

PEACHTREE

ROAD RACE MAGAZINE

GIVING THEIR HEARTS TO WILLIE HATCHETT

BETTY LINDBERG

PEACHTREE LEGEND

MAGAZINE OF ATLANTA TRACK CLUB
ATLANTATRACKCLUB.ORG

How do you run a 10K?
One step at a time.

You got this.



Subscribe today & get a 2023 commemorative poster featuring every race day T-shirt.



**\$2.99/week for Unlimited Digital Access.
Cancel anytime.**

subscribe.ajc.com/PRRgift



July 4

***Proud Title Sponsor
Since 1976***

ajc.com

**The Atlanta
Journal-Constitution**



CONTENTS

THE 54TH RUNNING

- 3** Word From The Director
- 4** The Passion That Is The Peachtree
- 6** Teferi Hoping For Cooler Victory
- 7** Emily Durgin Is Heating Up
- 9** Romanchuk, Scaroni To Defend Wheelchair Titles
- 38** T-Shirt Contest Winner Is A Secret, By Design
- 41** All Hands (And Feet) On Deck For Microsoft Peachtree Junior

PEOPLE OF PEACHTREE

- 10** Betty Lindberg: From Telegraph Operator To Peachtree Legend
- 16** Their Hearts Are Set On The Finish Line After Life-Saving Rescue
- 19** Making A Splash On The Roads
- 21** Brad Smith Keeps Pushing As Hard As He Can
- 23** All-Metros Embrace Their Hometown Race
- 29** Teaming Up For The Late Jimmy Haddle
- 33** Volunteer Is On The Ball; Bill Thorn Goes For 54
- 35** Barefoot For Bikila; Running Sustainably
- 36** A Lively Look Back

RUNNING CITY USA

- 43** An Invitation To Join Atlanta Track Club
- 45** Here's How You Can Help

RACE DAY READY

- 47** Peachtree Health & Fitness Expo Presented By Publix
- 49** Start Map
- 51** Course Map
- 53** Finish Map
- 54** Race Day Schedule And How To Follow The Action
- 55** Safety & Security: The Event Alert System
- 57** Upcoming Events



On the Cover: Matt Demarko

OFFICIAL AIRLINE OF THE PEACHTREE ROAD RACE.



 **DELTA**
OFFICIAL AIRLINE





WORD FROM THE DIRECTOR



As you pick up your race number, hydrate for the big day, determine your transportation plan and, of course, assemble just the right combination of red, white and blue race attire, know that Atlanta Track Club will be ready for you and 50,000 of your fellow runners and walkers for this, the 54th Running of the Peachtree. Atlanta's Peachtree. Your Peachtree.

As this year's event – my 10th – has approached, I've reflected in the following pages on my first nine years as race director of the world's largest and best 10K. I realize that many of you have run or walked the Peachtree for many more years than I have directed it (especially looking at you, Bill Thorn), so I'm hardly putting myself forward as the ultimate authority. But if you add up the collective knowledge of the Club's staff and volunteers, it totals thousands of years of experience and expertise. Knowing that, I can confidently say that the 2023 version of his majestic event will not disappoint.

Whether you're a first time Peachtree'r or a decades-long stalker, when you cross that finish line and turn into Piedmont Park you'll know that you've just been part of something much bigger than a simple road race. By virtue of your participation, you play a role in the tradition and legacy of a best-in-class event that has stood the test of time, an iconic celebration that has been embraced by all of Atlanta.

Even more, by being part of this day you earn your membership into our running and walking community, one of the most active in the country – Running City USA.

Rich Kenah

Race Director and CEO of Atlanta Track Club



THE PASSION THAT IS THE PEACHTREE

By Barbara Huebner

For the 54th time, Atlantans will wake up on July 4 to one of the best days of the year in Running City USA. As 50,000 runners and walkers make their way to the start line of the Atlanta Journal-Constitution Peachtree Road Race, as thousands more volunteers disperse to their assignments, as throngs of spectators tote lawn chairs to their favorite spots for viewing and first responders take up their posts to help ensure a safe day for everyone, race director Rich Kenah will understand.

This will be the 10th Peachtree directed by Kenah, who left his native New Jersey to take over as Atlanta Track Club executive director early in 2014. When he arrived, he knew little about the Peachtree beyond its status as the largest road race in the country and the largest 10K in the world.

He did not yet fully grasp the personality of the race, its impact on the community, its history or its role in driving, informing and financing the mission of the Club and its year-round programming to promote health and wellness. He had not yet experienced the passion that is the Peachtree.

Then, in his first year at the helm, the race ran out of T-shirts. “It hit me right across the face,” he said.

For the record, the race didn’t exactly run out of T-shirts – it ran short of certain sizes, and the shirts were eventually located on a truck at the finish line, albeit too late for on-site distribution. People eventually got their shirts in the mail. But about 1,000 runners and walkers left The Meadow unhappy that day, as Kenah fielded loud and sometimes tearful complaints amid media inquiries about what the Club planned to do to make it up to everyone.



He learned that, for most participants, the Peachtree is not about how fast you run. It’s about remembering the year you ran with your father, or the first race after your mom passed away, or stopping to kiss your 6-month-old as she giggled in her stroller. It’s about what wave you started in, and who you ran or walked with, and what patriotic costume you chose, and how you either proudly wear your finisher’s shirt until the seams unravel or carefully tuck it away as a treasured keepsake.

“It’s an Atlanta tradition that has been passed down from one generation to the next,” Kenah learned. “It’s seen as so much more than a race.”

As he approaches his 10th year at the helm, he cited his biggest achievement as “not screwing up a decades-long event that means so much to my adopted city.”

Other, more-specific accomplishments of which he is most proud include:

WAVE OF THE FUTURE

T-shirts and waves – two elements of the Peachtree dearest to its participants – have both undergone changes in the past few years.

As in other aspects of the event, said race director Rich Kenah, “we’ve tried to find that fine line between maintaining tradition and tweaking things to make them even better.”

Gradually moving away from the stiff 100-percent cotton T-shirt of old to the current adidas technical shirt containing no virgin plastics is in sync with the progress that apparel companies have made since the first Peachtree shirt was handed out in 1971, said Kenah. Plus, a tech shirt is more wearable year-round given Atlanta’s heat and humidity.

“I don’t think we’ve had the perfect one yet, but I have a hunch that people are really going to like this year’s shirt,” he said.

New this year: all Atlanta Track Club members will be guaranteed a start in Wave M or better, while ensuring that non-members who want to run fast are not impacted.

“I continue to learn about the pride people have in their wave assignment as something they’ve earned,” said Kenah. “We may live in an age of chip time, when it doesn’t matter where you start as far as the clock is concerned, but it matters when you put your race number on your wall or someone asks you at the barbecue what wave you were in.”



- Executing a 50th Running of the Peachtree in 2019 “that was worthy of such a special moment in time. We talk about planning every Peachtree as a marathon; this was a year’s worth of investment in our past – in learning it, celebrating it, understanding it – as we also moved forward into our next 50 years.”
- Tying the Peachtree into giving something more to the community, such as the 24-hour Charity Treadmill Challenge in 2017 as a fundraiser to resurface Cheney Track, and 2014 Charity Chase, in which Meb Keflezighi, fresh off his historic Boston Marathon victory, started last and passed more than 23,000 people to raise funds for the Club’s Kilometer Kids program.
- Awarding equal first-place prize money for open and Shepherd Center Wheelchair Division athletes.
- Creating a Member Party at Park Tavern “that leans into what the event is, a celebration of the community coming together on the Fourth of July.”
- Adding shuttle buses from the 12th Street gate of Piedmont Park to the Lindbergh MARTA station so the trip home would be easier for tired runners and walkers, adding flooring to The Meadow so they wouldn’t ruin their shoes on a rainy day, and offering water at the finish line that’s been chilled instead of sitting out in the hot sun.

For the most part, he said, the wise counsel of his staff, volunteers, crew chiefs and board of directors has kept him from making bad decisions. Peachtree, he emphasized, “doesn’t belong to me. It belongs to Atlanta.”

Inarguably, the biggest Peachtree challenge Kenah has faced in his tenure has been the COVID-19 pandemic, which in 2020 led to the first July 4 without an in-person Peachtree since the race’s inception in 1970. That challenge led to what he calls his biggest mistake as race director.

Amid the loss, sadness and ever-shifting landscape of that new unknown, Kenah made the decision to postpone the race until Thanksgiving, then was forced to forgo the in-person

event entirely and go all-virtual. Although a refund option was offered when the race was first postponed, that offer was not repeated when the event ultimately went all-virtual.

“Instead of postponing, I wish we’d made the decision from the outset to simply give people the choice of going virtual or getting a refund,” he said. “The Peachtree in May 2020 had 50 years of equity and a universal belief that Atlanta Track Club operated the Peachtree for everyone. Now, there is a percentage of Peachtree faithful who have the perception that we pulled a bait-and-switch on them and will never come back. It’s a very small percentage, but as race director I need to own that.”

Now, three years later, “I want to make sure Peachtree gets back to its full-throttle, pre-COVID numbers, impact, personality and success. We’re not there yet, but we’re moving in that direction.”

When Kenah arrives at the Lenox Square start line in the wee hours of July 4 this year, he expects to feel the same anticipation and adrenaline he did that first year, and will already be looking forward to the military jet flyover, which he calls by far the highlight of every race for him. With tens of thousands of people on the start line, the national anthem being sung, the leaders of the city looking on and the world watching via the internet, that the men and women of the armed forces who protect us each day will thunder overhead at exactly the prescribed second speaks to the complexity of the level of operation the Peachtree requires to be successful.

He still expects to be nervous, he said, but now he has learned what to be nervous about. Not the weather, over which neither he, his staff nor volunteers have any control. Not life-threatening medical issues or non-race emergencies in the city that could impact the event; there are plans and skilled responders in place to deal with them if they occur.

But he has learned to ask, and he DOES ask, one question every year:

“Have all the boxes been unloaded off the trucks at the finish line?”

TEFERI HOPING FOR COOLER VICTORY

By Barbara Huebner

The women's field of the 2023 Atlanta Journal-Constitution Peachtree Road Race will feature not only defending champion Senbere Teferi but also two of the four fastest 10K women in history and the surprise winner of the 2022 TCS New York City Marathon, while the men will be led by a pair of athletes familiar with the Peachtree podium.

Last year, Teferi won a mad dash to the finish in her debut here, barely edging runner-up Irine Cheptai in 30:49. The world-record holder for a women-only 5K said she expects another strong field this year and is hoping for conditions that won't send her to the medical tent again after she crosses the finish line.

"I look forward to the challenge from the best athletes in the world and am praying for cooler weather than last year, as [running in] the heat and humidity was very difficult," she said.

Should Teferi defend her title, she would be the first woman to do so since Lineth Chepkurui in 2010.

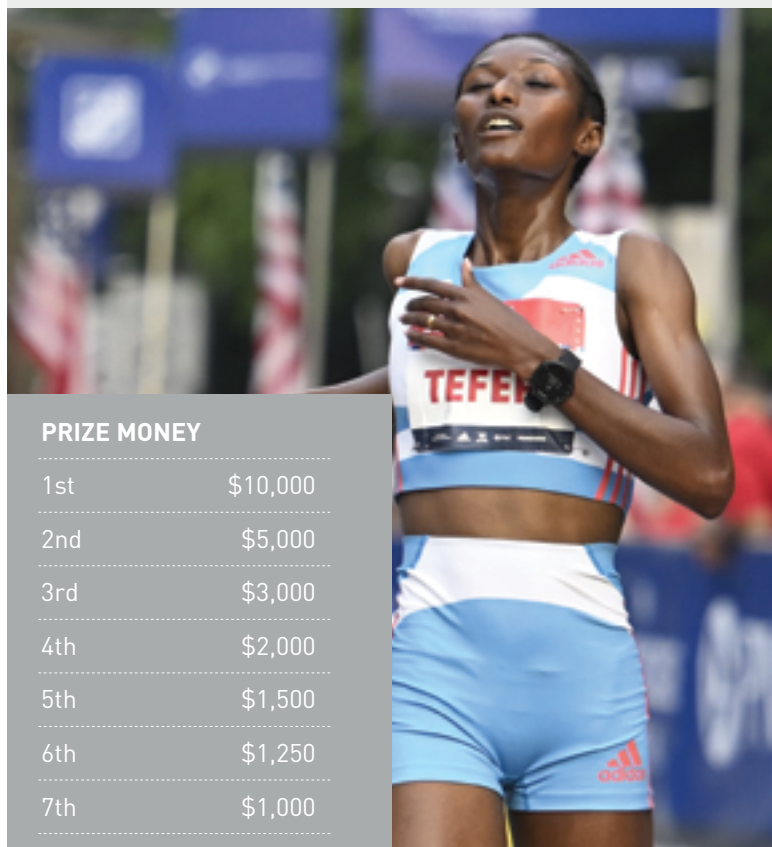
Joyciline Jepkosgei (29:43) and Sheila Chepkirui (29:46), both of Kenya, have 10K personal bests that rank them #3 and #4 all-time, while Senbere's fastest 10K is 30:12. The 28-year-old Ethiopian, however, has the advantage of knowing the course, while her top rivals will be making their Atlanta debuts.

Jepkosgei, 29, will be bringing a stellar resume. When she set her 10K personal best in 2017, she broke the world record and became the first woman to run under 30 minutes. It was quite the year for the Kenyan, who also twice broke the half-marathon world record. Chepkirui, 32, has a half-marathon best of 1:04:36, making her the seventh-fastest woman in history at that distance.

Not to be discounted is Kenya's Sharon Lokedi, who upset a top field at last fall's TCS New York City Marathon, breaking the tape in 2:23:23 in her debut at the distance. The 29-year-old is the 2018 NCAA Division 1 10,000-meter champion, competing for the University of Kansas. She won the ASICS Falmouth Road Race, a 7-miler, in 2019.



Gabriel Geay winning here in 2016.



PRIZE MONEY

1st	\$10,000
2nd	\$5,000
3rd	\$3,000
4th	\$2,000
5th	\$1,500
6th	\$1,250
7th	\$1,000
8th	\$750

EVENT RECORDS

Men's Open

Rhonex Kipruto,
Kenya, 27:01, 2019

Women's Open

Brigid Kosgei,
Kenya, 30:22, 2019

Men's Wheelchair

Daniel Romanchuk,
USA, 18:11, 2019

Women's Wheelchair

Susannah Scaroni,
USA, 21:14, 2022



Jemal Yimer and Mayor Andre Dickens



EMILY DURGIN IS HEATING UP

By Jay Holder



And keep an eye on Cynthia Limo, a 33-year-old Kenyan who was a major force on the roads from 2012-2016 before taking off almost seven years for maternity. She returned to racing late last year, and on April 30 won the Blue Cross Broad Street Run in Philadelphia in 50:54, a course record.

Among the other international women in the deep field are Vicoty Chepngeno of Kenya, winner of the 2022 Aramco Houston Half Marathon, and Dom Scott, a two-time Olympian from South Africa. Top Americans are Annie Frisbie, who finished as first American at Peachtree last year and was third in 2021, when the Peachtree hosted by USATF 10 km Championships; and Emily Durgin, who was runner-up in 2021 and finished one place behind Frisbie, in 11th, last year.

For the men, 2016 Peachtree champion Gabriel Geay is expected to return. The Tanzanian, now 26, was just 19 when he won here seven years ago; since then, he has finished seventh in the 2022 World Championships marathon and was runner-up this year in the Boston Marathon. He also holds the national record for the marathon, 2:03:00.

The other returning podium finisher is Jemal Yimer, third at Peachtree last year in a personal best 27:50. The 26-year-old Ethiopian also finished third in the 2021 Boston Marathon and comes into the Peachtree with wins this year at the LA Marathon and the Lilac Bloomsday 12K – whose “Doomsday Hill” might prove good preparation for the Peachtree’s legendary Cardiac.

At Bloomsday, Yimer finished 20 seconds ahead of runner-up Teshome Mekonen, the top American entered here. Born in Ethiopia, Mekonen became a U.S. citizen last summer. Coincidentally, the 27-year-old has a 10K personal best of 27:50 – identical to that of Yimer.

Other likely contenders include Charles Langat (Kenya, 26:57), Milkessa Mengesha (Ethiopia, 27:47) and Edward Cheserek (Kenya, 28:24). Mengesha, just 23 years old, was the 2019 Under-20 World Cross Country Champion; Cheserek, 29, was a 17-time NCAA champion at the University of Oregon.

It’s a summer of 10Ks for American runner Emily Durgin. This weekend’s Atlanta Journal-Constitution Peachtree Road Race will be her fourth and final in a series at that distance, starting in Boulder, Colorado, on one patriotic national holiday and capping her summer season in Piedmont Park on another.

For Durgin, who lives and trains in Flagstaff, Arizona, it will be her third-consecutive year spending the Fourth of July in Atlanta. It turned out that the first year, when she finished second to Sara Hall in 2021, was a little misleading.

“The weather being as good as it was, it made me think that every year was that good,” Durgin, who grew up in Maine, said about the unseasonably cool and dry weather that helped her to a 31:49 personal best (since lowered to 31:35). That was not the case in 2023, with temperatures in the upper 70s and 99-percent humidity – no surprise to any veteran Peachtree runner.

“Last year, oh my gosh, that was tough,” she said. “Coming from Flagstaff, it was a shock to the system.” Durgin finished second American, 11th overall.

Following an injury that caused her to give up her spot at the World Cross Country Championships in February, the 29-year-old said, she had a strong spring training cycle, her victory at the Bolder Boulder 10K on Memorial Day offering proof.

Looking toward Atlanta, she’s been doing workouts down in the heat of Camp Verde, Arizona, where the altitude of 3,000 feet makes it much warmer than Flagstaff, which is about 55 miles north and 4,000 feet higher.

Durgin said her knowledge of the course will also be an advantage. When she was outkicked by Hall in 2021, Durgin said, she didn’t know how far the finish was after they made the final turn onto 10th Street. “At that final turn, she knew how long it was to the finish,” said Durgin. “She made the move and was able to gap me just enough so I wasn’t able to catch her.”

After this year’s race, Durgin will prepare for the U.S. Olympic Team Trials – Marathon, set for Orlando in February. A summer of 10Ks, she said, helps her get the speed and the turnover needed to compete for a spot on that Olympic team. Plus, she added, races like the Peachtree are just a whole lot of fun.

“Every single K for 10K, you are going to have people screaming and yelling,” she said. “Fourth of July in Atlanta. No other way to spend it.”

FINISH LINE FAVORITES

Proudly Hydrating



ROMANCHUK, SCARONI RETURN TO DEFEND TITLES

By Barbara Huebner

It will be seven minutes until sunrise on July 4 when the Shepherd's Center Wheelchair Division takes off from the Lenox Square start line, but its veteran defending champions won't need headlamps to find their way around.

Seeking his sixth-consecutive victory, which would tie him with Craig Blanchette for the most wins in history in the men's open division, will be Daniel Romanchuk; competing in her 10th Peachtree will be two-time winner Susannah Scaroni.

"Peachtree is always on my race calendar," said Romanchuk, 24, who in May won five titles (100, 400, 800, 1500 and 5000 meters) at the U.S. Paralympics Track & Field National Championships. "The course is one of my favorites, and the Shepherd Center's commitment to prize money equality between the wheelchair and runner divisions continues to push the sport forward. It really serves as a leading example for other races to follow."

In 2019, the Atlanta Journal-Constitution Peachtree Road Race celebrated its 50th Running by offering a \$50,000 bonus to any open or wheelchair athlete breaking the course record in their division. All four winners – women and men open, women and men wheelchair, including Romanchuk – took home a huge check. Last year, for its 53rd Running, the race offered a \$53,000 bonus to be split among any athletes who set a course record; Scaroni was the only one to lower the mark, notching the biggest payday of her career. (Both Romanchuk and Scaroni also earned \$10,000 for their victories.)

Part of Romanchuk's 2019 windfall went toward creating a series of hour-long YouTube videos, "The Basics of Wheelchair Racing Equipment," with five-time Peachtree champion Krige Schabert.

"We try to take some of the mystery out of equipment," Romanchuk explained on a Peachtree Podcast last year.



"When I first got into the sport, we were scared to pump up my tires because we didn't know if we'd do something wrong."

Last year, Romanchuk, a two-time Boston Marathon champion, won Peachtree in 18:38 over runner-up Josh Cassidy of Canada (19:58). Cassidy, a two-time Peachtree winner, the 2012 Boston champion and a former world record-holder in the marathon, is also coming back to Atlanta, as is Aaron Pike, runner-up at Boston in 2022.

"It's a tough race to plan for, especially with racers like my teammate Aaron on the start line," said Romanchuk. "He's one of the world's best downhill and distance racers, and he always gets a big gap on me during the long downhill in the first half of the race. So, I just plan to hang on as best I can during that and hope to make up the difference when the climbs start, especially at Cardiac Hill. The Shepherd Center patients [who come out to cheer] along that section always provide a big energy boost, too."

Scaroni, who raced her first Peachtree when she was just 11, notched the biggest win of her life when she took gold at 5000 meters in 2021 at the Paralympic Games. Less than three weeks later, she was hit by a car while training, fracturing a vertebrae. She came back fast, literally, to set a world record at 5000 meters in late May last year, and has been on a hot streak since.

After winning Peachtree last July, she broke the tape at both the Chicago and New York City marathons. This spring, she overcame a loose wheel in the eighth mile, forcing her to stop for a repair, to win the Boston Marathon.

Coming off her 21:14 Peachtree course record, Scaroni said she's looking forward to racing fast here again: "I am always pushed to have a fun and fast race and plan to give this year's everything I have."

PEOPLE OF PEACHTREE

98-YEAR-OLD



BETTY LINDBERG

**FROM TELEGRAPH OPERATOR
TO PEACHTREE LEGEND**

The name of the landmark study: “Exercise and Immunity in the Elderly.” The year: 1991. Betty Lindberg had recently turned 66.

“Your results have been the high point of the investigation,” wrote one of the Appalachian State University researchers in a follow-up letter informing Betty that she had the cardiovascular fitness of a 42-year-old. “You are, indeed, an inspiration to all of us.”

The name of the class is “Senior Fit.” The year is 2023. Betty Lindberg is 98.

As the group gathers one January morning at LA Fitness in Buckhead, Betty fetches a resistance band and exercise ball and lines up in the back row. It’s her favorite spot, she explained; from there, she can see what everyone else is doing even when she can’t hear the instructor over “Jolene” and “Dance, Dance, Dance.” Plus, she said, she feels self-conscious in the front.

Wielding five-pound weights in each hand, Betty proceeds to smoke most of the class.

On the way out, a few of the regulars say goodbye. “Take it easy,” says one offhandedly to Betty.

“Why?” asks Betty.

Yes, Betty Lindberg was already old enough three decades ago to qualify as “elderly.” Yes, the longtime member of Atlanta Track Club still works out six days a week – Mondays, Wednesdays and Fridays at her exercise class (“I wish it were tougher”) and Tuesdays, Thursdays and Sundays with a run/walk around her neighborhood. She takes Saturdays off to get her hair done.

Yes, she returned to compete in the USATF 5 km Championships, part of the Publix Atlanta Marathon Weekend 5K, last February a year after making the pages of Sports Illustrated for setting an age-group world record at the event, her time of 55:48 obliterating the previous mark by more than 30 minutes.

Yes, she has participated in every Atlanta Journal-Constitution Peachtree Road Race but one since 1989 – 33 of them so far – with a shelf full of finish-line photos in her pine-paneled den to prove it.

Yes, she might add a photo from 2023 to the collection. Despite vowing after the 2022 race that it was time to call it quits, she submitted an entry after all and has been working with Atlanta Track Club coach Bob Wells and dietitian Alissa Palladino on ways to fine-tune her nutrition and training before making a final decision. Will she be on the starting line again, just two months before her 99th birthday? Stay tuned.

Whatever she decides, her place in Peachtree history is secure.

“Regardless of Betty’s 2023 Peachtree activity – on the course on race morning, participating virtually or cheering from the sidelines – she’ll be out there in the hearts of everyone running or walking, every spectator, every volunteer, everyone in Atlanta,” said Rich Kenah, race director of the Peachtree



and CEO of Atlanta Track Club.

And yes, we are referring to her by her first name rather than last. Trust us, we are not being patronizing to this woman in her 10th decade who still carries her own groceries out to the car before driving home with confidence, then shouts out questions at the TV while watching “Jeopardy!” after replying to emails on her iPhone 11.

Rather, it’s an acknowledgement that when all of Atlanta knows the woman with the motto of “keep moving” as simply Betty, you go with the flow.

Continues on Page 13



PUBLIX ATLANTA MARATHON WEEKEND

EXPLORE ALL OF
ATLANTA...ON FOOT

FEBRUARY 24 - 25, 2024

MARATHON, HALF MARATHON,
5K, MARATHON RELAY,
KIDS RACES



ATLANTATRACKCLUB.ORG



Continued from Page 11

Which is pretty much following the example of what Betty has done all her life. Over a takeout post-workout lunch of Brunswick stew, fried okra and collard greens in her tidy dining room, Betty and her two children, son Craig and daughter Kerry McBrayer, share family stories, photos and memorabilia, even breaking into song. Lunch turns into coffee, and still there are tales to be told, laughs to be laughed, heads to be shaken at their modest-yet-indomitable matriarch.

Examples: When she shattered the 5K record, she hadn't even told her kids she was going after it; when she ran the Resolution Run less than a month after getting a hip replaced about 10 years ago, she neglected to alert them.

Both retired now, Betty's kids know how precious it is to not only still have their mom, but to have one who just got home from the gym.

"We're really making the most of it," said Kerry. "This is the time. Now."

In 1924 – with a Model T selling for \$265 and Calvin Coolidge as president – Betty Ann Reynolds was born in the tiny Finnish-American village of New York Mills, Minnesota, to Clyde and Henna (Hopponen) Reynolds.

When she was 2 years old, the family moved to nearby Parkers Prairie, where her father worked in a lumber yard before taking over a bar and restaurant; her grandparents ran a bar and restaurant, too, over in New York Mills. There, Betty ate so much ice cream as a girl that she doesn't care for it much anymore, and her older brother – who would go on to earn a Ph.D. in theater and speech – would be hoisted onto the bar by grandpa to serenade customers with ditties such as "I'm a villain, a dirty little villain, I leave a trail of woe where'er I go ...". (Yes, she still knows all the lyrics.)

As a child, Betty played dolls and jacks with her girlfriends, made mud pies with eggs from her grandmother's Bantam hens, and enjoyed packing a sandwich and dessert into a little pail to go picnicking on the lawns of neighbors. "You didn't take part in any sports!" she told podcaster Ali Feller last year. "Girls just sat and watched the boys play."

She hunted pheasant and duck, though, and



Betty and H.O. in costume



1991 fitness test



Betty finishing her first Peachtree

went ice fishing, eating the bounty. She and her brother liked to sit around the family's big radio and listen to adventure stories, and she remembers Robert, four years older than she, holding tight to her hand one day so she wouldn't be blown away as they walked home from school in a blizzard.

When Betty was a sophomore, her family moved back to New York Mills, where she graduated from high school in 1942. She thought she would become an English teacher, but as part of the war effort went to work for the National Youth Administration, where she had the option of learning how to work with sheet metal to build airplanes or how to construct radios and install them in airplanes going off to war. She chose radios and was lucky enough to get an instructor who also taught Morse Code (yes, she still remembers it, snappily typing out "Peachtree" on an old telegraph key brought out by her daughter.)

Instead of going to work in a factory, however, Betty took a job as a radio telegraph operator with Northwest Airlines. From the ground, she communicated with pilots of the DC3s – noting ETAs on a chalkboard – and used Morse Code to send and receive information for flight reservations. After stints in Minneapolis and Chicago, she transferred to Fargo, N.D., where she impressed a tall Navy aviation veteran from the city ticket office with her speed on the telegraph. He took a special trip out to the airport one day just to find out who exactly this Betty Reynolds was.

Not long after, the two met again on an office hayride. "We talked and we talked and we talked and we talked," Betty remembers.

"I think mom's comment has been that when she laid eyes on him, he didn't stand a chance," said her daughter.

Betty Ann Reynolds and H.O. (Lindy) Lindberg were married in 1948. By the time Kerry came along in 1951, Betty had quit her job; a few years later Lindy was transferred to Bloomington, Minnesota, where son Craig was born in 1956. A year or so later, the toddler was standing on the front seat next to Betty on the way back from a doctor's appointment when, in those pre-carseat days, "I go whipping around a corner and he flies out the door

Continues on Page 15

WE ARE BUILDING

**RUNNING
CITYUSA**

**WANT TO
HELP?**



**Atlanta Track Club
members get:**

- 7 free events
- Annual adidas member gift
- Discount on all events and programs
- Guaranteed entry into the Atlanta Journal-Constitution Peachtree Road Race at the lowest price and placement in Wave M or better

atlantatrackclub.org

 **ATLANTA**
TRACK CLUB

and lands in a snowbank,” she recalled. “That’s as safe as I kept my kids.”

In 1958, the family moved to Atlanta as Northwest launched service in the city; Betty still lives in the cozy house they bought a few years later. (Asked how long it took her to get used to the heat and humidity, Betty replied: “I’m still working on it.”) Lindy’s office was in the just-completed Lenox Square shopping center, which years later would become the site of the Peachtree start line.

Lindy’s new job in Atlanta meant more travel opportunities, and the walls of their home were soon lined with art and souvenirs from their many trips to Asia. On one trip to China in the 1980s, the couple missed a boat to travel down the Yangtze River, and when their hired car got a flat tire the driver had to unload all of their luggage to reach the spare. Betty remembers standing on the side of the road, with hundreds of locals looking on.

“They might never have seen a Westerner before,” she said.

As the kids got a little older, Betty took a job at Lenox Square, too – in customer service at Rich’s, a department-store chain headquartered in Atlanta. (She retired in 1992.) A leader for her children’s Brownie, Cub Scout and Girl Scout troops, PTA president, on the council of Peachtree Road Lutheran Church, their mom “just wasn’t a sit-at-home kind of person,” said Kerry.

But while she may have spent a lot of time running around, she didn’t start running in the literal sense until she was 63 years old.

It was 1988 when Kerry asked her parents if they would meet her and her husband at the Peachtree finish line to take them back to their car at the start.

“I had no idea what a road race was,” said Betty. “Why are people getting up at the crack of dawn on the Fourth of July?” When she saw the mass of runners smiling and waving as they approached the finish, though, “I said, ‘I can do that; that looks like fun.’”

And then – because when Betty says she’s going to do something, she does it – she did it.

She soon discovered that running required a bit more exertion than her only previous foray into working out: the passive vibrating exercise belt, for which an ad at the time exclaimed: “What! I can exercise without effort? YES!” Betty’s first-ever run, with Lindy in their hilly neighborhood, lasted about 2/10th of a mile by her recollection before it ended with a gasp that it was time to go home.

Betty kept at it; Lindy less so. At a solid 6’2” a foot taller than his wife, he found running too punishing. Instead, he turned to faithfully volunteering at Betty’s races, translating at the Peachtree for any Scandinavian elite distance runners who travelled to the world-renowned event and helping collect the old tear-off bib tags at the finish line. Back then, the race timed only the first 1,000 runners; after that he would leave to find Betty. He also volunteered at the 1996 Olympic Games, as did Betty and son Craig.

In 1989, a year after she discovered Peachtree, Betty ran her first. (The next day, a sales manager asked her where she had



Betty and her children, Craig and Kerry, finishing the 1996 Peachtree hand-in-hand.

purchased the T-shirt on her desk. “I earned that!” she recalls informing him.) Soon, she became a Peachtree volunteer as well as participant, holding the barrier for her wave before tossing off her volunteer shirt and jumping in. In 2019, for the 50th Peachtree, she served as an honorary starter before joining the celebration as it made its way to Piedmont Park.

She has done every Peachtree since, missing only 2005 when she was caring for Lindy as he battled Parkinson’s. The disease’s progression, said Kerry, was one of the few things to ever visibly upset her mother. Lindy died in January of 2006.

In the early years, Betty started the race with Kerry and her husband but then shooed them ahead so they could run their own, faster pace. Last year on July 4, Betty drove herself to the start line, parking in her church lot before meeting up with son Craig and his family. They all stopped at a table around Mile 1 set up by granddaughter Nicole, where the cheering section enjoyed breakfast casserole, fruit salad and mimosas. (Yes, Betty had a sip). As the entourage carried on after grabbing a quick family photo, Betty slapped high fives and obliged selfie requests as Craig and his wife Cyndi, along with Betty’s grandsons Eric and Kyle and their wives Lilly and Jackie, acted as wingmen to shield her from admirers when necessary.

After crossing the finish line, Betty declared that she had just completed her last Peachtree.

“Every year when she finishes, she says ‘I’m never doing this again,’” said Kerry over lunch.

“Absolutely not. I will not sign up for it. No, I will not,” said Betty.

Kerry and Craig exchange skeptical glances.

Peachtree or no Peachtree, Betty still sees racing in her future. Seven years after setting her first age-group world record at 800 meters (6:57.56), she already has her eye on records in the 100-105 age group. (Yes, she knows what they are.)

“I looked up the 100, 200, 400, 800 and 1500, and I am pretty sure I can beat them,” she says. “But I don’t know, maybe somebody will come along who can do it better than I can.”

Said Craig: “Let’s just see ‘em try.”

A version of this story appeared earlier this year on Wingfoot. AtlantaTrackClub.org. Visit the site each week for more news and features about Atlanta Track Club members and events.



Officer Melina Lim gestures toward the spot where Hatchett collapsed.



Hatchett crosses the finish line in 2021.

CROSSING THE FINISH LINE TOGETHER IS HEARTS' DESIRE AFTER LIFE-SAVING RESCUE

By Barbara Huebner

Anita Mallya was only a half-mile into her race last year when she saw him go down.

"I just happened to look over," said Mallya, a neurologist with Northeast Georgia Health System who was running in Wave P of the 2022 Atlanta Journal-Constitution Peachtree Road Race. "It's odd I even caught a glimpse of it. Something told me to just stop."

On the other side of the median, in front of the InterContinental, Atlanta Police Department officer Melina Lim – and, thanks to her infectious enthusiasm, all the spectators on the block to which she was assigned – had just finished cheering as her best friend passed by when she, too, saw him. He looked flustered, she recalled. Something was wrong.

The man fell, hitting his head on the pavement. Lim grabbed gauze from her medical kit to staunch the blood flowing from a cut over his left eye. He was having a seizure, so she turned him on his side to prevent aspiration and tried to shield him with all of her 5 feet, 2 inches from the hundreds of pounding feet going by. She held his head and kept waiting for him to wake up. She placed her fingers on his neck. Nothing. She felt panic rising. Was this his heart?

By that time, the doctor had fought her way across Peachtree Road through the crowd of runners to join Lim. Has someone called an ambulance? Yes. She felt the man's pulse. "I'm not sure if he's breathing," Mallya remembers saying calmly.

After getting him rolled on his back, they started chest compressions. Mallya ran into two nearby hotels in search of a defibrillator; a staff member had just sent one out. When she returned, she was relieved to see that Komal Paladugu, a friend and emergency medicine physician who was running had Wave R, was doing the compressions. Jae Goines, a physician/runner friend of Paladugu's, also stopped. They cut off his shirt, got the defibrillator hooked up, all of them taking turns on chest compressions, Lim remembers her shoulder hurting, but don't stop, don't stop

Still, nothing. "We feared the worst," said Mallya.

Just as Grady EMS arrived: a thready pulse. He was back, if barely.

As the ambulance pulled away, the doctors glumly rejoined the parade that is the Peachtree. Mallya felt defeated as they made their way toward Piedmont Park. "He's probably going to die," she remembers thinking. "I thought I'd never know."

Ten months later, Willie Hatchett and Officer Lim are sitting together outside a coffee shop just yards from where he collapsed.

Hatchett, a 60-year-old retired Dekalb firefighter, is wearing a 2001 Peachtree T-shirt under his button-down. He's done the race 13 or 14 times, he said, adding: "I have a drawer, and nobody goes in that drawer. All my Peachtree shirts are nicely folded and that's like my little thing. Nobody wears my shirts."



Dr. Goines hugs Hatchett at the Better Outcomes reunion, while the other doctors look on.



Dr. Anita Mallya as she nears the finish line last year.

He has one from last year, too, along with a kind note from the race director.

And on July 4, he'll likely add another: Hatchett, the three doctors and Officer Lim are planning to walk the race together, side by side, in celebration of what Mallya called "the definition of a miracle."

For Lim, it's also the fulfillment of a vow. The 27-year-old police officer, a non-runner who will be doing her first Peachtree, turned toward Hatchett as they enjoyed this sunny Sunday afternoon together and told him, "When I was helping you, I said, 'If this guy pulls through, I'm gonna run the race with him next year.'"

In the days after the incident, Lim couldn't stop thinking about Hatchett. She reached out to the hospital, hoping to visit him, but she didn't know his name. She went to her body camera, found a shot of his race number, called Atlanta Track Club. "I was SO relieved that you were OK," she told him. "It was eating me alive."

As it turns out, she wouldn't have been allowed to visit him regardless.

"My wife gets to the hospital, and they say, 'You can't see him because he has COVID,' Hatchett, who'd been asymptomatic, recalled. After he woke up at 4 a.m. the next day, one of the first things he remembers asking was, 'Did I finish the race?'"

In the hospital for eight days, he had his phone ("I remember I made sure you had your belongings," said Lim) but no charger; he borrowed one from staff, called his wife and learned that people, including Lim, had been trying to reach him. He began to hear the details of that morning, how the responders kept working on him long after they weren't getting a pulse.

"I'm like, nah, that didn't happen," he said. "I'm an EMT. I was thinking, somebody's got that story wrong ... Everyone told me, 'You were clinically dead.' In my mind, I didn't think that way, that I was not here."

Looking back, Hatchett said, he may have felt a little off in the days leading up to last July 4, but nothing that set off alarm bells. Four stents later, though, he said he's feeling better than he did a year ago: "It's as though it didn't happen."

"I feel as if I could go out and run it," he added, of the Peachtree, "but my doctor wants me to walk."

So walk he will, along with the four first responders who saved his life – all women, which he thinks is "cool." Hatchett met them in October at a Cardiac Arrest Survivor-Rescuer Reunion and Recognition Reception sponsored by Better Outcomes Foundation, an advocacy organization that raises awareness of out-of-hospital cardiac arrest survivals.

Mallya learned from Palladugu that they'd been invited to the event. "He's alive—and he's walking and talking!" Mallya remembers her saying. "When I say that I was shocked, I really mean it."

Lim, too, felt overwhelmed. She'd never before met anyone she'd help save. "In my line of work, we do what we have to do and go our separate ways. But for some reason, in this instance, I couldn't let go."

As for Hatchett? "Everybody looked at me as if I were a ghost. They were looking at me as if, 'this is Willie?' They thought I was a god, but I was thinking, 'Why is everybody making this fuss over me?'"

The group decided to keep in touch, and a few months ago Hatchett texted with the idea to all participate together this year.

He's asked why he even wants to do the Peachtree again after last year's trauma.

"God kept me here for a purpose, I believe that," he said. "My purpose is to show that sometimes in life you get knocked down but, you know, you can get up and continue to fight. In this case, you can continue to run. ... Otherwise, I might as well sit on the sofa and not do anything, because that's what happens if I choose not to move forward."



**BUILT BY
DOERS,
EVERY
STEP OF
THE WAY**





Woodson (center) after her win, with three-time Olympic gold medalist Jackie Joyner-Kersey (left) and Wanda Cooper-Jones, mother of Ahmaud Arbery.



MAKING A SPLASH ON THE ROADS

By Denali Lerch

Jordan Woodson has never been one to turn away from a challenge.

When you see her today, you see a woman who took up running as cross-training for another sport but has gotten fast enough to win races, including the inaugural Run with Maud 5K on May 6. What you don't see is the journey that led her to this point. From dealing with injuries as a D1 swimmer to going through postpartum challenges after giving birth to her son, nothing yet has stopped Woodson from chasing her goals.

Growing up, Woodson was competitive and athletic with a special love for swimming, but that love diminished as she faced a series of injuries. The biggest setback was a disc injury at the end of her sophomore year at Georgia Tech, which required eight months of rehab. Although she still managed to qualify for the 2012 U.S. Olympic Trials in the 100-meter butterfly, her injuries dimmed the desire to compete in the sport.

In 2011, as part of her cross-training to qualify for those Trials, Woodson had run her first Atlanta Journal-Constitution Peachtree Road Race. Looking for a new athletic activity on which to focus after ending her swimming career, she chose running. For the first few years, she ran mostly by herself until one day, in 2016, she felt a longing for community and joined the local group runs in Brookhaven.

"It was nice having people that you have something in common with, and they might not always have the same full view of life as you but at least you have a commonality with running," Woodson said.

She soon became a member of Atlanta Track Club, and estimates that she's participated in more than 50 events, from

All Comers to the Grand Prix Series to five Peachtrees.

On the morning of May 6, Woodson woke up and decided on a whim to jump into the inaugural Run With Maud 5K Run/Walk, organized by the Club to raise funds for the Ahmaud Arbery Foundation. To her surprise, she won.

"It had been a while since I won a race, since I had my son in 2020, and it was only a few local ones at the time," she said. "I was really happy to go out and run for a great cause. But on the course, there was one lady I knew who is a complete boss when it comes to the road, so when I passed her, I thought, 'I've actually got a shot at this.'"

It was not the first moment that shocked her as a runner: The rest have come from discovering how much her body can handle as an athlete, having navigated postpartum challenges after giving birth to her son three years ago.

"Other than the comparison and timeline game we face as women on how fast and fit we can get after having a baby, it took me over two years before I felt like my legs kicked back into gear," she said.

Woodson also struggled with common lingering hormonal issues and realized that learning how to balance life as a working mom and athlete would take time and effort.

"I don't want to look back and think I missed x, y or z because I was running too much, but I also know the healthiest version of me comes from having that type of activity in some capacity of my day," Woodson said.

Now, as she prepares for her sixth Peachtree after winning the Run with Maud 5K, her goal is simply to enjoy the race and reflect on the progress she's made as a mother and as an athlete.



ATLANTA TRACK CLUB
ATLANTA BELTLINE PARTNERSHIP

Westside BeltLine

5 K - 8 K

PRESENTED BY:
RESURGENS
ORTHOPAEDICS

WEST END. BEST END.

Come see for yourself.

JULY 15, 2023

REGISTER HERE:



BRAD SMITH KEEPS PUSHING AS HARD AS HE CAN

By Théoden Janes



Brad Smith vividly remembers the circumstances leading up to the accident on that late-spring day 13 years ago — cruising on his bicycle not far from home, the curve in the road, the car suddenly pulling out of the parking lot in front of him, pitching forward, his back slamming into the front fender.

He remembers waking up in the hospital in Asheville, North Carolina. And, of course, he remembers being told there was just a 1 percent chance he would ever walk again.

What he doesn't remember is ever feeling sorry for himself.

"It's funny. The first thought I had after my injury was, 'How can I get back onto the bike?'" recalled the Duluth resident, who was a 33-year-old triathlete and veteran of several marathons when he suffered his spinal-cord injury. "Some people might go, 'That sounds crazy.' I even had friends that sold their road bikes and haven't ridden since because of what happened to me. It freaked people out.

"But I wanted to get on the bike."

From his hospital bed in North Carolina, Smith researched the country's top rehab centers and zeroed in on Shepherd Center in Atlanta. After being accepted into Shepherd Center's program (after a scary bout with Guillain-Barré syndrome, which temporarily rendered his upper body paralyzed, too), he spent many nights in his new bed researching sports equipment for paraplegics and zeroed in on handcycles, which are three-wheeled bikes powered using arms rather than legs to turn over cranks. By February 2011, eight months after his crash, he was going for his first ride. By that summer, Smith was being fitted for a racing wheelchair, for use in road races alongside able-bodied runners.

Not long after, he joined the Shepherd Cyclers — a handcycling team that is among 11 sports teams Shepherd Center sponsors — and in 2012, Smith started a streak as a participant in the Shepherd Center Wheelchair Division of the Atlanta Journal-Constitution Peachtree Road Race, which annually fields a mix of about 50 professional and amateur racers on wheels in one of the largest and most-respected wheelchair races in the world.

Since his accident, he's also earned a second master's degree, in school counseling, from Georgia State University; spent 10 years working as a counselor at DeKalb County's Lakeside High School; qualified for and competed in the Boston Marathon, twice (a race he was never fast enough to run on two feet); gotten engaged to fellow wheelchair athlete Maggie Frederick; and remained a highly respected fixture on the Shepherd Cyclers.

Especially for "younger athletes, newer athletes coming in, he's a very good mentor," says Krige Schabort, the team's coach (and a five-time winner at the Peachtree as a pro), who says he's known Smith as a uniquely positive force since meeting him during his original stay at Shepherd. "He would be a good coach for the team," said Schabort, who this year will be competing in the Fourth of July classic for the 26th time.

Smith, now 46, is doing a little less road racing these days — he's branched out into adaptive mountain biking and kayaking — but one thing that hasn't changed is his love for Peachtree. And, specifically, his love for Cardiac Hill. Well, love-hate.

"There's no giving up on that one, when everybody's out there cheering for you," said Smith, who will tackle the course's challenging climb for the 12th-straight time this year. "People I know will yell my name, and I'll kinda smile at 'em. But man, I cannot make much eye contact" he said, chuckling, "because it's head down, pushing as hard as I can to get up that hill."



Smith, left, with Schabort after both competed in the Running City Mile at the recent adidas Atlanta City Games.

Every big win is
built on a
thousand small
victories.



In running and in life, there's only one day you're in control of: today.
We're proud to support Atlanta Track Club as they work to make it one
to remember.

pnc.com

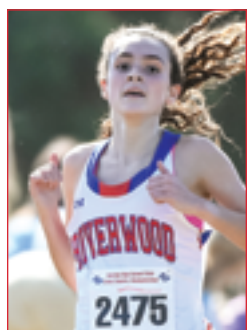


ALL-METROS

EMBRACE THEIR HOMETOWN RACE

In 1964, Atlanta Track Club was founded when local coaches and runners came together to recognize the accomplishments of high school athletes in track and field and cross country. Hawthorne Wesley – an original member of the board of directors – took charge of the ceremony to honor high school athletes that has become the twice-yearly Powerade All-Metro Banquet. He led the way for 50 years until retiring in 2014, the same year he left his 44-year role as finish-line timer of the Peachtree. (You'll still see him at the banquets every year, as well as spectating on July 4.) How many All-Metro athletes will follow in Wesley's footsteps with a lifelong connection to Peachtree? These nine are among those getting a good start.

ELLE MEZZIO



While attending Riverwood International Charter School, Mezzio was a 2-time All-Metro, finishing 3rd in the 5A GHSA Cross Country Championships

in 2019 and winning regionals at 1600m and 4x800m in 2021. Now 20, she competes for the University of Miami.

Number of times you've run Peachtree:
3

If you could have only one superpower, what would it be? Mind-reading

What song lives in your head rent-free? "Follow You" by Imagine Dragons

Which app on your phone could you not live without? YouTube

If you could eat only one meal for the rest of your life, what would it be? Cheerios

What's the coolest thing you own? My mug collection from around the world

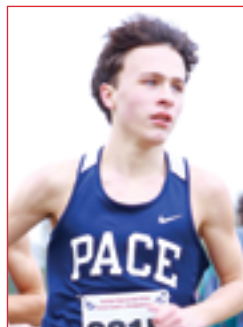
What's something you wish older adults understood about young people these days? Perfection isn't necessary.

What's the best moment you've ever had while running? A long run in Virginia. We competed the day before and ran into the woods past farms with Virginia's Highlands in the background. On my way back (running solo at

that time), it was incredibly peaceful and breathtaking to simply enjoy the moment.

What's your favorite thing about running Peachtree? The energy from other runners and from the community!!

EDWARD BLAHA



The top Georgia finisher in last year's Peachtree, the 19-year-old now competes for Columbia University. While at Pace Academy, he won the 2022 Wingfoot

Night of Champions 3200m, and broke 9 minutes for the distance (8:58.02) at the RunningLane championships the next week. Blaha has run the in-person Peachtree every year since he was 10.

Number of Peachtrees: 8

Superpower? The ability to freeze time

Song? "Viva La Vida" by Coldplay

App? Strava

Meal? Thai steak and fried rice

Coolest thing you own? A piece of the Berlin wall

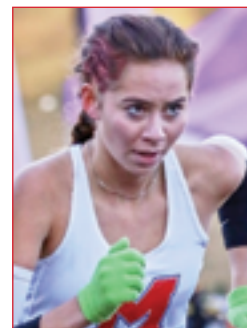
What's something you wish older adults understood about young people these days? Young people aren't as lazy as some older adults make us out to be. Sometimes people make our generation

out to be less motivated, but from my experience this isn't usually the case.

Best moment you've ever had while running? Figuring out that my team had won a cross country state championship after finishing the race my senior year.

Favorite thing about running Peachtree? The atmosphere is incredible. It's my favorite race to run every year because the crowds and thousands of runners make it unforgettable. The feeling of coming down an empty Peachtree Road with tons of people cheering on either side is exhilarating, and finally finishing and walking into Piedmont Park is so rewarding. I also love seeing so many people I know in the Georgia running community all show up to race and have fun.

NYAH HERNANDEZ



Hernandez won state titles in cross country, the 1600m and the 3200m during her career at Milton High School. The 5-time All-Metro selection went on to

compete for Kennesaw State University before transferring to the University of Arkansas last year.

Superpower? Maybe to be able to fly, so I can get places quickly and see the world



WHY DO WE RUN?

DO OUR BODIES JUST FEEL BETTER IN MOTION? DO WE RUN TO COMPETE AGAINST OURSELVES? OR TO BE PART OF A COMMUNITY OF LUNATICS? IS IT THE SHEER JOY OF PUTTING ONE FOOT IN FRONT OF THE OTHER? OR THE SPEED RESERVED FOR THE ELITE FEW? WHY DO WE FORGO SLEEP? WHY DO WE EMBRACE EXHAUSTION? WHY DO WE CRAVE HILLS LIKE CHOCOLATE?



FORERUNNER® FOR RUNNERS	GARMIN®
-------------------------	---------

Song? This is a tough one because I love music. "Cigarette Daydreams" by Cage the Elephant

App? I could not live without having access to any song I want whenever, so I'd say Apple Music

Meal? Chicken verde enchiladas with sour cream

Coollest thing you own? A picture of my dad when he was about 10. When I first saw, I asked, "where was I when this picture was taken. I don't remember it." We look so much alike that I thought it was me, so it is now one of my favorite things and memories of my dad.

What's something you wish older adults understood about young people these days? I have a lot of adults in my life, like my family and coaches, that seem to get things, so I feel lucky in that way.

Best moment you've ever had while running? One thing that jumps out at me is when I broke 17 minutes in the 5K my freshman year in college. It was something I had wanted to do for so long.

Favorite thing about running Peachtree? I love getting up early and walking from MARTA because there is so much energy even though it's dark and still feels like night. I also enjoy finishing and seeing people I haven't seen in a while who I've run with my whole life. The 10k is one of my favorite events and I like to set goals to beat my previous time so that also makes it fun.

DIEGO FERNANDES



Still competing for West Forsyth High School, the 17-year-old says that his top track achievement so far is playing a role in a sub-18-minute

4x1600m relay. Fernandes is still undecided on a university but hopes to compete at the collegiate level.

Number of Peachtrees: 1

Superpower? Super speed

Song? "I Wonder" by Kanye

App? Clash Royale

Meal? Wings

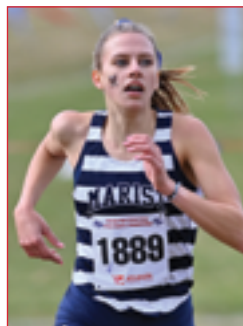
Coollest thing you own? My dog, Arthur

What's something you wish older adults understood about young people these days? It doesn't hurt to live one's life in the present. Though plans should be made for the future, it isn't a life-or-death situation.

Best moment you've ever had while running? A short 20-minute Sunday run with my friends where I felt like I could run forever.

Favorite thing about running Peachtree? The energy and the number of people it brings together to create such a great atmosphere.

JOHNA GRISIK



The 19-year-old out of the Marist School was a 3-time All-Metro as a 2-time GHSA 4A State Champion at 800m and 1600m, as well as a state champ

in the 4x800m and a runner-up in cross country. She is competing at Vanderbilt University and is on a pre-med track academically.

Number of Peachtrees: 1

Superpower? Definitely teleportation.

Song? Any Don Toliver, Jack Harlow or Justin Bieber song.

App? Honestly, probably my music app because I love listening to music whenever I can. Snapchat is another big

one, too.

Meal? Salmon, pasta and spinach. For dessert, I would have brownies because I am a chocolate lover

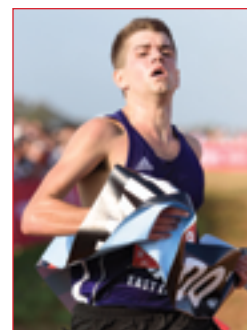
Coollest thing you own? A dollar bill signed by DaBaby

What's something you wish older adults understood about young people these days? How competitive everything is with an increase in the number of really well-rounded and talented people.

Best moment while running? Winning the 2021 4A state championship in the 1600 and breaking 5:00 for the first time, or our team winning the 4A cross country state championships three out of my four years at Marist.

Favorite thing about running Peachtree? The energy during the race is amazing and like nothing I have ever seen before. It gives you so much adrenaline, which carries you through the race and makes it go by so fast. I also love to see everyone dressed up!!! The Atlanta running community is really special and I feel like it is well-represented in the Peachtree.

KYLE HARKABUS



Now competing for Liberty University, Harkabus, 21, was a 5-time state champion (800m, 1600m, cross country) while at East Coweta High School.

As a sophomore, he also qualified for the Fooatlocker Cross Country Championships.

Number of Peachtrees: 6

Superpower? Flight

Song: "Beat It" by Michael Jackson and "Music Sounds Better With You" by Stardust



Save \$5. That's how we roll.

Join Club Publix and get \$5 off your next purchase of \$20 or more* when you sign up at clubpublix.com/save5.

*Must sign up by 12/31/2023 at clubpublix.com/save5.
Terms, conditions & restrictions apply.



App: TikTok and YouTube

Meal: Bigger Plate from Panda Express that includes Beef and Broccoli, Orange Chicken, Beijing Beef, and Half Fried Rice and Half Chow Mein

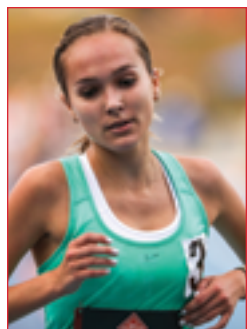
Coollest thing you own? An old skim board that I decided to paint and sticker bomb

What's something you wish older adults understood about young people these days? It has become more difficult financially to start out in life due to rising costs of almost everything. That is why young people are having more difficulty buying homes and start

Best moment you've ever had while running? Running a 4:19 mile during the middle of a workout and feeling like I am jogging the rep

Favorite thing about running Peachtree? Seeing a lot of the world's and USA's fastest athletes run in our home state and city and being part of the world's biggest 10K road race.

SARAH BURWELL



Now 20 and competing for Georgia Tech, Burwell's her proudest achievements at Walton High School include ending her career with an 18:25 5K after

having to walk in her first cross country race as a freshman. She also broke a school record in the 4x800m, helped her track team win a state title and won the 3200m at Wingfoot Night of Champions as a senior.

Number of Peachtrees: 6

Superpower? To be able to read people's minds

Song? "All Of the Girls You Loved Before" by Taylor Swift (yes I went to the concert)

App? Spotify

Meal? High-quality rainbow roll sushi

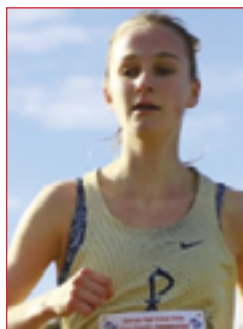
Coollest thing you own? A cat. He is orange and fluffy, his name is Fletcher and he was my 10th birthday gift.

What's something you wish older adults understood about young people these days? We are the future and everything they do affects us.

Best moment while running? Going into the last lap of the Wingfoot Night of Champions one of my coaches, Bill Stewart, said something that still makes me tear up thinking about to this day.

Favorite thing about running Peachtree? My whole family participates. My mom, dad, brother, uncle and two cousins all run together and my aunt, younger cousin and grandparents cheer us on.

GRACE VON BIBERSTEIN



Headed to Georgia Tech to study industrial engineering and run for the Yellow Jackets, von Biberstein is the 2021 GHSA 5A Cross Country Champion and

a member of three St. Pius X teams that won the state title. The 18-year-old is also the state record-holder in the 4x1600m.

Number of Peachtrees: 5

Superpower? To fly

Song? "Remember When" by Wallows

App? iMessage

Meal? Chicken tacos.

Coollest thing? My dog. He is a chocolate Labradoodle named Charlie

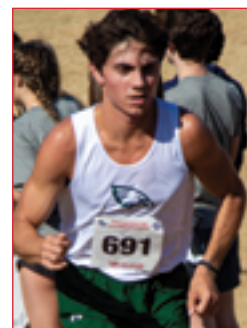
What's something you wish older adults understood about young people these days? That we can be stressed, too.

Best moment you've ever had while

running? At the Chattahoochee River, meeting my team for a long run at the river and exploring the trails.

Favorite thing about running Peachtree? The community. The shared excitement and joy for running is so special, from the runners themselves to the bystanders cheering and handing out water.

MARC PETRUCCI



Competing for Collins Hill High School in Suwanee, this 18-year-old considers running under 4:30 for 1600m and 10 minutes for 3200m multiple times

in this junior year as his top achievement so far. He hopes to compete in college.

Number of Peachtrees: 1

Superpower? Shape-shifting

Song: Yacht Club

App: YouTube

Meal: PIZZA, ABSOLUTELY

Coollest thing you own? My triathlon bike

What's something you wish older adults understood about young people these days? We need better understanding of our situations we're going through.

Best moment you've ever had while running? 6th at State XC.

Favorite thing about running Peachtree? The atmosphere is HYPE.

RUNNING CITY USA

**GEAR UP AND
MEET ME IN THE PARK**



Stop by Atlanta Track Club at the Peachtree Health and Fitness Expo
presented by Publix and check out our latest merchandise.

HE'D GIVE YOU THE SHIRTS OFF HIS BACK NOW FRIENDS WILL WEAR THEM TO RUN JIMMY'S 50TH

By Stephanie Hoppe

July 4 was set to be a momentous day for James Milford “Jimmy” Haddle, Jr. This year’s Atlanta Journal-Constitution Peachtree Road Race would have marked his 50th consecutive year of completing the event.

But last July 17, just weeks after running his 49th Peachtree, Haddle passed away at age 82.

Haddle will still reach his goal of 50 Peachtrees, at least in spirit, as 49 people – one to represent each year Haddle ran – will come together to honor his memory and celebrate his life by running the Peachtree. Each will wear one of Haddle’s race T-shirts, as a fundraiser for one of his favorite causes.

Dawn de Klerk, 55, is organizing the tribute to Haddle, who was a fixture in his running community.

“I’m a better person for knowing Jimmy Haddle,” said de Klerk, who will also participate in the race and has herself run all but two Peachtrees since 1994.

As of June 5, 45 people were set to race for Haddle; four more were still being sought to complete the effort.

Most team members have a personal connection to Haddle, either through running, Onelife Fitness or Douglasville First United Methodist Church – whose



Haddle crossing the finish line of his 49th Peachtree last year.





LOOK FORWARD TO NEW ADVENTURES

LEARN MORE AT NORTHSIDE.COM

LOOK TO
NORTHSIDE
HOSPITAL



senior pastor, Roger Vest, will also participate. Haddle grew up in Douglasville, at one time starring as quarterback for Douglas County High School, and after his Army service returned to Douglasville in 1966 and joined his father at Haddle Insurance Agency, where he worked for 42 years.

Because the group is composed of people of all ages and abilities, they won't all run together; some will walk and others will compete virtually. But the group plans to gather for a pre-race pasta dinner, and for photos before and after the event.

Once they hit the streets, the runners will be easy to spot. Haddle's wife, Debbie, gave most of his old shirts to the cause. Runners have in turn "purchased" those shirts by donating anywhere from \$15 for the more recent race shirts to \$50 for those of an earlier vintage. So far, the cause has raised \$1,500 with all proceeds going to Loving Hands Ministry, of which Haddle was a founder.

In 1997, Haddle and three others recognized a need in their community: After fires, floods and other natural disasters, people lacked clothing and other household goods. Loving Hands Ministry has grown from a warehouse where those in need could get help to a second-hand thrift store where the community can now come to shop.

Leigh Ann Champion, 51, the current director of Loving Hands Ministry, said the race for Haddle "means a tremendous amount to us. We can continue the mission that Jimmy and others started those years ago."

Haddle, who served as chairman of the board until his passing, remained dedicated to Loving Hands, coming into or checking on the facility every day and helping with everything from financials to furniture pick-ups and maintenance.

"We try to keep his memory alive through Loving Hands, the example he lived out for us. There is not a day that goes by that we don't talk about Jimmy," said Champion, who will don the shirt from 1991, the year she and her husband were married, in Haddle's memory.

Also participating will be Haddle's best friend, Kip Berry, 76, who knew Haddle for most of his life.

"We miss him. He was a great human being, a great American. The whole community misses him," Berry said. The duo completed about 35 Peachtrees together, starting in 1973, so it's only fitting that Berry will wear the 1973 race shirt.

Berry said that after their first Peachtree, they ran a second



From left: Ryan Clower, who will run in Haddle's 1978 shirt; Leslie Cho, who is making a donation; longtime friend Kip Berry, who will wear 1973; and Haddle.

year, and then a third, and so the streak was born. Years ago, on Peachtree race morning, Berry said the group would wake up at 4 a.m., carpool to Buckhead from Douglasville, walk a mile to the starting line, complete the 6.2-mile race and then run 5 miles back to their cars.

Over the years, Berry had to stop racing Peachtree due to knee issues, but nothing kept Haddle away – not even the heart attack he suffered in September 2006, after finishing a run at his gym. The next July, he ran Peachtree.

In addition to Peachtree, Berry said, he and Haddle ran everything from local races to the Boston Marathon to a marathon through the Grand Canyon. Haddle also helped form a local running group called the Douglas County Coasters that met every Saturday. As much as he ran, he was also a permanent fixture at the gym, where he could be found working out most mornings at 5 a.m.

He was also a devout Christian. "You just can't talk about Jimmy without also talking about his faith. Everything that he did, you could tell he was a man of God and strong in his faith," said de Klerk.

Whether building houses, going on service trips abroad or mentoring youth in his community, Haddle's impact was undeniable. In addition to Loving Hands, Haddle was passionate about local chapters of Habitat for Humanity, the Boys & Girls Club, and the Mission Board of the First United Methodist Church of Douglasville.

"He was born on Valentine's Day, which was just so appropriate because he had the biggest heart of anyone you'd ever meet," de Klerk said.

The background of the entire page is a photograph of two women running outdoors. The woman in the foreground is smiling broadly at the camera, wearing a dark grey long-sleeved athletic shirt. The woman behind her is also smiling and looking slightly to the side, wearing a light green tank top. They appear to be in a park or urban setting with buildings and trees in the background.

NCR is a proud sponsor of the 2023 AJC Peachtree Road Race

And we love the word "run." It's how we support local and national businesses: by delivering everything they need to run end to end.

Learn more at [NCR.com](https://www.ncr.com).

VOLUNTEER JANICE MATHEWS IS ON THE BALL



Mathews, far left.

Back in the 1990s, many members of the YMCA where Janice Mathews worked took part in the Decatur DeKalb 4 Miler, so she thought it would be fun to support them by volunteering.

Several decades and many dozens of Atlanta Track Club events later, the 64-year-old Doraville woman is looking forward to again serving as a water station crew chief at the Atlanta Journal-Constitution Peachtree Road Race. July 4 will also mark another year of continuing to pass along her spirit of service to the next generation.

“I often have some of my volleyball players volunteer,” she said. “If you expose them to volunteering when they’re young, they’ll do it for the rest of their lives.”

Over the decades, Mathews estimates, she has recruited hundreds of kids – including her daughters Nikki, now 29, and Sara, 26 – to help at Club events.

After playing volleyball in college, Mathews has been coaching athletes from the developmental to the collegiate level for more than 35 years and is now a director and head coach (along with Sara) of Ace Volleyball & Athletics. Back when she worked for the Y she had access to a bus that she would load up with young volunteers; this year, a bunch of Clarkston High School volleyball players will be the ones getting up before dawn to help keep the runners and walkers hydrated.

“Of course, they hate it,” she said, chuckling, of that early wake-up call. “But they get it. They know they’re helping their community.”

As for herself, she said, “It’s fun being out there cheering and yelling and screaming. Plus, the runners thank you for volunteering. That was unexpected, and it’s so rewarding. It makes you feel good that they appreciate it as much as you like doing it.”

In addition to giving of her time at three or four Atlanta Track Club events each year – including the Microsoft Peachtree

Junior, which she called “so much fun” – Mathews is a busy volunteer in the senior exercise community, including teaching a weekly Active Older Adults class in Dekalb County.

“Janice has such a heart for the Atlanta community as a whole, and her focus on youth and senior citizens has been something inspiring to behold,” said Kristin Lide-Hall, the Club’s manager of volunteer services. “She gives her time joyously to Atlanta Track Club, and we couldn’t ask for a more exemplary individual to be a crew chief and volunteer.”

Asked what advice she would give new Atlanta Track Club volunteers, Mathews said:

“However much you put into your work as a volunteer, you get that much back and more!”

BARBARA HUEBNER

BILL THORN PLANS TO GO FOR #54



Last year, Bill Thorn became the only person to finish every Atlanta Journal-Constitution Peachtree Road Race, 53 of them, since the event began in 1970.

Of the Original 110 starters, Thorn and Don Gamel were the only two who were still

running each year through 1992. In 1993, it went down to one.

Racing virtually near his home in Tyrone, Thorn began the 2022 race at 6:30 a.m. and about 3 hours and 20 minutes later – complete with police escort tooting its siren – he broke a makeshift tape to applause from about a dozen family and friends.

Now 92, Thorn plans to participate again this July 4 on the neighborhood course he has used since 2020, likely accompanied by his pastor and his daughter, Cheryl Thrasher, among other family members.

BARBARA HUEBNER

RUNNING BAREFOOT TO HONOR BIKILA

There are many ways to participate in the Peachtree; barefoot is seldom one of them. But that’s how Ermias Ayele plans to cover the 6.2 miles from Lenox Square to Piedmont Park.

Ayele is a former race director of the Great Ethiopian Run 10K, held annually in the capital of Addis Ababa. The largest

BMW iX



THE OFFICIAL VEHICLE OF THE
ATLANTA JOURNAL-CONSTITUTION
PEACHTREE ROAD RACE.



The Ultimate **Electric**
Driving Machine

Go electric. Go anywhere. The BMW iX Sports Activity Vehicle® arrives with class-defining style and performance, game-changing sustainable materials, and innovative technology. The iX delivers far-reaching range and efficiency, with all the breathtaking power that define all BMWs. Experience our electrifying performance with a test drive of the Ultimate Driving Machine® today and see why BMW is the new electric standard.

Contact your Atlanta area BMW Client Advisor to schedule a test-drive of an Ultimate Driving Machine® today.

#BornElectric

Athens BMW
ATHENSBMW.com

Global Imports
ATLANTABMW.com

Nalley BMW of Decatur
NALLEYBMW.com

BMW of South Atlanta
BMWOF SOUTHATLANTA.com

BMW of Gwinnett Place
BMWOF GWINNETTPLACE.com

United BMW
UNITEDBMW.com

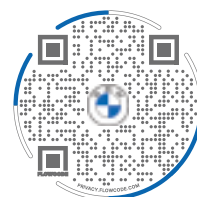


@Atlanta BMW Centers



@bmw_atl

Scan the QR code and
visit **BMWATL.com**
to learn more





road race in Africa, with 45,000 participants, the run was founded in 2001 by two-time Olympic gold medalist Haile Gebrselassie, one of the greatest distance runners in history.

Another Ethiopian distance runner who was a two-time Olympic Champion is Abebe Bikila, who won the 1960 Olympic marathon and set a world record in Rome while running barefoot. As the first African to win gold, he became a national hero

and the “father” of Ethiopian athletics.

“He is a great inspiration for me personally and for many of our athletes, so I want to honor him,” said Ayele, 45. “I am currently working to brand our nation; athletics has a great part to play and Abebe Bikila’s name and achievement come first.”

A few weeks ago, he came to do a test run on the course, along with race director Rich Kenah.

“It was great,” he said, “but the road surface is rough for barefoot running.”

It won’t be his first challenge in that regard. Last March, while running barefoot in the Rome Marathon, he stepped on a small piece of glass with his left heel just 10K into the race. (He finally stopped and pulled it out at 30K.) Even that annoyance didn’t cut into his experience of being in the Italian capital, which took him back to the videos he’s seen of Bikila’s historic triumph in that city.

Adding to Ayele’s eagerness to run Peachtree this year is the chance to line up behind countrywoman and defending champion Senbere Terferi, who has won several events he’s directed, and the opportunity to connect with the large Ethiopian community in the metro Atlanta – many of whom he expects will be out cheering on July 4.

With the new direct flight on Ethiopian Airlines between Addis Ababa and Atlanta, Ayele is also hoping that Peachtree runners will visit to see for themselves how the Great Ethiopian Run’s hills compare to Cardiac – at over 7,000 feet of altitude, no less – and how its thousands of dancing participants match up with Peachtree’s patriotic paraders.

“I want more U.S. runners to see our special event and visit our beautiful country,” he said.

BARBARA HUEBNER

LEARN HOW TO BE A SUSTAINABLE RUNNER



Tina Muir is traveling the country to educate runners and walkers on how to be what she loves to call “stewards of the earth” while picking up litter along the way.

Muir, a 2:36 marathoner who once represented Great Britain in the World Half Marathon Championships, has worked with race organizers such as New

York Road Runners and Chicago Event Management to implement sustainability practices and speak to participants about steps they can take to take care of the trails, roads and sidewalks on which they run.

Muir, host of the popular podcast “Running for Real,” is bringing her message and mission to the Peachtree. Looking for a unique pre-race shakeout? Join Tina to go plogging on Sunday morning. All you need is your running shoes. A trash bag and gloves will be provided.

Later, she’ll talk about her forthcoming book, “Becoming a Sustainable Runner,” at the Peachtree Health and Fitness Expo presented by Publix. And she’ll run the Peachtree for the first time, taking notes on sustainability steps Atlanta Track Club is already taking and looking for areas of improvement. Through her social media following, newsletter and podcast, she’ll also make sure that the larger running community is aware of the Club’s efforts.

Since 2019, Atlanta Track Club has added recycling receptacles to all its events, made efforts to reuse and recycle signage and, through its partnership with adidas, provides finisher’s shirts at the Peachtree made entirely from recycled materials.

Muir said she became passionate about sustainability from watching the animated movie “Ferngully” at a young age, but she started speaking out about it only in the last two years as she began to understand that people felt overwhelmed by the concept.

“When people hear sustainability, they think ‘oh they are going to tell me to never fly again. I’m going to have to take a boat across the Atlantic. If I hold a water bottle in my hand, I’m going to be canceled,’” she said. “My message is that we all can be a part of the solution here and we all can take these steps.”

JAY HOLDER



Photos: Matt Demarko, Stephanie Heath, Joaquin Lara, Paul McPherson, Paul Ward



T-SHIRT CONTEST THE WINNER'S A SECRET, BY DESIGN



Which T-shirt will you don after crossing the finish line of the 54th Running of the Atlanta Journal-Constitution Peachtree Road Race on July 4? Will it highlight Cardiac Hill? The beloved Peach? The Atlanta skyline? The Independence Day holiday? All of the above?

You won't know until you get there.

Held since 1995, the T-shirt contest is one of the most-storied traditions of the Peachtree. As is tradition, dozens of design submissions for the ultimate race souvenir were narrowed down to five finalists by representatives from Atlanta Track Club and the Atlanta Journal-Constitution. Artists were judged based on their adherence to the official rules and on how well their design captured the theme and history of Atlanta's iconic summer event. During that process, the identity of the artist is not known to the selection panel.

The finalists were then put to an online vote, which ended on March 31. The winner, who will receive a \$1,000 prize, will remain a mystery until the "big reveal" on the adidas performance shirts given to finishers in Piedmont Park.

"We go to great lengths to keep the winning design a secret right up until race morning," said Jay Holder, vice president of marketing and communications for the Club. "By the time we get to that moment, I can hardly wait to see the look on the winner's face, whether in person or via FaceTime, when they realize it's their shirt that's being handed out in The Meadow."



Artist: Erica Dean

Residence: Lawrenceville, GA

Occupation: Student

Inspiration: *I wanted to capture the essence of the Fourth of July in a subtle, yet fun way. I chose to make the peach the star of the show; the leading lines sprouting from the peach showcase the bold energy of fireworks, with the dotted lines alluding to roads. I chose muted colors for a less aggressive approach, so the lines and overall illustration wouldn't get washed out by bold colors.*



Artist: Maurice Garland

Residence: Tucker, GA

Occupation: Writer/Author

Inspiration: *Runners constantly check their watch to monitor their pace, heart rate and anything else these fancy features offer. So why not have the shirt feature one of a runner's favorite accessories? The watch face is an ode to the peach and the 4th of July, but it also includes some data presented in the form of the four area codes of Atlanta, symbolizing the ongoing growth and expansion of the city's population and identity.*



Artist: Eryn Kelly

Residence: Acworth, GA

Occupation: Marketing Coordinator

Inspiration: *To me, the Peachtree feels like a kickoff party for the rest of your Fourth of July! I wanted the design to be fun and vibrant, and to represent what a joy it is to experience running down Peachtree year after year.*



Artist: Stephen Mullinax

Residence: Stone Mountain, GA

Occupation: Graphic Designer

Inspiration: *I wanted to capture the feeling of the uphill portion of the race, which is the most challenging, but often the most memorable.*



Artist: Cece Page

Residence: Atlanta, GA

Occupation: Graphic Designer & Owner of The Cece Shop

Inspiration: *I love that Atlanta's nickname is The City in the Forest and wanted to incorporate that into my design. I run regularly and always enjoy looking at the way Atlanta's urban architecture blends so well with our abundance of trees and plants. There's so many rolling hills and winding roads and Atlanta doesn't follow a traditional grid, which makes it feel like a big, patchwork neighborhood.*



GET READY, GET SET!

Let's go on an immersive journey where the worlds of STEM and wellness collide!

Join us at the Microsoft Peachtree Junior and the Peachtree Health & Fitness Expo for Wellness STEMS from Here, a Microsoft learning experience, that combines the wonders of STEM with the pursuit of holistic wellbeing!

Get a sneak peek at the activities, visit:
www.microsoftstemandsports.com



FAST FEET FORWARD

AND HEALTHY HANDS-ON



MICROSOFT PEACHTREE JUNIOR

- July 2
- 8:00 a.m.
- Piedmont Park
- Mile (ages 6-14)
- Dash (6 & under)
- Short-sleeve adidas T-shirt, snack and NEW Pete the Peach medal!
- Mile: \$30 through July 1; \$35 on event day
- Dash: \$20 through July 1; \$25 on event day

Get more information and register at atlantatrackclub.org/2022-peachtree-junior



Celebrating its 36th anniversary, the Microsoft Peachtree Junior will once again give kids a chance to get in on the action.

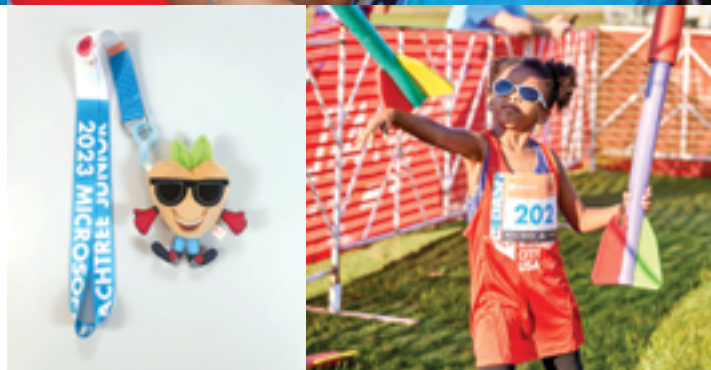
And not only race action, either. In addition to a Mile (ages 6-14) and Dash (ages 6 & under), the event will feature a Track & Field Zone with the chance to try out the shot put, standing broad jump, mini hurdles and more; a mascot race and photo-op station; a take-home Kids Workshop Kit at The Home Depot Tent; and the return of the Microsoft STEM Tent.

In the Mile, participants will cross the same 10th Street finish line as that of the Atlanta Journal-Constitution Peachtree Road Race.

Following this year's theme of "Wellness STEMS From Here," participants ages 6-14 will be able to visit the Microsoft STEM tent to develop their own step counter, cardio tool or arcade game starring Atlanta Track Club mascot Pete the Peach, in addition to testing their speed on the roads or Meadow.

"The morning is so much more than the Mile and Dash," said Caryn Lamphier, event manager. "Families can come together and explore The Meadow at their own pace, checking out the different activities while experiencing the many meanings of fitness."

Not to mention, "It will be a barrel of fun."



SWEATHOUZ
INFRARED SAUNA + COLD PLUNGE



WORK UP A SWEAT

RECOVER WITH A NICE COLD PLUNGE



FOR SOME PERKS, IT'S MEMBERS ONLY

By Rachel Schrensky

With more than 40 events and programs on the 2023 calendar, Atlanta Track Club hosts races for participants of all ages and ability levels throughout metro Atlanta – from the 54th Running of the Atlanta Journal-Constitution Peachtree Road Race to the new adidas Atlanta City Games, from the All Comers series to Publix Atlanta Marathon Weekend.

One of the biggest enhancements to membership this year for the 30,000 runners and walkers who belong to the Club is the addition of the member wave benefits for the Peachtree. Now, members are not only guaranteed entry into the race but are also guaranteed the opportunity to line up in Wave M or better. Members can also register for the fixed price of \$42 right up until the entry deadline and are invited to a post-race member party at Park Tavern sponsored by Monday Night Brewing.

But Atlanta Track Club membership offers benefits well beyond July 4. They include:

- FREE entry into seven member-exclusive Atlanta Track Club events as part of the Grand Prix Series presented by Summit Coffee
- An annual member gift. For 2023, the gift is an adidas Atlanta Track Club hat
- Two one-time guest passes to share with family and friends for Atlanta Track Club events in the Grand Prix Series
- Group runs and walks across the city hosted by Atlanta Track Club's ambassador team
- Discounts at local specialty running stores across the city
- Discounts to the Georgia Aquarium and the Atlanta Journal-Constitution, as well as other Atlanta favorites
- Access to exclusive member seminars, info sessions and meet-and-greets
- Exclusive member deals from Atlanta Track Club partners



Enjoying the 2022 members post-race party

First-time member Megan Mooney tells her story:

"I happened to be walking the Atlanta BeltLine and was attracted to the swarms of people I saw surrounding Piedmont Park," she said, of stumbling upon the Peachtree last July 4 just days after moving to Atlanta from Fort Collins, Colorado. She'd heard stories of the race – her mother ran it in 1988 – but "I had never experienced that type of race day atmosphere before and I just had to find a way to be surrounded by the liveliness of the community of the finish line."

Mooney ran in college, and knew she wanted running to continue to be a part of her life. She was looking to be a part of a broader community, so she went to her first Atlanta BeltLine Run Club later that month to meet new people. She has enjoyed the combination of exercise and a positive social group with a full range of running experiences and is now a regular at the free group runs.

"I have made so many friends at these runs and it is nice to be exposed to so many people at different stages in their running journey," she said. At the beginning of 2023, she took a further step and became an Atlanta Track Club member. She has enjoyed the free Grand Prix events and jumped at the opportunity to participate in its variety of distances beyond the common 5K and 10k options. To celebrate one year in her new home, she will be running the 2023 Peachtree with friends she made at that first week of BeltLine Run Club.

To learn more about how to become a member of Atlanta Track Club and help support its mission of building Running City USA, visit atlantatrackclub.org.



WHAT'S YOUR POST-PEACHTREE PLAN?

WE HAVE AN IDEA....

Complete the Triple Peach
Series and earn the medal
everyone is talking about



HERE'S HOW YOU CAN HELP

By Kendyl Moss

The Atlanta Track Club Foundation, established in May 2021, supports the mission and vision of Atlanta Track Club's commitment to creating an active and healthy Atlanta. The Foundation oversees all fundraising efforts associated with community programs and general operations as well as seeks to create meaningful partnerships to expand community engagement.

The Foundation's efforts are fundamental to the Club's mission. Through the generosity of donations, collaborative partnerships and funding from other foundations, the Club is able to maintain, grow and develop programs for every part of the runner and walker lifecycle.

Thanks to your help, the dollars raised allow Kilometer Kids,

Atlanta Public Schools middle and high school resource programs, adult In-Training programs and our Olympic Development athlete program to help improve fitness and health literacy in Atlanta.

Your support and donations to the Atlanta Track Club Foundation will continue to allow the Club to maintain existing programs and build new programs for generations to come.

Donations can be made online: atlantatrackclub.org/donate or via mail to Atlanta Track Club Foundation, 201 Armour Drive, Atlanta, GA 30324.

Here's a deeper look into how your donations have and will continue to make a difference:



Kilometer Kids – This past spring, Kilometer Kids programming took place at more than 40 schools and four community sites across metro Atlanta, with more than 3,500 kids introduced to the joys of running via the program's motto of "Work hard, be kind and have fun." This free-to-all program, through games and running activities, encourages kids to cover 26.2 miles over the course of 10 weeks.



Midweek Mile & Dash Series – On three weeknights in the spring and fall, this free series provides all children 14 and under a chance to compete in the 50 meter dash – and those ages 6 and up can run a timed mile. In the track and field zone, kids can throw the "javelin" and practice the hurdles and horizontal jumps with professional athletes.



All Comers Track & Field Meets – One of the Club's longest-running traditions, this series is held annually on Tuesday evenings in May and June. Entry is free to all, and events range from the 100 meters to the long jump to the 5000 meters. There's a spot on the start line or the runway for all, whether it's your first or your 1,000th track meet.



Atlanta Public Schools Partnership – Since 2018, Atlanta Track Club Foundation has supported the growth of track and field and cross country programs in Atlanta Public Schools by providing coaching resources, clinics with Olympic athletes, marketing and meet-management essentials.



Atlanta Track Club Elite – A specially selected core of post-collegiate Olympic Development athletes are given the opportunity to chase their dreams as members of the Atlanta Track Club Elite team. The Club supports the Elite team with coaching, training facilities, physical therapy, travel expenses and stipends.

MONDAY NIGHT

BREWING

THE OFFICIAL BEER OF THE
2023 ATLANTA JOURNAL-CONSTITUTION
PEACHTREE ROAD RACE



TWO ATLANTA
TRADITIONS

IT'S EXPO TIME!

Looking to get fired up for your race? The Peachtree Health & Fitness Expo presented by Publix is just the place. On **July 2-3 from 10 a.m.-6 p.m. in Hall C4 of the Georgia World Congress Center**, the event will feature more than 40 exhibitors. First pick up your race number! Then, check out the latest merchandise from Atlanta Track Club and adidas, including 2023 Atlanta Journal-Constitution commemorative gear, before learning a fun thing or two at our live info sessions:

July 2: 1 p.m., Course Preview; **3 p.m.**, Becoming a Sustainable Runner with Tina Muir; **5 p.m.**, adidas Runners Seminar

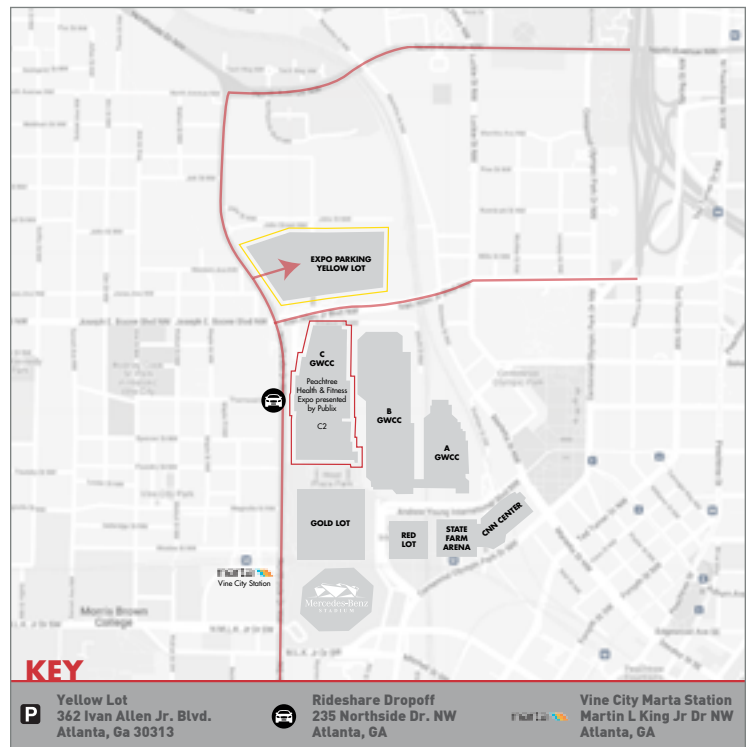
July 3: 11 a.m., Meet the Elites, with Carrie Tollefson; **1 p.m.**, Course Preview; **3 p.m.**, Slow AF Run Club with Martinus Evans

AND ... plan ahead for next year! Become an Atlanta Track Club member to get early access to the expo. Members get in at 9 a.m., an hour before it opens to the public.

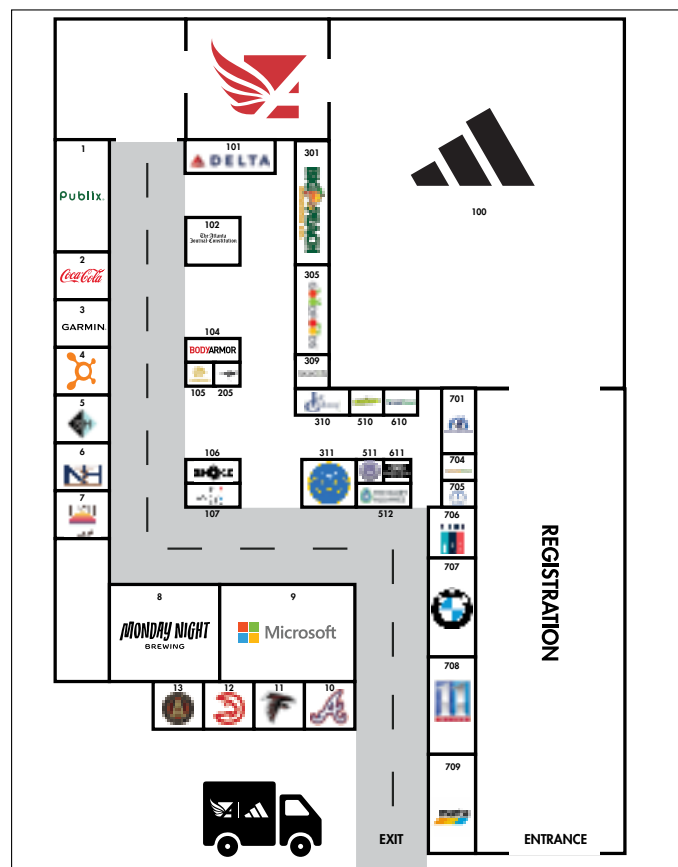
Enjoy visiting our vendors and partners:

100 adidas	301 Big Peach Running Co.
1 Publix	305 Good Foods
2 Coca-Cola	309 RaceDots
3 Garmin	310 Jeff Galloway
4 Orangetheory	311 Shepherd Center
5 Sweathouz	510 BeeCause
6 Northside Hospital	511 Atlanta Police Foundation
7 High Rise Beverage Company	512 The Dairy Alliance
8 Monday Night Brewing	610 Bath Planet
9 Microsoft	611 Sparkly Soul Inc
10 Atlanta Braves	701 National Running Center
11 Atlanta Falcons	704 runningnerds
12 Atlanta Hawks	705 Cooper River Bridge Run
13 Atlanta United	706 Stretch Lab
101 Delta	707 BMW of Buckhead
102 AJC	708 11 Alive
105 Namirsa	709 MARTA
106 SHOKZ	
107 WonderPax	
205 RooSport	

GETTING THERE



EXPO MAP



Keeping Georgia Connected.

Millions of Georgians depend on us. That's why we're making critical investments in a stronger, more resilient grid that decrease the number and length of power outages.

By making smart investments today, we'll be able to meet our customers' needs now and for decades to come.

Learn more at georgiapower.com/grid.





START MAP

Atlanta Journal-Constitution
Peachtree Road Race

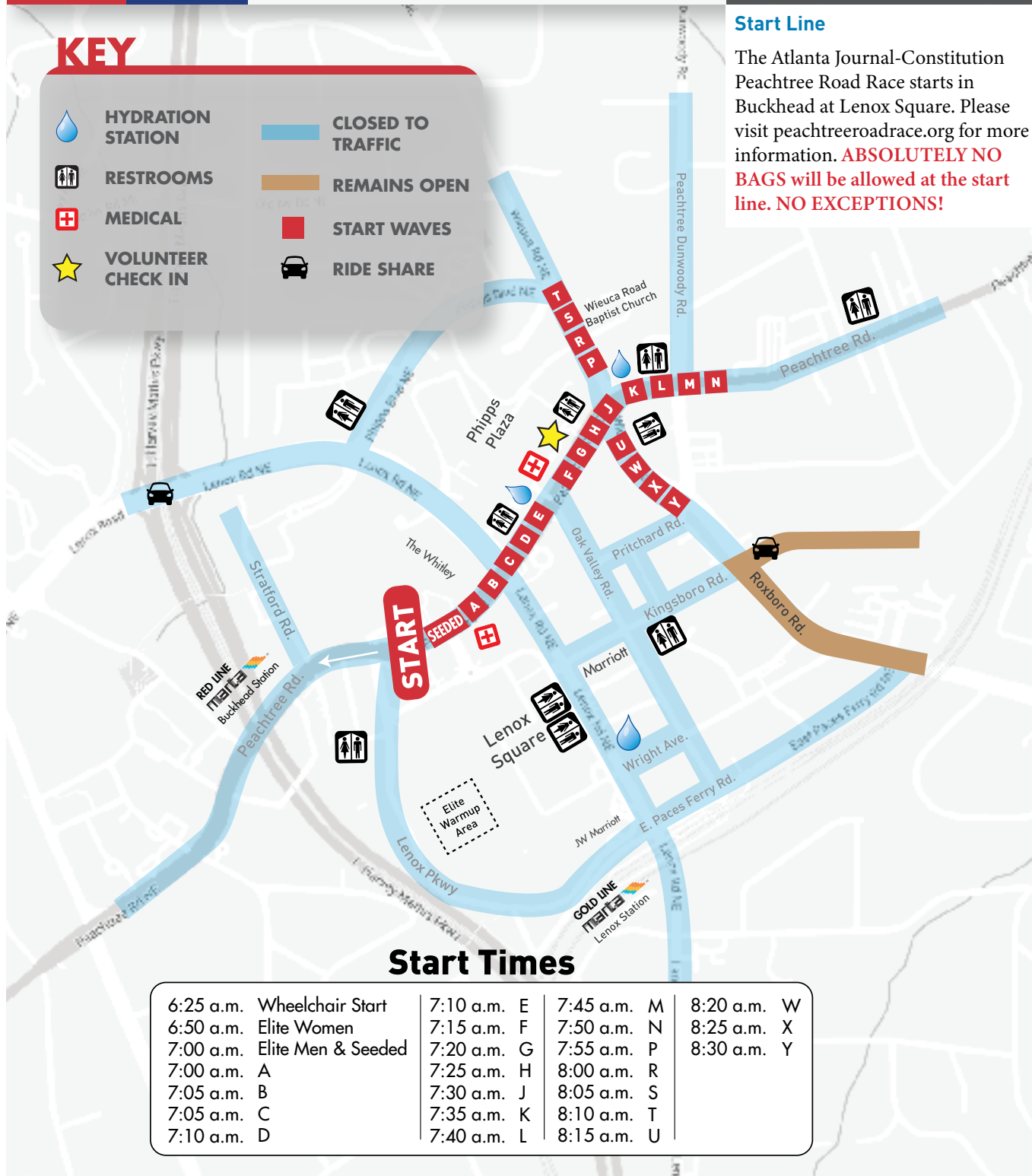
LENOX SQUARE MALL
3393 Peachtree Rd
Atlanta, GA 30326

KEY

- HYDRATION STATION
- RESTROOMS
- MEDICAL
- VOLUNTEER CHECK IN
- CLOSED TO TRAFFIC
- REMAINS OPEN
- START WAVES
- RIDE SHARE

Start Line

The Atlanta Journal-Constitution Peachtree Road Race starts in Buckhead at Lenox Square. Please visit peachtreerodrace.org for more information. **ABSOLUTELY NO BAGS will be allowed at the start line. NO EXCEPTIONS!**



Start Times

6:25 a.m. Wheelchair Start	7:10 a.m. E	7:45 a.m. M	8:20 a.m. W
6:50 a.m. Elite Women	7:15 a.m. F	7:50 a.m. N	8:25 a.m. X
7:00 a.m. Elite Men & Seeded	7:20 a.m. G	7:55 a.m. P	8:30 a.m. Y
7:00 a.m. A	7:25 a.m. H	8:00 a.m. R	
7:05 a.m. B	7:30 a.m. J	8:05 a.m. S	
7:05 a.m. C	7:35 a.m. K	8:10 a.m. T	
7:10 a.m. D	7:40 a.m. L	8:15 a.m. U	

Getting There

MARTA: Participants and spectators are strongly encouraged to take MARTA to the Lenox station to get to the start line. MARTA will begin running at 4:30 a.m. on race day. Breeze Cards will be available for purchase at the Expo.

One awesome price for two lines of Unlimited. Double yay.



xfinity mobile

This is big. *Huge*, actually. With Xfinity Mobile you can get the best price for two lines of Unlimited. Just \$30 a line per month. Did we mention it's also the fastest mobile service? Alright, that deserves at least one more "yay."

Xfinity Unlimited Intro service and Xfinity Internet required. Best price comparison based upon two Unlimited lines and lowest price for unlimited 5G plans of top three carriers. Reduced speeds after 20 GB of usage/line. Taxes and fees extra. Data thresholds may vary.

The fastest mobile service with 5G and millions of WiFi hotspots

Two lines of Unlimited

\$30 a line /month

Xfinity Unlimited Intro service and Xfinity Internet required. Reduced speeds after 20 GB of usage/line. Taxes and fees extra. Data thresholds may vary.

Save hundreds a year over T-Mobile, AT&T, and Verizon

Xfinity Internet required. Savings comparison based upon two Unlimited Intro lines and lowest price for unlimited 5G plans of top three carriers. Reduced speeds after 20 GB of usage/line. Taxes and fees extra. Data thresholds and actual savings may vary.



1-800-xfinity



xfinity.com/10g



Visit a store today

Comcast may have the right to exclusively market certain services to residents. We are not an exclusive provider of any services and services from other providers may be available.

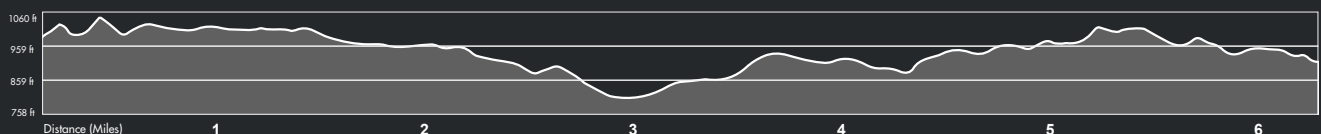
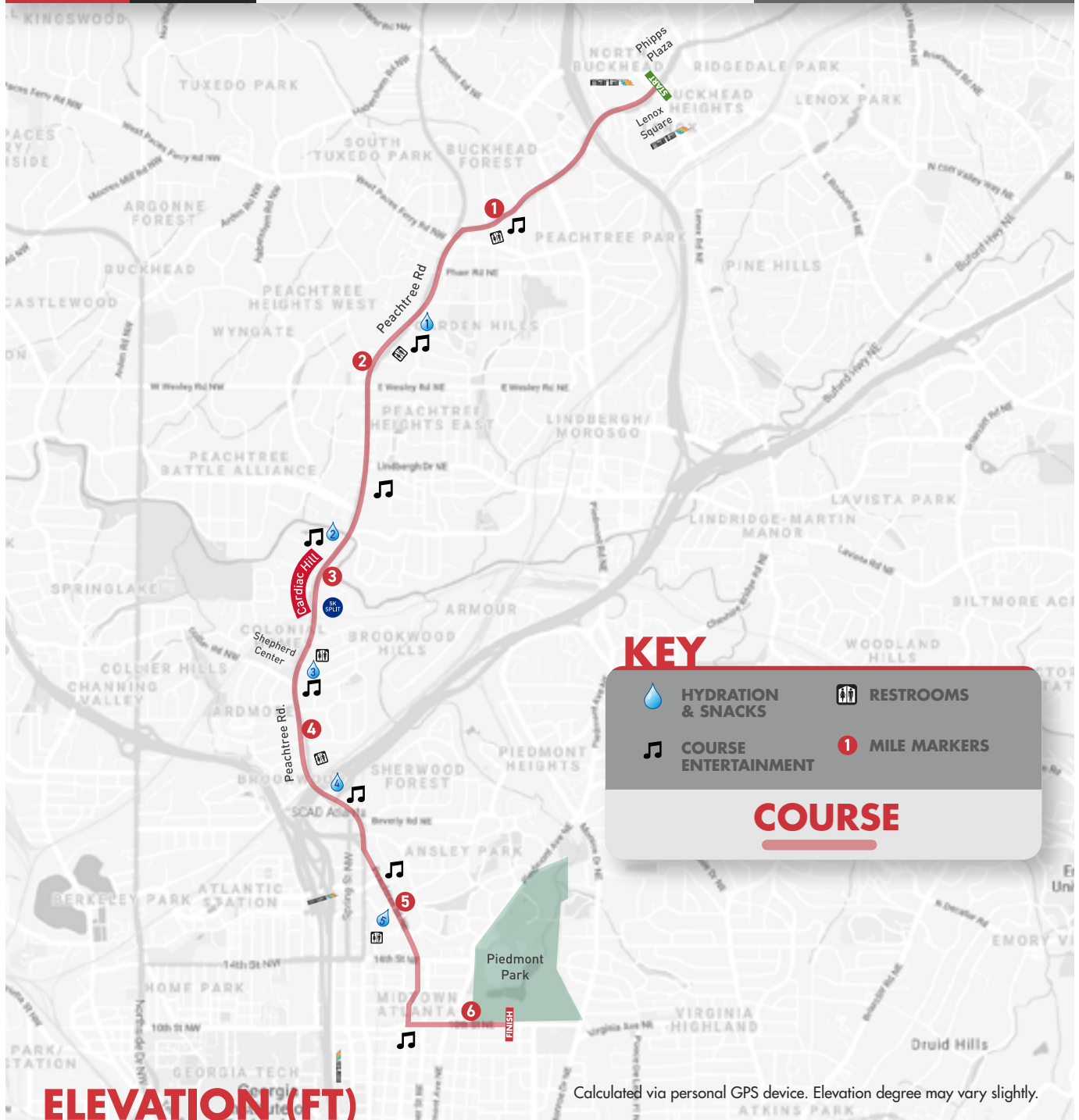
Restrictions apply. Not available in all areas. Xfinity Mobile requires residential post-pay Xfinity Internet. Line limitations may apply. Equip., intl., and roaming charges, taxes and fees, including reg. recovery fees, and other charges extra, and subj. to change. \$25/line/mo charge applies if Xfinity TV, Internet, or Voice post-pay services not maintained. Pricing subject to change. In times of congestion, your data may be temporarily slower than other traffic. Reduced speeds after use of monthly data included with your data option. Data thresholds and savings may vary. For Xfinity Mobile Broadband Disclosures, visit xfinity.com/mobile/policies/broadband-disclosures. Fastest mobile service claim based on consumer testing of mobile WiFi and cellular data performance from Ookla® Speedtest Intelligence® data in Q4 '22 for Comcast service areas, verified by Ookla for Comcast's analysis.



COURSE MAP

Atlanta Journal-Constitution
Peachtree Road Race

LENOX SQUARE
3393 Peachtree Rd
Atlanta, GA 30326



Official Chicken Sandwich of the AJC Peachtree Road Race





Atlanta Journal-Constitution Peachtree Road Race

Getting Home

Participants and spectators are strongly encouraged to take **MARTA** home after the race. The closest stations to the finish line are Midtown and Arts Center. Or, MARTA buses will be staged near the 12th Street gate to Piedmont Park to transport you to Lindbergh Station. You must have a Breeze card to board the bus to Lindbergh.



RACE DAY READY



- Don't forget to pick up your race number at the Peachtree Health & Fitness Expo if you didn't choose to have it mailed.
- Plan your race day, including how to get to the start line, where to meet family and friends, and how to get back to your car or access MARTA.
- Stay hydrated with water AND electrolytes.
- Don't try anything new on race day or in the days just before it. This includes physical activities, food, clothing or shoes. Stick with what's familiar.
- Cotton shirts or shorts may cause chafing, especially if they get damp from humidity or doused with water from those welcome hoses. Breathable running attire is best even if you're walking. And no flip-flops!
- Remember to set your alarm.
- And don't forget to have a great day – you're about to become a proud finisher of the 2023 Peachtree!

JULY 4 SCHEDULE OF EVENTS



4:30 a.m.

MARTA trains begin carrying runners to the start line

6:25 a.m.

Start of Shepherd Center Wheelchair Division

7:00 a.m.

Start of Atlanta Journal-Constitution Peachtree Road Race

8:40 a.m.

Start line closes

6:10 a.m.

Runners begin getting into start waves

6:50 a.m.

Start of Elite Women's race

8:30 a.m.

Last start wave leaves start line

HOW TO FOLLOW THE ACTION

Our official media partners, the Atlanta Journal-Constitution and WXIA-TV 11Alive, will have complete coverage of the 2023 Atlanta Journal-Constitution Peachtree Road Race. New this year: A free internet broadcast!

The Atlanta Journal-Constitution

Race day coverage and results can be found online at AJC.com.



Race coverage will air live beginning at 6 a.m. EST on Atlanta Track Club's YouTube and Facebook pages. The broadcast is free and available around the globe. The broadcast will be simulcast in the Atlanta area on WXIA-11Alive. Coverage will be provided by Carrie Tollefson, Lewis Johnson and Amanda McGrory.



SAFETY & SECURITY

Safety is Atlanta Track Club's top priority. With the help of the City of Atlanta and various local, state and federal agencies, we've done extensive planning to ensure the safety of our participants, spectators, volunteers and partners.

On this page you will find information about some of our security measures, as well as simple things you can do to help make the 2023 Atlanta Journal-Constitution Peachtree Road Race a great event.

- **Substantial law enforcement presence** will exist at the start, finish and post-event areas, as well as along the course.
- **There will be clearly defined restricted areas** at the start and at the finish areas. Additional fencing with designated entry and exit points will be in place around the post-event area. Anyone entering a restricted area with a backpack, bag, purse, etc. will be subject to search.
- **Piedmont Park** will again be open to spectators, family and friends. There will be four security checkpoints to get into the park. No bags or coolers will be permitted. Anyone carrying a bag will be required to empty the contents into a clear plastic bag that will be provided.
- **See something, say something.** Be vigilant. If you see something suspicious, contact the nearest police officer or call 911.

Event Alert System

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EVENT CANCELLED Follow Official Event Instructions	Extreme conditions Event cancelled	Participation stopped/ follow official event instructions
HIGH Potentially Dangerous Conditions Follow Official Event Instructions	Dangerous Conditions	Slow down/ observe course changes/ follow official event instructions/ consider stopping
MODERATE Be Aware of Worsening Conditions	Use Caution	Slow down/ be prepared for worsening conditions
LOW Enjoy the Event	Good Conditions	Enjoy the event/ be alert

Event Alert System

Event Alert System colored flags will be located at the start line, along the course at the water stations and in the finish area. The flags will communicate the specific alert level, which could range from low (green) to moderate (yellow) to high (red) to cancelled (black) and are based primarily on weather conditions.



THANK YOU

Atlanta Track Club would like to thank all the people and organizations that make the 2023 Atlanta Journal-Constitution Peachtree Road Race possible.

The Atlanta
Journal-Constitution



MEDIA PARTNERS:

The Atlanta
Journal-Constitution



*A special thank you to the 150 crew chiefs and more than 3,500 volunteers.
Without your support, this Independence Day tradition would not be possible.*

Atlanta Mayor Andre Dickens
Atlanta Police Department
Atlanta Department of Parks
Recreation and Cultural Affairs
Atlanta Fire Rescue Department
Atlanta-Fulton County Emergency Management
City of Atlanta Watershed Management
City of Atlanta Public Works
Grady EMS
MARTA
Piedmont Park Conservancy
Simon Property Group
Highwoods Properties
Buckhead Community Improvement District

Livable Buckhead
Midtown High School
Atlanta Hawks
Atlanta Braves
Atlanta United
Atlanta Falcons
Buckhead Church
Post Properties
The Paramount
Cumulus Radio
Selig Enterprises Inc.
The many organizations, businesses,
churches and residents of Buckhead
and Midtown



UPCOMING EVENTS

After you've celebrated your Peachtree finish, check out these future Atlanta Track Club events.

15

**SATURDAY
JULY**



ATLANTA TRACK CLUB
ATLANTA BELTLINE PARTNERSHIP
**Westside
BeltLine**
5K - 8K
PRESENTED BY
RESURGENS
ORTHOPAEDICS

WESTSIDE BELTLINE 5K-8K PRESENTED BY RESURGENS ORTHOPAEDICS

7:30 a.m., Westside BeltLine

- Second event of the Atlanta BeltLine Race Series
- Competitive 8K (ages 9 & older)
- Non-competitive 5K (ages 8 & older); strollers and dogs are welcome
- Post-race party includes free beer from Monday Night Garage

24

**THURSDAY
NOVEMBER**



INVESCO QQQ THANKSGIVING DAY HALF MARATHON, 5K, MILE AND DASH

Center Parc Stadium

- Atlanta's Thanksgiving tradition starts under the iconic Olympic rings
- Participants receive an adidas long-sleeve shirt and medal
- Half Marathon distance part of the Triple Peach Race Series*
- Dedicated wave in the 5K for strollers and dogs

21,22

**SATURDAY &
SUNDAY
OCTOBER**



PNC ATLANTA 10 MILER & 5K

Atlantic Station

- 10 miles, 5K. New in 2023: includes a youth Mile and Dash
- All participants receive an adidas long-sleeve shirt and medal
- Enjoy deals and discounts from retailers and restaurants in Atlantic Station all race weekend
- 10 Miler distance part of the Triple Peach Race Series*

24,24

**SATURDAY &
SUNDAY
FEBRUARY 2024**



PUBLIX ATLANTA MARATHON WEEKEND

Centennial Olympic Park

- Running City USA's premier race weekend.
- Marathon, Half Marathon, 5K, kids races
- New in 2024: Relay! Run the first 13.1 miles or second 13.1 miles of the marathon course. If you're not quite ready for the marathon, then grab your run buddy and participate in the 2- person relay. Each team member receives a finisher's medal and shirt. All the fun, half the distance!



adiclub

ULTRABOOST LIGHT

join
adiclub
today

When you join adiclub, you unlock the best of adidas with Members Only products, access to events, premium adidas Running and Training apps, and so much more! Scan the QR code to explore all adiClub has to offer.

