

WINGFOOT

MAY/JUNE 2018

HELLO,
ATLANTA!

GEORGIA HIGH SCHOOL STAR
CANDACE HILL
IS CLIMBING BACK

ALL COMERS
TRACK & FIELD MEETS
ECLECTIC, RETRO, WELCOMING

YOUTH TRACK TEAM
TAKES OFF

◆◆ 2018 ◆◆

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On the Cover: Candace Hill on the University of Georgia campus, where the former Georgia high school star is a freshman. Photo by Adam Hagy.

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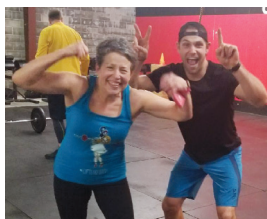


@MizunoRunningNorthAmerica



A Word from the Director

We asked our staff:
What's the athletic achievement you've been most proud of lately?



Janet Monk
Manager, Special Projects

I completed all five of the 2018 Crossfit Open workouts and I'm 4th in the South East and 27th in the world in the 60+ age category in the scaled division!



Enrique Tomas
Manager, Grassroots Running

I hit 95 percent of my squat max for six reps! 300 pounds!



Natalie Demarko
Manager, Events Marketing
Becoming a CrossFit Level 1 Trainer.

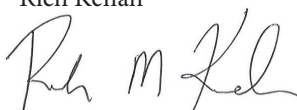
From my earliest days as a runner, I've looked forward to that walk from the mailbox back into the house on the days when a running publication arrives. I'm like a kid in a candy store as I spend hours reviewing the latest and greatest news, features, results and updates. From New Jersey Track newsletter in my high school days to Runner's World, from Track & Field News to Running Times, from Wingfoot Magazine to my alma mater's Spike Shoe Club newsletter, I've always spent those hours after the magazine showed up in my mailbox knee deep in the stories and stars of this sport.

The last time our family moved, I came to terms with the fact that I probably didn't need the three decades and 100 pounds of magazines I had been collecting. But it sure was fun flipping through those old Track & Field News magazines from the '80s before I sent them to the recycling bin.

Over the last few years, Atlanta Track Club has invested in the quality and quantity of content in its featured member magazine, Wingfoot. Our goal has and continues to be to entertain, engage and encourage Atlanta Track Club's membership base about the Club and Atlanta's running and walking community. As many national running publications have gone the way of the mimeograph machine, we recognize that a hyperlocal magazine can still thrive. To that end, we've decided to broaden Wingfoot's reach beyond just Atlanta Track Club members. Beginning with this issue, the Club's flagship publication will be distributed at select running specialty stores, healthcare providers and through some of our sponsors and partners. And what better way to kick things off than with a look at what Candace Hill, who received the Most Outstanding Female Track Athlete award at our 2015 All-Metro banquet, is up to now that she's a pro athlete and a student at UGA.

If you are a Club member, don't worry. Your membership benefit – delivery of the magazine in digital or print format – remains intact. If you're not a Club member, thank you for checking us out. Regardless of your affiliation with the Club, you can be sure we will be doubling down on the delivery of compelling content on the faces, names, locations, events and programs that make Atlanta a special running and walking community. It is our hope that you, much like me, will look forward to receiving the latest and greatest updates, compliments of Atlanta Track Club #runningcityusa.

Rich Kenah


Executive Director



UPCOMING EVENTS

1-12
MAY JUNE TUESDAYS



ALL COMERS TRACK & FIELD MEETS
5:30 p.m., Cheney Stadium, Atlanta (Week 1), Emory University, Atlanta (Weeks 2-4), Buck Godfrey Stadium, Decatur (Weeks 5-6), Marist School, Atlanta (Week 7)

- Free and open to the public
- No experience in track and field required
- May 8 and May 22 meets are part of Grand Prix Series presented by Piedmont Healthcare
- Visit atlantatrackclub.org for schedule at various locations



5 MAY SATURDAY



BLUE CROSS AND BLUE SHIELD OF GEORGIA PEACHTREE JUNIOR
8:30 a.m., Piedmont Park

- 3K, 1/2K, 50m Dash
- Safe and noncompetitive version of the AJC Peachtree Road Race for children
- Post-race festival to feature a kid-friendly decathlon
- All participants have the chance to meet three-time Olympic gold medalist Gail Devers

2 JUNE SATURDAY



BRAVES COUNTRY 5K PRESENTED BY MIZUNO, ONE MILE & 50M DASH
7:30 a.m., SunTrust Park

- Finish on the field and experience the stadium like a player
- Cross the finish line, then enjoy post-race fun at the Battery
- Each 5K registration includes ticket to a select Atlanta Braves home game

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

ROAD TO 2020 OLYMPICS WILL TRAVEL THROUGH ATLANTA

By Barbara Huebner

USA Track and Field, the sport's national governing body, announced on April 23 that Atlanta has been chosen as the site of the 2020 Olympic Team Trials – Marathon. Four U.S. cities had sought the event.

The race will determine which six athletes – three men and three women – will represent the United States in the marathon at the 2020 Olympic Games. Those top athletes will also receive part of a prize purse totaling \$480,000.

“We’re excited to show America’s best distance runners why we think Atlanta’s running community is special,” said Rich Kenah, executive director of Atlanta Track Club, which spearheaded efforts to bring the race to Atlanta and will serve as the Local Organizing Committee. “We are equally excited to give the people of Atlanta the chance to cheer on these athletes as they chase their Olympic dream on our streets. To that end, we plan to deliver an Atlanta race weekend that gives every runner, jumper and thrower in this community the chance to be involved – whether running, walking, spectating, cheering or partying.”

At the 2016 Trials in Los Angeles, a U.S. team of Galen Rupp, Meb Keflezighi, Jared Ward, Amy Cragg, Des Linden and Shalane Flanagan was chosen. Rupp went on to win a bronze medal in Rio.



2004 Olympic silver medalist and 2014 Boston Marathon winner Meb Keflezighi has backed Atlanta's bid for the Trials.

More than 300 runners are expected on the start line. To qualify, men must have run a marathon in 2:19:00 or faster or a half marathon in at least 1:04:00 during the qualifying window, and women must run at least 2:45:00 or 1:13:00. Six Atlanta Track Club members – Bridget Lyons, Sallie Post, Lacey Krout, Laurie Knowles, Matt McDonald and Wilkerson Given – have already qualified.

Starting in Centennial Olympic Park, the 2020 Olympic Team Trials – Marathon will be held on Saturday, February 29, 2020. Athletes will complete several loops encompassing the sites and neighborhoods of Atlanta before making their way past the 1996 Olympic Stadium (now Georgia State Stadium) and beneath Atlanta's

iconic Olympic rings and cauldron structure on their final journey back to Centennial Olympic Park and the finish line.

The Publix Atlanta Marathon, Half Marathon & 5K will be held March 1, 2020, the day after the Trials, but will not be run on the same course. The course for the Publix Atlanta Marathon is being designed this spring and will be unveiled in the coming weeks.

Information about ways to get involved with the 2020 Atlanta race weekend will be available in the coming months at atlantatrackclub.org.



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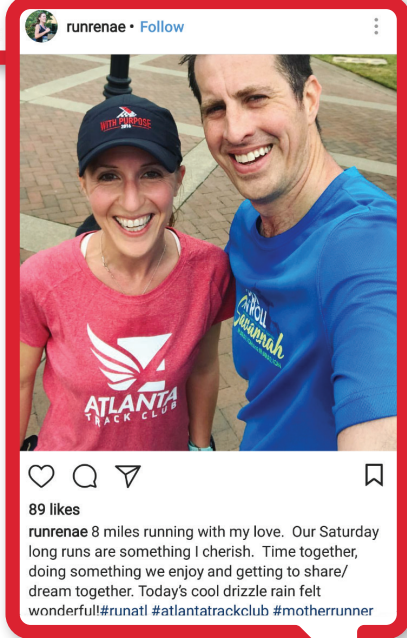
Find the perfect role at atlantatrackclub.org



Get Social

This month:

We monitored social media for your best posts about everything #atlantatrackclub, and here's a sample!



Next Issue: Share Your Favorite Peachtree Photo!

C'mon, we know you have one! Whether it's from before, during or after your race, last year or 40 years ago, add a creative caption to your fave photo, use #atlantatrackclub #ajcpr, and post on Facebook, Twitter or Instagram! Then we'll share OUR faves on social media and in Peachtree Magazine!

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CANDACE HILL IS CLIMBING BACK

AFTER EARLY-CAREER SETBACKS, GEORGIA HIGH SCHOOL STAR
READY TO PROVE HERSELF AS A PRO

By Barbara Huebner

June 20, 2015. Midafternoon. Seattle. Georgia high school sprint champion Candace Hill is in the blocks, hoping to improve on her personal best of 11.21. The gun goes off.

When she looks over at the finish line, the clock reads 10.98.

“I was like, I ran WHAT?” said Hill recently, savoring a hot chocolate at Jittery Joe’s near the iconic Arch at the University of Georgia. At the finish line, her mind continued to race even after her legs stopped running: The clock was wrong. The blocks malfunctioned. The wind was illegal.

But there was no mistake. Hill, a sophomore, had just become the first high school girl in the U.S. to break 11 seconds, setting a national high school record.

Ten. Point. Nine. Eight. It’s astonishing and exhilarating and yes, sobering, how a few numerals and a decimal point, arranged in a certain order, can change your life. Just six months later, after going on to win gold at both 100 meters and 200 meters at the IAAF World Youth Championships, Hill signed a 10-year professional contract to run for ASICS. At 16, she was the youngest American sprinter ever to turn pro.

The sprint was over. The marathon had begun.

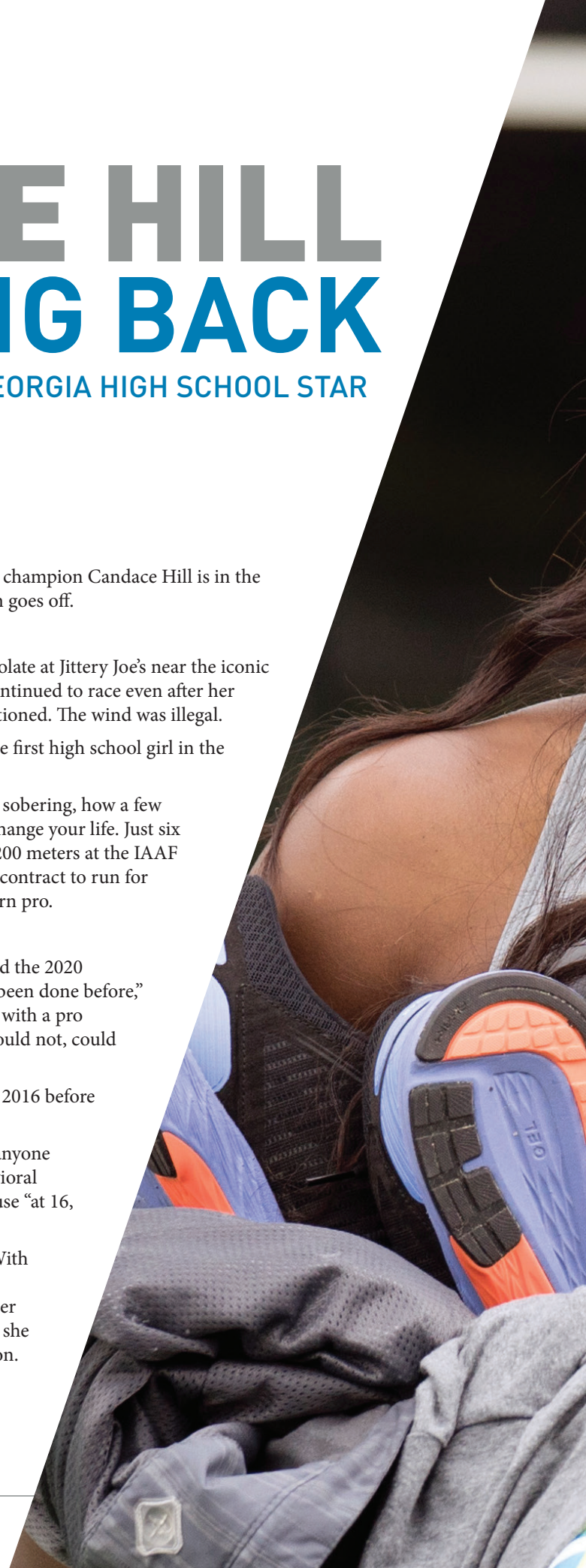
All along, the plan was to bring Hill along slowly, building toward the 2020 Olympics. “You’re asking someone to do something that’s never been done before,” said her manager, Mark Wetmore. Transitioning from an athlete with a pro contract into a pro athlete would be a process and the process would not, could not be completed overnight. That much was anticipated.

What happened next was not. Hill raced exactly once indoors in 2016 before cracked cartilage in her left knee forced her to have surgery.

“We didn’t make it public knowledge, because she did not want anyone to feel sorry for her,” said her mother, Lori Hill, who was a behavioral therapist before taking early retirement to be a “momager” because “at 16, there was no way Candace could navigate the waters alone.”

Hill was out for four months, not racing again until early June. With such a short buildup, she went out in the semifinals at both 100 meters and 200 meters at the U.S. Olympic Trials. Overcoming her devastation, she ended her season on an encouraging note when she ran 11.07 to become the 100-meter IAAF World Junior Champion.

Then came senior year. A top student at Rockdale Magnet School for Science and Technology, designed for high-achieving





CAREER HIGHLIGHTS – SO FAR

- 2014 and 2015 GHSA 6A State Champion, 100m and 200m
- Georgia High School Record-holder, 100m and 200m
- National High School Record-holder, 100m
- 2014 National Outdoor Champion, 100m and 200m
- 2015 World Youth (Under-20) Champion, 100m and 200m
- 2015 Outstanding Female Track Athlete, Atlanta Track Club
- 2015 Gatorade Female High School Athlete of the Year
- 2015 IAAF Rising Star Award Winner
- 2016 World Junior (Under-18) Champion, 100m and 4x100m
- World Youth Record-holder, 100m (10.98)
- World Youth Record-holder, 200m (22.43)



“You’ve got to do something at the professional level to put your name on the map again. And right now I’m waiting for that moment.”

students, Hill was determined to remain despite the demands of turning pro. But the disappointment of not making the Olympic team, the loneliness of arriving every day to train by herself as her old high school teammates were wrapping up their practice, and the long nights of difficult homework were draining. After waking up at 6:45 a.m., Hill often wouldn’t get to bed until 1:30 or 2 a.m., fueling herself on Twizzlers, Froot Loops and Rice Krispie Treats along the way toward graduating with a hard-earned 4.6 grade point average.

“Oh my god, that was so stressful,” said Hill, about juggling pro-level training with AP Lit, AP Physics, calculus, prom, senior picnic, hanging out like a normal teenager and graduation. “I remember some days I would do a long eight hours in school and then come to practice knowing I had a hard workout and then knowing I had four hours of homework when I got home. I would just break down.”

Long term, her parents knew that turning pro had been the right decision, but “you looked at her in moment and it was just ... you’re helpless, because you want to magically give her extra hours in a day,” said her mother. Her father, Gary, said they kept telling her to just get through it, that once she started

college it would all change.

The crucible was not yet over: Her knee had healed, but in early 2017 Hill was struggling, never approaching her previous times and getting tired even in warmups. Frustration crept in, alongside doubt: Maybe, she thought, I made a big mistake. Maybe I shouldn’t have turned pro.

After running 23.34 and finishing last in the 200-meter semifinal at the 2017 U.S. Outdoor Championships – almost a full second off her PB – she despaired.

“What am I doing?” she asked herself. “Do I really want to continue?”

The problem turned out to be an iron deficiency so severe that, according to her mother, doctors weren’t sure why she wasn’t passing out. Hill ended her season, opting instead to hit the beach with her friends, travel to Hawaii with her family and otherwise idle the summer away like a regular teenager before heading off to college.

Now settled in a dorm on the University of Georgia campus, the business/finance major – her anemia under control with iron supplements and a better diet – is ready to hit the reset



button on her sprinting career. No one in her camp flinches even slightly at the word “comeback.”

“What she did was so monumental when she did it,” said Wetmore. He doesn’t have to add that two years are an eternity in the sport of track and field.

After a hard week, Hill ran a 200/400 double at the Spec Towns Invitational in Athens on a chilly April 6, a step toward competing in her first international open race at the Seiko Golden Grand Prix in Osaka on May 20. At first, her face fell when she saw the times of 23.61 in the 200 about an hour after a 54.40 in the 400. She expects better of herself. But after her coach, Tony Carpenter, reminded her that she had done heavy weight-lifting the day before as she trained through the meet, Hill relaxed. As the Bulldogs wandered back to the warmup area after their events, she shared her stretching mat and traded war stories of the day.

If Hill was merely accepting of her performance that day, her father was pleased and relieved.

“It’s all coming full circle,” he said the next afternoon, facing a wall of trophy cases in the family’s Conyers living room. “She’s comfortable. I saw it. Now she’s around her peers again. I like what I see.”

Hill rooms with standout Bulldog sprinter Lynna Irby, with whom she ran on two national teams, and trains alongside the Georgia team most days. By the looks of their Twitter exchanges, it’s all going the way college friendships should, full of hearts and kiss-blowing emoji. Classes (13 hours’ worth) are from 8 a.m. to noon, with practice from 2-7 on lifting days and till 5:30 otherwise. Sunday is a day off.

Carpenter likes what he sees, too. “Massage, rest, physical therapy, icing, nutrition ... going into this third season, she really has a much better understanding” of the overall process, he said. “I’ve stopped referring to it as a sacrifice. I refer to it as a lifestyle change.”

Winning, Carpenter reminds her, is more than just crossing the finish line first. It’s doing the little things along the way. It’s accomplishing interim goals. It’s following the process.

“It’s definitely easier now,” Hill said. “Taking all the AP classes in high school prepared me for the college level; I understand the workload and how to manage my time wisely. I’m going to bed at a decent time.”

Continues on Page 24

CANDACE HILL IS THE LATEST IN A LONG LINE OF GEORGIA HIGH SCHOOL STARS. WILL SHE BE THE NEXT PEACH STATE PRO TO ROCK THE WORLD?

Kristi Castlin

Chapel Hill HS, Douglasville (2006)
3-time State Champion, 100m hurdles (2004-2006)
State Champion, 300m hurdles (2006)

- Olympic Bronze Medalist, 100m hurdles (2016)
- U.S. Indoor Champion (2012)



Fast Fact: Castlin's mother, Kim, ran high school track in Decatur with Gwen Torrence.

Alice Coachman

Madison HS, Albany/Tuskegee Institute in Alabama

- Olympic Gold Medalist, high jump (1948)
- 10-time AAU National Champion, high jump (1939-1948)
- 5-time AAU National Champion, 50m (1943-1947)



Fast Fact: Coachman was the first black woman to win an Olympic gold medal.

Christian Coleman

Our Lady of Mercy, Fayetteville (2014)
State Champion 100m, 200m, long jump and 4x100m (2014); set Class A-Private State Records in all three sprints

- World Championships Silver Medalist, 100m (2017)
- World record-holder, 60m
- 2016 Olympian, 4x100m
- NCAA record-holder, 100m



Fast Fact: Coleman turned pro after his junior year at the University of Tennessee, and weeks later finished ahead of Usain Bolt to win silver at the World Championships.

Roger Kingdom

Vienna HS, Vienna (1981)
State Champion in 110m hurdles, discus and high jump (1980, 1981)

- 2-time Olympic Gold Medalist, 110m hurdles (1984, 1988)
- World Indoor Champion, 60m hurdles (1989)
- World record-holder, 110m hurdles (12.92), 1989-1993



Fast Fact: Kingdom is the interim director of track and field and cross country at the University of Central Florida.

Mildred McDaniel

David T. Howard HS, Atlanta (1952)
State Champion, 80yd hurdles, high jump, long jump

- Olympic Gold Medalist, high jump, 1956
- Pan American Games Gold Medalist, high jump (1955)
- Former world record-holder, high jump

Fast Fact: According to the New Georgia Encyclopedia, McDaniel took up basketball in high school before track, but only because her gym teacher promised any girl who made 10 consecutive free throws a new pair of shoes and a place on the team. She made them, and went on to win two state titles.

Aries Merritt

Joseph Wheeler HS, Marietta (2003)
State Champion, 110m hurdles (2003)

- Olympic Gold Medalist, 110m hurdles (2012)
- World record-holder (12.80), 110m hurdles
- World Indoor Champion, 60m hurdles (2012)



Fast Fact: In 2015, Merritt received a kidney transplant less than a week after winning a bronze medal at the World Championships.

Adam Nelson

The Lovett School, Atlanta (1993)
State Champion, shot put (1992, 1993); discus (1993)

- Olympic Gold Medalist, shot put (2004)
- Olympic Silver Medalist, shot put (2000)
- World Champion, shot put (2005)
- 3-time World Championships Silver Medalist, shot put (2001, 2003, 2007)



Fast Fact: Nelson—an outspoken advocate of tough anti-doping standards—received his 2004 Olympic gold medal years later, after the previous champion was disqualified for a doping violation.

Dwight Phillips

Tucker HS, Tucker (1996)
State Champion in triple jump,
400m, 4x400m (1996)

- Olympic Gold Medalist, long jump (2004)
- 5-time World Champion, long jump (2003, 2005, 2009, 2011 outdoors; 2003 indoors)



Fast Fact: Phillips is the only long jumper ever to win four outdoor world titles.

Christian Taylor

Sandy Creek High School,
Tyrone (2008)
Multiple State Champion at 200m,
400m, long jump, triple jump
Set state records at 400m, long jump,
triple jump

- 2-time Olympic Gold Medalist, triple jump
- 3-time World Champion, triple jump
- American Record-holder



Twice scored an individual-maximum 35 points at state high school championships.

Gwen Torrence

Columbia HS, Decatur (1983)
3-time State Champion, 100m
and 200m

- Olympic Gold Medalist, 200m (1992)
- 2-time Olympic Gold Medalist, 4x100m relay (1992, 1996)
- World Champion, 100m and 4x100m relay (1995)
- World Champion, 4x400m relay (1993)
- Olympic Bronze Medalist, 100m (1996)



Fast Fact: Before she became a world-class athlete, Torrence's dream was to become a beautician. She now owns her own hair salon in Livonia.

Terrence Trammell

Southwest DeKalb HS, Decatur (1997)
Track & Field News 1997 Male High
School Athlete of the Year
Former high school national record-
holder, 60m hurdles

- 2-time Olympic Silver Medalist (2000, 2004), 110m hurdles
- 3-time World Outdoor Championships Silver Medalist (2003, 2007, 2009), 110m hurdles
- 2-time World Indoor Champion, 60m hurdles (2001, 2006)



Fast Fact: Trammell is now executive director at Trammell Athletics in Atlanta.

Deedee Trotter

Cedar Grove HS, Decatur (2001)
Anchored 4x400m team to state title
in 2001

- Olympic Bronze Medalist, 400m (2012)
- 2-time Olympic Gold Medalist, 4x400m relay
- 3-time World Champion, 4x400m relay



Fast Fact: Trotter now serves as Olympics Ambassador for EF Education First.

Wyomia Tyus

Fairmont HS, Griffin
10-time AAU National Champion
• 2-time Olympic Gold Medalist,
100m (1964, 1968)
• 1968 Olympic Gold Medalist,
4x100m
• 5-time World Record-holder in
sprints from 50 yards to 100m

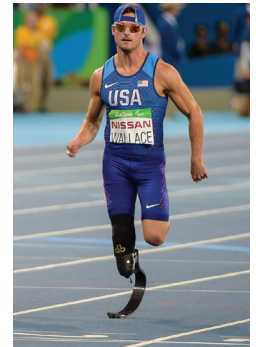


Fast Fact: Tyus was the first athlete, male or female, to defend 100m Olympic title.

Jarryd Wallace

Oconee County HS, Athens (2008)
State Champion, 800m and 1600m
(2007)

- 2-time World Para Athletics Champion, 200m (2013, 2017)
- World Para Athletics Championships Gold Medalist, 4x100m (2017)
- 4-time World record-holder
- 2-time Paralympian (2012, 2016)



Fast Fact: In 2010, Wallace lost his lower right leg to compartment syndrome, a condition that can cut off blood flow to the extremities.

Athletes' high school achievements culled from news reports and bios from colleges teams, USATF, USOC and Georgia Sports Hall of Fame.



All-Metro athletes include: Coleman (2014); Taylor (2007, 2008); Merritt (2003); Trotter (2001); Trammell (1995, 1996, 1997); Phillips (1996); and Nelson (1992, 1993).



ALL COMERS TRACK & FIELD MEETS THE NAME SAYS IT ALL: EVERYONE IS WELCOME

By Jay Holder

Where can you find a novice shot putter, a 2-year-old sprinter, a 90-year-old world record-holder and a crew of sub-4 minute milers? On seven consecutive Tuesdays in May and June, it's at Atlanta Track Club's All Comers Track & Field Meets.

A tradition dating back more than 30 years, these free, open meets are indeed meant for all comers. "You'll see everyone from Olympic qualifiers to first-time runners," said Rich Kenah, Atlanta Track Club's executive director. In fact, Kenah, a 2000 Olympian at 800 meters, has been known to drop his clipboard and hop into a race, sometimes still holding his walkie talkie just in case.

"These meets can be for the serious track athlete, but they are also a casual, fun affair. Some people walk in carrying spikes, and other people don't know what spikes are. Our goal is to make sure everyone feels welcome and comfortable approaching each event in the way that makes it fun for them," said Kenah. "If they want to set a personal best, we have that environment. If they want to try a new distance or field event

for the first time, we have that, too."

The beauty of All Comers – which Kenah calls "arguably one of the best things Atlanta Track Club does" – is in its simplicity, not unlike a pickup basketball game. Not only are there no trophies but, with few exceptions, times aren't even written down. "You hear your results and you go home," said Kenah. "All you have is your experience and your memory of that experience."

Lisa Tanner, Atlanta Track Club's director of events, has worked at the Club for two decades and calls All Comers her favorite event of the year. "I think my favorite thing is how little it has changed," she said. "It's the epitome of who we are as an organization," catering to runners and field athletes of all ages and abilities. Among the dozens of volunteers at every meet are some who have hand-timed All Comers kids only to later officiate their high school and even college meets, getting the chance to watch them grow up.

Kids' events always kick off the meet, with children as young as 2 years old running in the 50-meter dash. By the end of

the night, records may have fallen: For the past two years, All Comers meets have been where Betty Lindberg, 92, has climbed to the top of the All-Time lists. In 2016, she set a world best in the 800 meters for women 90 and older; in 2017, she shattered the American best for the 400 meters.

At All Comers Track & Field Meets, “field” is just as important as “track.”

“It’s a great opportunity for our kids,” said Hal Fairbanks, coach of Pole Vault Atlanta. “It allows them to be successful early in the season, before they get to real competition.” Pole Vault Atlanta brings up to 60 vaulters of varying ages and abilities to each meet and the competition can go on for hours, often with Fairbanks himself coaching and officiating. While he appreciates the chance for all of his jumpers to compete, he says it’s especially beneficial for jumpers under the age of 13, who cannot yet compete in USATF competitions.

This year, the shot put is again a scored event as part of Atlanta Track Club’s Grand Prix Series presented by Piedmont Health Care. It will be contested at the fourth and sixth meets. At the second meet, the mile will be scored for Grand Prix points.

“These events give people who are used to running on the roads a chance to get outside their comfort zones,” said Tanner. She said she received angry emails from participants when the shot put was announced last year, but that by the end of the season those complaints had turned into compliments. “People



who would never have a chance to win a race were winning the shot put and they were ecstatic,” said Tanner.

Mike Judge coaches throwers young and old as the head coach at Throw 1 Deep in Atlanta. He said he has seen masters athletes come to his weekly clinics after discovering the discipline at All Comers. “They say, ‘that looks easy! I can do that!’” he laughed. After a couple of clinics with Judge, they are showing up weekly. “I think it’s just a great opportunity for people to get together and compete.”

More on Page 17

“IT JUST ALL KIND OF CAME BACK TOGETHER”



In high school, Terri Montague said, she didn’t look like the other shot putters. A 400-meter hurdler, on paper Montague had anywhere from a 50- to 100-pound disadvantage when she stepped into the ring. But when she threw, she could go neck and neck with the bigger athletes.

“I had a coach that was convinced if you got your stance and form right, you could out-throw anyone,” she said. While it never became her specialty – that was always the hurdles – Montague said she frequently got called on to throw and score a few extra points for her team at Bethesda-Chevy Chase High School in Maryland.

After high school, she put the shot put in her past. Now an Atlanta attorney, Montague, 52, stays fit by lifting weights and participating in Atlanta Track Club races. But last year, she committed to the Grand Prix Series presented by Piedmont Healthcare and, to her surprise, found her old event on the schedule among the road races. “I figured this would be a level playing field,” she recalled. “You can practice distance running and sprints, but most people don’t have a shot put at home.”

Despite throwing sparingly at best since her high school days some 34 years earlier, Montague said, “It just all kind of came back together.”

At the end of two weeks of competition, Montague was the masters’ champion in the event. Her throw of 26.25 feet was not only best among masters’ competitors, but actually topped all female throwers by more than 2 feet.

“Shockingly, I threw pretty close to what I had in the past,” said Montague, former CEO of the Atlanta Beltline. She said she didn’t do any specific throwing workouts, and that the only other time she had thrown since high school was in an All Comers meet at Emory University in 2012.

Montague said that when she showed up at the meet, her goals were to not aggravate a thumb injury that required a brace on her throwing hand, and to feel good. She accomplished both. “I came in saying ‘I’m not here competing with anyone but myself.’”

After her surprise victory, she wonders what she could have done if she had trained. The injury has subsided and she thinks she might come back to defend her title, but is still on the fence. The shot put will first be contested for Grand Prix points on May 22 at Emory. If she does come back, she’ll be looking for a challenge.

“Hopefully,” she said, “people will come out and try to beat my throw.”



THE RACE, THE BATTERY AND THE ATLANTA BRAVES



5K, One Mile & 50m Dash | June 2 | SunTrust Park

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- 5K participants finish on the field and receive a ticket to select Braves games
- Additional tickets available for purchase

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atlantatrackclub.org



WHERE YOU NEED TO BE THE REST OF 2018 ATLANTA TRACK CLUB UPCOMING EVENTS CALENDAR

MAY

- 1- All Comers Track & Field Meet
- 5- Blue Cross and Blue Shield of Georgia Peachtree Junior
- 8- All Comers Track & Field Meet
- 15- All Comers Track & Field Meet
- 22- All Comers Track & Field Meet
- 29- All Comers Track & Field Meet

JUNE

- 2- Braves Country 5K presented by Mizuno, One Mile & 50m Dash
- 5- All Comers Track & Field Meet
- 12- All Comers Track & Field Meet

JULY

- 2/3- Peachtree Health & Fitness Expo
- 4- AJC Peachtree Road Race
- 14- Decatur DeKalb 4 Miler
- 15-20- Atlanta Track Club Cross Country Camp

AUGUST

- 4- 680The Fan Tailgate 5K
- 18- Atlanta's Finest 5K, One Mile & 50m Dash

SEPTEMBER

- TBD- Mercedes-Benz Stadium 5K/Walk Like MADD, One Mile & 50m Dash
- 22- Wingfoot XC Classic

OCTOBER

- 21- PNC Atlanta 10 Miler & 5K

NOVEMBER

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

DECEMBER

- 1-Grand Prix Finale & Volunteer Awards Banquet

Learn more and register at
atlantatrackclub.org

“A GREAT COMMUNITY” FOR ALL AGES



Robert Summer gets to All Comers Track & Field Meets early so he can watch the kids' races, getting inspiration from watching the young runners proudly cover 50 meters as fast as their little legs will carry them. Motivated, he then puts on his own running shoes and lines up for every race from the 400 to the 5000.

“I just love what the organization is doing,” he said. [All Comers] is a great community. Even when I am running slow in the last event of the night, I'll offer to stop so the staff can clean up and go home and they won't have it.”

Summer, 79, has been a regular at the All Comers meets for the past four years, ever since his wife passed away. His running had slowed down and he needed something to get him back on track – literally. “I thought getting out and doing a little sprinting would speed up my pace a little bit,” he said. Determined, Summer arrived that first time at Emory University ready to race the 100-meter dash.

“I was a lot faster in my mind than I was in my body,” Summer recalled. “I looked up and down the start line and I'm the smallest guy there. Half of them were finished before I got four steps in.”

Defeat didn't deter Summer, who continued to sharpen his sprinting skills. But the sprints were always a means to an end. His ultimate goal: to gain speed for the longer races. Now, he considers himself retired from the sprints and is training for the mile.

Along with running 20 to 30 miles a week, Summer mixes in regular yoga and table tennis to keep his body moving. “Running on the track has inspired me to understand the body and the way the parts of the body work together,” Summer said. When he's not exercising, Summer – who says he has increasing difficulty controlling the left side of his body – spends his time reading exercise physiology books and researching proper form and mechanics, looking for ways to stay consistent, strong and healthy despite the hurdles his body and time may put in his path.

Summer said that running long distances on the track as opposed to the road helps him concentrate on exactly that. In that way, the All Comers meets are ideal for him. “I try to square the corners,” he said. “Running on the track helps me focus and I don't have to worry about all of the other factors that come with road racing.”

He may be relatively new to the track, but Summer is not new to running: He ran his first AJC Peachtree Road Race in 1979 at the age of 39 (“I decided on a whim and a dare,” he said) and hasn't stopped. He estimated that he's run about 30 more since then. He'll run again in 2018. He's also run three marathons. Last year, Summer won his age group in the Grand Prix Series presented by Piedmont Healthcare and is leading in 2018.

Summer said he's thrilled the mile at All Comers is one of the scored events this year. “I'd like to keep [my time] under 8:00 minutes.” He paused. “I'd like to get close to 9:00 minutes. I think I could do that and it would be a good benchmark. I'm not a great athlete. I'm just another old guy and this makes an old guy feel good.”

WHERE TO FIND US

In 2018, for the first time, All Comers Track & Field meets will be held in four different locations to allow people from across Metro Atlanta to take part in the series more easily.

May 1 – Cheney Stadium

Address: 741 Connally St. SE, Atlanta

Located in Atlanta's Summerhill neighborhood, the Cheney Track was given a new Rekortan surface in the fall of 2017 thanks to the generous donations of Atlanta Track Club members and partners. This track served as the warmup facility for track and field at the 1996 Olympic Games.

May 8, 15, 22 – Emory University

Address: 26 Eagle Row, Atlanta

The historic home of All Comers Track & Field Meets, Emory is back in 2018 after construction kept the track closed last year.

May 29, June 5 – Buck Godfrey Stadium

Address: 2817 Clifton Springs Rd, Decatur

This South Dekalb county facility is owned and operated by Dekalb County Schools. There's seating for 8500 people, so bring family and friends!

June 12 – The Marist School

Address: 3790 Ashford Dunwoody Rd NE, Atlanta

Home of the War Eagles, this six-lane track is located on the Marist campus. There are plenty of great trails to use for your warmup!

WHAT YOU NEED TO KNOW

When do the meets start?

All meets begin at 5:30 p.m. Meet schedules are posted at atlantatrackclub.org. Meets will run no more than 30 minutes ahead of or behind schedule.

How much does it cost?

Entry to all meets is free and participants can take part in as many events as they choose.

How do I sign up?

You can sign up for the entire All Comers Track & Field Meet season at Atlanta Track Club's website. Registration is also available at each meet.

How do I take part in the Grand Prix Series presented by Piedmont Healthcare?

You must be an Atlanta Track Club member to take part in the Grand Prix Series events, but all members are eligible. Separate registrations must be completed for each event. Registration can be found at atlantatrackclub.org.

What if I have never done an event before?

No problem! Heats and flights are filled based on predicted finishing time or mark to ensure that people are competing against other people with a similar skill and/or experience level.

Can I just come to watch?

Of course! All venues have plenty of room for friends and family to come watch and cheer.



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Half Marathon & 5K
March 17, 2019



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STORAGE

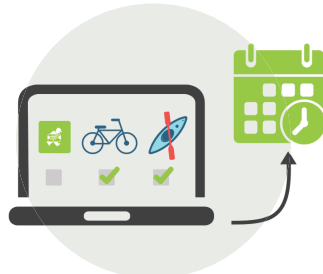
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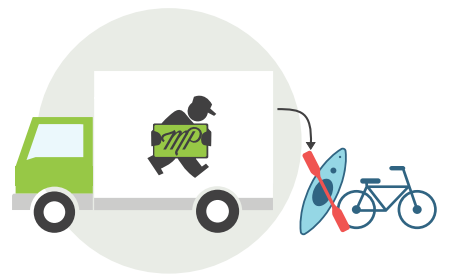
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VETERANS MEMORIAL 5K RUN
HONORING OUR HEROES—PAST, PRESENT, FALLEN
SATURDAY, MAY 26, 2018

All proceeds will support American Legion charities to benefit Veterans and their families in Georgia.

START TIMES:

5K Run/Walk—7:30a.m.; 1K Run/Walk 8:30a.m.; Tot Trot (5 & under) 8:45a.m.

START/FINISH:

Marietta Square, 1 Cherokee St, Marietta, GA. Free parking in public decks near the Square.

REGISTER:

Online by midnight Thursday, May 24, 2018 at americanlegion5k.org OR Active.com OR entries may be mailed to Georgia Runner, PO Box 2062, Mableton, GA 30126 to be received by Wednesday, 5/23/18.

FEES:

Runners: \$30 through May 7, 2018; \$35 through May 24, 2018; \$40 on race day (cash or check only). Phantom Runners: \$25 T-shirt only.

PACKET PICK-UP:

Thursday, May 24, 2018 from Noon to 8p.m. at the American Legion Post 29, 921 Gresham Ave, Marietta, GA 30060

CONTACTS:

Gary Jenkins at 678-214-5294 or gary@georgiarunner.com
Tom Bell at 770-331-5580 or americanlegion5k.org

JOIN US AT THESE RACE-RELATED EVENTS:



May 9th: Banks & Shane in concert at the Strand 8p.m.



May 19th: Armed Forces Day, with wine & appetizers Marietta Wine Market, 2-4 p.m.

After the race at Glover Park, our Military Appreciation Celebration with music by the Georgia Symphony Orchestra

For more details and ticket information, check our website americanlegion5k.org



ENTRY FORM

Name: _____ Age _____ Male _____ Female _____

Address: _____ City _____ Zip _____

Race (check one) _____ 5K _____ 1K _____ Tot Trot _____ Phantom Runner (I am only getting a t-shirt)

T-Shirt Size (circle one) Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL (add \$2.00)

Registration fee: \$_____ In consideration of acceptance of this entry, I waive any and all claims for myself and/or my heirs for any injuries I may incur as a result of my participation in the Veterans Memorial 5K Run; thereby releasing all sponsors and volunteers associated with this event from liability. I understand jogging/running is a strenuous sport and I further state that I am in proper physical condition for this event.

Signature (parent or guardian must sign if under 18) _____

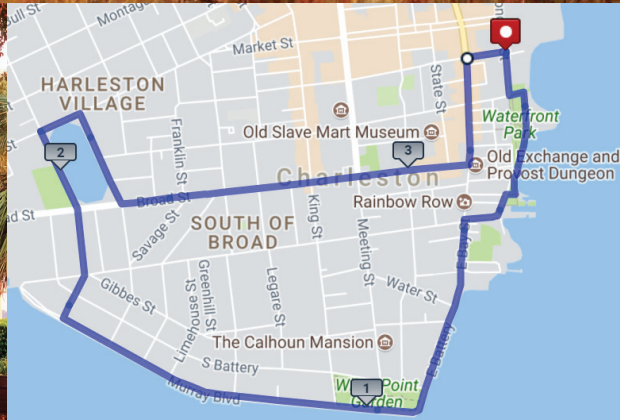


CHARLESTON, S.C.

By Blais Hickey

On April 6, a few Atlanta Track Club staffers packed up our Mizuno gear and took the long and winding drive down I-26E to Charleston for the Cooper River Bridge Run. At 30,000 participants, it's one of the largest 10Ks in the country and, since we work on July 4, the largest 10K we run each year.

Charleston is a great (flat) town to run in, and after all of the post-race wining and dining we took to the streets for a scenic recovery run. Don't get too distracted by the sights, though! You'll want to keep a sharp eye for, um, remnants of the horse-drawn carriage rides throughout the city.



Find this route and more by following Atlanta Track Club on MapMyRun.com

The Run:

This route starts at Waterfront Park, but you can access it from multiple points downtown.

- Head south on Concord St., where you can access the waterfront path.
- At the end of the path, turn right onto S. Adgers Wharf and go around the Yacht Club.
- Take a left onto E. Bay Street. This turns into E. Battery, and the sidewalk becomes elevated.
- Follow this as it turns right onto Murray Blvd. Run the sidewalk or through White Point Garden.
- Near the end of the road, turn right onto Ashley Blvd.
- Continue until you reach Colonial Lake. Take a right onto Beaufain St. then a right on Rutledge Ave. to make a loop around the park.

- Turn left onto Broad St. Follow Broad until you get to East Bay and your starting point.

Course Highlights:

- The Pineapple Fountain at Waterfront Park
- Rainbow Row, a historic row of houses on East Bay St.
- The Battery and White Point Garden, where you can see Fort Sumter, the USS Yorktown and Sullivan's Island
- Colonial Lake

Course Notes:

- 3.4 mile looped route
- This run is in the sun! Especially in the summer, hydrate and avoid the heat of the day.
- Mostly on sidewalk or promenade

Add Distance By:

- Running the Arthur Ravenel Jr. Bridge! It's a great view of the city and perfect practice for Cardiac Hill.

Other Tips:

- Finding parking in Charleston is hard, but meters are located around Waterfront Park and the Battery.
- After the run, enjoy brunch! Some of our favorites places are Caviar & Banana off of King Street or Saffron Restaurant & Cafe on East Bay.

Have a perfect Runcation route? Send it to stories@atlantatrackclub.org

Let us know your favorite place to go by tagging and using [#atlantatrackclub](https://twitter.com/atlantatrackclub) [#Runcation](https://twitter.com/Runcation) on social media.

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Warm up your appetite with Atlanta's biggest turkey day tradition.

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November 22 | Georgia State Stadium

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LEE FIDLER

2:15 MARATHONER NOW 'JUST RUNNING TO RUN'

By Marcus Budline

During the 1970s and '80s, Lee Fidler ran a lot: 100 miles a week for 10 years, to be precise. Little was more consistent than Fidler hitting the pavement each day, racking up the miles and steadily improving his time in the event he fell in love with, the marathon. Those miles paid off with a personal marathon best of 2:15:03, an 11th place finish in the 1975 Boston Marathon and three trips to the U.S. Olympic Marathon Trials (1972, 1976 and 1980). Twice in the 1970s he placed in the top five at the AJC Peachtree Road Race, including a runner-up finish in 1974.

Nowadays, the 69-year-old Fidler – a longtime Atlanta Track Club member – still runs, but not quite so much. We chatted with him about his competitive history, his current running schedule and more.

How did you fall in love with marathons?

We had a senior on the team [at Furman University] who was kind of a mentor and he said, "You know, there's an Atlanta Marathon, and if you run under four hours you get a medal." It used to be around Christmas, so every year I would come home and run a marathon over the holidays. It was just kind of a lark, not really something I would prepare for.

It just seemed like the longer the race the better I was in the pecking order. In my second marathon I improved about 45 minutes [from around 3:30 to 2:45] so I was thinking that I might have some luck in that event, so I pursued it more seriously when I got out of college.

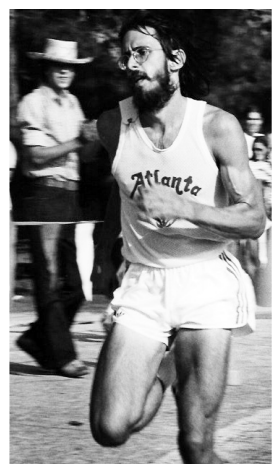
Were you working at this time or were you able to make some money racing? And what was the running world like at the time?

There wasn't really enough appearance money and I wasn't quite good enough to really live off the earnings, so I had to supplement it with my day job. I decided to go to Phidippides and work there.

Back when I could run relatively fast, it was kind of a fraternity. Everybody seemed to be pursuing performance and just being the best they could be and doing whatever they could to be able to train.

We've heard you were somewhat of a mentor and training partner to Benji Durden, who made the 1980 Olympic team in the marathon.

I'm not sure I was ever his mentor, just good friends. We formed a friendship when we competed against each other because he ran for Georgia and I ran for Furman and we just got to know each other before we were teammates for Atlanta Track Club.



At one point my star was ascending and he was sort of in my wake and then the trajectory changed and he was ascending. Probably the turning point was at the Boston Marathon in 1978, when he was 10th and I was 14th and that was a pretty resounding defeat for me.

What do you think running has brought you in your life?

For one, it enabled me to travel all over the country and it enabled me to have an opportunity to be the best that I could be at an activity. It enabled me to create a career out of being me and I think it's had a good effect. It's calming, it's introspective and it's given me a lot of confidence.

What's your running routine like these days?

I'm just running to run, running every other day for usually about 50 minutes a day. One time a week I'll have a long run of anywhere from an hour to an hour and a half, and then I like to go to the track once a week. I hurt my knee four years ago running on trails in Stone Mountain Park and had to have surgery, so I'm just happy I can still run and do my time trials with myself on Saturday mornings.

Continued from Page 11

Nutrition has become a top priority. No more eating like “trash” the way she did in high school. Eight cups of water a day, portion control, no more late-night snacking. Watch the proteins. Mind the carbs.

But her biggest mistake in high school wasn't the way she ate, or how little she slept. It was, she said, beating herself up when she didn't meet every high expectation she thought people had of her.

“People would say they knew I was in high school and they didn't put a lot of pressure on me, yada yada yada, but I felt deep down inside that they did have a level of expectation, and I felt that I was falling short the first two years,” she said, adding that it nagged her that she wasn't meeting her own expectations, either.

“Chill out,” she's learning to tell herself.

At the same time, “step up.”

“People aren't looking at you as the high school girl in lane such-and-such,” she said. “You're an adult now. You have to work twice as hard and prove your spot, because people are not going easy on you. I'm ready to step it up in the workouts and push myself. And I'm also getting stronger, because my body is naturally maturing. I'm ready to take on more challenges.” Osaka is in her sponsor's backyard, and she wants to put on a show for them, to prove they didn't make a mistake signing her.

Being named Gatorade Female High School Athlete of the Year in 2015 first convinced Hill that she was a good athlete. Does she still believe it?

“I do, but some days I wonder, am I really that athlete? Because [everything] happened so long ago, and I haven't really had that big major moment again. You've got to do something at the professional level to put your name on the map again. That's how I look at it. And right now I'm waiting for that moment.”

Her parents hear the chatter. “It's, ‘Candace fell off the radar, she didn't live up to expectations, she'll be just another athlete who should not have gone pro.’ But they have no idea what's behind the story,” said Lori Hill.

“She's still eligible for juniors, believe it or not,” said Wetmore of the under-20 category for which Hill still qualifies by age. So the main focus this year is the World U20 Championships at both distances, while upgrading the level of pro races she enters and putting her in a position to set personal bests. “She's developing her craft,” he said. “We don't have to throw her into the deep end all the time.”

Sometimes it's good, said Gary Hill, to be off the radar for a while. Regroup. When you grow into it, you'll know it, and then you'll make your move. You can't cheat the process.

Meanwhile, back at Jittery Joe's, the youngest sprinter ever to turn pro finishes her hot chocolate and declares the last two years as a prologue to the rest of her career.

“Now it's Chapter 1,” she intones, as if to the world. “What's She Gonna Do? No Longer a High School Athlete.”



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NEW YOUTH TRACK TEAM IS UP AND RUNNING

By Marcus Budline

Venture down to Piedmont Park on a Tuesday or Thursday afternoon and you'll find a collection of runners dedicated to their craft. Focused on pacing, split times and competition, they pound the Active Oval gravel together and keep each other honest. Their dedication is all the more impressive when you realize that the oldest runner is only 14, and that for some it's their first foray into running.

This group of 19 makes up Atlanta Track Club's first Youth Track Team. Coached by Atlanta Track Club Elite member Patrick Peterson, it will compete throughout the spring and summer at races that include All Comers Track & Field Meets, USATF Development meets and the Middle School State Championships.

"We started the Youth team because the Club's goal is to hit all aspects of the runner life cycle," said Peterson. With an Elite team, a Masters team, an In-Training program and Kilometer Kids already in place, the Youth team offers one more option.

In the fall, the Youth Cross Country Team had nine runners, six boys and three girls. This spring the program has more than doubled, with five girls and 14 boys. With runners ranging from 11- to 14-years-old and from novice to experienced, managing practices and tailoring workouts is no easy task for Peterson.

"I explain it as controlled chaos," he said. "Some days the workouts align and they can all start together, but some days it feels like everybody is doing something different."

Twins Edward and George Blaha, Robert Mallis, Teddy Meredith, Eamonn Kenah, Evan Owens and Ruby Little are the most experienced runners on the team. In the fall, the six boys formed a formidable unit as part of the Youth Cross Country Team, dominating the Wingfoot XC Classic and qualifying for the USATF Cross Country Championships.

They've been joined this spring by sisters Clara and Heidi Heppner, who are new to the Club's team but have been racing for more than six seasons. This group talks the sport like seasoned veterans, comparing opening splits and setting specific goals

that they work toward all season. For Edward Blaha and Evan Owens, that means breaking 4:50 in the 1600 meters. For Ruby Little, that means breaking 6:00 in the 1600 meters. For the Heppners, it means breaking five in the 1500 meters and becoming All-Americans at USATF Junior Outdoor Championships.

"Intensity," said Clara Heppner, when asked what she enjoys about being part of the team. "It's challenging, and it helps lay out the workouts."

On the other end of the spectrum are runners like Jude Hamilton, Devin Tabourn, Julian Gross and Bailey Richie, who are new to the sport, still learning how to pace themselves and what it feels like to step out on a track and race. At first, they struggled to complete even the warmups but now quickly get into the rhythm when they arrive at practice.

Peterson takes a more relaxed approach to the beginners, letting them experiment on their way to learning to love the sport. "For their races, it's more like 'let's see what we can do, to have fun,'" he said. "With the other group it's a little more focused because that's why they're on the team, whereas for the new runners this is for fun."

Because the runners compete as individuals at events instead of having the pressure and constraint of earning points toward a team title, they're able to test out different events and get a taste of every aspect of track and field.

"They have a lot of freedom," said Peterson. "One of my distance kids came up and asked if he could long jump and I was like, 'heck yeah!' When we go to some big meet he'll run the mile, but in our first meets he can long jump. Another kid is going to run the 300-meter hurdles; the other is going throw the discus. If they want to try it, they can."



SNACK ATTACK? HERE'S WHAT TO PACK

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

One of my favorite snacks to pack is trail mix. Do you have any go-to recipes for a healthy mix?

Trail mix is a perfect, portable way to fuel you through a tough track workout. But store-bought versions can be high in added sugar, sometimes more like a glorified dessert than a healthy snack. Making your own trail mix is simple, while allowing you to control the ingredients and customize with your favorite flavors. The base recipe below provides both simple and complex carbs for immediate and sustained energy, plus a little healthy fat and protein. Multiply as needed for desired number of servings.

TRAIL MIX RECIPE

- ¼ cup whole grain cereal (such as Cheerios, Chex, Kashi)
- ¼ cup pretzels
- ¼ cup nuts and/or seeds (such as peanuts, almonds, cashews, pumpkin seeds)
- ¼ cup dried fruit (such as raisins, cranberries, apricots, cherries)
- 1 Tbsp. dark chocolate chips (optional!)

It's always easy to grab a granola or protein bar. What should I look for on the label before I pick one?

There are so many bars on the market that it can be confusing to choose! Unless it's a meal replacement, stick to bars with 150 to 250 calories each. Look for whole-foods ingredients, such as oats, other whole grains, nuts, seeds and dried fruits. I like to see at least 3 grams of fiber and 5 grams of protein to ensure you're getting a balanced snack that will keep you energized and not lead to a sugar crash. But the exact nutrition targets depend on when and how you're eating it. Pre- and mid-workout, go with higher-carb, grain-based options. Post-workout, you want a balance of carbs and protein for recovery. Midafternoon, a nut-based bar with healthy fats will keep you satisfied ... and away from the vending machine!

What about smoothies? Do you have a favorite grab-and-go that will last through a long session?

I tend to be wary about store-bought smoothies, as they can be very high in sugar and typically not as satisfying as actually eating a snack. That said, smoothies are an efficient and refreshing way to stay energized and hydrated during

an intense workout. Look for smoothies with a balance of carbs and protein for sustained energy, and to limit sugar avoid ones with several types of juice listed in the ingredients. Chobani's Greek yogurt drinks are a good choice. They're available in 11 flavors, each containing a solid 14-15 grams of protein, 25-30 grams of carbs and less than 250 calories. Bolthouse Farms' new "B" line also offers good options. The "B Balanced" versions, which are mainly fruit, would be great for quick energy pre- and mid-workout, while the higher protein "B Strong" versions would be great post-workout. If you have the time, though, I highly recommend making your own. The recipe below provides the ideal balance of carbs, protein and fluids for post-workout recovery. As a pre-workout snack, use a full banana and omit the yogurt.

RECOVERY SMOOTHIE

- 1/2 cup fresh or frozen berries
- 1/2 banana
- 1 cup plain or vanilla Greek yogurt
- 1 cup milk or milk alternative of choice
- 1-2 handfuls of baby spinach or kale

Combine ingredients and blend

Nut butter sandwiches are always easy to make and take. Is one butter better than the others?

Few meals are more portable, satisfying and delicious than a nut butter sandwich. Generally, I recommend choosing 100 percent whole grain bread and using whole fruit like smashed berries or apple slices instead of jelly for added nutrients and fiber. However, directly before an important workout or track meet it's OK (and even preferable) to choose lower-fiber white bread, and the simple sugars in jelly provide quick fuel. When it comes to nut butters, there is no one nut that is nutritionally superior to others: peanut, almond, sunflower seed butter, choose whichever you like best. But there are definitely differences when it comes to the ingredients list. On a heart-healthy nut butter label, all you should see listed is the nut, and maybe salt. If you see palm oil or hydrogenated oils, that means there has been saturated or trans fat added to stabilize. Since nuts are unsaturated fats, they are naturally liquid at room temp. The oil separation is a good thing. Just store the container upside down in the fridge for easier spreading.

Alissa is a Registered Dietitian and certified personal trainer born and raised in NYC. She is a graduate of Yale University and New York University. An avid runner with a number of half and full marathons under her belt, Alissa believes the best form of exercise is the one you enjoy and the best nutrition plan is one that fits into your lifestyle.

For more individualized support with your weight loss and nutrition goals, Alissa is available for consultations at Good Measure Meals. Email her at nutrition@goodmeasuremeals.com to learn about services and rates.

WHEN SHOULD RICE BE ON THE MENU?

By Dr. Alexander Voljavec



I've heard about RICE, but what is it exactly?

“RICE” (Rest, Ice, Compression, Elevation) is one of the most-recommended home treatment methods for a suspected muscle or ligament strain or sprain. For runners, that typically involves the feet and ankles.

- Rest: Stay off the injured foot or ankle.
- Ice: Apply ice to the affected area as soon as possible and reapply it for 15-20 minutes every three or four hours for the first 48 hours after injury. Small bags of frozen peas are reusable and convenient.
- Compression: Snuggly wrap an elastic bandage around the affected foot or ankle.
- Elevation: Keep your foot or ankle elevated as much as possible to reduce swelling.

When should RICE be the first resort?

For virtually any acute or chronic muscle-related injury, RICE is a good place to begin treatment.

Oral medications, such as ibuprofen, also may be used to help reduce inflammation.

What “injuries” aren’t really injuries at all, but just normal body adaptations for a beginning runner?

Exercise, especially when beginning a training program, is commonly associated with mild muscle and/or joint soreness. This is to be expected and should not cause alarm IF soreness is only mild to moderate in intensity, occurs after exercise and resolves within 24-36 hours.

How can I tell when the home remedies aren’t working and I should seek medical care?

If the injury is not responding to RICE therapy, and/or the pain is severe and returns during your next workout, the

problem may be more significant. Other clues may be pain that occurs with other, less stressful exercise regimes, such as cross training, and pain that precludes exercise. Specific injuries such as Achilles tendonitis may require medical expertise. In general, do not try to run through pain of a significant nature.

More serious injuries, such as fractures of the foot and ankle, often can be mistaken for a common sprain. If your condition does not improve after a few days or you begin to experience increased pain, swelling, bruising and difficulty walking, make an appointment to see your doctor.

What kinds of pain signal that I should seek medical care immediately?

Most injuries do not require immediate medical care but if the pain is severe, a joint is red, inflamed or swollen, or if there is instability of a joint or bone, then immediate evaluation may be helpful. Of course, trauma resulting from falls, for example, and associated with significant pain will need urgent evaluation.

Dr. Alexander Voljavec is a board-certified physician in Internal Medicine at Internal Medicine Specialists of Roswell. For more information, visit roswellmed.com or call 770-619-5100.

Looking for Answers?

If you have a question for the doctors at Northside Hospital, email stories@atlantatrackclub.org. We could answer your question in an upcoming issue of *Wingfoot*.



NORTHSIDE HOSPITAL

HASTE TRIMS THE WAIST

ADD SPEED WORK TO YOUR ROUTINE

By Amy Begley



Whether it's mileage, pace, number of races completed or personal records, most runners are number-focused and tend to be creatures of habit, doing the same routes at the same pace each week. It's great to be moving and exercising; however, the body adapts and changes according to different stimuli. If you do the same mileage or same workouts every week, the body gets used to it and maintains at the status quo until it is challenged.

The best way to add variety and intensity to your workout routine, once you've been walking or running for at least a few weeks, is to add speed work. Don't be intimidated! You don't have to be Usain Bolt; you only need to go faster than you usually go.

That could be as simple as running or walking very fast down the block and then walking back. You could also:

- Go by time, doing 30 seconds hard with 30 seconds easy, or any similar combination by the clock, or
- If you have access to a track, you can do workouts of a certain distance: for example, 10x400 meters hard with 200 meters of a recovery in between by walking or jogging.

I would start by adding one speed workout per week. The key is to warm up properly, and slowly work into the workout. Stretching and cooling down are also important to reduce soreness. Hamstrings and calves are more susceptible to injury with speed work, so you don't want to neglect the "before" and "after."

Another great way to sneak in some speed work is to do hill repeats, which not only work different muscles but also add strength and speed. You can do hill repeats in a variety of ways:

- Short, quick hill repeats at almost full speed
- Longer hill repeats in which it takes you 45-75 seconds to reach the top
- A few repeats but working your way up to a set amount of time
- Longer repeats, as many as you can in 30 minutes

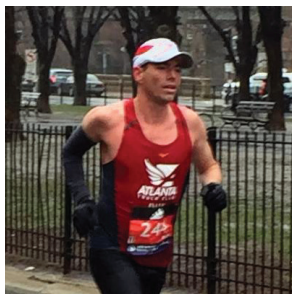
If you don't know where to start and want a fun introduction to speed work, join Atlanta Track Club every Tuesday night in May and the first two Tuesdays in June for the All Comers Track & Field Meets. The meets are free, and offer a chance to all ages and abilities to participate in a fun, family-friendly environment. You could even use the meet as a workout by doing all the events throughout the evening, getting your recovery in between while watching other age groups compete. We hope to see you out there this summer.

Photo credits: Leigh Moyer, Andrew Hull

CLUB MEMBERS STORM THE BOSTON MARATHON

Compiled by Jay Holder

Runners at the 122nd Boston Marathon had more than the infamous Heartbreak Hill to conquer this April. For 26.2 miles, they ran in some of the coldest, wettest, windiest conditions the race has ever seen. Nearly 90 Atlanta Track Club members battled the elements, and several share their stories here of a race they will never forget.



"I learned a lot about the power of the pack. Slashing rain and a headwind made it a group effort that held together through the first 15 miles of the race. Total exposure in the toughest course sections took their toll but I managed to grind out a 14-second PR in

spite of Mother Nature's efforts."

- Blake Jorgensen, 36, Atlanta (2:34:08)

"I actually loved when the rain was just torrential coming down. It made me focus, yell and fight even harder. My shoelace came untied at Mile 18. I tried to tie it but my hands were too numb so I needed a spectator to help. I didn't stress over it, but the break meant I really powered up the remaining three miles of the Newton hills. My goal was 3:05 and I certainly felt capable of that heading in. I finished in 3:10:12. Not a PR time but I believe a PR effort, with some battle stories to share about the day."

- Allan Tetley, 57, Alpharetta (3:10:12)



"It was truly a mental battle the entire day. I've run 20 marathons and none were anywhere near this difficult mentally. Combine the weather with the logistics of getting from the hotel to the Athletes' Village and then standing around in the mud

and rain ... then getting back to the hotel after the race, it was quite easily the most challenging running day of my life. I ran the entire race in a full body rain suit. I somehow managed to requalify for 2019 but only with a 2:09 cushion so it might not be enough."

- Gordon Warren, 46, Milton (3:22:15)



"This was definitely not the race I had dreamed of. I was off my goal time by 25 minutes. But considering how bad the weather was and the fact that I came away unscathed other than some unavoidable chafing, I'm so proud of the fact that I hung

in there and finished strong. No injuries, no blisters, no toenails were lost in the process and I came across that finish line with a huge smile on my face."

- Arleen Hernandez, 40, Brookhaven (5:06:58)



"As I crossed the finish line I was overwhelmed with emotion. I had made it and though it was not my fastest marathon, it was my best marathon. I found a part of Boston spirit in me I did not know I had and for that I will be forever better and forever

grateful. I also had qualified for next year which means I will get to come back and be with people who are at their best when conditions are at their worst."

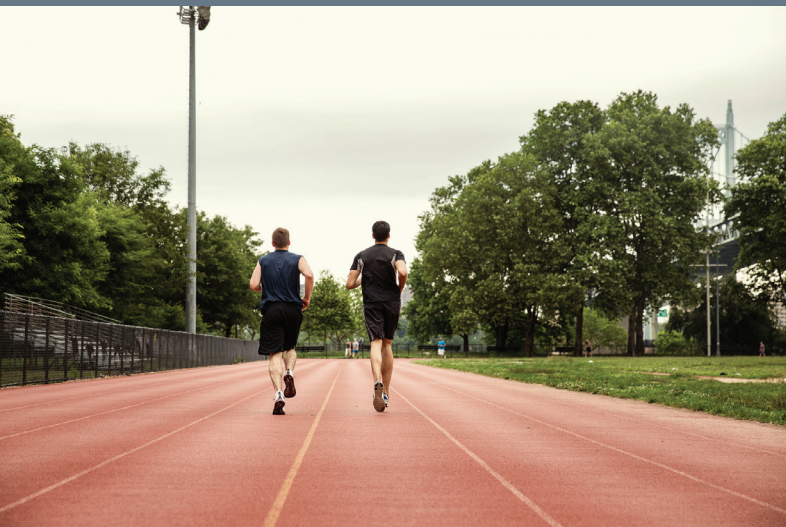
- Michael Witt, 59, Decatur (3:50:22)

"Despite the wind, rain and freezing temperatures, it was still the most fun I have ever had in a race. I am not fast enough to qualify and had the honor of raising over \$10,000 in memory of my grandfather for the Multiple Myeloma Research Foundation in order to participate. ... While all of us runners were at least moving throughout the whole race, tens of thousands of fans stood in the brutal conditions to cheer us on, making it possible to continue on even when we were soaked to the bone and exhausted. No matter how many more marathons I run, this will always be the most memorable and the medal I'm most proud of.

- Amanda Humer, 27, Dunwoody, GA (4:43:38)

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