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On the Cover: Michael Overstreet runs the 2014 Tokyo Marathon in his Club tee. Photo by ALL SPORTS Community
A Word from the Director

Ask someone what their favorite running memory is, and you may be surprised by their answer. It could be a bucket list race. Maybe it was when they set a new personal best. Or sometimes it’s an ordinary training run in a new place.

This is a hard question for me to honestly answer. I’ve been blessed to have had the privilege to race or run on six of the world’s seven continents and in more than 35 countries. From Australia’s Gold Coast to the high altitude of Addis Ababa, Rio’s Copacabana Beach to the fjords of Norway, running has allowed me to see the world in a way that most don’t ever experience. I would note that I tend to avoid running once the mercury dips below -50°F and have, so far, avoided Antarctica - though I did warm up for a race in Saskatoon in Canada one winter at -25°F.

For me, my entire running journey has been an adventure. Every destination has been special in a different way.

Atlanta Track Club wants to help create great running memories right here in Georgia. From our In-Training programs to a variety of event distances to challenge you throughout the year, we hope your experiences with us will stay with you for years to come.

Rich Kenah
Race Director

We asked our staff: What is the best place you have raced or run?

Jennie Coakley
Manager, Event Execution & Enhancements
“Ragnar Trail Zion. It POURED down rain and the race was cut short, but it was memorable for the amazing landscape it introduced me to. I think of those red rocks and canyons daily.”

Janet Monk
Special Projects Coordinator
“Running the inaugural Tinkerbell Half Marathon at Disneyland with my daughter. Getting to run through Disneyland before they opened and having all the Disney characters out to give you a high-five was just awesome!”

Amanda Kowaleski
Manager, PR & Marketing Communications
“The New York City Marathon. The energy was incredible thanks to all those spectators – each neighborhood had its own vibe. I ran for Team ASPCA, and it meant so much to me to be running and raising money for the animals!”
WHEN YOU CROSS THAT FINISH LINE, YOU’RE MORE THAN FRIENDS. YOU’RE MARATHON FINISHERS.

YOU SHOULD BE HERE.

Publix Georgia Marathon & Half Marathon
March 19, 2017

Register at atlantatrackclub.org
Kevin Mays
The Bourbon Chase – 200 mile relay from distillery to distillery, across central Kentucky. And did I mention running in theme costumes??!!

Stephanie Reynolds
15 miles along the Columbia River while camping at The Gorge in Washington. Nothing but nature and my feet hitting the pavement.

Mark Morrow
My favorite race was a disaster running-wise but amazing in every other aspect. I made the stupid decision to go to the Magic Kingdom the day before running the Disney World Marathon. Both of my legs started cramping at Mile 9. When I realized I wasn’t going to meet my goal time, I decided to focus on enjoying the race. I had the time of my life!

Kaitlyn Ross
PEACHTREE!! The first time I ran the AJC Peachtree Road Race, I had just moved to Atlanta. While training for the race I met a group of the most supportive, encouraging and wonderful people, who I still keep up with today. The event itself was amazing! It’s impossible to describe the energy, excitement, and positive feel of the race unless you run it yourself.

Next Issue’s Get Social Question:
Do you prefer to run solo or with others? Why?

Connect with Atlanta Track Club
facebook.com/AtlantaTrackClub
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Look for this question on our Facebook page, or send your answer and a photo to stories@atlantatrackclub.org. You could be featured in the next issue of Wingfoot!
2017
The Year Of The WAFFLE

WAFFLE HOUSE

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UPCOMING EVENTS

1 JANUARY SUNDAY

RESOLUTION RUN
10 a.m., Brookhaven MARTA Station, Brookhaven
- 4 Miler, One Mile, 50m Dash
- Part of Grand Prix Series presented by Piedmont Healthcare
- Kickoff of In-Training for Publix Georgia Marathon & Half Marathon, Spring 5K In-Training presented by Northside Hospital

19 JANUARY THURSDAY

ANNUAL SOCIAL
6:30-9:00 p.m., The Stave Room, Atlanta
- Attire: Suits and Singlets
- Dinner and drinks
- Live band

21 JANUARY SATURDAY

PEACHTREE CITY 8K & 15K
7:30 a.m., Frederick Brown Amphitheater, Peachtree City
- Part of Grand Prix Series presented by Piedmont Healthcare
- Course features golf cart paths and wooded areas as well as bridges and tunnels

Register for all events online at atlantatrackclub.org.
Grand Prix registration opens one month prior to each event.
SPRINT TO THE FINISH WITH HARRY THE HAWK

Atlanta Hawks Fast Break 5K - February 4, 2017
Race includes Atlanta Hawks swag, photos, tickets and more.
Register at atlantatrackclub.org

HUNDREDS OF RESOLUTIONS.
LET’S ACHIEVE THEM TOGETHER.

In-Training for Publix Georgia Marathon & Half Marathon
Spring 5K In-Training presented by Northside Hospital
Join us at atlantatrackclub.org
2017 GRAND PRIX SERIES
PRESENTED BY PIEDMONT HEALTHCARE

1.1 - Resolution Run 4 Miler, One Mile*
1.21 - Peachtree City 8K & 15K
2.11 - Hearts & Soles 5K
4.15 - Singleton 5K & 10K
5.9 - All Comers Track & Field Event
5.23 - All Comers Track & Field Event
7.15 - Decatur-DeKalb 4 Miler
8.5 - Tailgate 5K
presented by Georgia’s Own Credit Union
8.19 - Atlanta’s Finest 5K*
9.23 - Wingfoot XC Classic
10.22 - PNC Atlanta 10 Miler & 5K*
12.2 - Grand Prix Finale & Volunteer Awards Banquet

* = paid event

Learn more at atlantatrackclub.org

GUARANTEE YOUR ENTRY

Renew your Atlanta Track Club membership by February 1 to guarantee your AJC Peachtree Road Race entry

Renew at atlantatrackclub.org/membership
2017 Atlanta Track Club Event Goal Sheet

Plan your year. Set your goals. Track your results.

Resolution Run – January 1
Goal _______ Actual _______

Peachtree City 8K & 15K – January 21
Goal _______ Actual _______

Atlanta Hawks Fastbreak 5K – February 4
Goal _______ Actual _______

Hearts & Soles 5K – February 11
Goal _______ Actual _______

Publix Georgia Marathon & Half Marathon – March 19
Goal _______ Actual _______

Atlanta Women’s 5K – March 25
Goal _______ Actual _______

Singleton 5K & 10K – April 15
Goal _______ Actual _______

Blue Cross Blue Shield of Georgia Peachtree Junior – May 13
Goal _______ Actual _______

Braves Country 5K – June 10
Goal _______ Actual _______

AJC Peachtree Road Race – July 4
Goal _______ Actual _______

Decatur DeKalb 4 Miler – July 15
Goal _______ Actual _______

Tailgate 5K presented by Georgia’s Own Credit Union – August 5
Goal _______ Actual _______

Atlanta’s Finest 5K – August 19
Goal _______ Actual _______

Rise Up and Run 5K/Walk Like MADD presented by Northside Hospital – September (date TBD)
Goal _______ Actual _______

Wingfoot XC Classic – September 23
Goal _______ Actual _______

PNC Atlanta 10 Miler & 5K – October 22
Goal _______ Actual _______

Thanksgiving Day Half Marathon & 5K – November 23
Goal _______ Actual _______
The night before the 2016 AJC Peachtree Road Race, Jonathan Miller received an odd voicemail. Instructed by an Atlanta Track Club staff member to watch 11Alive's eleven o'clock newscast, Miller wondered if the Club was now individually reaching out to all participants prior to race day. Because of work, he had to record the news and planned to watch it later.

Miller woke up the next morning, ran Peachtree for the sixth consecutive year and went home to get ready for his Fourth of July family festivities. Before heading to his sister Sandy's house, he watched the recording.

When Sandy Miller's cellphone rang, and all she heard on the end of the line was, “I won, Sandy. I won. Oh my God! I won!” It was her younger brother, ‘JonBoy’ screaming into the phone. “His voice was half excited, half stunned,” she said. “I wasn’t sure if he was on the verge of tears or what!”

Jonathan had been selected as the winner of the 2016 Delta Runway to the World Contest. Announced at the Peachtree VIP dinner at the Ritz Carlton, Buckhead, the selection was broadcast on 11Alive on July 3. For the first time, anyone who registered or attempted to register for the AJC Peachtree Road Race was eligible to win two round-trip tickets to Amsterdam, a four-night stay at a hotel and VIP entry into the Mizuno Half Marathon in October.

“I thought it was so weird I got picked because Mizuno is actually the only thing I’ve ever run in,” Jonathan says. “I thought there had to be a correlation there, but apparently I was just the one who was chosen.”

The Mizuno Half would mark Jonathan's 14th half marathon since he started running six years ago. He admits his journey was actually kick-started by a crude comment about his health from a customer at his job. After that, his best friend,
Tyler, inspired him to get moving to change his lifestyle. “The customer really did me a solid,” Jonathan confesses. “I still remember the first mile I tried doing with Tyler after that. It definitely wasn’t easy, but here I am, almost 2,000 miles later.”

His sister Sandy started her running journey a little later. It wasn’t until Jonathan asked her to go to Amsterdam that she decided she would lace up, train and run the Mizuno Half Marathon with him. “I joined Atlanta Track Club after I decided to run the race,” Sandy says. Jonathan, who was already a member, convinced her to join after describing member perks such as discounts on events. To help train for the half marathon, the two ran the Rise Up and Run 5K/Walk Like MADD presented by Northside Hospital. They also trained together during the weeks leading up to their Amsterdam adventure.

It turns out it wasn’t the Millers first time visiting Amsterdam. They had visited back in their college days while venturing overseas on a “shoe-string budget.” After discovering the details of the contest, they scheduled their trip for one extra day to enjoy the city and culture even more. “In college, we stayed in hostels, had no money for the train, and ate meat and cheese from the grocery store” Sandy laughs. A highlight of their 2016 trip was enjoying Dutch food.

“Food is actually another huge part of why I run,” Jonathan says. “Eating was just another motivator for us to run the half because of all the miles we put in!” Jonathan loves to explore new restaurants and try different types of food. Thanks to Delta, his second trip to Amsterdam allowed him and his sister to do so.
While in Amsterdam, Jonathan and Sandy received VIP treatment from Mizuno. “I was so tickled that they ended up hooking me up with the same gear that JonBoy got,” she says. “They were absolutely fantastic.”

Both received Mizuno running shoes, a running outfit, a suitcase, an English-to-Dutch translation book and handwritten thank you notes. In addition to the Mizuno swag, Jonathan and Sandy enjoyed a VIP Lounge at the Mizuno Half Marathon. “The finish line was just a few yards in front of us,” Jonathan remembers. “We got to see the marathon runners start and finish inside the Olympic Stadium.”

Seeing the thrill of the race up close and personal was one of the memorable parts of the trip for Sandy. “Watching the marathon finishers come in to the finish line with the music and all the people cheering - I really, really enjoyed that,” she says.

The Mizuno Half Marathon did not start until the marathoners were finished. At the 41st running of the marathon, the Millers even had the chance to witness history. Kenyan runner Daniel Wanjiru broke the marathon course record with a winning time of 2:05:21. “Being able to see that was pretty spectacular,” Jonathan says. “Thanks to Mizuno, we really had a perfect view.”

Jonathan finished with an official time of 1:58:49 while Sandy finished in 2:32:45. “Not everyone is fortunate enough to have a free trip to Amsterdam to begin their running careers, but luckily I’m able to say I have,” Sandy laughs. “My first goal was just to finish. I really wanted to finish in under a 12-minute mile pace, and I finished averaging 11:30 miles. I was pretty proud about that!”
The highlight of Jonathan’s entire trip was being with Sandy and seeing her succeed. “Knowing she was there doing this for the first time was more inspiring than anything,” he says.

Even though the one-of-a-kind experience is over, Sandy’s plans to run are not. “The trip made me want to keep running and also travel to run again,” she says. “I definitely have the itch to get out there and keep it up.” Her running goal in 2017 is to complete the Publix Georgia Half Marathon with her brother.

Jonathan, on the other hand, says he’s ready to tackle a full marathon. Setting his goal to run a full before the age of 40, he feels prepared going into the New Year after completing the Rock ‘n’ Roll Savannah Half Marathon, Mizuno Half Marathon and Thanksgiving Day Half Marathon last year. “I really can’t say thank you enough to Atlanta Track Club and Delta Air Lines for everything,” he says. “It’s really more than what’s physical or about the trip, but it’s about being an inspiration to people who are runners and people who are trying to be runners.”

“For Sandy, it was Jonathan who was her inspiration. The two siblings were able to bond in a new way, and the entire experience brought them even closer together. “The mornings that we trained together were a lot of fun,” she says. “It was good brother-sister time for us to be out there just running side by side.”

Jonathan got a lot of joy out of becoming one of the reasons why his sister started running. He admits he’s glad to be the motivator now. “I think running is for everybody. Anybody is able to get out there and do it,” he says. “Anybody can run and you can do it at any pace you desire. You just have to get out there.”

“Not everyone is fortunate enough to have a free trip to Amsterdam to begin their running careers, but luckily I’m able to say I have!”
– Sandy Miller, Sister of Contest Winner
It's dark. It's 5:45 a.m. but it might as well be the middle of the night. Runners are sleepily congregating in the parking lot behind the Salvation Army in downtown Atlanta. Some of them emerge from the building, others from cars. Grouped together, you can't tell who spent the night in the shelter and who spent the night in the comfort of their own home. Everyone is in running clothes. Everyone is tired. Everyone is tired except for Hannah Chappell-Dick. And if she is, she hides it well.

The Atlanta Track Club Elite team member is coordinating the weekly Back on My Feets runs for local homeless men and women. She arrives with the enthusiasm and excitement she brings to the start line of a professional race. She hugs everyone, leads them in prayer then guides them on a run. “Running with Back on My Feet is awesome because it completely removes the performance aspect of the sport,” says Chappell-Dick. “Normally when I step on the track, it’s all business, but running and fellowshipping with people who are experiencing homelessness reminds me of the importance of the holistic experience of physical exercise.”

Holistically is how Chappell-Dick says she approaches the sport of track and field, and life in general. She believes the application and success of that approach is how she wound up being named one of the NCCAs 2016 Women of the Year. It’s a prestigious honor given to just 30 women from the roughly 230,000 female athletes competing in all sports in Division I, II and III. Chappell-Dick’s reaction to learning she was a finalist: “Holy cow!”

“I’ve never really done anything big enough to deserve this,” Chappell-Dick says. Even the most casual observers of her academic, collegiate athletic and now professional running career might beg to differ.

Chappell-Dick attended Division III Eastern Mennonite University in Harrisonburg, Virginia, on a full academic scholarship. A stand-out middle distance runner in high school, she could have attended a Division I school on an athletic scholarship, but she wanted to put as much effort into her faith and education as she did her running. It’s part of the holistic approach. “Your world is not just your sport,” Chappell-Dick says. “I purposely chose a school that would develop all parts of me as a person.”

At EMU, Chappell-Dick studied biology and exercise science. She graduated Magna Cum Laude from the honors program. She volunteered with Big Brothers/Big Sisters and founded the Flash Track Club for 10-12 year-old children. She was on the search committee to find the University’s new president and she played violin in the orchestra. She was a six-time scholar athlete and four-time academic All-American. “Her commitment set the bar for all my future athletes,” says EMU Track and Field Coach Isaac Bryan. “She wasn’t just
committed to her training, but her team, her faith, the school, and the sport of track and field.” But with all those honors, there is one award she never won. “I went into college with a goal of winning nationals. I never did,” Chappell-Dick says. In 2015, she was third in the 1500m at the Indoor National Championships, just two seconds away from the title.

To Chappell-Dick, the NCAA Woman of the Year Award is the national title she never won and more. It celebrates not just her athletic accomplishments, but her academic and altruistic accomplishments as well. “I’m OK not being perfect,” she says reflecting on her collegiate career. “It meant I could do more things.” While the award may have sparked a shocked reaction from Chappell-Dick, those who know her were not surprised. “It wasn’t in Hannah’s nature to hold back - whether it was her competitive spirit, her passion, or her dreams,” says Coach Bryan. “She is an example of what student-athletes can be both on and off the field.”

Now, Chappell-Dick is putting that passion and competitiveness into new dreams in Atlanta. As a member of Atlanta Track Club Elite, she is training to compete on the national and international level and eventually make the 2020 Olympic Trials in the 800m or 1500m. “I would definitely say she is a selfless team leader as well as a great teammate and friend,” says Sallie Post, an Atlanta Track Club Elite teammate and 2016 Olympic Marathon Trials competitor. Chappell-Dick is also volunteering at Back on My Feet, working with athletes to find healing through running as they recover from homelessness and addiction. Using the sport she loves, she is teaching them her holistic approach to running and to life. “Running is the cheapest form of therapy, preventative healthcare and social time all in one. And the best part of all that is, anyone can be a runner,” she says.
THURSDAY, JANUARY 19
6:30 P.M.
AMERICAN SPIRIT WORKS
BENEFITTING KILOMETER KIDS
Bring your dancing shoes!
Enjoy food, drinks, and a live band.
Register at atlantatrackclub.org

A NEW TRACK TEE FOR THE NEW YEAR!

We Are Atlanta Track Club
shirts only $20.17
Use code: 2017Member
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6:30 P.M.
AMERICAN SPIRIT WORKS
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Bring your dancing shoes!
Enjoy food, drinks, and a live band.
Register at atlantatrackclub.org
Goal chasing. Bragging rights. Extra bling. What’s not to like about a race series? In 2016, more people than ever signed up for the Triple Peach Race Series presented by Mizuno. This year there’s a new challenge issued by Atlanta Track Club: The Ultimate Peach.

What is the Ultimate Peach?
The Ultimate Peach is a celebration of those who complete four of Atlanta’s favorite events within a year: the AJC Peachtree Road Race, PNC Atlanta 10 Miler, Thanksgiving Day Half Marathon and Publix Georgia Marathon. Those who cross the finish line of all four events under their own name will receive a unique gift and celebration experience at the Publix Georgia Marathon. You will also receive a unique bib at the marathon to signify your status as part of this unique group.

Who is Eligible?
Those who participated in the 2016 AJC Peachtree Road Race, PNC Atlanta 10 Miler and Thanksgiving Day Half Marathon are eligible to be a part of the inaugural Ultimate Peach in 2017. This includes those who completed all three events, but were not part of the Triple Peach Race Series. You must register for the Publix Georgia Marathon by January 31 and cross the finish line on March 19. To check your eligibility, visit atlantatrackclub.org.

A total of 2,200 people are eligible for the 2017 Ultimate Peach. Please note, those who completed the 5Ks at the PNC Atlanta 10 Miler and/or Thanksgiving Day Half Marathon are not eligible.

The Big Reveal
Atlanta Track Club will soon reveal the unique gift you will receive as part of the Ultimate Peach, as well as details about the special celebration at the Publix Georgia Marathon. Look for updates on our social media pages and website.
THE ROAD TO THE

It doesn’t matter if you are a participant, volunteer or staff member – if you are a part of the AJC Peachtree Road Race, preparations start long before Independence Day.

February 1
Deadline to register for 2017 Atlanta Track Club membership in order to guarantee your entry into the 2017 AJC Peachtree Road Race

February 10
Last day to submit a design for the AJC Peachtree Road Race T-shirt Design Contest – rules and contest information available at peachtreeroadrace.org

February 22-March 22
Voting open for the AJC Peachtree Road Race T-shirt Design contest at AJC.com/peachtree

March 1-14
Member registration for the AJC Peachtree Road Race open at AJC.com/peachtree

Photo credits: Paul Kim, Leigha Baugham, Amanda Kowaleski, Joaquin Lara
WORLD’S LARGEST 10K

March 15-22
Lottery registration for the AJC Peachtree Road Race open at AJC.com/peachtree

March 25
Lottery registrants notified whether they were selected for the 2017 AJC Peachtree Road Race

April 10-15
Kickoff events for In-Training for Peachtree, the official training program of the AJC Peachtree Road Race
A LOOK 20

Resolution Run
Publix Georgia Marathon & Half Marathon
Blue Cross Blue Shield of Georgia Peachtree Junior
Rise Up and Run 5K/Walk Like MADD presented by Northside Hospital
AJC Peachtree Road Race

Photos credits: Dan McCauley, Joaquin Lara, Paul McPherson, Paul Ward, Paul Kim, Julia Simmons
BACK AT

Atlanta Hawks Fast Break 5K
presented by Kaiser Permanente

Atlanta Women’s 5K

PNC Atlanta 10 Miler & 5K

Wingfoot XC Classic

All Comers Track & Field Meets

Atlanta’s Finest 5K

Braves Country 5K

Thanksgiving Day Half Marathon & 5K
Cross country athletes don't always get the credit they deserve. They brave the heat, the rain and the mud, all while receiving little attention compared to athletes in other sports.

For one night each year, high school harriers are celebrated in style in Atlanta. On December 6, Atlanta Track Club recognized the 42 members of the 2016 All-Metro High School Cross Country Team. The student athletes were honored at The Stave Room in Midtown Atlanta. Their family members, parents and coaches were also in attendance.

"These runners represent some of Georgia's most talented athletes, and we are proud to celebrate their accomplishments.

2016 Most Outstanding Cross Country Athlete
Sam Bowers
Milton High School, Junior
- 1st place at State
- Fulton County Champion
- Region Runner Champion

2016 1st Team Honorees
Boys
Sam Bowers - Milton High School
Quinn Burden - Marist School
Braeden Collins - Alexander High School
Ben McCoy - Blessed Trinity High School
Ben Patterson - Marietta High School
Hayden Tullos - Marietta High School
Dax Willette - Rockdale County High School

Girls
Kaylee DuPont - South Forsyth High School
Nicole Fegans - Landmark Christian School
Liz Galarza - West Forsyth High School
Delaney Graham - Westminster School
Nyah Hernandez - Creekview High School
Serena Tripodi - Lovett School
Josie Wirtz - Marist School
alongside their parents and coaches at the 53rd annual All-Metro High School Cross Country Awards Banquet,” says Rich Kenah, Atlanta Track Club’s executive director.

The All-Metro athletes were selected based on criteria including major event wins, performance at the state meet and a complete season overview. The coaches and the community then voted to determine the athletes’ placement as 1st Team, 2nd Team or 3rd Team honorees. The 1st Team All-Metro honorees received a $500 scholarship from Atlanta Track Club.

The Most Outstanding Cross Country Athletes were announced at the banquet in addition to two coaches who were acknowledged for their outstanding dedication to the sport. Coach Jason Scott of Harrison High School received the Paul Kosheva Award for his work with the girls cross country team, while Coach James Tigue of Lambert High School’s boys cross country team was the recipient of the Jerry Frasier Award.

To view a full list of the students on the 2016 All-Metro High School Cross Country Team, visit atlantatrackclub.org.
Bridget Lyons is the 2017 captain of Atlanta Track Club Elite’s women’s open team. She balances her career as a dentist with her training in a way that gives her an opportunity to excel in running. Our coaches describe her as “the type of athlete that every coach dreams about.”

How long have you been running with Atlanta Track Club Elite?
Since July 2015.

When did you start running?
I joined my high school’s cross country team as a sophomore.

What is your favorite distance to compete in?
I’m still trying to figure that out! It changes a lot, right now it’s either the 10K or half marathon.

What made you join Atlanta Track Club Elite?
I love what the Club stands for. Atlanta Track Club Elite has some pretty awesome people, and it’s hard to beat the experience of the coaches. I love the team aspect of it, and you always feel supported with all the members of Atlanta Track Club.

What is your favorite thing about Atlanta Track Club?
How it is such a great part of the community. It’s hard to find a running team or club that ties so many members of the community together.

What is your best running memory from running with the Club?
It would have to be competing at the U.S. Olympic Marathon Trials in February 2016. That will always be one of my own personal favorite memories, and I wouldn’t have been there if it weren’t for Atlanta Track Club.

What big events are you preparing for in the coming months?
I would really love to have a solid track season and qualify for the USA Outdoor Championships.

What is the one thing you want people to know about Atlanta Track Club Elite?
We are runners like everyone else. I wish I was superhuman, but all of us have trouble on occasion being motivated to get up and run those early mornings. We feel all the same things as every runner; I feel tired, sore, burnt out sometimes. But I also feel super excited and nervous for races, the joy of a brand new PR, or finishing a marathon when halfway through the race I was doubting it was even possible. We doubt ourselves, have fears and struggles, but also triumphs that make running so awesome. And everyone can relate to that.

Fast Facts
• Ran for The University of Georgia
• Marathon Personal Best: 2:44
• Favorite Club Event: AJC Peachtree Road Race
Start your year enjoying nature at the Kennesaw Mountain Kolb Farm Loop Trail. As you give your legs a break from the roads, you’ll enjoy sharing the trail with horses. If you head out for an early morning run, expect to see plenty of deer as well!

**Course Highlights:**
- Mostly shaded
- Well maintained trails with just the right amount of hills, roots, rocks and ruts
- Plenty of trail markers to keep you on course as well as historical markers from the Civil War

**Course Notes:**
- 5.4 mile loop
- Pit stops: there are no public restrooms along the route, so plan ahead
- There are two water fountains available – one at the Illinois Monument parking lot and the other on Powder Springs Road along the loop (both are even pet and water bottle friendly)

**Parking:**
- Free parking is available in lots off of Cheatham Hill Road and Dallas Highway near the Illinois Monument; hours vary per season

**Directions:**
- Start at the beginning of the Kolb Farm Loop Trail and head south (there is a parking lot near the entrance off of Cheatham Hill Road)
- Follow the trail markers, which will bring you back to the beginning

**Add distance by:**
- Exploring the trails to the north and by the Visitor’s Center

To find this and other routes in metro Atlanta, connect with Atlanta Track Club on Map My Run.
Help! I am training for a big race and I have been achy, tired and running a fever this week. Can I continue to train?

Winter is usually the time of year when doctors see an increase of seasonal influenza (flu) and flu-like outbreaks. While there are many opinions about what to do, there are few well-conducted studies available to provide evidence-based answers.

Here’s what we do know when it comes to exercising and the flu: The classic approach to deciding if the athlete may continue to exercise is to define the extent of the illness and if symptoms are manifesting in areas above the neck.

How long should I wait to run after my symptoms go away?

Are you experiencing symptoms such as a scratchy throat, stuffy nose, sneezing, nasal congestion, mild headache, teary eyes and sneezing — basically, mild cold symptoms? If yes, you may continue exercising at a reasonable rate.

Milder symptoms usually respond to proper sleep, rest, plenty of fluids, and a proper diet of 60 percent carbohydrates, 25 percent fat and 15 percent protein. The role of vitamins is controversial, although some data suggests that moderate doses of vitamin C (600 milligrams per day) may speed recovery.

The role of antioxidants in prevention and treatment of illness is also a highly controversial topic. Some researchers say concentrated extracts are possibly dangerous, but antioxidants such as blueberries or red wine, in moderation, may be useful for athletes.

I think I just have a head cold. Can I run when I am congested? If so, how should I adjust my training?

Intense and prolonged exercise may temporarily weaken the immune system and may decrease the body’s ability to fight infection. However, research data suggests that a life-long moderate exercise regimen actually enhances the immune system, resulting in decreased rates of infection and great cardiovascular and overall health benefits.

Dr. Alexander Voljavec is a board-certified physician in internal medicine who leads Internal Medicine Specialists of Roswell. For more information, visit RoswellMed.com.

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.
Running and walking may not require as much equipment as many other sports, but the proper footwear and apparel is key for enthusiasts of all abilities. It is because of that need that Atlanta Track Club’s two largest events now have an exclusive run specialty store: Big Peach Running Co.

This expanded partnership officially names Big Peach Running Co. as the go-to store for your AJC Peachtree Road Race and Thanksgiving Day Half Marathon & 5K needs. The deal brings a renewed commitment to Mizuno, the official footwear and apparel sponsor of Atlanta Track Club. Mizuno footwear and technical running apparel will be available at all seven of Big Peach’s stores, and Atlanta Track Club merchandise can be purchased both in-store and online.

“Atlanta is the greatest city on the planet to be a runner, walker or fitness enthusiast,” said Big Peach Running Co. owners Mike Cosentino and Steve DeMoss. “For sure, the AJC Peachtree Road Race and Thanksgiving Day Half Marathon & 5K are powerful and long-standing indications as to why this is true. For us to play even a small role in the journey all of the participants and Atlanta Track Club take each year to bring this amazing community together on the Fourth of July and Thanksgiving Day is both inspiring to us and a genuine privilege.”

Features of the partnership include:

- Exclusive, early pre-sale availability of the Limited Edition Peachtree Wave Rider 20, among other items
- Space and time for training sessions of Atlanta Track Club’s In-Training programs for both events
- Retail partner to Mizuno at the Peachtree Health & Fitness Expo
- Host of race number pick-up for the Thanksgiving Day Half Marathon & 5K
- Exclusive retail partner for the post-race member party at the AJC Peachtree Road Race

Atlanta Track Club members and participants can look for benefits throughout the year as part of our partnership with Big Peach Running Co.
The arrival of a new year often means new goals and plans. Now is the time to set running or walking goals for 2017, but there are a few things you should consider before you start registering for races.

There are many reasons to participate in a race. Maybe you want to set a new personal best or qualify for the Boston Marathon. This type of goal will require more commitment and planning. Perhaps you want to check something off your bucket list and toe the line strictly for the experience. You will need to make sure the date of that event works with your work and personal life.

No matter your motivation, here are some things you need to think about before you spend your hard-earned cash:

1. When will you have more time and energy to train? Remember: A spring race means training during the darker winter months while a fall race means training during the hot summer months.

2. Does the race require travel? Will you be able to take time off of work to get there a day or two before the race?

3. Are your family and work obligations flexible enough that you can prioritize the race for a few months?

4. Do you have someone else to train with or race with? Training can be easier and more fun with a friend or group, but it will need to fit into everyone’s schedule.

5. Do you have a range of goals for the race? Having A, B and C goals can help you stay motivated. The A goal or “reach goal” is for that perfect training cycle and dream race day. The B goal is one where things might not have been perfect, but you will still be really happy with your result (you will most likely meet your B goal). The C goal is one where things were not great with either training or race day, but you can walk away happy knowing you did all you could.

Once you find a race and have thought through all of the things you need to do to get to the start line, consider joining Atlanta Track Club’s In-Training programs. The spring programs can help you achieve your goals for a marathon, half marathon or 5K and are starting now. I hope to see you out there!
Congratulations! You have decided to enter your first road race and it’s coming up. You’ve been dedicated to your training, and now it’s time to concentrate on final preparations and race day logistics. Here are a few tips from The Mizuno Shoe Guy on what you’ll need for a successful first race day:

**WHAT TO DO** (the day before)

- **Run or not?** If you choose to run, go slowly, run relaxed and don’t obsess about the race tomorrow. If you choose to rest, that’s OK too!
- **Race details.** Most major races and all marathons allow you to pick up your pre-registered race packet the day before the race. Do so, even if there is packet pick up on race morning.
- **Get organized.** Have everything you’ll need for the race in one spot. You don’t want to be scrambling around on race morning!
- **Stay hydrated.** You don’t have to drink water or a sports drink constantly but drink a glass or two every hour or so. Avoid alcohol.
- **Eat a nutritious, healthy dinner.** Do not eat anything out of the ordinary that might cause indigestion.
- **Get a good night’s sleep.** Go to bed at a normal time.

**WHAT TO BRING**

- **The essentials:** Your running shoes and socks, singlet/top, race number (and computer timing chip), pins for the number, shorts, running watch and visor or hat. Optional equipment would include sunglasses, Body Glide, and gloves. If it’s chilly, warmup pants, a sweatshirt and a jacket are necessary to change into after the race.
- **An energy bar or banana.** If you haven’t eaten anything at home, grab a bite of an energy bar or a banana.
- **A water bottle.** Always carry to sip before the race.
- **Support.** Ask a family member or friend to be your personal cheering section. A little cheering will go a long way!

**WHAT TO WEAR**

- **Comfortable Lightweight shorts and top.** Don’t wear anything new on race morning.
- **Don’t overdress.** One of the biggest mistakes beginners make is they wear too much during a race. Unless it’s below 50 degrees, no need for tights or even a long sleeve shirt.
- **A hat and sunglasses.** If it’s cold, a wool or baseball cap is a must as well as light gloves.

**HOW TO START**

- **Check the weather.** Awake early, check the area’s forecast, and dress accordingly.
- **Get there early.** Make sure you get to the starting area of the race at least 45 minutes before the start time. Leave yourself plenty of time to get acclimated!
- **Warm up.** Go for a short jog to warm up your running muscles and get in the flow. Join a group of other runners warming up, but don’t do too much.
- **Slowly.** If you get too caught up in the excitement of the start and begin the race at a pace faster than you can sustain, you will run out of gas early. Start 1-2 minutes per mile slower than your planned race pace for the first mile and after you’ve settled in, you can increase your pace. **Good Luck!**
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