

# WINGFOOT

FEBRUARY 2018

**LOVE  
YOUR  
RUN**

**A RUNNING  
REFUGE**

NEXT TO THE HIGHWAY

**WORKOUTS  
COACHES LOVE**

QUIZ:  
**FIND YOUR  
RUNNING MATCH**





Atlanta's Meal Plans  
*on a Mission*  
goodmeasuremeals.com



FUEL



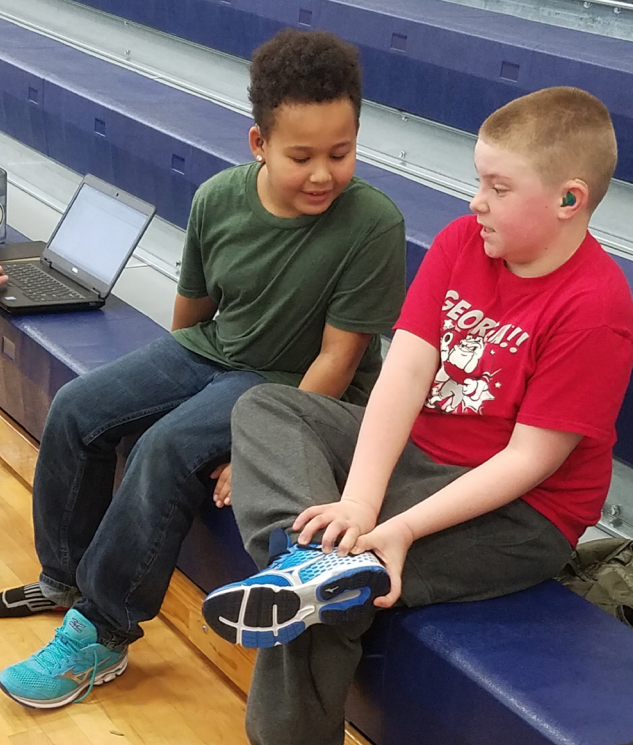
YOUR



Atlanta Track Club  
members get  
**\$20 off**  
any  
meal plan  
or  
nutrition  
service  
with code **ATC20**

FITNESS

\*one time only.



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**On the Cover:** The beauty of the trees and the sight of the city along PATH 400: Photo by Growl



# A Word from the Director

Irish American Catholics, of which I am one, tend not to throw the word “love” around very often. I don’t know the origin of the fear of this word amongst people whose lineage traces back to the Emerald Isle. But I will throw caution to the wind for a few moments. Here goes...

I love running. That was clear to me as I struggled through my first race at the age of six and remains the case more than 40 years and 40,000 miles later. By the transitive property:

I love the weekdays of this job - I get to talk about running all day.

I love the weekends of this job - I get to watch other people who love running participate in the Club’s events and programs.

I love my wife - Cheri is a runner herself. We met, of course, when running.

I love my kids - Who tolerate my career in running even though it causes me to miss lots of weekend and holiday events.

I love my parents - They introduced me to running and spent much of their lives driving me to and from running events.

I love my coaches - My high school and college coach helped me understand that running not only improves fitness, self-confidence and overall health, it teaches valuable life lessons.

I love training - And tend to run the same loop or course for weeks on end with watch at the ready to try and track my fitness progression (or these days, lack thereof).

I love racing - For that feeling of accomplishment that envelopes you as you get in your car and head home after a race well run.

I love Atlanta Track Club - For the community it serves, the members that it values, the staffers that it employs, the volunteers that drive it forward and most of all for the vision that it chases for the future of Atlanta.

Now that I have that out of my system, the Irishman in me needs a Guinness.

Rich Kenah  
  
Executive Director

We asked our staff:  
Who is your running crush?



**Blais Hickey**  
*Senior Manager, Strategic Partnerships*

Tall, dark, handsome. Hilarious. We once had an entire conversation about his Lego man video series, and we both appreciate a good pun. He gives tall runners hope that we can one day be as fast as the smaller folks.



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

My run crush is my best friend, dance partner, and soon to be husband Eduardo Cabanas. Although running isn’t his favorite activity, he’ll still run with me because he knows how much I love it.



**Andy Carr**  
*Manager, Event and Program Support/Coach*

I could go with Shalane(Flanagan), Shannon (Rowbury) or Katie (McGregor) but I would say my crush would be my Milton team as they have brought incredible memories that will last a lifetime.



# RACE THROUGH THE CITY YOU LOVE

**PUBLIX GEORGIA MARATHON,  
HALF MARATHON & 5K**

Atlanta, Georgia

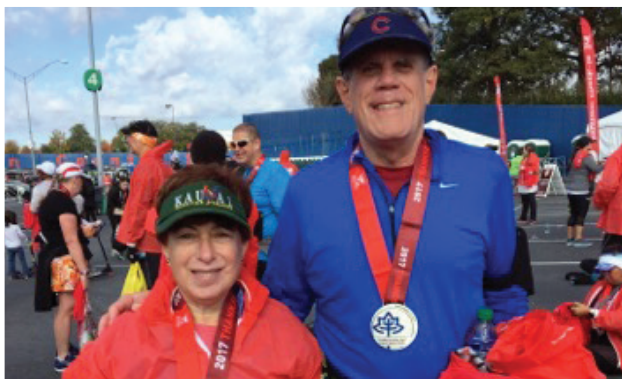
Atlanta's only marathon is coming soon.  
Register and see your whole city, one step at a time.



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

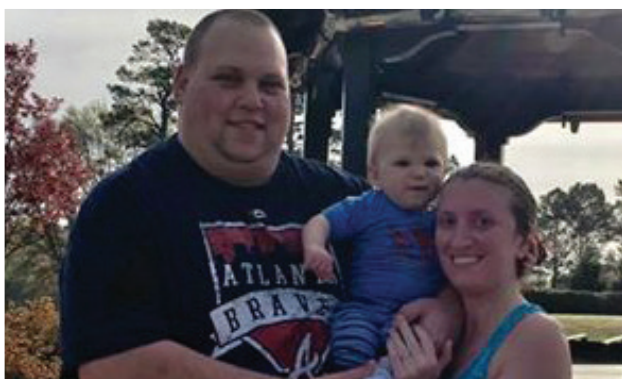
# Get Social

This month we asked:  
Who is your running crush?



### Sid Karlin

My wife Robin is my run/walk crush. After having a knee replacement in July 2015, five months later she was walking the Thanksgiving Day 5K. She has continued to walk other Atlanta Track Club 5Ks and the AJC Peachtree Road Race. Her perseverance, motivation and never-quit attitude inspired me to run my first half marathon on Thanksgiving Day in 2017.



### Christina Podenski

My "Run Crush" is my husband Zach! I was 39 weeks pregnant at the 2017 Resolution Run and being the supportive husband that he is, he walked the mile with me so that I wouldn't have to do it by myself. It was our first race together!



### Heather Karlin





My running crush is my boyfriend. We met through Atlanta Track Club, being Run Leads together. He was there to give me advice and support while training for my first marathon. And he is always my biggest support system and cheerleader!

### Next Issue's Get Social Question:

What is your best marathon memory?

Look for this question on our Facebook page, or send your answer and a photo to [stories@atlantatrackclub.org](mailto:stories@atlantatrackclub.org). You could be featured in the next issue of *Wingfoot!*

### Connect with Atlanta Track Club

-  [facebook.com/AtlantaTrackClub](https://www.facebook.com/AtlantaTrackClub)
-  [@ATLtrackclub](https://twitter.com/ATLtrackclub)
-  [atlantatrackclub](https://www.instagram.com/atlantatrackclub)
-  [atltrackclub](https://www.snapchat.com/add/atltrackclub)

◆◆ 2018 ◆◆

*The Year Of The*  
**HASHBROWN**

**W A F F L E**  
**H O U S E**®





## UPCOMING EVENTS

9

FEBRUARY  
FRIDAY



### AJC PEACHTREE ROAD RACE T-SHIRT DESIGN CONTEST

#### Submission Deadline

- All designs must be submitted by 11:59 p.m.
- Winning design to be featured on 60,000 finishers' T-shirts
- For rules and submission form, visit [atlantatrackclub.org](http://atlantatrackclub.org)

10

FEBRUARY  
SATURDAY



### HEARTS & SOLES 5K

8:15 a.m., Georgia Perimeter College, Decatur

- Part of Grand Prix Series presented by Piedmont Healthcare
- Costume contest with prizes
- Fast course provides a perfect opportunity for a personal best and an AJC Peachtree Road Race qualifying time!
- Non-competitive stroller division

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

17

FEBRUARY  
SATURDAY



### SOUTHSIDE 12K

8:00 a.m., Wolf Creek Amphitheatre, College Park

- Brand new event added to Grand Prix Race Series
- New race, new distance, new course
- Be a part of this inaugural event FREE for members

22

FEBRUARY  
THURSDAY



### VOTING OPENS

#### AJC Peachtree Road Race T-shirt Design Contest

- Five finalists to choose from
- Winning design revealed at the finish line on Wednesday, July 4
- Vote once daily at [AJC.com/peachtree](http://AJC.com/peachtree) through Sunday, March 25



# QUIZ: SWIPE FOR THE PERFECT RUNNING PARTNER

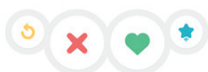
By Blais Hickey

**Question 1: Which notification makes you happier after you upload your run?**

**Question 3: What does your post-race meal typically look like?**



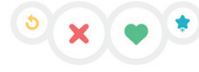
SWIPE LEFT



SWIPE RIGHT



SWIPE LEFT



SWIPE RIGHT

**Question 2: How do you cross the finish line?**

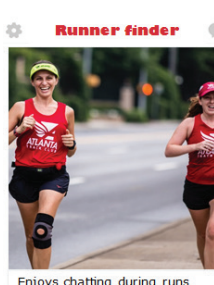
**Question 4: How do you feel when you run with others?**



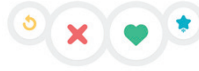
SWIPE LEFT



SWIPE RIGHT



SWIPE LEFT



SWIPE RIGHT

**Swipe left:** You're looking for companionship on the run and prefer the social aspect of running. You hope to find someone to hold you accountable and, just maybe, be a lifelong running buddy.

**Where to look:** Join one of Atlanta Track Club's monthly group runs or ask your local run specialty store about their regularly scheduled runs. Ask around the office too! Chances are you've got a coworker eager to get outside for a few lunchbreak miles.

**Swipe right:** You're looking for someone to help you get faster and support your chase for podiums and PRs. Running solo is okay, but you enjoy having someone to hold you accountable to the speedwork on your schedule and push you during your workouts. You and your partner are definitely competitive, but ultimately you're happy with their success...as long as you still beat them.

**Where to look:** Atlanta Track Club's In-Training programs group participants by pace, immediately providing a group of similar speed looking to improve. Don't hesitate to get the digits of a new running friend – chances are they're looking for a buddy on the track too!

**Half & half:** You're looking for someone to push you in a workout and share stories on an easy day. This will be a running buddy for life, and you genuinely care about their performance. You'll push each other on race day but still cross the line hand-in-hand.

**Where to look:** During a group run, chat with those of similar speed. If you're part of In-Training, ask some of your pace group members to run on off-days. It might take a few bad runs, but chances are there's someone out there looking for that special running buddy, too.

# GETTING AFTER IT IN THE GRAND PRIX SERIES

By Jay Holder



The 2018 Grand Prix Series presented by Piedmont Healthcare is underway with some exciting changes for participants. Here's what's new in 2018:

## Honoring Age Grade Winners:

Rather than honoring the top masters male and female, Atlanta Track Club will award the male and female runner with the highest age grade. "Age grading puts everyone on a level playing field," explains Holly Ortlund who manages the series. "This gives us the chance to recognize the accomplishments of everyone who is performing at an exceptional level for their age."

Also new this year, double points will be awarded for running the longer distance at any event that features two distances. For example, a participant who runs the 10 Miler at the PNC Atlanta 10 Miler and 5K will receive double the amount of points received by a 5K participant.



Age grading takes the predicted world record for any age and compares a participant's time to that standard.

## Better Awards:

The patches have run their course. This year, Atlanta Track Club will hand out Bahia Bands to age group winners at free Grand Prix Series events and travel mugs at paid events. "Bahia bands were a huge hit with athletes at the 2016 games in Rio," says Rob Mullett, an Atlanta Track Club elite team member who



competed at the Rio Olympics. "Everyone was really excited to collect as many as they could."

Bahia bands are a Brazilian symbol of good fortune. In tradition, they are tied in three knots to represent three wishes and worn on the wrist. If it falls off on its own, it is a sign the wishes have come true.

## 2018 GRAND PRIX SERIES CALENDAR

January 1 – Resolution Run 5K & One Mile\*

February 10 – Hearts & Soles 5K

February 17 – Southside 12K

April 28 – Singleton 4 Miler

May 8 – All Comers Track & Field Meet

May 22 – All Comers Track & Field Meet

July 14 – Decatur Dekalb 4 Miler

August 4 – 680 the Fan Tailgate 5K

August 18 – Atlanta's Finest 5K\*

September 22 – Wingfoot XC Classic

October 21 – PNC Atlanta 10 Miler & 5K\*

\*paid event

# 2017 GRAND PRIX SERIES BY THE NUMBERS

Total number of Grand Prix finishers in 10-race series: **14,357**

Atlanta Track Club members that completed all 10 Grand Prix events (David Jordan Award): **65**

Youngest member(s) to complete all 10 events: **Elise Kelly, Ava Kelly, 10 years old**

Oldest member to complete all 10 events: **Casey Jones, 86 years young**



David Jordan, namesake of the David Jordan Award



Casey Jones with Holly Ortlund



Sara Morrison and Masato Kan

## Overall Winners in 2017 Grand Prix Series

Open Female - Sara Morrison

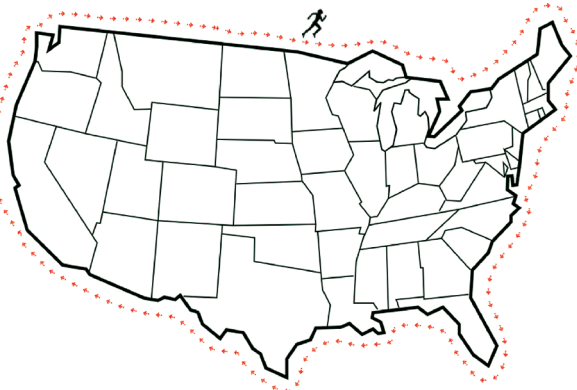
Open Male - Masato Kan

Masters Female - Kathy Wiegand

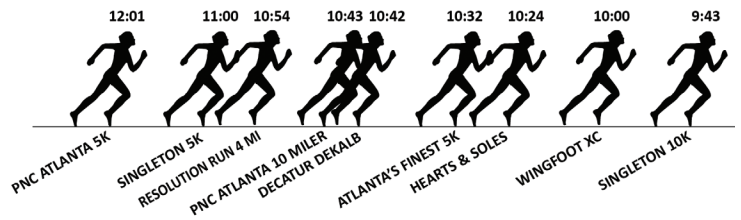
Masters Male - Brian Sydow

## Total miles run by Atlanta Track Club members in 2017 Grand Prix Series presented by Piedmont Healthcare:

41,724 miles\*



### Average Pace per Mile at 2017 Grand Prix Events (Events of distances 1 mile and less are excluded)



\*roughly equivalent to running 4 laps around the perimeter of the United States

# BEST OF ATLANTA RUNNING AND WALKING EDITION

By Blais Hickey

The stereotypical runner is often timid, silently running in the quiet dawn while the rest of the world sleeps. What nonrunners don't realize is that when runners love something, they defend it passionately. We have favorite routes that could be completed with our eyes closed. When we find the glass-slipper running shoe, we get one in every color. And when registration or the lottery opens for our favorite 10K, we sign up at 12:01 a.m.

What do Atlanta runners hold near and dear to their hearts? Thanks to your feedback, we present the 2017 Best of Atlanta – Running and Walking Edition.



Photo credit: Dan McCauley

## What is your favorite park to run in?

**68%**

Piedmont Park

---

**6%**

Centennial Olympic Park

---

**3%**

Grant Park

---

**2%**

Chastain Park, Stone Mountain,  
Kennesaw Mountain, Tribble Mill – tied

## What is your favorite trail/path?

**35%**

Atlanta BeltLine

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**18%**

Silver Comet Trail

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**12%**

Kennesaw Mountain Trail

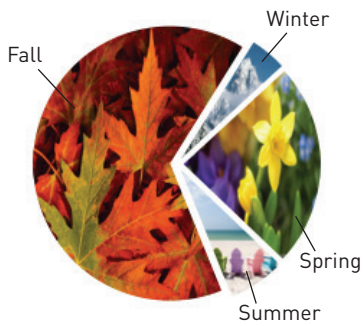
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**9%**

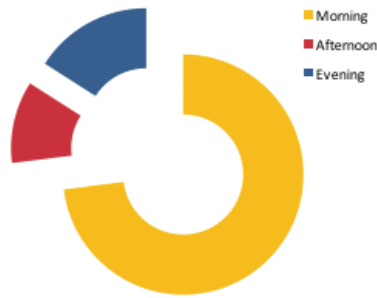
Chattahoochee River at Cochran Shoals



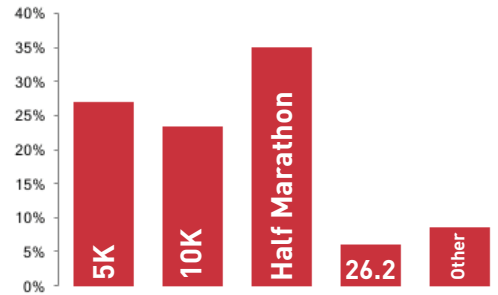
### What is your favorite season to run or walk?



### What is your favorite time of day to run or walk?



### What is your favorite race distance?



Survey says: "I can't choose just one favorite!"

### What is your favorite Atlanta Track Club event?



AJC Peachtree Road Race  
**41%**



PNC Atlanta 10 Miler & 5K  
**25%**








Publix Georgia Marathon, Half Marathon & 5K and Thanksgiving Day Half Marathon & 5K  
**12%**

Other races receiving votes:

Grand Prix Series community events, Wingfoot XC Classic, Northside Hospital Atlanta Women's 5K, All Comers Track & Field Meets

#### POST-RACE MENU

What's your favorite thing to eat or drink after a big race?

	Beer.....23%		
	Chocolate Milk.....20%		
	Hamburger.....18%		
	Pizza.....11%		
	A giant salad.....4%		

Others receiving votes:  
Water, Coffee, Waffle House, Watermelon

Survey says: "The perfect post-race meal: bacon cheeseburger, French fries, and an Oreo shake!"

### What's your favorite Mizuno shoe?

Wave Rider  
**59%**



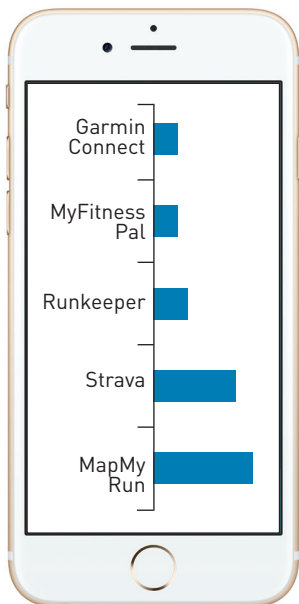
Wave Inspire  
**18%**



Wave Shadow  
**8%**



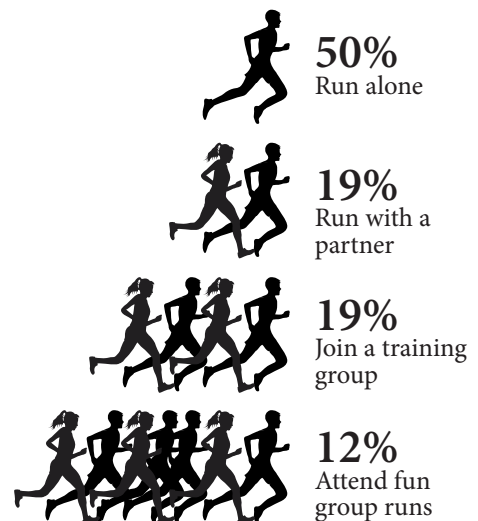
Wave Sonic  
**6%**



### What is your favorite fitness app?

Survey says: "I have lived on My Fitness Pal and Map My Run this past year, and I've lost over 35 pounds!"

### When you run, you prefer to



Survey says: "I love the In-Training programs and see them as the most affordable coaching in town!"



# RUNNING: A LOVE STORY

By Natalie Demarko

One early August morning in 2015, Jeff Herle joined a few friends for a morning run in Piedmont Park. An old colleague of his had extended multiple invitations before, but Herle always found a reason to say no. Finally, one summer morning he accepted. Looking back now, he's glad he did because this day he'd meet his running partner for life, wife Christy Sharp.



Christy Sharp and Jeff Herle

Being members of Atlanta Track Club is what introduced them to each other, but being lovers of running is what brought them closer together. "You know when you run with someone, all there is to do is talk," says Sharp. "I found that to be the best part of getting to know Jeff, especially on our long runs. You really learn a lot about one another."

The same was true for Robin and James "Duffy" Hickey. Also members of the Club, the two met in a similar group run setting. A friend of Robin's had invited Duffy to join them at the river for a run. There was a group of five that morning, three of whom were very good social runners. Robin took off from the pack. Intrigued, Duffy tried to keep up with her. "How long are you going?" I asked her. She said, '8 miles.' I had never run that far, but that day I knew I would," laughs Duffy.

Robin and Duffy ran again the next Sunday. A few days later they saw each other at the the AJC Peachtree Road Race, and the following Friday, July 11, they had their first date. "I think it's really good to have something like running to share," says Robin. "I think there's a lot of bonding that goes on during miles. You're out there talking with each other with no distractions."

Run love didn't just find its way into Atlanta Track Club's membership and In-Training programs it has also found a way onto the staff with Coaches Andrew and Amy Begley. Also known as "Team Begley," the dynamic duo has worked at Atlanta Track Club for nearly four years, but the two have known each other almost their whole lives. They were both born in Topeka, Indiana, a small town with a population of 1,000.

"I always had a crush on Amy," says Andrew. Amy was a year behind Andrew in school but, just like Robin's fast feet caught Duffy's eye, Amy's speed caught Andrew's. She ran on the boys' cross country team in middle school because there was no girls' team. "We raced against each other," says Amy. "I could beat most of the boys except Andrew. I wasn't very popular to say the least." They both laugh as they explain there were only a few boys Amy couldn't beat. The two went to high school together, but didn't start dating until right before Andrew left for college.

Similar to first dates of Herle and Sharp and Robin and Duffy, the Begleys' first date was on the run. They took an easy six mile run to Burger King. "I wasn't really into relationships at that point," Andrew admits. "I was really into my running. I knew it was the only way I could go to college." During his first year of college, the two talked on the phone so much their parents had to put a limit on their calling costs. "Back then, it was 10 cents a minute to talk on the phone. It was ridiculous," says Amy. "We got to know each other so well just over the phone!"

Running as a couple creates numerous opportunities to spend time together. Herle and Sharp lived in the same area and ran



Duffy and Robin Hickey

during the week with friends, became participants of the Club's In-Training programs and even decided to become Run Leads. "Running has been very central to our relationship," says Herle. "We get to spend so much time together in a different way that's good for our health and that we both enjoy."

Spending so much time together and being on the run, literally, meant most of their date time was not your typical dinner and a movie. "When we started dating, most of the time when Jeff was with me I had no makeup on, my hair was in a ponytail and we'd smell!" laughs Sharp. "Who knew I'd be gross and sweaty when I met the man of my dreams?"



Andrew and Amy Begley

Amy and Andrew didn't exactly have typical date nights either. The two of them ran all through college together at the University of Arkansas training and cheering each other on. Both would advance in their sport and gain national attention for their achievements. Andrew would cheer Amy on to her 15 All-American titles and two NCAA Championships. Amy would watch Andrew become a three-time All-American and a member of nine NCAA Championship and 12 Southeastern Conference Championship teams. She'd also watch him win the 5,000 meter indoor title at the 2000 SEC Championships.

For Robin and Duffy, running became a part of everyday life. "We'd get up regardless of the weather and make sure we got in a run!" Robin admits she was addicted. "What I saw in running was freedom. All you needed to do is buy a pair of shoes, walk out the door and go," she says. The two ran a number of races together over the years, many of which included Atlanta Track Club events. Two favorites always included the Peachtree and the Thanksgiving Day Half Marathon.

Herle and Sharp also favor the Peachtree. The two were married on July 8, just four days after the Club's largest race of the year, wearing matching bride and groom singlets. "Part of what made the celebration so special was that we met running through the Club," says Sharp. "We had to run it! During the race, people kept saying 'Congratulations on your wedding!' It was such a nice way to start our week."

But the running didn't stop there. Herle and Sharp were both training for upcoming races. While on their honeymoon, they'd get up almost every morning for their training runs. "It was crazy!" says Sharp. "I thought 'here we are on our honeymoon and we're getting up to run', but I realized it was completely appropriate for us. It's who we are."

Running became who the Hickey family was too. "When Blais was born, we got a baby jogger so she could go with us," Duffy says, describing times with their first born. "We wanted to be out doors with her." Before Robin and Duffy knew it, both Blais and their son Robert were signing up for races on their own. "It just happened," says Duffy. "They grew up watching us race. We always took them with us everywhere and I think that's why they still enjoy it to this day."

Today, Robin and Duffy, who celebrate their 30th wedding anniversary this month might not be running anymore but they still find ways to stay active. After an injury in 2000, Robin had to stop running, but the family is still active Atlanta Track Club members. Duffy has been volunteering with the organization in some capacity since the early 90's. "Volunteering is as much as a community builder as running is," says Duffy. "I think running has kept us slim and trim," laughs Robin. "The basis we laid by running became so much a part of our lives and our famil's lives."

After five years of dating, Andrew and Amy decided to tie the knot while they were still in college. After they graduated, they moved out to Oregon. Andrew began coaching and Amy continued to train and run. She'd go on to place third in the 10,000m at the 2008 USA Track and Field Olympic Trials, qualifying her for the 2008 Summer Olympics in Beijing.

Since Amy retired from professional competition, the Begleys have coached athletes to numerous high school state titles in Indiana, Louisiana and Oregon; guided athletes to the Foot Locker Cross Country Championships; and coached professional women who qualified for U.S. Championships. It was a dream come true when a coaching position became open at Atlanta Track Club.

Andrew had been a member of the Club in high school and came down to run the Peachtree every summer with his aunt. Amy had run the Peachtree several times during her professional career. "We knew Atlanta Track Club was where we wanted to be," says Andrew. "Between both of us having family here and us both knowing the organization well enough, we knew it would be an amazing place to work."

Now, Andrew coaches the Club's elite team while Amy oversees the In-Training programs. They also still run together. "The only rule is that I'm not allowed to talk about work while we run," laughs Andrew. "We've been lucky enough to learn from some of the best coaches there are," says Amy. "We've taken a little bit from everybody. For us, it's individualizing that's important. It's not just a one size fits all."

Coaching together at Atlanta Track Club, the two have found a way to divide and conquer.

"Being able to coach together is interesting," says Amy. "Let me fix that - it is amazing!" interrupted Andrew. "It's amazing to be able to work with someone you love every day."

# A RUNNING REFUGE NEXT TO A HIGHWAY

By Adina Solomon







As cars hurtle past, Shannon Stern walks briskly, shutting out the noise with earbuds. She usually does a loop of two miles, but today she has doubled the length of her route.

Though Stern exercises just a few steps from State Route 400 in Buckhead, with office buildings towering in the distance, she finds herself surrounded by trees, houses and artwork made by elementary school students.

This is PATH400, Buckhead's multiuse trail running parallel to the highway.

"I love it that it's away from the streets, especially when I walk my kids in the stroller, or I can just let them walk themselves," Stern says. "I don't have to hold their hands so they're away from cars."

PATH400 seems simple: A mostly fenced, concrete path making use of noise-blocking highway walls that already stood there.

But of course, it's rarely that simple.

From her windowed office beside PATH400, Denise Starling overlooks an expansive view of Buckhead. She serves as the executive director of Livable Buckhead, which guides development in the neighborhood. She is matter-of-fact and quick to laugh, a natural choice for the face of PATH400.

The story begins in 2010, when the City of Atlanta developed its greenspace master plan and found that District 7, which includes Buckhead, had the fewest parks per capita in the entire city. Starting in 2011, Livable Buckhead put together a committee to develop a greenspace plan.



"We knew we weren't going to have one giant Piedmont Park. We knew we were going to have this system of smaller things that were put together that needed to be woven together into a coherent network, so we were looking for a way to weave it together," Starling says, her voice brightening. "There just happened to be all this land in public ownership right in this line, right down the middle of the district that was along the highway."



As Starling explains the origins of PATH400, she ties her long hair into a ponytail. It's as if she is preparing to work.

One unexpected struggle stemmed from the association that many people make upon hearing about PATH400: the Atlanta BeltLine.

"It's helped because trails have gotten a lot more caché," Starling says. "It hurt because it's not the same type of trail."

While development surrounds the BeltLine, PATH400's natural, secluded feeling has more in common with the Silver Comet Trail. But residents didn't know that when PATH400 was proposed.

"We had a lot of animosity because when GA. 400 came through, [the Georgia Department of Transportation] didn't care what they thought. They crammed the highway through. People are still mad about that today," Starling says. "We were perceived as being them, so we had to get past that."

One by one, Livable Buckhead met with people whose yards border PATH400. Each property owner had a say in how plantings and trees shielded their land from public view.

"It would be things like, 'That's my bathroom window right there, and you're going to be looking right in it, so I want some screening for that,'" she says. "You'll see that we have screened in different areas to address things like that."

Four years after Livable Buckhead began, PATH400's first segment opened in 2015, built by the PATH Foundation. The path, a quick sprint away from the AJC Peachtree Road Race start line, now spans 2.5 miles with an ultimate total of 5.2 miles. PATH's construction on the next segment from Miami Circle to the back of Lenox Square began in January and will take about a year to complete.

The path is the first step toward the Buckhead Collection, a planned network of 106 acres of parks and trails. Parks, including Old Ivy Park and Mountain Way Common, will spring up along the path.

"It just makes me feel like we've created a better quality of life for a lot of the residents," says Pete Pellegrini, project manager for the PATH Foundation.

PATH400 makes for a challenging hill workout, with parts of the trail reaching 8 percent grade. "It's not a BeltLine flat walk," Starling says.

It proves popular with nearby residents. A woman with a dog strides along the path. Stern, wearing black and gray, walks to the trail from her home every day.

"I don't like really walking on the side of the road, especially with Atlanta drivers," she says, chuckling.

On another day, Wesley Slate jogs with his dog Dakota. He lives in an apartment around the corner from PATH400, which he uses most days of the week.

"I just like that it gives us an area of security where when we walk around, we don't always feel like cars are going to be running by us and everything," he says. "It just kind of takes you away from the hustle and bustle of the city."



Goats are used to clear away invasive species from the path

Annie Cecil not only lives down the street from the path, but she also walks it with her students from nearby Sarah Smith Elementary School. Today, Cecil wears a gray jacket against the cold and walks with her puppies Otis and Sassy, who sports a red jacket to match the name.

“I feel like it’s safe. It’s well-maintained. It’s easy access for me,” she says.

Starling says she always sees a handful of people using PATH400, regardless of the time of day. The PATH Foundation’s Pellegrini says the numbers of people will increase as more miles open. The volumes could someday rival those at Chastain Memorial Park.

Art walls decorate the trail. At one point, Wieuca Road had a Star Wars wall. To bring more art to PATH400, local artist Cathryn Bozone has created concepts of how to decorate the crosswalks where the path crosses on Adina Drive in Lindbergh.

“It’s not just about putting down a section of concrete and moving along,” Starling says. “It’s about giving it character and that personality that it has that’s unique to the community where it is.”

Besides adding to PATH400’s visual appeal, the crosswalk art also increases safety, she says. It draws drivers’ attention to pedestrians and acts as a location marker.

“If you’re on PATH400 and you have a heart attack and you’re calling 911, do you remember the mile marker sign you just went by? Or do you remember that you were by the art walls?” Starling says. “The features on it are actually better locators from a safety standpoint than mile markers.”

Starling has many other ideas for using PATH400. From her office, she points to the Buckhead MARTA station, where the AJC Peachtree Road Race begins every year. Parking is scarce, so why not use PATH400 as another way to get racers to the starting line?

The scope of PATH400 has grown beyond Buckhead. It will eventually connect to the BeltLine, and Sandy Springs plans to extend the path north another 2.1 miles. The trail will also go through the I-285/400 interchange now under construction.

“Initially, we were looking at it kind of as a local thing to connect our parks network, but then we started looking at it in a regional context,” Starling says, as she turns her attention to a mess of papers scattered on the desk and floor of her office. She takes out a map of what PATH400 will look like when completed, spanning from Loridans Drive in Buckhead to Garson Drive in Lindbergh.

“We open the entire north metro area to access the BeltLine and the entire network,” Starling says. “When we started looking at it from that perspective, it’s like, ‘Whoa, this is a key regional linkage now.’ So it took on a whole different kind of scale and meaning that really elevated it.”

Pellegrini says PATH400 will provide connectivity inside and outside the Perimeter.

“Now you’re going to have a trail that goes all the way beyond the 285 Perimeter and is going into the Cumberland area,

where you have all sorts of large development going on for State Farm, Mercedes-Benz and all these other corporate entities that are finding that area very attractive,” he says.

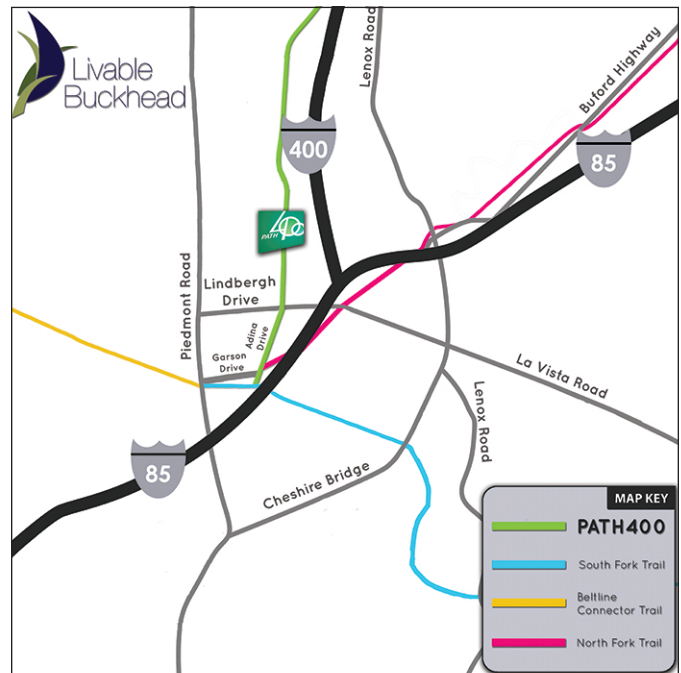
The first five miles of the project get funding from private and government sources, while additional connections in Sandy Springs are tied to state funding.

Pellegrini says as PATH400 expands, it could provide more transport options and combat Atlanta residents’ mindset to drive everywhere. “If folks had an option in how they get around, maybe that will help congestion, reduce some of the poor air quality, enhance quality of life, just maybe improve connectivity with not only neighbors but businesses and schools and other municipalities,” he says.

Despite being nestled by the highway, PATH400 has natural features that make it an engaging trail to run. Livable Buckhead has plans to get PATH400 designated as an Audubon wildlife sanctuary, and the path also hosts community gardens planted by the organization and the Atlanta Housing Authority.

Some of the trail’s future sections will even expose woods and swamps, Pellegrini says.

“It just has a lot of diversity,” he says. “I think [it] is going to be kind of an attraction in itself because it won’t be so stagnant and people will see just the variety of landscape that the trail itself goes through, giving I think overall an amazing trail experience.”



If you want to run or walk PATH400, you can either run the entire trail or incorporate portions of it into a more scenic run. Submit your favorite PATH400 routes to [info@livablebuckhead.org](mailto:info@livablebuckhead.org) so Livable Buckhead can share them online with other runners and walkers and check out our PATH400 Running Route on page 18.

*Adina Solomon is a freelance journalist based in Atlanta.*

# 400 PATH

By Jay Holder

Atlanta truly is a city with more pedestrian greenways than most people realize - from the Beltline, to the Freedom Trail to the still-developing PATH400 which is featured in this month's magazine. To see the PATH400 on foot (the best way to see it!), simply follow these directions for a good 4-mile run!

### Course Highlights:

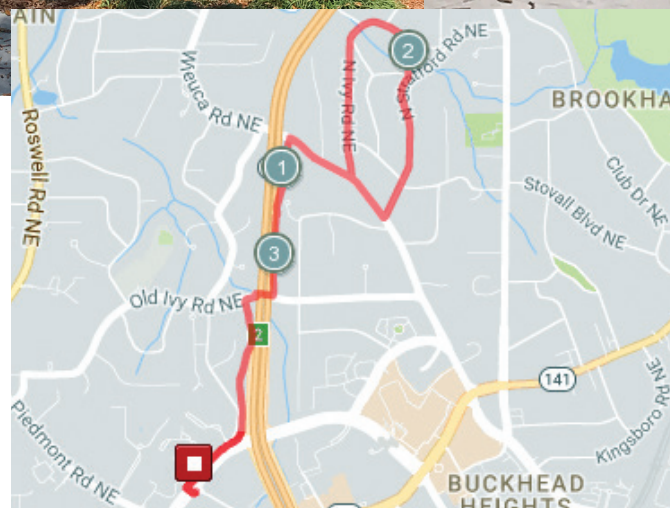
- Run on a tree-lined, car-free path in one of the busiest parts of the city
- Challenge yourself to some of Atlanta's famous hills
- See the latest art installations along the Path
- Avoid the crowds of some of Atlanta's other trails

### Course Notes:

- 4-mile loop
- Rolling hills
- Paved multiuse trail
- No bathrooms! (So, plan ahead)

### Directions:

- Head northeast on the path along Path400 with the Buckhead wall on your left
- When you get to Old Ivy Road, cross the street and go under the bridge to rejoin the trail
- Take the trail all the way to Wieuca Road
- Take a right on Wieuca Road
- Take a left on North Ivy Road NE
- Bear right on North Stratford Road NE
- Turn right on Wieuca Road
- Turn right to get back on Path400



Map My Run  
Connect with Atlanta Track Club on Map My Run to find this and other routes in the metro Atlanta area.

### Add Distance By:

Heading back out on the trail. You might see something you missed the first time!

### Parking:

- Free parking is available in the garage at the Prominence at Buckhead (3475 Piedmont Road NE) during trail hours (dawn to dusk).

# GETTING SERIOUS ABOUT SLEEP

By Dr. Robert Albin



## Set the record straight. How much sleep do I really need each night?

Individual length of sleep time is a continuum, with the target being successfully establishing that amount of sleep that leads to maximal alertness, productivity and energy while awake. Most sleep experts suggest aiming for between 7 and 9 hours of sleep each night, with the most common sleep time being reported as 7.5 hours. Interestingly, some studies suggest that sleeping more than 9 hours each day, as well as sleeping less than 6 hours each day, might be detrimental to your health.

## There are stories of highly successful people who sleep four hours a night. Can some people really operate on that little shut eye?

There is a medical diagnostic code referred to as “short sleeper.” This defines people who routinely sleep 5 hours or less over a 24 hour period without incurring any reduction or impairment in their daytime functioning. So yes, some people can successfully get by with very little sleep. The key here is that these individuals function normally despite this reduced sleep. However, most of us would suffer adverse medical and psychological consequences if we attempted to do this, especially on a regular basis.

## Is it possible to catch up on sleep?

Yes. Following a period of sleep loss, equal amounts of “catch-up” sleep are not necessary to replace the “sleep deficit.” Studies show that following 2-to-4 days of continuous wakefulness, performance recovery begins to occur after even a single period of sleep lasting 8 hours. Excessively long sleep periods (more than 10 to 12 hours) do not seem to hasten or improve recovery from sleep deprivation. Aim to resume your normal sleep habit and recovery should occur quickly.

## How important are naps? Should I be trying to take a 20 minute snooze on my lunch break?

To understand the importance of naps, ask the question, “Why do we nap?” The urge to nap probably is related to circadian rhythms and daily variation. Our production and secretion of hormones and other substances is constantly changing throughout the day and night. As some of these physiologic messengers ebb, this may cause a “slow down” of metabolic processes, or the desire to take a “siesta.” While this was likely built into our DNA as part of evolutionary strategy to conserve energy, it doesn’t mesh with our current 24/7 lifestyles. While there is no information that not napping has adverse effects, studies suggest that naps may reduce frustration, enhance creativity, improve alertness and lower blood pressure.

If you are experiencing sleep irregularities, please see a sleep specialist, so you so you can begin to function at your best.

*Dr. Robert Albin is board certified in sleep medicine, pulmonary diseases and internal medicine. Dr. Albin practices with North Atlanta Pulmonary & Sleep Specialists and has privileges at Northside Hospital in Atlanta. For more information, visit [naps-ga.com](http://naps-ga.com).*

### Looking for Answers?

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



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## MY FAVORITE THINGS

By Alissa Palladino

### As a dietitian, what are some foods that you love that most people wouldn't realize are healthy?

Coffee! Does that count as a food?! The key to keeping it healthy is being careful about what you put in it. Many specialty coffee drinks are loaded with sugar and saturated fat, but coffee itself is actually a great source of antioxidants and counts towards your fluid intake. I drink at least two cups daily with soy or 2% milk, which provide protein, calcium, potassium and other important nutrients. Food wise, probably potatoes - yes, even white ones! Potatoes have gotten a bad rep, in part because of the way we usually eat them (i.e. French fries and potato chips!) Since they are starchy veggies, nutritionally they're more similar to bread or rice than non-starchy veggies such as broccoli or cauliflower. But potatoes can definitely be part of a balanced meal; they're high in fiber, potassium and vitamin C, and the complex carbs make them great fuel for runners.

### If you had to pick one protein, one veggie and one fruit for the rest of your life what would it be?

This is actually a difficult question because I am all about variety, especially when it comes to fruits and veggies. For protein, probably plain Greek yogurt. It's packed with protein and calcium for muscle and bone health, and a natural source of probiotics for digestive health. Plus it's so versatile - you can enjoy it with fruit, in overnight oats, use it as a substitute for sour cream in dips or on tacos, bake with it to cut down on fat, or just eat it plain. For veggies, I have to go with baby carrots. No prep if you eat them raw, they satisfy that crunchy craving and are naturally a little sweet. Also delicious roasted with a little olive oil, salt, pepper and cumin. For fruit, while I eat an apple almost every day (to keep the doctor away of course) I'd choose cherries to eat forever. Sweet, juicy... when they're in season, there's nothing better.

### Admit it, you love dessert. How do you enjoy it without it being destructive to your diet?

Portion control is key. One cookie won't sabotage your health goals, but 12 cookies will. And overeating is bound to happen whenever you're overly restrictive with your diet. I always encourage my clients to build treats into their eating plan to prevent feeling deprived, and I practice what I preach! I like to have something sweet after dinner every night. Usually it's something that satisfies my sweet tooth while offering some kind of nutritional benefit, such as a microwaved chocolate chip cookie dough Quest bar, Halo Top (high protein

ice cream that actually tastes good!) or high quality dark chocolate. I always buy it individually wrapped for built-in portion control. But sometimes, a small amount of the real thing is just so worth it. If I am at a restaurant and there's chocolate soufflé on the menu, I will definitely be ordering it - but I will split it with a few others and savor every bite. The first few bites are the best anyway.

### You're a runner, too. What are your favorite things to eat before and after a run?

Before runs, I keep things very simple. Usually a banana. It's easy to digest and a great source of carbs for energy plus potassium, a key electrolyte. After long runs and races, I love to treat myself to a large coffee with a hefty dose of steamed soy milk. It feels indulgent, and provides fluids, carbs and protein to start the recovery process. My favorite post-run meal is my "power pancake" recipe. It satisfies my pancake craving without all the refined carbs and sugar of traditional versions. Made with oats, Greek yogurt, egg whites and chia seeds, this recipe is packed with fiber and protein, which keeps me satisfied and energized for the rest of the day. Plus, it's delicious!

#### Power Pancake Recipe

Ingredients:

- ½ cup old fashioned oats
- 1 banana, mashed
- ¾ cup plain Greek yogurt (or 1 serving whey protein powder)
- ½ cup unsweetened almond milk
- 3 egg whites (or about ½ cup of liquid egg whites)
- 1 tsp. chia seeds
- Cinnamon to taste

#### Instructions:

Combine ingredients. Coat large pan or griddle with oil spray. Pour into pancake sized circles, flipping when pancakes start to solidify. Enjoy with fruit, nut butter, or a small amount of maple syrup.

#### Nutritionals:

463 calories, 5 grams fat, 63 grams carbs, 9 grams fiber, 41 grams protein

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](mailto:nutrition@goodmeasuremeals.com) to learn about services and rates.*



## THE FAMILY THAT RUNS TOGETHER

By Marcus Budline

At the conclusion of each year's Grand Prix Series presented by Piedmont Healthcare, Atlanta Track Club gives out the David Jordan Award to runners who complete every race of the series. 65 runners received the award this year. Five of them were in the same family.

Jadene Burgess and Brian Kelly, along with their three daughters, Ava (11), Elise (11), and Cate (14), set a family goal at the beginning of 2017 that they would run every race of the Grand Prix Series. They didn't just meet their goal, but Jadene and Cate won their respective age groups along the way.

### How did this family goal come about?

**Jadene:** Two years ago, Cate and I were doing a lot of running together. At one point we said, "Wouldn't it be cool if we ran the entire Grand Prix Series together as a mom and daughter duo?" So in 2016, it was just Cate and me that did it and it was just kind of a joint effort. This year, we decided to do it as a family and Brian was definitely a champ and was up for it.

**Brian:** My wife hates to drive so I was driving them to all of these events and I was thinking, "Why am I driving here and just standing out here?" At [Hearts and Soles 5K] it was like -8 degrees and I just thought, "Why don't I just run it? That'd be a lot better than standing here freezing."

The twins [Ava and Elise], we started kind of dragging them along a little early. After the races we did have to bribe them a few times with donuts after the race. Think about the Thanksgiving Day race, it's "Earn your turkey," so for them it's "Earn your donuts."

### What do you enjoy about running?

**Cate:** How good you feel at the end. I like the fact that you

don't have to think about the rest of the day. It's just being outdoors and it's just you and the road and, sometimes Mom too.

**Brian:** I think it's a great chance to get a little bit of exercise. I am nowhere in the league with my wife so if you're wondering who won all the races, it was her. But it's still a way for me to get some exercise and spend some time with my family because we're all doing this together.

### What do you gain from running together as a family?

**Ava:** It feels better running if you have someone by you to be there and support you. And the person who supports me is my sister.

**Brian:** Her twin sister, she means.

### Are the twins competitive?

**Elise:** Yeah, I like to beat her. We run a lot with each other but then as we reach the finish line I try to beat her.





**What is each of your favorite races?**

**Cate:** I like the Peachtree because I like the atmosphere, and there are so many spectators. The heat kind of kills, but it's so cool when you finish and it's just this big party. It's an indescribable event.

**Ava:** I think I like – Which one had the most snacks? – The Peachtree Health & Fitness Expo was fun! I really liked the tiny race at the Peachtree expo.

**Brian:** The shot put was fun, because I did that many years ago in like 8th and 9th grade track so I actually could kind of do it.

**Jadene:** If I'm picking a Grand Prix race it's Resolution Run. There's something cool about it being on New Year's Day and starting your year off running. And it's not too early in the morning.

**Do you have any goals for 2018? Running or otherwise?**

**Cate:** I want to win the Grand Prix series again. It's my last year in this age group and then I have to go against a ton of older people which is a bit frightening. So I want to finish out the current age group strong.

**Elise:** My goal is to beat Ava in every single race.

**Ava:** My goal is to beat Elise in every single race.

**Jadene:** Right now, I've been running through some foot and ankle pain so I just want to get back out there and get healthy.

**Brian:** As the slowest member of the unit, I'd really like to shave a solid 10 percent off my time and break 30 minutes for a 5K sometime this year.

**Do you have any recommendations, whether it's to kids or to parents, on how to get active and how to be an active family?**

**Elise:** You should always have a friend or someone to support you by your side – Someone to support you who you're close to and that's equally as experienced as you. So then if you're miserable at least they're miserable too.

**Ava:** I agree with Elise, the miserable part and all.

**Cate:** I think you just have to get out there and do it. Sometimes I lean on mom for inspiration but once you get out there and start it gets easier.

**Jadene:** I think it's just having a goal and to enjoy it together no matter what. Put time on the calendar – we put all the races on our calendar and we scheduled around it and we made it happen.

**Brian:** I agree with that. We literally did put them on the calendar at the beginning of the year and we said we weren't going to schedule anything around it, because it was a commitment we were making together as a family. Not just to be active but to spend time together. It's important to have that sort of shared goal that we all can look at and see on our shared calendar that we know is something we can do together.

# THE STARTING LINE DELIVERING SHOES TO ATLANTA AREA SCHOOL FOR THE DEAF

By Marcus Budline



If you walked into the gym of the latest Kilometer Kids program to receive free Mizuno shoes, it would look like any average elementary school at recess. Music blasts, basketballs bounce everywhere, and kids scream as they run up and down the court. With all the excitement, it might take a long time for you to notice that you're at the Atlanta Area School for the Deaf and that the students are communicating in a very different way.

These students are part of Atlanta Track Club's only Kilometer Kids program that's been altered specifically to the deaf and hard of hearing. For the past six years, kids at this school have been stretching, running laps, and playing games every Monday, Wednesday, and Friday, giving these kids the invaluable opportunity to be part of an athletic community.

"If you join a team to play outdoor recreational sports [as a deaf child], it can be really hard and really frustrating," says Sarah Sims, who runs the program for AASD's elementary, middle, and high school students. "Having a program like this is good because they have access to communication. A lot of

these kids will never join a team or never be on one where they have free and open communication. So that's why we've made it a priority."

Adapting the Kilometer Kids curriculum – which provides free activities, games, and resources to help schools form their own running clubs – to her deaf students has been generally straightforward, notes Sims. They might skip out on games that involve a significant amount of yelling across the field, but other than that the program adapts well to the needs of her young students. And Sims says she's seen the impact made by getting the kids active.

"It's just really motivating to get our kids up and moving," she says. "So often – even at recess – we have kids who just want to sit and slowly meander about the program, so this has been really motivating to them. They are getting better and they're getting faster, and even the kids who are motivated to play are now more motivated to run."

The students agree.



“I kind of ran sometimes before,” says Rylan Wilson through Sims. “But now I do run every day. At recess when we go outside I run first and then I play. It helps me to run faster and it’s helped me run for a longer time because now I like to run.”

Soon Wilson and his classmates will be running in brand new, fitted Mizuno running shoes. As part of a grant from the Arthur M. Blank Family Foundation, Kilometer Kids gives out 250 free pairs of shoes every season to participants in the program. About 50 students at the AASD will now be taking their running careers to the next level in the new shoes.

“Getting them the right equipment has always been a challenge,” says Ben Smith, the Department Head and Elementary School Principal. “We’ve got some low income kids that don’t maybe have the right equipment which can create leg problems and muscle problems. And even if they have access to equipment sometimes they think they’d rather run in different shoes, so getting them the appropriate shoes I think is a high priority.”

Now that they have the proper gear, what’s the next goal for the program at AASD? The same as it is for every runner: Work on pacing.

“They like to go out fast,” says Smith. “So if they’re far away working on pace is a little tough. But we try to get them working in small sections and working on getting the correct pace.”

After that, it’s on to what will be many of the students’ first official race at the Blue Cross and Blue Shield of Georgia Peachtree Junior. Kilometer Kids will provide transportation for the students, many of whom commute from more than two hours away, to take on the 3K, the hurdles, the high jump, and more in their new shoes.

“I’m super excited,” says Sims. “We kind of live in this little bubble, so anytime we go off campus and into the real world they’re always [amazed]. None of them have run a 5K or anything like that so I’m really excited for them.”



# VOLUNTEERS GO ABOVE & BEYOND

By Atlanta Track Club Staff

Each year, Atlanta Track Club celebrates the volunteers who go above and beyond both within the Club and in the greater community. Awards are presented at the Grand Prix Finale & Volunteer Awards Breakfast each December.

**The recipients of the 2017 Volunteer Awards are:**



**2017 Clarence W. May Jr. Community Service Award: Yvonne Bryant**

Bryant has been a Crew Chief with Atlanta Track Club for more than 25 years and currently leads the way at the Publix Georgia Marathon and Half Marathon, AJC Peachtree Road Race, PNC Atlanta 10 Miler & 5K, and Thanksgiving Day Half Marathon & 5K. Bryant leads her volunteer groups with precision, purpose, and style. She has a way of motivating her volunteers to do their best work, while also having lots of fun and embracing the spirit of giving.



**2017 Road Race Volunteer of the Year: Shirlene Stafford Reeves**

Stafford Reeves has been volunteering with Atlanta Track Club since 2014 and has made significant contributions to road races in the last four years. She helps behind-the-scenes at the office with labeling and tagging bibs, and packing. She's up early on race day mornings to volunteer, sometimes volunteering for one event with up to four shifts! She's been a crew chief at the PNC Atlanta 10 Miler & 5K, and Thanksgiving Day Half Marathon & 5K, leading the gear check team. She is so giving of her time and energy, and always wants to help wherever she is needed most.



**2017 Track and Field Volunteer of the Year: Dinnie Rogers**

Dinnie Rogers has been volunteering with Atlanta Track Club for more than three years at All Comers Track & Field meets, road races and Kilometer Kids events. Not only does he show up early and help set up the road races, he runs them too. Perhaps his most significant impact has been his attendance as a volunteer at the 2017 All Comers Track & Field meets. Even though they were in two different locations, Rogers came to all seven meets. He spent all but one week at the shot put area helping kids and adults alike to learn and excel at shot put.



**2017 Youth Volunteer of the Year: Randy Stroud**

As the last Kilometer Kids Fun Run of the 2017 fall season finished, a cold rain sent most people running toward their cars. Randy Stroud on the other hand, ran toward all the heavy lifting needed to get the race equipment cleaned up and packed back into the truck. Whether it is in his community, at his church, or at Atlanta Track Club's youth running events, Stroud is always the one setting up early, cleaning up late, doing the forgotten tasks, and volunteering to monitor the most remote part of the course to make sure kids feel safe and encouraged. Even when he decides to run a race himself, you will likely catch a glimpse of him afterwards doing all the work that everyone else wants to save for last.



**2017 Ambassador of the Year: Telicia Maxwell**

Maxwell has been a member of Atlanta Track Club for two years. Her enthusiasm for the organization and for being an ambassador was illustrated throughout the year by her constant hard work and dedication. Despite a long commute and other work and family obligations, she always found time to volunteer. Not only did Maxwell set a great example at events, she also represented the organization in a positive way through social media. Her hard work, dedication and passion for Atlanta Track Club go beyond her just being an ambassador. She's made it a way of life for her and for her family as her children were on hand when she finished her first marathon at the Publix Georgia Marathon in 2017.



**2017 Run Lead of the Year: Bill & Dana Zavatkay**

The Zavatkays are part of a dedicated team of Run Leads who volunteer more than 30 weekends a year to help make the training programs a supportive and fun community. This team worked hard to make sure each weekly run had the proper coning, hydration stations and course support. They gave up running their own long runs to make sure others reached their fitness goals. The Zavatkays are what happens when an engineer and psychologist are put in charge of the cone team. They would produce weekly PowerPoint presentations with maps and Excel spreadsheets outlining the cone placement along the course.

Atlanta Track Club also honored 224 Volunteer All Stars. Each All Star volunteered during at least ten Atlanta Track Club events in 2017. For a complete list of the All Stars and details on upcoming volunteer opportunities, visit [atlantatrackclub.org](http://atlantatrackclub.org).

# WORKOUTS I LOVE



By Amy Begley

Everyone has a love-hate relationship with workouts. Some people don't do prescribed workouts and just run miles. Others like the grind of tempos and mile repeats and some prefer the lactic acid inducing short speed intervals.

A few of my favorite workouts include the workouts known as the **600 breakdown**, **mile down** and the classic **time trial**. Each of these workouts serves a different purpose. The 600 breakdown and mile down both work speed while the mile down also adds strength. The time trial is more of an indicator workout and confidence builder. As a professional athlete, I would do a 5K time trial ten days prior to a 10K race. There were times that I ran a 5K personal best or close to it in the time trial. That gave me confidence going into the race.

## The 600 breakdown:

2-4 sets of:

- 600 meters hard – 400 meters easy
- 400 meters hard – 400 meters easy
- 300 meters hard – 300 meters easy
- 200 meters hard – 200 or 400 meters easy between sets.

Prior to a big race I would only do two sets. During the year, I would do three to four sets. It looks easy but the pace for each repeat gets faster and faster progressing to the 200 meters which is almost all out.

## The Mile Down:

- 1600 meters hard – 600 meters easy
- 1200 meters hard – 600 meters easy
- 800 meters hard – 400 meters easy
- 600 meters hard – 400 meters easy
- 400 meters hard – 200 meters easy
- 300 meters hard – 200 meters easy
- 200 meters all out

The hard part of this workout adds up to 5,100 meters. It is a great workout for 5K races. You can add to the difficulty and go back up the ladder to double the volume.

The workouts are best done on a track or measured loop, however you can do them on the treadmill.

## Time Trial

The time trial is done ten days to four weeks prior to a big race or at the beginning of a training cycle. If done at the beginning of a training cycle, it is your starting point on which you can base your training. The range for when to run a time trial varies depending on the race. Marathoners would use a half marathon race as a time trial four weeks prior to the marathon. For those running a 10K, ten days out is usually the last hard effort and a good time for a time trial. The time trial should be run at race effort or even use a race as a time trial. This is the best time to test your fitness before the goal race.

No matter what workouts you pick, the key is to get into a groove and find a schedule that works for you.



**Runner Problem #11**

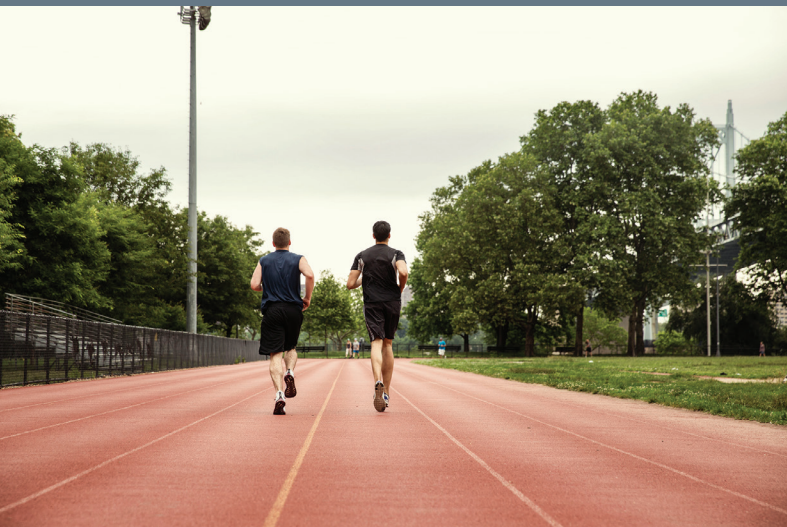
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