

# WINGFOOT

NOVEMBER/DECEMBER 2019

## HARRISON HIGH WINS WINGFOOT CUP UNDER THE LIGHTS



**THREE-PEAT**  
ATLANTA STADIUM SEEN  
AS "THE MODEL" OF AN  
OLYMPIC LEGACY

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TWO ENTRANTS TO  
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**On the Cover:** The runners of Harrison High School with their newly awarded Wingfoot Cup. Photo by Adam Hagy

Photos: Warren Travers; Tammy Carden, Courtesy of Georgia State University

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# Word from the Director

Most of us are competitive runners regardless of our relative speed—wired to push ourselves beyond generally accepted norms in search of greater weekly mileage, faster times, more victories, even bigger weight loss. This laser-focused search for excellence, embedded in the DNA of many of us, allows us to reach goals we never thought possible.

Left unchecked, though, an obsession on continued improvement has a darker side. In other words, without bumpers and boundaries, the quest for faster, higher and farther can lead to injury, sickness, setbacks, abuse and even cheating. For elite professional runners, who are incentivized by a desire for Olympic and World Championship medals, national titles and the financial windfalls that accompany that kind of success, the quest is even-more fraught.

In recent months, the sport's headlines have been a mixed bag of extreme news. We've learned that, much like the magical 4-minute barrier in the mile, the 2-hour marathon "limit" is breakable. Kenya's Eliud Kipchoge, already an Olympic gold medalist and world record-holder, cemented his legacy as the GOAT at the distance by smashing through what was once thought to be an impossible barrier.

But in his successful moonshot quest, did his shoe sponsor open a Pandora's box by designing racing footwear that was so far beyond generally accepted guidelines of the industry that they hurt the legitimacy of Kipchoge's superhuman effort? Does the same go for Brigid Kosgei's demolition of the world record in Chicago? Do we now need to put an asterisk by athletes' times if they wear spring-loaded shoes? There isn't a clear answer. But I'd prefer to know that my personal best was entirely of my doing and not because of a technology that didn't exist a year ago.

Likewise, at last month's IAAF World Championships in Doha, the world saw some of the most incredible performances in the history of the sport. For this track geek, it was a cornucopia of excellence. But during those championships, we also learned about the four-year ban of a coach who was found to be flying way too close to the sun in his obsessive search for an edge for his athletes. The line between right and wrong in performance sport seems hard to find at times, but when you start researching how much testosterone cream will trip a positive drug test by rubbing it on your own children, then you've lost your way. No performance or improvement is worth this sort of soul-selling.

Back to my initial point: Chase your dreams, work harder than ever before, bask in the satisfaction of personal goals realized, don't believe the naysayers, celebrate our Olympic stars. But embrace your limitations and don't believe the sports marketers if they tell you there is a fulfilling shortcut to your goals if you simply use their shoe, vitamin, training plan or technology.

All of which seems like the perfect segue for us to congratulate the recently retired Shalane Flanagan, a talented athlete who succeeded the old-fashioned way: With patience, determination and hard work. We feel encouraged that she has chosen to remain in the sport as a coach, passing along those values to the next generation of runners and fans alike.

Rich Kenah

Executive Director of Atlanta Track Club

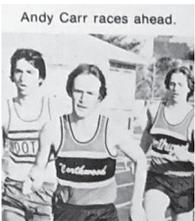
**We asked our staff:**  
**What's your most-memorable high school sports moment?**



**Jennie Coakley**  
*Senior Manager, Events*

Junior year of high school I was playing right field in a softball tournament

when I hit a chain-link fence at full speed while sprinting after a foul ball. The opposing coach yelled, "Oh my gosh, she's dead!" so I quickly tried to stand up to prove otherwise. I got 28 stitches. It was the day of the prom. I still went.



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

Senior year, the third leg of our 4x800 relay was sick so I filled

in, and ran my best mile time up to that point. A half hour later I ran the 4x800. I thought I was done for the day so when a buddy asked if I wanted to jump into a nearby 2-mile road race I said sure. I won. But when we got back to the meet, the coach – who didn't know I'd sneaked off to run the road race – asked me to run the 2000-meter steeplechase. Uh-oh. I medaled despite having never run it before. I couldn't run for two days.



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Resolution Run 5K, Mile & Dash

5K registration includes a  
long-sleeve Mizuno shirt  
Kids 14 and under  
run the Mile for **FREE**

January 1  
Piedmont Park  
Register at [atlantatrackclub.org](http://atlantatrackclub.org)





# UPCOMING EVENTS

**24** SUNDAY  
NOVEMBER



**U.S. OLYMPIC TEAM TRIALS – MARATHON TRAINING RUN**  
7:00 a.m.

- An opportunity for Olympic Hopefuls to come to Atlanta and train on 10.2 miles of the Trials course

**7** SATURDAY  
DECEMBER



**GRAND PRIX FINALE & VOLUNTEER AWARDS BANQUET**  
7:30 a.m., ASW Distillery

- Informal Poker Run with awards to the five best hands; try your luck at winning a variety of prizes
- Open to all participants of the Grand Prix Series presented by Piedmont Healthcare and all volunteers throughout the year
- Grand Prix awards as well as volunteer awards

**28** THURSDAY  
NOVEMBER



**INVESCO QQQ THANKSGIVING DAY HALF MARATHON, 5K, MILE & DASH**  
7:30 a.m., Georgia State Stadium, Atlanta

- Finish on the field at Georgia State Stadium
- Half Marathon and 5K participants receive a long-sleeve Mizuno shirt; every participant will receive a medal
- All get access to FREE race day photos, courtesy of Invesco
- Give away used clothing to the Ton of Clothing Drive at race number pickup or on race day; all items will be donated to Atlanta Mission

**1** WEDNESDAY  
JANUARY



**RESOLUTION RUN 5K, MILE & DASH**  
10 a.m., Piedmont Park

- Kick off a healthy 2020 at the first start line of the year
- Part of the Grand Prix Series presented by Piedmont Healthcare
- Kids 14 and under run the Mile for free

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

# 2020 CALENDAR



**FREE RACES ALL YEAR LONG**

Challenge yourself to the Grand Prix Series presented by Piedmont Healthcare. Seven of the 10 events are free for Atlanta Track Club members.



PRESENTED BY



January 1	Resolution Run 5K* & Mile*
January 11	Jerome Scales Southside 12K presented by Delta Airlines - <b>FREE</b>
February 1	Hearts & Soles 5K - <b>FREE</b>
April 25	Singleton 4 Miler - <b>FREE</b>
May-June	Timed/Scored Track & Field Events - <b>FREE</b>
August 1	Decatur DeKalb 4 Miler - <b>FREE</b>
August 15	Atlanta's Finest 5K*
September 18-19	Wingfoot XC Classic - <b>FREE</b>
October 18	PNC Atlanta 10 Miler & 5K*
December 5	Grand Prix Finale & Volunteer Awards Banquet

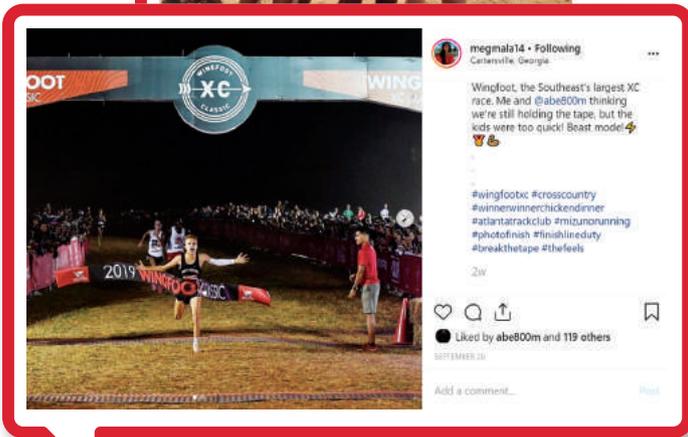
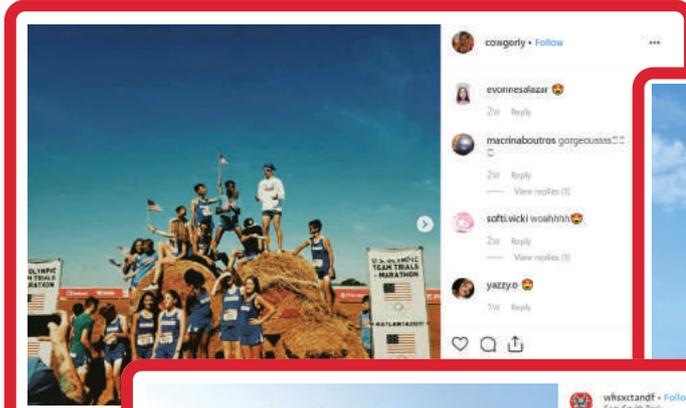
\* = pay event | FREE = 7 | PAY = 3

**Learn more at [atlantatrackclub.org](http://atlantatrackclub.org)**

# Get Social

## This month:

The fifth-annual Wingfoot XC Classic, for the first time, included Friday night action under the lights. Over the two days of competition, 100 high schools and 30 middle schools took part, and #WingfootXC was a popular hashtag.



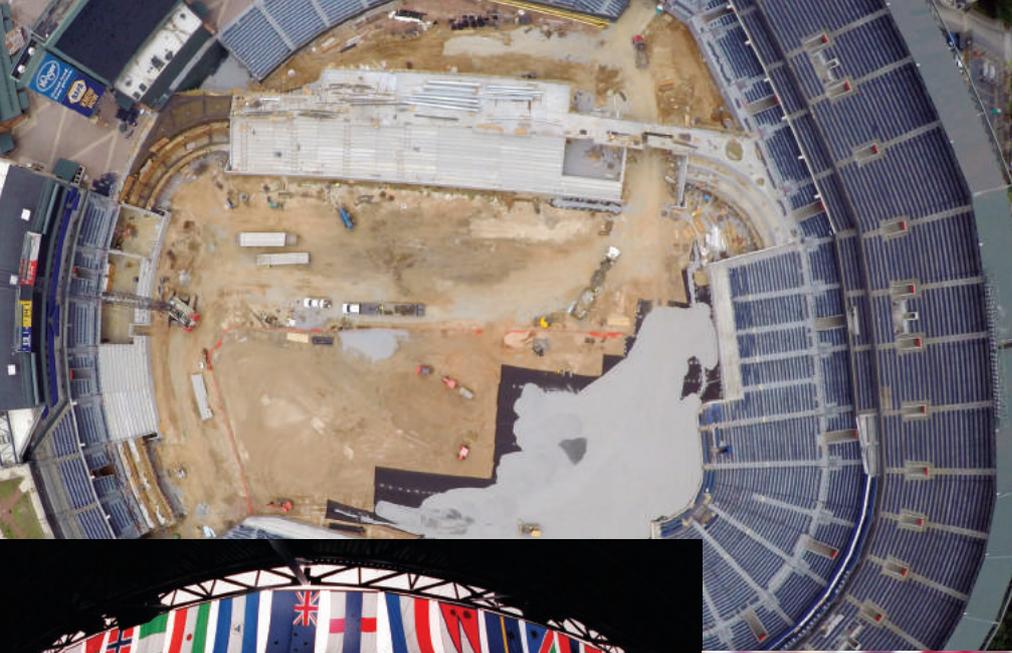
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# THREE-PEAT ATLANTA STADIUM SEEN AS “THE MODEL” OF AN OLYMPIC LEGACY

By Doug Carroll



Venues for the Olympic Games often don't age well. For some of them, the music played at the closing ceremonies might as well be "Taps."

From Rio de Janeiro to Athens, from Munich to Beijing, the planet is littered with once-glimmering facilities that have died a premature death or at least struggled to find new life.

A few don't even make the effort to survive. Pyeongchang Stadium, which hosted the opening and closing ceremonies for the 2018 Winter Games in South Korea, was built for \$109 million, used only five times and demolished as soon as the Games were over. Others, such as Olympic Stadium in Montreal, are afflicted by runaway costs from which they never seem to recover, even with a longer lifespan.

There are exceptions, and the most notable — and surprising — stands in Atlanta, a city that some say never met a wrecking ball it didn't like.

Georgia State Stadium, whose field will serve as the finish line for the Invesco QQQ Thanksgiving Day Half Marathon, 5K, Mile & Dash, an event staged annually by Atlanta Track Club, is 23 years old and already on its third vibrant life. Located in the city's Summerhill neighborhood, south of Interstate 20 and east of I-85, it is a monument to large-scale urban recycling.

The stadium debuted as Centennial Olympic Stadium, hosting the Atlanta Grand Prix, a one-day test event, on May 18, 1996, followed by the U.S. Olympic Team Trials – Track and Field in June and the Summer Games the next month. But before it even opened, a second version as the home of the Atlanta Braves was envisioned, and its retrofitting as Turner Field was completed in time for the start of the 1997 baseball season. The Braves called the place home for 20 years, hosting a World Series and an All-Star Game there.

When the team announced in 2013 that it would leave at the end of its lease for the Cobb County suburbs, moving into new SunTrust Park in 2017, Georgia State University and developer Carter & Associates acquired the stadium and land nearby. After a second retrofitting and renaming, GSU's football team had a new home after its first seven years of play in the Georgia Dome.

In case Atlantans don't fully appreciate what they have in Georgia State Stadium, the world's stadium builders are happy to remind them.

"Atlanta is held up as the model of how to have a legacy use [of a stadium] that keeps the building from being a liability," said Benjamin Flowers, an architecture professor at Ohio State University who previously taught at Georgia Tech and has studied stadium construction around the globe.

"Atlanta is a surprising model of sufficiency and utility in a city not famous for those qualities," Flowers said. "Among architects internationally who build stadiums – people who often know nothing else about Atlanta – the city is famous for its Olympic stadium."

According to Flowers, the stadium is unique beyond merely avoiding demolition. It was built for \$209 million with private

## ONE STADIUM, THREE LIVES

- Centennial Olympic Stadium, 1996; capacity 85,000
- Turner Field, 1997-2016; capacity 49,586
- Georgia State Stadium, 2017-present; capacity 24,333

### Milestones at Centennial Olympic Stadium

- **July 10, 1993:** Ground is broken for stadium
- **May 18, 1996:** Stadium opens
- **June 14-23, 1996:** U.S. Olympic Team Trials – Track and Field
- **July 19, 1996:** Muhammad Ali lights Olympic flame to start Centennial Olympic Games
- **July 27, 1996:** Gail Devers, now an Olympic ambassador for Atlanta Track Club, defends her 100m title and finishes 4th in the 110m hurdles.
- **July 29, 1996:** Carl Lewis of U.S. wins fourth consecutive Olympic gold medal in long jump.
- **Aug. 1, 1996:** Michael Johnson of U.S. breaks world record in 200 meters in Games
- **Aug. 4, 1996:** Closing ceremonies for Games

### As Turner Field

- **April 4, 1997:** Braves defeat Chicago Cubs, 5-4, in first regular-season game
- **Oct. 23 and 24, 1999:** Braves host first two games of World Series against New York Yankees (Yankees win Series in four-game sweep)
- **July 11, 2000:** MLB All-Star Game (American League wins, 6-3)
- **Oct. 26, 2002:** Rolling Stones concert
- **May 11, 2004:** Georgia Tech defeats Georgia, 12-5, in college baseball game before crowd of 28,836
- **May 18, 2004:** Arizona Diamondbacks pitcher Randy Johnson throws perfect game in 2-0 defeat of Braves
- **June 5, 2008:** Braves' Chipper Jones hits 400th home run of career
- **Oct. 5, 2012:** Chipper Jones plays final game of career
- **Oct. 2, 2016:** Braves defeat Detroit Tigers, 1-0, in final game at stadium

### As Georgia State Stadium

- **Aug. 31, 2017:** Georgia State plays its first football game at stadium
- **Oct. 26, 2017:** Georgia State defeats South Alabama, 21-13, for its first win at the stadium
- **Nov. 22, 2018:** Invesco QQQ Thanksgiving Day Half Marathon finishes inside stadium for first time

funding; a plan was put in place for its continued use after the Olympics; and its conversion to a baseball stadium via that plan caught a fortuitous economic wave.

Repurposing a stadium “is harder now than it was in 1996,” Flowers said. “That was the tail end of an era when new stadiums cost \$250 million to \$300 million. You could take an Olympic venue then and transform it without a monumental investment.”

The landscape changed at the turn of the century, he said, largely because of two things: the attacks of 9/11 and the expectations of professional sports teams, their owners and fans.

“9/11 made it clear that terrorists would target non-state targets,” Flowers said. “Every major sporting event was implicated, resulting in costlier Olympic venues. Stadium security before 9/11 was mostly about ticketing and fire hazards. Making them secure for a calamity of the future raises the cost astronomically.

“Also, the quality and character of what fans expect [in stadiums] is much, much higher. The Georgia Dome cost \$250 million, but Mercedes-Benz Stadium cost \$1.6 billion. Most NFL owners don’t want to retrofit a stadium. A new stadium can double the value of a franchise.”

Georgia State Stadium, Los Angeles Memorial Coliseum and Rice-Eccles Stadium, in Salt Lake City on the campus of the University of Utah, all have hosted opening and closing ceremonies for the Olympics — and all are still in use, as football stadiums. However, the Coliseum wasn’t built in 1923 with the Summer Games in mind, although it hosted them in 1932 and 1984, and Rice-Eccles underwent near-total reconstruction in advance of the Winter Games of 2002.

Atlanta’s stadium stands alone among the three: It was built specifically for the Olympics, then reconfigured twice for single-sport use.

“It’s great to reuse this stadium,” said Patrick Hatcher, Georgia State’s assistant director of athletics, who works with Atlanta Track Club on logistics for the Thanksgiving Day event. “Most stadiums get torn down when they’re perfectly fine.”

The half marathon, second in its number of participants to only the AJC Peachtree Road Race among club events, is one of three Club races that finish inside sports stadiums. The others are the Braves Country 5K, held at SunTrust Park in late spring, and the Mercedes-Benz Stadium 5K/Walk Like MADD, which had its finish line on the home field of the Falcons and United on November 9 this year.

“The average participant is looking for a unique experience, not necessarily a stadium finish,” said Rich Kenah, Atlanta Track Club’s executive director. “But our events that finish in stadiums have their own stories. SunTrust is a new venue, Mercedes-Benz is new and arguably the best venue in the world and Georgia State Stadium has the legacy of the 1996 Games.”

Those ’96 Games remain a bittersweet memory for Kenah, who missed qualifying for the U.S. Olympic team when he finished fourth in the 800-meter run by a fraction of a second

at the Trials. The top three finishers in the final make the team.

Kenah, then 26, who ran in college for Georgetown University, had poured everything into chasing his Olympic dream and was crushed by the disappointment.

“I remember being on Peachtree Street the next morning and running into Craig Masback of the NBC broadcast team,” Kenah recalled. “He lived in D.C. and I knew him. I joked with him that I’d be buying a suit and getting a job. He told me to slow down and let the disappointment of the Trials dissipate a bit.

“He said, ‘I guarantee you that every classmate of yours would give up their job to be in your shoes. You’re the fourth-best 800-meter runner in the U.S., and none of your classmates is the fourth-best in the nation at what they do.’”

Encouraged to stick with it, Kenah rallied to win a bronze medal at the 1997 World Championships and got married a few weeks later. He made life less about making the Olympic team – and then he did just that, finishing second at the 2000 Trials in Sacramento and competing in the Summer Games in Sydney, Australia.

However, he’d be kidding if he said he was over Atlanta 1996.

“It sounds cliché, but the relative failure of not making the team sticks with me today,” Kenah said. “And yet, it was a catalyst for my future development.”

Now he puts on a premier event for Atlantans at the same place where Michael Johnson and Gail Devers ran, Carl Lewis and Jackie Joyner-Kersey jumped, and Dan O’Brien did both and more. A place where five Baseball Hall of Famers once worked in the sweltering summer for the Braves, at the fitting address of 755 Hank Aaron Drive.

It’s more than a stadium. It’s a museum of Atlanta sports history. “Taps” will have to wait.

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## SUMMERHILL WELCOMES ITS NEW NEIGHBOR

Atlanta’s Summerhill neighborhood, home to Georgia State Stadium and diverse from the start, is undergoing another metamorphosis and hoping this one delivers on its potential.

Summerhill was one of the city’s first African American neighborhoods, founded by freed slaves after the Civil War. Near the turn of the 20th century, it also was home to two-thirds of Atlanta’s Jewish population. Its main thoroughfare, Georgia Avenue, teemed in the 1920s and ’30s with commerce: delis, bakeries, groceries, retailers, a theater and more.

Dramatic change came in the ’50s with the construction of the Downtown Connector and Interstate 20 – and again in the ’60s, when Atlanta-Fulton County Stadium was built to lure Major League Baseball. The change benefited the Atlanta Braves and their fans, but not so much local businesses,

which dropped in number from 58 to 25 between 1960 and 1970 as neighborhood decline set in.

Hopes were raised by the 1996 Olympic Games and the continued presence of the Braves in a new stadium, but lasting transformation again proved elusive. Now, with the efforts of Georgia State University and developer Carter & Associates underway, residents are cautiously optimistic.

“GSU and Carter came in with the attitude that they’re here to stay and part of the community,” said Wanda Rasheed, a 16-year resident of Summerhill who is an officer of the Organized Neighbors of Summerhill.

“They’re landowners and not tenants. They’re invested . . . . When GSU first expressed interest, I thought it was a good idea and I still think so. They’ve had the foresight to include the neighbors.”

A student-oriented apartment community across the street from the stadium, Aspen Heights, has opened, replacing surface parking. The university has announced plans to build an \$85 million convocation center that will be home to its men’s and women’s basketball teams, and baseball and soccer facilities are on the drawing board. Business is coming back to



Wanda Rasheed

Georgia Avenue, with restaurants such as Little Tart Bakeshop, Wood’s Chapel BBQ and Junior’s Pizza taking up residence.

Marni Davis, an associate professor at GSU who is an expert on Summerhill’s history, wants to see more. She said she is looking for the things that sustain a population: grocery stores, dry cleaners, pharmacies, food co-ops. And she hopes that residents don’t become priced out.

“Policies need to be created to grandfather lower [property] tax rates, protecting longtime residents,” Davis said. “It seems to me that if you leave things to the free market, people at the economic margins inevitably suffer.”

Patrick Hatcher, assistant director of athletics at GSU, said the growing university wants to create more than just a sports complex: It wants to help remake southeast Atlanta.

Rasheed said that Summerhill is thinking long-term, too, creating bike lanes along Georgia Avenue and enhancing the neighborhood’s three parks. Cheney Stadium, once used as a warm-up facility for Olympic athletes and recently renovated by Atlanta Track Club, also is in Summerhill.

“This is a part of the city that a lot of people don’t know about,” Rasheed said. “It’s a quiet gem.”

## THE OTHER RACE? TO COLLECT A TON OF CLOTHING

By Natalie Cabanas



On Thanksgiving Day in Running City USA, more than 11,000 runners and walkers will take on the Invesco QQQ Thanksgiving Day Half Marathon, 5K, Mile & Dash. With the cooler temperatures, participants bundle up to stay warm. But just before they start, hundreds will shed those warm –but still wearable – layers, leaving them behind as they take off.

A waste? Hardly. In fact, Atlanta Track Club urges them to toss aside as much clothing as possible: 2019 will mark the sixth year of the “Ton of Clothing Drive”, an effort between the Club and Atlanta Mission to collect a ton of clothing on the holiday.

Participants actually have two chances to participate – during race number pickup and on race day.

For the second year, the Club will have a contest during the four days of race number pickup. Participants will have a chance to win a \$500 gift card to Sprouts and a runner-themed gift basket by showing up wearing the most layers of clothing to be donated. (Be sure to read the contest rules at [atlantatrackclub.org](http://atlantatrackclub.org).)

On race day, participants are formally encouraged to layer up pre-race and then shed any unwanted clothing before they begin – look for the bins provided, or just toss them as you start. Clothes will be collected by volunteers, taken to Atlanta Mission and then washed, sorted and distributed to three of their five shelter locations.

In addition to the clothing donated each year, the Club also makes a monetary contribution, with 50 percent of the proceeds from “Will Call” number pickup on race day given to Atlanta Mission. In total, the Club has so far donated \$17,505.



## NO MATTER WHERE THEY FINISH, THESE TWO WILL ALWAYS BE FIRST

*On February 29, 2020, more than 500 athletes from around the country are expected to line up for the U.S. Olympic Team Trials – Marathon in front of Atlanta’s Centennial Olympic Park, vying to become one of six athletes to represent Team USA in the marathon at the 2020 Olympic Games. Each one of them has a story, and Atlanta Track Club – the Local Organizing Committee for the event – will be telling some of them over the next few months. Visit [atlanta2020trials.com](http://atlanta2020trials.com) for more.*

By Barbara Huebner

Sometime after noon on September 11, David Fuentes became the first man to enter the 2020 U.S. Olympic Team Trials – Marathon.

It would be another two days before USATF would even announce that entries were open, but Fuentes had plenty of motivation to pounce – the day he got back from his honeymoon in Maui – when he noticed the entry form go “live” early.

“In 2016, a friend ended up missing registration and we razz him about it,” said Fuentes.

Mia Behm may have felt those same vibes. After running across a friend’s post about the Trials in an Instagram story,

“I just decided to fill out the form then because I was afraid I would forget,” said the 2011 NCAA indoor runner-up at 5000 meters, who was the first woman to enter the Trials..

Although the top 10 contenders get most of the attention in the year leading up to the race, the first-up duo of Fuentes and Behm are perhaps more emblematic of the Trials field: They work full-time at jobs unrelated to running, while still training at a level to run the qualifying times of 2:19 for men and 2:45 for women and thus earn a coveted spot on the start line.

“The vast majority of competitors in Atlanta see the Trials as their Olympics,” said Rich Kenah, executive director of Atlanta Track Club. “Only six athletes will make the team, but every athlete in the race has worked hard and sacrificed a lot to get

here. And one might argue that the runners who have to put in their miles before or after working a full-time job, without pro sponsorship and the support it brings, are working even harder and sacrificing even more.”

For Behm, a two-time All-American out of the University of Texas, that includes a two-hour commute each way to work, from her home in Brooklyn to her job with a solar company in Stamford, Connecticut. Her four-day-a-week schedule means that she’s often up at 5 a.m. to train, or stops in Manhattan on her way home to work out with a friend. With her relatively low mileage – about 55 a week, she said, because she’s injury-prone – “it’s actually not that bad. You get used to it. You have to gear up as best you can and squeeze as much as you can out of yourself.”

And she has certainly done so. Since running 2:53 in the 2017 TCS New York City Marathon – her debut at the distance – to raise funds with a friend for “Back on My Feet,” the 29-year-old has run only two more marathons: Boston this spring, where she ran 2:39:04 to qualify for the Trials (in 2:40:15 gun time), and a head-turning 2:33:52 at the Bank of America Chicago Marathon on October 13.

“My goal was honestly just to improve as much as I could,” she said of her time in Chicago, which made her the seventh American, 15th woman overall and put \$2,000 of prize money in her pocket. “It definitely makes getting a PR at the Trials harder!”

Like Behm, Fuentes is a Texas native and high school standout – he led his Boerne team to state cross-country titles in 2003 and 2004, while Behm was a four-time state champion at distances from 800 to 3200 meters for T.K. Gorman in Tyler. And like Behm, he was an All-American



### AMERICA'S MARATHON WEEKEND

Want to get involved in what promises to be the best running weekend in Atlanta since the 1996 Olympic Games? Visit [atlantatrackclub.org](http://atlantatrackclub.org) to volunteer, run or some combination of the two!

**U.S. Olympic Team Trials – Marathon**  
February 29, 2020

**Publix Atlanta Marathon, Half Marathon & 5K**  
March 1, 2020  
Registration open now

**Publix Atlanta Kids Marathon**  
February 29, 2020  
Registration open now



(at Edwards University in Austin) and works full-time – as a software developer.

But Fuentes has been at this for a while. A three-time winner of the Austin Half Marathon, he broke the tape at the 2011 Rock ‘n’ Roll San Antonio Marathon (2:28:10) and won a gold medal with Team USA at the 2016 World Mountain Running Championships after finishing 85th in the U.S. Olympic Team Trials – earlier that year.

“I was a little burned out after 2016,” he said of marathons, “and I wanted to try something new. That just expanded my horizons.” The Hoka One One runner made the USATF mountain running team again in 2018, and finished fifth in the NACAC (North American, Central American and Caribbean Athletic Association) Mountain Running Championships. Although he fell short of making the 2019 team for worlds when he finished ninth in the national championships in September, he competed on the U.S. squad at the NACAC championships on October 20, finishing seventh.

And as if he isn’t busy enough – he married Amber Reber, who also ran for the Longhorns and founded the coaching service Rise Runner, on September 1 – Fuentes has a side business, Tin Can Travel Co., supplying classic campers for rent. To fit it all in he, too, is out the door by 5 a.m.

“Living in a semi-not-real world,” said Fuentes, who qualified for the Trials with his 1:03:37, fifth-place finish at the 2019 Garry Bjorklund Half Marathon, the Trials goal is to make the team. More realistically, he seeks his “best effort on the day,” with a personal best that cracks the top 15 or maybe even the top 10.

“I don’t feel I’ve had a good opportunity to showcase my marathon legs yet, so I’d like to stick my neck out there,” he said.

## ATLANTA TRACK CLUB ELITE: HEY EVERYONE, IT'S HILLY OUT THERE

With the U.S. Olympic Team Trials – Marathon just four months away, training has begun in earnest for the athletes who will be vying for the six spots on the team bound for Tokyo. Dozens of Olympic hopefuls are expected to test the Trials course at a training run organized by Atlanta Track Club on November 24, in which lane closures for two hours that morning will allow athletes to familiarize themselves with the route they will run on February 29, 2020.

At the Trials, these seven runners will enjoy the proverbial “home cooking” as members of Atlanta Track Club Elite. Here’s your chance to read what they have to say to their out-of-town competitors. Guess what? Their advice has a theme.



LACEY KROUT

**Qualified at:** 2018 California International Marathon (2:38:55)

**How does it feel to have a hometown advantage?** Being able to run on the course is great, but I think the best hometown advantage we have is the amazing support, cheering and encouragement we will get from the community while we race!

**What is your advice to other runners coming into town?**

Practice hills and be prepared for any weather. You never

know what the weather will be like in Atlanta in February. It could be freezing cold, raining, windy or super hot. Be prepared and pray for perfect weather!

**What is the one thing you would tell Olympic hopefuls to do while visiting Atlanta?** Visit the World of Coca-Cola!



LAURIE KNOWLES

**Qualified at:** 2018 Indianapolis Monumental Marathon (2:37:52, course record)

**How does it feel to have a hometown advantage?** I’m thrilled. Knowing the course is huge, especially with the hills.

**What is your advice to other runners coming into town?**

Practice on the hills!

**What is the one thing you would tell Olympic hopefuls to do while visiting Atlanta?**

If there’s a preseason Atlanta

United game, go to it! Such an amazing experience. I also love to walk at the river or Kennesaw Mountain, if you need a post-race recovery stroll.



MATT McDONALD

**Qualified at:** 2018 California International Marathon (2:14:07. Set a new PB of 2:11:10 at 2019 Bank of America Chicago Marathon)

**How does it feel to have a hometown advantage?**

Amazing. I can’t wait to have every inch of the course memorized. By race day, being in the right spot at every point on the course will be second nature.

**What is your advice to other**

**runners coming into town?** This course and Atlanta’s weather are going to select the toughest runners for Tokyo 2020, so be ready to run hard to the end.

**What is the one thing you would tell Olympic hopefuls to do while visiting Atlanta?** Check out some of Atlanta’s amazing restaurants. Southern fare is delicious and there are plenty of tasty healthy options, too!



WILKERSON GIVEN

**Qualified at:** 2018 Chevron Houston Marathon (2:15:52. Set a new PB of 2:11:44 at 2019 Bank of America Chicago Marathon)

**How does it feel to have a hometown advantage?** The hometown advantage is special. Not only will it be incredible to have the support of my Atlanta friends and Atlanta Track Club members on the course, but being from Birmingham it also allows all of my family and friends from my hometown to

easily make the trip to watch.

**What is your advice to other runners coming into town?** Be prepared for the hills.

**What is the one thing you would tell Olympic hopefuls to do while visiting Atlanta?** Make sure you spend some time at The Battery even though the Braves won't be in season. There's lots to do!"



BRIDGET BELYEU

**Qualified at:** 2018 California International Marathon (2:31:00)

**How does it feel to have a hometown advantage?** I feel the most supported I have ever felt.

**What is your advice to other runners coming into town to run?** If you are driving, plan 30 extra minutes to get anywhere. Otherwise, Atlanta is super friendly, with some fun places to run. Check out the BeltLine, Silver Comet and of course Piedmont Park.

**What is the one thing you would tell Olympic hopefuls to do while visiting Atlanta?** If Atlanta United is playing, their games are fun and Mercedes-Benz stadium is a must-see.



MORGAN VANGORDER

**Qualified at:** 2019 Medtronic Twin Cities Marathon (2:41:13)

**How does it feel to have a hometown advantage?** It's exciting! Being familiar with all of the variables of the race – course, weather, logistics, etc. definitely eases some of those pre-race nerves. It will also be great to have so many of my friends and family who are local there to cheer on my teammates and me!

**What is your advice to other runners coming into town?** Add hills to your training!

**What is the one thing you would tell Olympic hopefuls to do while visiting Atlanta?** Definitely explore the rich history in Atlanta. The Center for Civil and Human Rights and the Atlanta History Center are two great options!



SALLIE POST

**Qualified at:** 2017 California International Marathon (2:41:28)

**How does it feel to have a hometown advantage?** I don't live in Atlanta anymore, so I don't really feel like I have an advantage since I can't train on the course, but I do still have a lot of friends and acquaintances in Atlanta from the 2 1/2 years I lived there, so it will be really awesome to hear them all cheering for me during the race!

(Post moved to Portland, OR last year but continues to be coached by Amy and Andrew Begley).

**What is your advice to other runners coming into town?** Be prepared for this to be the most amazing race experience of your life! Not only because it's the Trials, but also because Atlanta Track Club knows how to put on a race and I have no doubt this will be the most incredible Trials race yet. Also – eat hills for breakfast whenever you can between now and race day!

**What is the one thing you would tell Olympic hopefuls to do while visiting Atlanta?** If I'm not running, I'm eating, ha ha! So I recommend checking out some of my faves: Revolution Doughnuts, Brick Store Pub and Sun in My Belly.



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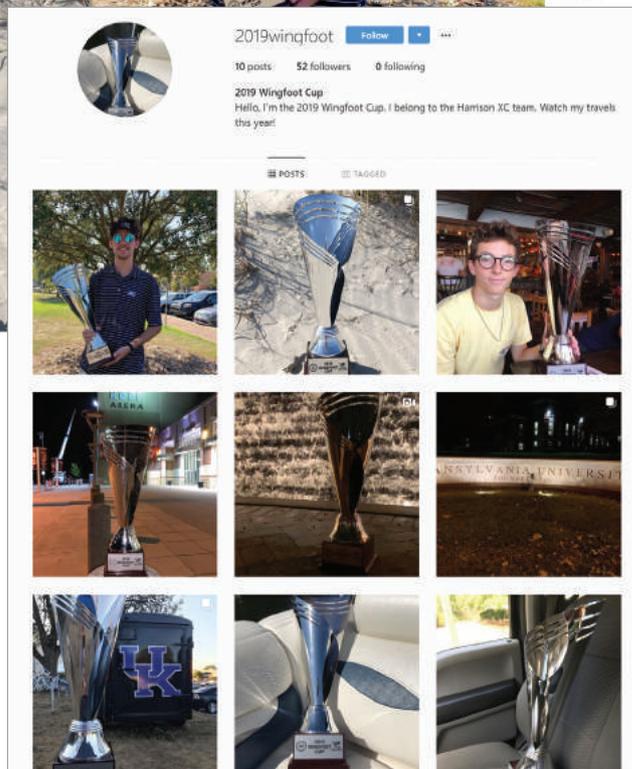
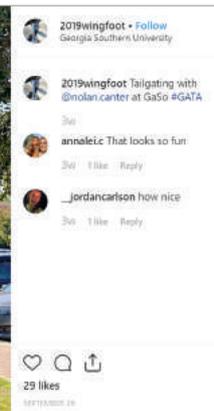
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# LORD STANLEY WOULD BE PROUD

By Marcus Budline



When an NHL team wins the Stanley Cup, it's tradition that every player gets a day to take it wherever he wants. Sometimes that "day" is longer: When the Washington Capitals won in 2018, Alex Ovechkin took it to Russia, and over the years it's been to dozens of other countries, as well.

Inspired by the Cup's travels, Kent Simmons decided to take the Wingfoot Cup on the road.

With his team heading to fall break directly after Atlanta Track Club's 2019 Wingfoot XC Classic, where his team won the Cup by virtue of best combined scores of its boys' and girls' teams, the co-head coach of Harrison High School saw an opportunity to start a bit of a guessing game.

"I just decided I was going to have some fun with it," he said. "It was a funny thing, like 'Where's the cup going to be the next day?'"

As Simmons set off on a mini-road trip following the race, he brought the cup with him, kicking off its own Instagram, @2019Wingfoot, with an intro of "Hello, I'm the 2019 Wingfoot Cup. I belong to the Harrison XC team. Watch my travels this year!"

For him, it was a chance to engage with his team while they were on break, and for the kids it was an opportunity to continue celebrating their win.

"This is my new family!" reads the cup's comment as it poses with the team on the night it was won.

The cup kicked off its tour in Chattanooga, Tennessee; made

its way to the University of Kentucky; hit the beach in Hilton Head; and finished off with a tailgate at Georgia Southern University with former runners from the program.

"We were all super excited and it was an awesome way for us to celebrate," said Harrison senior and co-captain Madison Wallace, who followed the tour along with her team.

"It was really cool that it recognized the whole program," Simmons said. "It wasn't just the seven boys who ran varsity or the seven girls who ran varsity; it really was everybody on the team contributing. So it's a nice recognition for the program and all the kids to have a little piece of it."

"It was one of the best awards we could've gotten," Wallace said.

Follow the rest of the Wingfoot Cup's journey on Instagram.



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## GRADY'S REIGN CONTINUES IN NEW ERA FOR APS CROSS COUNTRY

By Jay Holder

After holding back all season, the Grady High School Boys' and Girls' Cross Country teams dropped the hammer at the APS Cross Country City Championships in Grant Park on October 8, winning the team competition in both races, taking the top two individual spots in the boys' race and sweeping the top five places in the girls' race. It was a fitting wrapup for a program that has dominated the Atlanta Public Schools cross country scene for the last five years even as a new era begins.

For the first time, as part of its partnership with the district, the six-race series that pits Atlanta's 12 public high schools against each other on the hilly course in southeast Atlanta was supported by Atlanta Track Club. That meant the Club provided timing, volunteers, race numbers and refreshments, as well as working with local media such as MileSplit Georgia to bring new attention and visibility to the series.

"I thought it was absolutely fantastic. It took the competition to a higher level," said Valerie Missick, head cross country coach at B.E.S.T Academy. "Each meet felt like a big meet with the level of professionalism and organization. It was a very positive experience."

Grady's longtime coach, Jeff Cramer, had instructed his runners to treat the first five midweek races as tempo runs. "I try to hold them back on this course because it's a hard course on your legs," he said. But at the city championships, he let go of the reigns and Grady showed its competitors just how good they are.

In weather conditions that were considerably cooler and drier than at prior races this season, Grady senior Bram Mansbach dominated the race from the start, winning in 17:18, 10 seconds ahead of fellow Knight senior Kavi Jakes. North Atlanta's Ethan Curnow placed third, just off Jakes' shoulder. Mansbach's win led the Grady team to a score of 37, defeating rival North Atlanta by just 9 points. Maynard Jackson took



third with 84. It was the third-consecutive city title for the Grady boys.

"It's always our goal to win this race, but it really means a lot to me my senior year," said Mansbach, whose winning time was the fastest on the Grant Park course in 2019.

The girls' race was all Grady from the gun. Their entire top five took the lead from the start, with sophomore Ellie Spears leading the pack. The group ran as one for the entire race with Spears winning in 22:02. She was followed by freshman Emilia Weinrobe (22:06), Elena Hubert (22:15), Marisa Lopata (22:28) and Zoe Chan (22:31).

The sweep resulted in a rare perfect score of 15. North Atlanta runners took sixth, seventh and eighth place. Even though five runners from Maynard Jackson separated North Atlanta's top three from its next two runners, North Atlanta held on to score 55 points to Maynard Jackson's 61.

"I love running with my teammates because we push each other" Spears said after the race. She said sweeping the top five was the team's plan going into the race. Their ability to succeed was "only in doubt for a little bit," she said with a laugh.

"This is what it means to be in Running City USA," said Rich Kenah, executive director of Atlanta Track Club. "We want to help build a lifelong passion for the sport of running, and doing everything we can to enhance the competitive experience of these young runners is a big step toward that goal."



Karen Akridge, far right. Ruth and Mary Beth Weaver, far left

# 1979 ALL-METRO GIRLS' CROSS COUNTRY TEAM OF THE YEAR

By Barbara Huebner



ANOTHER STATE CHAMP -- Vicki Whitlow gets congratulations from Coach Emory Fears after winning the 880 run in near-record time. (SUNphoto by Jim Satterly)



Vicki Whitlow Washington.

To Karen Akridge Iampietro, it was no big deal at the time.

“I was just lucky I was with a bunch of fast girls,” recalled the former standout for Peachtree High School. “I didn’t think there was anything special about it.”

It was 40 years ago that Iampietro and 14 other girls were named All-Metro by Atlanta Track Club, honoring their success in the 1979 cross country season, just four years after the GHSA began offering a state tournament for girls.

In those four decades, the opportunity for girls to play high school sports has become something that’s taken for granted, thanks in large part to the Civil Rights Act amendment known as Title IX, which prohibits discrimination on the basis of sex in education programs or activities that receive federal financial assistance. But back then, it was a new world – even if the girls weren’t as aware of it then as they are now.

Title IX was signed into law by President Richard Nixon on June 23, 1972. Given its seismic ramifications, it’s hard to remember that it didn’t get a lot of attention at the time. “It got through because no one was really looking. ... a lot of people were surprised because they weren’t watching and they didn’t realize the implications,” said Bernice Sandler, a key driver of the amendment, in a 2017 interview with the Los Angeles Times.

Within a decade, however, its effect was clear. The year before its passage, according to figures from the National Federation of State High School Associations, only 1,719 girls participated in high school cross country in the U.S. By 1980 – after it was determined in 1975 that Title IX did indeed apply to athletics as well as academics and high schools were given three years to comply – that number had soared to 82,124. In 2018-2019,

it was 219,345.

“I now realize, the older I get, that we were on the cusp of it,” said Vicki Whitlow Washington, who competed for Headland High School in East Point.

And when she realizes that it was 40 years ago already? “Wow.”

Washington, a retired teacher now living in Miramar Beach, Florida, ran in elementary school with the Cinderbells, an East Point running club for girls coached by Don and Donna Gamel, longtime members of Atlanta Track Club. In eighth grade she asked the school track coach three times if she could join the team; finally he said “come out and I’ll let you run a mile with the boys. I beat them.” She ran on the boys’ team that year (“We had a great time. I never felt that people thought it was a weird thing”) before a girls’ team was formed in time for her freshman year.

Running on that boys’ team “definitely made me realize ... girls could do the same thing as boys,” she said.

Washington went on to earn a partial athletic scholarship from the University of Georgia, where she ran for two years before transferring to Kennesaw State University.

Thanks to parents who were advocates, Washington was at least vaguely aware even back then that girls were just starting to gain a foothold in high school athletics. She recounted a recent conversation with her mother, who reminded her of a Booster Club meeting at which free physicals for the male athletes were announced. Her mother piped up and asked, “What about the girls?”

Long story short, said Washington, girls ended up getting physicals at no cost.

## Kim Smith Wins It All

Warming up with a few stretching exercises before competing in the AA State Cross Country meet recently are Ridgeview's Bonnie Smith (L), who came in ninth with a time of 13:13 and the Girls' individual winner Kim Smith (R), representing the North Springs Spartans. Kim, who hasn't lost a cross-country meet this year, zipped off a time of 11:51.8. Gretchen Blaschke, who was teamed with Bonnie Smith, was clocked at 12:20, finishing third to pace the Ridgeview team. (Staff Photo By Robin Sloan)



Karen Akridge Iampietro at 2014 AJC Peachtree Road Race, and in high school (right).

## 1979 ALL-METRO GIRLS' CROSS COUNTRY TEAM OF THE YEAR

Karen Akridge	Peachtree
Marie Boulware	Pace Academy
Vicki Clure	Pebblebrook
Camilla Darrow	Walton
Audrey Garrett	Westminster
Wendy Joiner	Ridgeview
Joanne Lamb	Walton
Nancy Reitz	Wheeler
Kim Smith	North Springs
Dena Spier	Crestwood
Connie Stephens	Southwest DeKalb
Chris Vorpahl	Greater Atlanta Christian
Mary Beth Weaver	Peachtree
Ruth Weaver	Peachtree
Vicki Whitlow	Headland

Before Kim Smith Jordan's partial-athletic-scholarship career at UGA was cut short by injuries, she was the 1979 state 2A cross country champion out of North Springs and, at the Junior Olympic level via the Northside Red Runners youth club, she competed on the track against future Olympians Kim Gallagher and PattiSue Plumer ("All I did was see her rear end, she was so fast.")

"I didn't realize it so much at the time, but it was starting," she said of the push for equality. "Male coaches got the media into it; they really pushed for the girls."

Not everything was rosy: Jordan showed up to run at one early state cross country meet and remembers being upset about getting pulled off the start line because she hadn't qualified as part of a team – there weren't enough girls in her high school interested in forming one. By the next year, she had recruited enough girls to solve the problem.

Jordan, now a long-term substitute math teacher at Montgomery Academy in Alabama, coached track and cross country at her former school, Westminster, but no longer runs after the years of pounding, opting instead for swimming, biking and walking.

"I loved to compete" she said. "I miss it nowadays."

Iampietro ("She made me run faster," said Jordan), now a realtor in North Carolina, ran up until about two years ago, and still walks every day. It was watching Dave Wottle's surprise victory at 800 meters in the 1972 Olympics that lit her running fire, and she soon found the Red Runners to keep it

burning. She would win state high school titles at 880 yards, the mile and cross country.

She can't envision how her life would have been without having enjoyed the camaraderie, learned the self-confidence and taken part in the teamwork of the relays – which, she emphasized, has translated well to the business world.

"I learned you don't always win, and that's OK if you gave your best and worked hard," she said.

Still running is Vicki Clure Forrester. Now 57, her annoyance at losing an important race to Camilla Darrow, who was also named All-Metro in 1979, has not lessened. "That's one moment in my life I can never get back," she said.

Forrester, who briefly ran for Barry College and works in finance for the city of Columbus, said she runs about a half dozen races a year, mostly 5Ks, including an annual St. Patrick's Day race with her daughter, who is now 26. She calls herself "very competitive. I would really like to go below a 7-minute-mile. I wish I had more time to train. I know I would do it."

Also still on the roads is Washington, after taking time off when her daughters (now 29 and 32) were young because "we didn't have those fancy running carriages then." Recalling personal bests from her younger days of a 5:09 mile and 2:11 for 880 yards, she's fond of half marathons these days, still running for the same reason she did as when she was chosen All-Metro.

"It always just felt good to me," she said. "I miss it when I don't run."

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# GREETINGS FROM



By Jay Holder

Many of the most important roles at Atlanta Track Club events are filled by volunteers, and the most crucial positions are often handled by those who have been doing the job for a decade or longer – so long that the staff depends on their knowledge. One of those roles is that of course monitor, whose job is to drive an assigned section of the course before the runners get there to ensure that everything is ready. We checked with two course monitor crew chiefs for more details on the job and what it takes to do it right in Running City USA.



## MICHAEL COOK

**Crew Chief since:** 2005

**Races he volunteers at:** PNC Atlanta 10 Miler, Invesco QQQ Thanksgiving Day Half Marathon, Publix Atlanta Marathon

### **Give us a brief summary of the**

**day:** We start off by driving our section of course and making sure

everything looks ready. Next, we host a short orientation meeting with the course volunteers in which we review the course and their role, and then let everyone know where they will be stationed. Then everyone heads onto the course and meets the police located at their nearest intersection, and we wait for the lead runners. Once the runners start going by, the role is mainly cheering and making sure no vehicles enter the course. We also answer questions from the runners, such as: Where is the next aid station? Am I winning? Once that final runner runs or walks by, we are free to depart.

**What's your favorite part about being a course monitor?** The variety. You never know where you can end up being stationed or who you will meet or what may happen. I have seen beautiful sunrises while meeting some of nicest people.

### **Why should other people volunteer to be course monitors?**

Atlanta Track Club is very well organized and a well-run operation, which really appreciates its volunteer team. This is great way to give back to community in a positive, happy environment.

**Do you have a favorite memory?** At the Invesco QQQ Thanksgiving Day Half Marathon, I meet a group of the same

volunteers every year. We catch up after not seeing each other all year. The half is great race, as it is the start of the holiday season and everyone – runners and volunteers – is in a cheerful mode.



## DUFFY HICKEY

**Crew Chief since:** 2012, but a volunteer since 1989

**Races he volunteers at:** Northside Hospital Atlanta Women's 5K, Peachtree Junior, PNC Atlanta 10 Miler, Invesco QQQ Thanksgiving Day Half Marathon.

### **Give us a brief summary of the**

**day:** I awake for the best part of the day – sunrise! I meet and greet all of my team, provide race information, assign course locations, share instructions about their own safety and the safety of the participants and encourage them to have fun. I often bring my bike so that I can ride the part of the course that we monitor to make sure all our volunteers are in the correct position and ready to go. After the event, I meet them for turning in gear, thank them for their service and encourage them to volunteer again. Later that day, I send another thank you email for sharing part of their day to make the day great for so many others.

**What's your favorite part about being a course monitor?** I enjoy being up and active as the sun rises on another day. I love the challenge of learning and remembering our crew's names and get a lot of satisfaction when the event goes well and runners and volunteers are all safe.

### **Why should other people volunteer to be course monitors?**

It's fun, energizing and provides a great community connection. It is also rewarding to watch people achieve new goals.

**Do you have a favorite memory?** Doing the setup for the AJC Peachtree Road Race in the pouring rain for two hours and then, miraculously, the rain stopped just before the race began. Also, any time I get to volunteer alongside my awesome daughter, Blais, or see Blais or her brother, Robert, approach me on the course when they're running.



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# MEDICATIONS: HERE'S WHAT TO EXPECT

By Torrance Laury, MD

Almost every runner needs to take medication at some point, whether for the sniffles or a chronic issue, such as high blood pressure (hypertension). Runners often wonder “Will these medications have an effect on my running performance? Should I continue to run while I’m on them?”

In general, it may be best to avoid running while taking certain antibiotics or cold medications, since these are usually taken only briefly for acute illnesses. But for conditions that require chronic medication therapy, talk to your physician about the risks and benefits of continuing – or starting – to run. In the case of some medications, he or she may be able to suggest ways to offset the effects, or prescribe alternative options that allow you to continue running without significant impairment in performance.

## Hypertension medications

The most common classes of hypertension medications include diuretics, calcium channel blockers (CCBs), ACE inhibitors, angiotensin receptor blockers (ARBs) and beta blockers.

Diuretics work by eliminating fluid and salt from the body through your kidneys. In runners, this can cause dehydration. Diuretics also can disrupt your electrolyte balance and cause muscle cramping.

Beta blockers work by slowing the heart rate. Therefore, runners must exert more effort to reach their target heart rate and maximum aerobic capacity. Other side effects that can impair running include fatigue and dizziness.

CCBs, ACE inhibitors and ARBs are great options for runners with hypertension. One unfortunate side effect of CCBs, however, is swelling of the feet, which is a common reason to discontinue use.

## Cholesterol medications

Statins are the most common cholesterol medications. One of the most concerning side effects of statins in runners is myopathy, or muscle injury. Runners may experience muscle soreness and weakness, which can be exacerbated by exercise. Rare, severe cases can result in muscle breakdown and the release of enzymes into the bloodstream, which can be toxic to the kidneys.

## Antibiotics

Antibiotics can produce several side effects that affect your running performance, including diarrhea and dehydration.

Tendon (eg. Achilles) rupture is a dreaded side effect of a specific class of antibiotics called fluoroquinolones (Ciprofloxacin). Because of the load placed on these tendons during weight-bearing exercises, runners are particularly susceptible to injury.

## Over-the-counter (OTC) painkillers

Non-steroidal anti-inflammatories, or NSAIDs, (Aleve, Ibuprofen) can cause nausea and vomiting, which have obvious implications when it comes to running. Long-term use can result in stomach ulcers and kidney disease. NSAIDs should be used with caution in distance events, as they can lead to sodium and water retention. Acetaminophen (Tylenol) is generally well-tolerated and is a good first-line medication for pain control in runners.

## OTC cold/allergy medicines

Allergy medications, such as antihistamines, are known to cause drowsiness and dizziness, which can influence running performance. In some newer generations of these drugs, the side effects are generally less-pronounced.

OTC decongestants, used for symptomatic treatment of the common cold, are associated with elevation of blood pressure and heart rate. These effects are compounded by the natural cardiovascular response to running.

*Dr. Torrance Laury is a board-certified family medicine physician with the Northside Hospital Orthopedic Institute Sports Medicine. He is CAQ certified in sports medicine and has particular interest in injury prevention in youth sports, competitive gymnastics, arthritis and chronic injuries due to overuse. For more information visit [sportsmedicine.northside.com](http://sportsmedicine.northside.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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# TABLE THAT ANXIETY, AND JUST ENJOY YOUR HOLIDAY MEAL



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

The holiday season is upon us: Time to celebrate, spend time with family and friends, and enjoy delicious food. But first, answers to four pressing questions about that holiday meal.

**Which is better for you, white or dark meat?**

Despite the common perception that white meat is healthier, white and dark meat have similar

nutritional profiles. The difference in calories is not significant, with white meat containing 135 calories and dark meat containing 170 calories per 3-ounce servings. White meat is slightly lower in fat, while dark meat offers higher levels of micronutrients, such as B-vitamins, selenium and zinc. Each provides comparable amounts of protein, about 24 grams per serving. So pick the type you enjoy! To limit saturated fat, remove the skin before eating, and be mindful about gravy and dressing.

**Can I get just as many nutrients from canned cranberry sauce as from whole?**

Whether fresh or canned, cranberry sauce offers the same nutrients as cranberries themselves, which include vitamin C, a powerful immune-boosting antioxidant; manganese, a mineral involved in metabolism; and dietary fiber. Both versions contain added sugar, which is used during the cooking process to offset the natural acidity of the cranberries. Your homemade recipe may rely on orange juice and/or honey for sweetness compared to the corn syrup used in canned versions, but sugar is sugar. When it comes to cranberry sauce, it's really just a matter of preference or, in many families, tradition.

**Should I worry about those charts on how many miles it takes to run off Thanksgiving dinner?**

No! One large – even extra-large – meal on one day of the year

won't have a significant impact on your weight or health. Your body is a dynamic biological system and will adjust in the days following an oversized meal. That said, during the extended holiday season – which now seems to start at Halloween and last through New Year's – we are likely to attend many food-focused festivities. If we overeat at all of them, we may experience unwanted weight gain. Thus, it is wise to enjoy moderate portions of seasonal treats and stay active throughout the holiday months. For example, participating in a Thanksgiving Day 5K or half marathon with your family is a great tradition!

**Are there any nutritional benefits to pie? Please say yes.**

Absolutely! Of course, the main reason to enjoy pie is that it is delicious. But depending on the type of pie you choose, you can feel good about reaping some additional health benefits:

- **Apple:** Apples are rich in quercetin, a plant compound that supports immunity, decreases inflammation and is associated with improved mental and physical performance. Keep the skin on apples when baking for extra fiber.
- **Pumpkin:** Pumpkins are packed with antioxidants vitamin C, beta-carotene and zinc, which runners need in higher amounts compared to the general population to protect against oxidative damage and to lower disease risk.
- **Pecan:** Pecans are an excellent source of heart-healthy unsaturated fat as well as dietary fiber, potassium, magnesium, iron and zinc. Just stick to a small slice, as pecan pie is super calorie-dense!

*Alissa is a registered dietitian nutritionist and certified personal trainer dedicated to helping people achieve their health and fitness goals. A veggie lover and avid runner, she believes the best form of exercise is the one you enjoy and the best nutrition plan is one that fits into your lifestyle. For health tips, inspiration and information about individual nutrition counseling, contact Alissa at [apalladinordn@gmail.com](mailto:apalladinordn@gmail.com) and follow her on Twitter at [@alissapalladino](https://twitter.com/alissapalladino).*

# PEACHTREE UPCYCLING: BANNERS TO BAGS, BOTTLES TO BENCHES

By Natalie Cabanas

The 50th Running of the AJC Peachtree Road Race was a once-in-a-lifetime event, a milestone so significant that a special-edition logo was designed in commemoration.

But what about all those banners it adorned? With that indelible “50,” they can hardly be used again for the 51st.

So Atlanta Track Club's Sustainability Committee, tasked with finding a solution, turned to Peggy Whitlow Ratcliffe, executive director of the Center for Hard to Recycle Materials (CHaRM). Ever since the Club launched its Green Initiative at an Earth Day celebration at the Singleton 4 Miler in April, CHaRM has been a vital resource that has helped it succeed.

Ratcliffe immediately suggested the Club reach out to re:loom, an Atlanta-based nonprofit that employs and empowers homeless and low-income individuals through weaving products out of upcycled materials.

Soon, over 150 pounds of vinyl, scrim and windscreen banners had been cut and sewn by hand to make 316 reusable bags.

Starting this month, anyone making a \$100 donation to Atlanta Track Club will receive a bag while supplies last.

And if a bag isn't what you're looking for, how about a bench?

Since the Green Initiative launched this spring, the Club has continued to develop recycling plans for each of its events, but nothing compares with the massive scale of the Peachtree. With 60,000 participants crossing the finish line, the committee knew it was up for a challenge. So a list of goals was formed specifically surrounding sustainability for the 50th Running – one of which was to upcycle all the plastic water bottles into something meaningful for the community.

In the heat of a July 4 in Atlanta, everyone knows the

importance of staying hydrated; a total of 1.01 tons of plastic water bottles were collected from the finish line at Peachtree this year, with a dedicated group of Green Team volunteers deployed to help participants place their bottles into the appropriate recycling container.

Not everyone, however, knows what happened to them. Sit down: With guidance from sustainability experts at Coca Cola United and Dasani, the plastic collected was upcycled into 64 park benches in two different styles, 32 of which will be donated to sponsors, community partners, parks and tracks throughout metro Atlanta to serve as a visible and functional legacy of the race and a gift to the running and walking community.

The remaining 32 benches will be offered as a gift to the first 32 people who make a \$1,500 donation to the Club.

The Club's sustainability efforts have not gone unrecognized. Last month, Atlanta Track Club was awarded the 2019 Environmental Award from the Fulton County Citizens Commission on the Environment, a committee tasked by the Fulton County Board of Commissioners with identifying groups that advocate and exemplify environmentally sound practices.

Whether with a bag or bench, you have a chance to support the Club's mission, endorse its Green Initiative and own a piece of the 50th Running. Visit [atlantatrackclub.org/give-back](http://atlantatrackclub.org/give-back).





## MIND AND BODY, MOTIVATION TO RECOVERY

By Amy Begley

Atlanta Track Club Elite athletes Yolanda Ngarambe and Wilkerson Given both ran personal bests this year – Ngarambe slashing her 1500-meter time from 4:12 to 4:03.43 and Given lowering his marathon time from 2:15:52 to 2:11:44, which he ran at last month's Bank of America Chicago Marathon.

You can run faster, too, by following a couple of their “tricks” to stay healthy in mind and body.

For instance, the sky has been the limit for Ngarambe ever since her confidence began matching her physical talent. The 28-year-old, who competes internationally for Sweden, kicked off 2019 by setting a national record for the indoor mile, and in October ran her PB at 1500 meters while just missing the final at the IAAF World Championships. Using mantras and being inspired by books like Deena Kastor's “Let Your Mind Run: A Memoir of Thinking My Way to Victory,” she has been able to focus on her goals and achieve them.

Mantras are an especially easy addition to your running routine. Something as simple as one word (Believe!), or perhaps something more personal (For My Children!), can keep you going or fire you up during a run or race.

Recovery is the focus of Givens' “tricks.” For one thing, the 28-year-old qualifier for the U.S. Olympic Team Trials –

Marathon foam rolls and stretches every day, but he also does ice baths or even contrast baths when his legs are sore from his 100-plus mile weeks of marathon training. You might consider doing them, too.

Ice baths are typically done in the bathtub for 10-15 minutes after a workout. Just throw a bag of ice into the cold water.

But when Givens' hamstring is acting up, he keeps the pain under control by doing contrast baths.

I think it's the best way to deal with tight hamstring issues, to improve circulation and speed up the healing. If you have two bathtubs in your home, that's the easiest, but Givens doesn't so he uses a large plastic bin as the ice tub, putting it against the bathtub to give it more stability. Then he uses the bathtub for the warm/hot bath, repeating with three rounds of each: 10-12 minutes ice bath (the ice melts, so it's best to add more each time), then 10-12 minutes warm/hot bath (reheat each time).

On the last round, though, you only need five or six minutes in the heated tub, just enough to warm up a little.

To make it more comfortable, try wearing socks. And the routine takes a while, so have a book, podcast or movie ready to go – maybe something to motivate you on your next run!



Today, we  
acknowledge all  
the work you put  
in to get here.



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

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