Inner peace is easier with a strong heart.

If you want peace of mind, take care of your body. Knowing you are doing everything you can to take care of your heart will help you feel healthier and may even extend your life. That will make you breathe a lot easier.
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Photo credits: Bruce Wodder, Paul McPherson, Leigh Moyer

On the Cover: Some of the medals handed out to finishers of Atlanta Track Club’s events over the past several years. Photo by Leigh Moyer.
A Word from the Director

Traditions are to running like college football is to Atlanta. There are the night-before meals, the warm-up routines, and your favorite post-workout brunch spot. Then there are those extra touches that make each race experience unique – special moments along the course participants look forward to each year. And last but certainly not least, there’s the swag – the medals, participant shirts and surprise finisher items.

Crossing the finish line is a reward in and of itself, but the physical reminder of a special accomplishment often becomes a beloved item in a runner’s home. As I’ve said in this space before, I tend to not run for the swag, medal or gift. I’m more about the journey. But I can say there is one collegiate championship race that gave me something I am forever grateful for. That’s where I met my wife, Cheri. No, we didn’t race each other, though it did feel like I was chasing her for quite some time afterward…

From the big reveal of the finisher’s shirt at the AJC Peachtree Road Race to the chocolate milk at the finish line of the Publix Georgia Marathon & Half Marathon, we hope you will have fond memories of our Atlanta Track Club traditions. Whether you run for the bling or prefer to keep your medal and T-shirt collection small, we want to provide the best experience to keep you as part of the Club for years to come.

Come one, come all to one of our Club programs or events. While I can’t guarantee that you’ll meet your future spouse, it’s a good bet that you’ll have a memorable experience and you most assuredly won’t leave empty handed.

Rich Kenah
Race Director

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

Caryn Lamphier
Coordinator, Volunteer Services

Hands down the coolest, most useful piece of swag! This bottle opener gets put to use on occasion. #fortheloveofbeer

Blais Hickey
Manager, Strategic Partnerships

My friend and I won a few six packs for placing at the Avery Brewing 4 Miler in Boulder, CO. We rode our bikes to the race, however, and had to precariously drape the beers on our bikes for the ride home.

Amy Begley
Coach

My favorite is my Olympic ring.
CHEER YOUR KIDS ON!

- 3K, 1/2K & 50m Dash
- Post-race festival
- Kid-friendly decathlon

May 13
Piedmont Park
Register at atlantatrackclub.org

ATLANTA TRACK CLUB CROSS COUNTRY CAMP

- Coaching from 2008 Olympian Amy Begley, Andrew Begley & Atlanta Track Club Elite
- Daily runs and tournament games
- Strength and nutritional training
- Individual and team contests with prizes from Mizuno
- Limited to 125 campers

July 23-28 - Berry College - Open to grades 7-12

Register at atlantatrackclub.org
Next Issue’s Get Social Question:
What is your favorite running gadget?

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!

Brigid Dixon
I’m a medal queen! Love the medals! The PNC Atlanta 10 Miler also had the best shirts, and the Hot Chocolate jacket is super nice.

Peg Westbrook
Love all the medals and race shirts I have earned, but the AJC Peachtree Road Race T-shirt that is handed to you AFTER you complete the race is probably my most treasured item each and every year!

Toni Jones
I love the 2016 Triple Peach shirt. The slogans truly describe the work required.

Walter O’Brien
A backpack from the Pocatello Marathon with a personalized name tag. The bag was used for gear check and the backpack is perfect for taking to other races.

Connect with Atlanta Track Club
facebook.com/AtlantaTrackClub
@ATLtrackclub
atlantatrackclub
atltrackclub
Don’t Miss Your Chance!

Registration opens March 1 for members who joined by February 1. Members must register by 11:59 p.m. March 14.

Register at atlantatrackclub.org/peachtree

Questions?
Email membership@atlantatrackclub.org
Ideal support and maximum cushioning will help you train hard and land soft in the NEW Mizuno WAVE HORIZON. Engineered for the cushy ride you want with the structure and support you need, this is your new go-to shoe. Now you can chase the horizon without ever having to stop.

Now available for purchase at your local Atlanta run specialty retailer and mizunousa.com.
Ideal support and maximum cushioning will help you train hard and land soft in the NEW Mizuno WAVE HORIZON. Engineered for the cushy ride you want with the structure and support you need, this is your new go-to shoe. Now you can chase the horizon without ever having to stop.

Now available for purchase at your local Atlanta run specialty retailer and mizunousa.com.
Register for all events online at atlantatrackclub.org.
Grand Prix registration opens one month prior to each event.

UPCOMING EVENTS

1-14 MARCH
AJC PEACHTREE ROAD RACE MEMBER REGISTRATION
- Members must register during this period for guaranteed entry
- Registration available at atlantatrackclub.org/peachtree

15-22 MARCH
AJC PEACHTREE ROAD RACE LOTTERY REGISTRATION
- Entrants will be randomly selected and notified by March 25
- Registration available at AJC.com/peachtree

17-18 MARCH
PUBLIX GEORGIA MARATHON HEALTH & FITNESS EXPO
Omni Hotel at CNN Tower, Exhibit Hall, South Tower
- Friday: 11 a.m. – 6 p.m.; Saturday: 9 a.m. – 6 p.m.
- All participants must pick up their race numbers at the Expo unless will call was purchased during registration

19 MARCH SUNDAY
PUBLIX GEORGIA MARATHON & HALF MARATHON
7:00 a.m., Centennial Olympic Park, Atlanta
- Marathon & half marathon
- Course includes four of Atlanta’s biggest parks and some of the city’s most historic landmarks
- Held in conjunction with Be Healthy Georgia Festival, featuring a Fun Run & Dash for kids

25 MARCH SATURDAY
ATLANTA WOMEN’S 5K
8:00 a.m., Chastain Park, Atlanta
- 5K
- Celebration of women and fitness that includes a charm medal and long-stem rose at the finish line
CROSS THE FINISH LINE WITH YOUR SISTER, DAUGHTER, MOTHER OR GIRLFRIEND!

March 25 - Chastain Park
Register at atlantatrackclub.org

There’s nothing stronger than the heart of a volunteer.
Upcoming volunteer opportunities

Find your perfect volunteer position at atlantatrackclub.org
55.5 miles. That’s how far runners and walkers taking on the first ever Ultimate Peach challenge will race between July 4, 2016 and March 19, 2017. That small, elite and brave group of pavement pounders completed the AJC Peachtree Road Race, PNC Atlanta 10 Miler and Thanksgiving Day Half Marathon, and this month they will tackle all 26.2 miles of the Publix Georgia Marathon.

The nearly 200 Ultimate Peaches will receive their reward when they cross the finish line of the Publix Georgia Marathon in Centennial Olympic Park on March 19. Their special bib will allow them access to a post-race party complete with a sports massage, breakfast and sparkling grape juice. Ultimate Peach finishers will also be given a gift bag from Atlanta Track Club’s partners and a custom engraved wooden watch with a leather strap with the words “Ultimate Peach Finisher March 19, 2017” on the back.

“I took 2016 off from full marathons,” says Atlanta Track Club ambassador and Ultimate Peach participant Kyle Klenke. “I planned to get back into running a full in 2017. When the Ultimate Peach was announced, it was an easy decision to make. Plus, the unknown prize lured me in.”

Atlanta Track Club unveiled the finisher item on its social media pages in late January, giving eligible participants one last chance to register for the Publix Georgia Marathon before the Ultimate Peach deadline on January 31. “This is about celebrating an accomplishment,” says Executive Director Rich Kenah. “Not many people have the time or dedication to complete a 10K, 10 miler, half marathon and full marathon in less than nine months. We want to make sure we give those people the recognition they deserve for their commitment to our mission of creating a healthy Atlanta through running and walking.”

Eligible participants did not have to be entered in the Triple Peach Series presented by Mizuno. They only needed to complete all three included races without dropping down to the 5K at the PNC Atlanta 10 Miler or Thanksgiving Day Half Marathon. Registration for the 2017 Triple Peach Series and its included races is now open. Registration for the 2018 Publix Georgia Marathon will open March 20.
2017
The Year Of The
WAFFLE
WAFFLE HOUSE.
It’s one of the most celebrated traditions in road racing: the AJC Peachtree Road Race finisher T-shirt. You don’t get one unless you cross that finish line on July 4th, but you do get a say in what it looks like.

Since 1995, the look of the coveted shirt has been decided by the AJC Peachtree Road Race T-shirt Design Contest. And there is a lot of history behind both the finisher shirt and the contest.

The Early Days
The Original 110 who completed the first Peachtree Road Race in 1970 didn’t receive a shirt – there was only enough money in the budget for the winners’ trophies. Organizers quickly decided there should be some reward for running a 10K in the Atlanta heat on Independence Day.

The second year launched the days of only receiving a shirt if you were fast enough to finish before the supply ran out. Race founder Tim Singleton designed the shirts with the help of Dan Tebor and Carling Brewing Co. from 1971 to 1975.

Peachtree’s popularity continued to grow, and in 1976 the Atlanta Journal-Constitution became the title sponsor of the event. It was then that the AJC began designing the shirt, and would continue to do so until 1995.

The Shirt that Changed Everything
Then came 1994. It was the 25th running of the AJC Peachtree Road Race, and expectations were high. Participants were looking forward to a special shirt to celebrate the milestone.

The design submitted by the AJC featured a peach in the middle with runners arched above it. But the runners weren’t happy. They dubbed the design “the running pumpkin,” and voiced their disgust.

“I received petitions from runners, some 200 names long, begging me never, ever to do THAT again,” recalled Julia Emmons, Atlanta Track Club’s executive director at the time, in the book The Common Thread: 35 Years of the Peachtree Road Race T-shirt.

That’s when an idea was sparked – put the design decision into the hands of the public.
A Contest Was Born

With such a negative response to the 1994 finisher shirt, Emmons and the Club wanted to make sure they would never disappoint runners again. John Mellott, then publisher of the AJC, the publisher at the time at the AJC, came up with the idea of holding a contest to determine the look of the shirt in 1995.

Students as well as professional and amateur creatives were encouraged to submit their work. A committee narrowed the submissions down to five finalists. Then the public voted to determine the winning design, which would be unveiled after the first runners crossed the finish line on the Fourth of July.

The first winner of the AJC Peachtree Road Race T-shirt Design Contest was Carl Wattenberg III.

“Three designs could be submitted, and I labored over the first two, spending a week on each,” Wattenberg said. “I grabbed a paintbrush and quickly created a third design at the last minute. The design that won was actually my third submission, and it gave me the confidence to go out and get a job in the graphic design world.” Wattenberg later went on to work for LucasArt, a division of LucasFilm, designing the Star Wars video games for PlayStation and Xbox.

The contest is still used to determine the design of the shirt today.

Vote Now!

Voting for the 2017 AJC Peachtree Road Race T-shirt Design Contest is open through March 22. Head to AJC.com/peachtree to make your voice heard! You may vote once per day during the voting period.
The 2016 Triple Peach medals are Moyer’s favorite design to date.
To many people, Dave Bloomquist is known as the king of bling.
And he’s proud of it.
After 22 marathons, 43 half marathons and who-knows-how-many 5Ks and 10Ks, Bloomquist’s medals are displayed across five racks in his office.
“I’m proud of my accomplishments and the medals I’ve accumulated,” he says. “I’d probably participate in all of these races if medals weren’t awarded, but I do value them. It’s a point of pride from every single one on display.”
Sure, T-shirts are fine and good, but for many Atlanta Track Club members, taking home a medal after a half or full marathon makes the accomplishment of finishing all the sweeter.
Leigh Moyer, Atlanta Track Club’s creative manager, first began designing medals for the Club’s events back in 2013.
“When I started at the Club, I worked in business development, handling sponsor relations and coordinating their race day activations,” says Moyer, who has a Bachelor of Arts in Graphic Design. Little did she know, her background would soon lead to a brand new role at the Club.
“Our marketing manager was working on the 2013 Thanksgiving Day Half Marathon medal designs with a new vendor. After going back and forth, she still wasn’t satisfied with the art they had produced. I thought it might be fun to sketch out some ideas I had for the medal and show her for inspiration. She liked them so much that she challenged me to design the entire thing.”
And the rest, as the cliche goes, is history.
“The thing that makes our medals special is that a graphic designer at a medal company isn’t creating them,” Moyer explains. “I truly put my heart and soul into every medal I design, whether it’s for a 5K or a race series. I read every post our participants make about our medals and take those words to heart to try and make it even better the following year.”

Accomplishments and Inspirations
Brandi Gilbert’s favorite medal is her 2016 Publix Georgia Half Marathon, “because of the way the beautiful city of Atlanta is depicted.”
She also loves it “when race medals carry the theme of the location of the race or time of the year that the race is held. Another of my favorites is my 2015 Rock ‘n’ Roll Las Vegas Half Marathon medal, which is a slot machine that the 13.1 spins.”
Medals not only celebrate accomplishments, but also serve as inspiration when times get tough. Christy Nilsson started running four years ago and has accumulated a box full of 75 medals.

“Each medal has a memory tied to it,” she says. “Each one shows I’ve pushed myself to do something that takes effort, like an achievement.”
Nilsson’s favorite piece of bling doesn’t sit at home on a rack. “Two years ago, the Nike Women’s race in Washington, DC, featured a medal that is a Tiffany necklace. I wear that medal almost daily, and I find myself touching it when things get tough. It’s a runner’s mentality that you can get through difficult times.”
“Unique designs are definitely something worth chasing after,” Gilbert says. “The majority of my race medals are on curtain rods in my living room. They are not only a great conversation point for those seeing my medal haul, but I see them every time I walk in.”
For Gilbert, each medal has a memory attached to it. “Sometimes I remember I’ve overcome some crazy challenges or have fond memories of accomplishing big goals. The ones that I love seeing the most are the ones that I have earned running alongside my friends and family. Sometimes seeing that wall is the biggest kick in the butt to get my running shoes on and get out the door.”
Moyer’s process for designing her medals varies from event to event.
“Sometimes an idea comes to me right away, and sometimes it is a struggle to come up with something new and exciting,” she says. “I start by researching other race medals. What are people excited to share? I also read the post-race surveys from previous years to see people’s feedback.

“I pull inspiration from the race itself too. For instance, the 2017 Publix Georgia Marathon & Half Marthon medals have bricks to represent the bricks of Centennial Olympic Park where they finish the race.”

Moyer is most proud of the medal for the 2016 Triple Peach Race Series presented by Mizuno.

“I’ve never seen a medal with a spinning back and I think it was a great surprise for those participants,” she says. “I randomly poll runners at our races to see how they feel about the medal and the reactions for that one were the best.

“Designing a medal for marathon finishers is particularly rewarding because of the hard work people put in to get to that finish line. The elation on their faces when they receive that medal is priceless to me.”

“A finisher medal means more to me than just being an awesome token to hang on my wall,” Gilbert says. “The medal is a representation of the journey. It’s about the journey over the past weeks, months, and years that got me to this finish line; the obstacles I overcame, the accomplishments, and the memories along the way.

“Race day is a victory lap of the hard work leading up to the start line, and a medal around your neck is the perfect token to remember those moments.”

**Size Matters**

Medals are a major motivation for Eileen Fannon. And she has 170 of them.

“It is true; size does matter,” Fannon says. She also appreciates a good theme and artwork, but says themes may not resonate with everyone at the same level.

“For example, I did a Christmas race last year. The medal was a gingerbread house. If it was a snowman or star, I would have liked it even better. But it does have a light feature that makes it pretty cool.”
Atlanta Track Club Coach Amy Begley was a 2008 U.S. Olympian in the 10,000m event in Beijing. She has a more unique perspective on medals and accomplishments than many.

Begley didn’t earn a medal for her first road-racing prize; instead, she won a ribbon. “And it’s one I have kept the longest, this big red ribbon that hangs in my office,” she says. “It’s a second-place age group ribbon from a Mother’s Day five-miler. I was 10 years old and it was my first road race in our hometown around the park where we walked the dog.

“I have kept anything that took more effort, focus and time to achieve. My New York City Marathon medal is hanging on the shelf beside my bed. I made a special shelf for that trip because it meant so much to me.”

Moyer says she doesn’t have guidelines when designing medals for the Club.

“I’ve always been encouraged to think outside the box and push the limits to create something uniquely ours,” she says. “I work closely with our medal vendors to be innovative and create something no one else is. I want our medals to be cohesive as a group, but each one different than the other.”

While Bloomquist is most proud of his 2016 Boston Marathon medal, in which he raised more than $9,000 for the Club’s Kilometer Kids youth running program, one of his most memorable came from an annual Little Rock, Arkansas, marathon in 2015.

“The Little Rock parks and rec department takes a lot of pride for giving out the largest medals in the world,” he says. “Their medals are five pounds, and eight inches in diameter; they’re as big as a dinner plate.

“But in March 2015, there was a longshoreman’s strike in California, and nothing imported was getting through,” Bloomquist recalls. “So when we finished the race, we were given small plastic replicas of the medal.”

When the actual medals did arrive two months after the race, the department mailed each out-of-state recipient their reward. Bloomquist ran into the race director the next year, who told him their budget took a hit in postal costs.

“I can’t wear that medal for more than a minute or two,” he says. “It hurts my neck.”

“Designing a medal for a marathon in particular is rewarding in itself because someone just ran 26.2 miles to earn something you created. The elation on their faces when they receive that medal is priceless to me.” – Leigh Moyer, Atlanta Track Club’s Creative Manager
A DAY IN THE LIFE OF A VOLUNTEER CREW CHIEF

By Natalie Demarko

Yvonne Bryant's first Atlanta Track Club event was an All-Comers Track & Field meet at Emory University in 1987. Her son, Chester, was in high school and competing in several events. She wanted to be able to watch him cross the finish line, so she volunteered. Little did she know, 30 years later she would be leading volunteers in some of Atlanta Track Club’s largest and most prestigious events.

Bryant has been volunteering with Atlanta Track Club since 1987. A volunteer all her life, she’s been a loyal crew chief for the last 25 years. “I don’t know if they realize it, but the reason why I’m so loyal to Atlanta Track Club is because they supported my son,” she says. During Chester’s junior year in high school, he landed the opportunity to go to Australia with an international cross country team. Atlanta Track Club was one of his sponsors.

From there, Chester went on to the University of Georgia on a track and field scholarship. He would return to Atlanta every year for the AJC Peachtree Road Race to pace elite runners, and Bryant volunteered. “I went where he went and I was always involved,” she says. “I wanted to see him and that led to me volunteering more and more.”

Volunteering for the Thanksgiving Day Half Marathon & 5K is one of her favorite traditions. For each event, crew chiefs are assigned to oversee a designated area along the course or at the start or finish. Bryant has managed the very last aid station on the half marathon course for the last 25 years. “I just love Thanksgiving,” she says. “Mainly because of the camaraderie, and my team has always been like a family.”
Here is what Bryant's Thanksgiving Day has looked like for the past two decades.

**Thanksgiving Eve, 8:00 p.m.**
**Race Day Preparations**
Bryant checks the weather forecast. She wants to be prepared for the conditions in the morning and plans her wardrobe accordingly. Bryant also checks her email for any last minute questions from volunteers. As a crew chief, she's responsible for 20 volunteers on race day.

11:00 p.m.
**Bedtime**

**Thanksgiving Day, 4:30 a.m.**
**Alarm Goes Off**
Bryant is up and ready to take on the day. She checks her email again to make sure no one has reported they can't make their volunteer shift. Then, it's time for coffee and breakfast. She gets dressed and leaves her house by 5:00 a.m.

5:30 a.m.
**Arrives on Site**
Every year, Bryant arrives on site 45 minutes to an hour before her volunteers. She uses this time to organize materials like volunteer T-shirts and other giveaways.

6:30 a.m.
**Volunteers Arrive**
When her volunteers arrive, Bryant starts off with a brief meeting to review expectations and responsibilities, which had been communicated to them over the last few months. Then, it's off to work, unloading the Atlanta Track Club truck of supplies, setting up tables and lining trash cans.

Next, Assistant Crew Chief Cale Ludwick leads volunteers as they flush the water lines and begin filling up water containers. Ludwick has been volunteering with Bryant for 22 years. “He started as just a young fella, but over the years I've trained and evolved him into my assistant.”

7:30 a.m.
**Race Begins**
As the last aid station, Bryant’s team won't see the first runners until after 8:00 a.m. Meanwhile, she's constantly on her radio determining the progression of runners to know when her team can expect the first participants. Her volunteers set out cups and fill them with water. “It's really orchestrated. We work as a team and fill layers of cups at a time.”

Ludwick will take a group of five to six volunteers and mix the Powerade, which is the last to be poured.

7:50 a.m.
**Set Up Complete**
Bryant allows her volunteers to go back to their cars to rest and wait. “I want them to warm up and eat a snack. I want them off their feet so they're ready to go for our first runner!”

8:15 a.m.
**Volunteers Back on Course**
Bryant is the first face that runners see at her aid station. She's in front directing runners to water or Powerade. Her volunteers are passing out cups and cheering on participants with cow bells. “Believe or not, the runners are always so thankful. They thank us, but we thank them. We say, 'We're here to serve you. If this is what you do, this is what we do!'”

During the race, there's no down time. Between passing out drinks, refilling cups and cheering, volunteers are also raking and pulling cups out of the way to ensure runners’ safety. Bryant says she's got this down to a science. “We'll look to see where people are throwing all their cups and put a trash can there. Then, they’ll actually throw them in there, which keeps the area a lot cleaner.”

10:30 a.m.
**Breakdown Begins**
It's around this time Bryant radios in to determine if the race is starting to slow down. Once she's given the OK, she'll instruct her volunteers to start bagging cups and breaking down tables as they're emptied. “We want to be in a position when the Atlanta Track Club truck arrives, they can just haul all things off.” But Bryant is always sure to do one more thing: leave extra water and Powerade on the side of the road for those who are still on the course. “I've been doing this for 15 years because I don't want any of them to think we forgot about them. I want them to know that they're taken care of.”

11:00 a.m.
**Volunteers Leave**
Bryant and her volunteers take a group picture, say their goodbyes and wish each other a happy Thanksgiving. She’ll mention upcoming events and tell them she's looking forward to seeing them again.

11:30 a.m.
**Bryant Leaves**
“I am always the last person to leave. I want to see my way out and make sure everything is taken care of.”

12:00 p.m.
**Nap Time**
Bryant will arrive home, change clothes, shower and take a nap. Her turkey has already been cooked, so she'll sleep before her family arrives. “Everybody knows not to look for anything from Mama until about 3 o'clock.”

3:00 p.m.
**Final Thanksgiving Fixings**
She's awake, dressed and in the kitchen, adding the final touches to Thanksgiving dinner.

4:30 p.m.
**Family Gathers to Eat**
Bryant's immediate family joins her for dinner. Afterwards, they watch football and spend some quality time together.

11:30 p.m.
**Bedtime**
Bryant’s favorite part about volunteering on Thanksgiving is giving back. “To me, it's thanks-giving, and I'm giving,” she says. “I can't tell you how it pumps me up to be thankful. I love doing what I do, and you couldn't pay me because you just don't get the same joy with a paycheck.”
2017
SUITS & SINGLET ANNUAL SOCIAL

Photos by Paul Ward
The Publix Georgia Marathon & Half Marathon has something for the entire family. For the second year, Georgia Lt. Governor Casey Cagle’s Be Healthy Georgia Festival will be held in conjunction with the race. The festival features a one mile run for kids ages 7-14 and a 50m dash for kids ages 6 and under. Following the run, participants can check out the Family Fit City Expo. A DJ will spin cool beats while families take on a wide-range of sports activities and win prizes with Atlanta’s professional sports teams. No one will want to miss the Mascot Trot and Dance-Off featuring 15 local mascots. The best part is, registration is free!

Lt. Gov. Cagle told Wingfoot about some of the new features at this year’s festival as well as some of his goals for the program’s future.

What will be new at the Be Healthy Georgia Festival in 2017?
We are so thrilled for our 7th annual festival and honored by Atlanta Track Club’s partnership once again. This year we have tweaked our festival location within the park to be right in the middle of the action where the half and full marathoners will be, across from the main stage. Most importantly, I think for the parents and children, we have pushed back the start time to around 10 a.m. for the fun run. We expect it to be a little bit warmer, and it will be exciting to watch the kids run with the marathoners in their own separate lane.

You have been working on this initiative since 2010. What has its impact been over the last seven years?
The impact has been incredible and recent data has shown a standstill in rising obesity numbers across the state. That is very important because it demonstrates effectiveness of the many efforts by our state’s communities and organizations working day in and day out. Perhaps more importantly, we see that our kids and parents are responding. This effort is not a sprint by any stretch but we certainly are encouraged by the progress being made.

How many schools are currently enrolled in the Healthy Kids Georgia program?
Healthy Kids Georgia has a great relationship with the Alliance for a Healthier Generation’s Healthy Schools Program. We have over 800 schools currently enrolled in the Healthy Schools Program that includes some of the top schools in the nation being recognized with the Gold Standard. To think we started with only a handful back in 2007 – it is remarkable the work being done by our educators and parents.

What has the reception been from schools and superintendents you have contacted about this program?
The reception has been great. Our schools want innovation and they love to be creative. I have seen some of the most creative educators across the state in how they influence wellness into the school day. The passion is truly infectious.

From 2007 to 2011, Georgia went from having the second highest childhood obesity rate in the United States to the 17th. That’s a huge improvement. What is the next goal for Healthy Kids Georgia?
Well we can’t stop there. This is definitely a marathon not a sprint and it is important that we keep things fresh and exciting. Just like any ongoing program, things can get stale and folks may lose interest. We must keep recognizing the hard work being done across the state. A big key is continuing to build on partnerships – this is a team effort no doubt about it.

How important has it been for this program to be free of charge?
It is huge. We are truly blessed to have corporate and community partners that give back to organizations like the Alliance to provide these services to our schools.

How does your family stay healthy and active?
I have a terrific wife in Nita who has always reinforced healthy eating and active lifestyles. My boys have each grown to be exceptional athletes and truly understand the value of personal wellness. For me personally, I try my best to keep my laps up in the pool and get on my bike when I can. I have tried to keep up with Nita’s yoga but it’s tough. That is one activity that doesn’t get the hype it deserves and she is as good as anyone.

Registration for the Be Healthy Georgia Festival is open now at atlantatrackclub.org
Scholarships from the Arby’s Foundation and Healthy Kids Georgia will be awarded to the three organizations with the most participants:

1st Place: $1,500
2nd Place: $1,000
3rd Place: $750

Photo credit: Paul McPherson
Retired Captain Tim Ewing is the police crew chief for our signature events and our primary security consultant. Tim is integral in planning security and providing officers at the start line, finish line and along the course. “Tim and his team of officers have supported not only Atlanta Track Club but the entire Atlanta running community for decades and diligently work to create a safe environment for all participant,” says Events Director Lisa Tanner.

Tell us about your police background.
I began my police career in 1977 in Detroit, Michigan, as a Detroit police officer and joined the Atlanta Police Department in 1980. When I retired in 2012 from the Atlanta Police Department, I was a captain.

How long have you been working with Atlanta Track Club on security?
I began working for Atlanta Track Club in the mid to late 80s for Sgt. Bush, who taught me the basic skills and helped hone those skills.

How did you first get involved?
I started out like all the other officers, working the corners and doing the assignments. I later found interest in doing it better and wanted to be the one that made it happen. I loved seeing a plan come together and the runners’ and the Club’s mission realized. I think Atlanta’s running community is so special, and I wanted to be a part of it.

What is your favorite Atlanta Track Club event?
I don’t know if I have a favorite, but I would include the AJC Peachtree Road Race, Thanksgiving Day Half Marathon, Rise Up and Run 5K/Walk Like MADD presented by Northside Hospital and Braves Country 5K. I say the latter two because there are so many children who enjoy that experience.

What is your favorite part of working one of our events?
The biggest joy for me is the challenge of planning a large event and executing that event with the large number of officers that it takes to pull it off. This cannot go without saying thanks to the Club for allowing me to help in this team effort.

What is the one thing you want members and participants to know about your team?
The officers who work these events are there for the runners, and they are there to keep them safe and help them enjoy the running experience. I try to impart a positive vibe for my officers that they should share with the runners. I love what I do and would not change it. I would like the running community to know Atlanta Track Club and Atlanta is a winning team. I am glad to be on board.
Lullwater Park is a great in-town escape from busy streets and neighborhoods. Located near Emory University, the paths and trails provide scenic views of Candler Lake as you jump over a few logs and make your way up some rolling hills. Be sure to stop and check out the waterfall near the north end of the lake.

Course Highlights:
• Combination of paved paths and unpaved trails
• Lake views and a small waterfall

Course Notes:
• 3.1 mile loop
• Pet friendly

Directions:
• Enter the park off of Clifton Road at President’s Loop Trail
• Bear left at the first split
• Bear left again at the second split
• Turn right at the dead end onto Lake Loop Trail
• Bear left onto Hill Loop Trail
• Turn right onto President’s Loop Trail
• Bear left at the split (you will be repeating part of the route)
• Turn right on Lake Loop Trail
• This time bear right at the split to run by the lake
• Turn left onto President’s Loop Trail and follow it back out to your starting point

Add distance by:
• Running one of the loops again or exploring the Emory University campus

Parking:
• Parking is available in the Michael Street visitor deck; please note, there is a parking fee Monday-Friday, 7 a.m. – 5 p.m.

Map My Run
To find this and other routes in metro Atlanta, connect with Atlanta Track Club on Map My Run.
I completed a marathon last weekend. How long should I wait until I run again?

After taking part in a high endurance activity such as a marathon, you must allow adequate time for your body and the multiple muscles involved (in particular quadriceps and hamstrings) to rest. This is to prevent any overuse related injuries. The amount of time needed for adequate rest varies depending on multiple factors, including your health conditions, athleticism and your willingness. There is no exact set time period of rest, but try not to run back-to-back marathons on consecutive days. Began by resting for three-to-seven days, enjoy your accomplishment and give yourself the recovery break that is essential to your optimal performance.

Are there other exercises I can do until I return to running?

Return to running with brisk walking; shorter runs to help build back endurance can also be beneficial. Stretching and weight-training exercises of multiple muscle groups, including hamstrings and quadriceps, are also essential.

It’s been over a week and I have lingering pain. What should I do?

Pain and discomfort may linger after high endurance exercises. Call it a day if the pain is persisting and take two-to-five additional days off. The pain may be due to inadequate rest, a poor training technique or even the presence of a chronic condition such as arthritis or other health concern. If your injury is inflamed or you’ve experienced loss of function and you’ve tried ice, heat, acetaminophen and anti-inflammatories and the pain has continued, please see your primary care physician.

What else can I do to help my body recover from the marathon?

Take it easy and maintain a well-balanced diet. Keep yourself well hydrated before, during and after strenuous exercise and take part in adequate pre-and-post stretching. Also, stress relieving activities such as meditation and yoga has been shown to be beneficial to many marathon runners.

Are there certain foods that would benefit me right now?

I know it’s difficult not to want to reward yourself with indulgent foods, especially after your pre-race diet discipline, but I can’t emphasize enough that eating a well-balanced diet is the key to your recovery. This includes adequate amounts of greens, fruits, proteins and high fibers. Adequate hydration is also essential. Food affects our physical and psychological health, so ease up on comfort foods.

Dr. Mithun Daniel is a family medicine physician who practices out of Perimeter North Family Medicine’s Atlanta office. For more information, visit pnfm.com or call 770-395-1130.
The best distance athletes in the U.S. will be spending Independence Day right here in Atlanta. The USATF 10 km Championships will return once again to the AJC Peachtree Road Race, including one of the most decorated distance runners in history, Bernard Lagat.

This will be the sixth time the AJC Peachtree Road Race has hosted the men’s USATF 10 km Championships and the third time to host the women’s race. The event most recently held the men’s and women’s championships in 2013 and 2014.

“It is an honor to bring the USATF 10 km Championships back to the AJC Peachtree Road Race this year,” says Rich Kenah, Atlanta Track Club’s executive director. “Atlanta Track Club has a long history of hosting the best endurance athletes in the U.S. at our flagship Fourth of July event, the AJC Peachtree Road Race.”

Making his AJC Peachtree Road Race debut, Bernard Lagat is a two-time world champion and two-time Olympic medalist. He is a five-time Olympian with 11 World Championship medals dating back to 2001 on the track, and has found success on the roads later in his career. His 27:48 finish at the 2015 Great Manchester Road Race 10K tied him with Mark Nenow for the American record at the distance, just one of several records he currently holds.

“I’m very excited to be running this year’s AJC Peachtree Road Race,” says Lagat. “Since I first started in college all those years ago I’ve known it as one of the great American roads races. I’m feeling good in my training; now that I’m focusing on the roads it’s exciting to be running in the race this year.”

The full list of elite athletes who will be competing at the 2017 AJC Peachtree Road Race will be announced later this year.

**Fast Money**

The 2017 AJC Peachtree Road Race will have a prize purse of $70,000, with the top male and female athlete each earning $10,000.

Photo credits: Bruce Wodder, PhotoRun
LEARNING LESSONS FROM A GOOD OR BAD RACE DAY

By Amy Begley

There are many resources around to help you set goals and prepare for race day, which are very important topics. But there is not a lot of information out there about being prepared for post-race highs or lows. How do you deal with the race of your life versus a terrible race outcome? I have a few examples from my own running to help you learn from your experiences—no matter what they are.

**Bucket List Race Gone Wrong**

Everyone has that race they want to do. It might be a new distance to conquer, a far-away travel destination or one that you have to qualify for like the Boston Marathon. My bucket list race was the 10,000m at the Olympic Games. When I was 10 years old, we were asked in school to draw out our dreams for the future. I wanted to run in the Olympics. Twenty years later, that dream came true. I qualified for the Olympics by 1.4 seconds in a race I will never forget at a sold-out stadium in Eugene, Oregon. I was so excited to represent my country in the 2008 Olympic Games in Beijing, China. (You can see the Olympic ring I got for making the team on page 2.)

It should have been the highlight of my career, but it wasn’t. I was 28th out of 32 women and lapped twice. My goal was to make the Olympic Team and I had accomplished that, but the race was a disappointment. Because I had met my goal, I was ready to retire from track and field and start a family.

The thing no one talks about after your bucket list race is the post-race “black hole”, the period of time afterwards where you have no direction or goals to steer you forward. Most people feel lost or without passion after a huge race. I was in that hole and didn’t know what to do next. I thought retirement and starting a family was the next step.

However, the Olympic race kept haunting me because I knew I was capable of running better. Then a sports writer wrote that I was a “one-race wonder and making the Olympic team was a fluke”. That is what it took to shake me out of the post-race black hole and fire me up. I set new goals to prove that I was capable of competing on the international level. Thanks to that sports writer, 2009 was the best year of my career. I ran PRs in every distance from the 800m to half marathon. I was 6th in the world at IAAF World Championships in the 10,000m and 10th in at the IAAF World Half Marathon Championships (1:10:09).

You may not have a sports writer to critique your bucket list race, but you can do a post-race evaluation. Figure out what you did well and what you can improve. Then find another race where you can try to reach your new goals.
Overcoming a Setback
Most people set A, B and C goals for races. The A goal is if everything goes perfectly. The B goal is pretty good or a PR. The C goal is walking away happy that you did what you could. But what happens when you don’t even hit the C goal?

Maybe you get sick or injured before the race. Or the weather was awful. Or you just didn’t have it that day because your body wouldn’t cooperate.

This is when you have to control what you can and make the best of the situation. My most recent race is a good example. In 2012, I wanted to debut in the marathon in New York City, however injury forced me to retire. In 2016, I had the chance to run it again on a charity team for Atlanta Track Club’s Kilometer Kids. The New York City Marathon offered me a “legacy bib” to start near the front of the race. I set my goal to run 3:05.

Three weeks before the marathon during my longest run, I developed chafing that turned into a MRSA infection. I was not allowed to run for more than two weeks. At this point, my goal seemed out of the question until I decided to turn my situation into a positive one. There were six of us running, and two of us ended up pacing our teammates in the race.

I ran with Tina Tait. She had a rough marathon preparation due to the unexpected death of her husband. Years ago, she struggled with weight, and Al Roker’s New York City Marathon run was an inspiration to her to start her weight loss journey. For Tina, running that race was a huge goal that she never dreamed possible before weight loss. Going into the New York City Marathon, I had added motivation to get her across that finish line.

I went from being frustrated about not going for my goal to having the marathon become one of the best experiences I have ever had. We ran the marathon in 5:45 through laughter and tears. We experienced the Big Apple with our team and people who had never been to the city. Tina got to be on The Today Show and meet Al Roker. We raised $28,000 for Kilometer Kids. And I finally did the New York City Marathon.

If an injury or sickness disrupts your race plans, take a few days to be upset and then regroup. If your race goes bad, figure out what went wrong. Allow yourself to be unhappy, but then use that energy to set new goals – just make sure you think through them. Attempting another race too soon without proper recovery or training could lead to another letdown.

Exceeding Your Race Goal
If you are lucky enough to have that once-in-a-lifetime race where you felt no pain, didn’t hit the wall and ran a huge personal record, take time to savor that victory. You might go through that black hole because you worked hard and crushed your goal but aren’t sure what to do now.

It is normal to experience these feelings. If you are having trouble bouncing back from your amazing race, think about a new goal. You can also help someone else accomplish their goals, which will take the pressure off of you to decide what’s next.

No matter how your spring races go, look for lessons to be learned. It will help you stay motivated and get the most out of each experience, whether it is good or bad.
YOUR NEXT FINISH LINE.

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UPS is proud to support its employees and communities by sponsoring the 2017 AJC Peachtree Road Race.

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