



# GOOD THINGS COME TO THOSE WHO GO.



OFFICIAL AIRLINE OF THE  
AJC PEACHTREE ROAD RACE



KEEP CLIMBING





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# PLEASE





# PEACHTREE

# COMING

Check out this year's gear essentials from Mizuno  
At the Peachtree Health & Fitness Expo or [www.mizunousa.com](http://www.mizunousa.com)



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# OUR PLANS AND YOUR PLANS FOR THE REST OF 2018



## JULY

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

## AUGUST

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

## SEPTEMBER

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

## OCTOBER

- 21- PNC Atlanta 10 Miler & 5K

## NOVEMBER

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

## DECEMBER

- 1-Grand Prix Finale & Volunteer Awards Banquet

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



## WORD FROM THE DIRECTOR

As you log your final training miles; hydrate for the predictable and infamous Atlanta Independence Day weather; secure that perfect red, white and blue running outfit; and don your Peachtree Waveknit R1's to join 60,000 others for the 49th running of AJC Peachtree Road Race, I can't help but think about the collective preparation by the Peachtree faithful. Congratulations on making it to the start line.

As we approach the Peachtree, I've also been reflecting more broadly – on the ground covered, progress made, setbacks faced and landmarks reached not only by race participants over the decades but also by the fabric of our country since those first 110 participants crossed the finish line in 1970, the inaugural edition of this lightning-in-a-bottle-event. Through hot days and cold, favored and less-than-favored T-shirt designs, the first running boom to the one we're in now, we have run strong.

More than that, from good economies to bad, the Cold War to glasnost, Republican leadership to Democratic and back again, we have run strong. Through it all, one thing has been constant on the Fourth of July: Atlanta celebrates its running tradition and the country's independence through a marriage of aerobic activity and the colors of our flag like no other city.

Whether you're a first time Peachtree'r or a decades-long stalker, when you cross that finish line on the Fourth you know you've just been part of something much bigger than

a simple road race. By virtue of your participation, you play a role in the tradition and legacy of a best-in-class event that has stood the test of time and been embraced by all of Atlanta. Even more, you are also a member of our running community, one of the most active in the country. You could call us "Running City USA."

Starting today, we hope you will – because that's what Atlanta Track Club is going to do.

Why are we Running City USA, you say? Admittedly, there are few objective measurements or metrics that allow us to claim the title. But a metro area that hosts more than 400 races a year, including the largest 10k in the world and largest race of any distance in the U.S.; invests heavily in infrastructure and connectivity for biking, running and walking; puts a premium on enhancing its green space; and is home to an eclectic mix of new and historic running organizations should see itself as – and be – a leader in the running world.

So that's what we're here to do. If you're already a member of Atlanta Track Club, you're a full-fledged member of the movement. If you aren't, I encourage you to join. With every new runner and walker, we further our claim as Running City USA.

On behalf of Atlanta Track Club, welcome to the 49th AJC Peachtree Road Race. We are already looking forward to the 50th, destined to be a landmark celebration of both the race and of Running City USA.

Rich Kenah

Race Director and Executive Director of Atlanta Track Club



# RACE THROUGH ATLANTA. RUN WITH ATLANTA.

2:30:36



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LOCK IN A LOW PRICE**

March 17, 2019



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





## USA 10 KM CHAMPIONSHIPS ARE BACK

By Jay Holder

Once again, the AJC Peachtree Road Race will host the USA 10 km Championships for both men and women. It's the second consecutive year and fourth time since 2013 that Atlanta's iconic holiday race has been selected as the site of the event.

Reigning national champions Aliphine Tuliamuk and Leonard Korir are both expected to defend their titles. Among the athletes expected to join them on the starting line are two-time Olympic medalist Bernard Lagat, reigning USA Marathon Champion Sara Hall and Tyler Pennel, who recently finished a surprising fourth in the Boston Marathon.

"There is no more fitting day for American athletes to run for a U.S. title than Independence Day," said Rich Kenah, executive director of Atlanta Track Club, "and no better place to crown a 10-kilometer champion than at the largest road race in the country."

Adding to the excitement this year will be the chance for the country's top distance athletes to get an early look at Atlanta before the 2020 U.S. Olympic Team Trials – Marathon are held here on February 29, 2020. Among them is Tuliamuk.

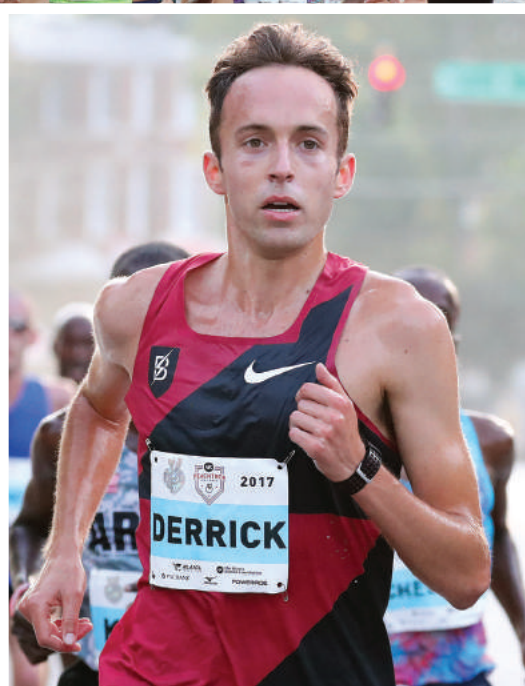
"I'm super-excited that I get to come to Atlanta this year again to run in the city that is going to host 2020," she said. "It can't get any better than that. ... The city in general has a really good energy."

Atlanta Track Club will serve as the local organizing committee for the Trials, at which the U.S. men's and women's marathon teams will be selected for the 2020 Olympics in Tokyo. The choice of Atlanta as the site of the Trials was announced in April. They will be held in conjunction with the Publix Atlanta Marathon, which will be run the next day.

In addition to Korir and Tuliamuk, past USA 10 km champions crowned at the Peachtree include 2016 Olympic Marathon Trials champion Amy Cragg, who won here in 2014.

Cragg said immediately after the 2014 race that winning the USA title felt "incredible ... but to do it on the Fourth of July, it just feels even better."

The 2018 AJC Peachtree Road Race will feature a \$70,000 prize purse available to athletes competing in the USATF Championship race. The male and female winners will each receive \$10,000.



### 2017 TOP 5 MEN

Leonard Korir	28:16
Shadrack Kipchirchir	28:17
Sam Chelanga	28:25
Chris Derrick	28:39
Bernard Lagat	28:42

### 2017 TOP 5 WOMEN

Aliphine Tuliamuk	32:49
Sarah Pagano	33:01
Jordan Hasay	33:08
Jess Tonn	33:16
Marielle Hall	33:36

### PRIZE PURSE

1st	\$10,000
2nd	\$7,500
3rd	\$5,000
4th	\$3,000
5th	\$2,000
6th	\$1,000
7th	\$900
8th	\$800
9th	\$700
10th	\$500



## ALIPHINE TULIAMUK IS FLAGGED AS FAVORITE TO DEFEND

By Barbara Huebner

Aliphine Tuliamuk was happy to win the first race she ran after becoming an American citizen in April 2016, but something was missing. So she was thrilled the next time out – even though she finished second.

“That was the race when I got the American flag,” she said. “I had been looking forward to that.”

There have been plenty of American flags in the past two years for the ebullient 29-year-old native of Kenya, who has won nine national titles, at 5K, 10K, 7 miles, 20K, half marathon, cross country and three times at 25K. At the IAAF World Cross Country Championships in 2017, she was the top American and 15th overall.

It was Tuliamuk’s ninth-place finish at that event as a junior in 2005 that helped set her life’s course. The teenager wanted to become a nurse, and top marks in

Kenya’s crucial eighth-grade national exam got her into a good high school. But her parents would have had to pay for college in Kenya, draining the resources available for her siblings—31 of them, given her father’s four wives.

“When I go home to visit, all of my siblings will come over and it is like a village,” she said.

Tuliamuk’s interest in health care began with the loss of a baby brother. When she was 10, the infant took ill and her mother sent her ahead to locate a dispensary where they might get help. While mother and baby walked, the young runner sprinted ahead, first to one dispensary and then to another. They were all closed. The baby died.

After Tuliamuk’s top-10 showing at World Cross Country, the uncle who coached her started researching scholarship opportunities in the U.S. She first enrolled at Iowa State, but transferred to Wichita State for its nursing program. She soon realized that she couldn’t handle the workload and run, so switched to public health and earned her degree in 2013. When the chance came along for the All-American to become a U.S. citizen, Tuliamuk saw it as both a way to help her family and as “the least I could do, because I wanted to give back to this country that gave me an amazing opportunity. It’s an amazing,

awesome country. I am so proud to be an American.”

Next up for Tuliamuk is defense of her USA 10 km title on July 4. Last year, she took an early lead and won here by 12 seconds over her closest rival, Sarah Pagano. In addition to her competitive triumph, she won a lot of hearts with her joyous victory celebration.

“If I’m being very honest to myself, that race in Atlanta for whatever reason – I don’t know if it had anything to do with the fact that it was the Fourth of July – it’s one of the most memorable races I’ve ever run,” recalled Tuliamuk on the first installment of this year’s Peachtree Podcast. “The feeling that I had; I remember the next day my arms were so sore because I held my flag for so long and my cheeks were really painful because I smiled – a lot.”

Earlier this year, Tuliamuk relocated from Santa Fe, New Mexico, to Flagstaff, Arizona, when she joined HOKA NAZ Elite. Apparently back to full strength after dealing with a herniated disk, Tuliamuk won two national titles – at the half marathon and 25K – within six days in early May. She’s looking forward to another in Atlanta.

“I would love to smile and feel my cheeks hurt like last year,” she said. “I would love to hold my flag and feel my arms can’t support it anymore.”

# HARDEST RACE OF HIS LIFE, BUT LEONARD KORIR BACK FOR MORE

By Jay Holder

With a half mile to go in the 2017 AJC Peachtree Road Race, three of the best 10,000-meter runners in the United States were shoulder to shoulder, stride for stride: Two men who had made the most recent U.S. Olympic team and one who holds the collegiate record for 10,000 meters.

To everyone lining 10th Street, not to mention those watching the television broadcast, Leonard Korir, Shadrack Kipchirchir and Sam Chelanga – who trained together in Colorado Springs – all had an equal chance of being crowned U.S. champion. But in the July heat of Atlanta at the end of a long race, Korir was thinking much differently. “I knew Shadrack was in good shape,” he recalled. “He had been so strong in training and ran so good in workouts, but this is a race and a race and training is not the same.” With 400 meters remaining, Kipchirchir and Korir dropped Chelanga. The two men wearing identical U.S. Army singlets were now in a dead sprint for the right to drape himself in the victor’s American flag.

It wasn’t until they were steps from breaking the tape that Korir, arms outstretched in celebration, knew that victory, the national title and the \$10,000 first prize belonged to him. He was no sooner handed the flag and a bottle of water than he immediately collapsed onto the pavement. “I went 105 percent,” he said. “I was like ‘Did I win?’ I didn’t believe it at first.” After 6.2 miles, a mere one second separated first and second place.

At the beginning of 2018, the return of Korir to defend his title seemed like a given. Since his Peachtree victory, he won the Great Edinburgh Cross Country 8K Race, became just the second American to run under one hour for the half marathon and won USA titles at 15K and in cross country. However, Korir has been noticeably absent from the podium since winning the USA 15km Championships in March because of a nagging hamstring injury. “I had to reduce my training so I could heal,” he said during an interview in late May. “But I am ready to run fast again and by July 4 I will be 100 percent.”

And he will need to be, because Kipchirchir plans to be back as well, and is hoping for a rematch with his friend and training partner. “He’s the toughest competitor I’ve ever raced with,” Kipchirchir said. “He doesn’t give up. He doesn’t quit.” Echoing Korir’s post-race comments, he said the 2017 Peachtree was the hardest race he has ever run, but also the best thanks to that exciting final mile. “Last year I was a rookie on the roads,” said Kipchirchir. “I thought when we made the left hand turn it was over. This year, I know it’s a long straightaway.”



Winning U.S. titles is not something Korir says he’ll ever take for granted. After becoming a naturalized citizen, he gained eligibility to compete for the U.S. in May 2016, less than a month before qualifying to represent his new country at the Rio Olympics. He trains and runs professionally as part of the U.S. Army World Class Athlete Program. As a specialist in the Army, Korir, 31, says he’s gaining new skills and experiences for a career when his competitive running days are over.

Not that it will be anytime soon. Right now, his sights are set on July 4 and perhaps even breaking the American course record of 28:03, held by Craig Virgin, that’s stood since 1981. “I know the course very well. I know what to expect. I know the challenges. I want to make sure that I do something special this year.”



**RUNNING CITY**  
U S A

**BE PART OF THE  
NEW "MOVEMENT"**



The next time you step out in this city, make sure you look around. Yes, you'll see the cars crawling past. But make sure you notice what's happening right beside that traffic. In Atlanta, movement has become a movement. People of all ages, colors, creed and speed are filling up the sidewalks, parks and paths together, moving in tandem toward a healthier, more active, better Atlanta. Look around you, and you'll see: Atlanta is *Running City USA*.

**What does it mean to be Running City USA?**

It means this is a city that hosts 60,000 runners every July 4 for the world's largest 10K. It means we have Atlanta Track Club, the second-largest running organization in the country. It means we've hosted the world's greatest athletes at the Olympic Games, and will host the country's top runners again at the

2020 U.S. Olympic Team Trials – Marathon.

It means that the entire city is committed to growing health and wellness, with its trails, parks and paths as the city's moving connector. It means a refurbished Cheney Track, open 24 hours a day for the community. And it means that all of Atlanta, no matter which neighborhood or suburb you live in, is joined by its desire to get out and move.

One step at a time, Atlantans have been building Running City USA. And they'll keep building it each time they head outside and get moving. We're proud to be based in Running City USA, and we'll be glad to tell you any time why we believe in that title. But don't just take our word for it. Here's why people around town believe it, too.



**Keisha Lance-Bottoms**

*Mayor of Atlanta*

The AJC Peachtree Road Race helps Atlanta be Running City USA. Any time you have 60,000 people coming together on a hot, humid summer day for the sake of running, then you know there's

something really special about this city and special about the people that call Atlanta home.



**Arthur Blank**

*Owner of the Atlanta Falcons, Atlanta United, and co-founder of The Home Depot*

It's just a great fraternity of men and women that really enjoy being outside. People here take care of themselves, worry about their health and want to put one foot in front of

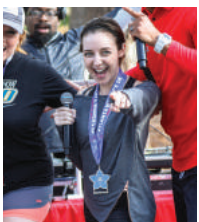
the other. Whether it be walking or running, it's all good.



**Rich McKay**

*President and CEO of the Atlanta Falcons*

You probably have 20 days where it's too hot, 20 days where it's too cold, and so you have 320 days where it's really great to run here. And I think that climate and that ability to run all year round, for me, is fantastic.



**Davi Crimmins**

*Co-host of "The Bert Show"*

Atlanta is constantly changing. We have living walls and all the different pieces of art and the Krog Street tunnel and everything on the BeltLine. Local artists are constantly decorating your scenery so

you'll never see the same thing twice on any run. Everybody is moving so fast, it's so fast-paced. And I think people are really starting to home in on health being important and that we really need to keep moving.



**Gail Devers**

*Three-time Olympic gold medalist*

It's because the people care. The city has people of all ages, running all events all the time. We care about our bodies and we want to be fit and we're doing things.



**Jeff Galloway**

*1972 U.S. Olympian and winner of the inaugural AJC Peachtree Road Race*

Atlanta was the epicenter for quality road racing, for world class road racing, and set a standard that other areas emulated. The beauty of this city is that people get up on

their feet early in the morning and go out and get active. You can drive anywhere in this area now and see dozens of runners out there.



**Shaun Doty**

*Atlanta restaurateur and chef*

A great way to experience Atlanta is through running. I've been in Atlanta for nearly 25 years and I've watched this city grow by running. You can run on the BeltLine, old historic neighborhoods, and on the river.



**Brent Pease**

*Executive Director of the Kyle Pease Foundation*

You're able to challenge yourself here. It's hard to run up and down the hills when the humidity is at 90 percent, but that's part of what makes it fun. It's an easy

opportunity to test yourself every day, and you don't have to travel far to do it. And the support is tremendous; it's part of what makes it so fun.

Photos on Facing Page: Paul Kim, Joaquin Lara, Dan McCauley

# KNOW

that giving up is  
never an  
option.



There is strength with each step you take forward to achieve your goals. PNC – proud to be the Official Bank of Atlanta Track Club. Good luck to all AJC Peachtree Road Race participants!

 **PNC BANK**  
for the achiever in you®

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**Zac Walsh**

*Equipment Manager for the Atlanta Hawks*

If you train to run in Atlanta, it's a lot easier to run anywhere else. You deal with the humidity, you run with the hills. And running here is just so peaceful and calm. Plus, every weekend you can find a

different race.



**Mark Wulkan**

*Surgeon-in-Chief at Children's Healthcare of Atlanta*

The weather's beautiful, it's picturesque and there's lots of places to go. You need to come here and experience it because it's something really phenomenal. We have a

bunch of running stores, there's running groups everywhere, and there's something for absolutely everyone.



**Yolanda Ngarambe**

*Atlanta Track Club Elite*

The energy of the running community is great. You feel like you are part of something bigger. Running in Atlanta also prepares me to run in other places. It's really hot and humid, which can be

challenging so I think it makes you stronger.



**Rob Mullett**

*2016 Olympian and Atlanta Track Club Elite*

One of the big positives of running here in Atlanta is just the running community. There's a huge community that you see everywhere. And I don't know if they're

that different from the rest of the world, but there seem to be more of them that are willing to go out regularly through the year and meet up. You just know you can go to one place and there will be hundreds of runners. People just love to be outside in Georgia, especially Atlanta.



**Meb Keflezighi**

*2004 Olympic silver medalist; winner Boston and New York City marathons*

From the first-of-its-kind trail greenway to tree-covered running paths and a walkable, runnable downtown, Atlanta is one of the great running cities in America.

Atlanta is a place where all runners can chase their dreams and their goals.

**HELP US KEEP BUILDING RUNNING CITY USA!**

Become an Atlanta Track Club member and you'll see why Atlanta will soon be known around the country as Running City USA. Join today and you'll receive:

**Six Free Months**

Join now and your membership will be valid through 2019 – meaning you get 18 months of membership for the price of 12.

**Free Races**

You'll get four free races through the rest of 2018, then eight more in 2019!

**The 50th**

All members will receive guaranteed entry into next year's 50th Running of the AJC Peachtree Road Race.

**Complimentary member gift**

**Discounts on all paid Atlanta Track Club events**

**Discounts on training programs**

**Two guest passes to be used for free entry to any Atlanta Track Club community events**

Join through December 31, 2019 at [atlantatrackclub.org](http://atlantatrackclub.org) for just \$35.



## WHEELCHAIR DIVISION **“I JUST WANT HER TO EXPERIENCE WHAT I’VE EXPERIENCED”**

By Natalie Demarko

Every year, thousands of participants take on the AJC Peachtree Road Race for the first time. This year one of those is Sherry Adams. But Sherry won’t be taking on the world’s largest 10K alone: She’ll be accompanied by one of her newest friends, Brandon Clift, as they take on the push assist division of the race together.

Sherry grew up with cerebral palsy, a neurological condition that creates a stiffness in muscles, limiting her mobility. But according to her mom, Becky Morley, Sherry never let this slow her down.

“She’s very smart, very bright,” said Morley. “She’s always been into all kinds of stuff, has all kinds of hobbies.” Sherry just graduated from Yaeger Middle School with all As and Bs. She even sang in the graduation ceremony. “She’s got a gold medal in Western riding from the Special Olympics, was in band and chorus, writes songs and loves to paint,” said Morley. “She just wants to be independent.”

It’s no wonder Sherry had no hesitation when it came to doing her first push assist event. During a routine visit to Children’s Healthcare of Atlanta back in 2015, a nurse handed Morley a flyer about the Kyle Pease Foundation and encouraged her to call about a camp they offered. “Never in a million years did I think just two weeks later Sherry would be doing the Publix Georgia Half Marathon,” said Morley, who credited Brent Pease, executive director of the Kyle Pease Foundation, for suggesting Sherry get involved in events. The foundation works with persons with disabilities by providing assistance to meet their needs through sports. “Sherry fell in love with racing that day and has tried to get us to take her to as many [races] as she can ever since,” said Morley.

It wasn’t until this February that Sherry met Clift. The lead exercise specialist in the therapy program at the Shepherd Center, which sponsors the wheelchair division of the Peachtree, Clift is also a runner. “The Peachtree has been a big-time family tradition for years. I’ve run it for 17 years,” said Clift. “When I started working at the Shepherd Center, I learned about the wheelchair division and its importance. I wanted to get involved right away.”

For the past six years, Clift has acted as the starter for the wheelchair race – which includes athletes he’s worked with in therapy – and then sprinted back to the appropriate wave for his own turn to take on the 6.2 miles down Peachtree Road. But this year will be different.

“Working at the Shepherd Center has been a whole new motivation for me,” he said. “I’ve done the Peachtree so many



times, so I wanted a different challenge but something that was still exciting and fun. My biggest goal was to have fun and help someone else experience what the Peachtree means to me and to this city.”

Clift qualified himself and Sherry for their July 4 debut by winning the Hearts and Soles 5K push assist division on February 10 – the first time he’d ever tried to push anyone.

The Peachtree being the only competitive 10K push assist division of its kind, the Kyle Pease Foundation had one more requirement before Clift and Sherry could take to the starting line: They had to finish a 10K in under 45 minutes. So, they took on the TriCities 10K in May, and came in with a solid 42:42.

“I can tell she loves getting out there,” said Clift. “Sherry’s body language says it all through her smiling.”

With the Peachtree only weeks away, Brandon has stepped up his training. From the first to the second race, he picked up the technique and skill required to push another human body. He’s hoping that the Shepherd Center’s location right on the course will play to his advantage. “This is my stomping grounds for training,” he says. “I walk right out the door and I’m on the course. I have a strategy, but I know it will still be a first for me doing the course with Sherry.”

Photo: Courtesy of Brandon Clift



The day will be full of firsts, with Sherry's family attending the Peachtree for the first time. "It's exciting," said Morley. "I always heard about it but never ran it, and now look. Because of Sherry, we'll all get to experience it."

For the last couple of years, Cliff has dressed in a patriotic theme, and this year will be no different. He plans to deck out Sherry's chair, as well, so they can be easily recognizable.

"This will be her first Peachtree," said Cliff. "I just want her to experience what I've experienced."

As for Sherry, race day can't come soon enough. Usually a fan of sleeping in, she's always raring to go on the day of every race.

"She's up early and wants to get out the door," said her mother. "I know she'll be the same way on July 4th."



## AMERICA'S BEST AT PEACHTREE

## HISTORY-MAKING **TATYANA MCFADDEN** "I LOVE THIS RACE"



When Tatyana McFadden returns to the AJC Peachtree Road Race this year, she will be looking to add to her legacy: Her seventh victory last year gave her the most wins for any elite athlete in the 48-year history of the race.

"I love this race," she said. "It's really technical and it's really fast. This course is fierce."

Making history is nothing new to McFadden. In 2013, she became the first athlete, male or female in any division, to win the Grand Slam of London, Boston, Chicago and New York marathons in the same calendar year – before going on to do so the next three years, as well. This April, she won the Boston Marathon for the fifth time, overcoming lashing rain and wind for her 22nd World Marathon Majors victory.

McFadden, 29, had to overcome more than that to make it to the starting line here last July 4 after a blood clotting disorder, which could have threatened her career, required several

surgeries and led to a slow start of her 2017 season. After struggling to a fourth-place finish in Boston, she didn't race again until the Peachtree, a key point on what she called her "road to recovery."

In 2016, the year she tied wheelchair legend Craig Blanchette for the most elite wins ever at Peachtree, McFadden didn't arrive in Atlanta until dinner time the night before a 6:43 a.m. start. Why? She had spent the previous several days winning six events at the U.S. Paralympic Trials to qualify her for Rio (where she would win four gold and two silver medals, the most by a U.S. Paralympic track and field athlete since 1992).

Asked if she ever considered skipping Peachtree that year because of the tight turnaround, she said she wouldn't miss this race for the world.

"Definitely not," she said. "We love coming to Peachtree."

# PICTURE PERFECT

“BATTLE OF ATLANTA”  
INSPIRED A GENERATION  
AND BUOYED A STRUGGLING  
YOUNG MAN

By Barbara Huebner



Chuck Rogers and the Times Square billboard



Copyright 1978 Charles B. (Chuck) Rogers, Jr.

It is 1978, exactly 40 years ago. You're a professional photographer, stationed a couple hundred feet past the finish line of the AJC Peachtree Road Race. The day is hot; the runners, spent. Mist from fire hoses spraying high into the air showers the ravaged finishers, offering them some small relief. The viewfinder is tiny, but you see an incredible photo taking shape. You turn your Olympus OM 2, with its 35mm F2 lens, to full motor drive. It's shooting four frames a second, and you run out the roll of your Kodachrome.

When you get the film back from the developer, the image that comes before and the image that comes after are flawed. Truth be told, only one frame out of the 36 you shot is usable.

“I never claimed to be a great photographer, and even at this point I don’t,” said Chuck Rogers, the Atlanta man who captured arguably the most iconic running photo of the era. “But God gave me a great opportunity, and I think I did pretty well with it.”

After Nike saw the image on the December 1978 issue of “The Runner” magazine, Rogers said, the shoe company bought the rights to print 25,000 posters, anointing the scene as the “Battle of Atlanta.” No more than a month later, he said, they called back for permission to print 25,000 more. In the 1980s, the firm used the image on billboards around the world. It appeared as a wall mural in the 1985 coming-of-age movie “St. Elmo’s Fire.” It was hand-painted onto a brick building in Times Square. It adorned New York City buses.

And it brightened a young man’s brief life.

Standing stock still, his face turned skyward into the Monet-like mist, is 16-year-old Tim Withington of LaGrange. Moments later, he would collapse and be taken to Emory Hospital for treatment of effects from the heat; the temperature at the 7 a.m. race start was 76 degrees. Rumors have long swirled that either he or the runner on the ground behind him died that day, but race organizers at the time reported that only two runners were admitted to hospitals overnight and both soon recovered.

Withington is not named in the photo, but his identity came to light when his father, John, wrote a letter to “The Runner,” thanking the magazine for the “boost it has given his confidence in himself, which in this case is so terribly important now and for his future.”

Tim’s life had not been easy. In running, his father wrote, he had found something he could do well; something in which he could achieve.

“Running was his coping skill in high school,” wrote his older sister, Mary, when tracked down recently. Tim was often bullied because of severe learning disabilities and related motor-coordination issues, she said, so the cover photo and poster were huge for his self-esteem.

Although Tim dropped out of high school, she recounted, he earned his GED and enlisted in the Navy, serving on the USS Constellation. After his discharge, she said, he earned an associate’s degree in welding and construction. He took a job as a welder while studying to take a test to become a state trooper, his real dream. He was sober after a brief struggle with alcohol, and was active in Alcoholics Anonymous. “He had a big laugh and great sense of humor and mischief,” said

Mary, with a forgiving heart toward those who had demeaned him. He had a girlfriend, loved to shoot pool, was a big fan of country music.

He also got Mary started in running, once singing “Mony, Mony” toward the end of a 10K to encourage her. The last time she saw him, she recalled, they went for a run together and she teased him because he quit after four miles while she carried on.

That was three decades ago. In 1988, while welding on a job in South Carolina, Tim Withington died after being electrocuted and falling 30 feet to a concrete floor, Mary said, adding that his employer was found to be at fault.

He was 26.

Mary, 58, will be at the Peachtree this year to commemorate the 40th anniversary of the famous photo, perhaps joined by some of her siblings – all of whom have framed copies of the poster hanging in their homes. “It’s sort of like keeping his spirit near,” she said. “In the photo you can just feel all the fierce determination and dedication and bravery, and that sums up our brother. He overcame such obstacles, helped by running in a huge way.”

As for Rogers, the photo is the most successful and profitable of a long and

notable career. He got his first paying job for the Orlando Sentinel when he was a senior in high school, shot the rookie Mickey Mantle at spring training for a Palm Beach newspaper, did photography for the National Guard after joining in 1949, and later spent 12 years as an official photographer at Cape Canaveral. There, he documented the first U.S. satellite launch and the first day of John Glenn’s return from space. He shot for National Geographic and got one of his photos on the cover of Look magazine.

But the emotional punch of the “Battle of Atlanta” is hard to match. When Tim Withington died, Rogers said, a younger sister, Megan, contacted him “as if I were a member of the family, to let me know. I appreciated that.”



Top: Tim in the Navy; bottom: Tim and Mary.

# FROM ONE KILOMETER KID TO A FAMILY 5K EVERY WEEK

By Marcus Budline

The mission of Kilometer Kids is to “promote an active and healthy lifestyle.” Typically, that refers to the program participants themselves, who are anywhere from 2 to 14 years old. For the Neja family, however, there was a definite trickle-up effect.

The Neja family’s journey began in 2015 when Jody Neja’s youngest daughter, Millie, a fourth grader at the time at Mountain View Elementary, decided to join the school’s Kilometer Kids

program. Jody hadn’t run in decades, but when she found out the program was looking for volunteers she reached out to coach Lisa Kubes.

“She basically told me ‘we need all the parent involvement we can get,’” said Jody. “She wanted me to just come be supportive of the kids and, since I was new to running, I could motivate the slower kids. And that worked really well for me because as I was motivating them I felt motivated myself, and it just really

sparked a desire to start running that I never thought I would feel.”

As she kept volunteering, Jody was inspired by what she saw each time she went to a Kilometer Kids practice. As a teacher, she said, the best part was seeing the kids from an athletic rather than academic perspective.

“[It’s exciting to] be able to cheer them on and see them grow, and to see the increase in confidence in the kids who didn’t really have a lot of confidence



starting out, including my daughter,” she said.

And once Jody started running at practice, she caught the bug. As if that wasn't enough, Jody was shocked when her whole family began to catch it, too. It started with a son in sixth grade at Hightower Middle School, which has a 5K every fall. “Since you're running, I want to do this 5K,” he told her.

Soon, the other children (the Nejas have six in all) were running, going on family runs and doing a 5K each month. The last domino in the Neja family to fall was her husband, Tim.

In the fall of 2016, Jody had her sights set on the Anything is Possible! 5K, which starts at 1:50 a.m. on the night the time changes – meaning participants who cross the line in under an hour can finish earlier than they started. Uncomfortable running in the dark, Jody asked Tim to come along. He agreed, figuring that it would be a breeze.

“I was shocked at how little I could actually run,” he acknowledged. “I doubt I ran 100 yards without just feeling like I was totally hitting the wall. I ended up walking most of the course and barely finished in an under an hour. That was really a wakeup call. I reflected on that and I thought ‘I owe my wife and kids something better than a person who couldn't even run 100 yards.’”

It didn't take long before Tim and Jody were running together through their neighborhood. By the time he'd run his next 5K, Tim was absolutely hooked. As Jody put it, “He just took it to another level,” and suggested the family start running a 5K every weekend.

So for the last two years, the Nejas have been running a race nearly every weekend. They do local races, small races, big races, far-away races. And at each race, you can find Tim in the exact same outfit: A T-shirt supporting his oldest son, also named Tim, who has autism. On the front of the shirt is the autism puzzle piece with two slices of bacon, and on the back the words, “Autism isn't a tragedy. Running out of bacon is a tragedy.”

Tim has spread his message all over the country through these races and, even though the shirt has collected holes from his 52 races over the course of 52 weekends, he continues to wear it.

Last year, that message was spread to the 60,000 participants of the AJC Peachtree Road Race for the first time when he and Jody decided to enter. It would be the farthest they had ever run, but their fear of finishing last soon proved unfounded.

“We could not believe what a fun time the event was,” said Tim. “Between the holy water sprayers over the course and the people with the signs and the costumes, it was just a total blast.”

The couple couldn't stop talking about the race, and by that afternoon they were already looking ahead to this year, joining Atlanta Track Club that very day.

This time around, four of their six kids will join them: Patrick (20), Mary (18), Jack (14) and Millie. While Patrick and Mary will be running on their own, Jack and Millie will stay with Tim and Jody to avoid getting lost in the sea of 60,000 runners.

“It's going to be great to see the looks on the kids' faces,” Jody said. “It's going to be another set of stories that we have to tell.”

Said Tim: “I have to admit, I never thought this would be something I would do. I'm a pretty large man and never really had interest in this. But now I feel like a totally different person. I'm not huffing and puffing. I can do stuff with my kids, and running has just been a real positive in terms of giving me goals to shoot for and really improving my closeness with my wife and my family.”

Jody saw the difference on Father's Day last year, when the family – instead of having a huge dinner and relaxing – spent the morning running a 5K and the afternoon hiking.

That small act of volunteering at Kilometer Kids “hasn't just changed Millie, it hasn't just changed me,” Jody said. “It really just changed my whole family.”



Jody and Tim Neja last year at Peachtree.



Millie, her mom, and Kilometer Kids coach Lisa Kubes at the 2017 Atlanta Women's 5K.



Jack Neja in a Kilometer Kids race.

# JEEZY'S NOW RAPPING ON FITNESS

By Marcus Budline

As he gets set to release his final album, Jeezy is singing a different tune about the streets. He's no longer telling a story about his journey from them, but about his journey on them – by foot. And soon, he'll be hitting the best-known street of all in Atlanta, as he joins Mayor Keisha Lance Bottoms' team to head down Peachtree for the 49th AJC Peachtree Road Race.

The Peachtree will be a milestone on Jeezy's fitness journey, which began about five years ago. At that time, he realized that eating clean could help him work harder, influence others and feel better, leading him to a healthy lifestyle in which he prioritizes wellness above all else.

"At first it was a little weird for people to go out and see me eating a salad," said Jeezy. "But you come to understand that your body is a temple. If you put cheap gas in your car it's not going to run right, but if you put premium gas in, it'll run like a well-oiled machine."

Jeezy also incorporated running into his routine, a dramatic turnaround for someone who never ran before 2013.

The rapper says he loves using the time both to "plot and plan" and to clear his mind, adding that he finds it peaceful to run.

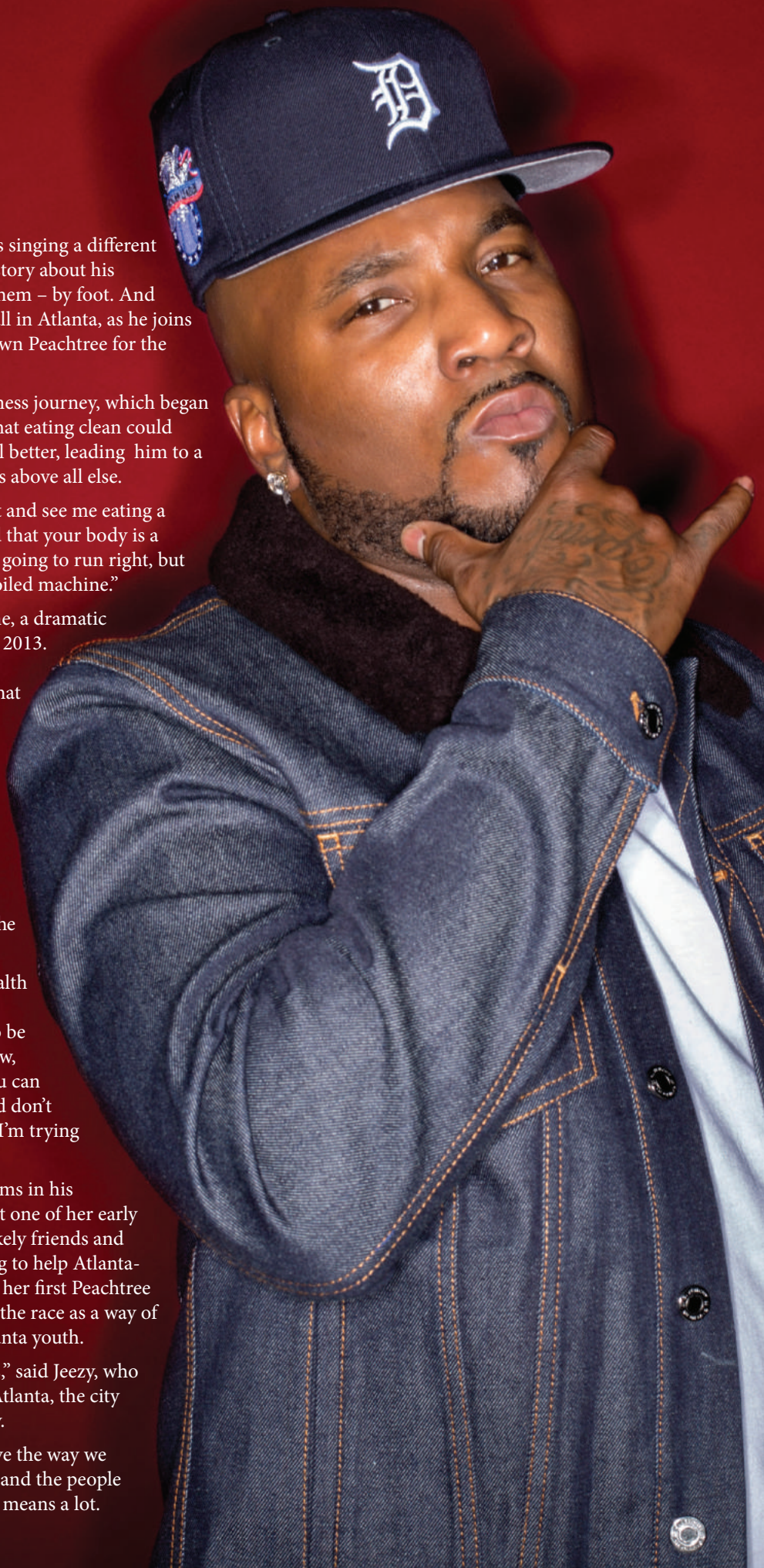
Running the Peachtree won't be just about his fitness goals, however. It will be a piece of his commitment to spreading the word about health and fitness to those around him and to future generations. Jeezy and his Street Dreams Foundation will be raising money for Atlanta Track Club's Kilometer Kids program, with the goal of providing kids in the metro Atlanta area the chances and education he never had growing up.

"In my upbringing we weren't educated on [health and wellness] and what to eat, what's good for your body," said Jeezy. "That definitely needs to be taught to the youth because they just don't know, and it's better to do it while you're young so you can stay in shape. You've got kids that are obese and don't understand that they can make that change so I'm trying to support them.

Jeezy has been working alongside Mayor Bottoms in his attempt to spread the message. After meeting at one of her early campaign speeches, the two have become unlikely friends and partners, both dedicated to fitness and to trying to help Atlanta-area youth succeed and overcome obstacles. In her first Peachtree as mayor, Bottoms invited Jeezy to join her for the race as a way of spreading his message and reaching out to Atlanta youth.

"It means a lot to be part of something like this," said Jeezy, who knows that no matter which streets he's on in Atlanta, the city will be behind him, and he'll be behind the city.

"I love everything about my city," he said. "I love the way we support each other, and to run with the mayor and the people of Atlanta and be part of something so great, it means a lot. Pushing the city forward is what it's all about."



# Q&A: AUTHOR EMILY GIFFIN ON RUNNING AND WRITING

By Shannon Lyons

Emily Giffin, the #1 New York Times bestselling author, is not only an internationally acclaimed novelist but also a proud member of Atlanta Track Club. On July 4, she will run the AJC Peachtree Road Race with her husband, Buddy Blaha; 14-year-old twins, Edward and George; and her 11-year-old daughter, Harriet. One of her first eight novels, “Something Borrowed,” was made into a film in 2011, and her ninth, “All We Ever Wanted,” is set to be published on June 26.

Giffin’s success was not a straight road, however. After graduating from law school at the University of Virginia, Giffin practiced law for several years while writing on the side in pursuit of her dream. Despite the rejection of her first novel, she resigned from the firm and began to write “Something Borrowed,” the story of a woman who learned to take a risk and follow her heart. Her courage and perseverance paid off, proving that it always pays to keep your eye on the finish line. We asked Giffin about the intersection of her writing and running lives.

## When did you first begin running, and what got you started?

I’m not a big (or fast!) runner, but I have enjoyed it since college. I didn’t start entering races until my family got so involved in the sport. I didn’t want to be left out!

## What’s your favorite time of the day to run, and why?

It depends on the season. Atlanta is hot, so I usually prefer early morning runs. But in the fall and winter, I’ll go in the late afternoon.

## Do you find any parallels between your writing and your running? Do you find that the two challenges reap similar rewards?

Both running and writing are enjoyable once you get started, but can be challenging and require some motivation to get going. A good run and a good day writing both feel so satisfying.

## Do you ever brainstorm ideas when you run, or even “write in your head?”

Oh my goodness, yes! It’s one of the best times to think. There have been many, many times where I’ve sorted out a plot problem during a run (or walk). Moving outdoors is so good for the creative process.

## On the flip side, does running ever play a role in your writing?

I’ve had a few characters who also do some of their best



thinking while running, but I’ve never written about an avid runner. My boys would love that!

## Will this be your first AJC Peachtree Road Race? What motivated you to run it?

I ran the AJC Peachtree Road Race last year with my family, and crossed the finish line with my then 10-year-old daughter. It was such a bonding experience and one of the greatest highs (and feelings of accomplishments) of my life. It also filled me with such pride in Atlanta, the running capital of the country!

## Has your family all been training together for the Peachtree?

My husband, daughter, and I have been doing a little training together, but my twin sons train year round and are seeded runners. There’s no way the rest of us can keep up with them! [Editor’s note: Edward and George run for Pace Academy and Atlanta Track Club’s Youth Team.]

## What does running mean to you as a family?

Running is my sons’ greatest passion and has really developed their character and grit. I love that it’s a sport that we can participate in together (though at wildly different levels!).

7,389 + 6.2



## FOR NAVY COMMANDER, MILES TO THE FINISH LINE

By Marcus Budline

Over the span of a two-decade, ever-shifting career in the U.S. Navy, little has been stable for Cmdr. Matt Harden. Transfers, deployments, job changes and family have all combined to make normalcy nearly impossible. Tracing the arc of his career and his journey across countries, continents and roles is itself a near impossibility. But no matter where he's been for the last 15 years – whether on the picturesque beaches of Hawaii or in the war-torn desert of Iraq – Harden has been running.

This year, the 41-year-old Harden will take a military flight from Bagram, Afghanistan, to an air base in Kuwait, where he will travel to Atlanta via Amsterdam to run his first AJC Peachtree Road Race. It's not your typical journey to the start line, but it perfectly echoes Harden's life as a runner.

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After graduating from the Naval Academy and being commissioned as an ensign, Harden spent the first two years of his career as a proud member of the "Three Mile Club." Training to be a pilot in Florida, he was required to pass a physical fitness test twice a year that included a 1.5-mile run. So, twice a year, he would lace up the sneakers and bust out the mile and a half before hanging them up again.

But then he went straight out of flight training to deployment in March of 2002 and was faced with life on the base. When he got to Oman, he thought, "I'm going to take advantage of being over here and start running. Not fast, not anything, but just going out and running."

So in between flying Intelligence Surveillance Reconnaissance (ISR) missions to support special operations of the Navy Seals on the ground, Harden started to run and, like so many of us, even made a running buddy, one of his flight engineers.

"We started running together on deployment and by the end we had built up to a 10K," a distance he had thought was unachievable.

After that first deployment of three and a half months, Harden kept the momentum going while stationed in Hawaii, where he met his wife-to-be, Andreea, while she was vacationing. They continued to date long distance when he was deployed to the Philippines in 2003, where he ran through the stifling jungle climate with the



ultimate goal of running the 2003 Honolulu Marathon.

And when he returned home, the man who had been a 230-pound fullback for the Naval Academy accustomed to short, bruising bursts had become a 190-pound distance runner, one who crossed his first marathon finish line in 3:56. With no expectations other than to finish, he couldn't believe he had broken four hours.

"I'll never forget that time or the feeling of accomplishment," he said.

Thirteen years later, after three deployments, two years as an instructor, multiple moves across Texas, a career change, an engagement and marriage, the birth of four girls, four more marathons (including a personal best of 3:31) and relocation to Georgia, it appeared Harden had found some stability. By 2017, he'd spent 10 years with AT&T, working his way up to become a director of business development, and was still serving one weekend a month in the Navy Reserves.

Then, last May, he got the call. He was being deployed. For a full year. To Afghanistan.

"Even though we knew that was always a possibility – and we truly did know – it was just so shocking," said Andreea. "Jumping from daddy leaving for two weeks to being gone a whole year is a huge transition."

Harden is now serving as a Theater Chief in Bagram, Afghanistan. Working with a team of mostly reservists, he is in charge of managing the operations of the Scan Eagle drone, doing Intelligence Surveillance Reconnaissance missions in support of special operations across Afghanistan.

"When you sign up for the Reserves, you take that oath and you agree to do it," explained Harden as he talked about readjusting from corporate America to the base. "I'm able to compartmentalize it. I've deployed three other times, so you just have to put that aside and focus on a job that you came here to do."

Part of adjusting and compartmentalizing for Harden is, of course, running. Though he's living in one of the most polluted regions on earth in a place where safe running routes are hard

to come by, he's been putting in time on the treadmill and does his 8-miler around the base's perimeter every Sunday. On Memorial Day, he finished second (41:58) for 10K in a satellite run of Colorado's Bolder Boulder race.

"It's a great outlet," he said. "From work to kids to getting deployed to Afghanistan, whenever I've got a lot on my mind, it's always good to just go clear it with a run."

And as Harden was deciding when to take his two weeks of R&R, he knew he wanted to be home for his daughter Grace's ninth birthday on June 29, along with the Fourth of July. His family is counting down the days, and each day they take a turn ripping a number off a paper chain.



"I can't wait," Andreea said. "We started our chain at 60 days and now it's starting to get shorter. We just won't want to go anywhere without him. There's going to be a lot of ladies vying for his attention."

And one other perk of being home for the Fourth? Harden will get to cross doing the world's largest 10K off his bucket list.

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When most people head to the starting line of the 2018 AJC Peachtree Road Race, they'll have fun and family on their minds as they look forward to a day of celebration. Harden will, too, but he'll also be thinking about the privilege of being able to run, and what it means to do

so on America's Independence Day.

"I love the Fourth," said Harden. "Just to see the patriotism of the Americans and see the flag everywhere. I've grown up around the military and it means a lot that people are willing to put their life on the line to fight for freedom for everyone back home."

And when he puts his commemorative military race number on, Harden won't just be running for himself. He'll be running for the men and women still serving and sacrificing.

"We just lost one of our soldiers last week," Harden said in May. "So when I do something like this, I'm running it for the men and women who are still over there, and the ones that have paid the ultimate sacrifice."

#### COMMEMORATIVE RACE NUMBER TO HONOR MILITARY

At this year's AJC Peachtree Road Race, active duty members of the armed forces, as well as reservists, National Guard and military veterans will be honored with a commemorative race number. Through a partnership with United Military Care, Atlanta Track Club has designed a unique bib featuring stars and stripes to honor the service men and women in the race.

"With the race being held on the Fourth of July, we feel it's incredibly important we recognize the men and women who fight for the freedoms we celebrate on that day," said Rich Kenah, executive director of Atlanta Track Club.

More than 4,000 runners identified themselves as military members during race registration and will wear the commemorative race number; 3,289 veterans, 243 active duty members, 224 reservists and 163 members of the National Guard are expected to be on the start line.



# FOR SURVIVOR OF CENTENNIAL OLYMPIC PARK BOMBING, RUNNING IS A HIGH NOTE

By Adina Solomon

When Calvin Thorbourne III was 13 and living in New York City, he went on his first run. His father, who became interested in running when he reached his 30s, took Thorbourne with him to Central Park.

“I’m thinking I’m just spending fun quality time with dad. And here he’s like focused – you know how we get into a runner mode, like really focused,” said Thorbourne, who was playing and having fun until his father chastised him.

“He’s like, ‘Hey! Get serious and stop playing around.’ I was a kid. I’m supposed to be playing around,” Thorbourne said, chuckling. “After being chastised, I focused and kind of ran with him, and I was very shocked at how far I ran because I was not an athletic person.”

That 1.5 miles in Central Park introduced Thorbourne to running. And years later, running guided him first through his injury in the Centennial Olympic Park bombing and then to the finish line of the AJC Peachtree Road Race.

Today, Thorbourne lives in Lithia Springs. The smiling, 47-year-old realtor wears diamond stud earrings, a silver bracelet and a bright purple polo shirt. He has a shaved head and salt-and-



Thorbourne being aided at the scene of the bombing.

pepper beard. He's the kind of person who says "bless you" to sneezing strangers.

Thorbourne moved to Atlanta in 1995, around the same time he picked up running as an adult. At that time, he worked for a record company.

A year later, when the Olympics came to the city, his friends asked him to go to Centennial Olympic Park for a concert. At about 1:20 a.m. on July 26, a bomb exploded. Two people died as a result of the blast and more than 100 were injured. Shrapnel hit both of Thorbourne's legs, embedding in his left leg muscle. Doctors decided not to take it out for fear of further injuring him; to this day, he carries that shrapnel in his left leg.

After his injury, running wasn't Thorbourne's initial goal. He was more concerned with simply walking. Aches plagued him on his left side during his recovery.

"I'm a man of faith, so I felt, 'God, I don't know what test I'm supposed to go through or why I'm going through this, but I trust that I'm going to be OK,'" Thorbourne said. "I also felt a level of resolve that I'm not going to let whatever this person was trying to do deter me from still having the best life I can."

Christie Peters, Thorbourne's little sister who lives in Douglasville, said watching her brother's recovery was inspirational.

caretaker. On a dare from him, Thorbourne ran what is now called the Publix Atlanta Marathon. His father stood right there when he crossed the finish line.

For Thorbourne, running is calming. It gives him a beat to reflect.

"I just kind of disappear into my mind and start thinking about things I'm doing, what things I want to do," he said. "It makes me very reflective, and you just get locked into a rhythm."

That rhythm became literal for Thorbourne when he recorded a song called "Marathon." The song compares mile markers in a marathon – "Mile 1 / I'm feeling pretty good about my run" – to life. It also talks about his injury from the bombing.

Thorbourne calls the song rhythm and gospel, R&G, saying he wanted to record something uptempo and easy to run to. He listened to it when he ran, and the song helped motivate him in his races, especially in completing the 2013 New York City Marathon.

"Some people write in journals, and I write songs. I try to be as real and honest as possible because I think a lot of things that I've written about, other people can relate to," Thorbourne said. "'Marathon' was just an extension of, 'Wow, I'm running and I'm completing these races, in spite of the fact that I was in this national tragedy.'"



Inspired by Thorbourne, sister Basia Collins and nephew Edward Weah Peters are also running the Peachtree.



"I really expected him to speak negatively about his experience, and he's nothing more than a ball of positivity," she said. "He'll say, 'Yeah, my leg hurts, but it's going to be fine.' That's him. He always balances it with something positive."

Thorbourne persevered through his recovery, and once he got his bandages off a few months after the injury he turned his attention to running. He ran his first race in 2000 and his first Peachtree in 2001.

When he told Peters that he was planning to run the Peachtree, her mind went to how difficult it looked when she watched it on TV.

"I said, 'Dude, you just got a chunk of your skin blown off of your leg, and you're talking about running a [race]?' " Peters says. "I was just so impressed."

Since then, the Peachtree has become an annual tradition for Thorbourne, remaining a constant as his life changed over the years. In the mid-2000s, his father – his original running partner – moved to Atlanta, and Thorbourne became his

At least once a week, Thorbourne records a musical concept into his phone, whether that's a lyric, a melody or a subject. He uses this talent when he works the soundboard at his church, Bible Way Ministries International.

In September 2017, Thorbourne and his sister lost their father. But as he does almost every year, Thorbourne is running the Peachtree, a constant in his life. This time, he will have a companion in the form of Peters' 13-year-old son, Edward, who he has inspired to run. The Peachtree will be his nephew's first 10K. Thorbourne's younger sister, Basia Collins – also following Thorbourne's example – will be running, as well.

The Peachtree is a continuing affirmation that Thorbourne is OK; That through injury and heartbreak and everything in between, he can keep running and thriving.

He returns to his thoughts after his injury all those years ago: "I'm going to not only be able to walk and overcome it, but I'm going to take it a little further. And I did."

# FACES IN THE RACE

## THE MYSTERY OF THE PHOTO FINISH

By Jay Holder

The first time the unknown AJC Peachtree Road Race finisher asked Barbara Carrol to pose for a photo, she didn't think much of it. She was busy, after all. Handing out water to 60,000 runners and walkers is hard work, and the request came at the height of the thick crowd moving through her station in the finish chute inside Piedmont Park. A year later Carrol, a 34-year volunteer, was back at her post when the same man approached, pulled from his shirt a copy of the photo from the previous year, handed it to Carrol ... and then asked her to pose again.

"I thought to myself, 'Isn't this neat?'" said Carrol. "Then, it happened again the next year." And again. And again. And again. Carrol estimates the stranger with the camera has been taking her picture for the past 10 years, each time giving her the printed photo from the year before.

And after all these years, she still has no idea who he is. "I don't get more than four seconds to look at him," Carrol said. "He takes the picture, gets his water and he's gone."

When she realized this random act was becoming part of her Peachtree tradition, Carrol started keeping the photos, some of which include friends who volunteer with her at her water station each year. ("It's interesting to see myself age," she said with a laugh.) One year, after she fell and was forced to leave early, the mystery photographer took a photo of her crew chief holding the previous year's photo instead.

"I look forward to seeing that gentleman every year," said Donna Solomon, a volunteer crew chief who has appeared in some of the photos. "It truly touches your heart that someone is so thoughtful to do something like that for us."

It's a 'thank you' for unwavering dedication from one of the thirsty finishers who sees these smiling volunteers year after year. But why Carrol? She describes herself as a natural cheerleader, spending her day on the microphone congratulating the runners and pointing them in the direction of their coveted T-shirt. She hasn't missed a July 4 since 1983, when she started coming to the race with her husband and kids. "I don't think he does it for anyone else," she said. "We have a lot of unusual things happen in the finish, but this takes the cake."

What do we know about the mystery photographer? Not much. "I don't know his name. I don't know anything about him," Carrol said. "I always kind of forget about it until he comes through." She describes him as middle-aged, Caucasian, in his 40s or 50s. And that is it. There's simply no time to stop for a conversation when the masses are coming through.

But this year, she vows to ask for his name or at least remember his bib number so she can look him up later.

"I hope he's there," she said.



Photos: Courtesy of Barbara Carrol

## GETTING A NEW LEASH ON LIFE

By Théoden Janes



Hawaiian Run Thingy (top); getting ready for the Peachtree (bottom).

When widowed great-grandmother Sandra Sanders announced to her friends one Sunday morning a few years ago that she'd decided to adopt a young boy, they looked at her like she was out of her mind.

The Fayetteville resident laughed as she explained: "He's 2 years old, and he has four little legs and a white furry body."

Sanders had fallen in love with this peppy Bichon-Poodle mix named Matthew immediately upon meeting him at the Humane Society, and just knew he belonged in her home – a place that had been tinged with sadness since the death of her husband a couple of years earlier.

But she had no idea what would happen next.

Prior to the adoption, Sanders was getting hardly any exercise and, in fact, was on heart medication for an arrhythmia. But with fresh inspiration, short walks up and down her street quickly turned into trips around her entire neighborhood. Before long, they were covering a mile in the morning and another mile or two between their afternoon and evening jaunts.

So when she saw an ad for a local female-friendly 5K that promised a tutu and a tiara for all participants, she decided that, based on her typical daily mileage with Matthew, 3.1 miles was a manageable distance. Plus, she thought, it might make a fun way to celebrate her 70th birthday.

Sanders not only finished wearing that tutu and that tiara, but she won her age group to boot. Not long after, she joined a fitness center, where she now does 3 to 5 miles on the elliptical machine six days per week in addition to the daily walks she continues to take with Matthew, who has attended many of the 60-plus races she's completed in the past three years and who whines with excitement when he spots her approaching the finish line.

Next up? The AJC Peachtree Road Race, which falls exactly two weeks before she turns 73.

"My doctor said, 'You're doing really great. I'm really proud of you.' He even lowered the milligrams of my medication," Sanders reports. "So not only did the dog get me out running, he also helped my heart."

## SARA HALL'S INSTANT FAN CLUB

By Barbara Huebner

The first time she ran the AJC Peachtree Road Race, Sara Hall recalled, it "was kind of accidental."

It was 2007, and the 24-year-old Hall had come to Atlanta to support her husband, two-time Olympian Ryan, in the race. At the last minute, she decided to hop in as a workout. To her surprise, she finished fourth overall, and second American.



"It was my first pro road race over 5K and gave me a taste of the longer races I've come to love," she wrote in an email.

When Hall returns to Atlanta this July 4 to contend for the USA 10 km title (for which she was runner-up in 2014), she will do so as the 2011 Pan American Games Champion in the steeplechase and versatile owner of national road titles from 1 mile to the marathon.

She will also do so as a 35-year-old mother of four, sisters adopted from Ethiopia in 2015 after they came to the Halls' attention while the couple was training at altitude there.

One might think that suddenly becoming the mother of four children – Hana is now 17; Mia, 14; Jasmine, 10; and Lily, 7 – would be cause for a career brake, if not break. Instead, Hall ran her first quality marathon the week after the girls arrived, and since then has run her fastest-ever half marathon (1:09:37) and notched a steady string of personal bests at 26.2 miles, the most recent a 2:26:20 in Ottawa on May 27 that makes her the ninth-fastest American woman ever.

But, instead, the timing was right. Not only has she thrived on the shift away from the track to the roads and longer distances, but Ryan retired three months after the adoption, enabling him to share the load even though motherhood – times four – is still "a ton of work and very tiring."

"The girls inspire me, too," she wrote, saying they encourage her "all the time" to keep going and make the 2020 Olympic Marathon team. "Knowing they are watching me race and wanting to make them proud is a motivator."

## NEXT STOP: EVEREST BASE CAMP

By Théoden Janes



Of the tens of thousands of people running in the AJC Peachtree Road Race, first-timer Ed Ridgley may be among the least likely to complain about the difficulty of the course.

After all, compared to what he has planned for September, Cardiac Hill barely registers as a speed bump.

The computer programmer from Phenix City, Alabama, is using the Peachtree as prep for a three-week group trek that will take him 17,598 feet above sea level to Everest Base Camp in Nepal – an impressive feat for anyone, considering the steepness of the climb and the thinness of the air, but even more so for an asthmatic.

He said he has dreamed of traveling to the world’s highest mountain since he was 10 years old. Now 57, he was inspired to try to finally get it off his bucket list while working toward another dream he’d put off for decades: completing his bachelor’s degree. (For one of his classes, he did a project on people who’d climbed Everest despite physical disabilities.)

This active lifestyle is fairly new territory for Ridgley, a husband and father who decided two years ago to stop wasting time on the couch. He enlisted the help of a personal-trainer friend and took up hiking and running; within four months, he’d lost 30 pounds and successfully climbed to the 14,115-foot summit of Pikes Peak in Colorado.

And while the Everest Base Camp trek is his biggest goal of 2018, it’s not his only ambitious one.

Two months after his other-side-of-the-world adventure, he’ll toe the line at the TCS New York City Marathon, his first 26.2-miler since he was in his 20s. Ridgley also recently took up juggling, and then “joggling.” He ran a small race this past spring while trying to keep three balls in the air, and would like to give the stunt another go – though he promises to leave his juggling stuff at home for the packed Peachtree.

“I grew up with this innate fear of trying new things,” Ridgley says. “It was like, if I couldn’t do it right the first time, the heck with it. I don’t know where that weirdness came from, but it’s kept me from a lot of things. So I’m kind of breaking out from that.”

## “THAT IS HOW I WANT TO AGE”

By Théoden Janes

To say that the AJC Peachtree Road Race is important to Howard Dial would be a dramatic understatement.

“I can’t imagine missing it,” said the retired preacher from Jonesboro. “If I had to have surgery, I would try to work it around the race.”

Since 1972, Dial has run the Peachtree 44 times, with his fastest effort a 36:22 in 1978. He has indeed slowed down with age – he’ll turn 77 this summer – but he’s also slowed down by choice: Though he still runs other races competitively in his age group, for the past 11 years Dial has opted to run the Peachtree step for step with his wife, Beth.



Photos: Courtesy of Ed Ridgley; Courtesy of the Dial family

It started out simply, as a way for him to share a favorite annual tradition. (Beth had never been a runner before Howard helped her train for her first Peachtree at age 65.) Eventually, they were running together three days a week, rain or shine.

Now she can't imagine missing it, either. In fact, having recruited 10 other family members to run the race in 2014 to celebrate their 50th wedding anniversary, Beth did her husband proud: She delayed surgery to remove a large tumor so that she wouldn't miss the race.

For most of the family, Peachtree was a one-off. However, both their 20-year-old grandson Connor (of Tyrone) – who last year placed 334th out of more than 55,000 finishers – and their 51-year-old daughter Miriam (of Chickamauga, Tennessee,) are now regulars; in Miriam's case, three of her four finishes have been alongside Mom and Dad.

Miriam says she partly tags along because she worries about her folks: "I'm kind of there to make sure they get help if anybody has any health issues."

At the same time, she's in awe of them. "It's such a privilege to have two parents who can be that dedicated and have the ability to do an event like that. ... That's one reason I go, just because I feel like if they can do it, certainly I can. They could easily just take the passive approach to life and sit down and say, 'Well, my knee hurts,' or, 'My hip hurts,' and 'I'm too tired,' or 'I'm too hot' — but they don't give excuses. They push through it.

"That," Miriam says, "is how I want to age."

## DOCTORS' REUNION IS LONG-RUNNING

By Théoden Janes

Upon meeting in 2010, Jon Haywood, Homare Kubagawa and Mike Mendoza bonded over being twentysomething male interns in the female-dominated pediatrics residency program at Children's Healthcare of Atlanta, and became drinking buddies almost immediately.

Eight years later, they're now about to become running buddies, too.

Though they've scattered along the Eastern Seaboard since completing their residencies in 2013 (Kubagawa is a general pediatrician in Gwinnett; Haywood is a pediatric critical care doctor in Winston-Salem, N.C.; Mendoza is the director of a pediatric transplant program at the University of Virginia), the trio had been using an old classmate's annual Fourth of July party in Atlanta as an excuse to get together every summer.

That reunion traditionally has revolved around beer. Then last year, Mendoza – a two-time marathoner who ran the AJC Peachtree Road Race twice back when they were residents – casually suggested that the three should run the 10K. Neither



Kubagawa nor Haywood had ever run that far before.

Kubagawa said yes. Haywood said: "I would love to, but I'd probably die."

Haywood, who at the time weighed more than 300 pounds, settled for watching from the sidelines as his friends crossed the finish line together. But it left him feeling more than a little left out. So he told them: "If y'all do it again next year, I'll do it with you. It'll be my goal to make it there."

Since then, he's lost more than 70 pounds and now works out for at least 40 minutes six days a week. Kubagawa seems to have caught the running bug himself – this fall, he plans to tackle Atlanta's Thanksgiving Day Half Marathon, his first 13.1.

And although they haven't even run the Peachtree as a threesome once yet, they're already planning on it becoming an annual tradition.

Mendoza still has trouble believing it, he said, because back when they were interns his pals "were as lazy as can be, to be honest."

"What changed? Truth be told, I have no idea. They hate running," he said. Then he laughs, and you can tell he's just trying to give them a hard time. "They both really hate running."

## FINISH LINE SUSPENSE: THE 2018 FINISHER'S T-SHIRT REVEAL

By Jay Holder

To runners of the AJC Peachtree Road Race, the finisher's T-shirt is perhaps the race's most well-known and beloved tradition. Finishers of the Peachtree have received a shirt since the race's second running in 1971, but the introduction of a contest in 1995 to choose the design added a new layer of excitement – and suspense – to the coveted race souvenir. Since then, hundreds of amateur and professional designers have submitted designs in hopes of having their work worn with pride by 60,000 people.

The contest opens annually in November, with designs accepted through early February. A panel made up of the previous year's winner and representatives from Atlanta Track Club, the Atlanta Journal Constitution and Mizuno narrow the hundreds of submissions down to five. The winner is chosen through an online poll on the AJC's website. Until the first finisher crosses the line on race day, the winning design is a closely guarded secret known by just a handful of people. Even the color of the shirt is a surprise.

Not only that, but the winner of the contest doesn't learn of the triumph until he or she is notified as the race is under way – sometimes not even until they themselves cross the finish line! Besides the thrill of seeing their work appear on the T-shirt, they also receive \$1,000 from the AJC. Here are this year's five finalists.



Last year's winner, Kevin Benton.





**Michael Martinez**  
*A Stroll Down Peachtree*  
 Residence: Austell

**What it would mean to win this contest:** I didn't consider myself to be creative until about two years ago and now I am a finalist in the T-shirt contest. My design may be worn by more than 60,000 individuals. Looking at it that way, I've already won.

**Fun Fact:** Martinez will be running his fifth consecutive AJC Peachtree Road Race.



**Bart Sasso**  
*Never Stop*  
 Residence: Atlanta

**What it would mean to win this contest:** The AJC Peachtree Road Race is such an iconic Atlanta event and this T-shirt is the highly coveted prize. Like most that run the race, I still have shirts from races past and being a part of that legacy has always been a goal of mine as a designer.

**Fun Fact:** This is Sasso's third consecutive year as a finalist in the contest. He says he has run the race seven times.



**Margo Weitzel**  
*Fancy Footwork*  
 Residence: Smyrna

**What it would mean to win this contest:** I grew up in metro Atlanta and have lived and worked in Atlanta for the past 10 years. I have watched the Peachtree every year either live or on TV. To have my work be earned and worn by 60,000 would warm my heart and continue to keep me connected to this wonderful city.

**Fun Fact:** For the overall look of the design, Weitzel says she wanted it to be bright and cheery, since the shirt is earned only upon completing the race – a moment of relief, accomplishment and exuberance for the runners and walkers.



**Cheryl Totty**  
*Stars and Stripes*  
 Residence: Duluth

**What it would mean to win this contest:** It would be great exposure for my business. And it would just be really cool to be out running and see others wearing a shirt with my design on it. AJC Peachtree Road Race finishers love to show off their shirts.

**Fun Fact:** This is Cheryl's third time as a finalist. She was also a finalist in 2015 and 2016. Cheryl ran the AJC Peachtree Road Race both of those years, but she is not running in 2018.



**Russ Vann**  
*Fourth and Freedom*  
 Residence: Atlanta

**What it would mean to win this contest:** The AJC Peachtree Road Race is a Fourth of July tradition for my family, as we all run the race. My dad and a friend started running the race and this year will be their 38th consecutive Peachtree. Every Fourth of July since I was born has been spent in Atlanta at the race.

**Fun Fact:** Vann estimates he has run the Peachtree at least 15 times.



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CARDIAC HILL.  
60,000 RUNNERS.**

**YOU'VE GOT THIS.**

To this year's runners, we've got your back.

The Home Depot Associates and their families are with you every step of the way.



Proud Sponsor of the 2018 AJC Peachtree Road Race

## THE FUN STARTS HERE: 2018 PEACHTREE HEALTH & FITNESS EXPO

The Independence Day fun begins before you toe the start line at the Peachtree Health & Fitness Expo! First, pick up your race number. Then, get great deals on patriotic apparel; shop for race day essentials; and enjoy free samples, games and more! You don't want to miss:

- Blue Cross and Blue Shield of Georgia Family Fitness Zone, including long jump, high jump, shot put and a timed 40-yard dash.
- Limber up in the Northside Hospital Stretch Area.
- Official Peachtree merchandise, including the Limited Edition Peachtree WAVEKNIT Rider 1 from Mizuno.
- Activities and giveaways from your favorite Atlanta sports teams, including Atlanta United FC, the Atlanta Hawks and the Atlanta Braves. Plus, catch some air with the Springfree Trampoline challenges!
- Special appearances by the Atlanta Braves Heavy Hitters and Tomahawk Team, as well as the Home Depot Tool mascots.
- The Mercedes-Benz Stadium experience on the road! The Stadium Sprinter features a replica of the stadium's Halo Board, Atlanta United AMG Bench Seats, XBOX gaming and everything you need for a game day tailgate.
- 18 months of Atlanta Track Club membership for the price of 12.
- Live radio broadcast of the Expo from the Mercedes-Benz of Buckhead booth.
- Free samples from Waffle House, Coca-Cola and other sports nutrition-related food and beverage vendors. Be the first to try CLIF Bar's newest filled bars!
- Opportunity to get a race number through sponsor-led contests.

You had your number mailed but still want great deals on gear? Stop by the Expo or visit [atlantatrackclub.org](http://atlantatrackclub.org) and [mizunousa.com](http://mizunousa.com). You'll find the latest red, white and blue apparel to keep you cool and get you across the finish line in style.

### Peachtree Health & Fitness Expo

Georgia World Congress Center, Exhibit Hall C1

- Monday, July 2 – 10 a.m. to 6 p.m.
- Tuesday, July 3 – 10 a.m. to 6 p.m.

The Expo is free and open to the public.

For more information about the Expo, visit [peachtreeroadrace.org](http://peachtreeroadrace.org).

## GETTING THERE



## EXPO MAP



◆◆ 2018 ◆◆

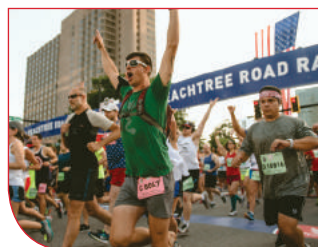
*The Year Of The*  
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**H O U S E**®





## JULY 4 SCHEDULE OF EVENTS



**4:30 a.m.**

MARTA trains begin carrying runners to the start line

**6:25 a.m.**

Start of Shepherd Center Wheelchair Division

**7:00 a.m.**

Start of AJC Peachtree Road Race

**6:00 a.m.**

Runners begin getting into start waves

**6:50 a.m.**

Start of Elite Women's race

**8:40 a.m.**

Last start wave leaves start line

### Ways to Watch

Our media partners will have complete coverage of the 2018 AJC Peachtree Road Race.



Race day coverage and results can be found online at [AJC.com](http://AJC.com)



One-hour highlight show at 7 p.m.



Live race coverage from 6:00-10 a.m. and a one-hour special at 8 p.m.



Live race coverage from 6-10 a.m.

THE MAYOR'S 5K

**ATL**

ON THE 5TH RUNWAY

SATURDAY  
**SEPT**  
**22**  
2018

You've flown over it. You've driven under it. Now run on it.

learn more at [atl.com/5k](http://atl.com/5k)

Hartsfield-Jackson  
Atlanta International Airport



July 4



October 21



November 22



The Peachtree doesn't have to be your only finish line. Conquer the Triple Peach Race Series presented by Mizuno and get discounted entry on the final two events.

Take on the challenge at [atlantatrackclub.org](http://atlantatrackclub.org)



## SAFETY & SECURITY

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

On this page you will find information about some of our security measures, as well as simple things you can do to help make the 2018 AJC Peachtree Road Race a great event.

**Substantial law enforcement presence** will exist at the start, finish and post-event area, as well as along the course.

**There will be clearly defined restricted areas** at the start and at the finish area in Piedmont Park. Additional fencing with designated entry and exit points will be in place around the post-event area. Anyone entering a restricted area with a backpack, bag, purse, etc. will be subject to search.

**See something, say something.** Be vigilant. If you see something suspicious, contact the nearest police officer or call 911.

### Event Alert System

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

### Event Alert System

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



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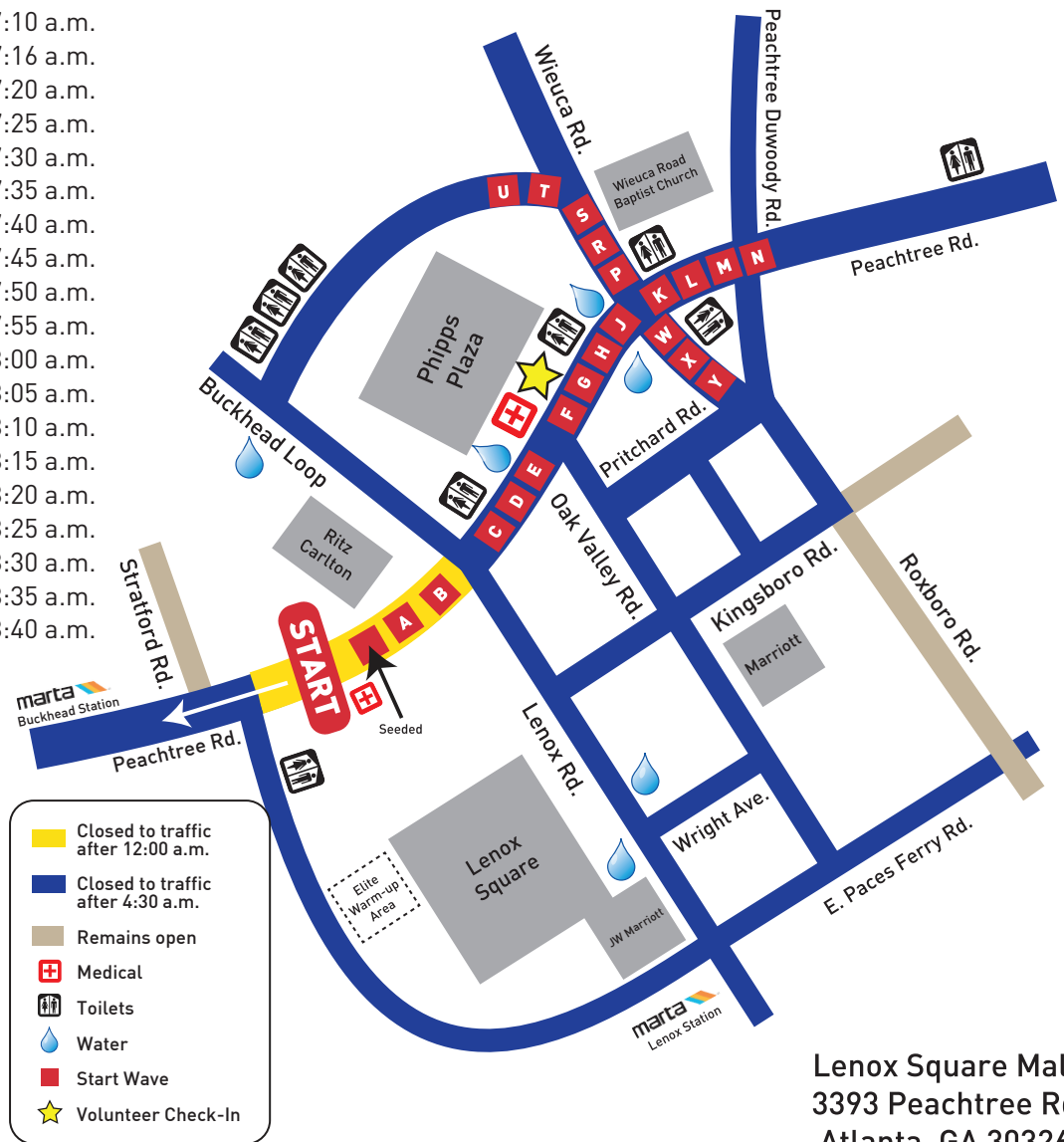
At JW Marriott® Atlanta Buckhead, we believe that a hotel is more than a place to lay your head. Situated in the heart of Buckhead, amidst a vibrant shopping, entertainment and business district, enrich your stay in exquisite rooms, work from the Executive Lounge with panoramic city views or join us for cocktails and authentic Southern flavors at Nox Creek. Wherever you are on your journey, your time here will leave you richer than when you arrived.

**JW Marriott® Atlanta Buckhead**  
[jwmarriottbuckhead.com](http://jwmarriottbuckhead.com)



## START TIME

<b>Wheelchairs</b>	6:25 a.m.
<b>Elite Women</b>	6:50 a.m.
<b>Elite Men</b>	7:00 a.m.
<b>Seeded</b>	7:00 a.m.
<b>A</b>	7:00 a.m.
<b>B</b>	7:05 a.m.
<b>C</b>	7:10 a.m.
<b>D</b>	7:16 a.m.
<b>E</b>	7:20 a.m.
<b>F</b>	7:25 a.m.
<b>G</b>	7:30 a.m.
<b>H</b>	7:35 a.m.
<b>J</b>	7:40 a.m.
<b>K</b>	7:45 a.m.
<b>L</b>	7:50 a.m.
<b>M</b>	7:55 a.m.
<b>N</b>	8:00 a.m.
<b>P</b>	8:05 a.m.
<b>R</b>	8:10 a.m.
<b>S</b>	8:15 a.m.
<b>T</b>	8:20 a.m.
<b>U</b>	8:25 a.m.
<b>W</b>	8:30 a.m.
<b>X</b>	8:35 a.m.
<b>Y</b>	8:40 a.m.



**Lenox Square Mall**  
3393 Peachtree Rd  
Atlanta, GA 30326

### Start Line

The AJC Peachtree Road Race starts in Buckhead at Lenox Square. Please visit [peachtreeroadrace.org](http://peachtreeroadrace.org) for more information. **ABSOLUTELY NO BAGS** will be allowed at the start line. **NO EXCEPTIONS!**

### Getting There

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



**WE WANT TO  
PHOTOGRAPH  
YOU IN THIS  
SUMMER'S  
HOT COUTURE**

## **WORK THAT T-SHIRT!**

MarathonFoto will have photographers all over the course getting your best race shots. After the finish, be sure to get your official AJC Peachtree Road Race t-shirt and model it for our cameras at the banners located nearby. It's gonna be HOT y'all!



# COURSE MAP

## PARTY DOWN PEACHTREE

With 59,999 runners and walkers on the course with you and 200,000+ spectators, there are plenty of people to motivate you toward the finish line. Additionally, our partners at Cumulus are providing entertainment as you make your way down Peachtree. Enjoy the music along each mile.

**MILE 1** News Radio 106.7 (News/Talk)

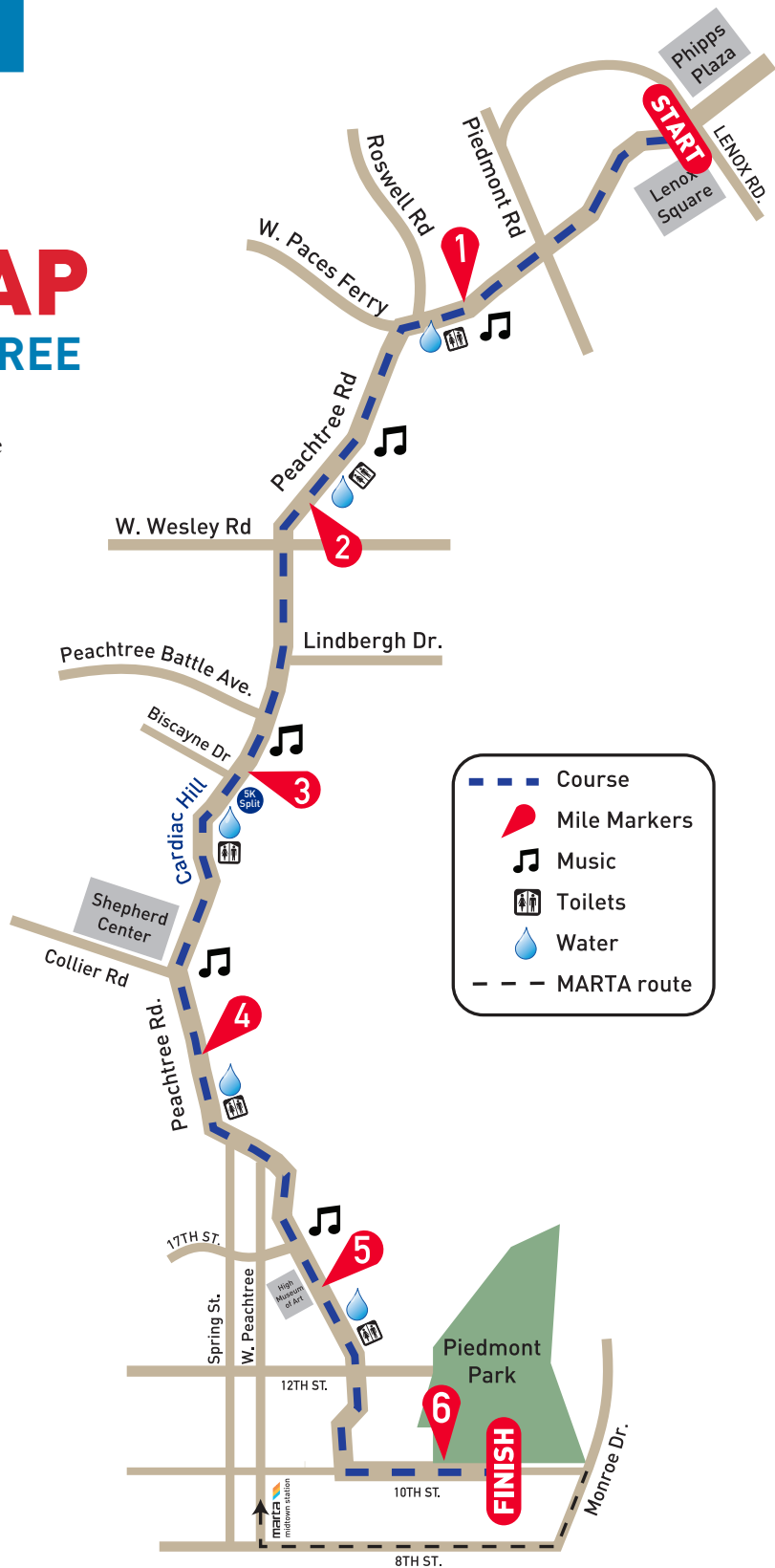
**MILE 2** OG 97.9 (Classic Hip Hop)

**MILE 3** Rock 100.5 (Classic Rock)

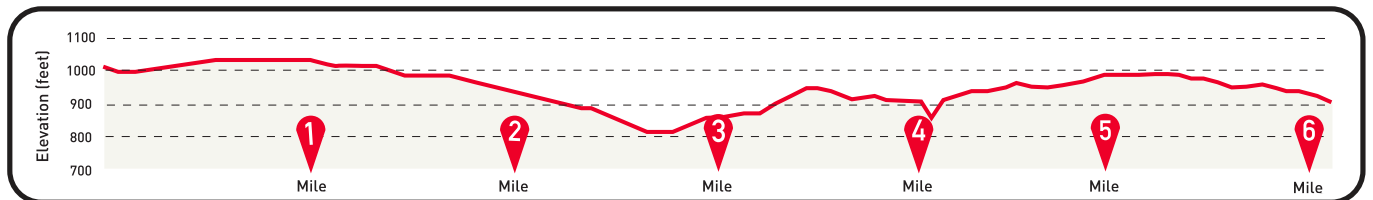
**MILE 4** KICKS 101.5 (Country)

**MILE 5** Norfolk Southern Lawmen

**MILE 6** Q100 (Top 40)



### Elevation Chart





**Just add white  
and blue.**

**#July4th  
#MakesMeWhole**



# FINISH LINE

The AJC Peachtree Road Race finishes on 10th Street just outside Piedmont Park. Please visit [peachtreeroadrace.org](http://peachtreeroadrace.org) for more information.



## Getting Home

Participants and spectators are strongly encouraged to take MARTA home after the AJC Peachtree Road Race. The closest stations to the finish line are Midtown and Arts Center.



# THANK YOU

Atlanta Track Club would like to thank all of the people and organizations that make the 2018 AJC Peachtree Road Race possible.



## MEDIA PARTNERS



## EVENT ORGANIZING COMMITTEE

Jack Abbott, *course*  
Chris Balch, *communications*  
Kyle Clay, *start*  
John Curtin, *elites*  
Dan Dachelet, *finish line*  
Sonia Edwards, *AJC*  
Tim Ewing, *police*

Thomas Goodhew, *WXIA*  
Jack Hullings, *course vehicles*  
Mike Idacavage, *course water*  
Ryan Johnson, *medical*  
Kristine Johnson, *WXIA*  
John Jordak, *legal*  
Dr. Perry Julien, *medical*

Dr. Jonathan Kim, *medical*  
Dr. Lekshmi Kumar, *medical*  
Dr. Matt Marchal, *medical*  
Sam Shartar, *medical*  
Becky Washburn, *wheelchair division*  
David Ziskind, *communications*

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

## SUPPORTERS OF THE AJC PEACHTREE ROAD RACE

Atlanta Mayor Keisha Lance Bottoms  
Atlanta Police Department  
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Atlanta Fire Rescue Department  
Atlanta-Fulton County Emergency Management  
City of Atlanta Watershed Management  
City of Atlanta Public Works

Grady Hospital and Grady EMS  
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Buckhead Community Improvement District  
Regent Partners

Parkway Properties  
Equity One  
The Meridian  
Buckhead Grand  
Buckhead Church  
Post Properties  
The Paramount  
Cumulus Radio  
The many organizations, businesses, churches and residents of Buckhead and Midtown



# THE FUN ISN'T OVER



### Are you still thirsty?

Grab a Powerade or other iced Coca Cola product on 10th Street. Stay hydrated for all the post-race fun!



### Are you hot?

Gather under shade tents provided by Blue Cross and Blue Shield of Georgia or grab an iced towel, courtesy of Delta and Coca Cola.



### Are you an Atlanta Track Club member?

If yes, head to the Member Party in Park Tavern! Relax and recount your race over cold Yuengling Light (for ages 21+), Coca Cola products and Einstein's Bagels. Watch race coverage from 11Alive and listen to the live broadcast by 680 the Fan. Don't forget to pose for pictures at the Mizuno booth!



### Want to make memories?

Snap a photo with MarathonFoto. You'll receive an email when your personal photo gallery is ready.

### Can't find your group?

The Blue Cross and Blue Shield of Georgia Family Meeting Area helps loved ones reconnect after the finish line.



### Ready for some fun?

Hit the stage! With a DJ, games and awards, the finish area stage is the place to be. Dance, win prizes and party after Peachtree.

### Want to know your time?

Unofficial results will be available at [peachtreeroadrace.org](http://peachtreeroadrace.org) later in the day and made official after 30 days. You must cross the start, 5K and finish timing mats to be an official finisher.







### Ready for fireworks?

Review the finish map to find the best park exit and MARTA station for your trip home.

### Share Your Peachtree Story

Help us share the 2018 AJC Peachtree Road Race with the world! Use the hashtag #ajcpr on all of your race-related photos and posts. Connect with us on Facebook, Twitter, Instagram and Snapchat.

-  [facebook.com/ajcpr](https://facebook.com/ajcpr)  
[facebook.com/atlantatrackclub](https://facebook.com/atlantatrackclub)
-  @ajcpr  
@ATLtrackclub
-  @atlantatrackclub
-  ATLtrackclub

You've crossed the finish line of the world's largest 10K, collected your coveted finisher shirt, and grabbed a cold Dasani and food box from Whole Foods Market. Now what? The AJC Peachtree Road Race fun continues, but you'll have to choose your own adventure!



# REST EASY<sup>SM</sup>

**YOU DON'T HAVE TO RUN IN CIRCLES WHEN  
IT COMES TO YOUR HEALTH INSURANCE.**

We have people empowered to put  
you on the right track.

[bcbsga.com](http://bcbsga.com)



**BlueCross BlueShield**  
of Georgia **REST EASY**



# RUNNING, WALKING, READY OR NOT, WE'RE HERE TO HELP

By Amy Begley



All of a sudden, it's late June and the AJC Peachtree Road Race is almost here! Most people fall into one of two categories: excited and prepared for the race, or excited but wishing they had prepared more for the race.

Whichever group you fall into:

- ✓ Don't forget to pick up your race number at the Peachtree Health & Fitness Expo if you didn't choose to have it mailed.
- ✓ Plan your race day, including how to get to the start line, where to meet family and friends and how to get back to your car or access MARTA.
- ✓ Lay out your clothes, shoes, socks, bib number, safety pins, sunglasses, sunblock and anything else you might need the night before the race to save time in the early morning.
- ✓ Set your alarm!
- ✓ Stay hydrated with water and electrolytes. Staying hydrated is important, but not just with water. The body needs to have a balance of salt (sodium) and electrolytes to work properly. Drinking too much plain water can cause the body to have diluted levels of sodium, which is called hyponatremia and can be dangerous. The best indication of your hydration status is the color of your urine. Dark yellow indicates dehydration (unless you're taking supplements or medications that have that side effect) and clear means you are overly hydrated and should add more electrolytes, perhaps by substituting some Powerade for water.
- ✓ Don't try anything new in the days before the race! This includes activities, food, clothes or shoes.
- ✓ Have fun.

If you are in the second group and have not really prepared for the race, here are some "do's and don'ts" to make sure you still have a great day!

- ✓ Do not try to make up training. You can't prepare for the race in less than two weeks.
- ✓ Spend one to two hours a day outside to start getting used to the weather. You do NOT need to walk or run during that time, but getting the body used to the heat and humidity by being outside will start the process of acclimatizing to it.
- ✓ Don't wear cotton shirts or shorts or you will chafe amid the heat, humidity and water from hoses. Breathable running attire is best even if you plan to walk.
- ✓ If you plan to run even part of the way, wear proper running shoes to avoid injury. If you plan to walk, wear running shoes or sturdy, broken-in walking shoes with adequate support. No flip-flops!
- ✓ Adjust your goals and expectations of the race. There are many people who use the race to walk with friends and family. Think of it as the best and biggest parade you will ever be a part of.
- ✓ Take it slow and enjoy the experience.

**GOOD LUCK!**

SPREAD YOUR WINGS

99  
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