  
Atlanta, GA



**Design Name:**  
Peachtree Stars

**Artist:**  
Russ Vann

**Hometown:**  
Atlanta, GA





## WITH EVERY STRIDE, IT'S ALL ABOUT COMMUNITY

By Natalie Cabanas



West Stride's Dressler, Fanning and Beaver in 2019.

What's it like at the start line of the Northside Hospital Atlanta Women's 5K?

"Mobs of women arrive," said West Stride store manager Stephanie Jacob. "You see a lot of pink, and the fun begins. It's a massive crowd and it's just women – the coolest thing to see."

West Stride, Atlanta's only women-owned specialty running store, has been a part of the race since it began 13 years ago – whether participating as a staff, encouraging customers to sign up, or both.

"It never takes much convincing," said apparel buyer and social media manager Tara Mooney. "Everyone looks forward to it every year and makes sure it's on their calendar. It feels like whether you're in the front or in the back we're all pushing to help each other just be our best that day."

This year, the March 26 race will launch what it hopes will be a new tradition, as well: Participants will be able to run AND watch, with a field of elite athletes competing before the main event. The early start will give runners the chance to cheer on some of the best 5K athletes in the country, even as they lace up their own shoes. The elites will use the same start and finish line as the rest of the field but run a criterium course that will allow spectators to see them race past as many as six times.

"Trying to include people in the elite experience was a priority for us," said Eric Heintz, Atlanta Track Club's director of high performance.

Returning this year to Cheney Stadium – which served as the warm-up stadium for track and field athletes at the 1996 Olympic Games – the Northside Hospital Atlanta Women's 5K will again present each finisher with a medal and long-

stemmed rose to celebrate their achievement.

A lifelong runner, Genie Beaver opened West Stride in July 2008. The two-time All-American for Georgetown – and niece of legendary Arkansas coach John McDonnell – relocated to Atlanta after earning an MBA from Southern Methodist University, but soon decided that "corporate America" was not for her and instead combined her passion and profession into founding West Stride.

"The community greeted us with open arms," said Beaver.

Jacob was one of the first customers, and eventually joined the staff. She had been running in Atlanta for 10 years but had never attended a group run before West Stride. She found community and asked Beaver if she could work part-time.

"I had never seen anything like it before," said Jacob. "Runners doing things together other than just running. I became a part of a family and really something much bigger than that."

Rochelle Doyle, also one of the store's first customers, now lives in Roswell but still drives the 22 miles to West Stride to shop – now with her daughters Ciara, 25, and Maeve, 17.

"Genie is amazing and I am in awe of her and the community she's built," said Doyle. "What I love most about [West Stride] is you don't have to be an elite runner to fit in. They are all about making running accessible for everyone and meeting someone where they are."

At the time the store was launched, there were few women-only races. So, it was a natural fit to get involved with Atlanta Track Club and then the women's 5K.

"It's a perfect partnership because it's who we are and our mission at West Stride," said Jacob. "The race allowed us to





## NORTHSIDE HOSPITAL ATLANTA WOMEN'S 5K

March 26

8:00 a.m.

Cheney Stadium, 741 Connally Street NE, Atlanta

5K (ages 8 and older, women only)

Participants receive a short-sleeve adidas women's-cut performance shirt, a finisher's medal and a flower.

Register at [atlantatrackclub.org](http://atlantatrackclub.org). Race-day registration is also available.

A virtual option is also offered, at [atlantatrackclub.org](http://atlantatrackclub.org)



serve and celebrate women of all sizes, colors, ages coming together to move. It also gave us the opportunity to serve a broader base of women."

Gathering teams, taking part in training programs, making race-themed shirts and having post-race celebrations have all been part of the store's traditions through the years. It has even hosted packet pick-up in the past.

A big part of getting women at West Stride involved – both staff and customers – also meant putting together teams, which the race featured for several years. West Stride teams actually won a few times; in 2019, former staffer Tasmin Fanning broke the tape, followed by team member Mary Dressler, with Beaver herself in third.

"We would work hard to see how many teams we could create and then come up with the funniest names we could just to hear the Club's announcer say them on the mic on race day," said Beaver.

"We are a competitive group," said Beaver. "And the 5K had a history of competitive times, but it also welcomed the walker and someone who never had been on a starting line before – that's what makes it unique."

Sometimes, the race turns into a family affair – and the men aren't left out, either.

"My first year I ran by myself and getting to the finish line I saw so many women," said Doyle. "It was such a fun event, I remember thinking this needs to be shared with everyone in the running community, my family, friends, everyone!"

The next year she got her mother involved. The following year, both of her daughters ran, too. And guess who else? Beaver's mom.

"It's the only race myself, my mother and my daughter have done," said Beaver.

In 2014, Doyle's mom and Beaver's mom walked the race together while Beaver's daughter Sylvia, Rochelle's daughters ran. They all met at the finish line together, cheered on by Beaver's dad.

"And even other guys from the store would come, too, just to

## MEET UP AT "TENT CITY"

To promote camaraderie among its members, as well as its participants and the organizations they represent, Atlanta Track Club offers groups of 20 or more discounted registration rates for events through the Atlanta Track Club Group Registration Program, as well as race day benefits such as tent space, tables and chairs for their pre- and post-race gatherings.

Group tents are clustered together to create a festive atmosphere. At "Tent City" for the Northside Hospital Atlanta Women's 5K, the groups will include Latinas Running, Black Girls Run, GirlTrek, West Stride and Women in Sports & Events (WISE), among others.

"The tent offers us a way to meet up in one location before the race and to celebrate together post-race," said Genie Beaver, owner of West Stride. "We swap race stories, show off our medals and take group photos."

Kim Rodriguez of Latinas Running added: "Since Latinas Running is mainly a virtual running community, many of us in Atlanta haven't had the chance to race together yet or meet in person. The space for us to come together at the 5K helps us to cultivate community and bring more exposure to women empowering each other in Georgia."

Each group gets extra recognition, with a special race day welcome from the emcee and mentions on the Club's social media.

If you want to bring your group to a future Atlanta Track Club event, learn more by emailing [groups@atlantatrackclub.org](mailto:groups@atlantatrackclub.org).



# A BREAKOUT SEASON FOR BAKER, STREICH

By Jay Holder

If you hadn't heard of Olivia Baker or Shane Streich before this indoor season, you wouldn't be alone. But since January, the two Atlanta Track Club Elite middle distance runners have gone from up and comers to stars thanks to a World Athletics Indoor Championships berth for Baker and an American indoor record by Streich.

Baker, 25, opened her season with an indoor personal best of 2:01.52, winning her first race since she donned the Winged A. After a disappointing sixth-place finish at the Millrose Games in late January, she came back the next week to set her all-time best of 2:00.33 at the New Balance Indoor Grand Prix. As of March 1, that was the ninth-fastest time in the world this year and the second-fastest time by an American.

Following a win at the American Track League meet in Louisville, Baker went into the USATF Indoor Championships as one of the favorites. And while she said she knew she was expected to make Team USA for the World meet in Belgrade, she didn't let the pressure get to her. "I came into the race feeling good and feeling fit," said the former Stanford star. "I knew I was ready to make a world team."

Baker ran her final 200 meters in 27 seconds to break away from the pack with perennial favorite Ajeé Wilson. And while Wilson would hold her off in the final stretch, Baker took second to secure her ticket to Serbia for the March 18-20 event. "I think it was a combination of joy and relief," she said. "To be able to see the culmination of all the hard work this season and make a team is really special."

Also special was the 1000-meter American indoor record set this season by Shane Streich. The 25-year-old, who did his collegiate running at the University of Minnesota and Lipscomb University, first caught the attention of track and field fans two weeks earlier after winning the invitational mile at the Millrose Games. That was his first trip to New York City, and he liked it so much he came back to win the 800 meters at the Dr. Sander Invitational the next week. But it was his performance on February 12 that put Streich in the spotlight and the history books.



In a race at the American Track League meet set up to deliver a national record for Irish runner Luke McCann, Streich had plans of his own. Pushed by Atlanta Track Club Elite teammate Abe Alvarado, Streich shot to the front, crossing the finish line in 2:16.16 to become the fastest American ever at the distance indoors. Suddenly, Streich was popping up on podcasts, the homepage of national running websites and all over social media.

For now, it's Baker and Streich grabbing the headlines, but both insist that their success is a team effort and that something special is happening with the squad coached by Amy and Andrew Begley. "He had me running scared the last 100," he said of Alvarado, "and that's the reason I had to find one last gear to break the American record because I knew Abe was chugging along right behind me. It's great having teammates there every day pushing me, and I know I couldn't have done it without them."

"I think it has made a huge difference for me, having such great teammates to train with, the day-in and day-out of getting to train with them and getting to hang out with them," said Baker, who passed up a chance to start medical school to continue her professional running career. "We have a good thing going in Atlanta and I am so grateful to be a part of it."



Photos: Kevin Morris



May 7, 5:45 p.m.

Start: Georgia State Capitol

Finish: Georgia Avenue, Summerhill

All participants receive an adidas technical tank top.

### Schedule:

5:45 p.m. – Men & Women 50-59

6:00 p.m. – Men & Women 40-49

6:15 p.m. – Men & Women 30-39

6:30 p.m. – Men & Women 19-29

6:45 p.m. – Men & Women 60-69

7:00 p.m. – Men & Women 70+

7:30 p.m. – Boys & Girls 14-18

7:45 p.m. – Boys & Girls 13 and Under

8:15 p.m. – Specialty Wave

8:45 p.m. – Push Assist

9:00 p.m. – Men & Women Masters & Grandmasters

9:15 p.m. – Elite Women

9:30 p.m. – Elite Men



## CLUB TO LAUNCH ROAD MILE ON MAY 7

By Jay Holder

Picture it. The sun is setting on a spring Saturday night. You're lined up alongside the Georgia State Capitol. The starter's horn blows and you take off as fast as you can. It's downhill toward the Olympic rings, then a single left turn onto Georgia Avenue. In the heart of a revitalized Summerhill neighborhood, the street is lined with spectators cheering for you as you approach the finish line just a mile from where you began.

You are part of the inaugural adidas Running City Mile, a new event from Atlanta Track Club, on May 7.

"The mile is the most recognizable imperial measurement," said Ryan Adams, a 3:57 miler with Atlanta Track Club Elite. "You can go anywhere the world and ask people what their mile time is."

Adams might be a member of the elite sub-4 minute miler club, but the adidas Running City Mile is for everyone.

"It's a universal event," said Adams. "It's not a sprint, but it's also not a marathon. So, it's not as daunting. It's a truly blue-collar race."

The event will be separated by age groups, with the first group going off at 5:45 p.m. There is also a wave for competitive masters and push-assist teams. In the finale, an elite race will feature a \$3,000 prize to the winning male and female.

"There aren't many sporting events more exciting than a mile," said Rich Kenah, CEO of Atlanta Track Club and a 3:59 miler in his day as a pro athlete. "We've wanted to add a competitive street mile to the Club's calendar for a long time. We're excited to see people discover this distance and make this race an annual event."



After the race, runners can enjoy food from the Summerhill restaurants and a beer from Halfway Crooks Brewery, which has partnered with the Club to offer discounts and a spot in their outdoor beergarten.

"The best part of this race is the finish line," said race director Jennie Coakley, a 9:00 miler. "Summerhill is one of the most vibrant neighborhoods in Atlanta and will be the perfect place for everyone to celebrate their mile with good beer and good food while watching some of the best milers in the country chase a payday."

Registration for the event is available at [atlantatrackclub.org](http://atlantatrackclub.org).



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## KILOMETER KIDS: GOING FOR THE GOALS

By Madison Hafitz

Although 2020 was a challenging time for Atlanta Track Club with its active Kilometer Kids sites on hiatus due to COVID-19, the Club was able to take advantage of the sudden “gift” of down time to evaluate the program and make some important changes – including a re-write of the full curriculum. This spring, that new curriculum is in its third season. One of the biggest changes to the latest iteration has been the introduction of social emotional learning elements, one of which includes a bigger emphasis on goal setting.

“Goal setting is incredibly important because it helps us to develop an action plan for turning our vision for the future into a reality,” said Eric Heintz, the Club’s director of high performance, who brings a wide array of experience as a former teacher, coach and a parent to three young boys. “Specifically for young kids, it can help them to gain a greater sense of self-confidence, purpose and focus not only on the track or on the field, but in school, at home and beyond.”

One hallmark of Kilometer Kids that has not changed since the program’s inception back in 2007 is the goal for every participant to run 26.2 miles – the equivalent of a marathon – over the course of the 10-week season. The difference now is that the program has been re-designed to assist coaches in framing this goal as Specific (S), Achievable (A) and Measurable (M) for each participant. The SAM acronym may look familiar to some, as it is a simplified version of the original SMART goal framework. For our Kilometer Kids, running 26.2 miles over the course of 10 weeks qualifies as a SAM goal because it is detailed and exact (Specific), reasonable (Achievable) and trackable (Measurable).

As incentives, Kilometer Kids are able to earn rewards as they

reach the 5K, 10K, half marathon and full marathon mileage marks. These rewards, which include items such as carabiners, pencil pouches, shoelaces, medals and T-shirts, serve as motivators to work hard and also allow kids to celebrate their accomplishments along the way.

In addition, the program helps participants learn how to set individual SAM goals both within and beyond the 26.2-mile framework that’s aimed at everyone. For instance, parents are encouraged to help their children set additional goals outside of practice, and in the last two weeks of the session participants are asked to articulate a goal of their own focusing on healthy habits – such as drinking more water, being active every day, eating more fruits and vegetables or less screen time – that they want to work toward after the program is over.

The program has also introduced a new method for coaches to track their participants’ mileage so kids can know at the end of every practice, week and season how far they’ve run in real time. Starting last spring, coaches have been provided access to technology that allows them to scan QR codes attached to each child’s name tag, which record the number of laps the kids run on a pre-measured course.

The numbers provide not only tangible feedback and motivation to the Kilometer Kids themselves, but also valuable data as the program moves forward. Already, it shows that in 2021, Kilometer Kids from 52 sites ran more than 17,800 miles (the equivalent of about 2,883 Atlanta Journal-Constitution Peachtree Road Races) with 50 percent of participants running 13.1 miles or more and 25 percent reaching the full marathon mark or beyond despite the challenges of canceled practices due to COVID-19.







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# MEDAL-WINNING STRATEGIES FOR SETTING GOALS

By Amy Begley

The Northside Hospital Atlanta Women's 5K is right around the corner. With its date of March 26, it might even be your first race of the year. Let's start the spring by taking your participation to the next level. We can do that in various ways.

The first might be to set a goal that excites and challenges you. Unless you are coming back from a major injury or other setback – or have only recently become physically active and have never done an event like this before – my advice is that your goal should be MORE than “just finishing.” Yes, crossing that finish line is a wonderful moment, no matter what! But challenging yourself both physically and mentally will bring you extra satisfaction and an even-bigger sense of accomplishment and pride.

## Some examples of possible goals, depending on your fitness level:

- Do a consistent run-walk from start to finish. Example: 30 seconds of walking and 30 seconds of running for the entire race.
- Run up the hills instead of deciding to walk.
- Run more of the race than you walk.
- Do the race with a friend or family member so that you can encourage each other to keep pushing yourselves.
- Set a time goal, figure out what pace you need to keep in order to reach it, and then monitor your watch during the race to make that happen. For instance, if you want to finish in under 45 minutes, you will want to be averaging 14 minutes and 30 seconds a mile.
- Run each mile of the race faster than the last.
- When you get passed by someone, try to pick up your pace to run alongside them for a few steps to give yourself a little of their energy.

## Several ways to help achieve your goals:

- In the time left before race day, walk or run a little faster when you train.
- Stretch more now and before the race. Two easy stretches involve the hamstrings and calves. For the hamstrings, slowly bend over and try to touch your toes. You can do

this with your feet facing forward, then toes together with heels apart and then heels together and toes apart. For the calves, lean your foot up against a curb to feel a stretch in the back of your lower leg.



- Fuel and hydrate before the race. On the morning of the race, eat something easy to digest with protein and carbohydrates. An example of a simple pre-race breakfast is toast with peanut butter and banana.
  - Get your shoes and outfit ready and try them before the race.
  - Set up your pump-up music playlist now before the race.
- Make 2022 the year you challenge yourself and let's start with the Northside Hospital Atlanta Women's 5K!

*Amy Begley, a 2008 Olympian, has been a coach at Atlanta Track Club since 2014.*

A background graphic featuring a repeating pattern of silhouettes of runners in various stages of a stride, moving from left to right. The runners are depicted in dark blue and light grey, creating a sense of motion and energy.

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

## A WORLD OF FLAVORS THAT FAVOR RUNNERS

March is National Nutrition Month, and this year's theme, "Celebrate a World of Flavors," emphasizes that nutritious and delicious food options can be found in a variety of global cuisines.

Let's look at a few different eating patterns from around the world, focusing on their health benefits for runners and walkers.



### Ethiopian

Some of the fastest runners in the world call Ethiopia and other East African countries home, so it's no wonder that many of the foods eaten in this region offer performance benefits. Most

notably, carbohydrates (the preferred fuel source for running, especially at higher intensities and longer durations) make up a significant portion of the traditional Ethiopian diet, with *injera*, a starchy sourdough flatbread, accompanying most meals. Made from a naturally gluten-free grain called teff, *injera* is used to scoop up the vegetables and meat commonly enjoyed in the form of stews, known as wots. Ethiopian cuisine tends to be spicy, and often features the spice mix *berbere*, made with ingredients associated with reducing pain and inflammation, such as chili peppers, garlic, ginger, cardamom, cinnamon and turmeric.



### Korean

With a focus on rice, vegetables, fish and seafood, the traditional Korean dietary pattern lends itself to health and performance benefits for runners. Rice is an excellent, easy-to-digest source of

carbohydrates, perfect for fueling up before and replenishing energy stores after a long run. Vegetables are naturally packed with essential vitamins, minerals, antioxidants and fiber to support immune health, regulate cholesterol and blood sugar, improve digestion and more. Fish and seafood provide anti-inflammatory omega-3 fatty acids, which research links to exercise recovery and reducing heart disease risk. Additionally, *kimchi*, a spicy fermented cabbage dish, offers probiotics, "good" gut bacteria increasingly associated with a host of health benefits, from immunity to weight management.



### Indian

For runners and walkers interested in a more plant-forward approach to eating, Indian cuisine offers plenty of tasty options. From *dal* made from lentils to *chana masala* made from chickpeas,

many traditional Indian dishes feature plant-based ingredients. As a result, this pattern of eating is high in dietary fiber and low in saturated fat, which helps decrease LDL-cholesterol and supports cardiovascular health. The *tandoori* style of cooking meat, poultry and fish offers additional heart-health benefits by creating a lot of flavor without the fat of other methods such as frying. Furthermore, naan and roti, the starchy flatbreads (leavened and unleavened, respectively) that commonly accompany Indian meals provide ample carbs to fuel your runs.



### Mediterranean

Based on the cuisine traditionally consumed in Italy and Greece, the Mediterranean diet focuses on nutrient and antioxidant-rich whole foods such as vegetables, fruits, beans, whole grains, heart-

healthy fats from olive oil, nuts and fish, plus small amounts of lean animal proteins and dairy. A well-regarded dietary pattern due as much to extensive evidence-based cardiovascular health benefits as its inclusion of indulgences such as red wine and dark chocolate, this balanced and sustainable approach to eating provides sufficient macronutrients (carbs, protein and fats) and micronutrients (vitamin C and potassium, for example) that runners need to optimize health, performance and recovery.

Experiment with new flavors from around the world during in March and all year long to reap the benefits for your health – and your taste buds!

*Alissa is an Atlanta-based registered dietitian nutritionist and certified personal trainer dedicated to helping people optimize health and athletic performance by harnessing the power of nutrition. Alissa currently offers virtual and in-person nutrition consultations, meal planning services and metabolic testing. Learn more at [alissapalladinonutrition.squarespace.com](http://alissapalladinonutrition.squarespace.com) or contact her at [apalladinordn@gmail.com](mailto:apalladinordn@gmail.com)*





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# WOMEN, YOU CAN!

By Abby Keenan, MS, CMPC

As a woman, what is something you've recently told yourself that you can't do? Maybe that you can't run a certain distance, maintain a healthy lifestyle, get promoted at work, or manage the house, your family, and yourself all at once. We all have doubts and limiting beliefs about ourselves. However, women are often more open and vocal about it. For those of you running the Northside Hospital Atlanta Women's 5K, let's use this race as a chance to celebrate women and remind ourselves of all of the things we actually can do.

As you're thinking about the race, running in general, or another significant part of your life, identify a goal and consider what you think is holding you back from achieving it. What is a doubt you have or a limiting belief you're placing on yourself? Take a moment to write it down. Some common examples are: "I'm not an athlete." "I can't run a 5K/10K/half marathon/marathon." "There are other people more qualified." "I don't deserve it." "I'll never be good enough."

Usually, our doubts or beliefs feel pretty cemented, like they are a part of us. They can be formed due to past experiences, feedback received, cultural and societal expectations, other people, our own personality and more. At times, doubts and limiting beliefs can lead to emotions like anxiety, shame, anger or even depression, and can negatively impact our performance.

It's important to address these beliefs in order to think more rationally, which promotes better emotions, mental flexibility and improvements in well-being and performance. We can accomplish this by believing that we can, understanding why

we can, and determining how we can move past our doubts and limiting beliefs in order to accomplish our goals.

**Believe that you can.** When you look at the doubts or limiting beliefs you wrote down, consider: What parts of these are true? How did you arrive at those beliefs? Who created them? Then, what parts of these doubts or beliefs are untrue? Begin to counteract your confirmation bias by identifying legitimate pieces of evidence that you actually can reach your goal.

**Understand why you can.** More than likely, your goal is important to you. Think about your enthusiasm for and genuine interest in your goal. What makes you passionate about it? How does your goal align with your values? When we make these connections and understand our motivation, we're more likely to affirm ourselves.

**Determine how you can.** Lastly, make a plan. To reach your goal, determine many mini-steps to get there. Focus on what you have control over in the process. Reach out to others for support or guidance. Action brings change, so keep moving forward.

Remember, most often we are the ones who create these doubts and beliefs that limit us, which means we also have the power to craft a new story. Believe in yourself, stay motivated, and trust the process. It's time for your next chapter to begin.

*Abby Keenan is a Mental Performance Coach with Intrepid Performance Consulting, where she helps athletes improve themselves and their performance through mental skills. For more information about online mental skills coaching or to schedule a free consultation, visit [www.intrepidperformance.com](http://www.intrepidperformance.com).*





# GREETINGS FROM

## RUNNING CITY USA

By Denali Lerch

Ever since she was a little girl, Ashton Harrison had only one definition of racing: putting the pedal to the floor of a sportscar. Harrison is a professional race-car driver, behind the wheel of a Lamborghini Huracan in Super Trofeo and an Acura NSX GT3 Evo22 in IMSA and SRO, but during the Publix Atlanta Marathon Weekend she put her feet on the pavement for 13.1 miles.

The driver, from Villa Rica, GA, not only gave it her all on the rainy Sunday, but beforehand she had encouraged her co-workers at her family-owned business, Harrison Contracting Company, to run the 5K. Some of them had never run before, but Harrison challenged them to step out of their comfort zone, encourage one another and even sign up for their next race.

### How did you get started with sports car racing?

My dad took me to a few sportscar events in the early 2000s. I became obsessed when my dad took me for a ride in his Corvette, and the sense of speed was all it took for me to get hooked. I almost lost my license at 16 due to too many speeding tickets, so my dad took me to a driving school and I ended up earning my racing license.

### Despite the weather, how did the race go for you?

I finished 40 minutes over my goal time, but I'm still super happy with it. I think the rain gave it a new mental factor. I knew that the rain was coming and that it would be a challenge, but I wanted to show out for myself and not fail when things got hard or uncomfortable, because that's what racing is.

### What kind of correlations do you see between running and driving?

In driving, every split second something is changing on the track and you have to be comfortable with being uncomfortable.

So, for this half, I looked at it knowing that situations are going to change every mile, and you just have to adapt to each one ... I look at one mile at a time as one lap at a time.

### What was the energy like on the course and how did that affect you?

There were so many people standing out in the rain with signs that weren't directed at a certain person but were just there to cheer us on, and that was really great. There was one person from the Kyle Pease Foundation who kept hyping up his participant and got all of us around him to cheer for them, and it was really cool to see that. It was a really great atmosphere, and the energy was really big.

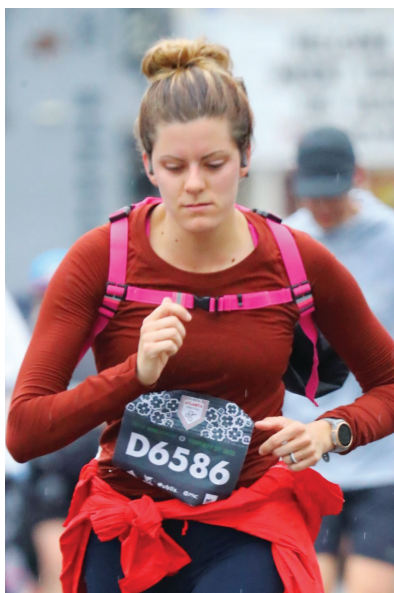
### How did your coworkers feel about the 5K?

Half of this group has never run before. They went out there and ran the whole time. Some of it was due to competitiveness, but they agreed that the atmosphere played a big role in that as well. It was nice to take everyone out of their normal routine and put them in a positive atmosphere, and it really grows their energy levels.

### What are your future racing plans and goals?

I'm already signed up for next year's [Publix Atlanta] Half Marathon, and this one was a good kickoff for my future driving races that are coming up. I could almost argue that I'm equally as invested in running right now as I am anything else because it's great to feel accomplished in something, like I do for racing or for Harrison Contracting's success.

*This interview was lightly edited for length and clarity.*





## High School Stars Go Head-to-Head at Wingfoot Night of Champions



The top high school runners, throwers and jumpers in Georgia will go head-to-head at Georgia Tech on May 21 in the strongest, deepest, most competitive single-day meet of the year. The second-annual Wingfoot Night of Champions will be held under the lights

at the Ramblin' Wreck track, with 14 disciplines contested.

Up to 16 athletes will be accepted into each event, with state champions from the eight GHSA classifications as well as GISA state champions automatically qualifying regardless of their time or mark. The remaining spots will be filled by athletes who achieve the automatic standard during the season and then by those who achieve the minimum standard.

“The quality of track and field competition in Georgia at the high school level is second to none,” said Rich Kenah, CEO of Atlanta Track Club. “To be able to showcase the state’s incredible talent in one meet is an amazing opportunity for the athletes to face their toughest challenges of the season, and for fans to see some exciting competitions.”

Last year’s inaugural Wingfoot Night of Champions featured five performances that landed on the state’s all-time top 10 list, including the fastest-ever girls’ 800m run in Georgia. Meanwhile, fans packed the stands, a DJ mixed live beats and a jumbotron captured field events and trackside interviews by three-time Olympic gold medalist Gail Devers. Details for 2022 are still being finalized, but athletes can expect appearances by track and field stars, a commemorative adidas

### NIGHT OF CHAMPIONS EVENT STANDARDS

	BOYS		GIRLS	
	Min.	Auto	Min.	Auto
100m Dash	10.85	10.55	12.20	11.80
200m Dash	22.00	21.40	25.00	23.90
400m Dash	49.50	48.00	58.00	55.00
800m Run	1:58.00	1:53.00	2:20.00	2:12.00
One Mile Run	4:25.00	4:12.00	5:15.00	4:58.00
3200m Run	9:30.00	9:05.00	11:40.00	10:55.00
100/110m Hurdles	15.00	14.10	15.30	14.00
300m Hurdles	40.00	38.00	46.75	43.00
Long Jump	22-0	23-6	18-0	19-6
Triple Jump	45-0	47-6	37-0	39-6
High Jump	6-4	6-10	5-2	5-8
Pole Vault	13-6	15-0	10-6	12-6
Shot Put	50-0	55-0	38-0	42-0
Discus	150-0	168-0	115-0	140-0

bag and a one-of-a-kind trophy for the athletes who win the title of “best in the state.”

Registration for the Wingfoot Night of Champions opens on April 1 on Milesplit. All athletes must register regardless of whether they have the automatic qualifier. Entry lists will be announced on May 18. Updates will be posted on Milesplit as well as on Atlanta Track Club’s social media.

## Eight Charities to Partner with Peachtree

Eight non-profit organizations have been selected by Atlanta Track Club as part of the Official Charity Partner Program of the 2022 Atlanta Journal-Constitution Peachtree Road Race. The non-profits will receive guaranteed entries into the Peachtree on July 4, and participants will be required to raise a minimum of \$1,000. Five of the charity partners are returning from 2021, the program’s inaugural year. Details on how to register for the charities’ numbers are available on their websites, which can be found at [atlantatrackclub.org/charitypartners](http://atlantatrackclub.org/charitypartners).

### The organizations are:

Back on My Feet  
 Dup15qAlliance  
 Big Brothers Big Sisters of Metro Atlanta  
 American Cancer Society  
 Kesem  
 Reach Out and Read Georgia  
 Be The Match, By The Mile Program  
 Team Maggie for a Cure, Inc.



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