

# WINGFOOT

OCTOBER 2018

**KETURAH ORJI**  
A BIG LEAP FORWARD  
FOR ATLANTA TRACK CLUB

**30,000** AND STILL  
MEMBERS GROWING

**PNC ATLANTA**  
10 MILER





project zero  
breast cancer

**THESE ARE  
FIGHTING SHOES**







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**On the Cover:** Keturah Orji leaping her way to victory at the 2016 U.S. Olympic Trials. Photo by Victah Sailer/PhotoRun

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Photos: Joaquin Lara; Paul McPherson





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# A Word from the Director

Like many of you, I've struggled to get out the door to run as often as I would like. Between school drop-offs, lunchtime meetings, end-of-day professional obligations and family time, I've found myself coming up with lots of excuses for why I should just wait and "run tomorrow." The solution? Lace up my Mizunos and commit to running a marathon for a good cause.

By the time you read this, I will have completed (hopefully!) a 26.2-mile, 113-lap journey around Suntrust Park's baseball field that will be as much a test of my mental fortitude as it is of my physical fitness. When I heard about this benefit event for Children's Healthcare of Atlanta, it seemed like a no-brainer: Raising money for Children's was the least that I could do for an organization that does so much good for young people in this community.

What I didn't realize when I started this journey a few months ago was how much support I would need – AND how much I would receive – from Atlanta's running community. I thought I would and could tackle this on my own. Man, was I wrong. Here's a sampling of the support:

- The Club's fall marathon training group allowed me to jump into one of its Saturday morning sessions on the Silver Comet Trail.
- A handful of men on our master's elite team slowed the pace of their scheduled Sunday long run to pull me along.
- Coaches Amy and Andrew Begley provided me with heart rate targets, training suggestions and fueling advice.
- Board members, staff and Club members all made donations to Children's to support my fundraising efforts.
- My wife and kids (all runners themselves) took turns running, biking and providing hydration on my long runs at Cochran Shoals.
- The Club's partner, Mizuno, added the Sky to its product line just in time. I'm not as light on my feet as I used to be.
- A gift from a resourceful but apparently down-on-his-luck young man selling ice-cold water to motorists sitting in traffic on a stifling afternoon. "Hey, take one of these," he shouted as I ran by. When I told him I had no money, he didn't care. "It's free for you," he said. "It'll help you finish your workout."

As a runner, it's been great to be reminded that motivation can come from working toward something bigger than myself, and that people – even people I have never met, who have their own challenges – are happy to help me reach my goals.

Thank you, Running City USA. And thank you Children's Healthcare of Atlanta for allowing me the chance to be part of the good work that you do.

Rich Kenah

Executive Director

**We asked our staff: What are you most looking forward to at the 50th Running of the AJC Peachtree Road Race next year?**



**Winnie Lok**  
*Manager, Events*

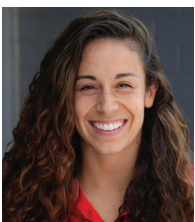
"Welcoming runners who have never run the AJC Peachtree Road Race before and seeing them run the race with our repeat runners!"



**Andy Carr**  
*Coordinator, Events & Athlete Support*

"The stellar elite field we will have, a true "Super Bowl" of international road racers. Also, the gathering of past

champions will be really cool and getting a chance to see them all in one place together will be amazing!"



**Natalie Demarko**  
*Manager, Events Marketing*

"The finish line magic. The Peachtree brings together people from all walks of life, and I know the 50th is

going to bigger and better than ever. Seeing thousands of Atlantans cross that finish line will make all our hours, days, weeks and months of hard work 100 percent worth it!"



# ATLANTA'S MARATHON HAS A BRAND NEW COURSE



March 17, 2019



See the new course at [atlantatrackclub.org](http://atlantatrackclub.org)





## UPCOMING EVENTS

**3**

**OCTOBER  
WEDNESDAY**

**ATLANTA  
TRACK CLUB  
KILOMETER  
KIDS**

### KILOMETER KIDS FUN RUN & DASH

5:30 p.m., Tribble Mill Park, Lawrenceville

- Free One Mile and 50m Dash for children 14 and under
- Part of Kilometer Kids Youth Running Series
- Participants earn a piece of a tangram – participate in all fall events to complete the puzzle (See story, Page 23)

**21**

**OCTOBER  
SUNDAY**



### PNC ATLANTA 10 MILER & 5K

7:15 a.m., Atlantic Station, Atlanta

- Conquer Cardiac Hill by running down the infamous hill two miles into the course
- Experience enthusiastic cheer zones every mile through the Adopt a Mile program
- Part of Grand Prix Series presented by Piedmont Healthcare

**24**

**OCTOBER  
WEDNESDAY**

**ATLANTA  
TRACK CLUB  
KILOMETER  
KIDS**

### KILOMETER KIDS FUN RUN & DASH

5:30 p.m., Blackburn Park, Atlanta

- Free One Mile and 50m Dash for children 14 and under
- Part of Kilometer Kids Youth Running Series
- Participants earn a piece of a tangram – participate in all fall events to complete the puzzle

Register for all events online at [atlantatrackclub.org](http://atlantatrackclub.org).  
Grand Prix registration opens one month prior to each event.



◆◆ 2018 ◆◆

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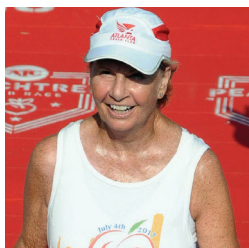




# Get Social

## This month:

50 years. 50 weeks. 50 stories. That's what Atlanta Track Club is offering at [www.peachtree50.com](http://www.peachtree50.com) as the city looks toward the 50th Running of the AJC Peachtree Road Race on July 4, 2019. Here are some of the comments from readers on our kickoff piece, "What Makes the Peachtree Special Is: It's Atlanta." A new story is posted every Thursday, so join us on the journey to the big 5-0!



### **Kathleen Douglas**

A month ago • 0 Likes

My husband and I live in north Indiana. We have ran Peachtree for 26 years. We have a quilt made with 20 of the 25 years of t-shirts hanging in our living room.



### **Alan Johnson** A month ago • 1 Likes

Alan -

I ran the very 1st Peachtree 2 days after my draft physical after reading about it in the paper and talking with Mr. Singleton. Placed 9th overall and 2nd in 20-25 age group. Am proud to be an 'Original 110' finisher! Ran '71,'72; got the 1st t-shirt (Carling Brewing Company) and have run the 25th and 30th. Will come back for the 50th at age 71. Can remember the 'starting' officials-including Jimmy Carter. Looking forward to returning to Atlanta in 2019.



### **Amy** A month ago • 1 Likes

Beautiful write up. We live along the course (at mile 2) and have spent several years as spectators, cheering 60,000 friends and strangers on.

This year, I made the transition from spectator to participant, as I ran the Peachtree for the first time. I was prompted to do so after losing my 7 year old daughter just a few months earlier. There was something so healing and therapeutic about the race, and it is an experience I will remember for years to come.



### **Verdaillia Turner**

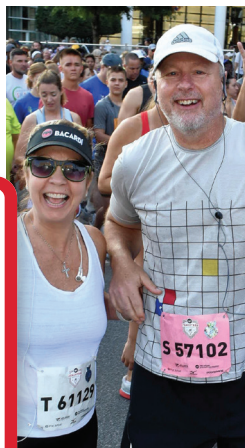
A month ago • 0 Likes

This year was my first Peachtree Road Race experience and I am a native of the City of Atlanta. I've lived here all my life! I am not an athlete but The Atlanta Track Club could not have been more supportive per training and encouragement. What a great experience meeting the men and women of this well organized and worthwhile event. The vendors were great and Fleet Feet of Decatur fit me in the BEST of shoes. I'm entering the 50th!!!!



### **Brian Gamel**

A month ago • 0 Likes



I ran in the 1st Peachtree, along with my brother and father. Just 9 years old at the time, I thought it was crazy to have a race on a holiday! All thru elementary school, high school, college and beyond, I kept entering and running in them all but 2 I believe!! Team Gamel is going strong with wife Mimi, son's Will and Donald, daughters Page, Jessica and Sophia, all participating in the race. My whole family and many friends are looking forward to Peachtree at 50.



### Connect with Atlanta Track Club



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ATLANTA TRACK CLUB  
LANDS OLYMPIC  
MEDAL HOPEFUL

# KETURAH ORJI

By Jay Holder



Keturah Orji may be just 22 years old, but she already knows how to make history: The University of Georgia star has set two American records, piled up an unprecedented number of NCAA titles and become the first professional field athlete to join Atlanta Track Club's Elite Team.

"Most athletes sign with a shoe company and they get gear but they don't get the community aspect like you get with an organization like Atlanta Track Club," said the former University of Georgia superstar. "Here it will be a lot more like college, where you have a team and an entire track and field community supporting you and cheering you on."

At the University of Georgia under Coach Petros Kyprianou, Orji went from a heavily recruited New Jersey high school athlete to an eight-time NCAA champion, the most titles ever won by a female field athlete. She

Photos: Warren Travers; PhotoRun



will remain in Athens and Kyprianou will continue to coach her while she prepares the 2019 IAAF World Championships in Doha, Qatar and the 2020 Olympic Games in Tokyo.

While Orji may be a newly minted professional athlete, she is hardly a rookie when it comes to international competition. The summer before her junior year at Georgia, Orji competed in the 2016 Rio Olympics, setting the American record (48 feet, 3 ¼ inches) and placing fourth, the highest Olympic finish ever by an American female triple jumper. Now, she'll set her sights on becoming the first American woman to medal in the sport since the women's triple jump was added to the Olympics for the 1996 Games in Atlanta.

Simultaneously, she's hoping that her success and a friendly rivalry with Tori Franklin will bring the kind of fame and excitement to the women's side of the sport that the competition between Americans Christian Taylor and Will Claye has brought to the men's side. Taylor has won gold and Claye silver at the last two Olympic Games.

"I feel like we are climbing up the hill, hopefully toward the top of the world stage now," said Orji. "I think it will be a lot more exciting with Tori and me and hopefully we can keep pushing each other to get better."

Last summer, that is exactly what happened. At the 2018 USATF Outdoor Championships, Orji was first and Franklin second. Earlier in the season, Franklin broke Orji's American record when she jumped 48-8 ¼ at a meet in Guadeloupe. Orji still holds the American indoor record of 47-8, which she set last January. If their rivalry picks up where it left off, the back-and-forth between the two promises to be one of the more exciting storylines in the sport for the next few years. It will, however, be one without displays of ego, taunting or playful trash talk. Orji said that while the two athletes don't "text each other or anything like that, we know each other and we are always very nice after the meet. We hug and say 'good job.'"

Fiercely competitive and undeniably confident in her ability and work ethic, Orji says she is private to a fault. While she embraces her responsibility as perhaps the face of her discipline, it's not a role that comes naturally. In a time where Olympic athletes capture every moment on Instagram, Twitter and Snapchat, the recent college grad calls her social media presence a work in progress. "My thoughts on social media have always been 'Oh, I am not going to post that because no one cares,'" she said, laughing. "So, it has been really hard for me to try and learn that people do want to see what I am doing and know what I am thinking, and try to remember to post those things."

The daughter of a Nigerian immigrant father and a mother with roots in Jamaica and Barbados, Orji said that neither of her parents is athletic but called both unwaveringly supportive, especially after she quit gymnastics in eighth grade and joined her high school track team after discovering her speed in racing and playing tag with boys. She tried the long jump and recalled, "I wasn't that good." The next year, she added the triple jump and found her niche, while improving her long jump at the same time.

Continues on Page 11



## GETTING TO KNOW HER

### Hobbies:

- Games. Both as apps on her phone and traditional games like Monopoly and cards.
- Volleyball, especially beach volleyball

### Favorite Food:

- American: Pasta
- Nigerian: Rice and stew with plantains

### Favorite Music:

- Rap. Artists include Kendrick Lamar and J. Cole. She's also a Beyonce fan.

### Favorite TV Show:

- Law and Order SVU





# THE BEST 10 MILES IN ATLANTA

## PNC ATLANTA 10 MILER & 5K

OCTOBER 21 | ATLANTIC STATION



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



## TURKEY DAY FUN FOR THE WHOLE FAMILY



INVESCO QQQ THANKSGIVING DAY HALF MARATHON,  
5K, ONE MILE & 50M DASH

NOVEMBER 22 - GEORGIA STATE STADIUM



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



At first, her parents couldn't relate to her new successes, but as Orji got better her parents became more knowledgeable and soon were her biggest fans. Her mother started a GoFundMe page so the family could be there to support her at the Rio Games.

Her father has never let Kyprianou forget he was one of the last coaches to come to New Jersey on a recruiting trip. While schools like Alabama and Auburn may have made earlier visits, Orji fell in love with Georgia; first thanks to Kyprianou's visit and then on a trip to Athens, where she was hosted by heptathlete and eventual 2016 Olympic teammate Kendell Williams. "The combination of coach and team really fit me the best," said Orji. Still, Kyprianou said it wasn't an instant connection. "Keturah is very difficult in terms of trusting," he said. "It took us a while, at least until the second or third week. I would show her a technique and she would say 'explain to me why.'"

Once they clicked, success came quickly. Orji placed second in her first NCAA championship meet, the 2015 Indoor Championships. It would be her career worst. From then on, starting with her freshman outdoor season, she won every NCAA triple jump title both indoors and outdoors until she graduated. In 2018, she led the Bulldogs to the school's first-ever NCAA team title at the Indoor Championships. In the spring, she also won the long jump title. She left UGA with school records in the triple jump both indoors and outdoors and the long jump outdoors.

And she's not even close to being finished. Even though she's been a dominant force in triple jumping since she was a teenager, she sees room for improvement. "Last season, I was really good consistently. But I didn't PR," she said. "My second phase was really short and I was rushing the landing. I think if we can focus on those two things, it could add a few inches, a foot even, which would put me in a good position." She started training for indoors this month with plans to start competing again in January. With the World Championships in October, it will be a long season.

While Orji triple jumps, she'll also play two other roles in Athens: She's getting her master's degree in sports management and she's a powerful recruiting story for Kyprianou. "Athletes like Keturah last forever," he said. "She is the flagship of this program. Her ability to be a mentor and just having her around is invaluable to young triple jumpers."

That's also why she landed at Atlanta Track Club in a program that until now has developed middle and long distance runners. "Atlanta Track Club is looking for athletes who will represent the organization and its mission on the world stage," says Rich Kenah, executive director. "But it's important that those athletes, like Keturah, be so much more than their marks and their times."

As for Orji, she's excited to bring "field" to Atlanta Track Club and in the process provide an education in one of the lesser-known disciplines of the sport.

"I'm really hoping that the whole Atlanta community can really understand triple jump more and follow me as a part of the Club that they love so much," she said. "I'm really excited to be a part of this."

## MEET THE NEW DISTANCE ELITES

Keturah Orji is just one of five new athletes joining Atlanta Track Club Elite, along with four emerging distance stars.



### Abraham Alvarado

An All-American at BYU from Winton, California, Alvarado was an 800-meter finalist at the 2017 and 2018 USATF Outdoor Championships and has personal bests of 1:46.62 in the 800 and 3:41.17 in the 1500 meters. "I think I will be successful at Atlanta Track Club," said Alvarado. "I look forward to helping keep the momentum going on developing a middle distance powerhouse in Atlanta."



### Dylan Capwell

Capwell is a Monmouth University graduate who placed second in the 800 meters at the 2015 NCAA Indoor Championships behind current Atlanta Track Club teammate Edward Kemboi. Capwell is one of the most-decorated track and field athletes in Monmouth history, with 15 MAAC titles spanning the 800, 4x400, 4x800 and the Distance Medley Relay. He has a personal best of 1:46.70 in the 800. Capwell is a native of Denville, New Jersey.



### Ellie Abrahamson

Abrahamson joins Atlanta Track Club's distance squad from the world of professional triathlon. The Wake Forest University graduate was seventh at the 2017 NCAA Outdoor Championships and won the 2017 Solana Beach Triathlon. Most recently, the Carlsbad, California native was 12th at the 2018 USA 10 km Championships at the AJC Peachtree Road Race. "I love what the club stands for," said Abrahamson. "I know I'll have all of the resources I need to succeed as a professional runner."



### Eden Meyer

Meyer is a recent graduate of the University of North Florida. The Jacksonville, Florida native holds the Ospreys' school records at 5000 meters indoors and 5000 and 10,000 meters outdoors.



# A MEDICAL MIRACLE

COOL CUSTOMERS  
ARE FOCUS OF  
200-PERSON  
OPS FORCE  
THAT'S READY  
FOR ANYTHING

By Doug Carroll





The distance between Tim Nelms and the finish line of the 2017 AJC Peachtree Road Race was about 100 yards. But the gap between the 61-year-old runner and life's ultimate finish line was even narrower than that.

Nelms, of McDonough, Georgia, was running the race's final leg with his daughter along Atlanta's 10th Street when he went into sudden cardiac arrest and collapsed to the pavement.

"I remember going down toward the ground, but I don't remember getting there," Nelms later told reporters.

As fate would have it, an Emory University emergency medicine physician, Dr. Douglas Ander, was running only a few steps behind Nelms in the field of almost 60,000. Ander rushed over and began CPR until a team from the race's nearby main medical tent arrived with an automated external defibrillator, or AED, to shock Nelms' heart back into rhythm.

Nelms was then transported to Atlanta Medical Center, where a stent was inserted into the blocked artery that had precipitated his distress. He had lived to run another day.

The swift crisis response illustrated the extraordinary precision and preparation of the Peachtree's medical team, which involves over 200 people in leadership and volunteer positions and has grown in 40 years from nothing into a finely tuned special-ops force.

"If you're going to have a heart attack, the finish line at the Peachtree isn't a bad place for it – not that we want it to happen to anyone," said Rich Kenah, executive director of Atlanta Track Club and race director for the Peachtree. "You get treated faster there than anywhere else you could be at the time."

Consider this: Each of three medical tents in Piedmont Park, just beyond the race's finish line, is populated with doctors, nurses, physical therapists, EMTs, medical transport assistants and registration personnel. The tents are set up like hospital emergency rooms, capable of administering everything from an electrocardiogram to IV fluids to basic medications. A sophisticated software program is deployed to track patients and transports.

The tent staffing doesn't include the dozens of medics from Grady Hospital's Emergency Medical Services and the Atlanta Fire Department, positioned on bicycles at one-mile intervals along the race course and ready with portable AEDs. They follow the runners and walkers all the way to the finish.

Hardly any of this medical arsenal ends up being needed, fortunately, but Atlanta's notorious Fourth of July heat and humidity and the sheer volume of participants mean it's no time to cut corners on safety.

Dr. Jonathan Kim, the Peachtree's medical director, said the overwhelming percentage of the medical issues addressed on race day consist of heat-related ailments. In 2018, the tents saw 267 visitors – less than half of 1 percent of all starters – most of whom just needed to cool off. Only 18 participants were transported to hospitals for additional treatment or observation.





“The crux of our care is ice and cold towels for rapid cooling, and it always will be,” said Kim, a Boston-trained sports cardiologist, who relies on the support of Emory colleagues Dr. Lekshmi Kumar and Sam Shartar, a nursing administrator who provides emergency logistics expertise. Also assisting has been Dr. Perry Julien, who focuses on relatively minor injuries such as blisters and scrapes, and plans to retire after the 50th Running next year.

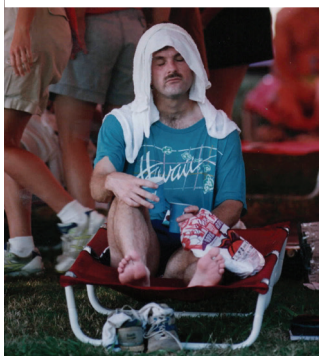
Atlanta Track Club adopted more of a team approach with the race’s medical leadership as Dr. Joe Wilson, the cardiologist who had been in charge for 30 years, transitioned out of the medical director’s role in 2016.

“I inherited an uber-successful medical operation led by Joe Wilson that was brilliant in its simplicity,” said Kenah, who became Peachtree race director in 2014. “He understood how to deal with heat-related injuries simply because, well, it’s the Fourth of July in Atlanta.

“When Dr. Wilson retired, I recognized that our hyper-dependence on volunteers made the Peachtree special but also a little scary,” said Kenah. At that point, the race added more doctors and built out a more-robust communications infrastructure, with the support of Atlanta Fulton County Emergency Management Agency and other city and state agencies. “We’ve made some small changes to Dr. Wilson’s already successful blueprint,” said Kenah.

Wilson has seen the race’s medical care at its best and worst. He was an intern at Grady Hospital on the Fourth of July in 1977, scheduled to work the emergency room in the morning and early afternoon, when he decided to swap shifts so that he could run his first Peachtree.

Although he had competed on a Georgia state championship cross country team at now-defunct Dykes High School, nothing could match the thrill of standing directly behind world-class runners Frank Shorter, Bill Rodgers and Lasse Virén on the Peachtree starting line in 1977. Partly because of the elites in that year’s field – there were eight Olympians in all – the race jumped to 6,500 runners from 2,350 the year



before. The U.S. running boom was no rumor; it was verifiable fact.

Wilson’s pleasant memories of the day ended right there, or shortly thereafter. He was astonished by what he saw at the conclusion of 6.2 broiling miles in Central City Park (now Woodruff Park), which was then the finish line for the race. With no aid stations or medical care along the course, the scene in the park was that of fallen bodies everywhere. The dehydrated, desperate survivors sought relief in the park’s fountain.

“It became obvious that a lot of people were not doing well,” Wilson said.

At least 60 runners went to the hospital that day, including one with a body temperature of 107 degrees, and Wilson said that five were admitted to intensive care.

Thankfully, no one died, although the Peachtree almost did. The next year, the course was changed to include a finish in Piedmont Park, where shade was plentiful, and the starting time was moved up two hours amid pressure from the Medical Association of Atlanta to call the whole thing off. (Even with the nightmarish 1977 race fresh in everyone’s mind, the number of runners nearly doubled, to 12,000.)

Also in 1978, a medical team finally was put in place, headed initially by Dr. Dan White and eventually by Wilson, who saw the medical director’s role as a way of repaying running for all that the sport had meant to him.

“If we’d had another year like [1977], they probably would have canceled the race,” Wilson said. “We had to make it a safer race.”

The heat, he said, determines everything about the medical approach. Temperature records for July 4 in Atlanta show that it’s usually in the low to mid 70s at the start of the race, which in 2018 was 7 a.m., a half-hour earlier than the previous year. But the muggiest time of the day falls around 9:30 a.m., when plenty of later-starting waves of participants are still out on the course. Water stops are available at every mile, and a color-coded alert system keeps participants apprised of conditions.

Typically, the need for care peaks with the fastest runners, who are pushing the pace hard and overheating, and then it spikes again later in the morning, when the temperature is a greater factor.

“Time becomes critical because of two conditions: cardiac arrest or a heat-related incident,” Wilson said. “I decided that we had to have a system to take





treatment to the runners, to try to treat them where they were.

“A 104-degree body temperature is like having your hand in a fire. You want to take your hand out of the fire as soon as possible. You have to identify those expressing symptoms and get them to a place where they can be cooled as soon as possible.”

The explosive growth of the race in participants and spectators eventually made the use of ambulances impractical, so the bike teams were developed in the mid-1990s to enhance rapid response. Over the years about a dozen participants have survived cardiac arrest during the race. The chances of survival improve dramatically with the prompt use of a defibrillator to shock the heart.

“You have only two or three minutes of time in that situation,” Wilson said.

In the 49-year history of the world’s largest 10k, there have been only three fatalities – all from cardiac arrest – in an estimated 1.7 million registrants. Thus, the chance of dying while running the Peachtree comes out to roughly 1 in 566,000, compared to a 1 in 7 chance of dying from heart disease and a 1 in 161,856 chance from a lightning strike, according to the National Safety Council.

“Running the Peachtree is not dangerous,” said Kenah. “But for those who do require serious medical attention, they often need it urgently.”

Kim said that one recent improvement in care has been an increased presence by Grady EMS in The Meadow in Piedmont Park, where finishers are observed for signs of heat-related illness.

Kumar, an ER doctor who moved to Atlanta from Minnesota on July 2, 2010, and worked the Peachtree two days later for Grady EMS, said that even a detail such as having golf carts equipped to transport more than one patient at a time can make a difference.

“The significant challenge is how best to cool these people,” said Kumar, who also serves as medical director for the Publix Atlanta Marathon in March, when the weather is cooler and for which participants tend to train more. “The Atlanta Track Club is awesome and understands why we need to go through all that we do.”

Assessment of everything that potentially could go wrong is Shartar’s business, and he said it demands an “all-hazards” approach to planning.

“It’s everything from a terror attack, which is low in likelihood but high in consequence, to a lightning strike in Piedmont Park to the heat that we always have,” said Shartar, who came on board with the Peachtree in the wake of the Boston Marathon attacks in 2013.

“The volume of runners has been consistent, and the heat in Atlanta hasn’t changed much in 50 years. The event is still manageable. If we had an unusual

heat wave of 100-plus temperatures, we’d have to take a look at the safety. But at this point it’s manageable.”

Wilson, who now runs a medical malpractice insurance company, said the race simply couldn’t be done without the volunteer army that faithfully turns out to help, year after sweltering year.

“The volunteers don’t get the holiday off,” he said. “My heart always went out to all the nurses. They’re the heroes, the ones who are trained in treating patients. ... I wasn’t making decisions. It was the people in the field who were doing that.”

And sometimes the people in the field of runners do it. You can’t help but appreciate an event where a doctor from one of the country’s most prominent medical schools is running right behind a man who goes into cardiac arrest — and immediately jumps in to assist.

“Basically, I died,” Nelms told reporters. “I mean, my heart stopped. I would have [died] if somebody hadn’t been there to resuscitate me. Everything I could have wished for was probably more readily available [at the finish line] than even in a hospital.”

Nelms and Dr. Douglas Ander celebrated in 2018 in a very Atlanta way: They ran the Peachtree again. Together.

*This is one in a series of 50 stories celebrating the upcoming 50th Running the AJC Peachtree Road Race. For more, visit [peachtree50.com](http://peachtree50.com).*



# ADOPT A MILE WILL PROMPT A SMILE IN PNC ATLANTA 10 MILER

By Natalie Demarko



Your feet are pounding the pavement. Your heart is beating through your chest. Your next steps bring you to the Mile 9 marker. Only a mile to go, but you're waning. Just then, you're jolted with adrenaline when cheers of encouragement explode. Hands fly out, offering enthusiastic high-fives.

These dozens of volunteers in Atlanta Track Club's Adopt a Mile program, with their festive costumes and big smiles, are exactly what you need to push through to the finish line.

If you're signed up for the PNC Atlanta 10 Miler, this is what you'll experience, because the Club has again recruited 10 local fitness-oriented nonprofit organizations for its annual Adopt a Mile program. In its eighth year, the program originated in 2011 as a way for the Club to give back to the city it runs through while further engaging and involving Atlanta-area residents.

The 10 selected organizations each "adopt" a mile along the course, creating a cheer zone and providing course entertainment in exchange for a donation from the Club. Organizations are selected based on their efforts to improve the health and fitness of their community with an emphasis on youth-focused programs.

"Originally the program also required organizations to man a water stop," explained Sue Payne, director of outreach at Atlanta Track Club. "But we decided to remove that requirement so younger participants could get involved." The age requirement to work a water stop is 16, but there have been Adopt a Mile volunteers as young as 7 in recent years, accompanied by adults.

Half of the selected organizations are youth running programs and the other half are health-focused nonprofits. "We chose

these specifically so the program would resonate more with our race participants and so they'd know the donations were going back to the running community in some way, shape or form."

Through the post-race event survey, runners have the opportunity to vote for their favorite cheer zone, and the winner receives an additional bonus. "A big goal of ours every year is to be the crowd favorite," said Heather Turton, Back on My Feet program manager. "We put a lot of time, thought and effort into our cheer zone. We want to be remembered and to have an impact."

Back on My Feet, a national nonprofit with a local Atlanta chapter, uses running and community to motivate and support individuals from homelessness to independence. One of the

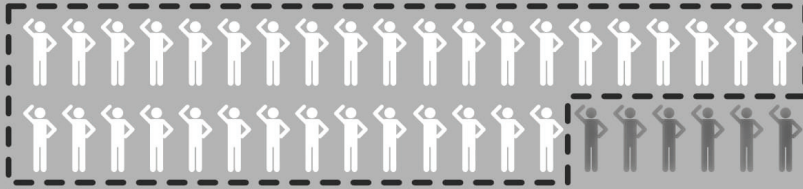


STARTED IN

2011

45

ORGANIZATIONS  
HAVE PARTICIPATED



Total number of volunteers

3385 = 100

TOTAL DONATED

\$626,100

Only 1 organization, **Back on My Feet**, has been selected to participate all 8 years of the program.

SOME GROUPS HAVE

100  
OR MORE!  
VOLUNTEERS



10 organizations selected to participate, they are the only one with a streak of participating all eight years. “We’re extremely proud to have been invited back every single year,” Turton said. “It’s an honor to know we’re putting forth such a big effort that we’re appreciated and remembered year after year.”

Each organization must provide a minimum of 30 volunteers on event day, but many strive to bring even more. The Peachtree Ridge Cross Country Booster Club, returning for the fourth time, brought well over 75 volunteers last year even though race day occurs the day after one of its major meets. “So, we do two races back to back – one we’re hosting and racing and one we’re cheering,” said Nathan Burnside, vice president of operations. “It’s such a great opportunity for our kids to see what running means in the Atlanta community that the early morning hours are worth it.”

Other organizations feel the same way. Peak Performance South is a local nonprofit club, open to ages 7-18, that competes in local, regional and national track and field meets. Returning for the second time, they also don’t mind trading the early race day hours for the positive return their kids receive through volunteering.

“Last year, the only expectation we had was to cheer runners on,” said Head Coach Alvin Frasier. “Surprisingly, the runners were so open and interactive with the kids that it was a more inspiring experience for us than we thought!” Being one of the last cheer zones on the course motivated the student-athletes to cheer harder and harder. “They learned a strong lesson that day: Always pick up the person at the end.”

Showing high levels of enthusiasm, bringing more volunteers and upgrading the cheer zone theme through decorations, costumes and signs can actually result in a higher donation. Participating organizations that meet the minimum requirements receive a base donation of \$1,000, but up to

\$3,000 can be earned through additional bonus points.

For organizations like Throw1Deep, a nonprofit throwing-only club in Marietta, each donation dollar can really make a difference.

The Adopt a Mile program has been a great opportunity to help offset its ongoing maintenance costs while also creating a meaningful bonding opportunity for its athletes. “We had an absolute blast last year bringing music, making costumes and motivational funny signs,” said Mike Judge, the founder and director of Throw1Deep. “We’ve added new kids to our club since last year, and they’ve just been begging to know when they get to be a part of this fun event this year. We can’t wait.”

For the past two years, groups have been encouraged to have a theme, making them more energetic and memorable to the runner-voters.

Selected for the first time this year, Northview High School Cross Country is taking its theme – “Going Bananas for Atlanta” – seriously. With a goal to be the loudest and most encouraging station, they plan to dress in tropical costumes with lots of bright colors. “As a dedicated Atlanta Track Club member, I run the [PNC Atlanta] 10 Miler every year and love the atmosphere,” said Assistant Coach Kaitlin Pressley,

Continues on Page 19







# 30,000

## MEMBERS AND COUNTING: ATLANTA TRACK CLUB HITS MILESTONE

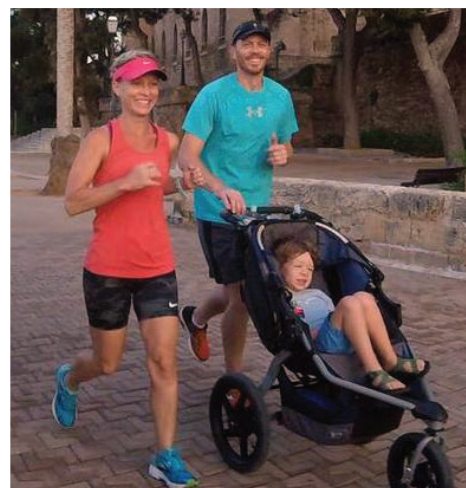
By Marcus Budline

On August 2, Jon and Erin Nason went into the history books as the 30,000th and 30,001st members of Atlanta Track Club.

The occasion was marked a few days later by 20 of the Club's staff members, who piled into a van and arrived at the Nasons door at 8 a.m. with balloons and gifts to celebrate. Although the Nasons kept their composure, they were delighted when Rich Kenah, the Club's executive director, presented them with free entry into all of Atlanta Track Club's 2019 events.

Those free entries will be put to good use by the Nasons, both avid runners who have participated in many Club events over the years and were already planning to run the Publix Atlanta Half Marathon next March. For his part, Jon is a 3:30 marathoner who has run in races all across the country, while Erin runs a half marathon in around 2 hours and is planning to take on her first full marathon this January in Louisiana. For both, however, the unique opportunity of running the 50th Peachtree was the biggest motivator in joining the club in 2019.

"After a few years of not running the Peachtree we felt like this would be the time to go for it," Jon said. "We really wanted to be part of the 50th celebration, and we'd talked about Track Club membership for 2019 as part of the plan."



Both have lived in Atlanta for more than 15 years. Jon, originally from England, found himself here after finishing a master's degree in kinesiology and sports science, while Erin grew up in Virginia. After meeting at their church, the two have fortified their relationship through a shared passion for running.

Although they still like to get out together on the occasional "run date," different race goals and busy work schedules – Jon is a sports operation manager for Motion Reality, Inc. and Erin is the special needs coordinator for North Metro Church in Marietta – often mean running separately these days.

But that's OK, too.

"With all the craziness in our lives and the constant need to be doing things, it really helps to have running as a way to de-stress and give us a way to relax," Erin said. "It's one of the few activities we can do alone and not worry about anything else going on."

Their 8-year-old son, Braedon, has been a steady companion, riding along in a stroller. "Hills are getting harder as he gets heavier," said Jon of his fast-growing son, who has some developmental delays and sometimes joins them at races.

So if you see them at future Atlanta Track Club events, make sure to welcome them to the Club with a "Happy 30,000!"



# 29,000 MEMBERS AGO...

By Jay Holder

Saturdays for Elisa Birdseye while she was growing up were predictable: Get up early and go to a race.

In March of 1978 at the age of 15, Birdseye became the 1,000th member of Atlanta Track Club. Her parents, Lewis and Maria, were founding members, both completing the first Peachtree Road Race in 1970. Maria was one of just three women who finished that inaugural race. So if the Birdseys weren't the First Family of Atlanta Track Club, they were close.

Now a librarian for the Boston Public Library and violist with the New Bedford Symphony Orchestra, Birdseye had a front row seat to the formative years of what is now the second-largest running and walking organization in the United States. The first decade of the Peachtree? She was there. The birth of All Comers Track and Field? She was there. The Atlanta Marathon? She was there, too, cheering on the runners. Her favorite memories include shaking then-Governor Jimmy Carter's hand at the 1971 Peachtree and helping a lost bus driver get the elite field to the start of the 1976 Peachtree with just minutes to spare.

Birdseye also vividly remembers going to a running camp put on annually by Jeff Galloway, the Olympian and first Peachtree champion. Her dad, then a local high school cross country and track coach, helped Galloway run the camp, which featured legends such as Don Kardong and Lasse Viren.

"Atlanta really was the center of the running world," she said. "It's kind of cool looking back. At the time, it just seemed normal."

Birdseye said her running days largely ended when she decided to pursue music. Track meets gave way to concerts with the Atlanta Symphony Youth Orchestra, and when she graduated from Lithonia High School she left Atlanta to pursue music at the New England Conservatory. But 40 years after becoming an indelible part of Atlanta Track Club's history, Birdseye is still on the move, occasionally doing a 5K and walking and swimming regularly.

Her parents, now divorced and living on opposite coasts, still pound the pavement daily. Lewis, 79, lives in Eugene and is an avid runner. Maria is battling Parkinson's disease, but still walks at least a mile a day from her home in Decatur and, according to Birdseye, hasn't missed a day in 40 years "even when it snowed last year."

The classically trained musician realizes that most kids in the 1970s didn't spend their youth helping time track meets or handing out water to men (and the occasional woman) in shorts in the still-niche sport of road racing, but she said, "I just didn't think it was that weird. It was just a part of what we did."



Elise (left) with her mother, sister, grandmother and great-grandmother.



## JOIN OR RENEW!

Get ready to team up with the Nasons as 2019 members by joining Atlanta Track Club or renewing your membership, the only ways to guarantee your entry into the 50th Running of the AJC Peachtree Road Race. A few reminders:

- You must either join or renew by February 1, 2019 at 11:59 p.m. to guarantee your entry into the Peachtree. Members who renew after that deadline will have to enter the lottery.
- If you're already a member, the renewal period opens November 1. Make sure [questions@atlantatrackclub.org](mailto:questions@atlantatrackclub.org) is whitelisted in your email so you receive the announcement when the renewal period reopens.
- Memberships that began in 2017 or before June of 2018 will expire on December 31 at 11:59 p.m. If you joined after July of 2018 and are a 2019 member, your membership does not expire until December 31, 2019.

## Continued from Page 17

who is coaching at a new school this year and decided that participating in the program would improve the culture of running by getting its athletes excited and involved in the community.

Answa "AJ" Merine, team director and head coach at Alpharetta High School, was also looking for a way to give back to the community when he applied for the first time this year. "Our boys had a breakthrough season last year placing second as a team in state, and we want to build off this momentum to bring meaning to our brand by volunteering," he said. The donation it receives will replace the high jump and pole vault pits.

Other organizations returning this year include BlazeSports America, International Community School, the Atlanta Rollergirls and the Piedmont Park Conservancy, Inc.

In her sixth year of managing the program, Payne has high hopes for another great event in October. "The dynamics that happen on race day between the participants and these organizations is really something special," she said. "It's a signature part of the race that continues to build our Atlanta running community. You can't get it anywhere else than right here in Running City USA."



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GREETINGS FROM



By Marcus Budline

In their years of racing together, Brent and Kyle Pease have covered thousands of miles and conquered some of the most famous and challenging races in the world. But this October, these two icons of Running City USA will be taking on their greatest challenge yet when they travel to Kona, Hawaii for the Ironman World Championship to test themselves at the pinnacle of endurance racing. We caught up with Brent as he detailed the training, motivation and goals of taking on this race as he and Kyle attempt to be only the second-ever wheelchair-assisted team to finish You can support Brent and Kyle in their fundraising efforts at [kylepeasefoundation.org](http://kylepeasefoundation.org) (dedicated to improving the lives of persons with disabilities through sports) or on their Crowdrise page for the event.

### **How does training for this race differ from training you've done in the past?**

Kona is really the hardest endurance event we can tackle right now. Kyle and I have done Ironmans in the past, but this race is hot – Georgia hot – all year round. It's hilly and then you've got trade winds coming off both sides of the island and it's just super difficult.

I'm doing 20 to 25 hours a week of training right now, and about 50 percent of it is on the bike because it's the most critical component of our day. I'm probably doing about 2-3 hours of swimming and that leaves the balance to running and some strength work.



### **How do the logistics of the swim and bike portion work for you and Kyle?**

For the swim I tie an inflatable kayak to my waist. The swim in an Ironman is less than 10 percent of your day and it's like the first 5K of a marathon: You can't win the race there but you can certainly hurt your race on the swim by going too hard. For us it's all about managing the effort and making sure we have enough energy for the bike and then we just close our eyes and run.

For the bike, it's a three-wheel bike and Kyle sits in the front. Our goal was always for Kyle and the athletes we serve

to have the experience of a cyclist, so we found a company in Winnipeg years ago that makes bikes for us. Kyle sits in the front and he's the cyclist and I'm behind just pushing the pedals.

### **What motivates you to do this?**

We got into this endurance world because of triathlon first, and the crown jewel for every triathlete is Kona. If you Google "nighttime finish Ironman Hawaii," those images are what motivates us. It's an incredibly powerful image and that's kept me going for many years now. Kyle and I have text conversations that are just purely picture driven. There are no words exchanged; it's just us sending each other pictures of Kona or an old photo of us racing and that gets me started.

### **Has anyone done this before?**

Yes, the Hoyts [Dick and Rick Hoyt] are the only team that has ever finished, and they finished twice. In the last five years there have been several attempts but none have made it. It's like the Peachtree – If you show up not appreciating the difficulty and if you're not ready you're going to have a really rough day.

### **What is your goal?**

This is a huge platform for us and we're hoping to use the funds we raise to improve our ability to serve, improve our infrastructure and buy new vehicles. We've actually got two young men in wheelchairs looking for ways to support us so we want to create job opportunities for them and a scholarship fund for accessible vans for families in need.





## WE'VE GOT THE MERCH

Running City USA now has merchandise! Grab your limited edition Running City USA T-shirts and more at [store.atlantatrackclub.org](http://store.atlantatrackclub.org)



# KILOMETER KIDS

## YOUTH RUNNING SERIES

### FALL SEASON

#### OCTOBER

- 3 - Kilometer Kids Fun Run at Tribble Mill Park
- 24 - Kilometer Kids Fun Run at Blackburn Park

#### NOVEMBER

- 7 - Kilometer Kids Fun Run at Blackburn Park

### SPRING SEASON

#### JANUARY

- 1 - Resolution Run One Mile & 50m Dash

#### MARCH

- 16 - Publix Atlanta Kids Marathon

And stay tuned for more spring dates!

# GET SET FOR THESE UPCOMING FREE RACES AND YOUR CHANCES TO EARN TANGRAM PIECES!



## SEVEN RACES, SEVEN PUZZLE PIECES, ONE GREAT YOUTH RUNNING SERIES

By Marcus Budline

This fall, the Kilometer Kids Youth Running Series has resumed with six races designed to give kids of all ages the opportunity to experience racing, learn about competition and have a great time. For the second year, all participants will have the chance to receive a Kilometer Kids tangram by participating in the series. Have questions? Read on.

### What is a tangram?

A tangram is a puzzle consisting of seven flat shapes, called tans, which can be put together to form other shapes. Once you have the full set, there are more than 30 combinations of shapes, figures and animals that can be formed.

### How do kids collect the pieces?

By running Kilometer Kids Youth Running Series races! After each race of the series, runners will collect a single piece – either a triangle, square or trapezoid – commemorating their achievement. With seven races in the fall series from Atlanta’s Finest to the Thanksgiving Day One Mile & 50m Dash, each race is an opportunity to get a piece.

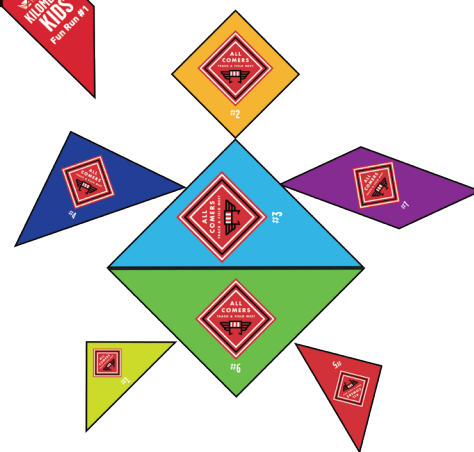
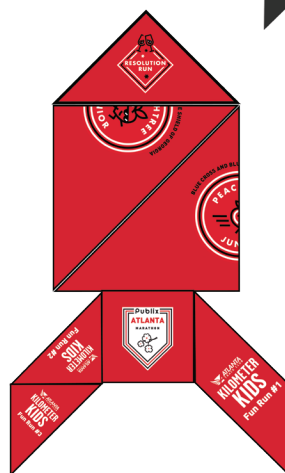
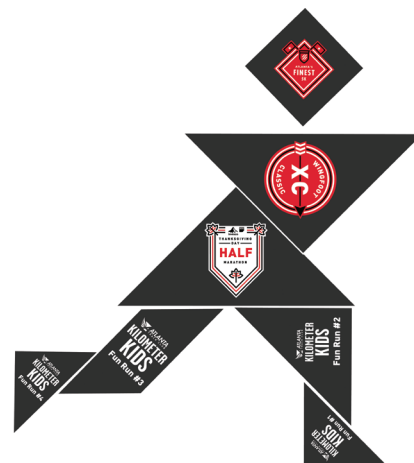
### How are the seasons arranged?

Each season, the puzzle resets. The fall season spans from Atlanta’s Finest and the Wingfoot XC Classic to fun runs in the fall, and then finishes at the Thanksgiving Day One Mile & 50m Dash. The spring season runs from Resolution Run, includes four fun runs in the spring, and then finishes at the Publix Atlanta Kids Marathon. The All Comers Track & Field Meets stand as their own season, with one piece given out per meet.

At the Publix Atlanta Kids Marathon in the spring, kids will receive two pieces for completing the longest distance of the season.

### What happens if I miss a race?

Because there are three seasons, there are two other opportunities within the year for kids to collect missing tangram pieces. For instance, if you miss out on a square piece, you can go to the next season’s race where a square will be given to race finishers. Learn which pieces correspond to each race at [atlantatrackclub.org/youth-running](http://atlantatrackclub.org/youth-running).



### Did you say Publix Atlanta Kids Marathon?

Sure did! Also receiving a new name this year is the Publix Atlanta Kids Marathon. Held on March 16 at Centennial Olympic Park as part of the Publix Atlanta Marathon weekend, the event gives kids of all ages the choice of three distances: 2.62K, 262 meters, or a 26.2m dash. Children ages 7-14 will be able to compete in the 2.62K, and awards will be given to the top three of each age. Registration costs \$15 for the 3K, \$12 for the 262m run, and \$10 for the 26.2m Dash and is open now at [atlantatrackclub.org](http://atlantatrackclub.org)

### When is my first chance to get a tangram?

The fall season is already underway, but kids can jump in with free fun runs at Tribble Mill Park and Blackburn Park on October 3 and October 24, respectively. Find more details on our website!





# TRICKS FOR HEALTHY TREATS

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

October marks the unofficial start to the holiday season, beginning with Halloween, and with celebrations come desserts. As a dietitian and runner myself, I'm 100 percent in support of treats in moderation. After all, a healthy lifestyle is all about balance. That said, runners who want to maintain their fitness over the holidays may want to try some healthier alternatives. These tasty treats offer nutritional benefits to boost health and running performance.

## Black Bean Avocado Brownies

Incorporating black beans and avocado lends a rich, creamy texture and vastly boosts the health benefits of this delicious brownie recipe (originally developed by ambitiouskitchen.com). These nutrient-rich plants provide soluble fiber, heart-healthy fats and plant-based protein, resulting in a dessert that's actually a powerhouse snack. Protein promotes muscle recovery and satiety; fiber maintains steady blood sugar and cholesterol levels, lowering risk for diabetes and cardiovascular disease; and monounsaturated fats promote heart health by helping lower LDL-cholesterol. Try serving these

### Ingredients:

- 1 - 15 oz. can of black beans, rinsed and drained
- 1 large egg
- 2 large egg whites
- 1/2 large extra-ripe avocado
- 1 tsp coconut or olive oil
- 2/3 cup unsweetened cocoa powder
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 2 tsp pure vanilla extract
- 1/2 cup dark brown sugar
- 1/3 cup chocolate chips of choice, plus 2 Tbsp for topping

### Instructions:

- Preheat oven to 350 degrees F°
- Grease 8x8 inch baking pan.
- Place all ingredients except chocolate chips into blender or food processor. Process or puree until ingredients form a smooth batter. If the batter is too thick, add a teaspoon or two of water.
- Add in 1/3 cup chocolate chips and fold into batter.
- Pour batter into prepared pan, sprinkle with 2 tablespoons of remaining chocolate chips.
- Bake for 25-35 minutes or until knife inserted in center comes out clean and top of the brownies begin to crack.
- Cool pan completely on wire rack then cut into 12 squares

## Banana Ice Cream

Packed with easily digestible carbs for energy and potassium, an electrolyte responsible for muscle and heart contraction that is readily lost in sweat, bananas are a go-to power food for runners. Naturally dairy-free, banana ice cream is also a perfect alternative for those with lactose intolerance or following a vegan diet. This super easy, inexpensive recipe is a great use for those over-ripe bananas. If desired, customize by adding vanilla or mint extract, nut butter, cocoa powder, chocolate chips or other frozen fruit.

### Ingredients:

- Frozen ripe bananas, cut into chunks, peel removed

### Instructions:

- Place bananas in food processor
- Blend until texture becomes creamy

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





# SAPPHIRE, NC

By Jay Holder



It's always a good time to head to the mountains of North Carolina, where it's cooler, quieter and there's a lot less traffic. But October is arguably the best time to make the short trek north for an easy escape. On our early morning runs during a visit in early August, we could just start to feel fall trying to push summer into the past. Now, autumn is well underway and you might want to pack a long-sleeved shirt, some tights and of course a camera to capture images of the stunning foliage.

Just driving from Atlanta to Sapphire is a treat. As you climb nearly 2,000 feet in elevation, you wind through the Chattahoochee National Forest, passing through bucolic towns like Mountain View, Georgia, and Highlands, North Carolina. These are unassuming hideaway communities where both the well-to-do and the average Joe come for some quiet time, as are Sapphire and nearby Cashiers. While we were there, tennis star Andy Roddick and supermodel Brooklyn Decker were spotted at the local coffee shop, blending in perfectly with everyone else.

In Sapphire, you can pick your outdoor activity. There are endless options for

fishing, hiking, climbing, rowing and, of course, running. To join a planned group run, we drove to Camp Merrie-Woode. During the summer, it's an all-girls camp, but in the fall and winter the public can access its picturesque, relatively flat trail loop around Fairfield Lake and past the base of the distinctly steep and tree-barren Bald Rock Mountain.

As you drive down U.S. Highway 64, you'll have to keep your eyes peeled for the main entrance. It's a dirt road with a small sign that's easy to miss. Once you're on the camp's main road, look for the Inn Site on the right side of the road. Park there and run up the hill behind the lot toward the lake. You'll see the trailhead on your right. Hop on the trail for a 3.2-mile loop that takes you through the woods, past the golf course, by the cabins, over a bridge that spans a waterfall, around some cozy-looking private waterfront homes and back to the parking lot. We got a little carried away by the lack of humidity and the scenery and did the loop five times in a row, but once will be enough to get your heart rate up and to appreciate the beauty of this sport we all share.

### Course Notes:

- The terrain is mostly even, hard-packed dirt, but there are sections that can get muddy and there is one very rocky hill to climb.
- There is little cell phone service here so if you are running alone, make sure to share your plans with someone.
- There are no public bathrooms available. Plan accordingly.

### Where to fuel:

- Head back down Highway 64 about four miles into Cashiers. Buck's Coffee Shop is in the center of town. Besides a great selection of caffeinated beverages, they have delicious breakfast sandwiches, scones and often a piping hot kettle of homemade oatmeal. There's plenty of seating inside and out.
- If you're looking for a heartier meal, stop by Cornucopia on Cashiers School Road. We recommend the purple onion burger, topped with gorgonzola cheese and caramelized onions.

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





# LOOKING FORWARD TO THE YEAR AHEAD

## 2019 ATLANTA TRACK CLUB EVENTS CALENDAR

### JANUARY

- 1 - Resolution Run 5K, One Mile & 50m Dash
- 12 - Southside 12K

### FEBRUARY

- 2 - Hearts & Soles 5K
- 26 - Kilometer Kids Fun Run & Dash

### MARCH

- 2 - Olympic Trials Tune-Up
- 15 & 16 - Publix Atlanta Marathon Number pick-up
- 16 - Publix Atlanta Kids Marathon
- 17 - Publix Atlanta Marathon, Half Marathon, 5K
- 26 - Kilometer Kids Fun Run & Dash

### APRIL

- 9 - Kilometer Kids Fun Run & Dash
- 13 - Northside Hospital Atlanta Women's 5K
- 23 - Kilometer Kids Fun Run & Dash
- 27 - Singleton 4 Miler

### MAY

- 7 - All Comers Track & Field Meet
- 14 - All Comers Track & Field Meet
- 21 - All Comers Track & Field Meet
- 28 - All Comers Track & Field Meet

### JUNE

- 1 - Braves Country 5K, One Mile & 50m Dash presented by Mizuno
- 4 - All Comers Track & Field Meet
- 5 - Powerade All-Metro High School Track & Field Banquet
- 11 - All Comers Track & Field Meet
- 18 - All Comers Track & Field Meet

### JULY

- 1 & 2 - Peachtree Health & Fitness Expo
- 3 - Anthem Blue Cross and Blue Shield Peachtree Junior
- 4 - AJC Peachtree Road Race
- 14 - 19 - Atlanta Track Club XC Camp

### AUGUST

- 3 - Decatur DeKalb 4 Miler
- 17 - Atlanta's Finest 5K, One Mile & 50m Dash

### SEPTEMBER

- 11 - Kilometer Kids Fun Run & Dash
- TBD - Mercedes-Benz Stadium 5K/Walk Like MADD
- 21 - Wingfoot XC Classic

### OCTOBER

- 2 - Kilometer Kids Fun Run & Dash
- 20 - PNC Atlanta 10 Miler & 5K
- 23 - Kilometer Kids Fun Run & Dash

### NOVEMBER

- 3 - Kilometer Kids Fun Run & Dash
- 28 - Invesco QQQ Thanksgiving Day Half Marathon, 5K, One Mile & 50m Dash

### DECEMBER

- 3 - Powerade All-Metro High School Cross Country Banquet
- 7 - Trials Training Run - Grand Prix Finale & Volunteer Awards Banquet

\*Atlanta Hawks Fastbreak 5K presented by Sharcare - Date TBD





# STRESS RELIEF

By Alonzo Sexton, MD



### What is a stress reaction?

Stress reactions are the first sign of developing a stress fracture. During the stress-reaction stage, the bone structures break down and become weaker. This means that you've suffered some type of trauma or injury in an area of the foot because your body is unable to handle the amount of stress placed upon that area.

### What is a stress fracture?

It's when the structure of the bone has been compromised by either a crack or a fracture. Stress fractures can occur when people change their activities, such as suddenly increasing the intensity of workouts or changing the workout surface (i.e. treadmill vs. pavement). Additionally, those who have osteoporosis or other diseases that weaken the bones can incur stress fractures just by doing normal, everyday activities.

### What's the main difference between the two?

Stress reactions and stress fractures are along a spectrum of overuse injuries. Stress reaction occurs first, followed by a stress fracture if steps are not taken to stop overloading the foot.

### Symptoms usually include:

- Pain that may diminish during the resting period.
- Pain that occurs and intensifies during normal, everyday activities.
- Swelling on the top of the foot or outside of the ankle.
- Tenderness at the site of the fracture.
- Bruising.

### What are the treatments for each?

Contact your doctor as soon as possible if you feel that you may be suffering from a stress reaction or fracture. Ignoring the pain may lead to agonizing consequences.

Treatment for stress reactions and stress fractures are relatively similar. We normally advise stopping all weight-bearing activity and place the foot in a walking boot, which can be made non-weight bearing with crutches depending on the severity of the injury. Abstaining from high-impact activities for an ample period of time is the No. 1 key to recovery. A stress fracture or stress reaction in the foot can take from 4-6 weeks to heal in a walking boot. However, the total healing time can vary.

The RICE protocol can provide some relief until you are able to see a doctor. RICE stands for rest, ice, compression and elevation.

### How can I avoid the injury?

Maintain a proper diet and add calcium and vitamin D to ensure good bone health, which can prevent future injuries. For those who are very active, having a coach or just knowing the proper way to train can help prevent stress fractures and stress reactions.

Also, take care to increase volume (distance, number of days) gradually to avoid overloading bones of the lower extremity.

Dr. Alonzo Sexton is a member of the Northside Hospital Sports Medicine Network with offices in Atlanta, Alpharetta and Forsyth. He is board-certified in orthopedic surgery, and specializes in the operative and nonoperative treatment of sports injuries and musculoskeletal disorders, serving each patient with personalized care and the latest treatment modalities in sports medicine.

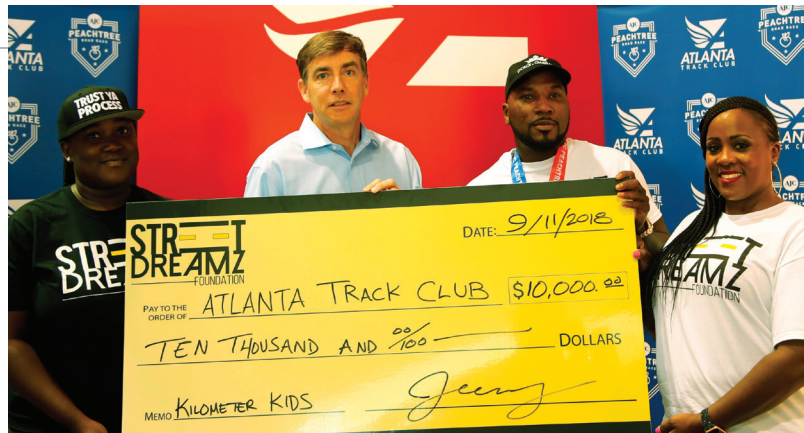


NORTHSIDE HOSPITAL



# A MASTERFUL SUMMER

By Jay Holder



L to R: Azee Johnson, director of operations YJ Enterprises; Rich Kenah; Jeezy; Katrina Johnson, executive director, Street Dreams Foundation

Atlanta Track Club's Masters team had strong showings at three national championships this summer, tying a national record and claiming team and individual titles from coast to coast.

At the USATF Masters Outdoor Track & Field Championships in Spokane, Washington, the team brought home 20 individual medals, highlighted by high jumper Jim Sauers, 70, leaping 1.58m/5 feet, 2.25 inches to tie the M70-74 American record.

"I wasn't expecting to jump 1.58. But I got there and I was feeling good and all of the sudden I was in the 'FOG' – the Favor of God," said Sauers. After the jump, Sauers realized the world record for his age group was 1.59 meters. So, despite having already secured victory, he asked the official to raise the bar. "I am pretty sure I cleared that on my 1.58 jump," he said. "But I couldn't get there again." Sauers plans to make another run at the record later this month.



Jim Sauers



On the roads, the team had home-field advantage at the USATF Masters 5 km Championships, which this year was conducted as part of the Atlanta's Finest 5K. Laurie Knowles won the masters race, in the process also becoming the national champion in the 40-44 age group. Other national champions include Patrice Combs (W60-64), Susan Aderhold (W70-74), Catherine Radle, (W75-79), Betty Lindberg (W90-94), Kirk Larson (M65-69) and Sid Davis (M80-84) The women's 40+, 60+ and 70+ teams and the men's 40+ and 60+ teams won team titles.

Just one week later, many of the same athletes lined up in Flint, Michigan for the USATF Masters 1 Mile Championships. Alan Black was the overall male winner of the race in 4:43, also claiming the national title for the 40-44 age group. Cynthia Lucking (65-69) and Radle (75-79) also claimed individual titles. The men's 50+, women's 60+ and women's 70+ teams all won team titles.

## JEEZY DONATES \$10K FROM 10K

Rapper Jeezy stopped by Atlanta Track Club offices in mid-September not to sign up for another race but to deliver a \$10,000 check from Jeezy's Street Dreamz Foundation to Kilometer Kids. Jeezy raised the money as part of his run at the 2018 AJC Peachtree Road Race, during which he ran with

Atlanta Mayor Keisha Lance Bottoms. Jeezy also raised money for the Mayor's Youth Scholarship Program.

## TOP 50 MUGS AT PNC ATLANTA 10 MILER

The top 50 fastest men and top 50 fastest women to run down Cardiac Hill will be recognized at this month's PNC Atlanta 10 Miler. Previously, the distinction – which comes with a limited-edition mug – was given to the top 100 fastest runners regardless of gender. Since the event began, less than 10 percent of those given awards have been women. "We believe in honoring the accomplishments and relative speed of everyone who conquers Cardiac Hill," said Rich Kenah, executive director of Atlanta Track Club. "This will allow us to celebrate the women who charge down that steep decline at lightning speed." The move follows a change to the Top 1000 mug at the AJC Peachtree Road Race. In 2018, the mugs were awarded to the top 500 men and top 500 women for the first time.

## ON THANKSGIVING, A POST-RACE TREAT

This Thanksgiving, more than 12,000 runners will start their holiday with a 13.1 or 5K run and then enjoy an appetizer of pie and coffee before their holiday feast. All participants in the Invesco QQQ Thanksgiving Day Half Marathon & 5K will get coffee and a mini pie courtesy of the race's title partner, Invesco, an Atlanta-based investment management company.





# MOTIVATION WITHOUT MUSIC

By Amy Begley



Focus and motivation in a race largely depend on the distance: The longer you're out there, the harder they are to maintain. For instance, in a 5K the first mile goes by quickly, and although the second mile can seem long you only have one mile left with the end in sight and then you're done already!

Longer distances can pose more of a challenge, and listening to music with headphones isn't always the best remedy. On a long run, it might be dangerous depending on your location. In a race, it will disconnect you to some degree with the whole fun atmosphere of on-course entertainment and cheering spectators and even casual, buoying midrace conversations with your fellow runners – not to mention hinder your ability to hear the directions of race officials.

I suggest coming up with other strategies during a race or long run to help keep you motivated and focused.

One thing I used to do was to repeat mantras to myself and envision myself on a podium. "I am strong. I am confident. I am a champion. I belong. I am a Tough Racer." Before the 2008 Olympics, I used "I am a Kung Fu Panda" as a mantra – the movie was a huge hit at that time. During one race, I repeated a song that got stuck in my head before the race. Having mantras, songs in your head or go-to sayings help not only to pass the time but also to block out any negative thoughts. It's easy to let in a negative thought and then let it spiral the rest of the race, so the key is to not let the negative thoughts in at all.

Other strategies include:

- Dedicating each mile to someone and thinking about him or her during that stretch.
- Coming up with new things to be grateful for every few minutes.
- Doing the race with someone and coming up with a new topic to chat about each mile.
- Finding someone ahead of you to focus on each mile and trying not to let the distance between you grow.
- Finding someone in the race who looks like they need company, and help them finish.
- Thanking the volunteers, police officers and spectators along the course.
- Writing out your goals for the race. If you're going for a PR, write out the mile split times on our hand or wrist so you can concentrate on them.

Everyone is motivated differently. Some runners get motivated with sayings, songs or thoughts. Others get motivation from prizes or medals. Some set goals with a reward – a new outfit, maybe, or a special dinner or dessert – for meeting them.

So find out what works for you, and then try it out in your next long race: maybe the PNC Atlanta 10 Miler?

Good Luck!





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