HI-TECH OR NO-TECH?

RUN PEACHTREE FROM ANYWHERE IN THE WORLD

ELITES REVEAL THEIR FAVORITE SHOES

WHY YOU SHOULD TRACK YOUR TRAINING
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On the Cover: Atlanta Track Club Elite’s Rob Mullett and Megan Malasarte compare timing tools. Photo by Leigh Moyer.
A Word from the Director

Every day new technologies impact how sport is staged, absorbed, communicated and even promoted. Road running, cross country, track and field, and even walking have seen more than their fair share of advances as a result of technology.

In the racing world, it wasn’t so long ago when the only place you could find full results to your local road race was on a piece of paper taped to a tree, building or vehicle at the finish line. Now results appear in real time on our website as you cross the finish line. And if you’ve got that hyper-immediate gratification gene, we’ll even text, tweet or post them on Facebook for you as you finish!

In the training world, I always get a chuckle when I see how much time and money cyclists spend on their bike, GPS, heart rate monitor, helmet, etc. And more and more, runners are using web-based training tracking tools to capture and analyze their mileage, heart rate, calories and cadence. If you want something measured, there is a solution to be found.

Endurance sports seem to be an attractive place for technophiles who want the latest and greatest training and racing tools. Generally speaking, I embrace these advances in our sport. Technology, when deployed appropriately, can motivate, improve performance and generally elevate your enjoyment of our sport. But while the times have changed, we should never forget that running and walking remain the simplest way to stay healthy and active. To this end, may I suggest that every member challenge him or herself to go back to the future. Commit to unplugging from your “endurance technology” once a week. That’s right, leave your watch, iPhone, heart rate monitor, headphones and GPS in your bedroom or office as you head out. This occasional off the grid, taste of the old school approach won’t slow you down. In fact, I bet you’ll find yourself more refreshed and ready to jump back in to our increasingly wired world at the end of your workout.

Rich Kenah

Race Director

We asked our staff: What is your favorite piece of race swag that you have received?

Enrique Tomas
Manager, Grassroots Running
A simple Ironman running watch. I dislike fancy gadgets.

Natalie Demarko
Manager, Events Marketing
I love running with my Wireless Beat Headphones. I’m addicted to dancing and music. But I only wear one headphone in my ear.

Sue Payne
Director, Community Outreach & Membership
A running buddy with a good gadget.
NEW COURSE. STILL BRAVES COUNTRY.
Be among the first to cross the finish line on the new field!

5K, One Mile & 50m Dash

ARE YOU UP FOR THE CHALLENGE?

Cross the finish line at these three Atlanta favorites and earn your reward!
Entries are limited. Register today at atlantatrackclub.org
Get Social

This month we asked:
What is your favorite running gadget?

Reca Porter
My AfterShokz Trekz Titanium headphones. They sit outside my ear not blocking out other noises, so I can be safe and social!

Michel Robert
I really like my TomTom Spark (music + GPS + cardio) – it features big numbers that I can read without my glasses.

Nick Morrissey
My Bose wireless heart rate ear buds. The percentage updates help me keep pace or push myself when I’m close to the end.

Angela Kay Francis
I love my Garmin VivoActive! It works for my runs AND my triathlon training. I can get my texts, emails and app notifications. I LOVE IT!

Next Issue’s Get Social Question:
If you could run anywhere in the world, where would it be?
Look for this question on our Facebook page, or send your answer and a photo to stories@atlantattrackclub.org. You could be featured in the next issue of Wingfoot!

Connect with Atlanta Track Club
facebook.com/AtlantaTrackClub
@ATLtrackclub
atlantattrackclub
atltrackclub
YOU’RE NEVER TOO YOUNG TO GET MOVING

3K, 1/2K & 50m Dash
Kid-friendly decathlon
May 13 - Piedmont Park
Ages 14 & under

Register at atlantatrackclub.org
UPCOMING EVENTS

8-13 APRIL

IN-TRAINING FOR PEACHTREE BEGINS
- Official training program of the AJC Peachtree Road Race (12 weeks)
- Meet the run leads, pick up your shirt and running log
- Big Peach Running Co. locations – schedule available at atlantatrackclub.org and on page 20

15 APRIL SATURDAY

SINGLETON 5K & 10K
7:30 a.m., Thrasher Park, Norcross
- 5K & 10K
- Part of Grand Prix Series presented by Piedmont Healthcare

11 APRIL TUESDAY

KILOMETER KIDS FUN RUN & DASH
5:30 p.m., Tribble Mill Park, Lawrenceville
- Free one mile & 50m dash
- Noncompetitive; all participants receive a finisher’s medal

25 APRIL TUESDAY

KILOMETER KIDS FUN RUN & DASH
5:30 p.m., Kennesaw State University, Kennesaw
- Free one mile & 50m dash
- Noncompetitive; all participants receive a finisher’s medal

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

Photo credits: Bonnie Bandurski, Paul McPherson, Eugene Schulte
EXPERIENCE THE PRIDE OF FINISHING A MARATHON.

Publix Georgia Marathon & Half Marathon
March 18, 2018 - Centennial Olympic Park

Register at atlantatrackclub.org

ATLANTA TRACK CLUB CROSS COUNTRY CAMP

Take training to the next level with coaching from 2008 Olympian Amy Begley & Andrew Begley
Berry College - July 23-28  |  Open to grades 7-12. Space is limited.

Learn more at atlantatrackclub.org
THE STATE OF THE CLUB
By Mary Ford, Atlanta Track Club Board Chair

It’s an exciting time to be part of Atlanta Track Club. Whether you are longtime member or someone new to our organization, we're happy to have you with us.

This is my second year serving as Atlanta Track Club’s board chair and my fifth year on the board. I have been fortunate to be involved at a time of significant change and growth that has focused on furthering our Club's mission of creating an active and healthy Atlanta while staying true to our roots. You can find examples of this growth in the charts on the next page.

We are seeing remarkable growth in membership, participation in events and programs including Kilometer Kids, and among volunteers, who are the lifeblood of Atlanta Track Club. With this growth, the Club is able to reach and impact runners and walkers regardless of where they are in the runner life cycle.

2017 marks the end of a strategic planning cycle which set goals for the organization based on Atlanta Track Club's vision and core values of community, camaraderie and competition. These goals include everything from delivering world-class experiences for our event and program participants to ensuring all levels of runners in the community are represented in our organization. Whether it's a six-year-old runner in one of our Kilometer Kids schools, an adult with a new commitment to trying running or walking for the first time, a longtime participant of our events or an athlete with a dream of competing in the Olympic Games, we hope everyone feels at home at Atlanta Track Club.

With an expected positive cash flow for the year, we paid off our mortgage in our first full year in our new facility on Armour Drive. Our new home has allowed us to build camaraderie in our community in new ways and host our growing training programs, high school coaches’ clinic, our first summer running camp and even an indoor pole vault competition.

We share these numbers to show you the impact you are having on the health and wellness of the Atlanta community through your Atlanta Track Club membership. You keep the Club moving forward, and we want to hear your ideas and feedback. We encourage you to call the office, send us an email or reach out at your next Atlanta Track Club event.

See you on the starting line,
Mary
Atlanta Track Club’s Core Values
Everything the Club does goes back to these fundamental principles of our organization.

COMMUNITY
Support, connection, outreach and impact.
Refers to our physical location.

CAMARADERIE
Fun, friendly, family and social.

COMPETITION
Competing against yourself, competing against friends and goal setting.

Volunteer Support

<table>
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Event Impact

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<td>2014</td>
<td>109,418</td>
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<td>134,417</td>
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Membership Impact

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<tr>
<td>2014</td>
<td>21,544</td>
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<tr>
<td>2016</td>
<td>27,892</td>
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2016 Total Revenue: $9,018,932

- Donations: $272,731
- Other: $783,731
- Membership dues: $633,829
- Race sponsors: $2,421,787
- Race entries: $4,906,854

2016 Total Expenses: $8,388,366

- General Office: $587,488
- Outreach: $444,803
- Donations: $125,431
- Memberships: $563,122
- Races & Events: $6,667,522

Photo credits: Joaquin Lara, Paul Kim, Dan McCauley, Paul McPherson
Dylan Kight heads out for every single run with an Apple Watch Series 2 wrapped around his left wrist – which would, at first blush, seem to make the 32-year-old Atlanta resident pretty typical: According to Running USA’s 2016 National Runner Survey, more than half of the 10,000-plus runners polled said they wear a sports watch while getting in their mileage.

Then you notice what Kight puts on his right wrist before every run, and suddenly, he’s not so typical anymore. “When I first started running (about two years ago), I’d run with my phone,” Kight says. “When I started doing longer races, I hated having something strapped to my arm for that long. So I got the Garmin 235 – and I love it; it’s great. It’s just ... I’m a completist. I like getting my Activity Rings on the Apple Watch. But I also use Strava, and the Garmin 235 uploads via Bluetooth onto my iPhone, and then uploads to Strava. The Apple Watch at this point doesn’t do that, so you have to manually enter them.”

If you can’t see where this is going by now, let him summarize: “I’ll run with both of them, on opposite wrists,” he says. “And yes, I look ridiculous.”

While he may seem extreme, Kight certainly isn’t alone in his love of running tech.

For proof of the public appetite, one need look no further than January’s CES 2017 consumer-technology trade show. Alongside OLED TVs and smart refrigerators, exhibitors hyped the latest and greatest GPS watches and headphones, as well as much geekier technology – from socks with built-in pressure sensors to measure landing forces to a gadget that uses LED lights to release nitric oxide, prompting your body to go into recovery mode.

But is all (or any) of this stuff really necessary? It depends on who you talk to.

For 35-year-old Stephanie Reynolds of Marietta – who runs with a Garmin Forerunner 735XT, a Garmin Foot Pod, AfterShokz bone conduction headphones Apace Vision LED Safety Lights that clip on to her shoes – the answer is yes, absolutely.

“Seriously,” she says, “the thought of running without that stuff gives me straight-up anxiety.”
Then there are the outliers; people like Eric Fort of Fort Lauderdale, Florida, who has trained for and run seven marathons with just the clothes on his back and the shoes on his feet. (Running USA’s survey reported that just 10 percent of respondents eschew gadgets entirely.)

“In today’s day and age, we all constantly have our cell phones right next to us,” says Fort, 48, who attended Campbell High School in Smyrna. “Running is my time to clear my head and get away from all that crap. When I’m running and I see someone fiddling with their phone or playing with their watch, I’m just like, ‘God, I’m glad I’m not that person.’”

He must think that to himself quite a lot. According to that 2016 National Runner Survey, 61 percent of runners run with their cell phone; and 52 percent run with a “GPS item.” The popularity of the latter category is no surprise; after all, there are some big benefits to taking GPS technology on the run. The most obvious is that it can give runners a good idea of how their training is going and what their fitness level is, thanks to detailed data on distance and pacing and number of calories burned, etc.

There are less-tangible benefits, too.

“Some people really do thrive on interacting with their gadgets or the data. They have fun with it, they find interesting correlations in it,” says Olympian and Atlanta-based running entrepreneur Jeff Galloway, who bought his first GPS watch a few years ago. “Plus, I like that it allows people to wander free when they run – rather than having to go to a set, measured course – and still get in the certain amount of miles they want.”

For athletes who like to keep finding those interesting correlations in or keep having fun with the data after the fact, GPS also is the backbone of Strava’s popular website and app, which allow them to upload runs from their devices, keep track of performance over time, and see how they stack up with other members of the Strava community.

“I made fun of the guys that I’ve run with for years… I’m like, ‘It’s the same six miles, guys – we’re not changing this route, it doesn’t make any difference if your watch is on or not!’”

– Jeff McGonnall
Boulder-based pro Neely Spence Gracey, the top American woman at both the Boston Marathon (2:35) and the AJC Peachtree Road Race (33:25) last year, says the three dozen runners she coaches formed a club on the Strava website that has become a great way for them to interact – they can comment on each other’s workouts, talk a little friendly trash every once in a while, but most importantly, encourage one another.

And they even managed to get Gracey to join in the fun, despite her reservations.

“I get a lot of really positive feedback from it,” she says of sharing her workouts on Strava. “It’s been really cool to create that connection with the running community. But I was (originally) very against using it, because I didn’t really want to put it out there, like, ‘Oh, look, I stopped five times to pee on this run!’ Or whatever it could be that people can take from looking at all of your data.”

Even now, she’s got the privacy settings in Strava set up to hide all areas within a half-mile from her house, “because I don’t want people to see where I live. You have to consider: If this gets in the hands of the wrong person, what might happen?”

Privacy concerns are certainly one of the downsides of technology.

But the more-common issue, Jeff Galloway says, is that he routinely hears from runners who are too tied up in the data, who feel guilt or disappointment or frustration because of the numbers displayed on their gadgets’ touchscreens.

Case in point: Stephanie Reynolds – the “self-described gadget nerd” – nearly had a meltdown during the New York City Marathon last fall, when her Garmin lost its signal on the Queensboro Bridge around Mile 16.

“After I was able to get out from under the bridge and reconnect, my average pacing was all messed up,” she says. “So I’m trying to do math in my head the whole time, saying, ‘OK, what do I need to do now?’ That was a stressful moment. It messed up my race plan, and it took me awhile to regroup. I’m like, ‘OK, I depend on this watch and it failed on me, so now what do I do?’”

Fifty-six-year-old Jeff McGonnell – a Davidson, North Carolina, resident with more than 200 ultramarathons under his belt – has long rolled his eyes at these types of tech-addicted runners.

“I made fun of the guys that I’ve run with for years,” he says. “We’ve got this six-mile loop in Davidson, and these guys will stand there waiting til their watch syncs up to a satellite. I’m like, ‘It’s the same six miles, guys – we’re not changing this route, it doesn’t make any difference if your watch is on or not, it’s still gonna be six miles.’”

In the end, it’s really about balancing how much you allow technology to rule your running, according to a couple of...
people who know a thing or two about the sport.

“Tomorrow, I’m going to the track and I have some 400s and 800s,” Neely Spence Gracey told us when we spoke to her in February, “and I will want to hit specific paces, or at least get within a pace range. Having a watch, and paying attention to it, and the splits will be a big part of what I do during the workout.

“But sometimes it’s nice to just take it off, run what you feel like doing, and not really worry about it. I mean, this morning I did 10 miles and I think I looked at my watch for the first time at 56 minutes. On days like today, I go out, I’m talking, I’m having fun, I’m enjoying being outside, I’m socializing with my friends, and I’m letting the miles click off.”

Three-time U.S. Olympian Shannon Rowbury concurs.

“I came from dance before running; I started dancing at five and then running in high school,” says the San Francisco-based pro, who finished fourth in the 1,500 meters in Rio last August. “My studies in school were more creative-based – English, theater, film – and I definitely feel that running is both an art and a science.

“I’ve only had one injury my entire career that’s kept me from competing (a stress fracture in 2007), and I think that kind of consistency comes from that ability that I have to balance the art and the science – to understand that you need the data to improve year after year, but you also need the self-awareness to be able to say, ‘I need to relax a little bit today,’ or ‘OK, I feel like I can push it.’

Your Garmin, unfortunately, isn’t smart enough to make that decision for you.

Not yet, at least...
MEET THE NEW ELITES

In a big step toward the goal of qualifying at least one athlete for the 2020 Olympic Games in Tokyo, Atlanta Track Club recently added six athletes to Atlanta Track Club Elite’s Olympic Development Team. You may see them and other members of the team at Club events, volunteering at our In-Training programs or even on televised track and field meets. Here’s a look at their goals, their race routines and even their favorite Mizuno gear.

CARMEN GRAVES

Events: 1500m, Mile, 3000m Steeplechase, 5000m
Age: 26
Hometown: Christianburg, VA
College: Roanoke College
Twitter: @CarmenPelar
Favorite Running Moment: When I qualified for my first finals at a USATF Outdoor Championship event in the 3K Steeplechase. I went out having no expectations and ended up running a personal best and qualified.
2017 Running Goals: Set a personal best in the 1500m, 3000m Steeplechase, and 5K.
Pre-Race Meal: Roasted veggies and salmon (night before); oatmeal, banana, and Greek yogurt (morning of)
Post-Race indulgence: Pizza and sleep
Favorite Quote: “Acquire the mental strength to remain patiently in control while retaining the physical strength to trample anything in your way.” - Unknown

PATRICK PETERSON

Events: 600m, 800m, 1000m, 1500m, Mile
Age: 24
Hometown: Gloversville, NY
College: Sacred Heart University, Iowa State University
Twitter: @petersonP11
Favorite Running Moment: The distance medley relay at the 2015 NCAA Championships. We went in ranked 11th and finished 3rd.
2017 Running Goals: Qualify for the USATF Outdoor Track and Field Championships final in the 800; break 1:47 in the 800.
Pre-Race Meal: Steak and rice
Post-Race Indulgence: A greasy burger
ROB MULLET

Events: 3000m Steeplechase, 3000m, 5000m
Age: 29
Hometown: Brighton, UK
College: Butler University
Twitter: @Mullett_Rob
Favorite Running Moment: Making the 2016 British Olympic team in the steeplechase.

2017 Running Goals: Run under 8:20 in the 3000m Steeplechase; Make the British Athletics team for the World Championships in London.

Pre-Race Meal: Pizza, but I have eaten so many different things the night before races. I don't think one specific meal is going to make or break it the next day.

Post-Race Indulgence: I don't have a specific one. When I raced in California, I may have visited In-N-Out burger on a few occasions.

Favorite Quote: I am not huge on quotes but something I was told this past summer definitely stuck with me. My girlfriend said “take it” when I was talking to her a few hours before the European Championship final in July. It was my last chance to qualify for the Rio Olympics. That was a relatively stressful day for a number of reasons but that was one of the things that I was told that was useful and meaningful.

JIM ROSA

Events: Mile, 5000m, 10,000m
Age: 23
Hometown: Princeton, NJ
College: Stanford University
Twitter: @JimRosa1
Favorite Running Moment: Leading Stanford to third place as a team at NCAA Cross Country Championships in 2015.

2017 Running Goals: PR in every event.
Pre-Race Meal: Olive Garden
Post-Race Indulgence: Ice Cream
Favorite Quote: “Don't give up, don't ever give up.” - Jimmy V

ROB MULLET

Events: Mile, 5000m, 10,000m
Age: 23
Hometown: Princeton, NJ
College: Stanford University
Twitter: @JoeRosa3

2017 Running Goals: Run in the 13:30s again for 5K and build a foundation for the next few years.
Pre-Race Meal: Hibachi
Post-Race Indulgence: Ben and Jerry's
Favorite Quote: "I have not failed. I have just found 10,000 ways that don't work" - Thomas Edison

MEGAN MALASARTE

Events: 600m, 800m, 1500m
Age: 24
Hometown: Fayetteville, GA
Favorite Running Moment: When I ran my lifetime PR in the 800m at the USATF Outdoor Championships in 2013 in Des Moines, Iowa. I got last in my heat, but it was a PR so I was thrilled!

2017 Running Goals: Qualify for both USATF Indoor and Outdoor Championships to then make it to both finals. My mental running goal is to trust the process and myself.
Pre-Race Meal: Peanut butter and banana sandwich on wheat bread
Post-Race Indulgence: Burger and fries
Favorite Quote: "Life is 10% what happens to you and 90% how you react to it." - Charles R. Swindoll
ELITE FEET PREFERENCES

Rob Mullett
Favorite Shoe: Wave Rider 20
Why: The added cushion this year is a really nice update but it still feels responsive enough to run fast in the shoe.

Jim Rosa
Favorite Shoe: Wave Rider 20
Why: I have been injury free since I started wearing them.

Carmen Graves
Favorite Shoe: Wave Ekiden 11
Why: They are super lightweight and durable

Patrick Peterson
Favorite Shoe: Synchro MX
Why: It’s great for every day running and training.

Megan Malasarte
Favorite Shoe: Wave Rider 20
Why: Because they’re a good mix of a lightweight shoe with just enough support for my feet and I like the purple/pink color combo!
Almost 6,000 participants took to the start line for the inaugural Country Music Marathon. Now, closer to 35,000 participate in the Nashville race each April.

Local school teacher Scott Weitecha completes a four-peat with his 4th consecutive marathon win in Nashville.

A record 7,000+ children participate in the kids one mile race in Nashville.

Dan Cruz, Rock 'n' Roll Team Member and VP of Public Relations, fell out of the press truck at Mile 20 after being hit in the face by a tree branch... on his birthday.

Back when they were known as merely ‘up-and-comers’, country superstars Lady Antebellum entertained runners at the post-race concert held at the Sommet Center.

Irina Bogacheva from Kyrgyzstan creates the women's marathon course record of 2:28:06, which still stands today.
The technological side of road racing is on the fast track. Many runners and walkers want data—and the more, the better!

The AJC Peachtree Road Race has changed a lot over the past 10 years, both in look and in execution. In fact, it wasn’t until 2009 that every single participant of the world’s largest 10K was electronically chip-timed. This year, Atlanta Track Club is offering a 5K split time for each participant in addition to the finish time, and friends and family can receive updates on their runner’s progress in multiple ways.

The Club provided a 5K split as a test during the 2016 AJC Peachtree Road Race, and will offer this information officially this year. Each participant will be able to sign up for their race updates to be sent out automatically via Facebook and Twitter, and friends and family members will be able to sign up for social media or text message updates as well.

“We’re proud to be able to offer tracking options for the AJC Peachtree Road Race,” says Paula Beebe, manager of registration and timing for Atlanta Track Club. “There is a lot of excitement around running the largest road race in the country, and we want our participants to be able to easily share their performances with their friends and family.”

Links to register for Facebook, Twitter and text message updates will be available in upcoming participant emails and in the participant instructions for the event.

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**Technology Timeline**

2009: First year every participant is electronically chip-timed

2010: First year start waves are assigned by verified performance; official race number transfer system implemented

2011: Registration switches to an online lottery application

2016: 5K split time test performed

2017: 5K split times officially offered for participants
AMERICAN LEGION POST 29
Presents the 3rd Annual
VETERANS MEMORIAL 5K RUN
Honoring Our Heroes—Past, Present, Fallen
SATURDAY, MAY 27, 2017

Start Times: 5K Run/Walk—7:30am; 1K Run/Walk 8:30am; Tot Trot (5 & under) 8:45am

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

Start/Finish: Marietta Square, 1 Cherokee St, Marietta, GA. Free parking in public decks near the Square.

Register: Online by midnight Thursday, May 25, 2017 at americanlegion5k.org OR Active.com OR Entries may be mailed to Georgia Runner, PO Box 2062, Mableton, GA 30126 to be received by Wednesday, 5/24/17.

Fees: Runners: $25 through May 1, 2017; $30 through May 25, 2017; $35 on race day (cash or check only). Phantom Runners: $25 t-shirt only

Packet pick-up: Thursday, May 25, 2017 from 12:00 noon to 8:00pm at the American Legion Post 29, 921 Gresham Ave, Marietta, GA 30060

Qualifier: Official, certified Peachtree Road Race qualifier, with chip timing!

Awards: Male and Female Open and Masters. Top three finishers in the following age groups: 10 & Under; 11-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & Over. Ribbons to all 1K and Tot Trot finishers.

Post-Race: Awards ceremony, food and beverages will be provided.

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

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Name: ________________________________ Age _______ Male ____ Female ___
Address: ___________________________________________ City _______________ Zip _______
Race (check one)  ____ 5K  _____ 1K  _____ Tot Trot  _____ Phantom Runner (I am only getting a t-shirt)

T-Shirt Size (circle one) Youth M  Youth L  Adult S  Adult M  Adult L  Adult XL  Adult XXL (add $2.00)
Registration fee: $___________

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

Signature (parent or guardian must sign if under 18 ) ____________________________________________
The 2017 AJC Peachtree Road Race is just three months away, and now is the time to start training. Whether you’ve run Peachtree for years or will take on the world’s largest 10K for the first time this summer, there is a brand new way to prepare for the 6.2-mile journey through Atlanta.

Outside Interactive developed an app that can turn your treadmill into the AJC Peachtree Road Race course. Thanks to HD video, you can check out the actual race course from start to finish from anywhere in the world.

**How it Works**

Not many people enjoy treadmill runs. With that in mind, Outside Interactive tried to bring some of the fun of running outdoors to public and personal gyms with the Virtual Runner app.

Runners can download the app and use it on any treadmill along with an iPad, tablet or laptop. The app counts down before the selected video begins, and each video looks as though you are running along the route. Virtual Runner currently features a few dozen scenic runs and race routes, including the AJC Peachtree Road Race.

Users can even adjust the speed of the video to simulate their pace on the treadmill. This can be done manually on an iPad or tablet or automatically with a footpod, which is sold separately. There is also an option to start anywhere along the course by selecting a mile marker.

**How to Get It**

The Virtual Runner app is available now in the iTunes App Store, Microsoft and the Android App on Google play.

**Not into technology?**

Get expert advice and enjoy the company of others at your pace with In-Training for Peachtree, the official training program of the AJC Peachtree Road Race. Registration is open now at atlantatrackclub.org.

Learn more about the program and decide if it’s right for you at our free kickoffs:

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<td>Saturday, April 8</td>
<td>10 a.m.</td>
<td>Big Peach Running Co. Suwanee</td>
</tr>
<tr>
<td>Saturday, April 8</td>
<td>1 p.m.</td>
<td>Big Peach Running Co. Alpharetta</td>
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<tr>
<td>Sunday, April 9</td>
<td>2 p.m.</td>
<td>Big Peach Running Co. Marietta</td>
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<tr>
<td>Monday, April 10</td>
<td>6 p.m.</td>
<td>Big Peach Running Co. Kennesaw</td>
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<td>Tuesday, April 11</td>
<td>6 p.m.</td>
<td>Big Peach Running Co. Midtown</td>
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<td>Wednesday, April 12</td>
<td>6 p.m.</td>
<td>Big Peach Running Co. Brookhaven</td>
</tr>
<tr>
<td>Thursday, April 13</td>
<td>6 p.m.</td>
<td>Big Peach Running Co. Decatur</td>
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In-Training for Peachtree Benefits:

- 12-week training program by 2008 Olympian Amy Begley
- Structured group runs led by certified coaches and trained run leads
- Mid-week speed/hill and cross training workouts
- Training log customized to your fitness level
- Mizuno performance training shirt
- Mizuno upgrade package option that includes Mizuno running shoes
- Free entry into the Singleton 5K & 10K
- Seven convenient locations across metro Atlanta

Training begins April 15. Register at atlantatrackclub.org
The first time Coach Todd Flentje brought his Kilometer Kids team out to a midweek Fun Run in Kennesaw, he came with more than 60 children, a fog machine and his DJ and sound equipment. But it isn’t surprising for Flentje to go all out to celebrate running and being active. Walk into the LaBelle Elementary School gym around 2:30 on a Monday afternoon, and you will be greeted by blaring music, cheers and a building full of kids dancing and sprinting back and forth on the gym floor as they warm up for another Kilometer Kids practice.

Flentje brings fun, fitness and complete dedication to everything he touches. And now he’s heading up not one, but two youth running programs in Cobb County.

In college, Flentje’s roommate had a little brother who wanted to play soccer. Before long, Flentje and his roommate were official volunteer soccer coaches for a new team. It was the everyday volunteering, unpredictable stories and success resulting from that commitment that first sparked Flentje’s interest in coaching children. While he did scale back on his volunteer duties when his own children were young, he got back into coaching soccer soon after. For the past three and a half years the children at LaBelle Elementary have managed to secure a bit of his spare time for Kilometer Kids.

As a physical education teacher, Flentje knows every kid in the school. When he decided to host a Kilometer Kids program after school, he almost immediately had more than 200 children register. Now Flentje and fellow P.E. teacher John Sepneski head up LaBelle’s program. The Title I school serves a population that has limited opportunities, so a free after-school program that also includes prizes for children who reach their goals is a welcome option.
“Anything free in this neighborhood is a big deal” says Flentje, “even something like a T-shirt or water bottle is great.” Many of the children don’t have easy access to parks or child-friendly backyards, so Flentje believes the social aspect of Kilometer Kids is also a huge perk. Then there’s the introduction to an active lifestyle. “Most of these kids are not exposed to many sports besides soccer. It’s so fun to widen their horizons,” explains Flentje. “I love to see the children blossom and see the ones who discover that they can really be great runners.”

For the children who may not be so great at running, Flentje encourages them to try hard and have fun. “Our school motto is ‘Do Your Best.’”

LaBelle’s Kilometer Kids program does have some challenges when it comes to transporting students to Atlanta Track Club events, but that doesn’t stop Flentje from finding ways for the children to attend. “Our one big event each year is the Kilometer Kids Fun Run & Dash at Kennesaw State University,” says Flentje. “The first 60 kids that sign up get to ride a bus, and we try to coordinate as many parents to carpool as we can. It’s a big deal to go somewhere besides school or home, to see a college campus, and to see so many other kids out there running.”

As his youngest child moved into middle school, Flentje noticed that kids were not guaranteed opportunities to keep running. Many schools do not have middle school running programs, and the programs that do exist can be expensive. Nearby high schools like Lassiter and Pope, which have middle school programs at their feeder schools, regularly perform well and have even had kids get college scholarships.

Before long Flentje started a middle school running team at Sprayberry Middle, raised money for uniforms and race fees through Donors Choose and GoFundMe campaigns, and brought 18 middle school athletes to five cross country meets in the fall - including a free Kilometer Kids one-mile event in Kennesaw.

Atlanta Track Club, which got its start in supporting high school and youth running over fifty years ago, has also been working on developing more consistent opportunities across the state. In addition to opening the Kilometer Kids program to middle schools, the Club is also supporting a middle school state meet for both track and cross country, much like the organization has done for the high school state championships.

“The state meet in the fall was too far away for us to manage the transport and hotels” says Flentje. But with the middle school track state meet held nearby, he hopes to bring his team this spring. He’ll be busy before then, coaching the Kilometer Kids at LaBelle, the Sprayberry Junior Jackets and a Soccer in the Streets program. That’s in addition to teaching P.E., running a DJ business and his own personal and family commitments.

“Seeing kids embrace exercise and giving it their all is motivating,” says Flentje. “Not every kid is going to be a great runner, but if they enjoy it and pick it up for their lifetime, that’s the ultimate goal.”
AMBASSADOR
SAMANTHA ANDREWS

Samantha Andrews is a member of the 2017 Atlanta Track Club Ambassador Team. Andrews is a regular at the Club’s In-Training programs, and is described by Coach Amy Begley as funny, upbeat and someone who loves all things running. She also likes to try new races and products and share information about her discoveries with other people.

How long have you been an Atlanta Track Club member?
Five years.

Why did you join the Club?
After getting rejected from the AJC Peachtree Road Race lottery in 2012, I decided to join. I have been a member ever since.

What is your occupation?
I am an educator.

When did you start running?
I started running in 2011 with Black Girls RUN! to improve my health and meet new people.

Why did you want to become a Club ambassador?
I am currently a run lead for the In-Training programs and becoming an ambassador was a natural extension of service. I have an opportunity to engage my community and share the Atlanta Track Club mission and initiatives.

What is your favorite Atlanta Track Club event?
The AJC Peachtree Road Race! It’s a party down Peachtree Road.

What is your favorite memory from running with the Club?
Running my first sub 60-minute Peachtree Road Race in 2014.

What is the one thing you want everyone to know about Atlanta Track Club?
You can’t be too slow to join or participate.
This five-mile route starts and ends at Joe’s East Atlanta Coffee Shop in East Atlanta Village. If coffee’s not your thing, there plenty of other options for a post-run hangout. The route takes you through East Atlanta Village and into East Lake. You’ll run by the Charlie Yates Golf Course named for the legendary Atlanta golfer, then pass over Sugar Creek before heading back into the neighborhoods of East Atlanta Village.

**Course Highlights:**
- Sidewalk is accessible along the entire route
- Some hills, but mostly flat

**Course Notes:**
- 4.9-mile loop
- No water fountains, but plenty of places to stop for restrooms or to purchase water
- Good for running with strollers or dogs

**Parking:**
- Free, legal street parking is available

**Directions:**
- Start in downtown East Atlanta Village and head East on Glenwood Ave
- Just past the Charlie Yates Golf Course turn right onto Fayetteville Road
- Just past mile three, turn right onto Flat Shoals Road
- Continue onto Flat Shoals Avenue
- End in downtown East Atlanta Village

**Add Distance (2.5 miles) By:**
- Continue on Glenwood Ave and take a left on 2nd Avenue
- Loop the East Lake Country Club by taking a right on Alston Drive and another right on Allendale Dr.
- Take a right on Glenwood Ave
- Take a left on Fayetteville Road
**HOW TO USE A HEART RATE MONITOR TO PACE YOUR RUN**

By Dr. Kimberly Champney

My GPS watch has a heart rate monitor. How closely should I be monitoring my heart rate during workouts and as a whole?

Checking your heart rate (BPM) during exercise is a tool to measure your exercise intensity. For example, it can help prevent someone new to exercise from excess or dangerous levels of exercise and it can serve as motivation to exercise harder for some individuals.

**What is a good target heart rate during a run?**

A person’s target heart rate can vary by many factors. For moderate exercise your heart rate should be 50-70% of your maximum heart rate, and for vigorous exercise your heart rate should be 70-85%. Start by figuring out your maximum heart rate. This is best determined by a stress test with your physician. A common estimate is 220 minus your age. For example, if you are 45 years old, your estimated maximum heart rate would be 175. Self-testing your maximum heart rate, called a field test, using your heart rate monitor is also an option. Please check with your doctor to make sure that you are healthy and fit enough to exercise at a maximum heart rate or vigorous exercise level.

**Is it dangerous if I am spending time in the red zone during my workouts?**

It is important to remember that high intensity exercise is really designed to improve peak exercise performance and endurance in trained athletes. These individuals are healthy and have above average baseline level of fitness. It can be dangerous to exercise in the "red zone", 90-100 percent of your maximum heart rate. Only very fit individuals should exercise in this zone for short periods of time.

**What should I do if my heart rate is too high, but I feel comfortable during my run?**

There are a few possibilities for this. First, at higher heart rates, your monitor is not as accurate. Second, your maximum heart rate is underestimated. I would recommend talking to your health care provider about what your target heart rate should be, if this is a consistent finding.

**Looking for Answers?**

If you have a question for the doctors at Northside Hospital, email stories@atlantatrackclub.org. We could answer your question in an upcoming issue of Wingfoot.
Some of the state's best jumpers had a warm place to practice and compete this winter. Atlanta Track Club provided space for two indoor pole vault competitions, including the Georgia Indoor Pole Vault State Championships, as part of its commitment to high school track and field athletes.

Atlanta Track Club’s headquarters features a 50-meter indoor track as well as a pole vault pit. The Club’s community outreach department works with organizations like Pole Vault Atlanta as well as high school and college groups to offer indoor practice space throughout the year.

“Atlanta Track Club has a history of deep ties to track and field athletes from young athletes to masters competitors,” says Sue Payne, director of community outreach and membership. “Opening our pole vault pit to members of the community is just one more way we can support this segment of our sport.”

The state championships were put on by Pole Vault Atlanta in late January. A total of 65 athletes including many of Georgia’s top vaulters participated; by the end of the day there were 25 new personal bests and three new state-leading jumps that placed that trio in the top 15 vaulters in the nation.
Keeping a record of your training is a great way to see if you are on track to reach your running goals. It doesn’t matter if you use pen and paper, a formal training log or journal, or online trackers such as Strava, Google Docs or Final Surge - you just need to decide which method will best help you get valuable insight into your training.

**Why You Should Track Your Training**

The reasons to track your training are as varied as the information athletes choose to track. The main reason to log your training is to find what works or doesn’t work. If you keep getting injured, you may be able to spot the patterns that led to those injuries such as too much mileage or taking on certain activities. The same goes for if you had a great training block and ran a personal best; you can look back to see what got you to that point.

When I was competing as a professional athlete, I kept track of mileage, cross-training, weight lifting, yoga, stretching, calories, napping, hours slept at night, heart rate, how I felt, any additional stress that day or week, what shoes I trained in, physical therapy sessions, ice baths and the list goes on. Decide what type of information will be beneficial to look back on to help you achieve your goals.

It can be as simple as making sure you are not increasing your weekly mileage too quickly. You can also track which shoes you wear so you don’t keep using them after they are worn out, which can cause knee, hip or foot pain. It may also be good to know whether you stretched before or after your run, and how you felt. For half and full marathon training, I advise tracking what you eat before training to find what works best for you. Tracking your sleep can help you realize why your pace may not be as good as last week if you are getting less sleep than usual.

**Personal Preference**

I like to use training logs or journals because I like checking off boxes and writing down my thoughts about the day’s training. However, there are people who prefer the technical, online training logs since they can easily turn it into graphs and share it with their coach. You should choose the method that you know you will actually keep up with every day.

Even though I prefer the “old school” type of logs, as coaches we switched to using Final Surge to send workouts to Atlanta Track Club Elite’s athletes. Not only have we gotten great feedback from our athletes, we have discovered that it has streamlined the communication and tracking of workouts for the coaches as well.

**Bottom line:** Start simple by tracking your mileage or the amount of time you run each day, and branch out from there. You’ll quickly discover not only what you want to track, but the best way to keep track of it.
TRAIN HARD
LAND SOFT
THE WAVE HORIZON
know

practice and hard work will pay off.

Because the path to excellence starts here. PNC - proud to be the Official Bank of Atlanta Track Club.